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THAT AUTO-PSYCHOLOGY **GIVES**

Auto-Psychology is no mere abstract study of psychology, though it teaches you nearly everything about psychology you need to know. Auto-Psychology is a vital living science, a call to action which touches into activity all the rich possibilities you have within you. You begin to feel the new self, strong of purpose, deep in self-knowledge, arising within you during the first few weeks because it teaches you to control and use wonderful and powerful forces which are so much stronger than your conscious faculties. Yet Auto-Psychology demands no wearisome book-study, no prolonged attention, no fierce energy—it is a system of right thinking and right living which you absorb quietly, quickly and easily into your being, the most restful, recuperative, inspiring thing that has ever come into your life. What the British Institute of Practical Psychology has done for others it can also do for you.

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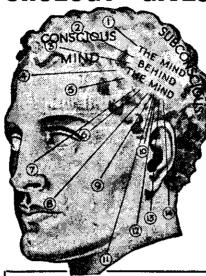
Only the self-conscious and nervous really realise the full effects of their affliction—the doubts and fears, the self-criticism, the friendlessness, the hours of brooding over "what other people think of me." the regrets for opportunities lost, the bitter pain of seeing lesser men and women pass them in the race of life. Through AUTO-PSYCHOLOGY, thousands of men and women all over the world, who were once nervous and diffident are now competent, possess cool, calm confidence, "get what they go after"—once "second fiddles" are now leaders possessing poise and assurance—once absent-minded and unable to concentrate are now keenly analytical and retentive of facts—once shy and awkward are now the centre of attraction, constantly in demand—once o "bundle of nerves" are now icyous and carefree. loyous and carefree.

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weaknesses. It tells, in simple
straightforward language about
you and your powers, opening up
a fascinating prospect of the future
in full and proper use of your
capabilities.



Imaginary diagram depicting the effect on the personality and bodily-structure of negative forces in the subconscious mind.

KEY TO DIAGRAM

- Nervous apprehension
- Depression. Worry. Sleeplessness.
- Brain-fag. 4. Weakness of will. Indecision.
- Self conscious-ness. Lack of Self-confidence.
 Over-anxiety.
 Self conscious-tack of concen-tration.
 Unsteady gaze.
 - Unsteady gaze. Shifty eyes. 8. Stammering.
 - 9. Blushina.
 - 10. Word obsessions. 11. Hot hands. Trembling

IN YOUR OWN HOME-IN YOUR OWN TIME-

You can so reconstruct you subconscious mind (the real master of your being) as to free it from disturbances and make it a source of positive power—an immense motive force for personal progress.

Auto-Psychology Develops

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A Canadian Looks at the Commonwealth

EETING Dr. Gwendolen Carter you feel very strongly that here is the type of woman who should be given a grant for travel, if only because she is such a good advertisement for the country of her origin. But in Dr. Carter's case there are better reasons than that. Dr. Carter is Associate Professor of Political Science at Smith College, the largest women's residential college in America. At present she is spending her sabbatical leave touring the Commonwealth countries to study Commonwealth relations. New Zealand is almost the last lap of her journey-she has reached us via Ireland. South Africa, India, Pakistan, and Australia. Dr. Carter's trip is financed partly by American, partly by Canadian societies; the Rockefeller Institute and the Institute of Pacific Relations, the Canadian Institute of International Affairs and the Canadian Social Science Research Council. For the I.P.R. Dr. Carter is doing a study of the international position of the British Commonwealth in the Far East; for the others, studies of British Commonwealth relations in general and wartime relations in particular. This sounds a heavy 13 months' programme, especially since Dr. Carter finds much of her time occupied in addressing meetings on subjects ranging from the education of women in the United States to those of her own field-political science.

Dr. Carter gets her information about the countries she visits mostly, as she phrases it, from "going about with her antennae out." She sees prominent people in each country (here, Mr. Fraser and Mr. Holland, and her University confrères) but also picks up the reactions of ordinary people to the political and economic set-up.

"One thing I like about New Zealand," she said, "is the way people talk. I talk to people on buses and in shops and in other people's houses. They all seem to have ideas on the running of the country and don't mind expressing them. And they are very conscious of the fact that this year is election year."

Dr. Carter is Canadian by birth, and although she has been in the United States since 1935 she has kept closely in touch with Canadian affairs, during the war being commissioned by the Canadian Government to do a study of Canadian War Administration.

Dr. Carter is optimistic about the future of Commonwealth relations. "The evolution of a formula at the May Conference was most significant," she told The Listener, "it may seem a loose formula, but it served its purpose in keeping India in the Commonwealth. It would have been tragic to have rejected what India freely offered in the way of co-operation. Whether India's Commonwealth ties remain permanent will depend, of course, on future developments between her and other Commonwealth nations, but her present willing-



DR. GWENDOLEN CARTER She travels with her antennae out

ness to co-operate is a direct result of the fact that in the negotiations her leaders were treated as equals."

Leadership in India

Dr. Carter paid tribute to India's leadership. Had India not had a strong government she might now be in the mess Burma is in.

"Pandit Nehru is a great man, perhaps the greatest of our age," she said. "And Patel, too-the man primarily responsible for the consolidation of India. I was most impressed by the shrewdness of the Indian Government, particularly in dealing with the native And they show this same princes. shrewdness in applying their health programme, for example. Instead of making sweeping enactments for the whole of India they are beginning with a small area, perhaps a comparatively enlightened one, where the problem is relatively simple. Pakistan, on the other hand, has only fair leadership, but it will go on faith, and will thus achieve nationbood.

"South Africa? The Union will cer-tainly stay within the Commonwealth, in spite of strong republican sentiment, because it's in its own interests to do so. I think we have perhaps got a blacker picture of what is going on in South Africa from outside reports than is warranted by the facts. Certainly, to any sort of liberal this business of depriving the blacks of the few rights they had seems indefensible, but it is just the expression of the white minority's old dread of being overwhelmed. You can ask yourselves in New Zealand whether you would have solved your own Maori problem so easily if you had been outnumbered eight to one.

"Malan's idea is to achieve complete political and social segregation between blacks and whites in South Africa. The fallacy is. of course, that you can't achieve economic segregation, since native labour is an essential part of South African economy. But even a