

Character Reading

C

Numbers Reveal
Our Next
President

Vocations
Talents
Personalities



What
Your
Favorite
Color Tells
About You
November-
December,
1928

What
Is The
Hour Of
Your Birth?

25

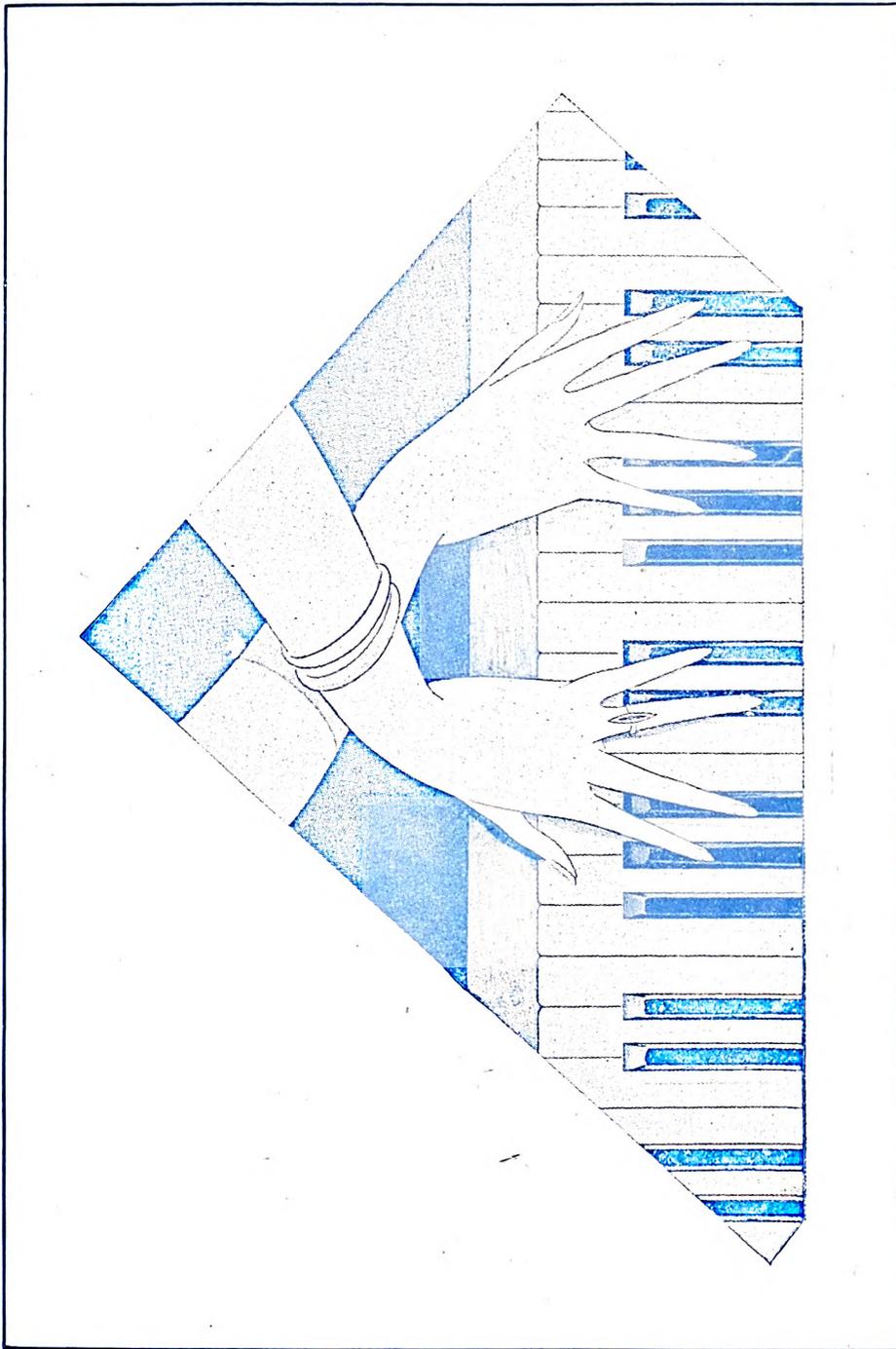
IF YOU KNOW THE HOUR OF YOUR
BIRTH YOU KNOW YOUR INNER SELF

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CENT

What Can Your

Hands Do Best?



Do not imagine that you are unimportant!

When you are in your wrong work you affect adversely everyone about you, and hundreds away from you. When you are in your right work you may help the entire world! You are the most important thing in the world therefore, and to find your place in the scheme of things is the most sacred step in your life. Your friends are not always competent to advise you, even if they cared to help or to hurt you by telling you the truth. They are too close to gain a perspective of your vocational talents, and their advice is clouded with emotion and little personalities.

(Read Carefully)

The Vocational Library sees your goal. In telling you this goal, we may hurt you, but we will help you. We tell you without fear, the roads you must take to find Your Right Work. We tell you what you have to clear away before you can find this road, and what you have to learn. You may be suffering for comfort and encouragement. You may have more ability than you know. This we tell you also. We want the FACTS about you. We are not fortune tellers. Our analyses are based on facts, and vocational analyses cannot be

trifled with. Analyses are made by biochemistry, by phrenology, by graphology, by astrology, and by numerology. We require a photograph, preferably an inexpensive postal card size of face and clothed figure—2 if possible. We require your name as given at birth, your place of birth, your hour of birth, your address, age, height, weight, present occupation, nationality, color of eyes, complexion color, length of index finger, past vocations, past studies, state of health, present income, and your chief recreation. Give us a report of your sleep, your exercise, your diet, and past illnesses. State whether you have any teeth with dead nerves. Number your answers so that they may be clearly read.

Vocational analyses are made by five different vocational authorities, and combined in a clear, concise vocational report which will be sent to you in approximately two weeks. Do not expect rush reports. You are too important for this, and each analysis must be strictly individual. Spend at least two evenings in giving us your life facts. The first, in securing photographs, and tabulating the events of your life, and the second in writing them to us.

Enclose \$5.00, with your photograph and life facts and send as promptly as possible. Analyses are made in the order of their receipt, by the library. Mail to

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CHICAGO

"I Want To Do Something for Humanity" they say

IF you are one who makes this statement either in person or by letter, are you aware of what it means?

A new light may be given you. You may have a message you want others to hear.

But are you really ready to give it?

You may be very brainy. You may be quick, and you may be what is termed a good psychologist.

But have you ever thought of all it means to go out and make yourself a success teaching others?

Here is the situation we so often meet in character analysis. A soul becomes inspired with a message. It is probably given him for his own benefit, and comes from higher spheres. Immediately he believes himself to be ready to teach others on a large scale. He begins teaching and does not know why people do not appreciate him.

He wonders why. Analysis shows very often that he has forgotten the material plane entirely. Inspired by his message, he tries to put it over without a good set of teeth—without the proper clothing—without good health—without good English—without perfecting himself in his own surroundings—and without the ability to master the physical plane.

He tries to teach others how to become prosperous when he is unable to do so himself.

Many messages of spirituality do we need in our daily work, but we must not forget that in order to give the spiritual law on a material plane, we must ourselves live on that plane in an attractive manner. **More**

people can be reached through attraction than through any other force.

An artistic girl may be longing for your spiritual word, but if you invite her to a very unattractive home or studio, try to talk to her without teeth, try to teach her about health when you are without the attraction of health, you will not succeed.

Ask yourself, when you say "I long to do something for humanity," if you are really ready. Are you deficient in the faculty of ideality, which make you indifferent to your surroundings? If you are, you will never succeed in teaching people with the artistic sense developed. Are you deficient in the faculty of color, or language? If you are your English and your personal colors will offend those who have been to school and who cannot learn except through the correct use of the language.

The masters tell us that when we are really masters, we can learn the truth, no matter where it comes from.

A master can take a word of truth from a teacher if he is minus his teeth, if he lives in a dark back room, and if his clothes are of burlap. But REMEMBER, you who

would become successful in helping humanity—the people who need to be helped are not masters. They must be taught through attraction.

So, teacher, make thyself attractive as well as true. Study your own deficient faculties and you will become the success you dream of being, in helping others.

CHARACTER READING

*Know yourself
Your work
Your friends*

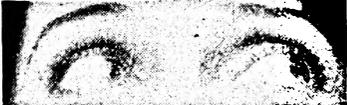
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Character Reading Magazine
820 North Michigan Ave., Chicago





Last Night I Was Dreaming

WE interviewed an interesting character analyst several days ago.

She was asked what method she followed to receive such accurate reports on her patients. She answered "Why, I dream my decisions."

"I know to a degree the real character of my patients" this analyst said, "but I always wait until my sleep is over before making a final decision as to their best vocation, their inner character, and their future possibilities. This is my method:

"Always, before I sleep, I see to my perfect elimination. This is important, because I know then, that my dream will not be confused with wrong pictures from my physical state. Diet, and internal bathing guarantee my perfect elimination. Then, I spend fifteen or twenty minutes slowly preparing for bed, yawning, relaxing, and brushing my hair. This takes away all intensity from the day's work. Before I go to sleep I place each person I have interviewed before my mind. I never interview more than two or three a day. In the morning, I often am able to report a full dream of that person in his proper work—his proper health, and even the city in which he should work will be revealed to me. There are times when I cannot remember the details of my dream. The next night it will be shown to me. I have worked in this manner for years, and have found that the power grows with use."

This is not an unusual ability. In talking with many dignified professors, we find that each one has his own pet way of arriving at a diagnosis. Few of them follow routine methods wholly. The greatest of diagnosticians acknowledge that their "hunch" was often more valuable than the fluoroscope or the X-ray.

There is no reason why the power to dream cannot be developed to a highly useful degree.

Dreams are among the most curious phenomena of the human mind and the interest which they have excited in all ages, both among the ignorant and among the great philosophers, has been great and general.

It has been the opening of all ranks and denominations

of men, in all ages and nations, among Jews, Christians, Mohammedans, Heathens—among all who believe in the existence of a Supreme Deity, no matter how they worship Him—that the Divinity does at times make known His will or reveal His intentions by the medium of dreams. Authenticated instances of the fulfillment of dreams are not uncommon.

Much is said of dreams in the Bible, and the holy men of old believed in them.

"Hear now my words. If there be a prophet among you, I, the Lord, will make myself known unto him in a vision, and will speak unto him in a dream." (Numbers xii, 6.)

Apart from Scriptural dreams, the earliest authentic records of history inform us that dreams were regarded as supernatural or prophetic. The Greeks and Romans of old paid great attention to dreams.

One of the best known ancient writers upon dreams was Macrobius, who, in his book upon the subject divided dreams into five principal classes, viz.:

1. **SOMNIUM**, or the dream proper. This, according to Macrobius, was a figurative and mysterious representation of some event to come, and required interpretation.
2. **VISIO**, or a vision. In this species of dream, or it might be even a kind of waking ecstasy, one saw an event foreshadowed which was afterward fulfilled exactly as foreseen.
3. **ORACULUM**, or the dream of the Oracle. This took place when in sleep; one of the Deities or some venerable person appeared and proclaimed what should or should not happen, or commanded what should be done or avoided. In order to procure such dreams it was customary to sleep in a temple or at some spot sacred to the Deity whose advice or assistance was required.
4. **INSOMNIA**, or dreams arising from restlessness produced by oppression of mind, body or fortune. Dreams of this kind were not looked upon as inspired.
5. **PHANTASM**—In this state, the person who begins to doze, thinking himself awake, imagines that he sees forms differing in shape and magnitude from natural ob-

(Continued on page 19)



Do you dream of being only partly clad?

Male or Female

by

RUBY F. REMONT

HERE are two samples of handwriting, which furnish an opportunity for discussion of sex. The best graphologists testify to the fact that it is not worth while analyzing for sex, that the actual sign of it is so tiny, and so often confusing to a tyro, that it is far better to ask correspondents to state their sex if the signature does not disclose it.

But there's something more than the body-temple to be considered, as any of our astrological co-workers will tell you. In the last analysis, sex is a state of mind—a combination of characteristics, and any well-trained graphologist should be able to tell you whether a writer is a male soul in female body this trip to earth, or vice-versa. Also, one should be able to know which parent the writer most closely resembles. While much of the comment herein made may seem paradoxical, it is well to con over the ideas and practice on various scripts in order to see the truth presented.

Number One is a man's writing. Number Two is that of a woman. Glancing at these, and supposing that a partnership by way of marriage or in business were contemplated, who would rule the firm or household? You might easily presume that No. 1 is a woman, for have we not all seen thousands of scripts like that, written by book-keepers and insurance posters and tabulators? But No. 2, with its go-getter type might readily fool a casual observer. Its aspects are decidedly male, meaning POSITIVE, co-ordinated as to muscle and thought propulsion.

You, who have studied astrology, know that every alternate month is that of the feminine, negative sign of the Zodiac. All numerologists understand that positive numbers are the odd ones, negative the even numbers. The ONE always stands alone, independent, forceful. The following diagram will give some corroborative evidence:

This central figure is that of the positive and upstanding element. You have doubtless checked up on persons with many B's in their names, B—the second letter, governed by the two, the Neptune sign, the sort of people who are sensitive, shrinking, who are difficult to know,

often evasive, or what I term the FLUIDIC type in handwriting, their script frequently indicating a tendency to kidney or circulatory trouble. And they always let things flow away from them—if exceedingly fluidic in script.

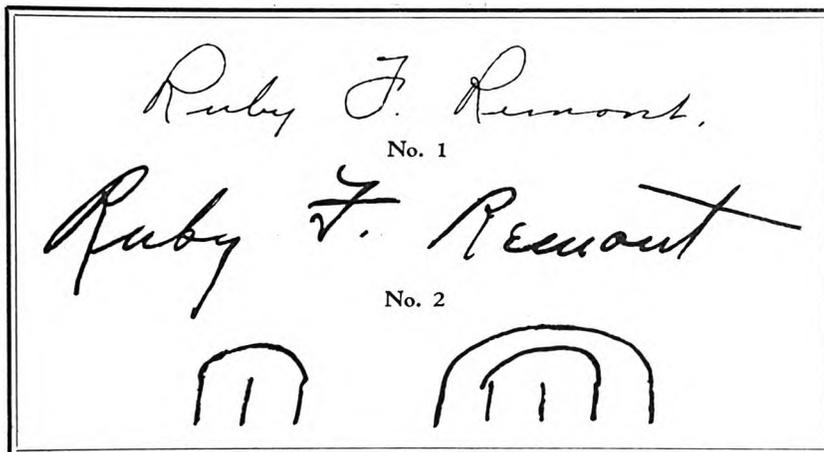
They sail out on a sea of imagination, hopefully picturing a safe harbor—are active in promotion but can't stand the storms which life's long voyage offers. Remember, we speak now not of all those governed by TWO, but of the correlation between very flowing, light script, with weak t-bars, unfinished strokes

and a general aspect of letting go of will power . . . and a name say like Betty Babbitt, ill polarized. Should the name be Bob Babbitt, with the same weak script—you could check up again on the feminine, negative principle. Now a word as to the resemblance to parents in such a sample.

If the script be weak, fluttery, negative and that of a woman, you know she resembles her mother. If it be of same tendency and written by a man, he will resemble his father. Strong writing indicates that the writer resembles opposite sex parent. No great man ever had a great son who looked exactly like him. The boy must "take after mother!" The girl must be of the father's sort.

Sample No. 1 would diagnose as that of a male resembling the father physically, because it is so feminine, artistic, inoffensive, gentle, and in short has what we love to term feminine goodness. Probably he has traits like his mater and was a mother's boy. He likes the society of women, not that he is lacking in manliness, remember. You may be born under Cancer, be a male weighing 225 lbs., look like a Toreador—and yet be of feminine type, governed by the Moon, sentimental, sensitive. I remember that in diagnosing a writing for a woman, anonymously submitted script, I spoke of the combination of male body and female manifestation, and named certain traits corroborating that. A few days later, the sender called me on the telephone, said it was her husband's script and that he had gone "Right up in the air about

(Continued on page 21)



Do
Not
Imagine



That
You Wear
A Mask

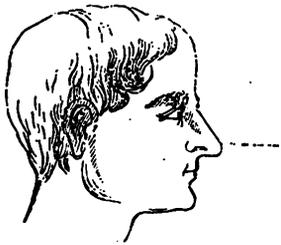
Your Face

IN looking at the human face, the feature that most strikes us, as being most prominent and most indicative of character, is the nose. In this organ we can not fail to see both force of character and sagacity, if the nose be prominent, or the opposite of these if the nose be weak or small; and the reason of this is, that the faculties belonging particularly to force of character and sagacity have their signs in the nose. There are three faculties of combativeness—*Self-Defence, Relative-Defence, and Attack*. It is evident that these are not a single faculty; that, for example, the dis-

An original course with the original drawings, by the first authority, J. W. Redfield, M. D. These are the drawings, and the manuscript from which hundreds of later character analysts have based their work. The complete course will be printed in following issues. Character Reading attempts to keep alive these priceless works which our modern analysts are unable to secure.

tradict, to be always on the opposite side. One who has a predominance of this faculty, and thus a large sign of it in the nose, will stand his ground when assaulted; is opposed to being touched or leaned upon; is easily provoked, and has a stronger dislike to interference than people in general. He seems

to be affected in every part of his system with that painful sore, called—*noli me tangere*. So we see that though "self-defence is the first law of Nature," too much of it is not good. This faculty must be an instinct common to man and animals, and we may see the sign developed in the brute creation in proportion to their manifestation of it. In the horse it is large, particularly in the Canadian pony, who feels himself attacked or intruded upon when a person comes near him, or points the finger at him. By his leering, throwing about his head and attempting to bite, and striking with his hoof, he says to us—"Keep your distance; don't touch me!" Such a horse has the sign of self-defence large, as in the following figure. The



position to defend oneself is different from the disposition to attack others, and that relative-defence, or the disposition to defend one's friends, family, neighbors, etc., is different from either. The faculty of Self-Defence is indicated in the ridge of the nose just above the tip, at the place pointed out in the above figure. The sign here is represented of extraordinary size, and would indicate a very great deal of the faculty, which manifests itself in the disposition to stand always upon the defensive—to consider oneself attacked, and therefore to oppose, to con-



instinct and sign of self-defence are largest of all in the rhinoceros; which has a horn growing out at this part of

nose, provided by Nature for the express purpose of defence.

The faculty of Relative-Defence, or the disposition to end others, is indicated in the ridge of the nose at its idle part, just above the sign of self-defence, as shown the next page. Such a person likes to espouse the use of others, and to be their champion when attacked. will defend his country, his fireside and home, and will



the blow fall upon himself rather than on his wife and children, or on his friend. As one with large self-defence is easily provoked by anything like encroachment on his individual rights, so one with large relative-defence is easily irritated by anything like encroachment on the rights of others, particularly of children and of the simple and weak portions of the human family, who can not well defend themselves. Relative-defence is a very patriotic feeling, and the sign of it should therefore be large in the Yankee character, as may be commonly seen in the American profile. To illustrate the sign of this faculty in the lower animals, we will again take the horse. A prominence of the middle part of the ridge of

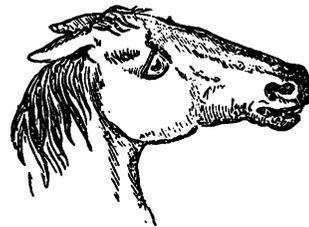


the nose, as in the figure below, indicates a great deal of irritability, a disposition to fret and chafe in the harness; and if the animal have a colt, she will show a solicitude to defend it from danger proportional to the sign of the faculty. The action of this faculty is toward its sign, and throws the head in the position as shown. It is very strong



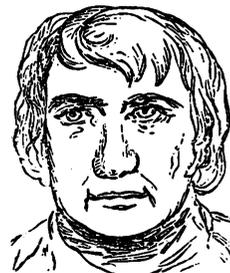
in the camel, in which the large sign in the nose and the position of the head agree.

The faculty of Attack is indicated in the upper part of the ridge of the nose, just above the sign of relative-defence, as seen in the following figure. A pugnacious individual—one who is in the habit of "picking quarrels," as it is said—has this sign large. Such a person is provoking and vexatious, particularly to those who have large self-defence and relative-defence. He does not allow others to remain quiet in their persons or opinions. If he be a vulgar, gross man, he attacks their persons, if an intellectual refined man, he attacks their opinions, and is a controversialist. The sign may be seen largely developed in quarrelsome persons, who exercise the faculty in both striking and kicking; and is large also in the kicking horse, as we see in this engraving. Such horses are called Roman-nosed (and the Romans, by-the-by, had the com-



bative faculties very large, particularly attack; as shown in their aggressions, and as indicated in the form of their noses.) In the Irish face we see either the sign of attack, or the sign of self-defence, or the signs of both, largely developed, with less relative-defence. In the English face we see a large sign of attack; in the French, a large sign of relative-defence: and these mark the combative Irishman, the bullying Englishman, and the irritable Frenchman.

The faculties belong to force of character; and to a person with any physiognomical perception, they give that appearance to the nose. The aquiline nose being an



arch, in which is the greatest strength, such a nose is strong, even physically speaking.

Acquisitiveness is another faculty belonging to force of character, inasmuch as it is one of the strongest passions, exerting a predominant influence on mankind, and carrying them through the greatest difficulties. This faculty is indicated by the breadth of the nose just above the wing of the nostril, in the bony part. The sign, if large, gives a broad arch, as we see in the face of a negro, and in that of the Jew. The following engraving may represent

(Continued on page 15)

Faculties Which Hold You in Chains If You Allow Them To

BY EDNA PURDY WALSH

A LITTLE philosophy may be a dangerous thing, but a little phrenology saves us from many dangerous things. Sometimes there can be nothing so dangerous as to be too cautious. Many excellent brains are held prisoners in the chains of extreme caution.

Men of excellent intellect, women of great talent are behind the bars of the caution faculty, 'hesitating to do this,' that or the other thing which might awaken their great ability and open the door to dollars.

There are actually some men and women so bound in caution as to let their motor remain stalled on the tracks rather than to go all the way over—people who would prefer the on-coming train of failure to hit them than to make a move to go ahead alone.

Asking this person, asking that one, they go about fearing, worrying, hesitating, criticizing (all cautious people are merciless critics as a rule) until they do nothing themselves, and everyone else who does anything seems to them to get there by pull alone.

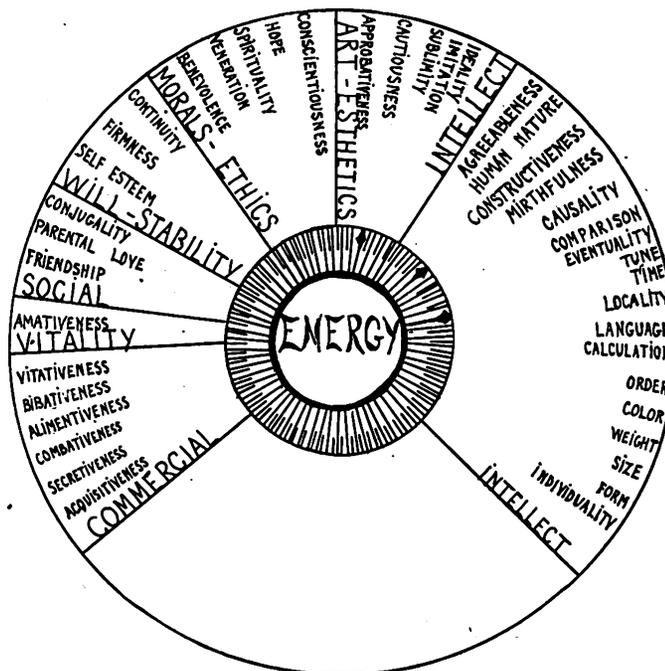
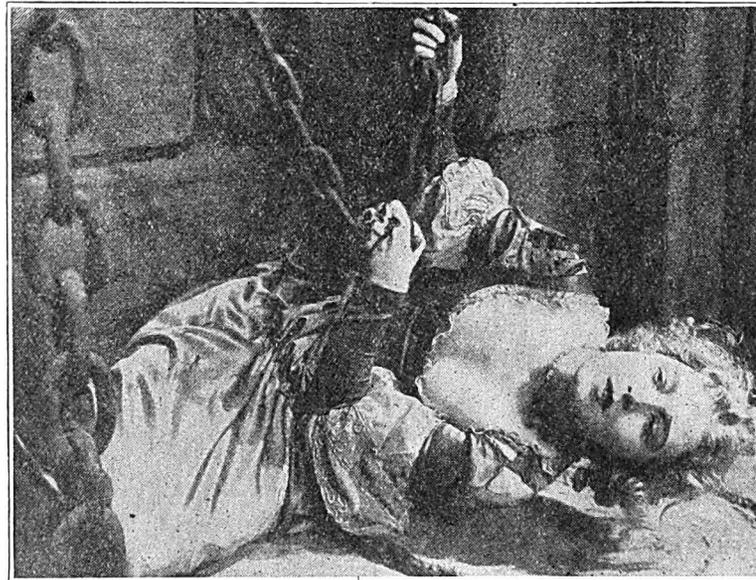
Extreme caution can make a beggar or a tramp of an otherwise wonderful brain. If one with extreme caution does any planning, it is a plan, whereby he can secure something for nothing. No effort, no decisive step, no willingness to undergo hardship to begin a venture of his own is the vibration of the too cautious individual. It even affects the walk, the

clothing, and everything the person does, even to his digestion and assimilation of food.

Caution gives a very wide crown to the back of the head. As a rule, the whole head will be wide just above the hat band, from the back to the front. While the faculties in this lobe are the refining, artistic faculties, if we let them rule us we are slaves and failures. If we rule them, by making daily decisions, daily effort to overcome our weaknesses, we can turn the faculties of caution, approbation, and ideality, to money-making centers.

The important thing in life is not that we succeed at every effort, but that we go ahead and keep trying. Each day we should master some little weakness in ourselves—some little point of laziness and fear. If you want help, give help to someone else, and you will thereby strengthen yourself.

Many people hesitate to collect money that is due them. Extreme caution holds them in chains. Going after the thing that is due you first, is a good exercise to overcome caution. Then go after the thing you wish to earn. Break the chains, and you will find after they are broken that they are made of firmest steel. Over cautious people walk with a step that is hesitant. Come down firmly on your heels with each step, and even your thoughts will become firmer.



What is A Perfect Lady?

BY MAX O'RELL

IN a clever article, Lady Violet Greville recently asked "What is a lady?"

A friend of mine was once asked in New York by a coachman if he was "the man as wanted a gentleman to drive him."

I was myself told once by a negro hotel-porter, whom I had asked a question about some baggage of mine, to apply "to that gen'l'man over there"—another negro porter.

A lady friend of mine who visits the poor of her district once called at a tenement house to inquire after a poor woman who was ill. The woman who answered the door shouted to someone upstairs: "Will you tell the lady on the second floor that a young person from the district has called to see her?"

A lady acquaintance, who once happened to be alone in her home with a maid who was ill, out of consideration for that girl, went herself to open the door to a friend she had seen go up the steps of her house, so as to save the maid the trouble of coming upstairs. The following day that maid told a servant next door that "her mistress was no lady," as she answered her door herself.

"What is a lady?" asks Lady Violet Greville.

Well, it is hard to tell in these democratic days, when every class strives to ape the others above, when all people are equal to their superiors and superior to their equals.

With the modern extravagance in dress, the boisterous hats, the outrageously *decolleté* dresses in restaurants and other public places, the cigarette-smoking, the card-playing for high stakes, and what not, I shall feel inclined to answer: "You can tell a lady by the efforts she makes to be taken for—anything but a lady."

Every class of society has its own definition of a lady. To the inhabitants of the slums it is a woman who stops her nose when in contact with them; to servants, it is one who does not do a stroke of work in her house, pays their wages regularly, throws at them her left-off clothes, and treats them like dirt; to tradespeople, it is one who pays cash for what she buys; for dressmakers and milliners, it is a woman who never bargains, and is known never to wear her gowns and hats more than half a dozen times.

What is that new supreme desire to pass for a lady?

"It proceeds purely," said Lady Violet Greville, "from a wish to imitate; it is vulgarity pure and simple.

"It is the aspiration after gentility, the longing to appear what we are not, the desire of the fly for the dinner-lamp.

How can you tell a lady?—A lady is a woman who adds to the virtues of a woman the qualities of a gentleman.

"It is the natural consequence of the religion of the Anglo-Saxon race—make-believe.

"A real lady's existence," continues her ladyship, "seems to outsiders to be all sweetness, and

passed in a land of milk and honey; whereas, in reality, could her poor, crawling admirers realize it, the modern lady's life is a compound of hard work, exhausting excitement, anxious ease, and infinite disillusion. To begin with, she is often poorer than her prosperous neighbour, compelled to practise petty and galling economies, travel second class, wear cleaned gloves, and spend unpleasant moments in street-cars and omnibuses. It is the vulgar *nouveaux riches* who own the carriages, the horses, the jewels, and the money."

Yet the vulgar rich may be as lavish as they please, may throw gold out of the windows, give a small fortune for their horses and carriages, they have not enough money to buy what that lady possesses, her delicacy and refinement. Even their servants know that, for they can take the measure of the mushroom nobility to a T.

In a few years more, no doubt, the word "lady," entirely divested of the original meaning, far away buried in the mists of time, will merely be the equivalent of the feminine gender, the female of the male, and then the gentler bred and wiser of the sex will exult in bravely calling themselves women. And they will be right. "A perfect woman" sounds to my ears far more sweetly than "a perfect lady." There is no misunderstanding about the former. "I am not an angel," says an *ingénue* to her *fiancé* in some French play, the name of which now escapes me; "don't expect too much from me. I am only a woman." A woman—only a woman. Heavens! that is good enough for anybody!

Lady Violet Greville concludes her clever article by a beautiful definition of a lady:

"The real lady settles her debts, does not forget her liabilities, would as soon cheat as commit murder, and actually considers an engagement a binding duty. She has a soft voice and a pleasant manner; she is the daughter of evolution and the survival of the fittest. If she has nerves, she does not show them. She has courage of the finest sort, the courage of her opinions and the moral courage to deny herself."

I feel almost inclined to draw myself up, and say of the real lady: "In short, she possesses all the qualities that make up a gentleman."

Tell me, ladies, if this is not just like a man.

A Day's Course in Character Reading

By

MILLS WATSON CONNOR CONROY

{ This early Chicago writer should be given credit
for his wonderful work, in his book "Conroy's
Revelations of the Mind" printed many years ago. }

AT first, it may seem paradoxical to assert that a person can become an expert character reader in one single day, but it can be done nevertheless. By this, we do not mean that you can learn phrenology, physiognomy, anatomy, graphology and other important sciences dealing with man in a character sense, for that would require several years of persistent study, and a busy man could not afford to devote so much time to these sciences, unless he intended to take up these sciences in a professional sense. But he can learn character reading for all practical purposes by paying close attention to voice, attitudes, manners, conduct and appearance.

Vocal expression reveals character as nothing else does. The voice comes immediately from the soul. Such as the soul is such will be the voice. If the person be affectionate, his voice will be affectionate, mild, sweet and charming. A mean disposition accompanies a rude manner of expression. A conversational, clear, sweet, smooth and musical voice indicates harmony of development, being a combination of the didactic and emotional voice. This means culture, narration, description and education and, at the same time, a kindly disposed nature.

A person having the characteristics of earnestness, loftiness, highmindedness, reverence, adoration, devotion, inspiration, daring and lofty emotions has an exalted and lofty utterance, making his voice slow, lofty and reverential. Listen to the voice of ministers of the Gospel and men possessing greatness of soul and you can hear the peculiarity of vocal utterance. This voice quality is peculiar in the sense that it is produced by the larynx, mainly. The moaning quality of utterance is the melancholy voice quality. It indicates feebleness, pained emotions, languor, fear, exhaustion, pain and very weak muscular power.

A person moved by the characteristics of remorse, hatred, terror, weakness, and at the same time fear, mingled with defiance, contracts his vocal cords, resulting in a rough, harsh, husky, slow, debilitated, relaxed and growling utterance, seemingly made in the throat and lungs.

Anger, revenge, contempt, scorn, malice and detestation produce a grating, rattling, deep and discordant utterance.

Death emotions, awe, fear, prudence, unpleasant sur-

prise, secrecy, cunning and dread make the utterance low, aspirate and whispering.

A whining and nasal utterance indicates dogmatism, intolerance and compulsion.

A high, thin, sharp, shrill and dry utterance is loveless. This kind of vocal utterance seems to come from the head, as it were, instead of coming from the throat. It resembles the shriek of the owl in the deep, dark forest. It means excitement, irritability, scolding and mockery. You cannot live happily with a person having a vocal utterance like that. There is no love in such a person.

A subdued, resigned conversational utterance means self-control and resignation.

Loud, abrupt and vehement utterances indicate strong passions and an uncultured mind.

The pathetic voice quality is long, low, pleading, fatherly, motherly and earnest.

Exalted, quick and full vocal quality indicates optimism, joy, mirth, happiness, success, health and comfort.

The utterance of judges and lawyers is strong and rather stern, which is the case with all people full of resolution, earnestness, law and discipline.

A man who is honest and strongly convinced of his opinions has a radical stress of voice. He accentuates the first syllable very strongly and then lets the rest of the word fade into an aspirate mode of speech.

Determination is heard in that kind of stress which increases on the entire word, from the beginning to the end. This peculiar accent is also heard in decision, emphatic protestation, rebuke, resolution, daring, strong conviction, etc.

When there is astonishment, irony, satire, ridicule and contempt in the mind of a person, his voice is strongest in the beginning and end of the word; that is, there is a seeming swell to the word in the beginning and a corresponding swell to the accent of the voice at the end, while in the middle of the word there is but little force. By paying close attention to vocal utterance, we can learn to judge character very correctly.

Broadmindedness, lofty characteristics, noble emotions, heroic desire, just indignation and all higher faculties are expressed without any special stress on a word, or on a

(Continued on page 23)

Hope, and Your Liver

HOPE.—The degree of this very important faculty found in an individual is dependent upon the normal action of a strong and healthy liver. If the liver be of good quality—that is to say, free from all inherited weakness, and always acting normally—a

If you have lost hope and ambition, look to your liver. Three days of uncooked vegetables and salads will act as a wonderful liver tonic, and you will regain lost hope. Here is an extract from Dr. Mary Olmsted Stanton's famous Encyclopedia of Face and Form on the all important liver and the faculty of hope.

high quality of Hope will accompany its action. Hope is a great sustainer of life; it buoys one up under great difficulties; it gives the power to overcome obstacles by a hopeful, cheerful cast of mind—if I may be allowed to use this term in speaking of a physical function, for we derive our "mental powers" from these functions direct. In sickness no faculty except Firmness so sustains the spirits and strength of the invalid. In this way it promotes health and longevity. Whenever I see an individual with cheerless, despondent, hopeless views of life and the future, I look for a liver diseased either by abuse or by inheritance from some "blue," grim, joyless, jaundiced, bilious ancestor, and I find this invariably the case. How little people think, as they stuff and gorge and make themselves bilious and jaundiced, of the gloom and wretchedness they are storing up for future generations, cursing the unborn and sending down to posterity the blighting effects of their uncontrolled appetites! Surely, it is here religion should commence, where it is most needed; and Nature has placed Conscientiousness in the Vegetative Division in the physical basis of human character, in order that it should protect the body in purity and soundness, and that morality should prevail.

When I observe persons whose views of life are gloomy, and who live without hope, I cannot refrain from paraphrasing the Scriptures thus:—

The fathers have chewed gall, and the children's teeth are set on edge.

I suspect there must have been many keen, observing, thoughtful men in "Bible times," who were wiser and more scientific than they dared to acknowledge—some who understood, as Moses did, the physical construction of the body, as well as man's requirements toward a religious life. When I read such expressions as the "gall of bitterness," "bowels of mercy," etc., I cannot but think that some of the men of those times must have known that friendship derived its merciful attributes from the intestinal system, and that hopelessness and bitterness of spirits came from an overflow of the gall-bladder; else why such expressions? It will be a happy day for society when these unfortunates can be made to clearly understand that

people who observe their peculiarities are able to appreciate them from the standpoint of physical imperfection, and not in the light of unpleasant eccentricity. It is a hopeful sign of the times that no one cares to pose in the light of the "interesting invalid." With the develop-

ment of Face and Form Reading all these oddities, resultant from a disordered liver, will be classified in their proper light of physical deformity. No one cares to be classed among the physically unfortunate, like the hunchback, the club-footed, and the blind; and if an increased knowledge as to the true relations existing between the liver and the disposition can be generally disseminated, it will result in a greater degree of caution in the indulgence of the appetite. Suggestions as to curbing the demands of the palate, however, are not usually received with much enthusiasm, and I will not pursue the subject farther, except to say that I firmly believe that a great responsibility rests on parents in the arrangement of a dietary for their children, if they would secure for them a perfect digestion.

The liver being the largest gland in the body, we must infer that it creates important mental states. The greatest writers on mind seem to realize its importance, and have gathered extensive evidence by observation and experiment which go far toward proving its intimate relation to mental activity. The evidence collected by this class of writers is chiefly obtained by observing this organ in a state of disease. Not having any scientific knowledge of the face by which to make observations of the liver in a state of health, nor to observe *how* it affects the normal individual, their only resource has been pathological observation, such as is had in cases of sudden emotion or long-continued disorders of this viscus. And until physicians and metaphysicians are acquainted thoroughly with the facts of scientific physiognomy these methods alone will have to be employed in the study of those diseases of the mind induced by disorders of the liver, or, conversely, diseases of the liver induced by injuries to the brain or brought on by violent emotion. The following description of disease of the liver, produced by mental shock, is stated thus by Dr. Tuke. He remarks:—

Dr. Budd, in his "Diseases of the Liver," observes that jaundice following mental shock, long-continued anxiety or grief, is often unattended by any alarming symptom, but now and then, after it has existed for some time without any symptoms indicative of especial danger, disorder of the brain which proves

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Figure Out The Winner

HOOVER vs. SMITH

By ARIEL Y. TAYLOR

Author of a new and remarkable forecasting system in Numerology

WHO will be the next President? The answer to this problem, as well as your own, can be figured out by mathematics. Number is the measuring rod of the universe. Without it all would be chaos. There would be no time and no dimensions of space. Your life up to the present moment is measured in terms of years, months and days, each year of growth bringing certain definite experiences in keeping with the law of the seasons.

Herbert Hoover and Al Smith are running a close race in terms of years. Both are 54 years of age. The same length of time, however, does not always produce the same results, even in men who have long been in public office.

As the growing tree pushes outward and upward, adding a new ring each year, according to its particular type—Cherry, Oak or Maple—so does each individual rise to power in accordance with his inner nature.

This hidden power in the inner self which determines one's success in life or the field of service in which his natural talents can gain the greatest recognition, is found in the date of birth.

• With your first breath, the incoming wave of energy from the outside world started your physical machinery in motion and established in you a definite response to such particular rate of vibration. The interpretation of this vibratory rate may be had through a study in Numbers, it having been found that whenever the same rate of vibration appears, although in different octaves or widely divergent forms of energy, the same general characteristics manifest.

Namely—

- 1—A New Idea—the Creative, Masculine, Pioneering principle.
- 2—Feminine—Diplomatic—Collective—Imitative.
- 3—The Child—happiness and joyous expression in art, music, literature.
- 4—"On the Square"—analytical—conscientious—thrifty.
- 5—Investigative—versatile—the "go-getter" salesman.
- 6—Talkative—advisory—domestic—assuming responsibility.
- 7—Silent, scientific, strong convictions—lover of nature.
- 8—Executive, business, money-making, engineering—Power.
- 9—Artistic, humanitarian, interested in big idea or world travel.

- 11—Inspirational—intuitive—psychic—promoter of new ideas.
- 22—Diplomatic—organizing—intellectual—working through groups.

With this magic key we can unlock the door to your greater possibilities. Applied to your name, it shows your characteristics from the standpoint of Heredity and Environment. Applied to the birth date it shows your Inner Urge and the special work you came to do.

Herbert Clark Hoover was born August 10, 1874.

a b c d e f g h i j k l m n o p q r s t u v w x y z
1 2 3 4 5 6 7 8 9 1 2 3 4 5 6 7 8 9 1 2 3 4 5 6 7 8

10 1 8 —(11-8)

Herbert Clark Hoover

3 8 3 —(11-3)

4 9 11 —(4-11)

Aug. 10 — 1874

8 10 20 —(20)

In the above set-up we have shown only the total digit values—Herbert adding to 40, Clark to 18 or 9, and Hoover to 38 or 11, all double numbers being reduced by adding their digits to the right.

Applying these principles to the birth date of Mr. Hoover, we find that his early career as an engineer was in keeping with the 8 engineering qualities of his month, which governed his life for the first 27 years. On August 10th, this year, he passed out of the 10 influence of his day which governed between the age of 27 and 54 into the 20 of his year which will rule from now on.

The total birth vibration of any individual indicates the big lesson he has come to learn and the vocation in which he should enjoy the greatest success, but the specific activity in which he should engage at the present moment, is determined by the influence of his present cycle.

His total birth path of 20, however, and his 20 year indicates that as a diplomat acting in an executive capacity where he is promoting (10) some progressive idea of peace (20) between countries or nations, he is more in keeping with his real inner urge.

If there ever was a period in Mr. Hoover's life when his greatest opportunity was facing him, it is at the present moment. In every forecast chart, 7 influences are shown each year. Out of the 7 influences in his chart for 1928, 5 of them are the 2, representing his big life lesson. The fact that there are two 9s in his chart for the forepart of the year indicates that he is closing out certain executive duties in which he has previously taken an active part.

The moment he was 54, he was in his 55th year which reduces to 10, and marks the beginning of a new cycle in an entirely different sphere. The 9 year cycle of 9 under which he has been for the last 9 years, brought him, as is the rule under a 9, many long journeys and trips across the water.

Mr. Hoover's influence for 1929 is 3 and in this year the month of April has an influence which should bring him outstanding individual recognition. May following with a strong executive organization vibration. The fact that Mr. Hoover's influence for next year is 3, the same as that of the United States, is a very favorable indication that Mr. Hoover will have a chance to begin his new cycle of experience at the head of this country's affairs.

By the latest method of forecasting, Mr. Hoover's monthly and yearly influence will always be the same as that of the United States. This is one of the strongest points of harmony in any situation. He should be able to handle the reins of this government in a wise manner at the proper time.

Mr. Hoover's influence for 1930 is 22, one of the strongest vibrations in any forecast chart. This indicates that he will be very active in the promotion of some far-reaching scheme of diplomatic character, uniting nations or countries in one of the greatest peace movements that has ever been inaugurated.

22 is the diplomatic vibration which joins large units of power. In a chart of the important events of the United States, we find that in a year which had the vibration of 22, the first trans-Atlantic cable was laid. As this was the beginning of closer relations between nations in that early day, we trust that in 1930, the two master numbers (11 and 22) which are in Mr. Hoover's chart at that time, will enable him to use this unusual promotion influence to present to the world a message of peace and good-will which will link forever the peoples of this planet in a continuous state of peace and harmony.

Whenever the 22 influence appears in any one's chart and he does not endeavor to carry out some unusually large program, the 22 reverts to a 4 and he finds himself hampered with details and routine. He is apt to become fretful and nervous because of the lack of a proper outlet for this current of energy. Even on the constructive side it calls for the handling of big problems.

Many of these problems may have to do with the navy or with food control measures in this country, as 22 controls water. It is interesting to note that in 1798, when the United States was 22 years old, the Navy Department was established. Mr. Hoover may undoubtedly take some trip across the water himself or visit foreign countries, in order to further the increased interest in the peace movement or harmonize the more distinct differences which will have arisen between opposing factions in various phases of life at that time.

Alfred E. Smith, the Democratic candidate for President, was born December 30, 1873.

6 5 9 —(11-9)

Alfred Emanuel Smith

22 3 6 —(22-9)

10 8 6 —24-(6)

Dec. 30 1873

3 3 10—16—(7)

His influence for the present year is 8, which indicates a good financial vibration and power in the public eye. He has just passed out of an "efficiency" cycle into one of greater individual freedom. He is now selling himself on the record he has made as an efficiency man in his state.

He is also passing into a larger 27 year cycle which brings new problems and calls for adjustment to new conditions. From now on things will be somewhat more strenuous than in the past. His continued success will depend upon the ingenuity with which he handles each succeeding situation.

A comparison of the forecast charts of both candidates shows a favorable influence for both of them but the fact that Mr. Hoover's dominant influence for each year is identical with that of the United States throws the greater weight of evidence in his favor.

In order to correctly judge either one of these candidates, we must compare their qualities with that of the country which they seek to serve. The birth date of the United States was July 4, 1776

21

7 4 3—(11-3)

Mr. Hoover's surname of 11 which shows a very highly developed intuition and a strong promotion influence, indicates that he is able to meet the inner urge of the United States found in its date of birth—11-3.

Herbert Clark Hoover as well as Herbert Hoover both total 4-11 and in this name Mr. Hoover not only has the 11 to meet the big urge of the United States but he has the 4 influence which is in line with the vibrations of its day. Hence, he should be able to manage the financial matters of this country with efficiency and the proper economy.

Alfred Emanuel Smith has a total name vibration of 6. Alfred E. Smith, by which he is more frequently known, totals 3, in harmony with the 3 in the birth path of the United States. He would meet the requirements of a certain class of people who would be interested in the personal enjoyment phase of life and would be a good man to carry out the principle of freedom (3) which the majority of people want.

The 3 of his month and the 3 of his day give him a splendid sense of humor and enable him to associate with the people and make a favorable impression upon the masses.

He has 11 in his original vowels, hence has the con-

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The Curtains of Your Eyes

Eyebrows Have Their Own Language

OVERHANGING, shading and protecting the celestial, radiant windows of the soul are the eyebrows. They are the chief seat of individuality, and truly reveal the story of character. The nature and mobility of the eyebrow makes them very significant in expression. We see there displayed with equal clearness anger, pride, contempt, gentleness, firmness, nobleness and quality of character.

Eyebrows that are gently arched and regular are characteristic of femininity; while on the other hand eyebrows that are horizontal, heavy and bushy give a masculine appearance to the countenance.

Weak eyebrows are found on persons with phlegmatic temperament and denotes debility and weakness; while strong, angular, waving eyebrows indicate firmness, activity and fire.

Eyebrows that are high and remote from the eyes are never the confines of the brows of thinkers or men of fortitude, but a mark of thoughtless volatile character.

Dark eyebrows indicate strength and firmness; while light ones denote effeminacy.

Eyebrows that are thick and bushy, but not wild and luxuriant in appearance and closely overshadowing the eyes are a positive proof of profound wisdom, true conception and a manly character, as on the head of Webster, Darwin, Bryant, Schiller, Sir Walter Scott, Dr. Chalmers and others.

The closer the eyebrows are to the eyes the more earnest, thoughtful and firm will the character be found.

Eyebrows meeting in the center are frequently found on honest, amiable and worthy people. They have been noted as a mark of beauty by the Arabs and other nationalities. Tennyson speaks of "the charm of the married brows." But I fail to apprehend any æsthetic quality in them, especially on women, they give the face a masculine, severe, grave and gloomy appearance. It often evidences a wry spirit and a troubled mind.

Shaggy, rough, coarse eyebrows indicate a gross, rough, irregular character and usually accompany the motive temperament, while thin delicate eyebrows denote a fine sensitive mind and found on the mental temperament.

Vocations According to Astrology

THE INTELLECTUAL SIGNS—Aries, Taurus and Gemini. These Signs produce agents, authors, ministers, druggists, chemists, managers, matrons, elocutionists, journalists, lecturers, orators, nurses, editors, politicians, publishers, reporters, scientists, statesmen, teachers, engineers, librarians, governesses, auctioneers, stock dealers, postmaster, conductors, real estate brokers, corporation presidents, physicians, architects, professors of scientific studies, bankers, merchants and commercial travelers.

THE MATERNAL SIGNS—Cancer, Leo and Virgo. These Signs produce contractors, blacksmiths, dentists, shoemakers, carpenters, dressmakers, tailors, millers, milliners, jewelers, machinists, masons, painters, plumbers, manufacturers of wood and metal, typewriters, stenographers, cashiers, bookkeepers, barbers, composers, pressmen, engineers, firemen, assayers, midwives, janitors, soldiers, sailors, bleachers and dyers, brewers, brick and broom makers, glassblowers, cabinetmakers, wheelrights, millrights, photographers, physicians, nurses, chemists, gun and locksmiths, leather workers, engravers, distillers,

factory hands and laborers, cigar-makers, confectioners, stone workers, writers and builders.

THE REPRODUCING SIGNS—Libra, Scorpio and Sagittarius. These Signs produce actors, actresses, architects, artists, butchers, soldiers, bankers, executioners, inventors, jailers, undertakers, lawyers, surgeons, musicians, poets, printers, singers, bookbinders, geologists, astronomers, surveyors, judges, art critics, authors, clergymen, agnostics, civil, mining and electrical engineers, journalists, government officials, theatrical managers and showmen.

THE SERVING SIGNS—Capricorn, Aquarius and Pisces. These Signs produce farmers, gardeners, miners, florists, clerks, cashiers, bookkeepers, planters, stock raisers, merchants, hotel keepers, bankers, storekeepers, sailors, fishermen, lumbermen, detectives, policemen, watchmen, quarrymen, foremen, preachers, superintendents, hackmen, teamsters, peddlers, commercial travelers, porters, laborers in the earth, salesmen, saleswomen, typewriters, stenographers, telegraph operators, secretaries, machinists and chemists.

One of the most important factors in judging of a person's business or professional abilities is a knowledge of his social and educational qualifications. A common laborer, uneducated, may have finer mental abilities than a physician or a statesman, but the difference in the edu-

(Continued on page 27)

If
You
Have



A
Spark
of Genius

It would give me, the most sincere pleasure if you could make it convenient to come & see us. The air still where we were. I could then speak to you more fully, and convince you that the embarrassments under which I have labored are not exaggerated.

Mess. Lea & Blanchard have just issued two vols of Tales, by myself; and may I beg of you to accept a copy with my kindest regards? It would give me great pleasure to hear from you.

Yours most truly, Edgar A. Poe

EACH one of us has some spark of genius. There is some one thing that we can do better than anyone else living. But that spark of genius cannot be unearthed in two seconds by any character analyst, astrologer or seer. No analyst living can cause a genius to make money overnight. Perspiration and inspiration must go hand in hand with the genius. Part of the time he must sing with the skies and flowers. Part of the time he must go right down in the alleys of toil, and walk through the back yards of fatigue in order to come out onto the front lawn with his flowers.

Behold the genius Edgar Allen Poe, whose writing reveals his persistent hard work. No worker at a bench could have worked harder than Poe. Each word was weighed with the exactness of the fine chemist. Long, tedious hours were spent in preparation of a single line. Long, discouraging hours were spent in the marketing of his work—in the battling with hard material facts. To produce the light, airy, musical word songs, he had to hammer away with heavy eye lids and concrete facts.

Note the exact base line of the writing, indicating his persistency and scientific attitude.

VEST POCKET PHILOSOPHY

If we had paid no more attention to our plants than we have to our children, we would now be living in a jungle of weeds.

Luther Burbank.

* * *

The difficulties with which we are met are the maids of honour which set off virtue.—*Moliere.*

* * *

"Tears never yet wound a clock or worked a steam engine."

Dickens.

The signs is bad when folks commence
A-findin' fault with Providence,
And balkin' 'cause the earth don't shake
At ev'ry prancin' step they take.
No man is great till he can see
How less than little he would be
Ef stripped to self, and stark and bare
He hung his sign out anywhere.
My doctern is to lay aside
Contentions and be satisfied.
Jest do your best, and praise er blame
That follers, that counts jest the same.
I've allus notice great success
Is mixed with troubles more or less,
And it's the man who does the best
That gets more kicks than all the rest.

James Whitcomb Riley.

"We bring into the world with us, different gifts. One has gold, another granite, a third marble, most of us wood or clay. Our task is to fashion these substances. Everyone knows, that out of the least costly, an immortal work may be shaped."

Chas. Wagner.

* * *

"The block of granite which was an obstacle in the pathway of the weak becomes a stepping-stone in the pathway of the strong."

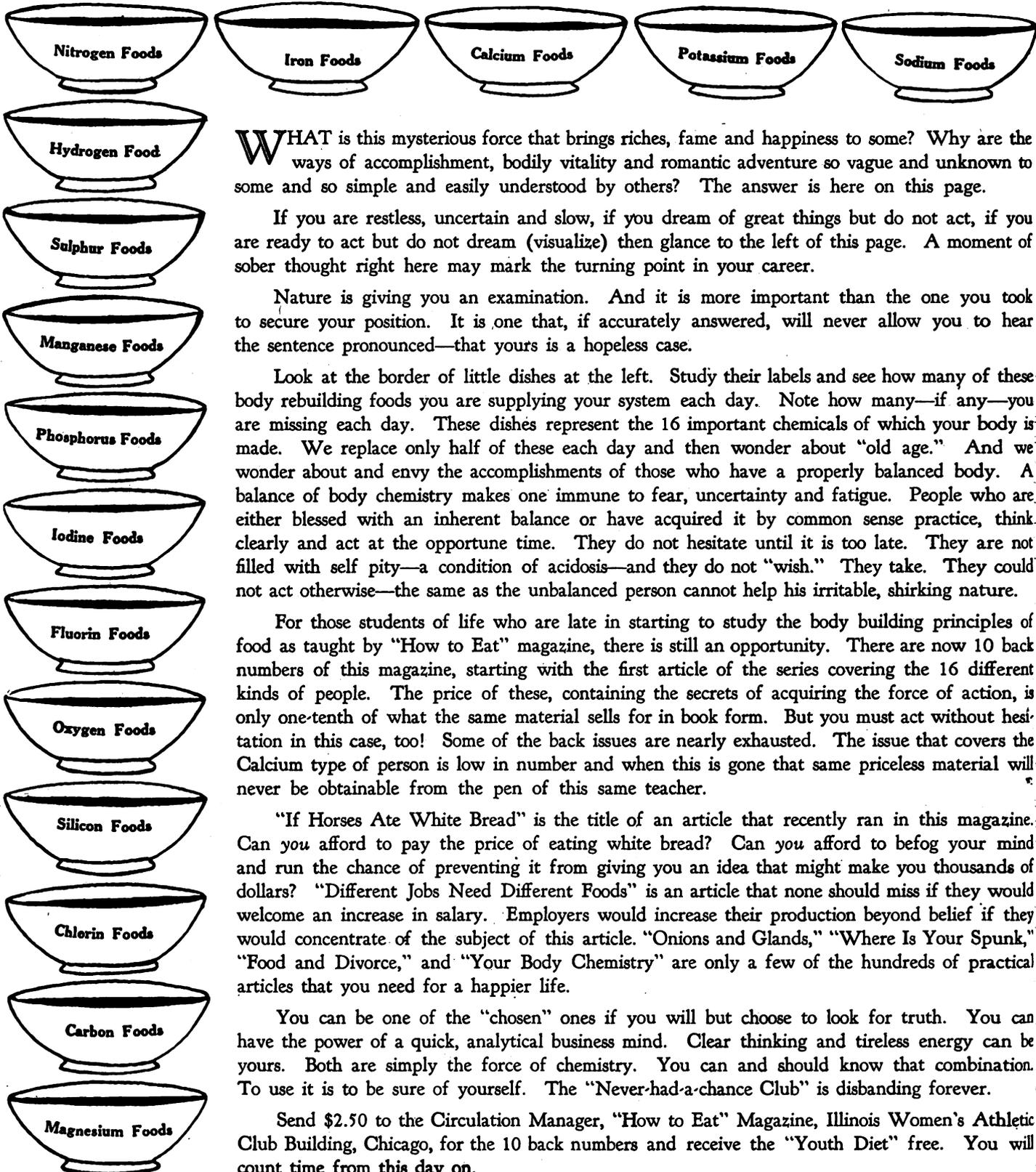
Carlyle.

* * *

"I am bigger than anything that can happen to me. All these things, sorrow, misfortune and suffering, are outside my door. I am in the house, and I have the key."

Lummis.

You Can Have It



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

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

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

Look at the border of little dishes at the left. Study their labels and see how many of these body rebuilding foods you are supplying your system each day. Note how many—if any—you are missing each day. These dishes represent the 16 important chemicals of which your body is made. We replace only half of these each day and then wonder about "old age." And we wonder about and envy the accomplishments of those who have a properly balanced body. A balance of body chemistry makes one immune to fear, uncertainty and fatigue. People who are either blessed with an inherent balance or have acquired it by common sense practice, think clearly and act at the opportune time. They do not hesitate until it is too late. They are not filled with self pity—a condition of acidosis—and they do not "wish." They take. They could not act otherwise—the same as the unbalanced person cannot help his irritable, shirking nature.

For those students of life who are late in starting to study the body building principles of food as taught by "How to Eat" magazine, there is still an opportunity. There are now 10 back numbers of this magazine, starting with the first article of the series covering the 16 different kinds of people. The price of these, containing the secrets of acquiring the force of action, is only one-tenth of what the same material sells for in book form. But you must act without hesitation in this case, too! Some of the back issues are nearly exhausted. The issue that covers the Calcium type of person is low in number and when this is gone that same priceless material will never be obtainable from the pen of this same teacher.

"If Horses Ate White Bread" is the title of an article that recently ran in this magazine. Can you afford to pay the price of eating white bread? Can you afford to be fog your mind and run the chance of preventing it from giving you an idea that might make you thousands of dollars? "Different Jobs Need Different Foods" is an article that none should miss if they would welcome an increase in salary. Employers would increase their production beyond belief if they would concentrate of the subject of this article. "Onions and Glands," "Where Is Your Spunk," "Food and Divorce," and "Your Body Chemistry" are only a few of the hundreds of practical articles that you need for a happier life.

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

Send \$2.50 to the Circulation Manager, "How to Eat" Magazine, Illinois Women's Athletic Club Building, Chicago, for the 10 back numbers and receive the "Youth Diet" free. You will count time from this day on.

(Continued from page 5)

a thief—one who exercises acquisitiveness unlawfully. Persons who steal in a lawful manner have also the sign of this faculty large. Of the lower animals, cows are remarkable for a thievish disposition, and those which have a particular passion this way may be known by the large development of the sign of acquisitiveness, or the breadth of the nose, just above the wing of the nostril.

The faculty of Economy is the disposition in man to keep what he gets; whereas, the faculty of Acquisitiveness is the disposition



to get what he can. The sign of the former is the thickness of the nose forward of Acquisitiveness; also the fullness under the chin—making, when large, what is called the double chin, as in the figure of Dr. Franklin, on the next page, who was remarkable alike for his economy and his economical sayings. This faculty and its sign may be observed great or deficient in the lower animals, as well as in man. The cow, for example, is very full under the chin, and is careful to pick up every straw that is thrown out with the dirt. The horse, on the contrary, is very hollow under the chin, indicating a great deficiency of the faculty of economy; and so far from gathering up the fragments, he draws great quantities of hay under his feet, and is very wasteful. Men, as a general rule, are more remarkable for the faculty and sign of acquisitiveness; women, as a general rule, more remarkable for the faculty and sign of economy: but the most excessive cases of economy, as well as of acquisitiveness, are among men.

It was said that in the nose are seen both sagacity and force of character. The impression of sagacity is obtained mostly from the end of the nose; and the reason is that Inquisitiveness, Secretiveness, and Suspicion, are indicated there, besides certain intellectual faculties. The faculty of Inquisitiveness is indicated in the horizontal length of the nose, from the lip forward, the end being in many cases turned slightly upward, as seen in the following outline. A person with this sign large is very inquisitive, asks a great many questions, and takes means to draw out the secrets of others. The faculty and its sign are great in thief-

light deeds of darkness, and finding things which have been stolen and secreted. The hog has the sign of this faculty very large,



the nose being projected horizontally and turned up in a rim; and he exercises the faculty almost constantly, his food being concealed in the ground, where most other animals have not the instinct for finding it. This faculty gives a natural disposition to dig in the earth in search of food or treasures, and, in connection with acquisitiveness, forms a character sordid and covetous. In the Irish, who have lived so long upon a certain root, and who are the most celebrated dirt-diggers in the world, the sign of inquisitiveness is very large, unaccompanied with more than ordinary acquisitiveness.

The faculty of Secretiveness is the opposite of Inquisitiveness, inasmuch as it attempts to conceal from the prying curiosity of the latter. It is indicated in the breadth or expansion of the nostril, as represented



in this cut. If this is thought to resemble very much a Chinese, it will be remembered that the "Celestials" are the most remarkable people in the world for secretiveness; for many centuries not allowing strangers to enter their gates, carefully concealing the knowledge of their arts and sciences, and proverbially secretive whenever travellers make inquiries of them. The negroes have also this faculty and its sign very large. It is the disposition to hide either oneself or one's property, and, in connection with acquisitiveness, forms a miserly character—one which loves to hide money in a wall or bury it in the ground, where those with strong inquisitiveness are most likely to search for it. The fox may be cited as an example of the large sign of this faculty, indicating a strong power of concealment, which has so close a connection with cunning as to cause phrenologists to confound it with the latter faculty.

(Continued on page 22)

A Fascinating New Way to Make Money Through the Arts!

The startling National demand for giftwares and gaily colored art objects pays big incomes to Fireside Members. Read here how you may join the Fireside Guild and make big money in a fascinating art hobby that is more like play.

By Natalie Adams



This amusing Beau Brummel holds colored crayons or short pencils. What woman's heart hasn't fairly yearned to buy everything in sight in these lovely little Giftware shops? It is the instant appeal of bright objects of art that pays such big profits to Fireside Members. New Memberships, now available, offer you an unusual opportunity to make a good income in this fascinating profession.

The Fireside Idea

Fireside Industries is a Guild of men and women who decorate giftwares. Even wealthy members do it for a hobby, for the satisfaction of creating something beautiful, for its educational and cultural advantages. Hundreds of others make from \$10 to \$25 a week, selling to friends or neighbors; supplying big stores; or opening gay little gift shops, either at home or in a store. When a new member joins the Fireside Guild he or she is first given a complete course in Applied Arts. The course is directed and personally prepared by sales specialists. Gabriel Andre Pettit, himself a prominent artist and recently a member of the U. S. Government commission to the Paris Exposition.



Hanging Shelf. Very smart. Brings Fireside Members quick sales substantial profits.



New "Three Step" Method

No experience is required and the "3 step" method devised by M. Pettit is so simple that your satisfaction is assured. der box de- In a few weeks you will be proficient and lights every expert in the decoration of candlesticks, one. Literally picture frames, wall plaques and book sells on sight. shelves; bright wooden toys, incidental furniture, book ends, vases, dolls and lamps and parchment lamp shades, batiks, textiles and greeting cards.

What Members Earn

Membership includes the privilege of buying hundreds of domestic and imported art objects, ready for decoration, at unbelievably low prices. Fireside Members are making big successes. Letters come daily saying: "I earned \$1,000 this season," or "I was swamped with orders before I completed the sixth lesson." One woman writes: "I could have sold five times as much as I had time to decorate." A Member in Massachusetts made "\$500 the first month." These records are not unusual, for Fireside products are so appealing in their charm that they sell on sight.



Send for Free Book

A 32-page book, beautifully illustrated in colors, explains the Fireside plan, tells how to become a member, how to get full membership privileges, shows how the simplified "Three Step" Method makes it easy for anyone to learn; how others are making big successes. This book is entirely free. Mail the coupon now and enclose a 2c stamp to help pay postage.

FIRESIDE INDUSTRIES

Department 2-P, ADRIAN, MICH.

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Your Favorite Your

Many color authorities claim that our favorite color which we wear reveals what we are. Others maintain that the color we love best reveals the quality we NEED, and do not yet possess in our souls. Each one can find this out by his own favorite color.

COLOR is the great revealer of the world to man, for all vision is color-vision. Everything we see, we see because the surfaces send back the rays impinging upon our eyes, giving us sensations of color.

Here we must be reminded that color is a sensation, residing in the brain of the observer, not something residing in the object seen. Why does the geranium appear red and green? Because the texture of the leaf is such that when the light falls upon it, and is broken up into its numerous colors, the leaf absorbs all the rays except green. We see it green because that is the color it hasn't got, that is the ray it rejects, repels, drives off. And the blossom appears red because, when the sunlight falls upon it and is splashed to its constituent rays, the petals absorb the green and blue and violet rays, and reject the red. We see the blossom red in our brains, because those are the rays we receive through our eyes, the rays it rejects. A white surface sends them all back. A black surface absorbs nearly all the rays.

In the case of the color of the sky, it is different. The fine water-drops send back toward the sun the yellowish and reddish rays and absorb the blue. But being transparent, the blue rays pass through and are transmitted down to earth. It is like being inside the flower instead of outside it. The mystic feels he is enclosed by a huge blue lotus.

If there is Intelligence behind the universe, this process of transmission of blue rays can not be accidental. What is the effect of blue on the human sense?

By contrast with the glare and the dust and the noise, to enter a blue room, to look upon Wedgwood blue china, to gaze at the blue lotus of the Nile, is to acquire at once a sense of coolness, of serenity,—is to know what is meant by the sattvic quality in the Gita.

George Macdonald ("Castle Warlock") contrasts with the spiky flashes of jewels that eat into the eye with their fierce color, with the mystical glowing RED the heart and lord of color; with the jubilant YELLOW, light crowned

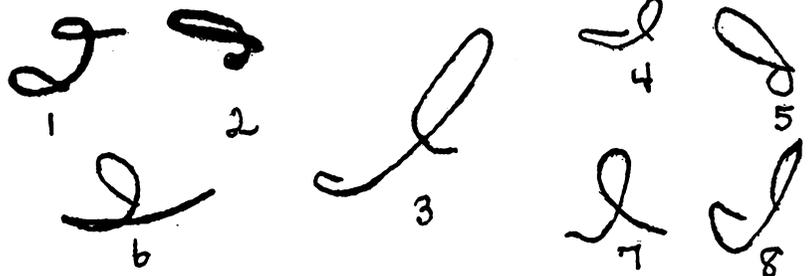
IT'S HARD TO SAY "NO"

If you make a small "f" like this one



What would the capital I's below mean to you?

They are taken from the script of modern lovers. Each one reveals his manner of wooing—his way of going after anything he wants, by his capital I.



There Is Nothing More Thrilling Than Handwriting Analysis

It makes you financially successful.

It makes you popular.

It attracts affection.

It gives understanding and personal poise and magnetism.

The Graphology Club has selected the very best books on the subject which can be mastered most quickly, as well as those which are exhaustive. You cannot fail to learn from any one of them, this marvelous subject.

Know Your Sweetheart by His Handwriting, by Edna Purdy Walsh and Arthur William Scott.....\$3.00
150 lessons written in charming, unforgettable daily talks. Also a course on name analysis. The last word in graphology.

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128 pages of illustrations and exact text. An indispensable little book for graphology club study.

The Mystery of Handwriting, by J. Herington Keene\$2.75
155 pages heavily illustrated, and thrilling as a novel.

Psychology of Handwriting, by Robert Sandek\$5.00
A book for those who want to make a deep science of graphology. 300 pages, profusely illustrated. Handsomely bound, large sized book. A book which teaches teachers. Authoritative, exact, and satisfying to the last degree.

The Psychology of Handwriting, by Wm. L. French\$3.75

It takes a master mind to simplify scientific things, so that they are disguised to us as easy things of the kindergarten. We consider this book by Mr. French incomparable. His chapters and illustrations on commercial types, criminal types, scientific types, literary, artistic types, and his charming treatment of love and marriage, and how harmonies reveal themselves in writing, stand in a class by themselves. A large book.

Handwriting and Character, by DeWitt B. Lucas\$2.50
368 pages, with hundreds of illustrations on the absorbing subject of graphology. A book for the business man who employs people, for the salesman, and for the professional graphologist.

Graphology, by Clifford Howard....\$1.00
215 pages of charming, concise lessons on the absorbing subject of reading handwriting.

THE GRAPHOLOGY CLUB

715 Illinois Woman's Athletic Club Bldg.
Chicago

Color Reveals Character

to ethereal gold; with the GREEN that haunts the brain as the storeland of Nature's secrets;—contrasts the wide-eyed spirit BLUE,—the truth unfathomable.

And it is by peering up into the blue that Richard

Jefferies obtained glimpses of cosmic consciousness.

"Sometimes lying down on the sward I looked up into the sky, gazing for a long till I could see deep into the azure and my eyes were full of color. . . . Having drunk deeply of the heaven above, and felt the most glorious beauty of the day, and remembering the old old sea. . . . I now became lost, and absorbed into the being or existence of the universe. . . . Losing my separateness of being, came to seem like a part of the whole."

So, many sensitive people have recorded that sky-blue has upon them the effect of kindling aspiration, and awakening spiritual love. In symbolism, as in the blue sapphire

ring of the initiate, and the blue robe of the Blessed Mary, and in the adoption of blues by the Universities for athletic and academic honors, we have the suggestion of the idea of High Truth, to which the devotee directs his devotion, the idealist his loyalty, and the student his study.

And on the principle of adaptation, of fitness, of adjustment, of harmony, it cannot be an accident that in man's world his feet walk upon the green earth, while above his head is stretched the blue canopy of the Flower of Day.

The green carpet of comfort and hope, over the homely brown earth, under his feet, and over his head the Dome of Truth, the wide wings of beauty, the vast canopy of blue serenity and faith, and in his heart the red blood—the quick pulse, the active energy, the passion, the rage.

Red, the color of animal life, varying from the lurid fires of destructive anger through the dark poppy of passion up to the most delicate rose of tender affection.

We hear eleven octaves of sound, but we see only one octave of color. The occultist assures us, however, that the rainbow colors form only one of many octaves, that above these octaves range the hues of the emotions and a spectrum of thought, and that wherever man goes he carries with him the tints of his disposition, visible to extended vision.

Not in foolishness, therefore, does Browning speak of the lover as being caught in the *rose-mesh*; and Shakespeare of the *green-eyed monster* (a dark turbid greyish-green) jealousy; and the cabman on holiday as being in the *pink*; and Susie of receiving *black*
(Continued on page 20)



If you want to read Character

**WE ADVISE YOU TO READ
THE BOOKS BELOW:**

The Laws of Scientific Hand Reading, by Wm. G. Benham.....\$5.00

Mr. Benham's book is a wonder. By studying thousands of hands and tracing the careers of their owners—the famous and obscure, the successful and the unfortunate, the virtuous and the base—he has multiplied the proofs and then unerringly formulated the exact laws of nature as written on human palms. The beauty, fulness, and knowledge of this book with its 800 illustrations from life, make it the final and best authority on what should now become a popular and fascinating science. Large size.

Cheiro's Language of the Hand, by Cheiro.....\$5.00

Large sized book with over 200 pages, and the clearest illustrations yet seen on the hands of famous people. It is of Cheiro that Mark Twain said, "Cheiro has exposed my character to me with humiliating accuracy. I ought not to confess this accuracy, still I am moved to do it."

Mrs. Frank Leslie says, "Your palm reading is so startlingly true that your possession of this mysterious skill or faculty might well inspire fear, were it accompanied by less of perfect trust and discretion."

The Duke of Newcastle says, "Cheiro has told my past and immediate future with wonderful accuracy, especially with regard to certain coming events which he could not possibly have known."

The New York World says, "Without knowing either the names or the positions in life of any of the people, and without asking a question or any beating about the bush, Cheiro read from impressions of hands on paper the life and characteristics of each person with the most wonderful accuracy."

The Study of Palmistry, by Comte C. De St. Germain.....\$4.00

The last word on hand analysis. Never in the history of publishing has such a value in illustrations and pages been given to the world. There are 1,254 illustrations. This course is for the teacher and the advanced student. Do not send for this book unless you are in earnest. Its 400 pages are a complete library on this subject, and you are buying the books of the world on the hand, when you buy this single one. Large size.

Characterology, by L. Hamilton McCormick.....\$5.00

Mr. McCormick has spared no money in gathering the greatest collection of photographs from all over the world on the subject of character reading. This book is approximately the size of the large dictionary in height and width. It is printed on the most beautiful enamel paper obtainable, and is invaluable to the man who seeks to put each man in his place in the business world. It is the newest book published on this great subject, and Mr. McCormick is not afraid to go on different roads than other authorities to sleuth down the character of men and women.

Phrenology, by Spurzheim.....\$4.00

Who has not heard and read of the great Spurzheim, and how he popularized and made practical the "high brow" literature of Gall, the father of phrenology? This superb book, with its 450 pages, should be in the library of everyone who consecrates his life to that great cause, character analysis and vocational guidance.

The Science of Character, by Wm. Windsor.....\$5.00

592 pictures, 600 large pages, printed on the finest enamel paper. Here is a gold mine for the student of character analysis. You will take Wm. Windsor with you through life in his fascinating outlook on humanity. He has the marvelous talent of bringing deep scientific truths to us in simple, musical phrases.

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How to Receive Dietetic Service FREE of Charge

SPECIAL SUBSCRIPTION RATES Entitle Readers to Diets

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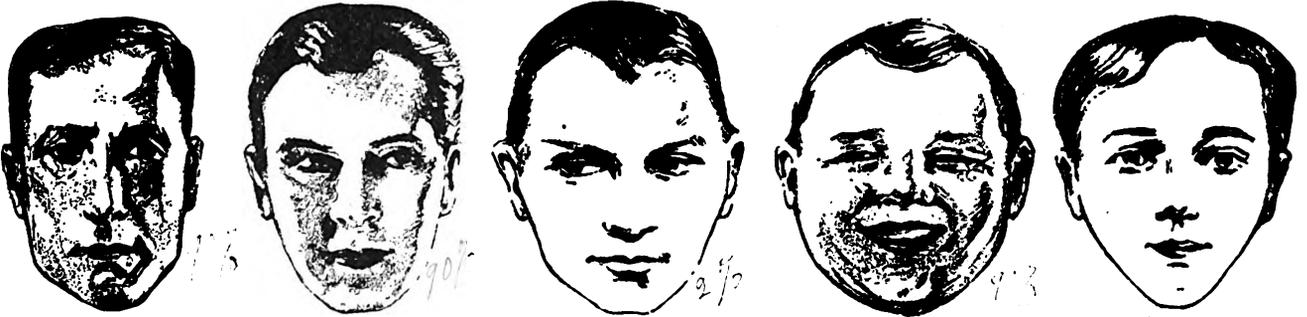
THE HIGH POWERED DIET FOR TIRED, NERVOUS FOLKS

Secure this wonderful diet free of charge with a
six months' subscription to How to Eat Magazine

This is the diet which produces results. An absolutely natural diet, with a surprising variety, rich in phosphorus, iron, sodium, potassium, and all of the mineral salts. For artists, office workers, executives, nervous housewives, people who are low in energy and ambition.

Secure this diet with a six months' subscription. Enclose \$1.50 with your name and address.

HOW TO SECURE AN INDIVIDUALLY WRITTEN ANALYSIS OF YOUR CHEMICAL TYPE, WITH DIET AND COURSE IN THE CHEMISTRY OF FOOD



Your chemical type is revealed by your face, figure, skin coloring, hair and proportion.

The Foods which one type reaches for with joy make the other ill.

Each member of the family is a chemical law unto himself. Because his chemistry is different, his talents, his character, and his digestion is different, his ailments are different also.

In one type the Potassium element is abundant, and that man needs his own kinds of foods if he expects to be a really healthy and successful man. In another type there is too much Carbon, and not enough Calcium. He is very stout, because he is HUNGRY—not overfed. He lacks the food elements which balance weight. Another type has a great abundance of calcium, and lacks sodium. He needs an abundance of certain other elements to keep him free from grouchies, old age, and indigestion.

WHICH TYPE ARE YOU?

WHICH DO YOU NEED?

You Are Entitled to Find Out Free!

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

LEARN THESE CHEMICAL SECRETS ABOUT YOURSELF

You Can Eat Your Psychology and Success

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

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

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

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

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

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

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

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

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

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

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

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

PHOSPHOROUS FOODS—Phosphorous nourishes brain and nerves. When we are doing mental work we exhaust our

phosphorous supply, and fatigue, nervous breakdowns follow.

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

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

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

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

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.)

HOW TO EAT MAGAZINE.

Ill. 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 yearly subscription to How to Eat magazine, published monthly.

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

The Personality Food



IODINE

Such a little thing, is Personality. And yet how much depends on it. And such a little thing is IODINE, in the body, yet the performance of brain and body depend on iodine. Wrinkled skin around the eyes, sunken, pale cheeks tell the story of iodine hunger. Lack of ambition and enthusiasm, great fatigue in the morning, over-excitability at other times, worrying about very inconsequential things, over-conscientiousness at some times and forgetfulness at others — these are a few of the symptoms of lack of iodine. This important personality chemical gives zest to life, and beauty to the complexion, and confidence to the mind. Iodine takes care of those body toxins which affect the brain and its efficiency, and a lack of iodine in our diet means a polluted blood stream. For your convenience we are putting up two packages only to each person, iodine sea lettuce in delightful little capsules. These should be ordered in advance, and if you are wise you will order 2 boxes at once, because the fine grade of sea lettuce which goes into these capsules is hard to obtain. **1 box containing 50 capsules, \$1.00** Health Information Bureau 366 W. Madison St. Chicago

The Unity of Love

Love is evil only in so far as we blend with it something of our own personality. . . . To love anything whatsoever constitutes a little wisdom; it is a part of the universe entering within us to set us free. If we follow love without disturbing it or paralyzing it by our own inclinations, its infinite dialectic will ever draw us nearer to God."

We see the common root of these diverse doctrines. Love springs from objects, from qualities, or from God. It destroys the personal self and reaches out to the substantial self; to it love makes appeal. Love is a holding of the individual by something else than itself. To love is to be held, to let oneself be held, to rejoice in being held. The cause of love dwells in the object that inspires it; its worth depends on the worth of that object. There is a unity of love that corresponds to the unity of the world. We must trust to love and follow it: first, because we cannot do otherwise, the world being stronger than ourselves, and second, because our differentiated self is evil, just in so far as it is differentiated. Love saves us from our self: a mighty stream that carries back to the divine center the creatures of creation.

(Continued from page 2)

jects rushing upon him and wandering about, or seated upon his bed. Under this class the ancients placed the nightmare.

Such was the common division of dreams into classes according to the ancient philosophers.

It appears from one writer of old that the Greek soothsayers used certain mathematical tables for interpreting dreams, for Plutarch speaks of one Lysimachus, grandson of Aristides the Just, who sat near the Temple of Bacchus, and gained a living by interpreting dreams in that manner.

Another ancient writer on dreams and their interpretations was Artemidorus, who flourished about the year 100 A. D. A great portion of his work on the interpretation of dreams is still extant, as also are the writings of Junianus Magus, who lived at a later epoch.

Artemidorus not only bought up every book that he could hear of concerning the explication of dreams, but spent much time in traveling in order to make the acquaintance of soothsayers and others, and he carried on an extensive correspondence with persons of that kind in Egypt, Greece and Italy, carefully collecting all reports of dreams and of the events which are said to have followed them.

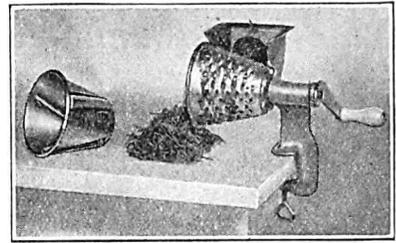
The subject of dreams and auguries received a vast deal of attention in the Roman Empire at the beginning of the Christian Era. In the reign of the Emperor Augustus a law was passed obliging all who had dreamt of anything respecting the State to make it public at once, either by means of a placard or by the mouth of the public crier.

Thus great was the importance attached to dreams by the heathen philosophers of old. How firmly the Prophets of the Jews and the Apostles of Christianity believed in them is known to every Christian who reads his Bible.

It must be remarked with regard to dreams of every description, that those not thoroughly complete are regarded as of no account. As it must, moreover, be borne in mind that, in order that those retained in memory shall be good and reliable, they should occur toward daybreak, and certainly after midnight, for up to that point of time, the animal functions of the body are occupied by digestion, and the brain troubled by the vapors of food, is incapable of rational impressions. However, Artemidorus, in his learned treatise, affirms that a man of sober and tranquil habits can be visited by dreams at any hour of the night, and occasionally during the day, prognosticating coming events with certainty.

Many authors have sub-divided dreams into three classes: relative to natural objects, to animals, and to celestial things.

(Continued on page 25)



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 see 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.

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Park Ridge, Illinois

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USE THE COUPON

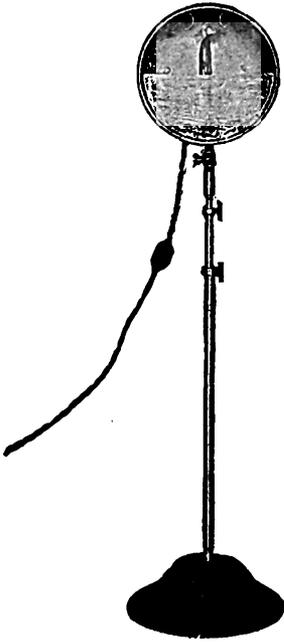
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Now Can Be In Every Home



Those truly remarkable cures reported by every section of the world, made by the ultra-violet rays of the sun, through ultra-violet lamps, are TRUE—TRUE—TRUE.

BUT NOW, EVERYONE CAN HAVE THESE POWERFUL ULTRA-VIOLET RAYS IN HIS OWN HOME for the treatment of tuberculosis, rheumatism, rickets, malnutrition, infections, nervous break-downs, anemia, and the countless ailments which are caused by lack of minerals and these mysterious, curative sun rays.

The Glorious Sun Lamp may now be sold to the layman, as well as to the drugless healer and physician, and at a price within the reach of all. May be used for hydrotherapeutic institutes, home treatment measures, beauty parlors, as well as in the office of the physician. Made of finest nickeled steel, adjustable in height.

The finest lamp, giving genuine ultra-violet rays, through the carbon arc, in the world, and for the low price of \$45.00—\$15.00 cash and \$30.00 on delivery.

The Sunshine Laboratory
J. J. SLOCUM

St. Charles

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Learn to
READ CHARACTER at SIGHT
as Taught by

Dr. Katherine M. H. Blackford

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Enclosed find check, cash or money order for \$3.00, for which send me your 7 volumes "Reading Character at Sight." If I am not delighted with them I have the privilege of returning them within 5 days and my money will be refunded.

Name.....

Address.....

(Continued from page 17)

looks from Mary Jane; and Bert of having a fit of the blues (the dark blue of gloomy shadows) and John Barleycorn of seeing in *delirium tremens*, blue devils. There are, of course, many blues, and many reds, and many greens. There is the blue of blue-eyed innocence, and the cruel, merciless, steel-blue glittering in the eyes of the narrow-minded fanatic.

There have been, for some twenty or thirty years, in existence a number of institutions for applying the known effects of color for definite healing purposes. To soothe and mollify in case of feverish disorders, to tone up in cases of despondency and melancholia. Systems of chromotherapy are now practised in London, and a variant from the usual sun-baths is furnished by exposing the body to the kind of colored rays one's ailment requires.

A charming instance of the beneficial effect of seeing red is given in Mrs. Kate D. Wiggins' *My Garden of Memory*. It was the last performance given by Irving and Ellen Terry in New York. A blizzard had developed. The streets were icy. The cold was bitter. The theatre had not been sufficiently warmed. There was a good deal of restlessness and coughing. Irving could not get a grip on his audience. He felt it slipping away from him as he heard the wind roaring outside. Then he is quoted: "I was quite unhappy till I saw your friendly scarlet flowers in the third row; then I warmed myself with their color and acted better." (They were from a royal poinsettia plant with twenty vivid blooms he had sent his friends the day before, and pinned against a dark dress.)

You can warm yourself with one color. An experiment with a small light behind colored glass on one of the Antarctic expeditions proved that. The sight of an apparently warm red fire has the psychological effect of warmth. You can cool yourself with blue. Why not go farther and heal yourself?—asks the color-healer.

We know that the purple flowers of the foxglove make a narcotic and sedative powder. And the aconite with dark violet-blue flowers lessens the pulse and that potassium bromide has soothing effects, the potassium being violet and the bromine indigo. Is it, then, possible by using merely the rays that these substances represent to effect the same results? Dr. Ponza, the director of the lunatic asylums at Alessandria, is said to have helped his cure of the mentally afflicted by placing fractious patients for a short time in a blue or violet room. And other of his patients "affected with morbid taciturnity, became gay and affable after three hours' stay in a red chamber."

Part of a brood of chickens were reared under ordinary glass, the other partly under

(Continued on page 24)



NEW WAYS TO YOUTH

ORIGINAL IODINE SEA LETTUCE—SILICON OATS

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 a 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 steelf 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.

HEALTH INFORMATION
BUREAU
365 W. Madison St.
Chicago

THE MYSTERY OF "CRC" REVEALED! ROSIKRUCIAN MYSTICISM EXPLAINED



THE ANCIENT PORTRAIT OF "CRC"

(Not connected with Rosicrucian "Fellowships" or "Societies")

Here are the Strange Facts

Does He Still Live?

For several centuries students of Mysticism have asked the same question—"Does 'CRC' still live?" It is known that he lived in Egypt in the pre-Christian period and returned there again in 1290 A. D. He reappeared in Germany in 1604 and was in America long before the Revolution. So say the mystical traditions of many lands. Is he still carrying on the Great Work which a million of the world's illuminated thinkers have found to be the most marvelous instruction for man's evolution?

Who Was "CRC"?

He was known in Germany as "Christian Rosenkreutz." But "Christian Rosy Cross" was the name he assumed because he was the reincarnation of the Egyptian founder of the "Rosy Cross"—the oldest body of mystics the world has ever known. They were called Rosicrucians and the Rosy Cross was their ancient symbol.

The Discovery of His Body

In 1604 the representatives of Sir Francis Bacon (writer of the Shakespeare Plays) opened a strange vault and tomb in Cassel, Germany, and these found the body of the real "CRC" in perfect condition as though asleep for the past hundreds of years. Was there a soul asleep in this body? Only the private records of the Rosicrucians contain the astounding facts which scientists and real mystics conceal from the idle curious. It was one of the principles of the Rosicrucians to keep their bodies well preserved against disease and old age. Their secret method has never been given to those outside the Rosicrucian Fraternity.

Rare Manuscript Found

In the tomb with his body were found the rare manuscripts of the ancient Mystic Rosicrucians containing the laws and secrets of the Magi of the Orient.

These manuscripts passed into the hands of Sir Francis Bacon and other Rosicrucians in Germany, France and England, and the Fraternity of Rosicrucians—the Order Rosae Crucis—was re-established throughout the world un-

der the direction of "CRC" for the eleventh time at least. Europe has never forgotten the power and influence of the Rosicrucian Order.

Secrets Preserved

Today the Fraternity of Rosicrucians continues as an exclusive secret, mighty organization in all lands, inviting the FEW worthy seekers and students of nature's higher laws to share the guarded knowledge of the Rosicrucians. They never published any books—for the true knowledge of the Magi and Essenes as well as the secrets of the Rosy Cross would fade from print if ever put into type for public sale.

Do Not Be Deceived

The mystery of life, death, disease, perfect health, how to attract blessings and gifts from the Cosmic, transmutation, telepathy, success in personal affairs and personal mental power—all these principles in their TRUE form are taught in a different and more practical way by the Rosicrucians, in SECRET LESSONS only—not by books or public classes. And, the name of the International Rosicrucians is the Ancient Mystical ORDER Rosae Crucis (AMORC). There is only one headquarters in America—now in San Jose, California.

Are YOU the ONE?

Only one person in a hundred ordinarily met on the street is truly prepared for the real knowledge. If YOU are the "One in a Hundred" and not a mere curiosity seeker—you may borrow, without cost, a strange book of surprising facts called "The Light of Egypt," which tells the story of "CRC" and explains how you may find a simple way to have the Rosicrucian knowledge, if you are found worthy, ready, and really sincere. Write a short letter and state that you are sincerely anxious to master the secret teachings, and address it to me. The book will be mailed, postpaid under the Seal of the Archivist.

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AMORC TEMPLE

Rosicrucian Park

SAN JOSE

CALIFORNIA

(Continued from page 3)

that reading!" She said he was a big chap, a leader in lodge entertainments, a good feeder, a man who weighed 195 lbs., and who shaved daily. She admitted that the reading exactly covered him but that she couldn't make him see it, and that SHE wore the bifurcated in that home, although she weighed only half as much as he, ran a big office successfully all her lonesome, and took care of their income as to investments. She wondered why I had said all that about her man. I asked his birthdate, having told her that he might be born under a feminine Zodiacal sign, and she said promptly "July 3rd." He had many letters in his name governed by No. 7. The moon element checked right up, too. Of course, scoffers will say "But—if a woman takes the man's name, why doesn't she become negative, too?" Haven't you noticed changes in every married person—of either sex? Are we the same after contacting closely any other human being? Do we either re-adjust ourselves and make the best of things, or quarrel and leave? And then—we still keep our forcible, male first-names as an offset, if we are of female persuasion.

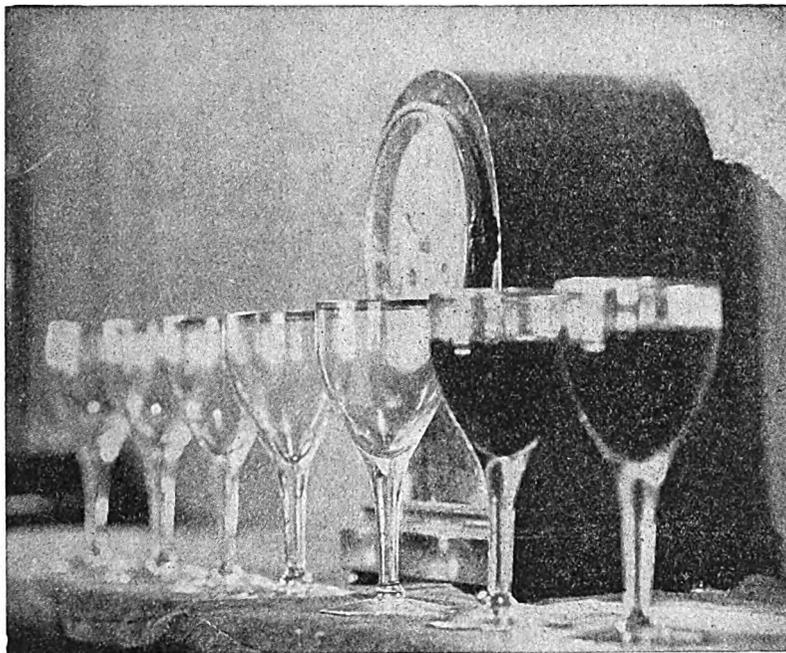
Number 2 is a male type woman. Every stroke is forcible, persistent although touched by feminine impulsiveness. The positive male trait is controlled, if rightly directed, but how few have actually arrived at complete management of the characteristics they brought along to the present course in life's training school? Number 2 is interesting, in the practical downstroke of y, the back-kick of the F. which is slightly subject to that desire to stage a come-back, to retort impulsively, to defend honor and motive—in short, to "GET BACK AT YOU!" The down-bearing t-bar of fine length, is polarized on the upright—an even division. Yet, its obstinate slant mars it somewhat. Corroborated by downbearing of final R-stroke, going below line, foot down hard on what doesn't suit this woman. She is dynamic, hasty, intuitive, has plenty of initiative. She will belong to the "Wydoncha Family"—but she won't let them say "Why don't you?" to her, or make her over, coerce her in any fashion, or permit interferences. She loves ardently. She is like her father, has a good body, a clear mind. The tri-cornered loop of second F. betrays her reasoning capacity. The tall upstrokes of honesty, honor and justice offset the impetuosity inborn. This is what you call a script with COLOR—unostentatious, natural shading and emphasis.

Number 1 has some color, too, but it's a quietly persistent script, not an emphatic or bossy, or even interfering sort. This man would expect you to let him alone to work out his salvation, but he would let you develop as you chose, too. Number 2

(Continued on page 30)

COCKTAILS

--One for Each Day of the Week



You need **all** of them. You may have them all for \$1.00, during January, February and March.

The Pep Cocktail	\$.10
The Sleep Cocktails25
The Complexion Cocktails25
The Brain Cocktails25
The Magnetism Cocktails25
The Vitality Cocktails25
The Courage Cocktails25

\$1.60—All for \$1.00

Priceless chemical secrets are contained in these cocktails. There is psychological and chemical knowledge in their pages you would not trade for several hundred dollars, when you put them into practice.

"They have remade my life," people say.

"I know now that the body can help the mind, 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.

Health Information Bureau
365 West Madison Street
CHICAGO

(Continued from page 15)

The faculty of *Suspicion* is indicated in the length of the nose from the root downward, at a right angle with the sign of inquisitiveness, as we see in the accompanying engraving. When a person touches the end of his nose in this manner, he points



out the sign of suspicion, without being aware that he is a physiognomist. Such a nose indicates a person of quick apprehension, one too inclined to suspect the motives and intentions of others, and too apprehensive of dangers and difficulties. But in its proper degree, this faculty may be more appropriately called *Consciousness*; and by it a person is not only conscious of the ruling desires and intentions of his own mind, but of those of others. The French and the Italians have the sign of this faculty larger than the English and Scotch, and are more remarkable for the trait of character. The Irish, too, are very suspicious, apprehending dangers where there are none, at the same time that they are quick to anticipate the thoughts and wishes of others. It is easily seen that this faculty enables a person to judge well of character, except when morbidly active. Even in some of the lower animals it gives a wonderful insight into character, as in the crow, the raven, the fox, the dog, the elephant, and many others, which have the sign of suspicion or consciousness very large.

The darkest hour in any man's life is when he sits down to plan how to get money without earning it.

Horace Greley.

* * *

The greater the obstacle the more glory in overcoming it.

Mollere.

"CONCENTRATION"

Learn how to keep your mind on one subject despite interruptions. Great possibilities through thought control. Companion book, "How to Conquer Fear," shows how to avoid worry, fear, doubt, anxiety, strain, nervousness, self-consciousness and gain contentment. Both wonderful books by F. W. Sears, M. F. \$1 postpaid, or C. O. D. to any U. S. Post Office you pay postman price plus postage.

Satisfaction or money back.

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(Continued from page 8)

certain word, or on a sentence. A noble and lofty man has a uniform voice, neither very high nor very low. He speaks in a conversational tone and speaks without stress, or the stress is distributed on the entire word, or sentence.

A tremulous voice is the voice of grief, intense joy, agitation of mind, intense sympathy, feebleness, sickness, sentimentality and ardent love.

Singers, actors, elocutionists and orators often try to imitate the tremulous voice, at a time when there is no corresponding emotion in their minds, but this is about the same as to show us a skeleton and call it a living, acting and thinking man. The emotion must be there before the voice sounds natural. Elocutionists always say: "Be natural, be natural." They are right here. To be natural is to be oratorical. But to try to be oratorical and full of emotion when the emotion is lacking, is to be unnatural, and this is just exactly what every elocutionist is. When a person is emotionally excited, then he is oratorical, but not otherwise. Oratory is in the emotions and passions. Strong passion is oratory; strong emotions lead to oratory. Every person who is passionate, sentimental, emotional and susceptible is oratorical. For that reason elocution cannot be taught. An elocutionist is a parrot trying to say something that the mind is not ready to express.

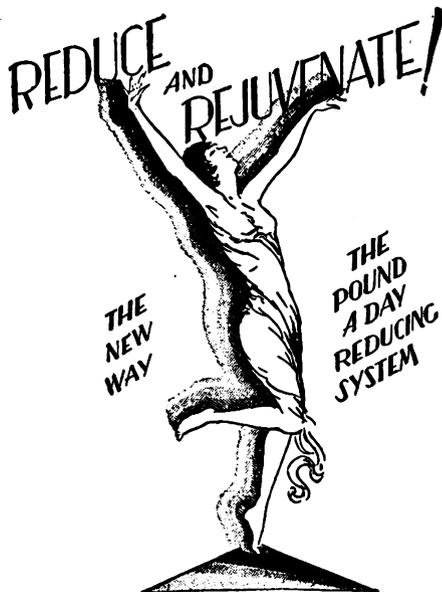
When the mind is high-keyed, the voice is high-keyed. A low voice comes from a mind that is depressed, or that lacks self-confidence, or that is weak, or that is cunning, or that is full of fear. A slow voice comes from a slow mind; a rapid voice comes from a rapid mind; a strong voice is produced by a strong mind; a weak voice is produced by a feeble mind. A timid person cannot have a positive and courageous voice, nor can a strong person have a weak voice. An emphatic voice comes from an energetic mind. A person who shakes his head and wrinkles his forehead in the center of the lower part of the forehead, between the eyebrows, that same person is full of energy, temper, passion, excitement and agitation. Watch the forehead of the people when they talk.

The doubting voice is the critical and skeptical voice. It is the voice of the doubter. It is not easy to do business with such a man.

The voice utterance of the commander and boss is calm, bold, strong, positive and commanding. Such a person always speaks in the imperative mode, as the grammarian calls it.

The magnetic voice is warm, independent, positive but civil, uniform in stress, didactic, imperative but friendly, clear, uniform, rich, musical and rhythmical. That

(Continued on page 32)



Dedicated to all those who really want to reduce

BENJAMIN GAYELORD HAUSER

the young Viennese Food Scientist, has at last perfected a new system of feeding and body toning whereby you can safely lose one pound a day without starving or strenuous exercises.

The outstanding feature of this new reducing regime is that you will have more pep from day to day—and within seven days—look years younger—no lines—no haggard look—true rejuvenation.

A few of the new points contained in this course are:

The four different types of fat—The Pound-a-Day Reducing Breakfasts—Luncheons—Dinners—eat all you want. The Pound-a-Day Reducing Broth—Salads—Salad Dressing.

The Pound-a-Day Reducing Thought—the Pound-a-Day Reducing Breath—the Pound-a-Day Reducing Bath.

Muscle Toning—a better way of reducing the abdomen—hips—legs.

Why fat people should never drink plain water.

These and a hundred other newer facts are contained in this unusual course.

Regular price \$3.00—Special price first lucky 1,000—\$2.00.

THE NEW SCHOOL PUBLISHERS.

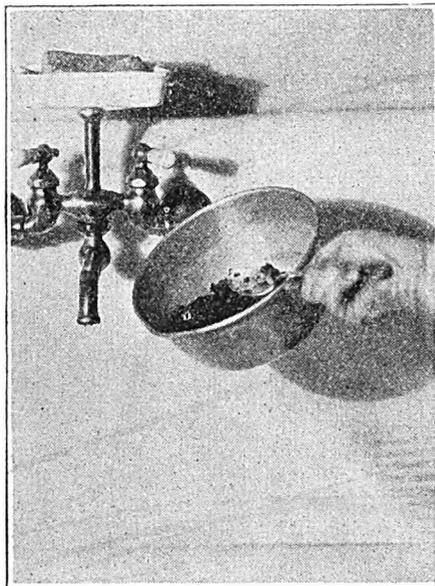
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Down into its throat which does not need it, go precious minerals. Precious vitality, priceless power, and immunity against sickness are deliberately thrown away into its dark recesses.

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

A BOOK THAT HANGS ON YOUR WALL

A new edition now ready. Just off the press. Bigger than ever.

EVERYTHING YOU NEED TO KNOW ABOUT FOODS

Right Before You On the Wall!

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 vitamine 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.

This wonderful chart is an encyclopedia all boiled down to four large sheets to hang on your wall. When you buy it you are buying \$50 worth of books and you are saving ten years of study. The scientist who compiled the remarkable information on the chart has spent twenty years in chemistry.

\$2.00 brings the chart to you for your perpetual reference

Charts for sale at

THE VITAMINE FARM
GENEVA, ILL.

(Continued from page 20)

blue glass; fed at the same time with the same quantities of food. There was greater increase of growth in the second lot. The reason why the modern girl is so healthy as compared with contemporary men and with her sister of a former generation is said to be due to a large surface of the body being exposed to sunlight and her use of loose light-colored fabrics which transmit the rays as compared with the thick heavy drabs, browns and black clothes of her father and brother. Clerical attire is worthy of all condemnation.

Then there is the interesting question of the color-values of sounds, and the sound-values of colors. An operation was once performed upon a man's brain which required the severing of both the auditory and the visual nerves. When the nerves were re-united they were mismated, the upper portions of the optic nerves being joined to the under sections of the auditory nerves and *vice versa*. The story comes from Berlin and goes on to relate that the man sees sounds and hears colors. Red objects affect him as a deep bass tone, and blue as the tinkle of an electric bell. Others have worked out a system in which C is red, D is orange, E is yellow, F is green, G is blue, A is indigo, B is violet.

Here the psychic takes up the tale and gives us a scale of character values to the colors as they are seen in the human aura, and the animal. A cat lying contented and purring on the hearth and a boy in love are clothed in pink. Intellect is yellow. Pride is orange. "There is the brilliant orange of my thoughts, and the deep rose red of my desires, which cling to me still."—Oscar Wilde.

Devotion is blue, anger is scarlet. Depression is grey.

It is curious that a well-known advertisement of a cod-liver emulsion has consciously or unconsciously in its color scheme suggested health-giving properties. The surrounding atmosphere is the orange of health and the children's faces have the rosy glow of vitality, in contrast with which the complimentary light green is given in gloves, sashes and the color of the fish. Chromopsychology is beginning to be a paying concern. By the side of this arresting advertisement I saw another with better artistic qualities only its colors were psychologically wrong.

There is a tremendous exaltation of the color sense in our day. New tints are being created and the eyes of women are becoming organized for a wide range of vibrations. Even insects have their favorite colors. Lord Avebury found blue was the favorite color of bees. Rossetti made a list of his color-preferences. "Thinking in what order I love colors, I find the follow-

(Continued on page 30)

(Continued from page 19)

Those relating to natural objects are such as by means of which physicians can judge of a person's physical disposition; those, wherein animals are portrayed, originate from the passions, or the troubles to which the mind has been subjected during the day, while dreams wherein celestial objects are discerned, are warnings as to divine matters, as, for instance, the Great Image appearing to the King of Babylon in a dream, whose import was so ably interpreted by the Prophet Daniel.

There are two principal kinds of dreams, the one species designated as SPECULATIVE or CONTEMPLATIVE, to which particular attention should be paid, as they eventuate almost exactly in the manner of their occurrence during dreaming.

The second principal kind of dreams can be regarded as ALLEGORICAL or significant, as they do not eventuate in the manner of their occurrence, but with an enigmatical solution. Thus, when one dreams of an angel, it signifies revelation, or good news; but to see a serpent threatening to harm you, designates vexations, annoyance and trouble from those envious of you.

SPECULATIVE dreams have speedy solution, but ALLEGORICAL ones do not eventuate as promptly. Generally a day or two intervenes between a dream and its coming to pass. Hence, persons are liable to deceive themselves, particularly when unlearned in the science of divination, through not preserving the distinction between the nature of dreams or through expecting one thing to occur, while another actually transpires.

Here are some reports given on dreams of clothing, which are many times proved as true dreams, by those who dream them.

Baby clothes—Usually trouble, annoyance; if putting them away, an expected baby is not likely to live.

Clothes of Dead—Signifies some kind of inheritance; if not in property or money, then in business or some other kind of success.

Flashy clothes—Happiness, laughter.

Giving away—A sign of plenty.

Hat—Disappointment, usually; if only part of a dream, with no importance attached to it, then the hat has no special bearing as a symbol.

Improperly dressed—After some embarrassment, better conditions will come.

Tailor—Think about your appearance; it may mean much to you.

Undressed—Some coming or present embarrassment.

Clothing has importance as a symbol only when it predominates; that is, when the dream is woven around the clothing. It may be, and often is, an incident in a dream, and then has no special bearing on the symbol or vision to be interpreted.

INNER REJUVENATION



BENJAMIN GAYELORD HAUSER

The internationally famous Food Scientist is now back in Vienna. During his recent lecture tour he has transformed thousands of Americans—through the application of the life principle in food—With his new seven day system of food chemicalization, you can actually rejuvenate in your own kitchen.

THE MYSTERIES of The Physical Body—The Chemical Man—have been solved—for seven days you can now fill your body with the highest vibrating, rejuvenating foods—about 50 kinds—the more you eat—the better, as these foods contain the best youthifying elements to be found on earth.

Your own blood stream and glands (the true channels of life) will become charged with new life. Once and forever you will flush, cleanse and purify your body in a way no other System has yet been able to do.

Pains and aches will disappear, you are feeding in Health and starving out disease—Follow the Eliminative Feeding System for seven short days—You will not only have more pep from day to day—but actually look years younger—Thousands will recommend it!

The Original Course of The Eliminative Feeding System is only Three Dollars complete.

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SECRETS OF THE AGES

A Constructive Course in human progress which has brought amazing success to thousands. Discloses hidden power and the way to great achievement in your life and destiny. Learn how to break the shackles that bind you. Deep within is a power that far transcends the power of any conscious mind. It is there, a sleeping Giant who, aroused, can carry you on to fame and fortune. You have but to command it, to get of it what you will.

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The wisdom and mysticism of the Oriental Philosophy disclosed in simple language. You will be fascinated with this teaching. You will learn the secrets of personal power known to the Egyptian priesthood centuries ago, rediscovered and taught privately by the Hindu Yogis. You can master the occult forces and make your day dreams come true.

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Satisfaction guaranteed

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November People Explained

From "HELIOCENTRIC ASTROLOGY"

This nature, the most markedly dynamic of all natures, is severely earnest in the production of things to satisfy human requirements, and in the transmutation of energy in productive methods. It is the great perfecting mentality. This is an endowment of love of labor, activity, of intense interest in justice; intent on giving due reward for all benefits received, and on paying bounty for bounty; on returning element for element. There is skill given, in conserving inorganic forces to the use of mankind.

Scorpio responds to Cancer, hence this

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Its field is as broad as human life itself. Such articles as "How to Overcome Fear and Worry," "The Secret of Success," "How I Made My First Million," "The Laws of Self Mastery," "How to Heal Yourself and Others," "The Cause and Cure of Unhappy Marriage," "How to Help Your Child to a Successful Career," "How to Read People by Their Looks," "Principles of Successful Salesmanship," etc., etc., etc. Eighty pages every month of inspiration, cheer, and helpful instruction.

Every Issue Worth Its Weight in Gold. It reveals your hidden powers. It points the way to triumphant life. It leads to victorious achievement. It dignifies life, revealing the laws of self-mastery and self-healing. It lights the lamp of hope. It is a clarion call to faith in yourself and your place in the universe. It guides you to the throne of more abundant life. **DO NOT MISS A SINGLE ISSUE.**

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nature usually marries early in life, and, despite its presumed severity and ill-nature, almost always lives happily, so far as the marriage relations are concerned.

This nature responds to Taurus, its solar pole in force, therefore is in sympathy with, and has capacity for science, manufacturing, and the more materialistic side of human development and advancement.

Therefore, a native of this sign is generally found interested in mechanical trades, as tradesmen, mechanics, and agriculturists, or may often find a place in systems of transportation.

Scorpio chords with Capricorn, and in this, as above noted, comes the interest in railroad, telegraph and shipping industries; when severely endowed, the planets in oppressive signs, there is an inclination to force others to do the Scorpio nature's share of the work of the world, chiefly because it has sufficient directive power to make its employment in that direction necessary.

Scorpio, from the nature of the sign, has been much maligned and illy credited. This nature is one that demands freedom and will struggle for liberty. In so doing it has drawn upon itself the enmity and prejudice both of those in power and those seeking to control.

The supposed harshness of Scorpio is due to its sense of integrity, justice, and desire for freedom. In the days of military power, of serfdom and monarchical slavery (still continued in other but less apparent forms) it was almost a crime to desire freedom and personal liberty. Astrologers were wont to find signs of reproof, and aspects by which those freedom elements could be condemned.

Talk happiness each chance you get—and talk it good and strong!

Look for it in the by-ways as you grimly pass along;

Perhaps it is a stranger now whose visit never comes:

But talk it! Soon you'll find that you and Happiness are chums.

New York Sun.

(Continued from page 11)

sciousness of the 11 vibration to meet the higher urge of the United States and yet in every one of his signatures, whether it be the 6 of his full name, the 3 of Alfred E. Smith or the 10 of Al Smith, he is functioning in a vibration which is less in power than the 11 which Mr. Hoover carries in his surname alone.

Mr. Smith's original consonants of 22-9 give him a strong, magnetic personality, able to sway his audience and create a favorable impression in political circles.

Mr. Hoover has in his original consonants or personality the specific vibration of the birth date of the United States—11-3. From a physical standpoint he should be a typical American type.

Mr. Smith has three influences in his birth date which are identical with those of the United States. His birth vibrations are 3-3-10 or (7), while those of the United States are 7-4-3 or (11-3). Mr. Hoover has in his present name the remaining digits of the United States or 4-11.

On first notice this might make one feel that the balance of favor was in the hands of Smith but when you stop to consider that the United States is now under a 27 year cycle of 4, governed by its day and that Mr. Smith does not have the 4 either in his name or in his birth date, he is lacking in this point of harmony which is very strong in Mr. Hoover's signature.

While people who have the same birth vibrations can work together, there is always a stronger point of attraction when one person has in his name what the other person has in his birth date. In that case he is what the other individual has come to develop. In the present situation, Alfred E. Smith (3) is what a certain portion of the people of the United States are looking for. On the other hand, Mr. Hoover as an 11 is what the 11 people of the United States are looking for.

In November, the month of election, the Influence of the United States and that of Hoover is practically identical, that of the U. S. A. being 11-11-2, that of Hoover being 11-2, while that of Smith is 11-8. This additional note of correspondence, with the greater weight of evidence already in view, indicates that numerically speaking, Herbert Hoover will be our next President.

When a firm, decisive spirit is recognized it is curious to see how the space clears around a man and leaves him room and freedom.

John Foster.

Who is serene? Not he who flees his kind, some desert fastness or some cave to find; but he, who, in the city's noisiest scene, keeps calm within—he only is serene.

Selected.

Eye Exercises

The muscles of the eye are much neglected. They can be trained at odd moments, particularly when one is alone. The main exercise that they get is when we read; and most people use their eyes wrongly when they read, failing to give them a rest at sufficiently frequent intervals. The reading should not be too continuous, but should be broken by spells, when the eyes should be relaxed or closed.

Now for a few Exercises.

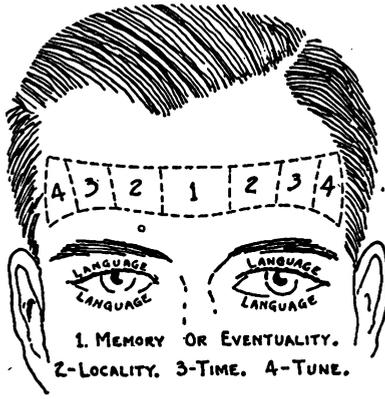
First come the neck-exercises, particularly the "stretching up" which gets the spine into a better position. It must be remembered that the health of the whole body is intimately connected with the spinal column. Besides this exercise, there should be bending the head over, first to the right and then to the left, then turning and looking to the right side and bowing to an imaginary person, and turning and looking to the left side and bowing similarly; and then a gentle rotation of the head first one way and then the other. All these exercises help the right position of the head, and the litheness of the muscles, and the circulation of the blood.

Then there could be, perhaps twice a day, an eye-bath, during which the eyes may be opened under water. It is probably best to have a tiny pinch of table-salt or soda phosphate thoroughly dissolved in warm water. Then wash the eyes with cool to cold water.

This eye-bath could be preceded or followed by eye-exercises, to be done very gently, perhaps only once a day. The pupils of the eyes should move first to the right, then to the left, then up, then down, then up to the right and down to the left, then up to the left and down to the right; then the pupils should be rotated, first in one direction, then in the other. Be sure not to strain. It will be interesting to find how much more you notice in daily life when you have practised this exercise for a few weeks, and how much increased is your range of vision.

The next exercise, also to be done in privacy, needs the greatest possible tenderness. If your eyes are too flat, then put your fingers round them, almost as if you were going to pluck them out, and, with extreme care and gentleness, press the fingers and gently compress the eye, so that you make it bulge out a little more. If the eyes are too bulgy and prominent already, then very gently press on them with the finger-tips, so as to flatten the eyes.

Relaxing of the eyes at frequent intervals throughout the day, either by closing the eyes, or by looking to a distance, or by imagining a distant scene, is very valuable in preserving sight and improving sight. The eyes get fatigued just as much as any other part of the body does.



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We have endeavored to bring the price within the means of all.

Analysis of Chemical Type with Individual Diet

We require for this basic analysis a snap-shot of your full clothed figure, and, if possible, a front view photograph. Postal card size will do. We require a sample of the hair, the weight, height, present vocation, skin coloring, color of hair, length of index finger. Analysis covers chemical type, with individual diet, and general lines of vocational success.....\$3.00
 Bathing instructions for your individual type.....\$1.00
 (Free with chemical type analysis)

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We require for this important analysis, front and side view, postal card photographs, together with full name, hair and skin coloring, length of index finger; if possible, a picture of the hand, and the present vocation.....\$3.00

Analysis by Numerology and Name Vibration

This vital message analyzes your name, with relation to your birthday, points out your best vocations, corrects discrepancies in your name with relation to your success. We require exact name at birth, nicknames, marriage names, and your present signature, as well as your birth date, and year.....\$2.00

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We require for this very exact analysis twenty lines of your handwriting, written rapidly, on unruled paper. This is a very important analysis, everyone should have, to check on his vocational success, his self-confidence and health\$2.00

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I enclose \$..... and full data and I wish the marked analysis:

Chemical Type and Diet	Graphology
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Numerology and Name Vibration	Triangle Analysis

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(Continued from page 12)

cational and social surroundings of the latter enables them to exercise their abilities with a different degree of success. The natural influence of the planets under which a person was born also acts as a guide to the disposition of the person to the vocation indicated.

The Sun and Uranus gives the person ability in occult and mystical employment, something of an uncommon nature where the mind can expand; to official positions and a political life, holding high offices either under the government or large corporations.

The Moon gives inclination to a common, every day business. Saturn to some quiet work or an uncongenial trade. Jupiter to the higher sciences, law, medicine, theology and commerce.

Mars to the army, navy and all mechanical pursuits where iron or other metal tools are used. Such persons may become either surgeons, soldiers, engineers, blacksmiths, contractors or miners.

Mercury tends to literature and all work requiring mental effort.

Venus inclines the person to art, music, the drama and singing, also to all light employments and dealing in small articles.

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YOGODA

How to Recharge Your Body, Mind and Soul Batteries from Inner Cosmic Energy

"Yogoda" is a simple, scientific, resultful System for all-around development of body, mind and soul. The circulation, respiration, digestion and all other involuntary body-processes can be harmonized and invigorated, the mind strengthened and clarified, and the soul purified thru meditation.



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Hindu Metaphysician

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Mme. Galli-Curci, famous singer, says: "Yogoda gives Health, Strength, Power to Accomplish, Peace and Poise." Over 20,000 students have used "Yogoda" to banish their physical ills and mental and nervous troubles. "Yogoda" teaches the student how to harmonize his own nature and life with cosmic forces.

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Now it is FREE! Here is an Answer to Your Letters

"Why don't you publish Character Reading oftener? I cannot wait between issues."
Dear Readers:
We are going to do this very thing. Character Reading will now be published six times a year instead of four times, and will come to you every other month.

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BEST
OF
ALL IS—
THIS SPECIAL ANNIVERSARY
OFFER

You may have absolutely free of charge with a new subscription, either for yourself or for a friend, a wonderful course in

HANDWRITING AND NAME ANALYSIS by Edna Purdy Walsh 143 lessons.

All about him or her from A to Z. All about his name analysis, as well as his handwriting analysis. The course is a \$12.00 course in graphology and name analysis, which you may have free of charge while they last.
DO NOT DELAY. Here is your chance to become a successful vocational and character analyst. Send in your own subscription, and get your own course today. If you are wise you will send in three or four subscriptions and get four of these courses which cannot be duplicated anywhere in the world.

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I enclose \$1.50 for a year's subscription to Character Reading, and I want the free course of 143 lessons in graphology.

Name
Address
City

The Day Will Bring Some Lovely Thing

From "The Great Work in America"

By GRACE NOLL CROWELL

"The day will bring some lovely thing."
I say it over each new dawn;
"Some gay, adventurous thing to hold
Against my heart when it is gone."
And so I rise and go to meet
The day with wings upon my feet.

I come upon it unaware—
Some sudden beauty without name;
A snatch of song—a breath of pine—
A poem lit with golden flame:
High tangled bird notes—keenly thinned
—Like flying color on the wind.

No Day has ever failed me quite—
Before the greatest day is done,
I come upon some mysty bloom
Or a late line of crimson sun.
Each night I pause—remembering
Some gay, adventurous, lovely thing.

Out of the night that covers me,
Black as the Pit from pole to pole,
I thank whatever gods may be
For my unconquerable soul.

In the fell clutch of circumstance
I have not winc'd nor cried aloud.
Under the bludgeonings of chance
My head is bloody, but unbowed.

It matters not how strait the gate,
How charged with punishments the scroll,
I am the master of my fate:
I am the captain of my soul.

"INVICTUS," by W. E. Henley.

(Continued from page 9)

rapidly fatal comes on. After death, in such cases, portions of the liver are sometimes found completely disorganized. It would seem that some virulent poison is generated in the liver which deranges and then paralyzes the brain, and after death comes softening and disorganization of the liver itself. Dr. Wilson Phillip asserts that depression of mind, if protracted, alters the structure of the liver.

Of the influence of the liver over mental states, Dr. John Wm. Draper observes:—

It is, however, on all hands admitted that nothing so quickly disturbs the brain in its action as functional disturbance of the liver. If, through a partial failure in the operation of that great gland, the products which it should normally secrete begin to accumulate in the blood, or have to seek new channels for their escape, the vigor of the intellect is at once impaired.†

Not only is the general condition of the mind impaired by pathological changes in the action of the liver, but where there is an inherited defect either in size or activity of this organ there is a corresponding defect in the activity and clearness of the intellect; especially is this the case with the reasoning and analytical powers.

*Influence of the Mind upon the Body, D. H. Tuke, M. D., p. 304.

†Human Pathology, John William Draper, M. D.

The Replenishing Diet

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.

THE NEW DAY IN DIETETICS IS HERE

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.

The Replenishing Diet brings back your enthusiasm, and your hope. It takes away the useless rolls of fat, and the more you eat the more quickly do those rolls of fat disappear. It builds muscle on the thin arm and leg, because it is rich in the muscle building elements.

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.

This simple, but lengthy diet will be mailed to you on receipt of \$1.00.

Compiled by over ten authorities in bio-chemistry.

How To Eat Magazine

Illinois Women's Athletic Club Bldg.
Chicago, Ill.

Be not disturbed about the future; for if ever you come to it, you will have the same Reason for your guide, which preserves you at present.
Marcus Aurelius.

* * *

"Pity the weak
And minister unto them,
But do not let them rule you.
For the thing more cruel than cruelty
Is sentimentality."
Don Marquis.

* * *

Absence of occupation is not rest;
A mind quite vacant is a mind distress'd.

Give Yourself A Wonderful Treat Every Morning of Your Life

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

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

Complete set for \$1.00

HEALTH INFORMATION
BUREAU

365 W. Madison St., Chicago

THE CHARACTER DETECTIVE

More mysterious than human nature itself!

More fascinating than mystery!

The Mystic Numerologist is the Sherlock Holmes of Character. We have tried it on them all—the seasoned philosophers, the quick, keen lawyers, the astute business geniuses. They are all thrilled and at a loss to explain it.

“Why!—it works!” the skeptics say.

“Perfectly marvelous” say the character analysts.

“The most clever thing I’ve ever seen” say the mathematicians.

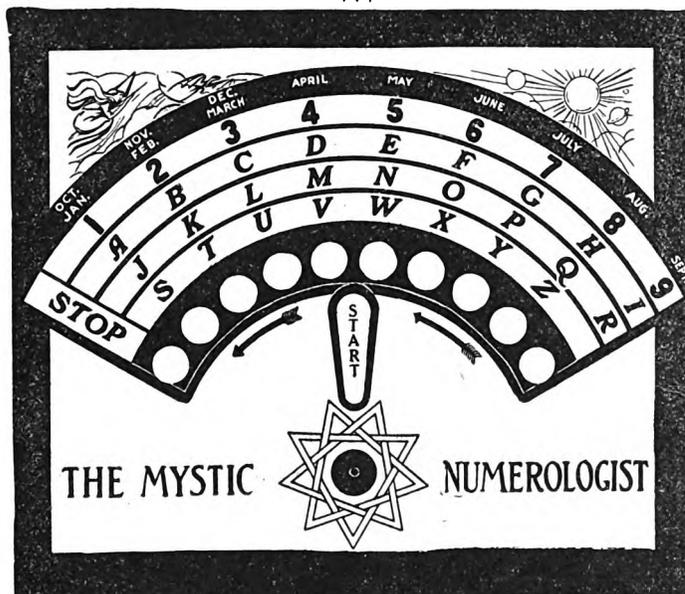
A machine which reads character is The Mystic Numerologist invented by the vocational engineer and scientist, Frederick Purdy.

Without figuring, it tells a person’s character, talents and purpose in life. Based on that marvelous science, numerology, it does away with all additions and figuring. A little dial does all the work, while the great mathematical principle working underneath makes the answer which appears in the dial, infallible. No chance for mistakes in figuring.

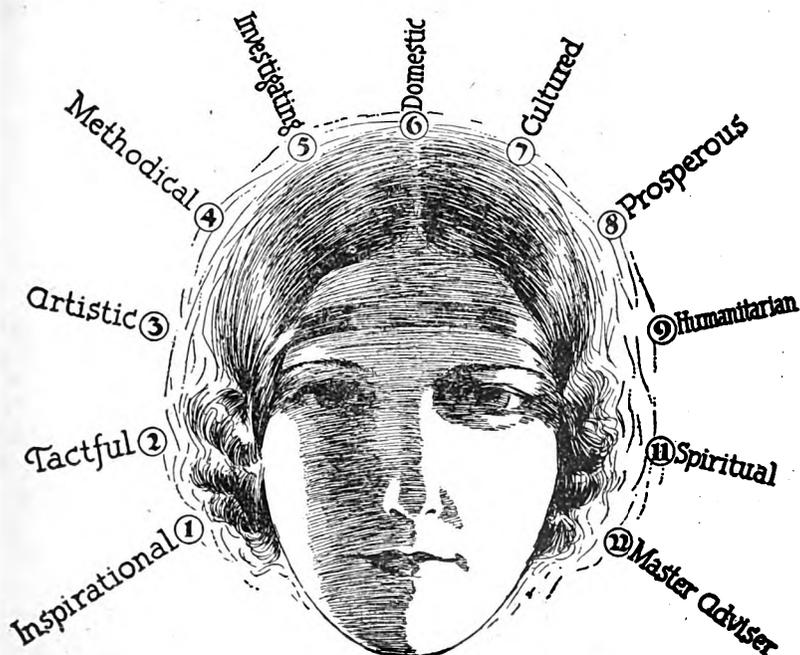
Turn the letters of a person’s name around to the left—and the digit, all figured out and added up, instantly appears in the window in the center. The charts which accompany the game explain the meaning. The most entertaining social feature of the year, and the most exact means of finding out a person’s true self ever invented.

Numerology is indispensable in character analysis today. Character Reading Magazine, credited with making more vocational analyses than any organization existing today, regards numerology as the missing link in the science as a whole. There is no study in the universe which so quickly adjusts a person to his true sphere, and which gives him such a clear understanding of the purpose of life.

Send for The Mystic Numerologist today, while the present lot lasts, at the price of \$1.00.



Vocational Library, 820 Tower Court, Chicago



Read this Special Offer

To Those Who Are Really Interested in Numerology we will give, during the life of this issue, a very unusual combination, affording a substantial saving.

With the Encyclopedia of Numerology by the famous numerologist, Ariel Y. Taylor—the course which sells for \$5.00, we will combine The Mystic Numerologist and The Encyclopedia of Numerology into a single offer until June 15th, for \$5.00. This means a saving of \$1.00. After June 15th, the Mystic Numerologist will sell for more.

The Encyclopedia of Numerology, by Taylor\$5.00
 The Mystic Numerologist..... 1.00
\$6.00

Act now, and secure both of these standard works on numerology for\$5.00

Vocational Library
 820 Tower Court
 Chicago

(Continued from page 21)



Youth Paint

(FOR INTERNAL PAINTING ONLY)

From the shores of foreign communities comes this truly remarkable drugless youth paint, communities which suffer no glandular deficiencies which rob them of their youth too soon. We used to think there were no miracles in nature. But when we see "Youth Paint" and what it does for mental workers, tired men and women who have found themselves less and less efficient, with waning energies we are willing to acknowledge publicly that Youth Paint is truly miraculous. Youth Paint is not a drug. It is a definite glandular food which produces absolutely accurate nourishment. In spite of heavy duty, in spite of the cost of preparation, we can

truly promise you, as food chemists that this is the most definite healing food ever discovered.

It is absolutely necessary to state in your order whether you wish the Youth Paint for a man or woman. Youth Paint has been chemically experimented on to such a fine point that we know certain combinations are more easily assimilated in men, and others more easily assimilated in women.

A month's treatment of Youth Paint will be sent to you with full instructions for \$5.00. We do not say we hope you are pleased with it. We KNOW you will be forcibly thankful, and forcefully filled with new life after its use.

OTHER NATURAL HEALERS WHICH CONTAIN NATURE'S DIVINE HEALING PRINCIPLE

Vegetables and Herbs and Roots Alone Are Used in Our Imported Curative Foods

Parsley, dandelion, hops, spinach, cucumbers, cabbage, asparagus, celery, chick peas, cress, winter green, and hundreds of herbs and roots of tested curative value form the sole content of our natural food remedies. ABSOLUTELY NO DRUGS USED.

Cerebellum Food

A concentrated food which influences the cerebellum—the seat of vital and magnetic power. Needed in anemia, low vitality, lack of ambition.

50 Capsules\$1.00

Complexion Food

A concentrated food promoting clear skin, faultless elimination, and digestion. Rich in sodium, potassium, chlorine and iron.

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A concentrated food which nourishes the nerve system, giving poise, rest, and strength to the personality through proper assimilation of phosphorus, iron, sodium, potassium, manganese and iodine.

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Universal Food for All Types

A most unique combination of all twelve mineral elements which the body contains. The right proportion of iodine, manganese, sodium, calcium, silicon, fluorine, magnesium, potassium, phosphorus, sulphur, chlorine, and iron. For those who are working, and living in boarding houses where the mineral elements are low in the diet.

1 Month's Supply\$2.00

NOTICE. It is understood in ordering these food combinations that the purchaser is aware of the fact that they are not drugs, and do not produce an immediate reaction as do inorganic chemicals. They are ORGANIC—organized for the body. They gradually become a part of the body chemistry. In taking them for best results, white flour, white sugar, macaroni, mashed potatoes, and all denatured foods must be omitted. When the body is being trained to take up minerals it lacks, these minerals should be taken alone—otherwise the system takes up the minerals it is in the habit of taking up, and fails to assimilate those one is trying to introduce into the composition of every cell.

H. O. LOHR, Importer, Park Ridge, Illinois

(Continued from page 24)

ing: (1) pure light warm green, (2) deep gold, (3) certain tints of grey, (4) shadowy or steel blue, (5) brown with crimson tinge, (6) scarlet. Color is the physiognomy of a picture. This is the body of its life, by which we know it and love it at first sight."

After all, what is a most beautiful color? A broken fragment, a scattered ray of the one white light! Shelley speaks of Life as a dome of many-colored glass, staining the white radiance of Eternity, till Death tramples it to fragments. Once people

thought of life as a simple thing, a pure thing, and colors as stains. Now we know the purity of light depends upon its containing all the stains. Black was once thought of as the negation of all color, now we know it as the absorption of all color. Once people thought of purity as innocence, as ignorance, as separation from experience. Now, on the analogy of the spectrum, we must think of it as the gathering up of all experience, the harmony of all the stains.

And evil? Moral blackness? Not the negation of good, but the absorption of radiances that should be given out to others.

would make over any man who didn't suit her—or leave him promptly for better material.

So the sum-up is this: I would not advise any young analyst to state sex in connection with a script because it's a dangerous indoor sport. But that analyst may safely say of an anonymous sample "Here is a strong male soul" if he finds plenty of the positive, male strokes. If he is given the sex of writer—then he may safely say "Your friend, Sally, is the male type like her father." If it be a weak writing and male sex is given analyst, you know that all the tendencies are female, negative, and the writer physically resembles his father.

And it goes right thru to the question of diseases. The physicians tell us that T/B is not hereditary, yet you will find that if a woman with a T/B tendency or even a touch of it bears female children, they will grow up weak and subject to lung disorders. If she understood something of astrology, of food-combinations, and other data available to any really truth-seeking prospective mother, and bore males—she would probably find them sound of wind and limb.

And so to the physiognomist, too. He doesn't know his art if he cannot say off-hand when studying people in street-cars or any public place that this one is just like his mother, that girl like her father. The sign-posts are unmistakable and it's only a half-way studied science which fails to take these into consideration. Lavater said that if you walked down street behind a person, imitating the gestures and walk, you'd have a fine idea of the traits in that pedestrian assembled.

In the space allotted, it is possibly only to suggest lines of study, not give readers a full guide to corroborative signs. But if you will study along carefully, you will give a far better reading and be termed "positively uncanny" simply because your eyes have observed that which any one might see if given a clue.

YOU CAN LIVE IN A HALL ROOM AND BE HAPPIER THAN A KING

If You Know the Chemical Secrets of Foods

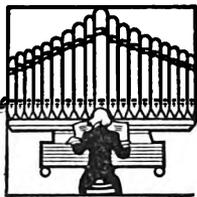
Our "Hall Room" Menus have been prepared for those who live in hotels, for those who are rooming, and for those who are traveling.

They are "twelve cylinder" menus, rich in the vitamins and blood salts, and have been designed to meet the convenience of those who have no kitchens, stoves and elaborate cooking paraphernalia.

They keep the pressure in the high pressure salesman, the pep in the office worker, and youth in the business woman and stage folks.

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HOW TO EAT MAGAZINE
820 Tower Court Chicago



**What Is Music—
But Vibration?**



**What Is the Hum
of the Factory—
But Vibration?**



**What Is the Hurry of
the Business Office—
But Vibration?**

**What Is Everything
in Life—
It Is Vibration.**

**YOUR NAME!
YOUR HANDWRITING!
YOUR BIRTHDAY!**

*Are no exceptions to
this great law.*

They reveal the self you may try to hide.

They tell of the hidden beauty in you, you may not realize.

They tell your purpose here, and that cause of your life, which is so deep you hesitate to even mention it to your closest friends.

What Is Your Vibration?

Tell us in your own handwriting your name, just as your mother gave it to you, the names you have used since, nick names, and your exact birthday and year.

The price of these tests and analysis is \$1.00. It is a guide for your entire life, and the fulfillment of its purpose on earth. It points unerringly to your right work.

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STUDIES**
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How to Deal With Problems

In a series of articles in the "Weekly Dispatch,"—articles which purported to have been messages from those who have already "passed over,"—it was said that those who had "passed over," when they had difficulties, would go up to some high place, above the lower atmosphere, and then would state their difficulties; and that in the clearer air they would set forth the alternative courses which were open to them; and that then those courses which were inappropriate would cease to be seen at all. Only those which were appropriate survived, as it were, in the rarified and refined upper air.

We can imitate this by living more in what has been called the upper story, the sunny and airy part of the brain. Here we are more likely to arrive at the right decision.

We can write down the problems, and any ideas that we have about them. I remember a friend of mine, who was in great difficulties during the War, sending me the notes that he had prepared on a very serious difficulty. He wrote down all the pros. and cons, and asked for my opinion. It was extraordinary what trouble he had taken, and what time he had spent in going into the whole matter thoroughly. Eventually he adopted the plan that I suggested, of putting it before his Higher Mind, so to speak, and quietly waiting for the decision; and I am sure that, when he did decide, he decided rightly.

It is important to practise the art of waiting in silence, trustfully. I found this quotation some time ago, without any reference to its origin:—

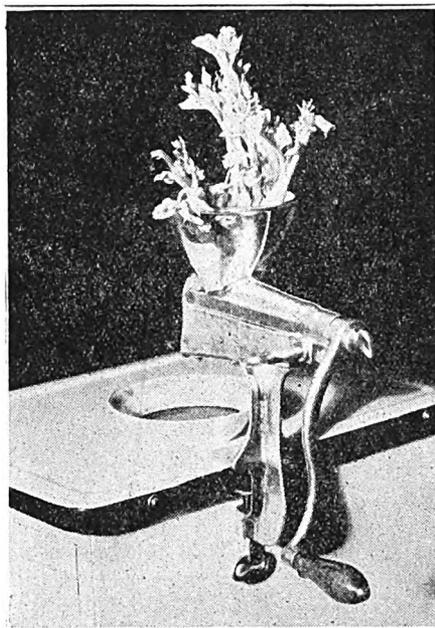
"When trouble is brewing, keep still. When slander is getting on its legs, keep still. When your feelings are hurt, keep still—till you recover from your excitement, at any rate. Things look different through an unagitated eye.

"In a commotion once, I wrote a letter and sent it, and wished I had not. In my later years I had another commotion, and wrote a long letter; but life rubbed a little sense into me and I kept that letter in my pocket against the day when I could look it over without agitation and without tears. I was glad I did. Less and less it seemed necessary to send it. I was not sure it would do any hurt, but in my doubtfulness I leaned to reticence, and eventually it was destroyed.

"Time works wonders. Wait till you can speak calmly; then you will not need to speak, maybe. Silence is the most massive thing conceivable, sometimes. It is strength in very grandeur."

When problems come, we should welcome them as a privilege. We should not

HAVE YOU A LITTLE MINE IN YOUR HOME



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 Godgiven taste.

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

Price, express prepaid—\$10.00 including duty

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

H. O. LOHR
PARK RIDGE, ILL.

resent them as being "hard lines," or too great a strain on us.

We must not be in a hurry to solve them. Yet at once we can give orders to our Managing Mind to start solving them.

Before we try to solve them, we can prepare, as I suggested we might well prepare for all work, by getting into the right position of the body, and making the breathing deep and full and rhythmical, and by relaxing the muscles that are not need; and

(Continued on page 32)

BEAUTIFUL CHILDREN FROM HOMELY PARENTS

PRICE 25¢

IF THEY ARE OPPOSITES

MARRIAGE FROM THE STANDPOINT OF ART WRITTEN BY AN ARTIST

C. GRANGER SNYDER

Postpaid for 25c coin to C. G. Snyder, Studio 203, 245 W. North Ave., Chicago, Ill. (Bookdealers write for prices)

(Continued from page 23)

voice means success. Cultivate the acquaintance of people having a magnetic voice; it will pay you. With them, you improve.

The business voice is clear, quick and pointed. A person having such a voice works for results. A slow, dragging voice and step indicate that there is no progress and results in the person.

The very best way to become a good and practical reader is to pay the closest attention to voice production. Watch the people when they are in the heights of passion. Pay attention to their faces at such times. Watch the faces of people when they are excited, angry, jealous, drunk, sympathetic, worshipful, passionate, revengful, full of malice, happy, optimistic, pessimistic, etc. If you do this, you can become a character reader at once, not a character reader who understands the art of character reading in all its details, but one who understands the art perfectly as far as he has gone. This is the very best way of learning character reading.

In the Sweet Buy and Buy

Two weeks on a diet which has all the elements in it which are needed, will make the average candy store where candies are made of white sugar, about as attractive as a heavy fur coat in the tropics.

Take it as a warning—if you yearn for the pink and white candies, the heavy rich chocolates, you are not yet assimilating all of the blood salts which you need in your

daily diet. The properly fed person finds the taste of the white sugar candy very unattractive. More than one piece will often, in fact, make him ill. Bleached with sulphuric acid, and deprived of its iodine, silicon, and other valuable weight balancing elements, white sugar to the properly fed person is like scalding lye.

Hungry people must have their stimulants, which they pay for with a high price to their health—possibly not today, but in some way. The heavy dental bill, the making of bridges and plates, the sanitarium bill, the nervous breakdown, the loss of a position from lack of energy and initiative, the crippling from rheumatism, the operation for appendicitis, the tubercular development, the hundred and one diseases due to dietetic errors. The smoker, the eater of white sugar candies, and the drinker of whiskey are all in the same class—all hungry. These things exist because of hunger for the proper mineral elements in foods.

One who is trying to wean himself away from white sugar can get great help by going into a fruit store or a grocery store and buying a half pound of dried apricots, rich in calcium and beneficial fruit sugar—a half pound of raisins, dates, or figs. After a few weeks time the body will take up the health giving chemicals in these foods and will no longer crave the artificial stimulant.

(Continued from page 31)

then by making up our minds that we are going to arrive at the best decision.

A Note-book for problems (each on its own page) is very useful. We can refer to our problems from time to time, especially in the early morning; and we can jot down, after each problem, any ideas about it. In jotting down the points, we must not rush to any conclusion. We must leave these points to settle down when we have packed it. We must allow the items to get into proper perspective; and this may take some long time.

Then, and not till then, I think, should we consult others. Many people rush to someone else the moment they get a problem. This is a serious mistake. The problem was sent to them to be solved by them, not to be solved only by their friends.

To sum up: when we have a problem, we should, as a rule, write it down, prepare for thinking it over, and think it over again and again, going into the upper story of our brain, and telling our Managing Mind to help us to solve the problem. We should not hurry, we should not worry, we should not rush at once to consult another.

The Philosophy of Beauty

"The countenance is more eloquent than the tongue."—*Lavater*.

"The countenance is the portrait of the soul."—*Cicero*.

"The face is the index of a feeling mind."—*Crabble*.

"Oh, that deceit should dwell in such a gorgeous palace."—*Shakespeare*.

"A sweet expression is the highest type of female loveliness."—*Dr. J. V. C. Smith*.

"A face without a heart."—*Shakespeare*.

"Alas, how few of nature's faces are to gladden us by their beauty."—*Dickens*.

"God has given you one face, and you make yourselves another."—*Shakespeare*.

"Some women's faces are, in their brightness, a prophecy; and some, in their sadness, a history."—*Dickens*.

"A February face, so full of frost, of storm and cloudiness."—*Shakespeare*.

"Features are the great soul's apparent seat."—*Bryant*.

"The tongue is more easily controlled than the features of the face; and though the heart be secret, the face is transparent."—*Helga Hunt*.

* * *

"Sweet silent rhetoric of persuading eyes"—*Sir W. Davenant*.

"Her eyes are homes of silent prayer."—*Tennyson*.

"Soul deep eyes of darkest night."—*Joaquin Miller*.

"Woman's glances express what they dare not speak."—*Alphonse Karr*.

"An eye like Mars to threaten and command."—*Shak*.

"Eyes so transparent that through them one sees the lucent soul."—*Theophile Gautier*.

"The eyes are the windows of a woman's heart you may enter that way."—*Eugene Sue*.

"Stabbed with a wench's black eye."—*Shak*.

"Beautiful eyes in the face of a handsome woman are like eloquence to speech."—*Bulwer Lytton*.

"Guns, swords, batteries, armies and ships-of-war are set in motion by man for the subjugation of an enemy. Women bring conquerors to their feet by the magic of their eyes."—*Dr. J. V. C. Smith*.

"All the gazers of the skies read not in the fair haven's story expresser truth or truer story than they might in her bright eyes."—*Ben Johnson*.

"And eyes disclosed what eyes alone could tell."—*Dwight*.