

Character Reading

The
Face
Tells
the
Life
Story



March
April
1930

25
Cents

Can You See the Difference in These Hands?

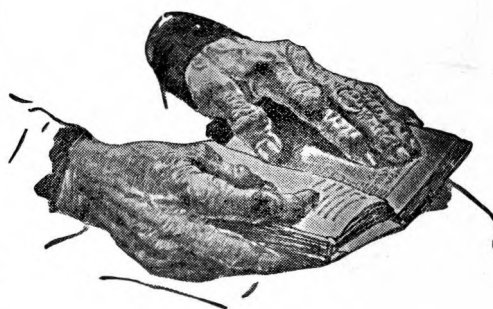


WHEN you look at people's faces, hands, and figures, can you doubt that they are different? A different chemistry is at work in the different types of people.

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.....



ARE YOU DRIFTING?

Do you seem to be lost upon the sea of life without some guide to steer you to the land of your hopes and dreams? Do you seem to be getting nowhere with all of your efforts, all of your worry, your planning and your thinking? Does life seem to be just the same endless game and endless toil with no reward and no port of rest and joy?

Free Book Points Out The Way

No matter what your lot may be in life, no matter how your health may be, your social position, your education, or your problems, the Rosicrucians can help you as they have helped thousands in every walk of life, and you owe it to yourself and to those dependent upon you to become **master of your career** and accept the companionship and guidance of those who sympathetically understand your problems and gladly offer you their help.

A new book, privately issued, will be sent to you without any obligation so that

you may learn at once of a dependable guide and of a host of friends who will share your problems and point out the way to **HAPPINESS and PEACE**. This book, called "**THE LIGHT OF EGYPT**", is issued by the Rosicrucians, the well-known fraternity of men and women who have devoted their lives to helping all mankind achieve the aim of their ambitions and the blessings that the Cosmic holds in store for all who sincerely express their desires. Address a letter (not a postcard) as below and ask for the free copy of "**THE LIGHT OF EGYPT**".

LIBRARIAN M. W. T.

Rosicrucian Brotherhood

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SAN JOSE

(Perpetuating the Original Fraternity)

CALIFORNIA

Tell tale capitals

CAPITALS have a character of their own: their height showing the amount of self-esteem and imagination possessed by the writer; their shapes indicating whether he is conceited or modest, artistic or inartistic; their width showing whether he is bold or restrained.

Tall Capitals=Self-esteem, lively imagination, pride.

Medium-sized Capitals=Modesty, restrained imagination, moderation.

Low Capitals=Humility, weak imagination, or they may indicate hypocrisy.

Flourished Capitals=Conceit, vanity, pretension, self-importance, self-assertion.

Curled and Twisted Capitals=Vanity.

Elegant, Symmetrical Shapes of Capitals=Artistic taste, sense of beauty, refinement.

Inelegant, Unsymmetrical Shapes of Capitals=Absence of artistic taste, vulgarity.

Wide Capitals=Boldness, force of character, self-dependence.

Narrow Capitals=Restraint, weakness, inertness, disappointment, timidity, uneasiness, disquietude, feebleness of character.

The clue in the "t" bar

BAR OF "t"

THE regularity of the "t" bar indicates the amount of steadiness of will; its length, the amount of animation; its strength, vigor; its height, ambition; its position on the stroke apart from height, the amount of enterprise; its shape, the amount of imagination and gaiety; its termination, the amount of optimism and perseverance.

Regular in Form and Size=Steadiness of will, calmness.

Irregular or Absent=Fickleness, lack of will power, irresolution, versatility.

Long=Animation, impulse, ardor.

Short and Slender=Indecision, feeble will.

Short and Strong=Great energy.

Strong=Vigor.

Slender=Want of vigor.

High Up=Ambition.

Low Down=Passive nature, resignation.

"t" Bar on Right Side of Upstroke=Enterprise, energy, initiative faculty, executiveness.

"t" Bar on Left Side or Upstroke=Tardy resolution, caution, timidity, weakness.

"t" Bar of the Nature of a Flourish=Imagination, egotism.

"t" Bar of the Nature of a Serpentine Line=Gaiety, merriment.

"t" Bar of the Form of the Lash of a Whip=Effusive, fancy.

"t" Bar Tending Up=Optimism.

"t" Bar Trending Down=Pessimism.

When examining the handwriting for traits of character it would be as well to do so without reading the subject matter as there are illusions of perception produced by familiarity in reading, and we are apt to slur over familiar characteristics instead of studying them. Invert the paper or look at the reflection in a mirror.

If you look at any handwriting for a moment to get a clear picture of it, then close your eyes and look at the mental picture, you will be able to focus your mind on it better, as the exclusion of the sense perception has a clarifying effect upon the mind.

CHARACTER READING AND THE ENUMERATION

Know yourself—Your work—Your friends

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What the feelings do to the Face

Interesting Remarks of the Former Chicago Character Analyst, Conroy

How States of Mind Affect the Face

ALL kinds of emotions have their effects on the face. A certain state of mind improves or disfigures the countenance. Virtue beautifies the face; vice degrades it. Hardship, sorrow, misfortune, care and difficulties leave their imprints upon the face. Happiness, victory, success, comfort, peace of mind, hope, cheerfulness and tranquility preserve the features and make the face beautiful.

Laughter

Laughter opens the mouth and draws the lips far apart. It raises the cheeks in the direction of the lower eyelids. It is impossible, very nearly, to laugh with compressed lips. In laughter, the cheeks are powerfully drawn up in the direction of the eyes, and in a lateral direction, towards the ears, making heavy wrinkles in the fleshy parts of the cheeks around the mouth and eyes. The eyelids are wrinkled to such an extent that the eyes are almost hidden from view. The tear-glands are compressed by a strong pressure and the eyeballs, to such an extent that the eyes are suffused with tears. When a person continues with laughing emotions for any length of time, he at last develops deep wrinkles at the corners of the eyes and in the cheeks. The wings of the nose are drawn up to a certain extent and the scenery around the eyes seem playful.



Weeping

Weeping affects the condition of the heart. It influences the respiratory function. It distends the veins of the forehead. It flushes the face. It gives rise to a spasmodic action of the chest. It draws the diaphragm upwardly and holds it. It expands the throat. It disturbs the breathing processes and gives rise to irregular sobbing, quick inhalations and slow exhalations. It fills the lachrymal glands with tears. It draws the lips sidewardly. It widens the nose at the wings. It draws the mouth backwardly with its corners and draws the under lip downwardly with its corners. It draws the chin upwardly. It closes the eyes and draws the eyelids down on the eyes. It pouts with the under lip in the center. It draws the head down on the throat producing a heavy wrinkle in under the chin. It compresses the skin in the central part of the forehead making a number of heavy wrinkles in the

forehead, and drawing the eyebrows close together. It draws the central part of the lips close together but throws the lips far apart at the corners of the mouth. It draws the mouth far back and into the cheeks of the face. It wrinkles the nose in its central part making a heavy wrinkle appear on top of the nose.

Sorrow

Sorrow depresses the face. It makes the face and eyes heavy. It relaxes the lips and draws the lower jaw downwardly. It causes the upper eyelid to fall and almost cover the pupil of the eye. It fills the eyes with tears. It depresses the angles of the mouth. It affects the inner extremities of the eyebrows.

In grief, the angles of the mouth are depressed. The outer angles of the eyes are not to such an extent as in laughter. In grief the eyebrows are strongly ruffled.

When a person is happy, or when admiration is playing in his face, his body is in a reclining attitude, his eyes have a tender lustre, his lips are half open, his respirations are long, his eyelids fall and his face presents a pleasing aspect.

But in pain we do not see these features. In pain, the lips are retracted, the mouth open, the muscles of the body rigid and struggling, the chest is spasmodic, the eyebrows are knit, the inner extremities of the eyebrows are raised, the nostrils are quivering, the pupils of the eyes are nearly concealed by the upper eyelids, the face is suffused with blood, the veins are distended in the forehead, the breathing is checked, the angles of the mouth are drawn strongly down, the jaws are fixed, the nostrils are dilated and the teeth grind.

This is also true about convulsions and spasmodic conditions of the nervous system, with the exception that, in convulsion, the lower limbs are extended, the eyes distorted and the pupils turned up under the eyelids. Sometimes the eyes are wide open in convulsions, and the person exposes the white part of his eyes.

In intense physical pain, the respiration is suspended, the body is fixed, the eyes set and unsteady and the movements of the person are undecided. In great pain the teeth are set, the teeth grind, the eyebrows are strongly contracted, the hair stands on end, the voice is forced out in groans and the forehead is strongly wrinkled. Then the eyes are drawn inwardly and rolled to and fro with great force.

In fear, the eyeballs are seen altogether in the center of the eyes, the eyes are open and staring, the eyebrows are elevated high as they possibly can

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A quick way of reading people by astrology

The First Ten Days of a Sign is Called the First Decanate—The Second Ten Days the Second Decanate

PLANETARY RULINGS

Each Sign of the Zodiac Divided into Decanates of Ten Degrees Each, Ruled by Certain Planets as Here Set Forth

Aries

FIRST DECANATE. Ruled by Mars and Mercury. Indicates a warlike and aggressive spirit, desire for political or public work. Favors injuries to the head and face; also favors military service and renders the native changeable and eccentric in many ways.

Second Decanate. Ruled by the Sun and Uranus. Indicates a proud and positive nature, desiring to control and rule; ambitious, aspiring, generous, extravagant, impulsive and despising all mean actions. Courteous, but firm; well adapted for government positions.

Third Decanate. Ruled by Venus and Saturn. Indicates strong passions, and love of pleasure, art and poetry. Kind, loving, generous, but unfortunate.

Taurus

First Decanate. Ruled by Mercury and Mars. Indicates a political and creative mind; good disposition, intuitive faculties, sensuous, desiring ease and comfort. Well adapted for music, drama and fine arts. Men easily secure the patronage of women.

Second Decanate. Ruled by the Moon and Neptune. Indicates a very changeful and romantic disposition, with strong imaginations, love of pleasures and the good things of life. This Decanate is good for women, but bad for men. For women it indicates wealth and the acquisition of real estate.

Third Decanate. Ruled by Saturn and Mars. Indicates dependence and servitude, poverty, or difficulty in attaining wealth. Native is very sensitive, disposed to many disappointments through life in love affairs, destroying pleasures in married life. Also indicates many enemies and an unfortunate life in general. The good is indicated by great fidelity in attachments.

Gemini

First Decanate. Ruled by Jupiter and Venus. Indicates a humane and very generous nature, but unfortunate in placing affections. Gives too much self-confidence and leads a man to be his own enemy in all love and money affairs, but capable of many

things by his own exertions. Shows intellect to be strong, but judgment of perverted Misfortune is less to be feared from enemies than through the wrong use of one's abilities. Indicates literary and legal pursuits.

Second Decanate. Ruled by Mars and Mercury. Indicates success in the study of literature or science. A violent and quarrelsome nature, disposed to acts of ingratitude. The native will meet with accidents in traveling, sickness and disease through indiscretion.

Third Decanate. Ruled by the Sun and Uranus. Indicates a brilliant intellect fame, small fortune, but many journeys; helpful relations; an anxious, restless life, but eventual success in literary or artistic pursuits.

Cancer

First Decanate. Ruled by Venus and Saturn. Indicates many friends among elderly persons. A generous, amiable nature; kind and attractive toward the opposite sex; fondness for pleasure and personal decoration.

Second Decanate. Ruled by Mercury and Mars. Indicates strong imagination, love of travel and learning; fortune will come through tongue or pen, but many enemies will be made thereby.

Third Decanate. Ruled by Moon and Neptune. Indicates love of travel and romance, adventure and occult and mysterious enterprises. Popularity, the patronage of women and acquisition of property by honorable means.

Leo

First Decanate. Ruled by Saturn and Mercury. Indicates a strong, forcible nature, difficult to control. Poverty and trouble in life through domestic infelicity or hazardous speculations. Hard, positive, lacking sympathy. Deceptive, distrustful, lacking self-confidence. Too independent and inopportune. Wasteful of vital powers. Always laboring, but seldom achieving success.

Second Decanate. Ruled by Jupiter and the Sun. Indicates a fortunate and profitable nature, kind, humane and sympathetic. Fortunate in all speculations; faithful in domestic life and dutiful to family. Will gain by marriage or legacy.

Third Decanate. Ruled by Mars and Mercury. Indicates a strong, forceful nature, capable of and desiring to command. Frank, generous, and destined to many short journeys in which success is

(Continued on page 14)

The human aura

by BESSIE LEO

I DO not know if all astrological students are familiar with the idea that every human being is surrounded by a sort of luminous mist called the Aura. Those persons who have succeeded in developing clairvoyant sight tell us it has various lovely colors, denoting the mind, character and emotions, according as one or the other shade predominates, and also whether the color be clear or the reverse. The occultist tells us also that a luminous aura surrounds all trees, stones, animals, plants, etc., but of course its manifestation would not be so complex as is the case with man.

The life principle, that which the Easterns call Jiva, which is being continually poured on the earth from the Sun, is specialized by each one of us through the organ we call the spleen (under the dominion of Saturn), and the stronger and healthier the constitution of man or woman, the more of this life principle they both receive and radiate. A healthy man can give off an enormous quantity of this life force, especially by magnetic or mesmeric passes, and is of course constantly though unconsciously shedding strength and vitality on all around him. So also the man or woman who is not able to specialize enough of this life force for his or her own use, becomes a kind of vampire (of course unconsciously) to others, and sponge-like absorbs the specialized life-force of any sensitive person who is unfortunate enough to be thrown into contact with him. I daresay many of our readers have already noticed that some people "take it out of them" as they call it, after whose visit they feel tired, languid and good for nothing. Of course, this is often felt very strongly at a séance room, especially where a materialization has taken place.

Now the first misty outline generally seen by any clairvoyant is called the health aura, and is visible as a mass of "faintly luminous, bluish-grey mist." It is, in fact, almost colorless, and seems to be made up of an infinite number of straight lines radiating evenly in all directions from the body; that is, in good health; but in sickness or disease they are irregular and crooked, lying about in all directions—falling flat, as it were—for then the health aura is weak and the spleen cannot specialize sufficient life force. The foregoing are some of the causes that act upon the physical body, setting up disturbance and trouble; over-fatigue, extreme depression of spirits, any wound or injury, shock, etc., will also do it.

The next aura seen seems to be that of the desires, governed by the planet Mars, as the solar aura is governed by the Sun; the desires of the personality are seen by the color and fineness of this particular aura, which seems to change color and vibration almost from moment to moment. Mr.

Leadbeater writes as follows respecting the aura generally:

"The aura proper—that which surrounds the body—is exceedingly complex in its structure. At the first glance it is seen as a luminous cloud extending to a distance of about eighteen inches or two feet from the body in all directions, and therefore approximately oval in shape, whence it is sometimes spoken of in occult writings as the 'auric egg.' In most cases it has no well-defined outline, but its edges fade very gradually into invisibility. A closer study of this cloud soon reveals not only that it has several distinct component parts, but that these component parts consist of matter in different states. Each of them is as it were, a distinct aura, and would if the others were withdrawn be seen to occupy the same space as the entire mass. No doubt to the eyes of the adept, the aura, like everything else, is sevenfold; but to eyes regarding it from the infinitely lower level of ordinary humanity, only five of its component parts are visible."

From the astrological point of view, man is a star, radiating into space seven concentric and to us invisible rings, or rather spheres, these being governed by the seven planets, while the life of the whole is the Sun. It might be expressed thus:

BLUE	♀	ORANGE	☉	INDIGO	♃
Emotions and Passions		Wills and Desires		Wisdom and Intellect	
RED	♂	VIOLET	♄	GREEN	♅
The Reincarnating Ego ♀ YELLOW					

Of these seven concentric rings, beginning with the most material, the lowest is the one associated with the physical body, which may be called the health aura, as its coloring and appearance is largely determined by the condition of the physical body. The next line of demarcation denotes the magnetic aura, although practically the magnetic and health auras are one, being mutually dependent, and the conditions of the one acting on those of the other. Next comes the desire aura, and this is to clairvoyant vision the mirror in which are reflected every desire, every feeling, and most of the thoughts of the personality.

From this aura there are fashioned, by thought, living creatures (thoughts are things) either good or evil, forms created and set in motion by our desires and feelings. Good wishes, gratitude and love, send forth into the world beneficent elementals, who help it onward; while evil wishes, malicious

(Continued on page 25)

Develop your sixth sense

A Simple Course in Psychometry

THE word "Psychometry" is taken from two Greek words, *Psyche* the soul, and *metre* to measure, meaning *soul measurement*; it is in one way named correctly, in another the meaning is rather too vague in its scope, for as a matter of fact the Psychometrist senses, perceives or views souls rather than *measures* them, and the sensing is not by any means confined to the soul of man, but applies to anything, or any object in nature.

Before entering into the cause of such phenomena, and the explanation of the same, I will enumerate the rules which must be obtained by students desirous of unfolding the gift, and of using it either as a means of obtaining an intimate knowledge of Nature, a revelation of history, in business, as a hobby or professionally.

Any very great excitement or upset in the daily life interferes a good deal with the development of this power and the ability to make use of it. So, as far as possible, try to cultivate an *even* and regular method of life, avoiding a great deal of gaiety, yet indulging in moderate recreation and amusements. Mind and body must be kept pure and healthy, and stimulants avoided.

Sit facing the East, when possible.

Do not psychometrise after a meal.

Let your room be pure and clean, with plenty of fresh air.

Sit at regular intervals for development, trying to keep the same time and place. Always write down what you may obtain; never *distrust* your powers or become overanxious as to results, for by so doing you defeat your own ends.

After you have developed your power to some extent, you may venture to practise in strange places, in fact, anywhere you happen to be, so that you can use your gift upon any occasion and in any situation.

But when first unfolding the gift of the spirit, such as this, regularity is a great assistance to the tyro, for spiritual powers yield easily to *habit*, so that at last some particular spot will nearly always enable you to obtain results. At the same time you will greatly curtail the usefulness of your gift if you can only psychometrise in the one place, so that I strongly advise you to learn to use your power in such a manner that you can be altogether independent of conditions.

Otherwise you are to a certain extent a slave to your psychic powers, instead of being the master.

You need not *reason* over the impressions you receive; once you do that you will go wrong. Accept all that comes to you, and leave it to time to prove your vision correct or otherwise.

Psychometry is the art of sensing the history and

surroundings of any object, such as the glove a person has worn, a letter they have written, a piece of silk that has been next their skin, an article of jewelry, or a lock of hair. A stone or mineral, a piece of wood (wood is not so retentive of auras as other articles, however), a curio, a fragment of tapestry, a coin, or anything else you can call to mind.

The object should be pressed to your *forehead* lightly, and you should close your eyes, for you see with your spiritual sight, not the physical.

For the early history of an object, place it just level with the eyebrows; higher up on the forehead will bring events nearer the present time.

The reason we can thus obtain the history of objects, and that with which they have come in contact, is as follows:—

Every animate and inanimate object gives forth a mist-like, and to the ordinary sense, invisible emanation which contains the history of all that it has ever done or that has been *reflected* upon it, by people, objects and events with which it has come into contact. This is the *soul essence* or aura of the object, which (radium-like) is continually giving forth these emanations, which attach themselves to everything they meet, leaving the history, hopes and fears, ambitions, aspirations and character of the individual upon each object touched.

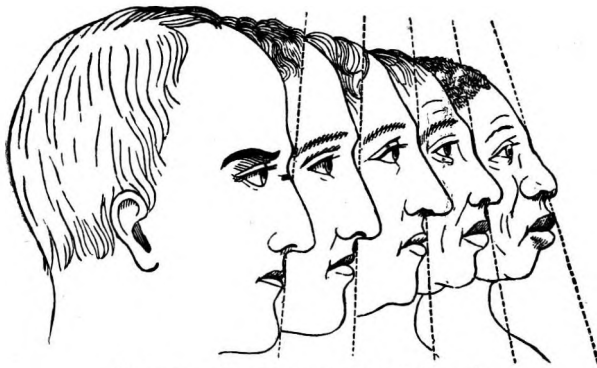
In learning to read the aura throw all your heart and soul into it. Do not think that work, or love of business, is lowering. It is part of your education, and you glorify it by working to the best of your ability.

When you are not at business, try to *reject* all unpleasant or unwanted thought. Cleanse your mind and gain control over the thought currents at the same time.

The aura, which, as I have explained, is the outer portion of the "mind body," very readily responds to the command of the mind, which, in fact, is responsible for its appearance and colouring. It will respond to your suggestions readily, and by constantly suggesting that it will form a shell-like wall between yourself and the outer world, through which the thoughts of others cannot pass, in this way you can clear the decks for action and shut the door of your consciousness upon intruding and unwelcome visitors.

To do this, form the auric shell in your imagination, for in this way you draw round you the astral elements which form the protection. See the envelope in your mind, bid your mind form and create it. You will find its utility at once. Then order the line and development you wish your own

(Continued on page 27)



Showing the Degrees of Intelligence

The Laws of Harmony



A chuckle head, a chuckle hand, a chuckle body, and a chuckle foot.



A long head and face, a long hand, a long body, and a long foot.



A well-formed or symmetrical head, body, hand, and foot.

Significant lines of character

The Normal Factors of Form and Being in Nature, Art, and Science

The Sphere, the Curve, the Square
Beauty

The Point—Motion, Germination, Progress.

The Sphere—Nature, Art, Infantile Stage.

Product—The curvilinear or artistic man (normal type).

Perfection

The Line—Science, Determinate form.

The Angle—Regularity, Precise "Diagrammatic Illustration."

The Square—Stability, Rectitude, Morality, "The Measure of a Man."

The Cube—Integrity, Wholeness, Completion, Adult Stage.

Natural, Artistic, Scientific

Product—The square or scientific man (normal type).

The Law of Imperfect Curvation, Illustrated by the Abnormal Factors of Form and Being, Skewism or Scalenism

Imperfection

Obliquity—One-sidedness, Immorality.

Eccentricity—Non-stability, Genius, Ugliness, or Madness, Contrariness of Thought and Action.

Imperfect Curvation—Sophistry, Knavery, Defective Functions.

Perversion of Form and Motion, as in—

Sinistrality or Left-handedness—Awkward and Inapt Movements.

Imperfect curvation, or crookedness of the features, the head, the limbs, the organs, and body, producing malformation of the organs of speech, hearing, and sight.

Unnatural, Inartistic, Unscientific

Product—The crooked or perverted man (abnormal type).



Lips mean what they do not always say

By REDFIELD

LAST, but not least, in our outline of Physiognomy, are the *lips*. These are expressive of character in their relative proportions and the form they give to the mouth, as well as in the position and motions which they acquire from the action of the muscles. Well-developed lips are indicative of certain mental faculties which are very necessary to the strong and vigorous action of the other faculties; and the reason why they are sometimes supposed to indicate weakness is, that they are not infrequently connected with a disproportionate shortness of the nose, as in the example on page 24, or with a disproportionate shortness of the whole face, causing them to project, as in the face of the negro. The length of the lips in these cases is no mark of deficient mental power, but contrariwise.

In some persons we see the lip coming down to a point in the center. This indicates the faculty of *Concentration*, or the tendency to observe minutely; but as this faculty causes the length of the lip at this place, the sign may be large, although there may not be the relative shortness on each side of it which causes it to appear separate and distinct.

In some persons, again, we see a descent of the lip about midway between the sign of concentration and the angle of the mouth, at the place pointed out in the figure on the following page. This indicates the faculty of *Application*, or the power of applying the mind to the solution of problems, or to anything requiring long labor and patient study. It is generally large in artists, who exercise application physically as well as mentally; and it is large in the negro, who is adapted to long and patient labors.

The signs of application and concentration, when relatively large, form what is called a *Cupid's bow*; but this form of the mouth depends partly on the signs of two other faculties which have their place in the under lip. The first is the length and projection of the under lip on either side of the center, and opposite the depression in the upper lip each side of concentration, as in the figure on the next page. This indicates the *Love of Home*. The second sign is the length of the under lip at the angle of the mouth, as in this figure also. This indicates *Philanthropy*. The form of mouth in which is seen a predominance of these four signs of character, is most common and most appropriate to the female face, as the faculties which they indicate are most common and most appropriate to the female character. Concentration, or the disposition and ability to attend to the minute and separate duties of domestic

life; application, or the disposition and ability to exercise patience in the acquisition of knowledge and the accomplishment of any duty; love of home, which makes the poorest cottage a charmed spot where woman's nature luxuriates in its richest perfection; philanthropy, or the love of human beings of every country and of every condition—these, to most men, are the Cupid's bow which they see expressed in the lips of women.

An oblique fullness over the angle of the mouth, as in the preceding figure, indicates the faculty of *Clearness*, or the power of perceiving and expressing truth clearly.

A manly form of mouth is more straight than curved, as we see in the portraits of Sir Walter Scott, Silliman, Allston, Webster, Washington, Clay, and others too numerous to mention. The reason of this is, that the faculties which give that form to the mouth are stronger in man than in woman. The first of these is the length of the upper lip on each side of the sign of concentration, and between that and the sign of application. This indicates *Comprehensiveness*, or the ability of the mind to take in a large field at once, so as to contemplate objects in their relations to each other. The second of these signs is the length of the upper lip over the upper canine tooth, as seen in this engraving, which shows also the sign of the former faculty large. This indicates the faculty of *Gravity*, or the disposition and power to maintain gravity of mind and deportment, so that the individual feels little disposition to laugh or smile, and can easily restrain either.

A perpendicular fullness terminating the angle of the mouth, as seen in this engraving, indicates the faculty of *Precision*, which manifests itself in great preciseness, or a kind of formality of manner, and in great correctness of speech as well as behavior. It is cultivated very much by grammarians, school teachers, and governesses, and disposes a person to criticism and severity toward others.

The third sign is the length and prominence of the under lip in the middle, opposite the sign of concentration, as in the next figure. This indicates the faculty of *Love of Travel*, or of peregrinating. The fourth sign is the length of the under lip over the second lower incisor and opposite the sign of application, as in the following figure. This indicates the faculty of *Patriotism*. One who has it large will feel that—

"Of all the countries, east or west,
He loves his native land the best."

(Continued on page 19)

A character study of Pythagoras the father of numerology

by ANDREW JACKSON DAVIS

Pythagoras, of the sacred Samos, was formed by love and the spirit of beauty. Not long after Confucius, this inspirational person became the greatest among living men. We speed over the long stretch of ages, twenty-three hundred and eighty-three years, to where this divine genius first pressed the ground—five hundred and twenty-four years before the commencement of the Christian era.

Temperamental specialties are, in this person, far more congenial. What sublime stability of character, and suavity, and strength, and healthfulness, and simplicity, and profundity! How I love to attend this man's educational classes! His knowledge of the Chaldeans, Hindoos, and of the Magian doctrines of Persia, does not dilute his private inspirations. The ancient songs of gods fail in description of Pythagoras. His great earnest prophetic eyes "discounted the highest star." Earth, Air, Fire, and Water—he was master of these elements. He saw deeper, knew more than they, and so revealed their best secrets. With what religious veneration does each philosophical student gaze upon his master. But the master enslaves no mind. What divine friendship! The teacher is unselfishly lost in celestial Truth, which, by being communicated to the disciple, delivers him over to the largest liberty. No frowning dogmatism is known in the school of Pythagoras. Each mind is graciously introduced to itself, whereupon the divine usher departs for a walk.

Ideas within ideas, wheels within wheels, heart within heart! Something of Assyrian discovery is here, of the Egyptians here is something; and I behold in Pythagoras the first great *eclectic* philosopher on earth. He was too vast for Samos, too universal for patriotism, too truthful for selfish promotions, too large for any one age, too full for any isolated birth, and was too wise for a circumscribed origin. The blood of whole epochs beat like truth in his veins; and, swayed intellectually by this feeling, he gave systematic thought and statement to his "Pre-existence." Would that he had been profounder and more philosophical in his analysis. But why complain? Pythagoras was a master in synthesis. He gathered largely, and appropriated gracefully. Metempsychosis, or the science of pre-existence, was to his spirit what a cradle is to an infant. He was contained by it, and dreamily soothed, but not inflated and flattered. His followers affirmed of him a divine origin; that a certain celestial love-spirit, one of the gods supernaturally joining with the terrestrial mother, produced this golden-haired

worker of moral miracles. But the philosopher of himself affirmed, and conscientiously believed, that he could remember for certain that he was the son of Mercury, and that he was known as Ætholides in the first incarnation; subsequently, in another appearance, he thought that he was Euphorbus, and was killed at the siege of Troy; next, by a third incarnation, he became Hermortimus, at which time, as he supposed he could easily recollect, he entered the Temple of Apollo; then he was reproduced in the form of a fisherman named Delos; lastly, he was no other than the many-minded Pythagoras.

Let us graciously pardon the reminiscences and other personalities of this idealist, excuse the eccentricities of his synthesis, and dive beneath to the impersonal principle. He had the power of psycho-intuition, as I perceive, and the self-intelligent attribute of knowing more than a world of books could impart. But, although this power was adequate and available in a thousand directions toward the surface of his existence, the faculty failed when put to the test of self-examination and deliverance. The logician was psychological and truthful in general, until his own experience became the problem; then the error and defeat were only in conception and statement; for is it not true, that, by inheritance, a single human spirit is an abridged edition of the entire universe? We have worked at this question, and our answer is delivered—namely, that each contains, in focal concentration, the attributes of all. In IDEAS, it will be remembered, there is neither loss nor gain, time nor space, ignorance nor progression; consequently, when one human being comes to realize the unutterable opulence of his spirit, and gives revelations therefrom to others equally wealthy, but who yet remains unconscious, the receivers *feel a congenial response* upgushing from the recesses of their long-silent minds. But the revelator, as in the case of Jesus, may fail in self-investigation; the solution of his own experience falling amazingly short of the wisdom evolved at other points. So with Pythagoras, as I measure him; he dropped into superstition, *by thoughts*, at the moment when self-solution was attempted. His IDEA of metempsychosis, then, was simply the intuition of the impersonal and ubiquitous nature of inter-intelligent principles; of which all SPIRIT is essentially constituted.

As a religious teacher, the eclectic Samonian was subsequently influential. Upon this branch of human concern, his *thoughts* were many, incorruptible, but Oriental in statement and adaptation. His wisdom

(Continued on page 21)

The Prayer

If on a Spring night I went by
And God were standing there,
What is the prayer that I would cry
To Him? This is the prayer:
"O Lord of Courage grave,
O Master of this night of Spring!
Make firm in me a heart to brave
To ask Thee anything!"

Mr. Calverton

From a manuscript in the possession of Mr. C. S. Evans.

The
kind of
prayer
you make
reveals
your
inner self

Read this
prayer of a
great man.

The eyes of crime

The expert reporter in his daily meetings with the criminal and the robber becomes like Mr. Lally, an excellent and a very practical analyst

By JOHN P. LALLY

After observing criminals for the last 15 years the conclusion is inescapable that most of the text books on crime now available were written by men who acquired their knowledge of the subject from the recesses of the family library.

So many of our criminologists attempt to classify the modern outlaw by analyzing his eyes, and invariably they agree that the person who does not return your gaze direct is not to be trusted.

Yet, the facts disclose that the "piercing, steady eye" has come to be a racket, practiced by the passers of counterfeit money, forgers and spurious bond sellers.

A forger, who was picked up in Chicago several weeks ago, explained the inner-workings of the system he followed, which, the police conceded, was eminently successful.

"We simply cash in on the copy-book maxims," he said. "You know people have been taught to



believe in persons who look them straight in the eyes. But at the same time it disconcerts them.

"Knowing that the penmen (forgers) will not attempt to put over a note unless they can impinge the victim with his eyes.

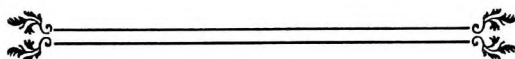
"Once that is done the rest is easy; that is, if you finish the transaction before he has a chance to reflect."

This particular forger was sentenced to the penitentiary for two years, but it was the first time he had ever been caught red-handed and he had been operating for five years that the police knew of.

His views are also concurred in by the fake stock salesmen, and here again the sale depends on looking the prospect straight in the eyes.

Since the foregoing has been established beyond question it has not been amiss for many detectives and reporters to adopt the slogan:

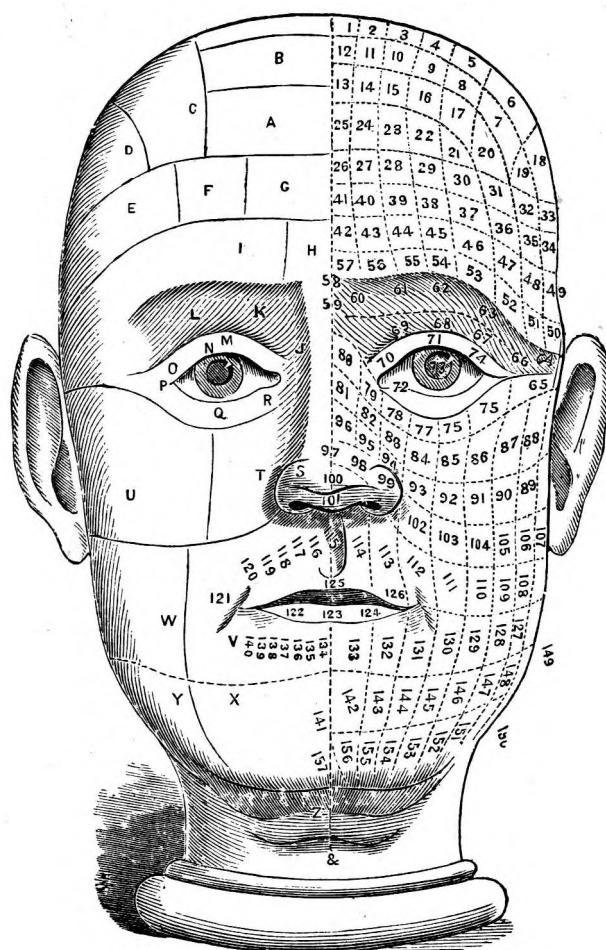
"Beware of the man who looks you in the Eye."



Dr. Redfield's system of facial analysis

(The Numbers refer to corresponding ones on the diagrams.)

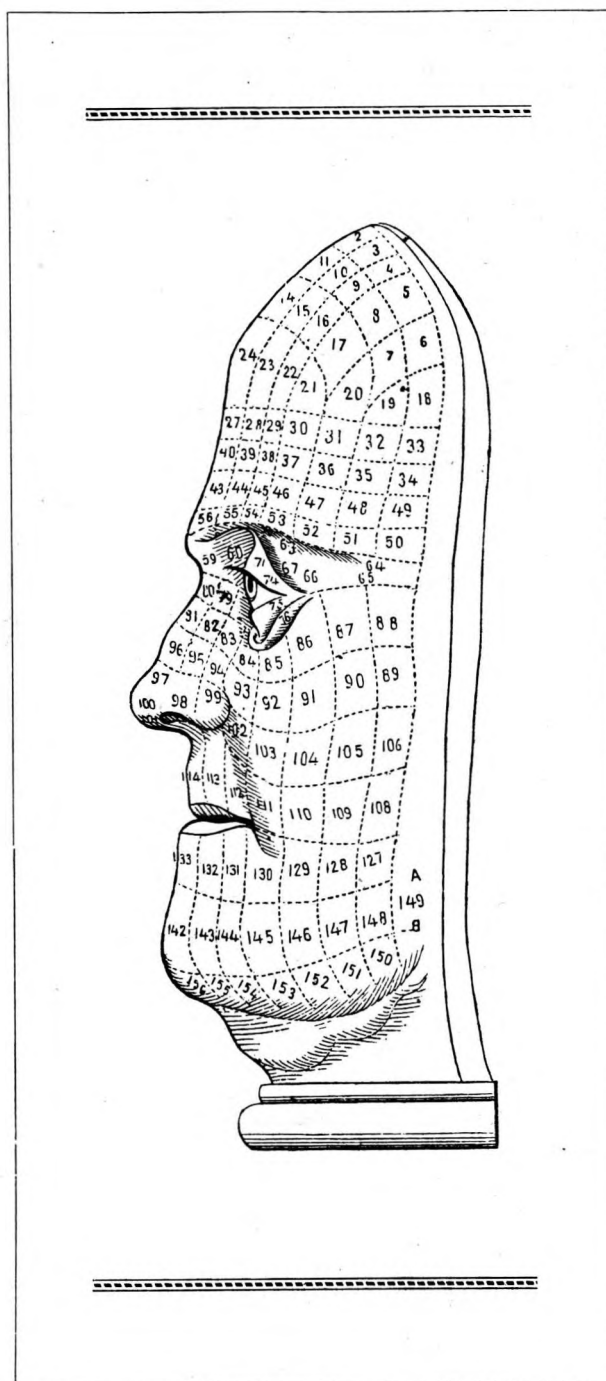
1. Benevolence.
2. Kindness.
3. Gratitude.
4. Respect.
5. Immortality-Belief.
6. Romance.
7. Poetry.
8. Enthusiasm—Hope.
9. Sublimity.
10. Imitation.
11. Example.
12. Discovery.
13. Analysis.
14. Metaphor.
15. Analogy.
16. Causality *a priori*.
17. Wit.
18. Imagination.
19. Resemblances.
20. Contrast.
21. Association.
22. Induction *a posteriori*.
23. Correspondence.
24. Comparison.
25. Combination.
26. Time.
27. Events.
28. Duration.
29. Velocity.
30. Prevision.
31. Plan.
32. Eloquence.
33. Somnambulism.
34. Repulsiveness.
35. Activity.



36. Instinctiveness.
37. Expressiveness.
38. Attractiveness.
39. Memory.
40. Consciousness.
41. Voluntariness.
42. Place.
43. Direction.
44. Distance.
45. Momentum.
46. Colors.
47. Order.

48. Music.
49. Reaction.
50. Lightness.
51. Numbers.
52. Shape.
53. Fluidity.
54. Weight.
55. Size.
56. Forms.
57. Consistence.
58. Command.
59. Nouns.
60. Adjectives.
61. Substitution.
62. Climbing.
63. Enjoyment.
64. Participles.
65. Medicine.—65, A. Wave motion.
66. Conjunctions.
67. Contest.
68. Resistance.
69. Subterfuge.
70. Adverbs.
71. Sympathy.
72. Verbs.
73. Interjections.
74. Prepositions.
75. Construction.
76. Shadow.
77. Machinery.
78. Molding.
79. Weaving.
80. Architecture.
81. Attack.

82. Clothing.
83. Water.
84. Leaping.
85. Watchfulness.
86. Protection.
87. Hurling.
88. Whirling.
89. Sleep.
90. Repose.
91. Rest.
92. Caution.
93. Suspicion.
94. Gain.
95. Economy.
96. Relative Defense.
97. Self-Defense.
98. Confiding.
99. Concealment.
100. Correspondence.
101. Discovery.
102. Inquisitiveness.
103. Responsibility.
104. Concert.
105. Politeness, Simulation.
106. Surprise.
107. Exclusiveness.
108. Love of Life.
109. Rapacity.
110. Resistance.
111. Subterfuge.
112. Destructiveness.
113. Filial Love.
114. Parental Love.
115. Concentration.
116. Comprehension.
117. Application.
118. Gravity.
119. Magnanimity.
120. Precision.
121. Cheerfulness.
122. Ostentation.
123. Envy.
124. Hatred.
125. Adhesiveness.



- | | |
|--------------------|--------------------------|
| 126. Approbation. | 137. Philanthropy. |
| 127. Preserving. | 138. Jealousy. |
| 128. Enjoyment. | 139. Meanness. |
| 129. Climbing. | 140. Sadness. |
| 130. Substitution. | 141. Congeniality. |
| 131. Equality. | 142. Desire to be Loved. |
| 132. Fraternity. | 143. Desire to Love. |
| 133. Sociality. | 144. Violent Love. |
| 134. Travel. | 145. Ardent Love. |
| 135. Home. | 146. Fond Love. |
| 136. Patriotism. | 147. Love of Beauty. |

148. Faithful Love.
 149. Republicanism.
 - 149a. Responsibility.
 - 149b. Caution.
 150. Resolution.
 151. Perseverance.
 152. Severity.
 153. Abstraction.
 154. Self-Control.
 155. Determination.
 156. Willingness.
 157. Engrossment.
-
- A. Parental Love.
 - B. Self-Love, Superciliousness.
 - C. Fatuity, Filial Love.
 - D. Reform and Triumph.
 - E. Faith and Immortality.
 - F. Hope and Enthusiasm.
 - G. Charity.
 - H. Justice, Arbitration.
 - I. Conscience.
 - J. Eminence, Gratitude, and Kindness.
 - K. Penitence.
 - L. Confession.
 - M. Historical Truth.
 - N. Prayer.
 - O. Rapture.
 - P. Collating and Punctuality.
 - Q. Mathematical Truth, Humility, Apology.
 - R. Fiction, Wonder, Self-Justification.
 - S. Example and Influence.
 - T. Admiration.
 - U. Sleep.
 - V. Excursiveness.
 - W. Hospitality.
 - X. Buoyancy.
 - Y. Acquisitiveness.
 - Z. Economy, Submission, Subserviency.
 - &. Independence and Firmness.

(Continued from page 4)

shown. Large inheritance and acquisition of property at close of life. Always successful over enemies.

Virgo

First Decanate. Ruled by the Sun and Uranus. Indicates a very patient, non-combative nature; rather suffer affliction, privation or restraint than argue a point. Long life is indicated, but it will be a secretive and retired one, with little intercourse with the world.

Second Decanate. Ruled by Venus and Neptune. Indicates an artistic and literary person. Kind, genial and full of life. Very fortunate, great traveler; disputing in family or domestic life, and rather inconsistent.

Third Decanate. Ruled by Mercury and Mars. Indicates a quick, sharp, alert and dexterous nature; apt in education; changeable, restless, full of business; high honor and merit gained by own abilities. Very particular in all matters of diet and clothing.

Libra

First Decanate. Ruled by the Moon and Neptune. Indicates a kind, sympathetic, but weak nature, easily influenced; disposed to be extravagant and unsteady. Very clever in business pursuits, but very changeable and restless. Best adapted to a public business, especially real estate speculations.

Second Decanate. Ruled by Saturn and Mercury. Indicates much trouble through elderly persons in early life, but successful at end. Many rises and falls through own fault. This native is often poor and abused in married life, yet they are steadfast in their affections.

Third Decanate. Ruled by Juniper and Venus. Indicates a generous, kind and amiable nature. Destined to a happy marriage, much wealth, many journeys, faithful friends and generous enemies. A person much beloved for their justice and honesty.

Scorpio

First Decanate. Ruled by Mars and Mercury. Indicates a strong, energetic nature, capable of great attainments. Great power of endurance and courage, scorning danger and defeat. Ambitious and impulsive in love affairs. Liable to sickness or disease from indiscretion and excess. These people are born to command, but are not successful in business of their own.

Second Decanate. Ruled by the Sun and Uranus. Indicates honor and dignity, with masterful and governing qualities. These natives are proud, haughty and tyrannical, capable of great cruelty. Fame and reputation are sure to reward those born in this Decanate.

Third Decanate. Ruled by Venus and the Moon. Indicates excesses and folly in all love affairs. Strong pas-

sions and emotions. Many secret enemies among the opposite sex. Disputes in married life always result in disaster.

Sagittarius

First Decanate. Ruled by Mercury and Venus. Indicates much strife in married life, but great ability for general work. Good judgment, quick intellect, but disposed in neglect and disorder. Many enemies, but many conquests. These natives can rise in life by the exercise of their intuitive faculties and superior judgment.

Second Decanate. Ruled by the Moon and Neptune. Indicates much romance and imagination. Travel in foreign lands, love of reading history, hunting and sports. Liable to death away from home and family, probably accidental, from own carelessness or foolishness. Fortune by legacy. A very restless, active person.

Third Decanate. Ruled by Saturn and Mars. Indicates sober temperament, but strong passions and emotions, well under control. Fortune will come slow, but sure, by great perseverance. Love of speculation. Friends are few, but true and steadfast.

Capricorn

First Decanate. Ruled by Jupiter and Venus. Indicates a masterful ambition, but often beset by doubts and narrow sympathies. Strong in all religious veneration and feelings; a fatalist or a believer in the occult, and ever fearful of destiny. Also indicates self-confidence and high ambitions. Some secret or family evil always holds these natives in check or threatens their fair destinies.

Second Decanate. Ruled by Mars and Mercury. Indicates intense ambition, great enthusiasm. These natives attain high achievements in military affairs, but are in danger of overstepping the limits of prudence. Powerful and numerous friends often prevent a downfall. Also indicates great energy; cruel and despotic, with many rivals to contend with, but who are always conquered.

Third Decanate. Ruled by the Sun and Saturn. Indicates a cold, stern, proud disposition, lacking sympathy. The struggle for life for these natives is hard and devoid of sympathy.

Aquarius

First Decanate. Ruled by Venus and Jupiter. Indicates a bright, cheerful and humane disposition, with many friends. These natives excel in the higher sciences, fine arts and industrial affairs; holding high positions in all social gatherings; devoid of unruly passion or excess, sober and temperate. Also indicates success in foreign lands, gains of property and success in new enterprises.

Second Decanate. Ruled by Mercury and Saturn. Indicates scientific and



What Worries You?

Whether your troubles are love, health, money, or finding your true mate, send silver quarter, carefully wrapped, for wonderful booklet, "MYSTIC SECRETS". Write full letter if you wish. We help thousands.

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Your Clothes Don't Fit?


Neither does your room!

You are all out of sorts, half-sick most of the time.

WHY?

It's the color! If the colors around you do not fit your nature, you will get sick. You have tested this dozens of times, now stop experimenting. Get the facts. Send silver quarter carefully wrapped for wonderful booklet, "THE BLENDING OF COLOR FOR HEALTH".

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DO YOU STILL RUN ON YOUR TOES?

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

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

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

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

Food Chemistry Publishers
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CHICAGO, ILL.

philosophical pursuits, great depth of thought and patience; some inventive faculty productive of success. Occult research; a penetrating, independent mind with great power of assimilation. Love of solitude, a fair name, good reputation, and slow but sure success.

THE SACRED BOOK OF YOUR LIFE



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

THE TAROT

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

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

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

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

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

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

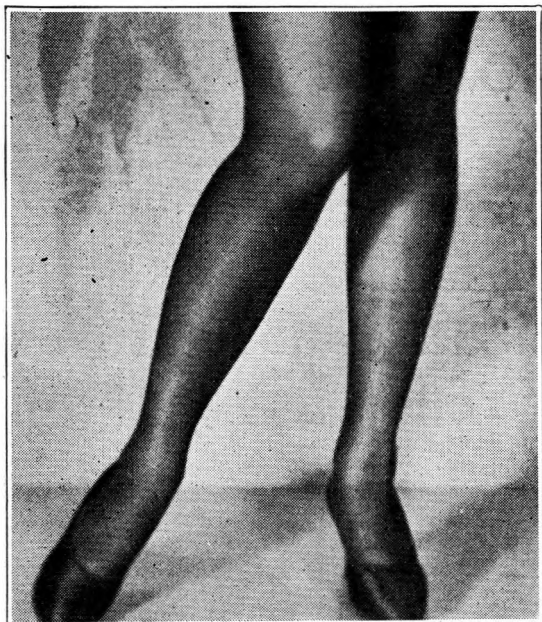
You may well feel the respect and reverence for the Tarot that all great students have felt when handling these mystic cards. Never allow it to leave your possession when once secured.

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

ZONAH MAYFIELD

Box 637

MILWAUKEE, WISCONSIN



Keep the Suppleness of Youth in Your Joints!

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

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

When you are fatigued and irritable—

YOU NEED REPLENISHING

The Replenishing Diet

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

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

THE NEW DAY IN DIETETICS IS HERE

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

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

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

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

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

Compiled by over ten authorities in bio-chemistry.

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

Experientia Docet?

Vain is the experience of the past
To guide their steps who rove,
By ways each different from the last,
The 'wilderling realms of Love!

For no new movements of the heart
Are ever like the old,
Nor has their tale its counterpart
In those by Memory told.

The records of the pilgrimage
Of passion are impress'd
Each on the renovated page
Of a blanch'd palimpsest.

To mock the faith that lovers place
In life's acquired love-lore,
New lessons, latest learn'd, efface
Old teachings taught before.

And we ourselves within us bear,
Tho' to ourselves unknown,
New lives, that with new loves appear,
And new selves of their own.

Thus every love is, of its kind,
A first love and a last;
And every time we love, we find
That love has had no past.

ROBERT, LORD LYTTON.



Sufficiency

A little love, of Heaven a little share,
And then we go—what matters it, since where,
Or when, or how, none may aforetime know,
Nor if Death cometh soon, or lingering slow,
Send on ahead his herald of Despair.

On this gray life Love lights with golden glow
Refracted from The Source, his bright wings throw
Its glory on us, if Fate grant our prayer,
A little love!

A little; 'tis as much as we can bear,
For Love is compassed with such magic air
Who breathes it fully dies; and knowing so,
The Gods all wisely but a taste bestow
For little lives; a little while they spare
A little love.

GLEESON WHITE.

Question

IS LIFE WORTH LIVING?

Answer:

IT DEPENDS UPON THE LIVER

Intensified Foods Will Prove It To You

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

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

36 capsules for one dollar.

Shapely Nerve Food

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

36 capsules\$1.00

Colonic Food

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

36 capsules\$1.00

Endocrine Food

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

35 capsules\$1.00

Anti-Mucus Food

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

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

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

Shapely Figure Food No. 1

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

36 capsules\$1.00

Shapely Figure Food No. 2

The food remedy for building normal weight.

36 capsules\$1.00

Hemoglobin Food

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

36 capsules\$1.00

Immunity Food

Put your foot down against infections, colds, weaknesses. Disease is a lack of bodily elements. Immunity Food supplies an army of chemicals to attack disease before it reaches you.

36 capsules\$1.00

Shapely Joint Food

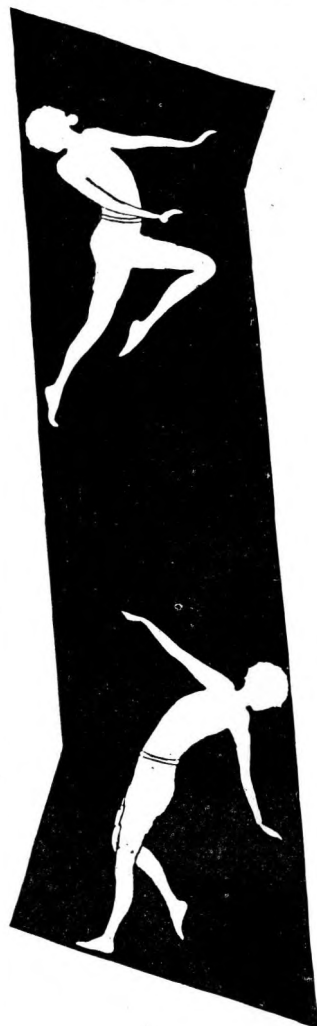
No one who has not suffered realizes the pain and danger from arthritis. Keep those arteries and joints free from hardening processes by the king of Sodium foods,

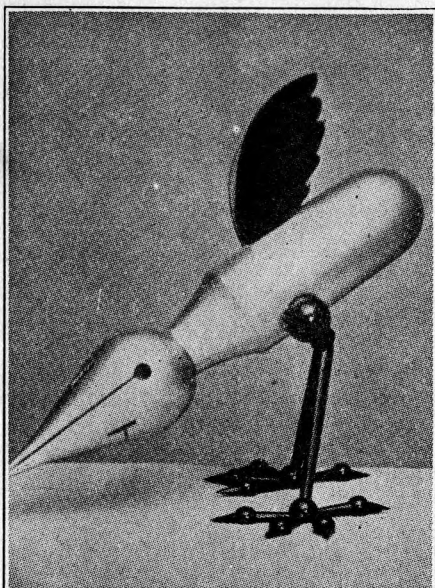
Shapely joint food, 36 capsules.....\$1.00

Intensified Food Products

111 E. PEARSON ST.

CHICAGO





"Your pen is a little machine guided solely by your brain."

Your Hand- writing May Surprise You!

FIND OUT WHAT IT MEANS

Whether you scribble or write a fine "copy-book" style the expert Graphologist will uncover your good qualities and tell you what work is for you.

DON'T APOLOGIZE!

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—

OUR FREE OFFER TO YOU

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Town..... State.....

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"How is it you are so young, with your snow white hair? You hear people's troubles all the time, and yet you are so peaceful and happy."

My answer is this:

"People in trouble are growing people." Trouble has a different meaning than they know. When I can tell them the bright road their present trouble is leading them to they are no longer in trouble.

I have a book nook in the woods on a beautiful river, away from the noise, and confusion of the city. When people write to me, my spirit goes to them, but my physical brain is left in peace, so that I can see the solution to their problems.

I want to hear from YOU. Come and visit me by letter, and talk about yourself. Let me analyze you, not only by my sixth sense, but by the deep science of numerology. Your handwriting, also, is a record of your present way of thinking.

I alone, will see your letter.

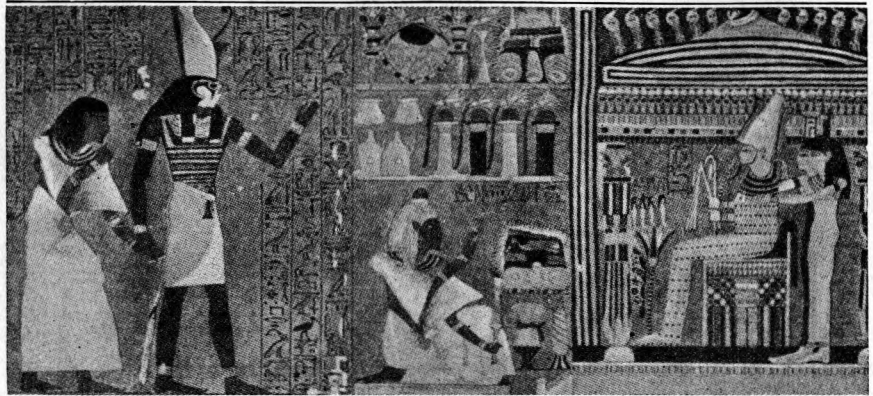
Ask me the one question which means more to you than anything else. Remember, however, that I am not a fortune teller. There is psychic power in the quiet woods in my study. Let me answer your question, study your handwriting, and tell you what your name means in your path of success. Enclose \$1.00 for the letter and cost of answer. Give exact birth-date and name at birth.

Address, The Answer Lady,
The Book Nook on the River,
Batavia, Illinois.

(Continued from page 8)

and it is well if it does not act against his feeling of philanthropy. In the face of Washington we see very large philanthropy and patriotism combined, besides large comprehensiveness and love of travel, feelings which are easily seen to be particularly appropriate to the male character, as their expressions are to the face.

A fullness of the under lip, extending from the angle of the mouth obliquely, and occupying the concavity between the lip and the chin, as in the next figure, indicates the quality of **Bitterness**. One who has it very large is often the victim of his own gall, and is bitter in spirit and language toward those who disagree with him; and he is petulant and fault-finding.



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These ancient people did not know what a modern pill was. Yet they outlived us by many, many years, and their medicines were herbs. Tireless study over the ages taught them chemical secrets we will have to learn all over today if we wish their benefits.

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Hammond, Ind.



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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.

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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.

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Third Decanate. Ruled by the Moon and Neptune. Indicates a melancholy, changeable and lugubrious nature, full of strange fears, terrors and weird experiences, visions and apparitions. Females cause much evil to all who come in contact with them.

Pisces

First Decanate. Ruled by Saturn and Mercury. Indicates loss of position through false friends and secret enemies. Strong religious sentiments, often inclining to fanaticism, troubles and annoyances in love affairs through elderly persons; danger from drowning or being buried alive; early death or affliction of parents.

Second Decanate. Ruled by Jupiter and Venus. Indicates high position and success in money affairs; more than one marriage or inconstancy; many eminent friends. A kind, warm disposition and genial nature, very sympathetic, but lacking in fidelity. Plenty of wealth and success.

Third Decanate. Ruled by Mars and Uranus. Indicates loss by strife with enemies through some secret or unknown means. Better success in foreign lands, although constantly beset by danger and trouble. Many annoyances from married partner, separation; easily influenced by opposite sex. Often assisted by friends in high positions, but not always reliable or dependent. Many opportunities lost through too much enthusiasm. A passionate nature, often disregarding consequences and leading to other disappointments.

These Decanates are often very useful in determining the part of a Sign a person was born in when exact date of birth is not known.

The characteristics pointed out in each Decanate are natural ones, capable of much modification through social and educational plane of life, which softens, changes and specializes every nature.



NEW WAYS TO YOUTH ORIGINAL IODINE SEA LETTUCE—SILICON OATS

Free List of Iodine Foods with Iodine Order

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

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

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

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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.

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

(Continued from page 9)

was pleasant, and his ways peaceful, to this extent, viz.: "War should be made only against five things: 1, Disease of the body; 2, Ignorance of mind; 3, Passions of the heart; 4, Sedition of cities; 5, Discord of families." But we must contemplate his cosmological revelations, in order to obtain a glimpse of his central IDEA; for we have not yet seen more than its auroral glimmerings and corruscations. Delivering himself of thoughts and systematic conceptions of creation, he said: "The universe is a divine harp. It was made in imitation of the lyre. The celestial spheres are musical in their motions; they emit melodious sounds as they roll through the abyss." Here, therefore, is the Pythagorean IDEA—to wit, the DIVINITY OF HARMONY! In accordance therewith, all his disciples were educated in music. The last sound at night was music, and music was the first sound in the early morn. Harmony of body and harmony of mind, therefore, was the logical prescription. We reject the "ways and means"; the thoughts, as a whole, also, and almost all the diverse conceptions of Pythagoras; but for the IDEA we experience perfect sympathy, shout *Amen!* a thousand times, and welcome the stranger heartily as our "Brother." His organization was most fitted to express the IDEA that "Harmony is universal;" and for this expression he will be immortally enshrined and throned in the Pantheon of humanity.

What a world of imitators! If your favorite God and adored Messiah—be he Zeroaster, Pythagoras, Plato, Jezus, Mahomet, Budda, Krishna, or Brahma—does, or is, reported by certain supposed witnesses to have done a deed of private worth you must set up an imitation with great pomp and circumstance! If he ate and drank in a certain manner, *so must you*; if he waded into a river, and was baptized by a superintendent appointed to the office, *so must you*, for you are only good at mimicry and crouching imitation; if he prayed in a certain manner, *so must you*; if he walked, and conversed, and did his work for the world in a particular style, *so must you*; for you think that you are and have nothing else of more importance than this shallow faculty of mistaking some leader as Master, whose ways you are bound to adore and imitate.

It is against this abominable habit of yours that this protest is positively entered. You mis-educate the simple, make popular the most worthless imitative services, and sow the seeds of theological stupidity (and cupidity not less) all over the social soil. Suppose Zoroaster did wear a flowing robe of purple trimmed with gold, bedecked with costly diamonds, surmounted with jeweled emblems and symbols of his faith and messiahship, *must you do the same?* Suppose Mahomet did live in a forest cave six months, eating only the wild fruit and berries that

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Address

grew near his hermitage, *must you do so?* Suppose Jesus did go into the wilderness, and live sequestered there for forty days, or that he felt moved to the baptismal ceremony, and to break bread and drink wine just before his retirement from this sphere of existence, *must you do and feel the same?* Can you not discriminate now and for ever between the IDEAS of a teacher and his private personalities and particularities of temperament? His ways are not as yours, because he and you are two different individuals, living within a very different age, and enveloped by a different circle of circumstances. Yea, let the word go forth that a protest is hereby declared against any imitation, except where it is consistent and coincident with the nature you possess; and equally against the wholesale deification of any personage, save the Father-Spirit who does not ask this involuntary acknowledgement and lip-service of any living creature.

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

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

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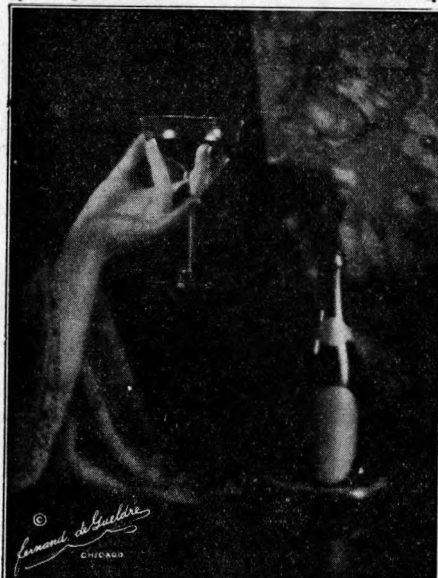
The true number of a person gives a true insight into his character. You can get that number, you can know the truth, only by combining several sciences together.

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Send for circulars describing simple primer, teaching the blending of Numerology and Astrology, written by C. J. Coffman himself, Dean of all the Enumerators.

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 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.

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HEALING MAGAZINE
 Batavia, Illinois

WHAT CHEMICALS ARE CONTAINED IN THIS FOOD I AM EATING?

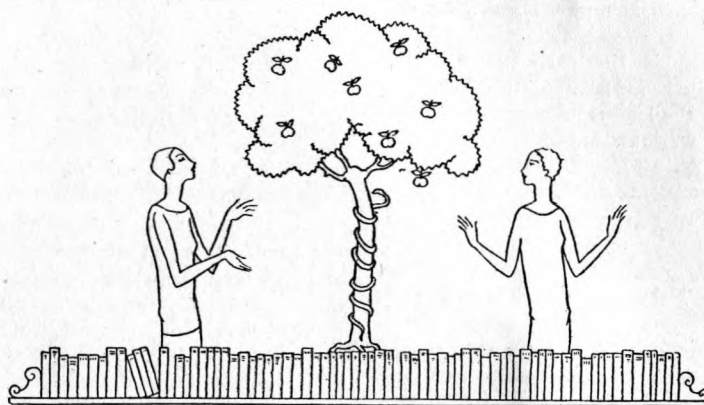
What chemicals do I eat during the day? What am I neglecting? Learn the extremely interesting, and romantic secrets of foods. Secure free this list of all principle foods and the chemical elements they contain, with the next four numbers of How to Eat Magazine, for \$1.00.

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I. W. A. C. Bldg.

CHICAGO, ILL.



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Most people can resist everything but temptation. And why should not temptation be always on the right side?

People cannot be helped through dry preaching and through unattractive food. But they can be tempted to the better diet.

How to Tempt and Become Prosperous

Make tempting food earn for you a fine living, and in turn, help others to earn perfect health by their food. Own your own tea room or cafeteria. Make it the most delightful spot in town. Tempt people there. It is your duty to take away from the minds of others that healthful foods and healthful places in which to eat them must be dismal, brown, and gloomy, as so many of them have been in the past.

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

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

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

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Philosophy of temperaments

According to ANDREW JACKSON DAVIS

THE philosophy of Temperaments is healthily and beautifully practical. By way of definition I would say, that temperament is the FORM of mental attraction. The attractions of Love and Intellect and Wisdom are expressed only through Temperament. In short, without temperaments, the soul would be inexpressible. You will recollect our proposition, that the essential principles of all souls are the same; no intrinsic, radical difference between men; that Nature is just, democratic, impartial to her children. How, then, can we explain the innumerable varieties among the earth's inhabitants? To this question I have replied, thus: there are two causes capable of explaining human dissimilarities—first, a disproportion in the quantity of the spiritual essence in men—second, different arrangements, or combinations of the same component atoms, producing what I term “different Temperaments.”

According to the arrangement or relation of these temperaments, to each other in man, the mind will make its manifestations. By aid of comparison, you may see that Temperament determines the form of the expression of the plastic mental principle—just as the engine fixes and gives form of action to the indwelling steam-power. But it is good news that these forms of expressions are subject to modification by cultivation or habits of mind.

These temperaments, by the ancients, were termed “Humors”—divided into *dry* and *moist*. Some theologically attributed their existence to the predominance of spiritual influence, good or evil, according to the character of the individual; others, less superstitious and more metaphysical, accounted for them astrologically—that different stars in the heavens, in different conjunctions at the birth of a mortal, produced and fatally fixed the differences of human dispositions and destinations.

Aristotle, a fine student of Nature, taught the existence of four “humors” in the body. Each, he said, is provided with a central seat of organic government: first, the *Choleric*—located in the liver; second, the *Melancholic*—centered in the spleen; third, the *Phlegmatic*—having its place in the head; fourth, the *Sanguine*—seated in the heart.

Modern phenologists seems to have followed, to an unwarrantable extent, the suggestions and classifications of the ancients. Temperaments, they say, “denote certain states or conditions of the body; or, the relative activity of particular classes of the corporeal organs.” Although limited in this, yet they have rendered ineffable service to mankind—by pointing practically out the dependence of mind upon temperament; by showing, philosophically, how and when the soul loses or gains in purity and power. But the “nervous, bilious, sanguine, and lymphatic” programme of tem-

peraments has an odor about it irresistibly reminding one of the age of Astrology—of the days when “humors” and “Vapors” were suggested by Aristotle—when the doctrine of demoniac influence was accepted as gospel truth by the greatest intellects.

I say this, however, in no mood of disparagement to the developments of modern phrenological schools. On the contrary, the true import is: that all human investigation has a certain parallelism or resemblance through all eras of the world—implying the identity of all principles; and indicating not less the progress which man makes in the “Science of Explanation”—as he passes, from the Theological and Metaphysical, to the Scientific planes of mental development and discovery. The human mind approaches the true region of natural causes (of all visible effects) very gradually, as a child progresses toward maturity. Because such is the immutable order of Nature—sensation before thinking; creeping before walking; crying before language; swearing before culture; superstition before intellectual observation; and experience before Wisdom. We will not complain, therefore, even if we do find, in the classifications of modern schools, the foot-prints of past error, and the vestiges of oriental imperfection.

By virtue of careful interior searchings, I have just discovered the existence, among men, of seven radical individual Temperaments. I will describe them, as they occur, in their natural order—commencing at the basis, as a tree grows, improving as it advances. The reader will, therefore, begin the scale, contrary to custom, at the bottom-line, which, in nature, is the order of growth—the inferior first and lowest.

7. The Harmonial.
6. The Spiritual.
5. The Mental.
4. The Muscular.
3. The Motive.
2. The Sensitive.
1. The Nutritive.

The different attractions of the different temperaments are important studies—more especially, when viewed in connection with human marriage and consequent parentage.

First: The Nutritive is first and lowest. All organic life begins with, and is elaborated through, this temperament. The heart, with its multiform appendages, is the first organ formed in the animal economy. Thence proceed arteries and veins innumerable; going from this organ to the minutest ramifications of the circumference. Through these channels appropriate matter is conveyed; and, with the beautiful precision of attraction, deposited here and there for the completion of the body.

The Nutritive temperament, also, superintends the

(Continued on page 31)



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My name..... My birth date..... Hour if possible....

Place of birth..... Full name at birth.....

Present signature

Present address



THE SECRET of the COLON MOTOR

What a price you pay for constipation!

What a price you pay in good looks and efficiency!

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

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

Constipation and Divorce

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

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

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

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

CONSTIPATION CANNOT BE CURED BY DRUGS

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

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

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

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JOSEPH BANKS
Hammond, Indiana

(Continued from page 5)

feelings, spite, anger, envy and jealousy send forth dark shapes of evil to work mischief and act as retarding forces in the world's evolution. This is a most fascinating subject to the astrological mind, as it explains the weaving of the web of fate, how we make our own destiny for ourselves, and how we alone are responsible for our future horoscopes. As we think, so do we become; as we have made ourselves by our desires and thoughts, so do the stars reflect us in our natal charts.

The occultist speaks of the Akasha, or Nature's living memory, and though the form we create by an evil wish will naturally fall to pieces sooner or later, still the living photograph of every instant of its life remains, and so all the wide-spreading results of its activities during that life are charged with absolute justice against its creator, "As a man sows, so does he also reap." However, this though a particularly fascinating by-path, is a digression from the subject of the aura.

Next to the desire aura, and very closely linked therewith, is the fourth, called the mind aura, and this to a trained clairvoyant would describe the record of the progress, or otherwise, of the personality.

In a way it may be said to represent the general average of the desire aura below it, though having much more than this in it, because through the mind aura there sometimes appear flashes of intellectuality and spirituality, which have no place in the desire sphere. Yet if the vibrations of consciousness corresponding with any particular desire are repeated strongly and continually, it will react on the mind and set up corresponding vibratory action therein, and thus tinge the mind aura permanently with the same color; for instance, if a person is on the line of evolution by devotion, continually sending out aspirations towards a very high ideal, and desiring to help and serve humanity, the mind aura will take on a beautiful light blue. If the devotion is of a personal character, a great and pure love felt for some relative or friend, then the mind aura will be colored rose-red, and so on. In this aura can be seen both good and evil personal characteristics.

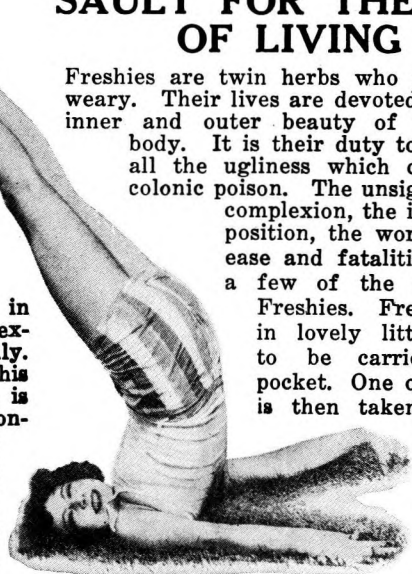
The next aura, the fifth, is that belonging to the permanent soul, or individuality. Students of Astrology know that we symbolize the personality by the Moon and the individuality by the Sun, the one being evanescent, the other permanent. Mr. Leadbeater gives a most beautiful description of this aura. He says: "In those cases in which it is visible it is of almost inconceivable delicacy and beauty; it is perhaps less a cloud of color than a living light, but all words fail one in the attempt to describe it. It is comprised of the finest and most subtle matter, being the body or ve-

(Continued on page 28)

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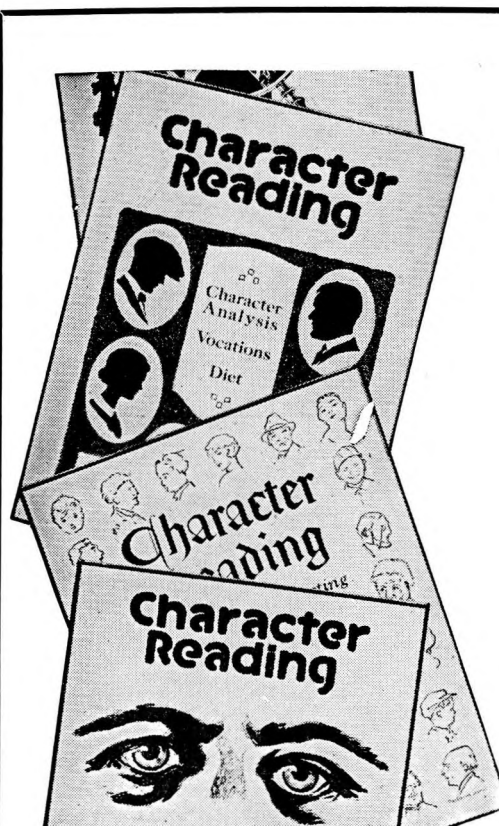
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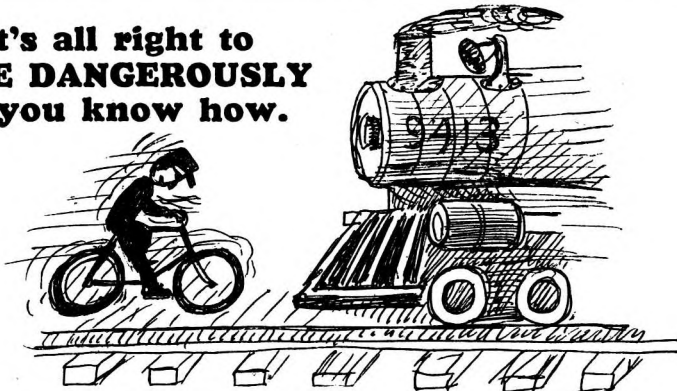
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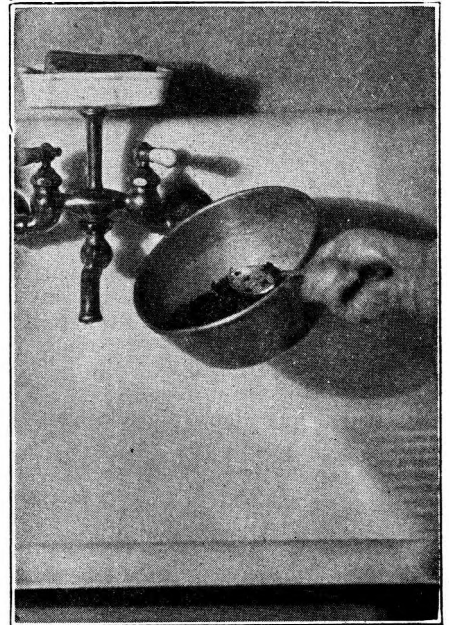
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(Continued from page 6)

thought to take when it is no longer subject to the impingement of outside influences.

The aura possesses the quality of a sensitive plate, a psychic photographic camera, and the eye of the sensitive, or clairvoyant, is the developing medium. This for practical purposes.

The auras of people will reveal the places they have visited, the people they have seen, all that has been reflected upon them.

The auric emanation from inanimate objects has this same property, and all that it has ever touched, all that has been reflected upon it, is indelibly stamped upon it forever.

The stone that has lain for centuries buried in the bowels of the earth contains the history of all it has ever passed through from the days when our earth was chaos.

The walls of our dwelling houses are psychic biographs and phonographs, reflecting our actions, our looks, and the clairaudient can hear even our words! For the walls, too, give off an aura, this sensitive substance which holds every reflection and sound that falls upon it.

Take a brick from that wall and bury it in the earth, throw it into the sea, or even pass it through fire, but it still holds its story.

The psychometrist will first get at the last surroundings from which it was taken (as a rule, this is not invariable; some would go back to the days when the brick was clay, and had not been formed), but, bit by bit, the whole history would be unravelled, and the secret of the brick become revealed.

Living plants give out light that is visible to the sensitive, especially in complete darkness, and human beings are in a similar way luminous.

Clouds of varied coloured light stream from the eyes, the hands, the fingers, from every part of the body in fact, and this light partakes of the characteristics, actions and emotions of the body from which it flows.

It takes the form of an egg-shaped envelope, which surrounds the undeveloped man much as an egg-shell surrounds the yolk of an egg. Where he goes this invisible (but none the less tangible) influence goes with him, mingling with the auras of others, taking on from them certain influences, giving off certain influences itself.

As the ego unfolds and the man ad-

vances from material to mental, from mental to spiritual conditions, so the sphere of the aura increases, the confining egg-shape disappears, and its radiance extends for an enormous distance.

The sensitive is able to see and feel the nature of these emanations, and from the sensations received is able to describe the appearance, nature, and history of the body he is thus brought into communication with.

The psychometrist becomes sensitive only by development, by patiently unfolding the spiritual senses, and so growing into conscious unity with the finer forces of nature.

There is nothing uncanny or out of the way about it at all. Just as the trained musician can detect the slightest discord, which would pass unnoticed by an unmusical person, so the psychometrist becomes aware of substance finer and more ethereal than the coarser senses of the ordinary man can recognize. Patience is essential. Too many distractions of a material kind must be avoided. Let your mind become blank, shut out conscious thought, and allow the voice of the spirit to make itself heard.

This is attained by allowing the spirit to assert itself and by withdrawing the mind from material things and interests, from the objective to the subjective world.

Aim to unfold a calm, serene spiritual consciousness, so that the impressions may be clearly and correctly received, and vibratory waves of thought may touch and unfold directly before you.

All thought is motion, and the forms of thought express and reveal their peculiar motion. To sense, to perceive, or to become aware of this, the innermost soul must be at one with the body, you must be concentrated and centralized, so as to reflect consciously the image or vibration that proceeds from and through the realms of the unseen. Never psychometrize when you feel sick, moody, mentally disturbed, or at all uncomfortable. Centralize yourself first, before attempting to penetrate the center of other souls.

Have the room in which you sit in order, clean, and filled with sweet fresh air.

The fragrance of flowers adds materially to a higher inspiration and an exalted and beautiful state of consciousness.

Music helps both the psychometrist and the spirit to equalize and polarize

Health specialists all over the world know that the name Maxwell means honesty in food.

Right in your own home you can have the advantages of Maxwell's special foods. You would never dream how delicious and nut-like are the famous diabetic muffins, the diabetic bread for reducing, and the "long-life" candy "Laxa-frute." Every bite is one of thanks for Maxwell's knowledge.

Each week these things can be mailed you so that you have a constant supply. Order once, and you will put in a standing order, for your whole family will rejoice.

Delicious diabetic muffins—best in the world. Each one a meal in itself. Most nutritious and non-fattening. Diabetic muffins, one dozen.....\$1.00
The nutty flavored diabetic bread which has made a path to Maxwell's door.
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Laxa-frute. The finest help a man can have is a clean intestine. This natural laxative food for the epicure who appreciates rare flavor and delicious taste. ½ lb.....\$1.00
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the attractive, repellent and material forces.

This need only be used as an aid, not as a necessity.

Interior harmony is the state of blessedness and the best means, all other things being equal, to successful psychometrical practice and results. A short walk before and a rest for half an hour after the walk will be helpful.

Avoid promiscuous influences and repulsive magnetism before concentration and the seances for psychometrical experiments.

Learn to see and listen with the interior consciousness; always follow your best impressions. Never act on impulse.

Submit everything to spirit, and when you feel able and ready, judge, and you will be able to decide upon impressions correctly.

Write and speak of just what you receive and do not doubt your impressions until the error is exposed by the one for whom you are working. Learn to rely upon your own spiritual power, then you will unfold and greater success will be attained day by day.

Walk in the light of truth and love, unfold the love light and the love life, let charity to all men swell up within your heart, it is love which will prove the key to unlock the secrets of mysticism, of the great unknown, of heaven itself.

Be spiritually, not carnally minded; and earnestly desire spiritual things. As you aspire so you will receive the rich and eternal treasures of the spirit.

Be regular in diet, sleep, and sittings for concentration, recreations, and diversions. Always invoke the Over Soul or supreme spirit, and the spiritual nature will gradually receive the effulgent and all-pervading light which never was on sea or land.

A sitting in total darkness once a week may aid.

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(Continued from Page 25)

hicle of the reincarnating Ego, which passes with him from life to life, and shows by its condition the degree of his advancement. It is a magnificent spectacle."

The auras beyond this are too transcendent for any verbal description. Of course in a short article one can only touch the fringe of what is a most wonderful study for those who have the necessary apparatus, "the

open eye." In the coming centuries it is not unreasonable to suppose that this privilege may become the prerogative of the many rather than the few. Those who are willing to pay the price for occult gifts—a clean life, combined with truth, purity, and love, and entire abandonment of personal desire, together with earnest aspirations to serve humanity—may find the inner sight slowly unfolding, for such sight is often one of the earliest evidences of the opening of a supernormal sense. The following colors as seen in the aura are taken from Mr. Leadbeater's pamphlet and Mr. A. Marques' book on the subject. We have filled in the probable planetary combinations which would account for the various colorings.

Thick black clouds in the aura would usually indicate hatred and malice. (Saturn afflicting the ruler and the luminaries.)

Deep red flashes on a black ground show anger; but in the case of what is called "noble indignation" on behalf of someone oppressed or injured, the flashes are brilliant scarlet on the ordinary background of the aura. (Mars afflicted by Saturn.)

Lurid, flaming red—a quite unmistakable color, though difficult to describe—indicates animal passions. (Mars afflicting the Moon.)

Dull brown-red—almost rust-color—shows avarice. (Mars afflicting Mercury.)

Dull, hard brown-grey usually indicates selfishness, and is unfortunately one of the very commonest auric colors. (Saturn afflicting Mercury.)

Heavy leaden grey expresses deep depression; and where this is habitual the aura is sometimes indescribably gloomy and saddening. (Saturn weak, afflicting ruling planet.)

Livid grey—a most hideous and frightful hue—shows fear. (Saturn weak, afflicting ruler.)

Grey-green—a peculiar shade of it which can hardly be described otherwise than by the epithet "slimy"—shows deceit. (Saturn weak, afflicting Moon and Mercury.)

Brownish-green, with occasional dull-red flashes, seems to betoken jealousy. (Mercury and Saturn afflicted by Mars.)

Crimson indicates love. This is often a beautifully clear color, but naturally it varies very greatly with the nature of the love. It may be quite a dull,

heavy crimson, or may vary through all the shades up to a most lovely rose-color, as it becomes more and more unselfish and pure. If this rose-color is brilliant and tinged with lilac, it shows the more spiritual love for humanity. (Venus well placed.)

Orange, if clear, seems to indicate ambition; if tinged with brown, it shows pride. But in this color also the variations are so numerous, according to the nature of the pride or ambition, that it is impossible to give more than a general description. (Sun in good position.)

Yellow expresses intellectuality—a deeper and duller color if the intellect is directed chiefly into lower channels; brilliantly golden, rising to a beautiful clear lemon-yellow, as it is addressed to higher and more unselfish objects. (Mercury well placed.)

Bright green seems to show ingenuity and quickness of resource, and often implies strong vitality. (Saturn well placed.)

Dark, clear blue usually indicates religious feeling, and naturally varies very much, to indigo in the one direction, and to rich deep violet in the other, according to the nature of the feeling, and especially according to the proportion of selfishness with which it is tinged. (Jupiter aspecting the Moon.)

Light blue (ultramarine or cobalt) shows devotion to a noble spiritual ideal, and gradually rises to

Luminous lilac-blue, which indicates higher spirituality, and is almost always accompanied by sparkling golden stars, which appear to represent spiritual aspirations. (Jupiter and Venus well placed.)

It seems that all the colors in the aura are subject to infinite combinations and modifications, so that to read the detailed indications of an aura perfectly is a very difficult task. And we also, as students of Astrology, know that to perfectly judge and read a nativity, with all its various modifications and combinations, is a truly Herculean task. For although there is unity at the centre, diversity and complexity are the chief features in manifestation.

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(Continued from page 3)

be elevated, the diaphragm is spasmodic, the breathing is disturbed to such an extent that there is a gasping in the throat, the nostrils are inflated, the mouth is open, the lower jaw is dropped low down; and although the mouth is open, the teeth cannot be seen; yet, the mouth is placed in such a condition that the tongue can be seen between the lips. In great pain, the cheeks are hollow, the nostrils quiver, the lips tremble and the muscles in the neck and chest tremble also. The respiration, in fear, is very short and rapid. The countenance grows pale, the hair is lifted upwardly and the skin in the face and on the head is moved to and fro by the muscles. A cold sweat is pressed out from the pores.

When a person is strongly excited, or terrified, his eyes look wild, the inner part of the eyebrows is elevated, the expression of the face is bewildered, the cheeks are raised to some extent, the mouth is kept partially open, the step is undecided and the angles of the mouth are drawn powerfully down. The nostrils are extended and the head is thrown backwardly almost in between the shoulders.

When the person is horrified, there is action in the body and mind. Every fibre, nerve and muscle is tensed. The flesh creeps and a sensation of chilliness fills the entire organism.

Desperation almost paralyzes a person. In desperation the eyes are fixed, the features of the face are shrunken and dark red, the muscles of the face are convulsive, the person is stupid and motionless and characterized by a wild look.

Joy raises the eyebrows to a certain extent; it enlarges the eye; it animates the countenance; it inflates the nostrils, and raises the angles of the mouth.

Admiration expands the eyebrows and raises them slightly upwardly; it lifts the eyelids; it relaxes the lower part of the face, giving rise to a pleasing smile. It opens the mouth to some little extent, relaxing the lower lip, so that the edge of the lower teeth and tongue can be seen. The attitude of the body is erect and the head is thrown back, giving us an attitude of admiration or wonder.

All kinds of depressing passions depress the face; happy emotions elevate the features of the face. Discontent clouds the brow, arches the nose and draws the angle of the mouth down.

In anger, the eyeballs enlarge, the eyes roll and become red, the eyebrows are knit and raised at intervals, the forehead is furrowed by deep lines, the countenance is pale and almost livid,

(Continued on page 30)

Eating New Brain and Nerves

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

Can you accomplish the things you dream of?

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

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

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

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

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

Creative work of a mental as well as of a physical order is impossible without lecithin and 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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Vitellin	15.8	Phosphoglyceric acid	1.2
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Palmitin, stearin and olein.....	20.3		

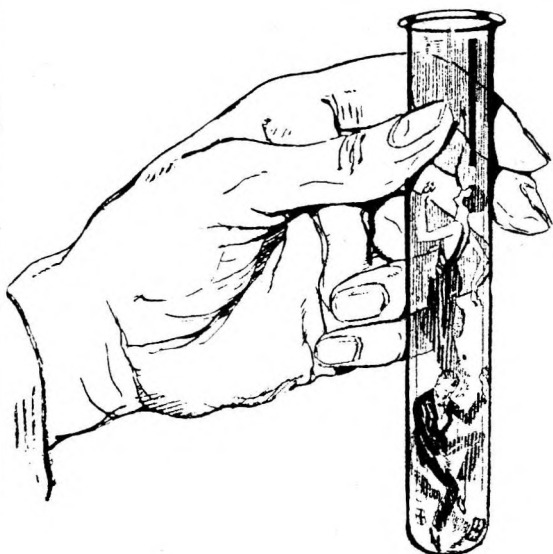
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These books put you in the test tube, and tell which chemicals you lack, which chemicals

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 bemoan 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 hair is sometimes raised, the nostrils are enlarged, the lips are dark and swelled, the corners of the mouth are drawn down and the entire countenance wears a threatening aspect.

When a person gets very angry, or when he is moved by a fighting desire, he holds his head forwardly and shakes it from side to side; he assumes an erect attitude; he clinches his fists; he tenses his muscles; his features are sharpened; his eyes grow dark, the pupils of the eyes enlarge; he draws down the eyebrows and his entire body is in a tense and threatening condition.

When a person is moved by destructive passions, his features are heavy; his blood is going to his head; his face is dark; he is restless in his movements; his eyes are inflamed; his eyebrows are knit. Such a man is dangerous. He has the human tiger in his heart and ferocity in his soul. A dark, livid face is not a good sign. Wild inflamed eyes indicate restlessness and brutality. Vacancy of expression means madness or else a wandering mind.

The face is the soul's map on which everything is written. All kinds of characteristics are recorded in the face. Emotions, passions, appetites, wishes, desires and states of mind are seen in the face, or recorded in the face. Therefore, also, a physiognomist paying attention to the face of a stranger, or to the face of a friend, can perceive the writing that has been written there.

Every person who wishes to become a first class character reader should pay the closest attention to faces, especially at such times when the people are moved by strong emotions, passions and appetites. This is one of the most effective ways of studying physiognomy. When a person is moved, almost overcome, by fear, then is the time to study his face. When a person is angry, full of revenge, then is the time to study his face. When a person becomes almost green with jealousy, then is the time to study his face. When greed has played in the face for more than fifty years, then that face is an excellent map to represent greed. When a person has loved for many years, and he has strong capacity to love, then we should study his face. Then the language of love is seen in his face. Just the same also with all other kinds of emotions, sentiments, passions, and appetites. This is a very effective way of studying character. A man who studies character from those standpoints will soon become a master in the character reading art.



Why Not Ask the Thinker in the Air?

There are times when everything seems swept from under our feet. We have exhausted every material help at our command. These are the times when only unseen forces can aid a man or woman. My life is not built to see and work with the metal hammer or the block of wood. The things I see and work with, are those psychic forces which surround others. Everything you are—everything you do, contains these psychic waves from yourself. When I hold your letter I see and feel them. Remember, when you receive your answers that I myself am not making your life. I feel and see the things past and to come for you, which you make yourself. Let me ask the thinker in the air about you. Write, enclosing stamped envelope, with three questions for one dollar.

Mrs. M. C. Kerl
2515½ N. Clark St.
CHICAGO, ILL.

(Continued from page 23)

subsequent development of all the organs—carefully and tenderly, as a parent of love, supplying them with the proper means of growth and perfection. Therefore, this temperament rests upon and embraces all the internal organs—heart, lungs, spleen, liver, kidneys, the entire digestive apparatus, and all the functions of vitality. The endless chain of vital processes—the links of which are *absorption, circulation, secretion, digestion, respiration, and reproduction*—is hung gracefully about the neck of this temperament. Every kind of fish, several lower animals, the sloth especially, and certain human beings, are illustrations.

Second: The Sensitive temperament comes next in the animal economy. There can be no independent formation without sensation. We supply our organs with food only because we feel the *sensation* of hunger. Immediately after the formation of the heart, there comes into being a *nervous system*; which commences from the circumference and proceeds toward the centre; and becomes the framework and basis of the Sensitive temperament. It gives sensibility to the various parts of the body; and renders those parts individual and discriminating. For example: the eye hath one sensation, the ear another, the tongue another, and so of all the internal organs—in accordance with which, each part and organ hath its own individualized needs, attractions, and supplies.

The Sensitive temperament, therefore, is based upon and embraces the entire nervous system; which system is composed of brain, the cranial nerves, spinal cord, the spinal nerves, and the sympathetic nerve. There, all, are telegraphic wires in the body—conducting the life-principle from the brain through all parts of the organism, and the results thereof back again, faithfully and beautifully as the reciprocal workings of love and wisdom in the constitution of Nature.

Third: The Motive temperament comes next. As soon as *sensation* is organized and its function established, then are manifested the *agents* of motion and of power. These agents make their appearance in the shape, and with the title, of bones, sinews, tendons, ligaments, membranes, and a variety of less visible connections. In several forest animals this temperament preponderates over the nutritive and sensitive. For example: see the antelope, the zebra, the reindeer, and the domestic greyhound.

Fourth: The Muscular temperament next appears on the scale. The muscles are not so legitimately and exclusively the *agents of motion* as philosophers have supposed. Because a certain effect is never seen *separate* from a certain cause, it does not therefore become legitimate to conclude, that the cause is made to produce that effect alone: for the cause may contain various other properties, not so easily determined. Thus of man's

muscular system—informing of the mind which moves it.

The bones constitute the frame-work of the human temple; but the *muscles*, also timbers in the house, are quite unlike the former in property and function. There are in man two hundred and forty-eight bones; and more than four hundred muscles. Male and female, or positive and negative, muscles are everywhere seen. First, those nearest the surface; second, those nearest the bone. Physicians term them: the "superficial" and the "deep seated." Many quadrupeds possess this temperament stronger than the nutritive, sensitive, or motive. For example: witness the *bull* among the dogs, and the *bull* among cows, the ox, the tiger, panther, hyena, the bear, elephant, and the lion. The lion shows its preponderance in the *breadth* and *height* of his shoulders, in the thunders of his voice; and not less in the prodigious power he so easily exercises upon other tenants of the wilderness and mountains.

Fifth: The Mental temperament comes next on the scale. It is common temperament of both animals and man. It arises from, and therefore belongs exclusively to, the brain. The brain has two departments. The larger portion, the *cerebrum*, is composed of a whitish substance; and the lesser part, the *cerebellum*, of a grayish matter; the whole having a border of differently-colored material. It is a compound of nervous elements; full of glands, or infinitesimal galvanic centres. Internally, it is fibrous and nervous; externally, soft and gelatinous. More than seven times as much blood is sent to the brain as to any other portion of the system.

The human Brain is at once the mystery and the master of the world. It is a wonderful magnet—drawing, without thinking, the circumambient life of the globe to itself—a factory, so to speak, wherein is manufactured and individualized *sensation, thought, motion, memory*: all in man's nature which is simple, beautiful, complicate, sublime.

Sixth: The Spiritual temperament comes next. We now depart from the animal world, and hold converse only with the human. The brain is now seen to be in three departments. Behind is the empire of Love; Knowledge reigns in front; between and above these is Wisdom. This temperament separates the human from the animal world. We may find, among animals, the Mental temperament—that is, *knowing* faculties; but the Wisdom faculties, the spiritual temperament, is man's alone. It allies him to the angel world.

Man's love of the Beautiful—of the civil, tender, elegant, and sublime—testifies unmistakably of the existence of this temperament. It is unobtrusive and internal; is the last coronation of mind; hence, is rarely manifested in its purity. Yet it *lives* and *works*, more or less visibly, in all men.

For example: Man, in physical com-

fort and luxury, was once *far beneath* the polar bear. While he was cold and naked, the bear was folded in a rich and warm garment of fur. But man, feeling the promptings of this latent temperament, not only clothed himself in luxury, but built great beautiful mansions. The bear remains, in everything, exactly where it was in the beginning; but Man! Who can *compute the multifiform degrees* of his past progressions?

This temperament gives elevation and dignity, *love of improvement* and refinement, *attraction* toward poetry, music, and spiritual religion. In its *first* manifestations, it suggests yearnings for external splendors—beautiful houses and furniture, pleasure-grounds, ornamental painting, fashionable elegances, and refined manners. As the influence of this temperament unfolds and spreads outwardly, it admires the Beautiful in Nature—landscapes, cascades, flowers, mountains, oceans: and delights in witnessing "the untied winds"—

"Take the ruffian billows by the top, Curling their monstrous heads, and hanging them, With deafening clamors, in the slippery clouds."

It is this temperament which draws "the line of demarcation" between the human kingdom and all the worlds below. In vain we might search among the innumerable generations of *hyenas* for a Homer, a Milton, or a Patrick Henry. Richly clad bears, long before man in the world, can refer us to no Lord Bacon or Byron, to no democratic Burns. Neither can the family of cows refer us to a Correggia, to a Canova, or a Chalmers. Lofty though and chaste expression, all the wide world through, indicate the spiritual temperament. But, in this age, it is particularly exhibited in the physical refinements of art—in all the civilities, which distinguish the cultured man from animals, and from the world's lower inhabitants.

Seventh: The Marmonial temperament, highest on the scale, is seen in the equilibrium, the accord, between the subordinate functions and the mental faculties. In this we find *all the temperaments equally mixed*; and progressively elevated in the order of development. It is concrete—a *compendium*—the blooming out! For temperament harmony between Love, Will and Wisdom—for the pathway to true greatness and happiness above the world—for *real genius* and consistency of character—this temperament, in due relation to all its predecessors, should be steadily and energetically sought.





The New Glories of Middle Age

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

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

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

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

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

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

ORGANOTHERAPEUTICS

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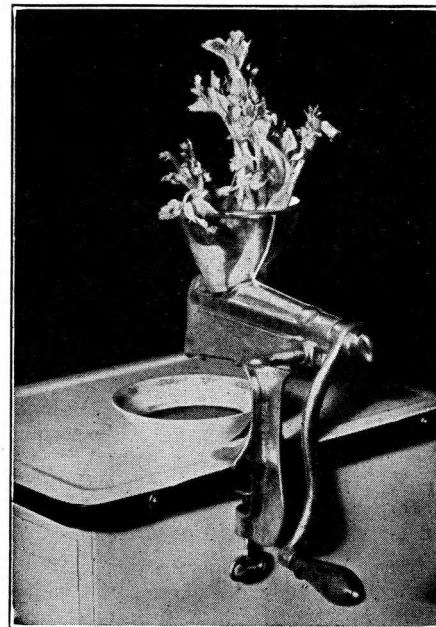
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This is the Health Mine

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

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

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

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

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

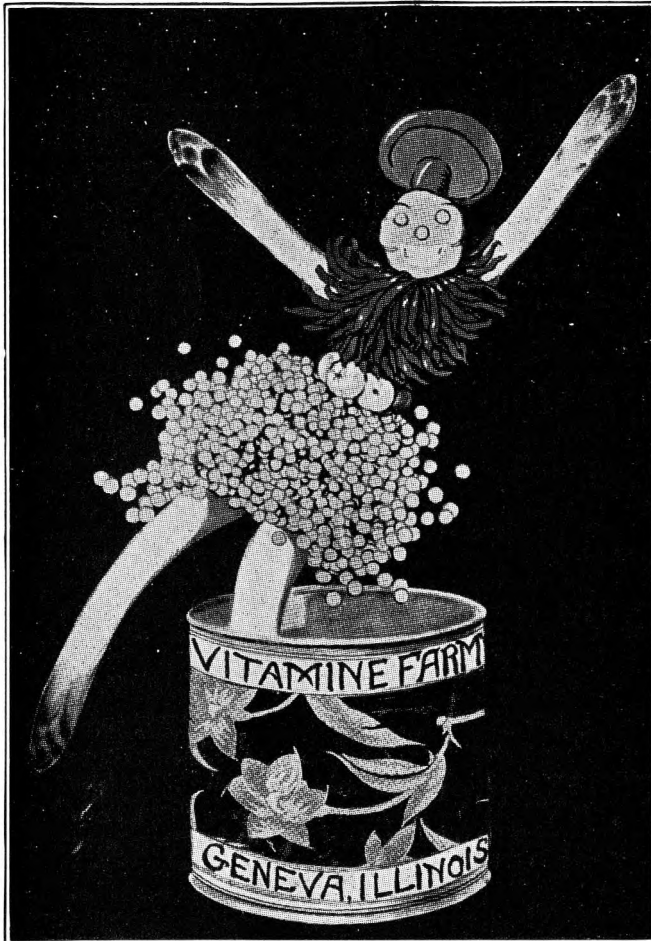
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WE SIMPLY GIVE YOU A PART OF YOURSELF

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



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

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

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

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

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

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

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

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

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

THOSE TWELVE MINERAL SALTS WHICH KEEP YOU ALIVE WHEN YOU LIVE

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

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

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

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

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

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

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

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

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

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

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

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

THE FACE OF THE SPHINX



HOLDS A SECRET OF YOUR LIFE

"Of Earth and Air Man is Made"

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

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

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

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

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

Have You Ever Felt a Lack of Power?

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

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

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

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

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

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