

Character Reading

What Makes
A "Bad"
Woman?

The
Truth
about the
Red
Haired
Girl



July
August
1929

25
Cents

Can You See the Difference in These Hands?

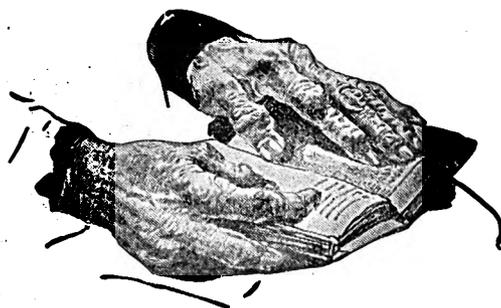


WHEN you look at people's faces, hands, and figures, can you doubt that they are different? A different chemistry is at work in the different types of people.

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

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

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



What Chemicals Do YOU Lack?

WHAT DO YOU NEED TO SUPPLY IN YOUR DAILY DIET?

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

YOU ARE ENTITLED TO FIND OUT YOUR TYPE FREE OF CHARGE

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

LEARN THESE CHEMICAL SECRETS ABOUT YOURSELF

You Can Eat Your Psychology and Success

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

phorous 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.

HOW TO EAT MAGAZINE.
Illinois Women's Athletic Club Bldg., Chicago.

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

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

What Makes a "Bad" Woman?

On what quality in the human being should we pin the Scarlet Letter?

The majority of people like to read about "bad" women more than "bad" men.

But when it comes to finding the center of "badness" in people, sex has little to do with the accurate findings.

Furthermore, the scarlet letter fault is more innocent than all the other "bad" things put together, when it comes to analysis of human nature.

Genuine character may be found in both men and women on whom the scarlet letter could be placed, while utter degradation may be found in men and women with the reputation of doves, in the highest rites and creeds.

All so-called "badness" in people may be thought of as too much or too little of what is good.

The cursing dock hand with the wide head has a superabundance of Destructiveness. This is the energy faculty. If we could give a little more of this energy, or force to the anemic preacher, we would have a better preacher. The dock hand with his bullying ways hasn't got his power system under control. The same force he is using as a slave driver, curser, and bully can all be turned around into a marvelous power to accomplish in other ways. The man or woman on whom the scarlet letter could be placed is also using the creative forces of life without full control. The same creative forces turned around could make him or her a great humanitarian.

On no one faculty alone can we place "badness."

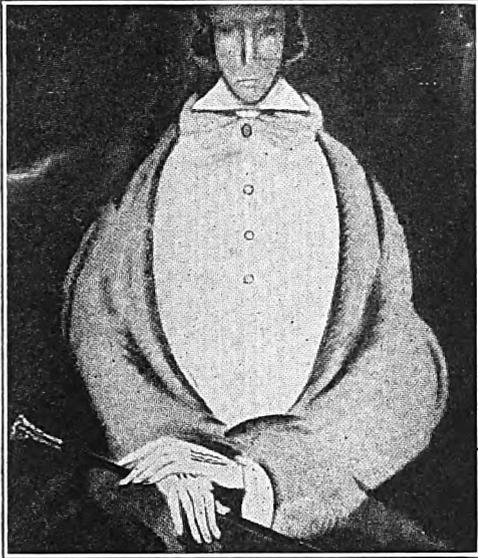
An excess of amativeness may make a man a bigamist, and a woman a burden on society. But these same people with their large base of the brain where the creative centers are located, can also make the finest helpers of their fellow men, as judges, leaders, doctors, etc., because they understand the dynamo of life—the force connected with human affections.

Also, a lack of amativeness, on which so many of the sex faults are blamed, may be responsible for the worst of crimes. The crimes of the selfish nature, incapable of love or affection of any kind, far outdo in so-called "badness" the mistakes of those who love not wisely. The thin back necked individual with a pinched selfish face, thin lips, sour eyes, mean, and critical condemning countenance is a much better example of living hell than a whole asylum of so-called "fallen" girls with their babies.

Love, like electricity under control, is the great ladder on which we rise and gain our understanding

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If This Eccentric Man Should Write Us a Letter

his talent, his peculiarities, etc., would register themselves through his pen, onto the paper in unmistakable ways.

Everyone has a genius of some kind.

There is nothing more fascinating than to be able to help people to find themselves, in their work, and happiness.

To study handwriting analysis is to make yourself as well as others happy. There is always a crowd around the girl or man who can read handwriting. He or she becomes popular as well as very useful.

Everyone knows that the happiest day of his life was the day he made someone else happy. And the graphologist finds this a fascinating way to do so.

You May Have a Free Course in Handwriting and Name Analysis

BY EDNA PURDY WALSH

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 three or four subscriptions and get four of these courses which cannot be duplicated anywhere in the world.

CHARACTER READING MAGAZINE,
820 N. Michigan, Chicago

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

Name

Address

City

"If"

For the Students of Human Nature

With apologies to Mr. Rudyard Kipling.

If you can sense the One in all creation,
And see the God in every brother's face
Without respect of creed, or race or nation;
If you can feel at home in every place;
If you can love your country with devotion
And yet love all the other countries too;
If you have freed yourself from class emotion,
And understand the other's point of view;

If you can sense in every beast a brother,
And see God blossoming in every flower;
If by no thought or word you hurt another,
And fill with noble deeds the fleeting hour;
If all your thoughts, and words, and acts are holy,
And every thing from highest motives done,
And all your work is based on service only,
You're very near to the Divine, my son.

K. BROWNING, M. A.

CHARACTER READING

Know yourself

Your work

Your friends

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The First Character Analyst

The first character analyst was John Caspar Lavater. He is the first to leave printed works, though he may not have been the first student of human nature. His works are very rare, and cannot be purchased now. In our library however, we have some of the earliest of his works, and we quote therefrom.

Certain Important Moments In Reading Character

“Important to the student are certain precious moments for observation.

“The moment of sudden, unforeseen, unprepared meeting. The moments of welcome and farewell.

“The moment antecedent to the impetuous burst of passion; the moment of it subsiding; especially when interrupted by the entrance of some respectable person. The power of dissimulation, and the still remaining traces of passion are then displayed.



“The moment of compassion and emotion; of weeping and anger of the soul; of envy and of friendship. The moment especially, of the greatest degree of tranquillity, and of passion; when the man is entirely himself, or entirely forgets himself. These combined inform the physiognomist what the man is, what he is not, what he can, what he cannot be.

“He is certainly of a base and malignant disposition who laughs, or endeavors to conceal a laugh, when mention is made of the sufferings of a poor man, or the failings of a good man. Such characters have commonly little upper or under lip, a sharply-delineated middle line of the mouth, which at both ends turns disagreeably upwards.

“If the manner of walking of a woman be disgusting, decidedly disgusting, not only disagreeable, but impetuous, without dignity, contemptible, verging sideways—let neither her beauty allure thee to her, nor her understanding deceive thee, nor the confidence she may seem to repose in thee, betray thee—her mouth will be like her gait. She will not thank thee for all thou mayest do for her, but take fearful revenge for the slightest thing thou mayest omit. Compare her gait with the lines

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Everyone Has His Pet Superstition



What Is Yours?

According to most rules of character analysis it is usually the people with open eyes, and highly curving eyebrows who are blamed with superstitions.

But who among us does not know examples of all types of people who have a lingering, pet superstition on something or other? Some of the most methodical mechanics have superstitions about their tools. Some of the most profound reasoners have pet fancies regarding the number 13, while many of the most skeptical still refuse to walk under a ladder.

The dreamers about babies are many, and they stoutly hold to the meaning of their dreams, and that they will come true. To dream of a baby who is not as clean as it should be, means disaster in many households. To dream of a woman nursing a baby means trouble in others, while the dream of a happy woman holding a clean, healthy baby, signifies great happiness to come, and true friends. To dream of a baby carriage means pleasant surprises in many families.

Many who scoff at the superstition of others that singing before breakfast will bring bad luck, will nevertheless make it a rule to always get out of bed on the right side themselves.

A child born with a caul is regarded by many as having second sight.

If an extra spoon is laid at the table a lover may be expected. Extra knives, the guest will be a man, and extra forks, a woman. A falling spoon shows a letter on its way, many believe.

"Today an empty hearse passed me, and I will be

happy tomorrow," many people say.

"Don't seat 13 at the table, or one will die within the year," say others.

Many people have tried to explain the seven years of bad luck which follow the breaking of a mirror.

Before illness, moonstones are dull and cloudy, and emeralds and turquoises turn pale at the approach of an enemy, it has been said.

There are too many horseshoes and rabbits feet adorning the homes of too many people, to believe that mankind is not superstitious.

It is a superstition among some real estate agents that one should not enter a house by the back door for the first time, if he expects to live there. Grownups as well as children are still wishing on a load of hay, while holding their tongues, for good luck.

Innumerable people refuse to hold an open umbrella over their head indoors.

Another queer superstition is that if there is a sudden silence among people, it is either twenty minutes before or after the hour.

Some very busy business men are found to keep a pierced coin for good luck, while others fear if they accidentally put a shoe on the wrong foot in the morning.

Perhaps the best of the superstitions, and the most useful, is this:

"Always smile when you pass the salt, or you will soon be unfriendly with the one receiving it." The smile is worth the superstition.

The Truth About the Red Haired Girl

If the oval faced, red haired girl could be like her ideals, the world would be blessed with many angels!

But the red haired girl needs sympathy. And so does her husband.

It is sulphur which makes her beautiful red hair (when it is genuine red) and sulphur is the temperamental volcano in human beings just as it is in the seething crater.

The red haired girl loves color. Her color sense is very well developed. If her education and surroundings have been cultured she makes a decorator of both her home and her person of the first quality. And even though her early surroundings have not been the most advanced, her sulphur attracts the things of beauty to her so that she is a natural critic of color and clothes.

She loves everything very expensive in price, and talks about democracy. Her ideal is to have everyone happy, and well supplied, but somehow, she *must* have expensive things herself.

She talks independence and is the most dependent of persons.

She talks of freedom of thought and is the most conventional of all people in her actions and criticisms.

She is everything that she is not!

She is devotion to her family, and worshipper of fame in public.

She is a lover of children, and the poorest investment in motherhood from a physical standpoint, because of her unstable nervous system.

The principles of the sulphur girl are high. But she has not the power to hold affection over a long period of years. Her changeable moods finally drive her husband to diversion elsewhere. Her lack of endurance and fear of criticism by others make it difficult for her to forge her way alone in the world. Her underlying fear of poverty has made her a frequent recipient of alimony, and a fighter for it, too.

The beautiful skin which before twenty-five years



If red haired girls could act the way they believe they would be angelic.

is so attractive is the first of all types of skin to wither and become wrinkled. The drying effect of sulphur deprives her of her facial youth. She worries about this to excess, because of her innate approbation, and hence becomes more quickly wrinkled than all other women. Her strong love of sweets combined with her sulphur deprive her of her memory in middle life, until her family gets the habit of regarding her as just a trifle wandering in mind.

The changing, seething sulphur, combined with starches and sweets, make of this lovely creature a character in early middle life without concentration and stability. She yearns perpetually for something God himself could not supply her, because by the time she has it, she doesn't want it.

The sulphur girl is not numerous, in a pure type. The pure example of sulphur girl is fairly tall, well built, with oval face and hands like velvet. She is extremely sensitive, and suffers with liver, gastric, and nerve troubles most of her life, unless she lives on a diet that is very low in car-

bon. When she does this, the world gains by her, for she is a splendid example of good society, entertaining, idealistic, fastidious, and a good out of door companion. She does noble work for children, and also in the teaching field. She can operate a beautiful dress or gift shop. She works in harmony with beauty in all fields, and is conscientious to a high degree as an employee. In youth she is attractive to men, but the man who marries her must supply the money or neither is happy. And then, when money is well supplied she has her butler bring her breakfast in bed, overeats of starches and sweets, fails as a healthy mother, and begins the downward path of the unhappy neglected wife.

While all types are greatly damaged in efficiency and character by starches and sweets, nevertheless, the red haired girl is the greatest sufferer.

The Art of Reading People

Your Face Is A Mirror



The habitually watchful look of Nita Naldi, and the habitually quizzical eye expression of Wm. Powell will become permanent expressions as the years go by.

Your face is a whole novel!

Every day you write a short story on your face, and all of those short stories put together give the reader a thrilling romance!

Many of us notice a person's eyes first. We would rather read his character by the eyes than by other features. Still others swear that they can tell all by the shape of the mouth and its expression, while other amateurs and professional analysts look first at the nose.

But no one of these features tells *all*. A pair of secretive eyes may be balanced by a generous mouth. And an energetic looking nose is oftentimes on a face that is very narrow between the ears, so that we know the person is not as hard working and forceful as his nose alone would lead us to believe.

So to be accurate we will start with the *shape* of the face first, as we would outline the plot of a novel before we start it.

Our parents mould the general shape of the face. It tells the story of their struggles and their parents' struggles before them. But we follow the laws of that shape of face given us, to a great extent.

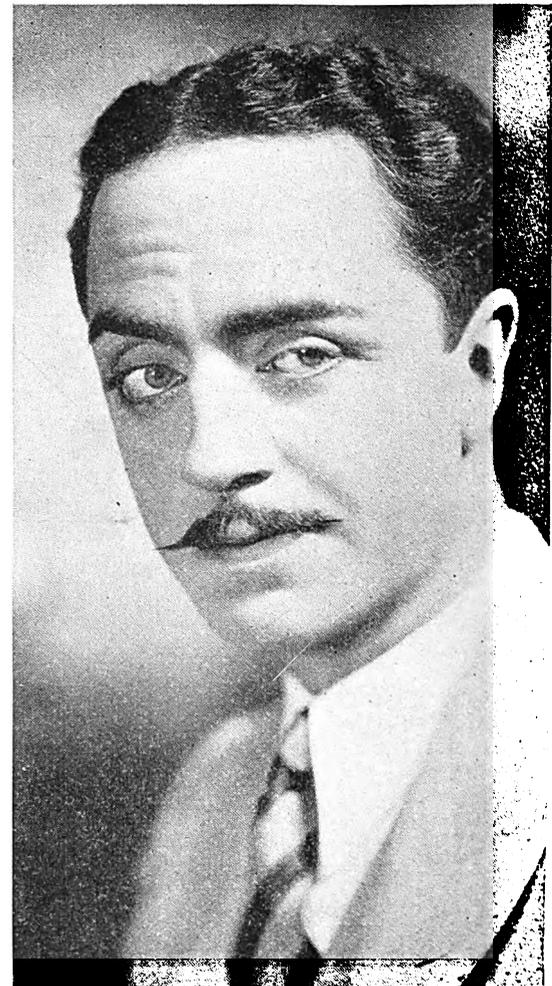
If our parents have given us a square face we lean toward practical things. The square faced man pays his bills. The square faced woman is a good purchaser for the home or for her own business. If we give a pound of butter to the square faced individual we receive an equal pound back. The more

square the face, without too many curves, the more practicality.

The long square face makes money, but it finds it hard to save money. The medium square face both saves and spends in a balanced way. The short square face is quite a saver—more often a saver than a spender. The short face saves in small amounts, while the long square face saves and spends in large amounts.

The square faced man with the square forehead makes a good mechanic, and often a good inventor if his forehead is wide directly above the temples.

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If You Are Having Trouble —

Only last week we said to a woman visiting our office: "The planet Saturn is entering your birthsign of Capricorn now, and you would do well to watch your diet very, very carefully, avoiding all excess of protein and milk, on account of your high blood pressure, and tendency to arthritis."

We heard no more from her for five days. Then the phone rang, and we were told that she had been taken with a brain hemorrhage with consequent paralysis. Chronic arthritis and high blood pressure were given as the causes.

The great trouble planet Saturn visits all of us now and then, and he teaches us mighty lessons. If we are careful of our health, when he visits our birthsign for an approximate period of two years at a stretch, we may not realize his existence, for we will have learned the lessons that Saturn has to teach. While he is considered the trouble planet, he is in reality the teaching planet.

The splendid teacher of astrology, Bessie Leo says of our troubles and the planet Saturn:

Within the Wheel of Destiny, which astrologers call the horoscope, is reflected with unerring accuracy the shadow and the sunlight of every life.

Teachers of religion often declare that everybody carries a cross; some are heavier and some are lighter, but they are crosses just the same, and the astrologer will tell you that the house and sign in which Saturn falls is the point where the burden presses most heavily upon the shoulders. Is Saturn occupying the second house and afflicted? Then we see monetary difficulties; difficulty in getting money; difficulty in getting employment; in other words straitness of means all the life through, more or less. Is Saturn in the third house? Then we understand that all relatives and friends will be crosses so far as that person is concerned; unhappiness through relations, and sorrow or suffering through them is generally the

result. Whereas when Saturn is in the fourth house, equivalent to the sign Cancer, we see troubles in the home life, which sometimes translates itself as the influence of father, mother, or wife, who makes the home life wretched or miserable; domestic unhappiness; all sorts of trouble and difficulties within the domestic sphere are found when Saturn's influence or the Shadow

of the Cross rests within that dwelling. Where Saturn in Cancer is found, there one surely finds an unhappy home life.

Does the wing of the dark angel Saturn touch the fifth house, or its equivalent the sign Leo? Then the burden is sorrow through children, lovely children being born only to be lost by death, or in ways that are worse than death, and one realizes the suffering that will come to father or mother through offspring when Saturn is posited in the fifth house. Saturn in the sixth house nearly always gives long and wearying sicknesses; continual ache of the body with which very often goes depression of the mind. Saturn in the seventh nearly always gives sorrow through marriage or loss of the partner—it is the Shadow of the Cross on the threshold of every married couple. Saturn in the eighth denotes trouble through co-worker, losses of a financial nature through partners, and a

slow death with ample time for repentance. Saturn's influence in the ninth house often causes doubt, disbelief, an agonizing uncertainty of any life beyond the physical, doubt and scepticism. A sorrowful turn of mind and a grave outlook on life is the portion of those who have Saturn in the ninth; while in the tenth, constant dishonor dogs the footsteps of man or woman, no matter how high they may climb, this influence throws them downwards and brings dishonor, loss of fame, ill-repute, public trouble. When Saturn is in the eleventh, friends prove the sharpest foes and bitter-

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The planet Saturn influencing the horoscope of the brilliant actress Lya de Putti sweeps her suddenly from fame to obscurity.

The Pleasure Loving Hand

Henri Ren, the French writer on hand analysis (translation by Dutton) tells us that the genuine "blue-blooded" hand is not the pleasure loving hand of the so-called aristocrat.

The pointed hand is the hand of intuition, of imagination, the hand artistic and psychic, the hand of ideal philosophy and of the aristocrat of taste and ideas, not the aristocrat by birth; for the genuine blue-blooded hand, which commands and directs, is at times square, in nearly all cases conic, but rarely pointed, especially in men.

This good-looking hand with medium-sized palm, smooth fingers, and rosy, almond-shaped nails, possesses really seductive and brilliant qualities. Yet it is not at all equipped for the struggle of life. It entirely lacks a sense of order, reason and logic, consequence in thought, and even, very often, moral sense. It lives outside the real world; completely ignorant of the material interests and practical meaning of life.

To think of material things, to reason, act, make an effort, represents the greatest of hardships to this type of hand. It stands for laziness incarnate, and takes pleasure in doing nothing. Hence among many very intelligent people with pointed hands, but few succeed in making something of themselves; they are clever at everything, yet rarely bring any matter to a satisfactory termination.

Intuitive, impulsive, impressionable and sensitive, this hand only reasons with the heart. It often divines what it does not know; passes from the maddest gaiety to the most profound discouragement, and yields easily to the good or evil influence of environment or example.

Tending to exaggerate, it distorts the truth, lies unconsciously, and mistakes its dreams for realities.

Its uncommonly lively and romantic imagination, exuberant, always bubbling over, is ceaselessly active and has an intoxicating influence. Its ideas wander; its mind is ebullient: it passes its time in meditation, contemplation and reverie. And what are its dreams? Day-dreams! It has a passion for contemplation, idealism, the supernatural.

It has elegance, taste, a feeling for beauty and grace in adornment. All that it wears, and all its surroundings are in harmony. Whatever it makes, chooses, buys

and wears is *chic* and distinguished.

It is the hand of the born artist, with an understanding for all arts, and clever at all of them. It is fond of literature, poetry, all that is beautiful and inspired with poesy as regards the mind, the soul and the heart. It is a delightful conversationalist, and a most charming and agreeable *raconteur*.

Coquetry is one of its cherished lesser sins.

Loving, affectionate, sentimental, passionate, even ardently inclined to pleasure of every sort, it is sensible to flattery, and delights in change and flirtation; but it is inconstant, faithless, fickle; changeable and capricious in its affections and in its friendships as in its loves. Hence this hand, in nearly every case, shows well-marked signs of illicit unions and adultery.

The pointed hand is the hand of the great lovers, of the lovers who charm and seduce, of admirable and showy mistresses; but in marriage it is a sign of viciousness.

This hand likes to act according to its own free will, it has an absolute need of liberty, independence and love.

If the pointed hand wants peace in its home life, it will do well to marry a conic hand which, above all others, is the hand of conciliation.

The "philosopher's knot" and the material knot lend order, wisdom and moderation to this hand; yet even with a large line of the head and long fingers, they cannot give it complete stability.

The Idle, Voluptuous and Pleasure-Loving Hand

It is among the pointed hands that we encounter the essentially idle, voluptuous and pleasure-loving one, the hand of those who wish to enjoy, of the women irresistibly attracted by the lure of amusement; the voluptuously indolent women of the *demi-monde*, ardently desiring every kind of sensual pleasure, always in search of new sensations, which they love, and which they sample with delight.

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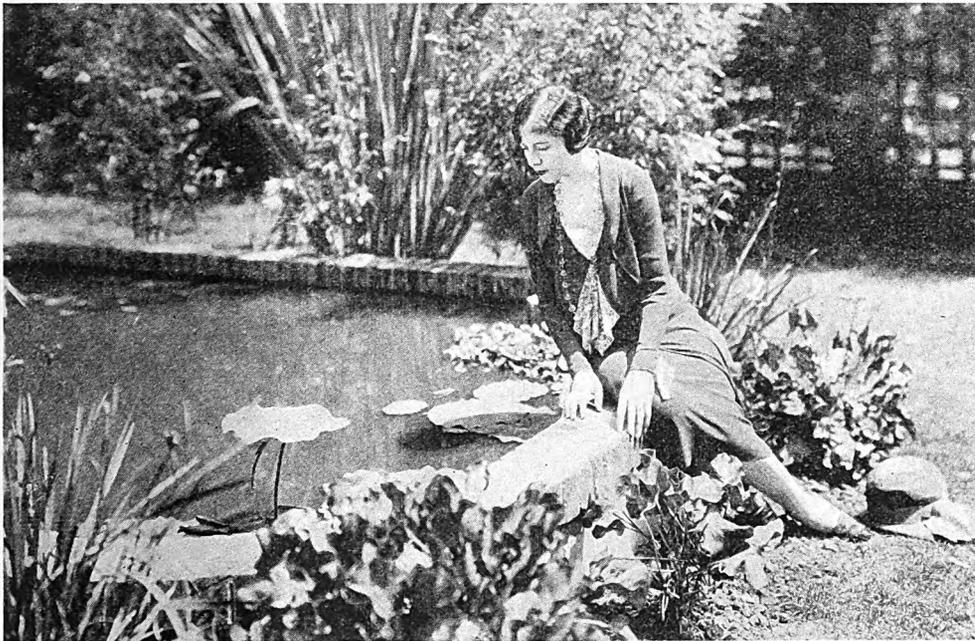
A constructive type of the Pointed hand.

Is This True About You?

by *Byris Trelawney*

*Do you know this hidden,
inner side of yourself?*

Byris Trelawney, here gives the finest explanation ever made of the real meanings of the numbers in the name. By ascertaining the vibration of the vowels of your name, according to numerology, you can verify this secret side of your own soul.



The number "9" girl is a friend who sees beneath the surface, and understands the things about you the rest of the world condemns.

In the New Age which we have just entered, we must discard the tendency which has prevailed among character analysts to label certain types as "spiritual" and others as "material." The earth, swinging through centuries of change, has now come under the sway of powerful spiritual vibrations which affect every living thing. This is, in truth, a New *Spiritual* Age, and to interpret character properly, we must realize that the world and all in it, coming under the influence of this period, is spiritualized.

There can be no sharp division of spirit from matter; and in reading character we must understand that we can isolate no *one* type as spiritual, but that all types, in this New Age, are spiritual, expressing variously. We must know that the qualities of courage, justice, love, sympathy, unselfish service, loyalty and joy must blend with holiness for a real and perfect

spirituality.

In the Science of Numerology, the mystic Number 11 has been chosen as a symbol of spiritual power. This number is surrounded by an aura of mystery and holiness, for it is the number of many incarnations and of knowledge gained through birth and re-birth. Because 11 deals with spiritual things, it has long been called the most spiritual of numbers. But, though 11 has been given the gifts of revelation and inspiration and the power to impart spiritual knowledge, that does not mean, necessarily, that it is essentially *more* spiritual than other numbers. The 11 is the *teacher* of spiritual things. It is the Lamp-Bearer, revealing the Light of Truth; it is the High Priest, tending a Sacred Fire which belongs to *all the world*. However we may have classified them in the past, no longer can we read cer-

(Continued on page 31)

Telling the Truth Tellers

Some damaging truthful evidence recently given in court by two very candid, open faced men surprised both sides of the case.

The men had nothing to conceal, and in fact, untactful though they were, and far from being diplomats, they made such a habit of telling the truth in their daily lives, that they could not be anything but truthful in the court, in spite of the damaging evidence they gave, unfavorable to either plaintiff or defendant.

Examination of their handwriting showed this truth telling habit plainly.

While there was no finesse to the letters, they were all clear, open, and of the same uniform size. The loops of the A's, g's and o's were open, instead of being closed, as in the case of the person who is more secretive and in the habit of saving his words as well as his money.

Henry Frith, the English graphologist, says:

"Untruthfulness in all its stages may be gauged readily enough from the handwriting, after a little practice. Being aware of the signs of truth, we have only to find them absent, and discover a tendency to falsehood, inaccuracy, exaggeration and misrepresentation. We all know that people who possess much imagination are never very accurate in their descriptions. They often embellish their narratives, and give a highly colored picture, instead of plain facts. In this case we must not look for the sign-type of untruth—

must not expect to find words formed into lines or letters almost purposely hidden; we must look for short spear-like terminations, probably a rather tactical, and certainly an imaginative hand with high and long loops.

"The really untruthful person—that is, one who deliberately deceives you, and wishes to swindle you somehow or other, one whom you ought not to trust—is he who writes an indistinct and purposely indistinct hand. He who runs letters into a line with the pen; who will form four letters in a word with fair distinctness, and let the remainder be represented by a wavy stroke. This is untrustworthiness. The ill, or non-formed, letters give us the wish to conceal something, the irregularity of the letters give us finesse and diplomacy.

"Of course, the straightness of the lines will bear a favorable interpretation if such rigidity and straightness exist. Some people who write kindly, gentle, good hands, display a certain amount of untruthfulness, or reverse of the truth, rather. They keep back statements, and gloss over faults from a feeling of good nature, generally; but these same people would, if questioned seriously, boldly tell the truth. Such people's writing is shortened at the terminals, and a trifle indistinct at the ends of words. Precaution must be taken to distinguish between the truly imaginative writer

(Continued on page 29)

Have You Asked These Things Yourself?

Ariel Y. Taylor Answers: "What Is Numerology?"

From *Numerology Made Plain*

Pythagoras, the father of numbers, taught the unity of all things, that "Deity is the one, the Original Unity, the Infinite, out of which all finite things have come."

In his mind, philosophy, science and religion were one, the combined purpose of which was to bring man into union with the Divine. "By Philosophy he meant the quest of truth concerning man, nature, and God."

In Egypt he learned that, "The science of numbers and the art of will-power are the two keys of magic; they open up all the gates of the universe," and in his teachings he laid great stress on the discipline of the will into obedience.

"He discovered that the notes of the lyre were proportionate to the length of the strings, thus becoming the founder of the scientific theory of sound.

"He discovered the sphericity of the earth and was

the first to recognize the slant of the zodiacal circle."

"He anticipated Copernicus by making the sun the center of the cosmos. In Geometry he enunciated and demonstrated the renowned theorem known to us as the 47th proposition of the first book of Euclid's *Elements* wherein we learn that:

"The square described upon the hypotenuse of a rightangle triangle is equal to the sum of the squares described upon the other two sides."

A close observation of this figure reveals that it has 12 sides, typical of the 12 signs of the zodiac, and the 12 types of people born in the 12 months of the year. It has 9 points of contact, where the lines converge—typifying the 9 paths of life which each individual must contact before he gains mastery on all planes, and there-

(Continued on page 25)

Gait and Girls

By
Jeanne Calvert Garrison

Girls, heed your gait and walk according to your type if you want the boy friend to make this flattering remark about you to another: "She walks as does a goddess"—and how!"

No woman is so beautiful, charming or fascinating that she can get away with an awkward ungraceful walk. Correct walking is acquired by right training as few people are born with this particular talent. Grace is first and foremost skill; skill in movement, skill in proper reposing. Movie and stage actresses practice for hours before long mirrors. Our grandmothers learned to walk straight and evenly, by putting their work baskets or books on top of their heads, and walking back and forth in their rooms. The modern girl dresses more sensibly, engages in all kinds of sports and takes dancing so acquiring grace is much easier than it was in the past. In those days, tating and fainting gracefully were the popular indoor sports.

Among the different types are the tall, slim, willowy girls; they should be our best walkers but unfortunately they are not always, instead they rattle along like a bundle of wires or stoop over slightly, making themselves resemble a bow and arrow doing an Indian dance. They should take lessons from the graceful tiger or Russian wolf hound and float along gracefully with straight backs, heads held high and stepping lightly on the ball of the foot. No nervous quick, jerky steps for this type; repose and perfect poise is their greatest charm. They should use a slow gliding step, that suggests a reed swaying gently in the breeze. Greta Garbo and Natacha Rambova are of this willowly type and it is a joy to watch them float gracefully through a drawing room.

Flo Ziegfeld selects this type to wear beautiful clothes and make background for the small dancing girls in his famous Follies. They often marry titles and make excellent wives for wealthy men. Awkward untrained girls are self-conscious about their long legs, and usually try to hide them by putting them under their chair as far as possible, or constantly moving them; this naturally draws more attention to them and spoils what should be a pleasant picture. You, tall, slender girls must realize that you are really the only type, that can cross your legs beautifully or successfully, so be proud of your height and long slim legs. Irene Castle's slim legs have brought her fame and wealth. Who knows what yours may bring, if you walk correctly?

There are not so many stately Juno types now as they were in the past, when women were required to do such heavy work. These tall, broad shouldered, sturdy built women are often very graceful and usually good dancers. They are not fat, but have large bones padded with solid flesh, which gives them more womanly curves



There are some things about walks, movements, etc., which only body chemistry can explain. Here we have a picture of the mother of Blanche Sweet, the actress. She rivals her daughter and other people's daughters in skating. Her astounding youth and dexterity at her age is due to a good supply of fluorin in her make-up. Fluorin is a preserver. One should study the chemical types of people, to know the reason for their walks, manners and various characteristics.

than are seen on other types. These large proportioned women must avoid the ice wagon entry and take especial pains with their gait. Humping along like a camel or walking too heavy are fatal to them. They should keep this in mind, and compare themselves to a ship moving gracefully through the water, with apparently no effort—beautiful and majestic! They are very feminine at heart, but often adopt masculine ways and camel or walking too heavy is fatal to them. They make fine mothers, are dependable and even tempered. This type is a laboring man's delight, since they rarely marry for money but prefer substantial things, like good character or a home. They can take care of a home, shoulder the burdens and work side by side with their husbands in business. You sturdy girls just keep an eye on your gait, and let those number six feet walk

(Continued on page 19)

Hair and Character

*Read the opinions of Mills Watson Connor Conroy,
one of Chicago's first and finest character analysts.*

Abundance of hair is, as a rule, a sign of virility, manhood and womanhood. There are many exceptions to them. It means that there is abundance of hair-producing elements in the system and plenty of animal oils. It is a fact, however, that people having an excellent physique do have an abundance of hair. People who are very hairy on the hands, neck and body are passionate, and often muscular and strong.

Abundance of brown hair signifies virility, peaceableness of mind, uniformity of character, affection and magnetism. Dark complexioned people, having brown hair in abundance, brown whiskers and brown or dark eyes, are kind, affectionate, loving, true, electrical, magnetic, and good.

Curly hair, red hair, hair that falls into ringlets, bushy hair, indicates temper, variableness of disposition, suddenness of action, spasmodic action of the mind, impulsiveness of nature, etc. It indicates that the faculties of impulse are in the lead, which, of course, has a tendency to arouse the passions, the appetites, etc. In handling that kind of people, it is necessary to be calm, easy, controlled and self-reliant. Such people have a volcano concealed in their soul. They are calm and kind one minute, but stormy and cruel the next. They are like a theater of changes. They are the very opposite of the brown haired and dark complexioned people.

Straight, long end rather stiff hair is a sign of honesty. Such people are as a rule awkward but reliable.

Very honest people are often awkward. It is never difficult to handle an honest man; he can always be approached; he is willing to give everything a fair trial. The honest man is easy in mind and action; he is generally slow to act; he looks people into the eyes when he talks to them; he is slow to come to conclusions.

Soft hair and skin denote that the person is of fine build in a molecular sense. A fine haired person is sensitive. Such a person can easily be influenced, when we understand how to take him. But all sensitive people have their weak sides.

Strong hair means that the organization is strong, but frail, slender, soft and easily broken hair indicates that the person is delicate in organization, in feelings and in mind.

People who have elastic hair are flexible in nature and disposition. There is much policy about them. They can be trusted when all is well, but in time of trial they are not so reliable.

Smooth, soft and silken hair denotes an amiable, kind, friendly and emotional nature, but such people are generally delicate in organization and therefore their health is subject to changes. They are emotional, loving and true, but they can easily be persuaded. They are easily moved to tears. They have a mild face, genial eyes and vitality for hair, brain and nerves. But this is not the case with people having dry, colorless hair. Dry and colorless hair is poor in vitality.

The Age of

The question may often arise in the mind of the thoughtful student of Astrology when considering the inequalities of the human race, as to why persons are so different in organization, character, capabilities and moral development. Why do we find some men savages, others geniuses? one scarcely evolved beyond the brute, another of lofty intelligence and splendid morality? The astrologer of the exoteric school will tell you that it is because the horoscope of each is different, that the moment of birth decided the character and development; and this, as far as the statement goes, is correct. The thinker would naturally reply: "But that is favoritism; why should one mortal be favored beyond another? Who is the author of a law so manifestly unjust?" If the astrologer has not any knowledge of Eastern thought or the Ancient Wisdom; if his consciousness has not yet unfolded sufficiently to perceive

that system of thought, which, when understood, solves all life's mysteries, he will be unable to give a clear, reasonable and lucid explanation of how the law of the universe works; even though he be engaged in studying its effects, the causes by which those effects are governed will be hidden from his mental vision.

To the metaphysical mind, or to the student of Eastern lore, no such difficulty presents itself, for he regards the soul as a growing entity, evolving life after life onward to perfection. He sees in the savage but a baby soul only just started on its human pilgrimage, the consciousness only just beginning to unfold as it were, all its powers at present latent, passive rather than active, animalman rather than human (humane). The physical organism and bodily powers are active, but the mind, the controller and director, is but the child-mind, readily amused with

The Man Who Dared To Read Human Nature

In the days of Christ it was a new and startling experience for the people to have their character read by writing in the sand.

The Nazarene always looked beneath the surface, and the things He wrote about the praying hypocrites, in the sand are today the treasures of the Bible in character analysis.

'Tis true that Christ never became popular with His reading beneath the surface of human nature, at least with the Pharisees, but character analysis has never been popular with people who wish to conceal. And fortunately to this day, the greater number of people are interested in character analysis because it *does* probe beneath the surface. Now, as in the time of Christ, the greater number of people are glad to have themselves understood beneath the surface, for the majority of human beings are striving, and there is a heart that is doing its best beneath the surface, in the midst of stumblings, faults and failures.



It was this heart that Christ saw—not the hypocritical money mad priests in the temple. It was this heart that Christ sacrificed for, and to Him it was worth the sacrifice.

If the incomparable Christ saw beneath the surface, and gave his life for the heart of humanity, how zealously should we strive to see by any means possible, the heart of another.

People love the study of character analysis, not because it is merely interesting, but because it is an attempt to reach the mysterious, yet very simple heart of man.

The Great Man who wrote about human nature in the sand, suffered, it is true for knowing and expressing the truth, but He knew that it was only this Heart of Man which is carried over to the other side of life in our memories—not a man's college degrees or his cold intellectual faculties.

Search for a man's heart in analysis, and his character is right in your hands.

the Soul

strings of glass beads and other baubles of a like nature; having little experience behind to guide him, such a man is at the mercy of all his passions, appetites and desires, while conscience and reason are in abeyance.

He has all the lessons of life yet to learn, like a veritable baby who has not yet mastered his A B C. The savage is in the infant class so far as mind and morals are concerned. The Hermetic maxim runs "As above so below," which means that there is a natural law in the spiritual world as well as in the physical. The child will grow as years roll on, will develop his powers of mind, rising steadily from one class to another as he progresses, and then from school to college, where he may become the teacher of other children in his turn.

So our savage grows and develops, with intervals of

what we call death. In each life he gains knowledge by experience, coming into civilization as servant, learning his lessons of obedience and faithfulness; then as master, merchant or trader, evolving the characteristics of frugality, justice, honesty and industry; then returning as warrior, showing forth the qualities of bravery, splendid courage, unselfishness and discipline, until as priest or teacher he evolves the moral and religious side of his nature. In very truth the saint of today has once been the savage of the past, the intellectual giant was in earlier days an ignoramus; our greatest philanthropist was but the thief and robber of an earlier incarnation—for it is by the very law of opposites that we evolve. We should not realize the glorious light of the Sun if we had not felt the darkness when his light was withdrawn. And neither

(Continued on page 30)

Never Say

“I Haven’t the Chance to Succeed”

Too many letters read like this:

“If I had someone to equip my studio I could be a great artist,” and “If someone would back me I could start a wonderful business.”

Before having a vocational analysis ask yourself if you really want to succeed? Why throw away your money on an analysis if you are going to wait for someone to back you?

Your true backing is right in yourself. Right within you is your capital. If you will know this, then an analysis will do you an invaluable service. If you do not, then you will be much better off holding onto every dollar that you might spend on analysis.

Dr. O. S. Fowler points out below that the greatest men in history waited for no one to back them, and were the sons of poor parents.

Cervantes was a common soldier. Homer was the son of a small farmer. Molière was the son of a tap-estry maker. Demosthenes was the son of a cutler. Terence was a slave. Oliver Cromwell was the son of a London brewer. Franklin was a journeyman printer, and son of a tallow chandler and soap boiler. Dr. Thomas, Bishop of Worcester, was the son of a linen draper. Daniel Defoe was a hostler, and the son of a butcher. Whitfield was the son of an innkeeper at Gloucester. Sir Cloudely Shovel, Rear-Admiral of England, was an apprentice to a shoemaker, and afterwards a cabin boy. Bishop Prideaux worked in the kitchen at Exeter College, Oxford. Cardinal Wolsey was the son of a poor butcher. Ferguson was a shepherd. Dean Tucker was the son of a small farmer in Cardiganshire, and performed his journey to Oxford on foot. Edmund Hailey was the son of a soap-boiler at Shore-ditch. Joseph Hall, Bishop of Norwich, was the son of a farmer. Virgil was the son of a porter. Horace was the son of a shopkeeper. Shakespeare was the son of a wool-stapler. Milton was the son of a

money-scrivener. Robert Burns was a ploughman in Ayrshire. Confucius was a carpenter. Mohammed, called the prophet, was a driver of asses. Mohamet Ali was a barber. Madam Bernadotte was a washer-woman of Paris. Napoleon, a descendent of an obscure family of Corsica, was a Major when he married Josephine, the daughter of a tobacconist creole of Martinique. General Escartero was a vestry-clerk. Bolivar was a druggist. Vasco de Gama was a sailor. John Jacob Astor once sold apples on the streets of New York. Catherine, Empress of Russia, was a camp grisette. Cincinnatus was ploughing his vineyard when the Dictatorship of Rome was offered to him.

I also make another selection, to show how many of the wealthy men in the city of New York began the great battle of life in poverty.

The man who leads the list, A. T. Stewart, everybody knows, is an Irish emigrant, who commenced life with a capital of less than twenty-five cents. Jay Gould drove a herd of cattle from Delhi, Delaware County, when a lad, for fifty cents a day, in order to get money enough to reach the Hudson River. David Groesbeck, over thirty years ago, used to mend old shoes for his brother, who was a respectable shoemaker in Albany. Henry Keep, boasts that he graduated from the poor-house of Jagerson County. James Gordon Bennett and Robert Bonner, both poor boys, full of talent and industry. Rufus Hatch, when a youngster, had an ambition to hold the reins of a peddler’s wagon. E. D. Morgan commenced life with a quarter measure of molasses. Henry Clews was an errand boy in one of the banking houses down town. The Brothers Seligman started out in life with a peddler’s pack. David Dows retailed pork by the half-pound, and molasses by the gill; and H. T. Hembold was first cabin boy on the sloop “Mary Jane,” that navigated the Delaware. Such men as these were the architects of their own fortunes, and active muscles and brains did the work of their elevation.

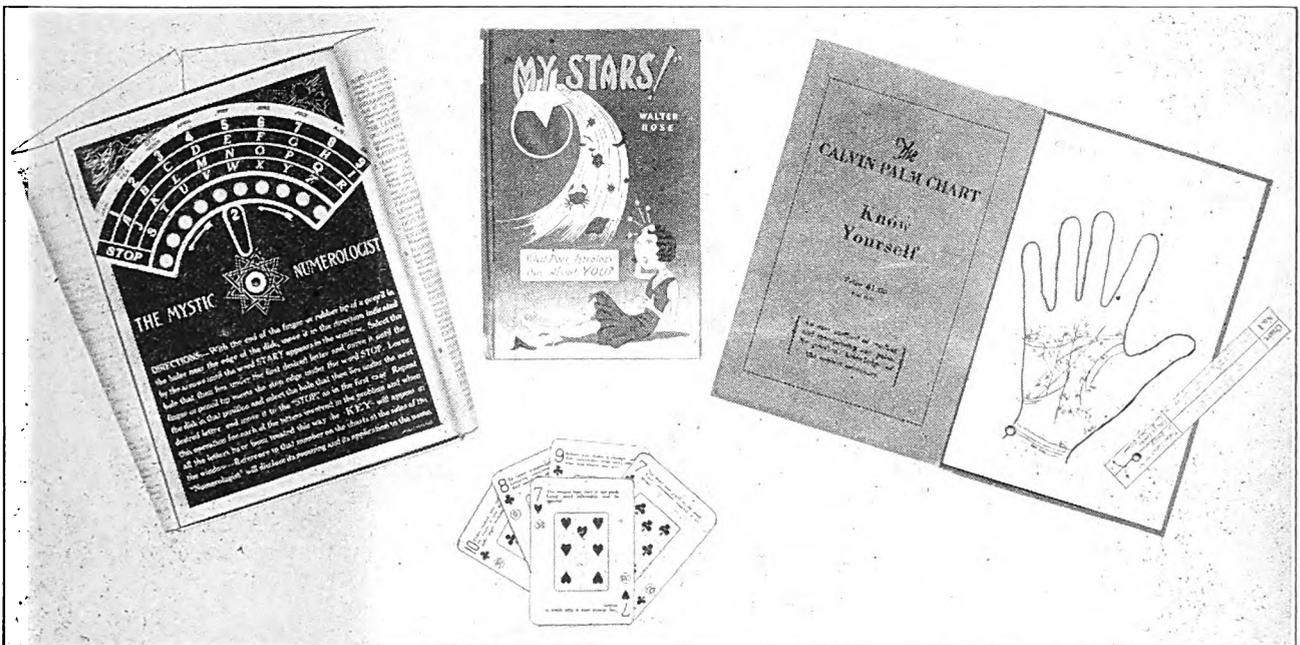
What The Paris University Says of Handwriting Analysis

Tests of graphology by Professor Alfred Binet, head of the psychological laboratory at the Sorbonne (Paris University), and inventor of intelligence tests, in 1907, proved 95 to 100 per cent positive. Writing in the *Revue Philosophique* of July, 1907, Professor Binet says: "I believe I have demonstrated that a good graphologist can distinguish the handwriting of an intelligent person from that of one who is less intelligent, even when there is nothing whatever in the text itself to guide him in any way." Graphology is based on the following proved facts: (1) that no two persons' handwritings are entirely alike, any more than any two fingerprints are alike; (2) that the number of measurable variations is infinitely larger than the number of human beings (857 septillion ways of making a figure 1, as calculated by Crépieux-Jamin); (3) that each emotional reaction causes a change in the heart pressure and in the nervous movement produced at the time, bringing about a large number of minor variations within one person's handwriting ("My handwriting changes all the time"), but that the average of all such changes produces the measurable individuality corresponding to the temperament of the writer; (4) that the strokes of handwriting (i. e., the manner in which the strokes made by an individual depart from the standards which he is learning or has learned) correspond to the psychoanalytical reactions observed in the person (e. g., that pride produces a movement in

height, as it expresses itself in the body by an erect pose; timidity, a narrowing of space between letters, representing hesitation to go forward, and so on; these concomitances having been established empirically at first, by comparison of the handwriting with the observed characters of many thousands of people, and having only been recently coordinated with psychoanalysis, physiognomy and other arts, thereby being verified in every particular). To guard against fraud or momentary emotional variation, it is necessary (1) to withhold judgment until one is sure of the authenticity of the documents, or is able to compare a variety of documents written at different times and under different circumstances; (2) to study not individual strokes but the spontaneous movements as betrayed by the strokes (thus added curlicues in an otherwise abrupt movement will be an indication of disguise). Ephemeral variations indicate the mood of the moment at which the writing was produced.

Persons seeking to disguise their handwriting usually begin by reversing the slant, or adding unnecessary flourishes. But a single genuine stroke, produced with pen, pencil or brush, is sufficient to establish identity, as the heart pressure of no two people is alike. Even a painting can be traced to its author by a study of the preparatory underpaintings. Penmanship systems do succeed in influencing one's handwriting exactly to the

(Continued on page 29)



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Eating New Brain and Nerves

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

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

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

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

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

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

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

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

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

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

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

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

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

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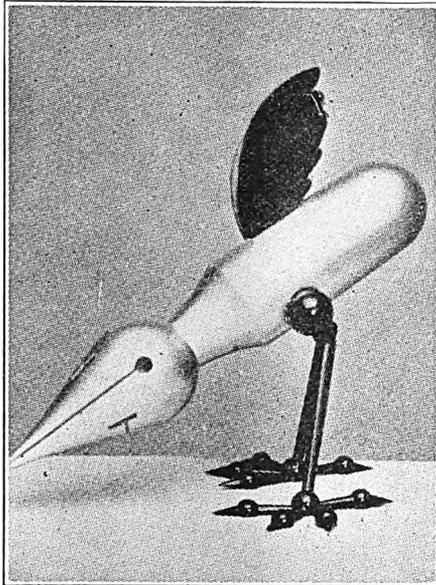
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Don't think that because your writing looks like hen's tracks that there can be nothing worth while in it. Usually the person who is most successful in life writes a very ordinary hand—often a poor one. Find out for yourself what characteristics in your writing indicate that you have constructive habits and a winning personality and learn, too, just what shows that you are holding on to some small habit that is holding you back. The next paragraph tells you—

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Write twenty lines in ink on unruled paper including the alphabet in capitals and small letters. Write naturally, without making any effort to do your best. Enclose this with the coupon to the bottom of this page accompanied by \$1.50 (Canadian \$1.75) for yearly subscription to "Character Reading Magazine" and your writing will be analyzed in detail. Take advantage of this offer now as it is good only for the life of this issue.

Character Reading Magazine,
820 N. Michigan Avenue,
Chicago, Illinois.

Here is \$1.50 for yearly subscription to "Character Reading" and sample of my writing. Tell me all!

Name.....Birthdate and Year.....

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Now You Can Have All the Benefits of the Milk of the Goat Without the Taste

Our high concentration goats' milk tablets enable you to secure the powerful silicon and fluorin element for which we drink the milk of the goat, at low cost. You can now carry goat's milk in your pocket, ready for instant use. Goats milk is one of the finest preventives of tuberculosis, and it is a fine recuperative after breakdowns. 50 tablets.....\$1.00

Oil of Oats

There is a principle in the whole oat which nourishes the vital system. The cerebellum, the center of magnetic and vital power is nourished by the oil of the oat. High concentration Oil of Oat tablets.

100 tablets\$1.00

Alfalfa Juice for Those Blue Moods

Alfalfa acts on the nerve centers, soothing tired nerves, and ironing out the wrinkles of care. Sound sleep and calm nerves with good assimilation of food come from alfalfa juice. Concentrated 4 oz. bottle. \$1.00

High Blood Pressure Tablets

Our homeopathic chemist has extracted from specially grown herbs the juices which reduce high blood pressure, safely.

100 tablets\$1.00

Natural Reducing Tablets

The Phytolacca Berry with its concentrated juice is a natural slim-figure food. A tonic as well as weight balancer. Berries gathered just after the frost has touched them, in their glorious purple color.

200 tablets\$1.00

A Night's Sleep from the Farm

Let us send you sound sleep made from two wonderful herbs which not only bring rest, but relieve asthmatic conditions. Make the tea yourself. Each package\$0.85

Write

A. H. PHILLIPS
Therapeutic Food Farm
Lake Bluff, Illinois

GAIT AND GIRLS

(Continued from Page 11)

you right into some big business man's arms.

One of the really good walkers of today is the athletic girl, with her free boyish stride. She goes swinging over tennis courts and golf links with a natural grace, born of well trained and thoroughly exercised muscles. These outdoor girls are medium sized, have an abundance of health and vitality; their walk is always firm and easy with every muscle brought into play. Men like to dance, hike and swim with them, as they are interesting companions, and at their best when at lakes and camps. Foreigners don't like them as well as the other types, but they go big with our sport loving American men.

Indoor these girls have a habit of slouching in their chairs, sitting on tables or desks, and usually hang their active legs over the arm of every chair they sit in. These athletic girls are very restless unhappy wives, unless married to men that love sports and all things of nature.

Next comes the little petite girls. These small elfin creatures can get away with murder when it comes to gait. They can skip, run, walk either fast or slow, be pigeon-toed and even bow-legged, yet all their friends will exclaim at every opportunity, "Hasn't she the cutest walk?" Crowded streets and stores never bothers them, they are right at home. They dart through it with their bird like ways, flitting in and out every store in their eagerness to see everything. Advice to Juno and fat girls: Never go shopping with them, or you will be all in for a week. They will be fresh and able to dance for hours the same night, while you stay at home bathing swollen and aching feet. Because of their tiny forms, these thistledown persons often hop around, instead of walking briskly and evenly as they are naturally born to do; they are also inclined to curl up in chairs, with their legs under them too much; this is bad for the shape of any legs, and you little girls must not overdo this habit. Be yourself! Remember one of the greatest charms a woman can have is a good gait.

A well trained walk is absolutely necessary to a fat girl. Cultivate your good points by first carrying your weight gracefully when walking and dancing. Don't be sensitive about your weight—many a laughing, jolly fat girl has taken a man from a flat-chested, thin woman. Why sit back in a corner and let the sylph girls have all the fun? Many heavy weight girls are so self-conscious about their large build that they try to brazen this out by overemphasizing it. They roll into a room like a motor truck, hail every one breezily and flop down on a seat between two unsuspecting people and dash them half way to the ceiling. This doesn't add to your popularity, big girl, so don't make this mistake twice; and stop running over other

guests to get to the biggest chair in the room.

Wear properly fitting shoes with medium heels, as your feet must be strong and able to bear your weight easily; the condition of your feet determines the gracefulness of your walk. Move along smoothly and easily by letting most of the weight come on the ball of the foot, and not too much on the heel or you may suffer from broken arches. There must be an air of harmony about you, move the hips and shoulders together with the back straight. You can be beautiful just as large massive buildings are beautiful in their perfection.

By their gait shall ye know them!



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, chlorin and iron.

50 Capsules\$1.00

Nerve Ease Food

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.

50 Capsules\$1.00

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, fluorin, magnesium, potassium, phosphorus, sulphur, chlorin, 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

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50 East 42nd Street New York

Without obligation please send me information about your consulting service.

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Address

SPECIAL REDUCING FOODS
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We send you the pure materials. You prepare your own foods at lower cost.

Reducing Berries

Natural reducing berries, absolutely unadulterated.

Powdered and sent with full directions for reducing in nature's way. Half lb., \$0.90.

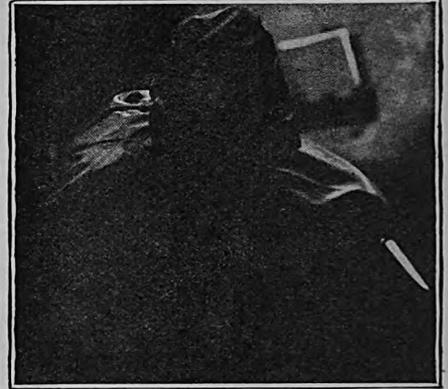
Fruit Iodine Elixir

Food iodine only (positively not a drug), with raspberry (genuine raspberries). Full directions for making into delicious reducing drink. Should be taken with reducing berries, and to aid glandular nourishment, \$1.00.

True Manna Flakes

Manna is nature's laxative from trees. It is imported from Italy. Manna is the finest non-fattening sweet, and at the same time the gentlest of laxatives. Manna flakes in original form, with directions for use over period of one month, \$1.00.

A. G. VAN HAGEN
Racine, Wis.



Do Not Allow Your Night's Sleep to Be Cut Into!

YOU DO NOT HAVE TO GET UP AT NIGHT

Cystitis Remedy No. 1

For night urination with alkaline urine. This remedy should be taken with proper diet, for excessive urination without burning sensations. The beautiful hydrangea and corn silk are present in this effective remedy. Remedy and diet lists\$1.00

Cystitis Remedy No. 2

For acid urine (burning) with frequent night urination. Remedy and diet lists\$1.00

Nutgall Treatment for Piles

The sturdy oak tree, with its chemical properties gives us the wonderful pile remedy consisting of nut gall. This ointment treats the distressing condition locally, while the special diet given with the treatment prevents recurrence of the painful condition. Diet lists and pipette tube of nutgall\$1.00

Why Endure the Pains of Rheumatism?

The most effective remedy of today for rheumatism consists of both diet and pain relief measures.

Rheumatism Treatment and Diet, \$1.00

Our advanced health aids are prepared by registered pharmacists from prescriptions which combine foods and the remedies of the vegetable kingdom. Service is prepaid.

Advanced Chemical Supplies

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CHICAGO



"The biggest value ever offered"

"The most prized possession in my library"

"I thank you with tears of gratitude for my priceless 15 books, "Character Reading"

"Your books have made thousands of dollars for me"

"I have found happiness through "Character Reading"

"A new world has opened up for me"

THESE THINGS ARE WHAT THEY SAY ABOUT THE 15

back numbers of Character Reading Magazine. With the 15 books is given absolutely free, a course covering the outline of the chemical types—what they need, how to read them—how to heal them. Courses in the reading of people by their eyes, faces, walks, dress, handshake, and by their writing, names, and birthdays. These books are to be reprinted, to sell for \$25.00 by the publisher. Get yours while they are still **twenty-five cents each**, and receive the free course on the chemical types. When you send for them you are making for yourself a brand new life.

Character Reading Magazine

820 North Michigan Avenue
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Yes, You Are Right. It Is Only \$15.00.

A Genuine Ultra Violet Ray Lamp for Home Use

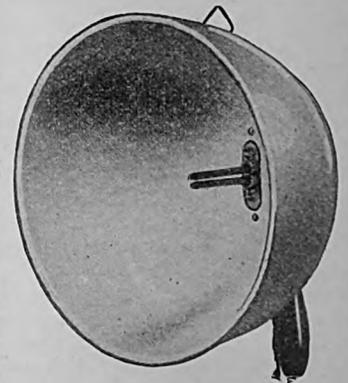


Purchase this lamp during the summer months at this low price, and have it for the rest of your life. Burns genuine ultra violet carbons. Can be used at home and taken by a nurse or other individual to other homes for treatment.

MAKE THIS YOUR VOCATION

Give ultra violet ray treatments at the bedside. This lamp is quickly packed away for carrying. It is beautifully made of satin finished aluminum with built-in rheostat, making one complete unit. Operates on 110-125 volts direct or 60 cycle alternating current. Attaches to any electric light socket. 15 ft. cord.

- Arc lamp complete in itself.....\$15.00
- Nickel Plated 6 ft. folding stand..... 2.50
- Goggles for eye protection..... .50
- 6 inch carbons, per doz..... 1.25



THE SUNSHINE LABORATORY
St. Charles, Ill.

IF YOU ARE HAVING TROUBLE

(Continued from Page 7)

est opponents, and the man or woman with Saturn there afflicted may well exclaim "Heaven save me from my friends." When Saturn is in the twelfth house slander, calumny and internal troubles break up the life.

As we look to Jupiter for the brightness of life, so we see in Saturn the Shadow; and everybody must partake of the shadow. For Saturn must fall in one or other of the houses, and though truly in some signs and houses the Cross is heavier, in others lighter, it is, notwithstanding, the skeleton in the cupboard all the time, and while we are standing in the shadow and feel the bitterness and the suffering, we—those of us who study Astrology—find some solace in realizing that wrong habits of thought and life, due to want of knowledge of the great law of harmony, have brought it about.

Each one of us is nailed to the Cross by his own hands, and through the passion of the Cross our eyes are sometimes opened and we discern how and why we fashioned it. And could we but trace our past and see with the eye of the spirit, and not with the eye of the flesh, we might understand the working of the great moral law unseen—and realize that the child which twined its tendrils round our heart-strings or had grown to manhood and won our heart's admiration and then is suddenly snatched from us by death, might very well be the poor relation of past lives whom we treated very scornfully and loved not at all; and now he is born as our child and become our very dearest, and then the Shadow falls and death claims him—we know not how or why. The astrologer will say: "Poor soul, you have Saturn in the fifth seriously afflicted, and the loss of child or children is shown;" but the added touch—the gift of clairvoyance—would show us why Saturn should be placed in Leo, afflicted, to bring about such a sad calamity. In the same way, Saturn is in the second house heavily afflicted, and grinding poverty often becomes the lot—then, had one the vision of the seer or the mystic, one would perhaps see the misappropriation of trust money in the past, the grinding down of others, taking much labor and paying little for it; in other words, oppressing the poor. Saturn in the fourth conveys homes deserted, and in the past duty neglected and undone, while in the seventh the leaving or neglect of husband or wife is shown, the rejection of one's married duties.

So we now reap as we have sown in the past; and those who study Astrology without understanding the law of reincarnation can only point to Saturn's influence as the source of the trouble, but cannot explain philosophically or esoterically the real cause. The astrologers of the future will not only be able to point to Sat-

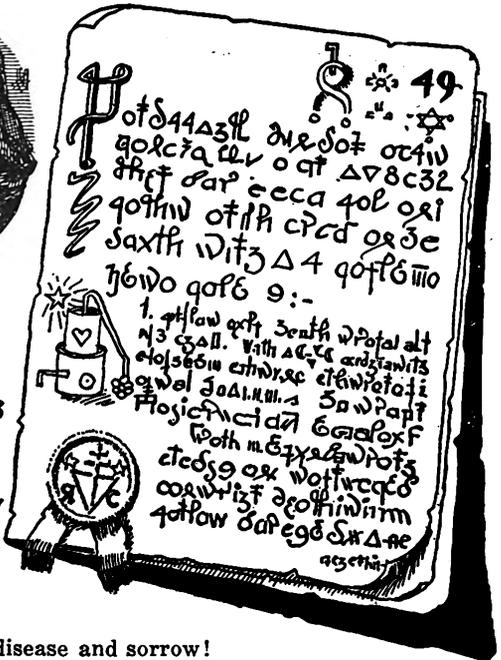
(Continued on Page 24)

The Secret Found



Rare, Old, Mystic Manuscript Tells Rosicrucian Mysteries

A FREE BOOK JUST ISSUED!



An elixir for long life!

A positive prevention against disease and sorrow!

A sure means to obtain happiness and wealth!

These were the important secrets looked for in the strange writings of the old monk, Roger Bacon.

For a hundred years or more he was believed to be the most learned mystic of the oldest secret schools. His knowledge along many lines proved that he was a miracle worker in the natural laws.

But, the old monk kept to himself the secrets he had learned—so far as the public knew. After his transition a world-wide search was made for the secret manuscripts he had written.

Then suddenly, they were found! The secrets were at hand. Yellow sheets, peculiar writing, surprising illustrations, and mysterious seals. Who held the key to these things?

The Strange Manuscripts

Parts of the manuscripts were eventually deciphered. The wisdom was astonishing. The monk was *superhuman* in his ability to control and direct nature's forces. But, the special secrets were veiled. There was some hidden key that the eminent scientists could not comprehend.

Then came the second discovery. Monk Bacon was a Rosicrucian—had been one for many years. He was the mysterious character featured in many novels and great human dramas. He was the weird *Friar Bacon* who has been confused with Sir Francis Bacon. He was the world's great wizard of the thirteenth century.

The Secret of His Power

Now the world knows that as a Rosicrucian, Bacon had access to unusual knowledge. The manuscripts clearly prove that he possessed such wisdom as only the privileged few may possess in any century. In his lifetime perhaps five or ten thousand men and women shared his knowledge with

him, as members of the Rosicrucian brotherhood.

Today, many thousands more are winning their way to majestic heights in the attainment of abundant health, happiness and prosperity through the secret Rosicrucian teachings.

For Those Who Are Searching

The Rosicrucian Order—a brotherhood of highly evolved minds—offers today to the sincere searchers for the Path to a better life, the welcome hand of fellowship. Not for a price in money, not for the satisfaction of curiosity, but for the hunger of the

heart and soul, are the privileges of the Rosicrucians offered. Age-long integrity, ancient traditions and centuries of exclusive selection, have brought only the sincere and extremely happy together in this great movement.

You May Borrow This Book

A new edition of the book "Light of Egypt" has just been issued. Sincere and honest seekers may have a copy by writing a letter (not a post card) and asking for

it. It tells the strange story of the Rosicrucians and explains how you can qualify in the unusual attainment of their private teachings.

Address your letter as follows:

Librarian J. A.

AMORC TEMPLE

ROSICRUCIAN PARK

SAN JOSE, CALIFORNIA

NOTE: AMORC is the American section of the International Rosicrucian Order of the same name throughout the world. AMORC neither sponsors nor recognizes any other organization in America adapting the name Rosicrucian.



YOU CAN BE MADE WELL BY COLORS

Way back in the fourteenth century a certain king who wished to influence the minds and bodies of other leaders and rulers had his chemist compound special colors. He would have rich drapes dyed in these colors, and seat his guest in a room for half an hour before he interviewed him. If he wished to completely destroy his physical courage he would have a special shade of purple hanging on the walls. Then when his guest was admitted the king's own will was predominant.

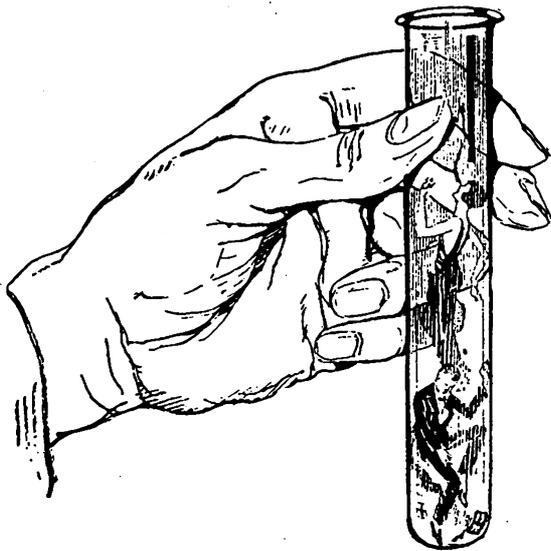
Colors have an enormous power to quiet, to stimulate, to inspire, and to heal. We have proved this in our practice over fifteen years of service. We can teach you the principles so that you may use them in your own home or your own office. How you can use the colors with therapeutic light, how you can dress with certain colors to produce certain mental and physical results, and how you can use these colors in your sleeping room for your daily health.

We are not selling you an expensive blinding for a big price. If you appreciate real knowledge from practical experience in color therapy, we can send you in simple printed form the same material which would cost many times as much in an expensive set of books.

Color Therapy by Dr. L. Ethel Murphy and Dr. Thomas Noel \$2.00

DIETETIC RESEARCH CENTRE

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“Those Wonderful, Wonderful Books”

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

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

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

YOU CAN HAVE IT!

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

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

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

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

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

Can you afford to 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 on the subject of this article. “Onions and Glands,” “Where Is Your Spunk?,” “Food and Divorce,” and “Your Body Chemistry” are only a few of the hundreds of practical articles that you need for a happier life.

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

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

THE ART OF READING PEOPLE

(Continued from Page 6)

It is not strange to find that the cat shaped face, widest at the cheek bones and ears, and pointed toward the chin, has likewise many traits of the feline. Such a face has as a rule, much grace in dancing and in all movement. The walk is sure, and the step while firm, is also light. Wide cheek bones mean energy and vim, but we find that the wide cheek boned people do a great deal of worrying, and become acid in their chemistry, and often ill.

Such faces put their whole energy into the thing they are doing at the time, and tie all their muscles up in tight knots with their intensity.

We must not expect great direct or blunt actions from the cat shaped face. The feline waits his chance to spring if he is injured, and may not show fight at the time, but he never forgets an injury. A month later may be the first time we have an inkling that we offended him many days ago, if our friend has wide cheek bones and pointed chin.

Wide cheek boned people like to fight for those they love, often harder than they will for themselves. Cat faced girls can purr and be very affectionate, but beware of injuring them. Their nervous energy worries out a way to let you know it, in many different ways, depending on the intellectual development. If of a high order there may be a dainty, tactful revenge, and if of a low order there may be an exposition of cruelty.

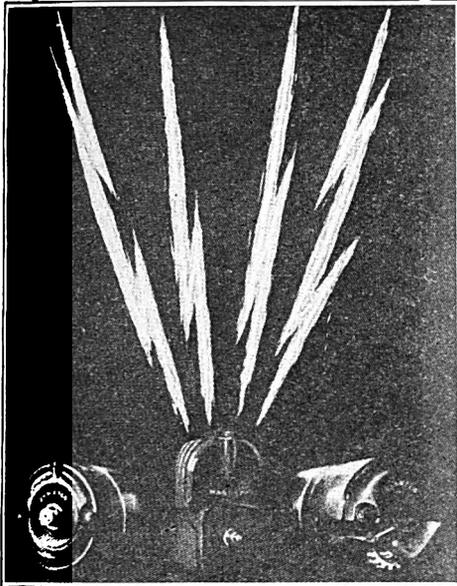
Cat shaped faced men have good ability in the burglarizing line if the intellect is low, but on the other hand, wide cheek boned men of high intellect can make better preachers and reformers than many of those now in the pulpit who lack energy and force. We often find oratorical powers with wide cheek bones.

A rat shaped face is pointed toward the front teeth. Such individuals are timid, but they may also be treacherous, for they lack the courage to come out and fight in the open: Their energy seems to go to their mouths alone. They are champion scandal bearers and naggers. Their backhead is small, indicating a lack of warm friendship and emotion, hence in themselves they are cold hearted, though they may brag about their church, principles and virtue.

Great irregularity of bones and irregular ears means erratic notions in some directions. Such irregularities mean a Dr. Jekyll and Mr. Hyde nature, ranging from benevolence to strange fanaticisms and even criminal tendencies.

The convex face with the nose built outwardly, while the forehead and chin recede greatly, indicates adaptability for active pursuits only. Such people are restless, uneasy, good observers, but they have small ability to reflect, reason, plan, or to lead others if the forehead and chin recede too markedly. Newspaper reporting, transportation, traveling salesmanship, delivery, gos-

Have You Had Your Copper Today?



COPPER IS THE "HOT SPARK" OF HEALTH

Copper is one of the chemicals found in the healthy human being.

When people feel "static" they are not in harmony with that great force of Oxygen, which attracts prosperity and health.

Oxygen is the chemical which gives us the benefit of iron and other minerals for our blood stream, and when we are unable to assimilate enough oxygen we are anemic and nervous, take our troubles too seriously, and cease to be magnetic and attractive to our fellow beings.

But COPPER is the hot spark which attracts immense quantities of oxygen. It takes up more ozone from the air than does the blood, and all diseases where ozone is lacking need copper in the daily food. (Do not confuse with copper in drugs.)

COPPERFOOD supplies copper in food form. Like the small electric spark which starts the big motor, a small amount of Copperfood daily will be the enemy of static in your health and ambition.

1 month's supply, \$1.00.

VIAMINE FARM
GENEVA, ILL.

sip, etc., are more to their liking than study, planning, work at a desk, and inner improvement of self.

The girl or man with the pear shaped face, wider at the temples than at any other part of the face, is the one who loves art, the sky, New Thought, idealism, atmospheric places, music of a classic nature, the wonders of the mind, and all things refined. The possessor of such a face is a rapid thinker, but a quick forgetter, very sensitive, and delicate, and often lacks vitality to use the rapidly moving thoughts of the brain. The neck is thin in back, while the cheeks are slender and pointed, indicating poor vitality and digestion.

Directly opposite to this face is the conic face, largest at and below the cheek bones, while the face points toward the top of the forehead. The digestion here is good, and such a man looks forward to a long dinner table "on earth as it should be in heaven." He is good natured, a marvelous sleeper, and wastes small time over the atmospheric places loved by the pear shaped face widest at the temples and above them, with the pointed chin.

The flat wide face is slow to take action. She makes a better matron or consultant than a saleswoman, but if the wide face and head are convex, with a more retreating chin and forehead, the individual knows how to defend self and to forge his way ahead more.

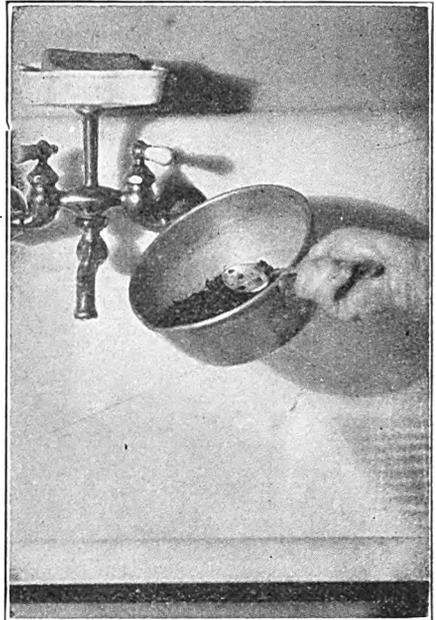
An oval face means versatility. It belongs to the active muscular temperament which likes change and variety, outdoor life, many friends, many positions, many sports, many foods, many automobiles, if possible, or anything that moves and goes. It does not study very deeply, but talks as though its owner did. Movies, magazines and newspapers appeal more than rows of deep books on a library shelf.

A square forehead is the mercanical forehead. Such a man or woman is painstaking, keeps his appointments on time, is a good business associate, and has the ability to build with wood and metal to design. If the square forehead is on a thin, bony type, of great refinement, with a squareness and prominence of bones in the face and hands, such an individual builds with words, and makes an excellent writer and scientist. Squareness and prominence of bone are the best indications of honesty and directness, with less talk and more genuine meaning in back of the words. Henry Ford and Lincoln are good examples of faces with prominence of bone in them. The bony system is represented in their make-up more than the muscular system or the fat.

A straight forehead is high in proportion to its width. It is evenly developed. Such a forehead makes a person an excellent judge of people, and gives great versatility in his abil-

(Continued on Page 32)

The Best Fed Mouth in America



What is the best fed mouth in America?

THE KITCHEN SINK

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

The throats which need these precious minerals are YOUR throats, YOUR children, YOUR loved ones, YOUR own throat.

Save these diamonds and jewels in the foods you buy. Regard the vitamin, the chemical element, the mineral in your food as your most valued possession. If you do not already, wait until you get sick, and see the enormous loss you heap upon yourself and others.

THE NEW VITAMINE CHART feeds YOU and not the sink.

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

It gives ideal menus for each member of the family, each day in the week. And still this chart goes on to describe the members of your family, and the foods they should eat if they belong to certain pronounced chemical temperaments.

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 your for your perpetual reference.

Charts for sale at

THE VITAMINE FARM
GENEVA, ILL.

Catarrh, Etc.

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

Mucus-Making Foods

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

100 Names for 1 Disease

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

Eat for Efficiency

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

A clerk wrote: "No mucus, voice stronger, head clear as a bell, gained 20 lbs., now earn 4 times as much." Educational booklet 10 cents. BRINKLER SCHOOL OF EATING, Dept. 627, 431 W. 72nd St., New York. ©

More mysterious than human nature.
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 purposes 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

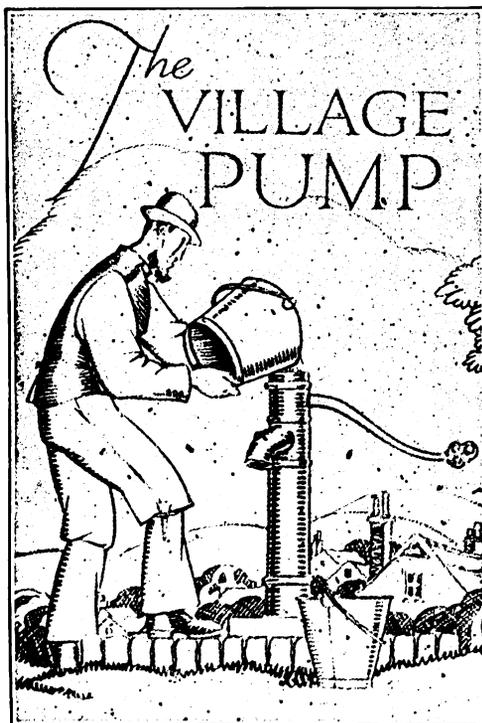
IF YOU ARE HAVING TROUBLE
(Continued from Page 21)

urn’s influence in the house but will be able to show the law that was broken and the disturbance of the law of harmony, which is now being readjusted by the current turning back to the sender, for the inner side of Astrology reveals the unity of life in a marvelous and astonishing way. God’s law is harmony and peace and love, and whenever we break that law and whenever we break it, we must reap the recoil of the vibration we have sent forth.

Maybe the astrologer realizes more than most people that he is responsible for his present horoscope and for his future one also, and that they who neglect duty, who are selfish or cruel or intolerant, are again fashioning the Cross for their new life; and to that Cross they will surely be bound. We are makers of Destiny indeed, fashioners of our own character, and if each bitter experience that we are forced to reap is endured and bravely borne, it will change the shadow into the Shine; if, whenever trouble falls upon us, we look to see what is lacking in us, what lesson we are called upon to learn, then we are climbing indeed on “our dead selves to higher things.”

But this of course is not the attitude of the man or woman of the world toward life; their first exclamation when sorrow or pain touches them in any way is: “What have I done that this should happen to me?” Still in the end the pain causes them to inquire into the cause of things, they desire to discover the cause of their sufferings, and this often becomes the thin edge of the wedge, so to speak, of their interest in higher things. Still, the ordinary person does not realize for a moment that all his sufferings are self-made and all his joys likewise. Most people swim with the tide and never seek to stem it in any way. To seek pleasure and drift is the usual course of things, and yet it is under the pressure of pain and the scourge of extremity, that men and women oftenest find God.

Until people realize the power of thought and how it moulds external circumstances, shaping and fashioning all things by its mighty power; until people realize that they must control and govern thought and emotion, and rule themselves, take themselves in hand and choose the path they are going to follow, and the thoughts they are going to think; until they begin to understand that that which is good for the temporary self is often an obstacle in the path of the higher self; until they realize that self-sacrifice, love, unselfishness and purity of life and purpose ensure them a happy future, with good surroundings and environment,—until they believe these things, and then live them, the Shadow of the Cross will be upon that house of life till the lesson be garnered and the experience gained.



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

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

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

Dietary instructions for catarrhal conditions. . \$1

How To Eat Magazine

I. W. A. C. Bldg.
CHICAGO, ILL.



**NEW WAYS TO YOUTH
ORIGINAL IODINE SEA LET-
TUCE—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 mania, childishness, awkwardness, alternate silence and talking spells, gnashing of teeth and many other symptoms.

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

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

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

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

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

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

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

SILICON OATS

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

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

**HEALTH INFORMATION
BUREAU**
365 W. Madison St., Chicago

NUMEROLOGIST

Thoroughly Experienced

I can tell you your heart's desire, destiny, natural qualifications, past experience, what lesson you have come to learn as well as whom you should marry and the vocation you are best fitted for, with forecast for several years hence. Complete typewritten Numberscope \$10.00. General analysis \$5.00. Send full baptismal name with any changes in signature (printed) and birth date. Ask any questions.
Jessie Lassack, Box 426, Albany, N. Y.

Some of your griefs you have cured,
And the sharpest you still have survived,
But what torments of pain you endured
From evils that never arrived.
From the French.

(Continued from Page 3)

of the forehead, and the wrinkles about the mouth, and an astonishing conformity will be discovered between them."

Avoid great eyes in small countenances, with small noses, in persons of little size, who when they laugh, evidently show that they are not cheerful—and amid all the joy they seem to manifest at your presence, cannot conceal a malicious smile."

However intelligent, learned, acute, or useful a man may be, if he continually estimates, or seems to estimate his own value; if he affects gravity to conceal the want of internal active power; if he walks with measured step, never forgetting self for even a moment, but exhibiting self in his head, in his neck, in his shoulder blade; and yet, in reality, is of a light, inconsiderate and malicious disposition, and as soon as he is alone lays aside all dignity, gravity, and self display, though at no time his egotism—he will never be thy friend."

Lavater was born on November 14, 1741 in Zurich. His quotations will be continued in forthcoming issues.

(Continued from Page 10)

different rates of vibration, a knowledge of your own specific rate will enable you by wins the right to direct wisely or counsel others.

"The ancients and Pythagoras himself, never meant to ascribe to numbers, that is to say, abstract signs, any special virtue." but as symbols of universal principles, they represent the chain of causation which leads back to the great Source of all and bring into greater harmony the three worlds, the natural, human and divine.

The Value of Numerology to You

The study of numbers gives you a knowledge of the law which governs your life. Being in the world, you are made of "world stuff" and are subject to like

(Continued on page 26)



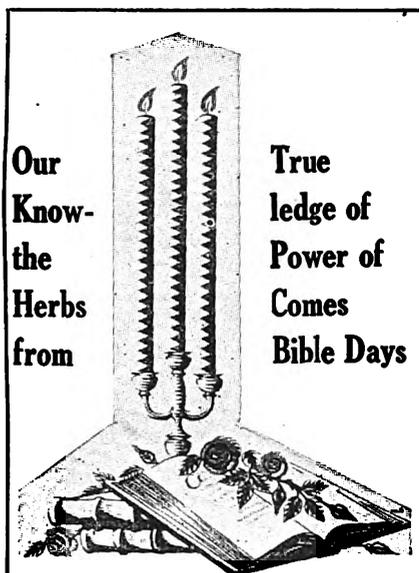
YOUTHFUL EYES

Glasses, fatigue, and wrong diet do not make youthful eyes. The same foods which have the power to nourish other parts of the body, have also the power to rebuild your eye structure. Eye exercise, and eye foods combined have the positive power to cure imperfect sight.

Why Wear Glass Crutches on Your Eyes?
Regain the natural shape of your eyeball by proper exercise and food elements which nourish particularly the eye structure. Do not wear glass crutches on your eyes, which require changing. Your bodily structure is the most amazingly adaptable structure in the world. You can make it over. Your eyes can be the eyes of youth.

Send today for the eye foods and eye exercises. Begin your treatment right at home. The eye diet gives you instructions on which food chemicals nourish eye structure, and the eye exercises give daily exercises which can be used without absence from work. Price, \$1.00.

HEALING MAGAZINE
Batavia, Illinois



**Our
Know-
the
Herbs
from**

**True
ledge of
Power of
Comes
Bible Days**

If we break the commandments of health which demand that we have herbs with our meals, we are bound to be ill.

Herbs contain the elements of the body. They should be raised with care in the right soil, handled with care by conscientious workers. Herbs are the diamonds of the food supply of man, and the jeweler puts only the most trusted employee in charge of his diamond department.

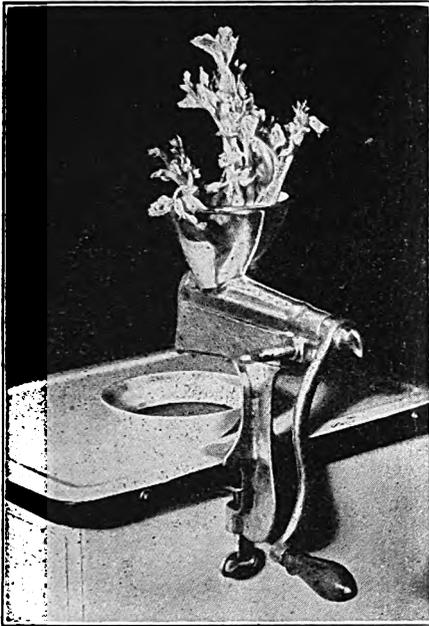
Our Swiss herb salt has all of the 12 mineral elements of the body in it which you need. It is "organic." Sprinkle it on your food, and it becomes a part of you, to immunize against disease and keep the glow of health in your body. It is not discarded like ordinary salt. It is good to taste, good to look at, and good to the body. Family sized package\$1.00

Swiss Glandular Tea
Make this wonderful drink from the herbs themselves, grown in the soil which gives the elements for glandular nourishment. Swiss Glandular Tea Herbs\$1.00

Swiss "Sleeping Pillow"
This lovely imported pillow is filled with the herbs which lull the weary head to sleep, simply by lying on them. Its principle is as old as the hills from which come the herbs themselves, and is an old remedy lost by the hurrying world. Place the pillow over your own, and sleep the sleep of the just. Swiss Sleeping Pillow, including duty, prepaid, \$3.00

Make money orders payable to
HENRI VARIN
Wheaton, Illinois





This is the Health Mine

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

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

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

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

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

Price, express prepaid, . . . \$10.00 including duty.

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

H. O. LOHR
PARK RIDGE, ILL.

WHAT MAKES A BAD WOMAN?

(Continued from Page 1)

and power. Destructiveness, or energy under control can likewise make our greatest ambitions come true, while the same force without control leads to the penitentiary and the electric chair.

The power to control the wonderful forces of life is the difference then between the "bad" and "good" people. This does not mean the anemic "goodness" of the person who cannot be anything but negative, but the "goodness" born of power to select the way.

The control of self may often be influenced by the diet. That great character analyst, Dr. Mary Olmstead Stanton, the first writer on the chemical types says of immorality, and lack of control:

"The too free use of carbonaceous foods induce an inert condition of the entire organization, for an excess of carbon is the dominating element in the vegetative system. This system, as has been seen, exhibits far less of moral strength and power to resist immoral tendencies and temptations than either of the other four systems: the Thoracic, Muscular, Osseous and Brain systems.

"I cannot but condemn in the strongest terms the universally wholesale use of sugar, which is almost pure carbon. To its free use I ascribe much of the present state of dishonesty, immorality, and lax principles so prevalent in every grade of society. No form of belief can neutralize the effect of this condiment as it becomes incorporated into the body and mind, for it cannot affect one without affecting the other. No intellectual process or belief in any dogmas can cast it out, or prevent it from influencing the morals according to the law of Nature which punishes in every form, in spite of our opinions on any subject. It is excess which produces unhealthy conditions. A man may become so muscular by training as to induce serious disorders. Nearly all athletes and acrobats are short lived, because they develop one set of functions at the expense of others. It is equilibrium, or a balanced condition, which assists Nature in doing her perfect work.

Learn to READ CHARACTER AT SIGHT

as Taught by

Dr. Katherine M. H. Blackford

BLACKFORD PUBLISHERS, Inc.,
50 East 42nd Street,
New York City.

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

The Goat Takes Her Rightful Place on the Throne of Health

Wise people now drink the milk of the goat from a silver goblet, with thankful prayers, and appreciation.

Goat's Milk is the Great Silicon Drink

The Goat is absolutely immune to tuberculosis because he is a silicon animal. Where silicon is, tuberculosis and fatigue cannot enter. Silicon is the diamond of health. Its sparkling, scintillating quality gives to the personality, freedom from the blues, from most infectious diseases, freedom from hair, nail and tooth troubles. Depression, moods and spinelessness mean hunger for silicon. Silicon is found in the milk of the goat to a high degree. The fat globules of goat's milk are assimilated by the youngest and oldest and weakest of human beings. The sick infants who have been brought back to health are innumerable. The tubercular patient wise enough to secure goat's milk is put quickly back on his feet.

People Who Need Goat's Milk

- Tired people.
- Hungry people who eat and are still undernourished.
- Anemic people.
- Tubercular people.
- People with falling hair.
- People who have no ambition.
- People who are timid and fearful.
- People who are depressed and pessimistic.
- People who need strength while reducing.

The Modern Way of putting up goat's milk is by evaporation and concentration. The milk of clean goats is delightful and invigorating. Our goat's milk is unsweetened and evaporated, put in sanitary 10 oz. cans, and shipped to you with its powerful chemicals intact, for the young, and for the sick. It can be taken with a traveling invalid or baby.

Sold in cases of twelve cans.
\$5.00 per case.

Sent by parcel post, express or freight, F. O. B.

A. H. PHILLIPS,
Lake Villa, Illinois,
R. F. D. No. 89.

I enclose \$5.00, for which please send me one case of concentrated goat's milk.
Name

Address

City

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

If You Know the Chemical Secrets of Foods

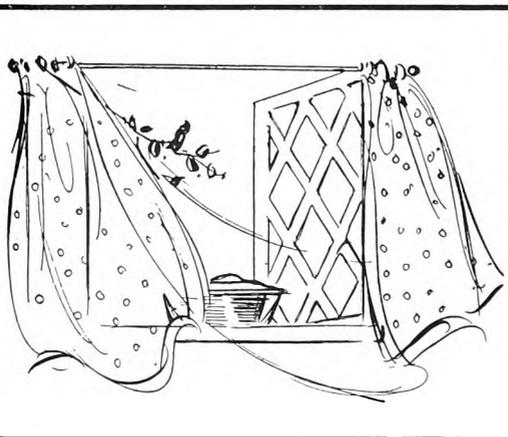
Our "Hall Room" Menus have been prepared for those who live in hotels, for those who are rooming, and for those who are traveling.

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.

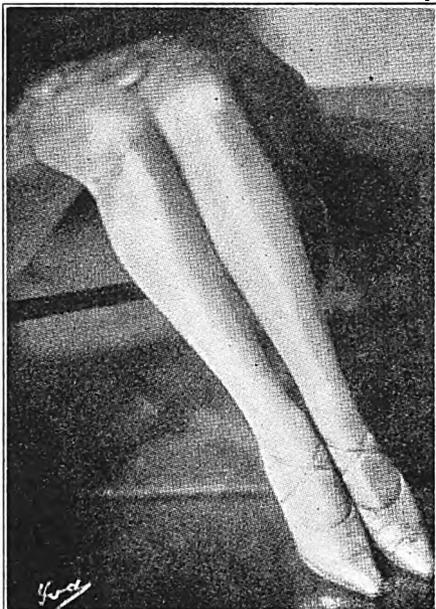
They keep the pressure in the high pressure salesman, the pep in the office worker, and youth in the business woman and stage folks.

Lists Sell for \$1.00

HOW TO EAT MAGAZINE
820 Tower Court CHICAGO



No Wonder Her Feet Can Hardly Wait to Dance!



SHE HAS JUST HAD AN ALKALINE BATH!

Coming home, tired, acid, and irritable from the day's activities, she knows the secrets of chemistry will renew her. The power of the inner and outer alkaline bath will bring back her youthful exuberance and sparkling personality.

The Alkaline Bath is not a tub bath. It requires 15 minutes of your time. Its delicious pine forest odor, combined with the chemical properties give you renewed strength, and a luxurious feeling of peace with the whole world. The alkaline bath is an inner health measure as well as an outer one. Full instructions and material sent for \$1.00, and 25 cents for postage.

Needed by nervous, tired, worrying, acid types of people. If you wish to reduce by the alkaline bath send for Bath No. 2, and enclose 35 cents for postage in addition to \$1.00.

UNITED IMPORTERS

448-410 N. Michigan Ave.
CHICAGO

THE PLEASURE LOVING HAND

(Continued from Page 8)

This pointed hand, which is among the handsomest known, is plump, as though creased along its back with pretty little dimples.

The skin is white, a dull white. It seems never to soil, does not redden in the air, and appears insensible alike to the influence of heat and cold. It denotes egotism, insensibility and hard-heartedness.

Its mount of Venus is well developed and lined, its powerful, fleshy palm indicating sensual and material appetites.

The thumb, as a rule very short, indicates lack of will power and utter absence of logic.

The fingers, smooth and pointed, without knots, and filled out at their base (the seat of material pleasure),

reveal an intuitive nature, impressionable, and inclined to make mistakes; since the short thumb precludes will power, resolution, logic and reasoning.

Since this hand is unprovided with any check which might moderate its tendencies and instincts, it is bound to be fatally and irresistibly drawn into the whirlpool of its own insatiable desires and passions, and material and voluptuous appetites.

The woman with an idle, voluptuous and pleasure-loving hand is especially dangerous when, instead of a short thumb, she has a large one or one of normal length; that is to say when she has will power, tenacity and reasoning ability. For, if she then takes possession of a weak man, devoid of energy, she absorbs magnetizes and destroys him. He becomes her prey, and she may lead him into ruin and even into dishonor.

Disposition of the Pointed Hand

The Smooth, Pointed Hand.—The smooth, pointed hand is that of the poet, artist and inventor—apt at inspiration and divination; it will love the fine arts because it has a taste for form and elegance.

It will incline to the side of romance as long as it lives, and will never choose truth or nature as a guide. This hand will not live the material life; it will have good taste developed to an excessive degree, and while believing in its own sincerity and in the truth, will always dress and alter the latter. It will have ideas which it will be unable to put into practice.

The Pointed Hand with "Philosophers' Knot"—Those whose pointed hands have a "philosopher's knot," are condemned to a perpetual struggle between inspiration and analysis, between inspirational art and calculated art, between religious tendencies and the spirit of controversy which, in its need of independence, tends to create a religion of its own for itself.

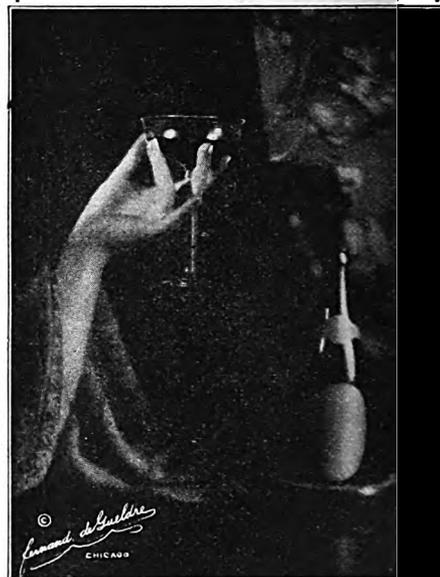
This knot in the pointed hand gives us Utopians with nebulous ideas, who, so long as they are not powerful, are inoffensive beings, dreamers or supermen of thought. Yet, when by some mischance they come into power, they may become dangerous, and turn into monsters, without belief or reason, entirely at the mercy of their impressions at the moment, and their own wish and will.

The Pointed Hand with the "Philosophers'" and the Material Knot.—The pointed hand with both the "philosophers'" and the material knot loses many of its tendencies because of the counteracting influence these two knots have upon it.

It will have artistic aspirations, ceaselessly stifled by calculation and positivism; yet, since no organ ever loses its rights and qualities, it will add invention to calculation.

This hand will make discoveries which it can outline itself, but which will have to be perfected by the square hand, and put into play by the spatu-

COCKTAILS



The Pep Cocktail.....	\$0.10
The Sleep Cocktails.....	.25
The Complexion Cocktails.....	.25
The Brain Cocktails.....	.25
The Magnetism Cocktails.....	.25
The Vitality Cocktails.....	.25
The Courage Cocktails.....	.25

\$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

late, knotted hand with a firm, hard palm.

A List of Names of Famous "Pointed Hands"

In politics: Robespierre. In painting: Raphael, Perugino, Fiesole, Correggio, Antonio de la Gandara, and the imaginative painters.

In poetry and literature: Milton, Shakespeare, Schiller, Goethe, Swedenborg, Chateaubriand, Musset, Alexander Dumas the elder, George Sand and Victor Hugo.

This is something which frequently happens, and which we have observed in the case of a number of people whom we have long known and watched. Time, age and the kind of intellectual work done may call forth the "philosophers'" and the material knot on the fingers and their extremities may also change: the pointed finger may turn conic, the conic finger square, and the square finger slightly spatulate; but knotted fingers never grow smooth, nor spatulate fingers square, nor conic fingers pointed. It is easier to grow material than it is to progress from the material to the ideal.



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

Advanced Chemical Supplies
101 E. Chicago Ave., CHICAGO

**Vegetable Pepsin
From the Pepsin Melon**



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

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and the untruthful person. As we have explained, many imaginative authors write very indistinct hands, but they do not endeavor to conceal their thoughts—all the letters are there, but very quickly formed, and not a mere line.

"Experiences unfortunately leads one to the conclusion that comparatively very few, if any, people always speak the exact truth. I do not mean that they intend to deceive, but they fence with truth, their imagination is aroused, and they will describe an incident with such vivid and imaginary details that you are really deceived. How often do we hear that So and So's remarks must be accepted with the proverbial grain of salt. There is a looseness of statement generally in vogue, misrepresentations are prolific everywhere. Some men in high places distort facts for party purposes; some in private life disguise and represent in a totally different light the circumstances of a case. Whether for tact's sake, for diplomacy's exigencies, for finesse, for wish to shield friends, for social purposes, or for business purposes, for sheer love of misrepresentation or from a wish to hide one's thought, for gain and profit, or to cause loss, to excite sympathy, or cause anger, "for fun" and many other reasons. Untruth is almost universal in one form or another, and is found in a very large proportion of the writings of all classes of individuals.

WHAT THE PARIS UNIVERSITY SAYS OF HANDWRITING ANALYSIS

(Continued from Page 15)

extent that they influence the character, and the philosophy of a school system can be determined by its official penmanship (e. g., the square, angular, high, broad penmanship of the Sacred Heart convents, corresponding, unconsciously in its origin, to the direct, abrupt, aristocratic, lavish attitude of mind associated with that institution; or the oval writing, with unnecessary initial loops, of many American school systems, corresponding to the current business philosophy of the country).

Handwriting analysis studies the spread, direction, finish, pressure, speed, continuity and orderliness of a writing. Each of these categories is divided into five groups. Thus "direction" is divided into: slanting (passion) or vertical (calculation); ill-aligned (versatility) or well-aligned (constancy); sinuous (flexibility) or rigid (inflexibility); descending (depression) or ascending (buoyancy); backward (egotism) or forward (altruism). Graphological indications should always, when possible, be compared with the person's gestures, physiognomy and speech, since personality is expressed in everything that one does or says.

Need Vocational Advice?

USE THE COUPON
Dr. Katharine M. H. Blackford
50 EAST 42nd STREET
NEW YORK

Without obligation please send me information about your consulting service.

Name

Address

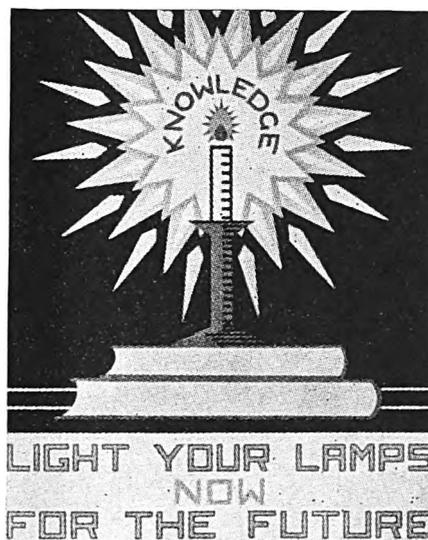


REBUILD THE WALLS OF YOUR HEART

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

\$1.00

Advanced Chemical Supplies
101 E. Chicago Ave. CHICAGO



LIGHT YOUR LAMPS NOW FOR THE FUTURE

I CAN SEE FOR YOU

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

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

Eleen Yona Kerl
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IF THERE IS ANYTHING BETTER THAN FEELING LIKE A NEW PERSON, IT IS TO HELP OTHERS TO FEEL ENTIRELY WELL

A new vocation gives you the magic key to the happiness which comes from making others well. This new vocation enables you to do some of the most important work of the day in the health field.

BECOME A COLONIC HYGIENE SPECIALIST

Right in your own home you can have your center of colonic hygiene. The new Colonigator (not an enema) enables you to aid not only the physician, but the patient, and the drugless doctor also. Scientific colonic irrigations have an entirely different principle than the old unsatisfactory enema. No discomfort to patient. They may be taken lying down, with entire cleanliness. No expensive plumbing attachments. The Colonigator furnishes its own plumbing arrangements in connection with your present installed materials, without any bolts, screws or dismantling.

With the Colonigator is a positive guarantee of internal cleanliness. Your patients will say they are walking on air, after the irrigations. All fecal matter in intestinal pockets is positively removed with no effort of patient. The disease producing germs and gases are thoroughly removed. The outlet canal of the Colonigator does not come in contact with the intake, thus making it possible to have absolute cleanliness.

Not only should a Colonigator be in every family, but every nurse, physician and healer should be equipped with one, for it represents the greatest type of advancement in giving immediate health to people. A wonderful specialty can be built up by the nurse, dietitian or health specialist. You can be of distinct aid to the physician who will be glad to recommend his cases to you. A marvelous aid in the beauty parlor, and for the masseuse.

We give you a complete course in Colonic Hygiene, together with the Colonigator and all attachments. Price is \$15.00. \$5.00 may be sent on order, and the balance C. O. D.

There should be a Colonic Hygiene Institute in every city. Begin this important work in your own town.

Equipment consists of 3 ft. length rubber waste-return tubing. Collar to which is attached the waste-return tubing. Head-cap of instrument that slips over projection after obturator is removed.

Soft rubber colon tube that attaches to reservoir and can be adjusted to any desired length in colon. Removable metal adapter that slips into collar and through which slips colon tube. Collar that holds adapter and permits colon tube to be passed through instrument to any desired point in colon. Obturator that slips through tube and permits of instrument being introduced into rectum without discomfort or danger to patient. Tube extension over which head cap is slipped after instrument is in situ and obturator removed. Tapered flange that holds tube in position and preventing it from slipping inward. Tube that is inserted into rectum. All parts are made of highest grade rubber and nicked steel, capable of thorough sterilization. Full instructions on the necessary knowledge of anatomy for colon irrigation.

HYGIENIC SUPPLIES

Dept. 901

629 Deming Place
Chicago, Ill.

(Continued from page 26)

1,500 names from which to select a winning nom de plume.

As a *writer*, the indexed list of names save you hours of time, and in addition to choose your characters, thus making them absolutely true to life.

As a *student of the occult*, this text gives you the answer to the eternal questions, "Whence, why and whither" as well as to many things which have been a subject of wonder: "Why is A 1?" "How does my name affect me?" "How do I attract my own happiness and success?" "How may I gain the help and protection of the universal forces?"

Whoever you are, whatever your problem, Numerology will help you to a better understanding of life. When you discover *why* things are as they are and *why* certain people react as they do, your perplexities will begin to dissolve and the sun will shine once more in your locality.

The most exact of all sciences is mathematics. The medium of thought is language. Based on the atom and electron theory, Numerology correlates the universal value of numbers with the rules of language and the law of vibration and gives to each individual a picture of his former self, his present status in life, and points the way to his highest goal.

If you desire to get the most out of life *now*, adjust yourself, through your name, to your own birth-path forces. Then all the universe vibrates with you and for you, work will be a pleasure and joy will attend each day.

(Continued from Page 13)

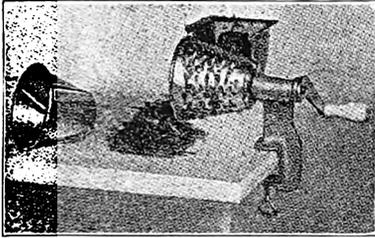
would man realize and consciously choose the good if he had not also experienced the evil.

How shall we know to what period or age the soul has grown? How shall we find out the age of our own soul, and the point in evolution we have reached? We know our physical age, the age of the body; but the age of our true self, how shall we venture to compute that?

It is by the development of the spiritual side of the nature that we reckon age; it is by the unselfish spirit of sacrifice shown that we judge the point of evolution we have reached. For only by giving is the spirit shown; only in utter self-abnegation is the true life realized; for the very life of the soul is the out-poured life of God in manifestation—the One Life that gives us *all*, and asks *nothing* back save that we reflect His image—and those souls are the oldest amongst us who desire to give and not to receive, to help and not to hinder, to pour out for others in any way possible without looking for any return. Only by giving is the spirit shown, only in service is the true life realized.

The moment the soul changes its attitude of getting something for self to that of giving something to other, that moment one has taken a step forward, becoming spiritual rather than material. To lead the true spiritual life is to regard oneself as an instrument, servant or agent through which the divine life may be poured. These words are none of

(Continued on page 32)



LIKE EATING ROSE PETALS!

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

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

There are few words to describe the thrill everyone who uses this new instrument experiences. For the housewife it turns work into play. For the artist who can only eat artistically prepared foods, it is a great delight. For the man who spurns vegetables and fruits it is a thoroughly new eye-opener. We have yet to find a human being whose eyes do not become large with surprise and admiration when he sees what the gricer does to food.

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

Absolutely no nuts to get lost.

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

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USE IT IN
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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.

H. O. LOHR
Park Ridge, Illinois

IS THIS TRUE ABOUT YOU?

(Continued from Page 9)

tain numbers as "of the earth . . . earthy." Each number has a spark of Sacred Fire; each has a spiritual significance.

The Number 1 expresses the fine, spiritual courage of the soul, daring to stand alone in hard places, forging ahead in search of truth, dying for its ideals.

The spiritual 2 is the splendid solacer of the hard ways of life, giving in generous service, joyfully and willingly; exalting others, surrendering personal glory to honor some one else. This 2 is the peace-maker, adjusting controversies of mind and soul and

producing material harmony gallantly and gently.

The spiritual 3 expresses warm-hearted friendship and unswerving loyalty. It gives unfaltering faith, tender affection and gracious courtesy. It is the Joy-Giver, seeing beauty and gladness in all things and bringing to all those about it the same vision of happiness.

The spiritual 4 is the foundation-builder in both material and spiritual worlds. It is the number of spiritual strength, as well as of hard, physical labor with God-given muscles. It is the number of the worker who "puts his back into it." The 4 works with energy and joy to rear the structures created by the inspiration and imagination of others. It builds and organizes; it formulates laws for the well-being of all and enforces them.

The spiritual 5 brings the gift of freedom; a love of life which refuses to be bound by anything—circumstances, moods or environment. It has found the freedom of self-control and longs for every soul to taste the poignant delight of liberty. It expresses gaiety and friendly magnetism. It has sympathy with the troubles of others; it meets its own troubles with courage.

The spiritual 6 offers the divine protection of mother-love. It reaches out to the weak and the helpless, cherishing them with homely service; cheering them with unshakable optimism.

The spiritual 7 is the number of Silence. It receives psychic inspiration and expresses this to the world. This is the number which can work on the Unseen side of life. It is the investigator, delving into all sources and arranging all bits of truth in the light of wisdom; generously revealing its knowledge to those who seek.

The spiritual 8 holds the balance of Justice and guards it jealously. It seeks to reward all faithful service, all virtue. It unsheathes its sword in the cause of the oppressed; it fights for strict equality and fairness for all men.

The spiritual 9 portrays the Christ Love; this love is not confined to individuals, but reaches out to all men. This is the number of deep insight into and understanding of life. Because of love and understanding, it sees beneath the surface which the world often calls wrong and, recognizing the inner beauty and perfection, gives the protection and sympathy which the unhappy soul craves.

The spiritual 22 is the Burden-Bearer. It walks beside the weaker ones on the Path of Life and when they falter, it assumes their load and carries on. Twenty-two is a Master, bridging the worlds of Spirit and Matter, bringing to the struggling souls, who do not understand, a greater consciousness of the meaning of Spirit.

Thus every number has a meaning far beyond its material value; each reveals Divine attributes.

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Swami Yogananda, A.B. Hindu Metaphysician

"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 through meditation.

"Yogoda" teaches how to live, to live longer, how to eat to be healthier, how to recharge to contact Cosmic Energy, how to think, to think clearer, how to concentrate to be creative, how to meditate to know Divine truths. It teaches the Technique to recharge, vitalize and spiritualize each body cell, overcome Fatigue at will, and insure Lasting Youth. The basic exercises can be practiced by sick or well, sitting or standing, anywhere, anytime.

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Send 10c for 70-page descriptive booklet "Yogoda" and testimonials of famous students. A Free copy of beautiful, inspiring EAST-WEST MAGAZINE will be mailed if 10c is sent to cover postage and handling.

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ity. He wants everything to be done now and immediately and carries his plans out.

A woman or man whose forehead is higher, and larger in the upper section than the lower, lives in the future, and is absendminded often, because he is planning ahead most of the time and not paying attention to the now.

The circular forehead is rounded in the center. Such a person has an excellent memory for sounds, and is keenly emotional, hence women of this characteristic make excellent actresses and imitators. They absorb knowledge as a sponge absorbs water, whether they understand the underlying principles or not. They talk first and reason afterward. The straight, mechanical forehead however, not rounded in the center, reasons first and talks later, hence is not as bright as the rounded forehead, but its possessor does more practical work than the individual with the circular type of forehead. He is better in the laboratory than in the parlor, while the circular forehead is better in the parlor and in surface talk than in the laboratory where the ideas given forth are dissected without emotion.

A narrow forehead is deficient in manual versatility and mechanical skill. The narrow head and narrow forehead with oval lines to the face instead of square, mean laziness, improvidence, lack of skill. All great thinkers, philosophers and reasoners have a high, projecting forehead.

**The Truth May Hurt—
 But It Will Help!**

If you have the spark of Genius this man will make it flame!



Let this well known Analyst give you a balance wheel. A "grass hopper" mind and a "motionless mind" are merely extremes on either side of a balance.

Are You One of the Many groping blindly at random, being pulled down into the undercurrent of confusion and uncertainty?

If You Are Sincere to Yourself

and feel that you have a real purpose in life the following notice will be welcomed:

Hall Cameron, Internationally known Graphologist and Psycho-Analyst, will be in Chicago during July and August and will be free to analyze about 100 persons.

If you have advanced enough to accept an impartial, perhaps merciless analysis of your writing in order to know your positive forces—for further development—and your negative traits—for removal from your personality, then write to Mr. Cameron enclosing 20 lines of your writing, in ink, on unruled paper. Sign your full name and give age. Remit the special fee of \$5.00 and wait 10 days. When you have read and re-read your complete analysis you will begin to take your "chance" in life seriously!

Address: Secretary to
HALL CAMERON
 Copley Plaza Hotel
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Does Vibration Mean Anything to You?

Psychometry is the study of human vibration, and how it registers itself on the hands of a sensitive person. Large universities have their departments of psychical research, and we should all be open to studying the subjects of thought transference, clairvoyance, etc., free from prejudice.

We cannot charge you for the test of psychometry, for we are not dealing with a material or commercial force in making these studies with sensitives. But we can give you free, an opportunity to test the power of psychometry and human vibration, with a year's subscription to **CHARACTER READING**—the magazine of Human Nature.

Remember, we promise you nothing, for you will only receive in your test of psychometry, what you are yourself in your letter. Do not tell us your age. Do not tell us your occupation. Do not tell us what you want to do or have done. Tell us Nothing. Just follow these directions, and see what message the lady of the 6th sense can tell you as she holds your letter: Write the Lord's Prayer on a sheet of paper. Seal it without allowing any-



one else to touch it. Then put the sealed envelope in another envelope, in which you enclose \$1.50 for the subscription of **CHARACTER READING**, with the coupon below.

Name

Address

City

CHARACTER READING MAGAZINE,
 820 N. Michigan Ave., Chicago.

I am a student of psychic research. I am willing to investigate the subject of psychometry and human vibration, and wish a free test with a year's subscription to **CHARACTER**, for which I enclose \$1.50.

(Continued from page 30)

mine. Let me quote the words of the Christian Teacher: "And whosoever will be chief among you, let him be your servant."

Just as in a family the elders bear the responsibility, the heat and burden of the day, and work to assist and protect the younger members, just so does the soul that has realized its great heritage, the life of love, serve for pure love's sake only, bearing the burden, toils and difficulties, never asking: "Would I rather do something else?" cheerfully serving in any way that the circumstances of the life permit. It is not the condition of life, but our attitude towards those conditions, that makes us lifters of humanity or drags upon it. It is not what we have to do, but the way in which we do it, that constitutes the greatness or the littleness of our daily life.