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Thomas J. Shelton, 1566 Marion St., Denver, Colo.

ITEMS AND IDEAS.

*** December!

*** A Merry Christmas!

*** And a Happy New Year!

*** This number closes the sixth volume of CHRISTIAN.

*** The next number begins volume seven, and seven is the number of spiritual perfection.

*** "The Only Good," is the title of an article in October *Unity*. It is a strong metaphysical statement of the Truth. Send ten cents to 1315 McGee street, Kansas City, Mo.

*** When you can't think of my number, put "Christian" on the envelope and it will come all right. I am the only Christian on earth. And mind you, this is not "The Christian" or "A Christian," but plain "Christian."

*** "Evolution of Immortality," by Rosicruciae, author of "The Rosy Cross," "Principles of Nature and of Life," etc. This is a book of 145 pages, bound in cloth, price not given. Eulian Publishing Company, Salem, Mass.

*** These six years have brought to me and mine health, happiness and prosperity. But I would not enjoy these blessings if I did not know that the Word I have spoken has given the same blessings to thousands and thousands of others.

*** "The White Flame," by Mary A. Corneliuss. An occult story, dramatic in expression, holding the interest from beginning to end; handsomely bound in cloth, 402 pages. Price, prepaid, \$1.25. Stockham Publishing Co., 56 Fifth avenue, Chicago, Ill.

*** Helen Wilmans, Kate Boehme, William E. Towne, and others, spoke out in the Noise for the success of Bryan and unsound money. I spoke in the Silence for the success of McKinley and sound money. I got there! Moral: Stick to your principles. Saw wood, and say nothing!

*** I need not tell all of you how thankful I am for your friendship and devotion to CHRISTIAN. As individualists, you have come forward and established a center of Truth. You are all partners in the firm, and share its blessings and will continue to rejoice in the strength and power of CHRISTIAN.

*** I give daily treatments for the healing of body and mind. I speak the Word for success in business, harmony in home, and the unfolding of the Spirit of Truth. State your case or get some one to write it all out for you and enclose from one to ten dollars for a month's treatment. I do not

receive callers or make calls. Everyone must come to me through the written Word. The man in London is just as near to me as the man in Denver. If the case is urgent, send a telegram, and follow it with a letter.

*** I am always glad to get names and addresses of persons who are likely to become interested in CHRISTIAN. I never send out any bills, keep any accounts, or in any way distress people who do not want the paper. I want you to see whether you want it or not. A postal card will fetch it and a postal card will stop it.

*** I have received the September and October numbers of the *Ideal Review* (formerly the *Metaphysical Magazine*), Leander Edmund Whipple, editor; \$2.50 a year, 25 cents a number. The Metaphysical Publishing Co., 465 Fifth avenue, New York. This is a beautiful magazine, and I wish it all the success that it merits.

*** A friend in California has sent us pictures for our new home. In mentioning the new home of CHRISTIAN, I don't want you to think I am begging you for anything. I wanted you to rejoice with us in the new and permanent home we are to enter for the publication of CHRISTIAN and the proclamation of the Truth. We expect to get moved some time this month.

*** Several of my exchanges are congratulating themselves and are rather inclined to boast that none of their subscribers suffered in the Galveston flood. Maybe it was because they did not have very many subscribers in Galveston! CHRISTIAN is well represented in that city and two of my subscribers suffered in the flood. But it did not daunt their faith, for they both enclosed the cash for treatments.

*** Hugh O. Pentecost and his wife, Ida Gatling Pentecost, have joined Mother Wilmans' church. They call their churches temples, but a church by any other name is still a church. Mrs. Pentecost is the daughter of the inventor of the celebrated Gatling gun. It would take all her father's guns to scare me back into the church. I had hard enough time getting the church out of me, and you can't fool me by a new name.

*** "Just How to Wake the Solar Plexus," is a new booklet by the editor of *The Nautilus*, Elizabeth Towne, familiarly known to the readers of CHRISTIAN as "Betsey." I don't know just what the Solar Plexus is or how to awaken it, but Betsey knows exactly where it is located and tells you in this little book how to put on the "rousements." What Betsey Lois can't awaken is undoubtedly sound asleep. Price twenty-five cents. Holyoke, Mass.

*** Half a million copies of CHRISTIAN have been printed this year. It looks as if the individualists who are running CHRISTIAN would make it a whole million by this time next year. We are getting a good list in England, Canada and Australia, and we are now going into every state and territory in this Union. All this has been done by the old reliable standbys who have been with CHRISTIAN since the first year.

*** "I AM Sermons," the new book by the editor, is sent postpaid for fifty cents. It is meeting with great favor. My other book, "The Law of Vibrations," is also sent postpaid for fifty cents. My many new readers will find these two books a great help in understanding the Truth. Send direct to this office. Money may be sent in the common mail, at my risk, if your letter is carefully sealed and properly addressed.

*** The second annual convention of the International Metaphysical League met in New York City last month. I could not be present, but CHRISTIAN was well represented in the person of Eva Augusta Vescelius, whose paper appears in this issue of CHRISTIAN. You see, I don't always have to be present at these great gatherings. My own is always there and will always come to me. Eva Augusta Vescelius is building up a splendid patronage in healing through musical vibrations in her home, Forest Hill, Newark, N. J.

*** Excavation was begun on the grounds of the College of Divine Science in Denver, Colo., on September 28. It is expected that the new edifice, which will cost \$80,000, will be ready for occupancy in part by Christmas.—*Unity*.

By the way, this College of Divine Science is being built right along by the side of the new home of CHRISTIAN. In fact, I can sit in my office, which is on the side next to the college, and hear every word spoken on the rostrum, especially when the windows are open in summer time. I did not know this when I purchased the property, but it is all right. The friends of this college are my friends, and therefore, we will be good neighbors.

*** *Occult Truths*, published by Chas. W. Smiley, 943 Massachusetts avenue, Washington, D. C., \$1.00 per year. This is quite a magazine, well edited, and printed. But mistakes will happen in the best regulated printing shops. In the September issue the editor has quite a lengthy editorial on dogs and fleas. He not only misspells fleas in the heading of his editorial, but more than a dozen times in the body of the article. Even in other parts of the magazine he speaks of "fleas" as "flees," and calls the "flea," "flee." How such an error could pass the printer, proof reader and editor is a mys-

tery. Say, Smiley, let the flea flee. You know the Bible says something about "the wicked flee when no man pursueth," but it was not the wicked flea that was spoken of by the sacred writers.

*** Dean Hart, of Denver, is one of the ripest scholars in the West, or, for that matter, anywhere else. He got into a little newspaper controversy about the age of man, and I requested him to write out a full statement of his position for the readers of CHRISTIAN. I take pleasure in presenting his article to you in this number. I do not go to the rocks or anywhere other than the Spirit for my information; but I am glad that the old earth itself confirms the Word of the Spirit. Man appeared suddenly on this earth in the full majesty of his being. He was never a worm of the dust or an ape of the woods. At his birth, the morning stars sang together and all the sons of God shouted for joy. This concert of joy was not over a monkey, but a man, made in the image and after the likeness of the I AM.

*** *Star of the Magi*, 617 LaSalle avenue, Chicago, Ill., is a monthly magazine, well printed, twenty-four pages, one dollar a year, ten cents a copy. It is published as an exponent of occult science, art and philosophy. In the November issue, the editor tries to crush the cranks by printing their names in small letters, omitting capitals. This may be an argument in the eyes of the readers of this starlight periodical. But up here in the sunlight, the printer's lower case does not determine a man's standing in the mental world. Now, he did not print my name in lower case. Perhaps he has not seen me yet! It was James Campbell Robinson and Harry Gaze whose names were printed in lower case letters to indicate that they had been measured by the M. D. who edits this little star. "Twinkle, twinkle, little star; how I wonder what you are!"

*** The Zodiac does have an influence over human life, but it is the physical life. The body is influenced in its dispositions, tendencies, etc., by its environment at the time of birth. It is well for you to know these things for your own encouragement, instruction, and for the guidance of children and young people. I can't take the time to tell you in CHRISTIAN or in private letters, therefore, do not send me such questions to answer. Invest one dollar in a book called "The Influence of the Zodiac Upon Human Life," by Eleanor Kirk. It is now in its twentieth edition. You will find the book full of interest and a source of entertainment to your friends, as well as a guide to you and your children. Don't send to me for this book, or any other books, except my own. Address Eleanor Kirk, 696 Greene avenue, Brooklyn, N. Y.

*** "Why don't you print a few strong testimonials in every issue of CHRISTIAN?"

Because it is unscientific. Once I was led into printing testimonials, but I have turned over a new leaf. I heal through the Silent Word and this Word is able to take care of itself. The world is just now going crazy over astrology, hypnotism, suggestion, magnetism and various other isms for the healing of the body. I refuse to be led into any

such temptation. I speak the mental Word in the Silence and this Word goes on forever. It is not a temporary expedient, but a permanent environment. Everyone who sends me a dollar is entitled to daily treatments for one month, and a year's subscription to CHRISTIAN. This applies to renewals as well as to new subscriptions. My own is coming to me right along every day. I don't have to advertise for anything or any body.

*** Henceforth all letters which go out from the editor of *Nautilus* and myself will have "Dear Sir" and "Yours truly" eliminated. The cause for "this thusness" is found in the following paragraph from the "East Side (East Los Angeles, Cal.), News," which, by the way, is edited by a very bright and level-headed woman:

"To shorten labor and save time is to lengthen life. When, therefore, our contemporary, the 'Haberdasher,' proposes to reduce the burden of business correspondence by abolishing 'Dear Sir' and 'Yours very truly,' it is proposing a reform in the interest of longevity. Actual experiment has shown that it takes a typewriter one hour to write the formal words with which they are opened and closed in a batch of 500 letters. The 'Haberdasher' finds that on the estimated total annual letter mail of the world, which is eight thousand million pieces, the 'Dear Sirs' and 'Yours very trulys,' even if all written by machine, would take the time of one typewriter 6,700 years, counting 300 days to the working year. The cost of the typewriting thus needlessly done every year, allowing \$10 per week as the typewriter's wages, is \$3,350,000. Why not, it asks, drop these meaningless phrases and begin right off, 'John Smith & Co.?' Say what you have to say and sign it 'T. Brown & Co.' Why not, indeed? Is a telegram less courteous or effective than a letter? But we never use any more words in telegrams than are needed to convey our meaning."

Immediately upon reading the above Elizabeth exclaimed in her most emphatic manner, "I'm going to DO it," and we forthwith adopted the plan. The only excuse we have to offer (and it is all-sufficient) for this departure is that it saves time, as demonstrated in the article quoted above.

Helen Wilmans is level-headed on political questions, as well as everything else. Of course she indorses the democratic candidates in the coming presidential election. Every friend of a progressive and liberal form of government should cast the weight of his influence for Bryan and Stevenson. Kate Atkinson Boehme, editor of the "Radiant Center," is likewise a friend of Bryan. It may interest you to know, however, that Elizabeth and Thomas J. Shelton have distinct leanings towards gold bug republicanism!—William E. Towne, in "The Nautilus."

I am not astonished at a man who calls himself a Demo-pop, and prints Republican with a little "r," being caught by such sophistry as he quotes from *The Haberdasher*. But for Elizabeth, a sound money, gold standard, protective tariff, expansion, old flag, Republican with a big "R," to go off on such a tangent shows how "evil communication corrupts good manners." Why are you in such a hurry? Are we going to get into such a roar and rush that we become rude and forget all about common politeness? Suppose some statistician figures out how much energy is put forth by lifting the hat to a lady, or giving a kiss to a loved one, or saying "darling," "sweetheart," etc. While we don't notice the "Dear Sir" and "Yours Truly," we would notice their absence. The other day in entering an elevator, there were three men and two ladies.

The men had their hats on and were busily chattering to each other without even recognizing the presence of the ladies. But when my hat was taken off, every man uncovered his head instantly. It was not because these men were not gentlemen, but they did not think. The rush of life had made them forget. Therefore, I say unto thee, my beloved *Nautilus*, do not omit "Dear" from your letters, and keep on writing "Yours Truly." "Lest we forget, lest we forget!" If Helen ever gets too busy to write "Dear," I will fire her and get some one who is not in such a hurry.

*** Kate Boehme, in her *Radiant Centre*, 2016 O street, N. W., Washington, D. C., has this to say of soul-mates in general, and my soul-mate in particular:

"And oh, the gaunt and haggard runners after affinities! How I wish for their own sakes and mine as well, that they would stay at home, attend strictly to business or hide up for awhile and let their affinities seek them. I know two women now who have been all over Europe on an affinity hunt and are coming home without bagging any game. I get on an average, well, I won't say how many letters a day, from disgruntled people, who are beating a cover in search of a lost affinity. I will only intimate that they are many, too many."

"To all such I would say, go find surcease from your woes. Subscribe for a little paper called CHRISTIAN, edited by Thomas J. Shelton, of Denver, Colo. He will tell you how he stayed at home, found himself, and then his affinity found him. The fact is, neither was seeking the other. Like two flowers, each was unfolding, and being on the same bush, the two met, loved, and were happy ever afterward. The afterward is not very long yet, but we assume it will stretch through all eternity."

"If you are looking for an affinity, a soul-mate, or anything of the sort, take my advice, don't do it any more. Look instead, for yourself. You have no idea how interesting the search is."

This is the clearest statement of my own affairs I have yet received from anyone. In searching for my Self, I saw in a vision my other Self. I had literally given up everything, before I gained everything. The deepest truth ever uttered is found in these words of the Master: "He that seeketh his life shall lose it; and he that loseth his life for my sake shall find it." The one who is seeking for an affinity, seeking for wealth, aye, even seeking for immortality, will never find it. I know it says, he that seeketh shall find and to him that knocketh it shall be opened; but, strange paradox, the way to seek is not to seek, and the way to knock is not to knock. When a man is conscious that he is mightier than money, wealth flows to him without an effort. When a man is conscious of the majesty of his own soul, his mate is drawn to him by the very power of his own individuality. Lose everything that you may gain everything. You are more than environment, more than the earth, more than all things that live and move in matter. Until you are able to command yourself, the wealth of the world would be a burden to you. Until you have found your own soul, don't look for its mate.

Don't think because a man is short of stature that he was brought up on condensed milk.

EYE TO EYE TALKS.

I to I talks!

It is the only way to talk. Sit down,

darling, there is the Everlasting Law standing out Almighty and Serene, above and below, "without variableness or shadow that is cast by turning." The holier-than-thou

SUPPLEMENT TO CHRISTIAN

DECEMBER, 1900.

MY DEAR FRIEND:

According to a new ruling of the Postal Department, I am not allowed to keep you on my list, unless you are a paid up subscriber, or have promised to pay. So far as I am concerned I am perfectly willing that CHRISTIAN should do its own collecting in its own time. But the "powers that be" have ordered me to show evidence that I have a regular list of paid subscribers. I doubled the subscription price on you without warning. Therefore, I make you this offer: **All delinquents, no matter how long they have been on the list, will be given credit to April, 1901, for one dollar.** April is the beginning of the Zodiacal year.

Let all who know themselves to be regular subscribers, both new and old, fill out the attached blank and send it to me by return mail. I want to use it as evidence before the Postal Department.

Wishing you all a Merry Christmas and a Happy New Year, I AM,

T. J. SHELTON,

1566 Marion St.,

Denver, Colo.

(FILL THIS OUT WITH INK.)

I am a regular subscriber to CHRISTIAN (Denver, Colo.), and have paid my own money for it. My subscription expires-----190--

Name -----

P. O. -----

State -----

insults the animals by calling the law by which they live "animalism." The foolish notion that seminal fluid can be conserved was first preached by a man named Noyes, who founded a community near Oneida, New York. It is the doctrine of Cryus Teed, Hiram Butler, and many others, who have taken up the foolish notion that life is in matter. I notice that my friend, the editor of *Self*, Oakland, California, has fallen into the same mistake. This is the way she answers a question:

Q. 9. Is the seminal fluid reabsorbed into the system when it is not expended or involuntarily lost?

A. After seminal fluid has once been formed, it cannot be absorbed into the system. Those who desire to use the Life Essence for the sole purpose of regeneration must prevent the formation of the semen. After the "word has been made flesh," it remains flesh, the Life Essence or Spirit, when wisely directed by thought, gives electric and magnetic power. The amount of energy, health and success that we manifest is simply the measurement of the Life Force that we recognize as permeating our beings.

Excuse me, but this is the height of nonsense. Seminal fluid is formed just like saliva is formed in the mouth or gastric juice in the stomach. And there isn't any more energy or life in semen than there is in saliva. Life is in the Spirit and not in the flesh. You had as well talk about preventing the formation of saliva in the mouth or gastric juice in the stomach in order to conserve life. Quacks are continually sending out books warning boys and young men about "the loss of manhood," and getting them scared half to death over natural emissions. It is nonsense! The overflowing of this fluid is just as natural as tears from the eyes, or spittle from the mouth. If you could bottle up all of your tears or hoard up all the gastric juice in your stomach, instead of conserving force, you would burst. Where is the life force, that you talk so much about? It is in the Spirit, and must be used through the mind. It is right thinking that will bring you up to where the supply will always be equal to the demand. And right here let me say that regeneration is not going to come by a process of growth. The right thinking will come through a slow unfoldment of the mind. But when the mental process has been finished and the thought has been adjusted to the new conditions, they will take place instantly. The change of conditions does not take place through seminal fluid or any other kind of fluid, but by the Word of the I AM that I AM. I AM the Resurrection and I AM the Life, but I AM not matter of any kind whatever. The mortal body is suited to the mortal mind. The body of regeneration will instantly clothe the immortal mind with the "glorious body of the son of God." The fifteenth chapter of first Corinthians is a scientific statement of regeneration. "Behold I show you a mystery. We shall not all sleep, but we shall all be changed, in a moment, in the twinkling of an eye, at the last trump; for the trumpet shall sound, and the dead shall be raised incorruptible, and we shall be changed." This change is not through a process of manipulating mud, whether fluid mud or solid mud, but by the Word of the I AM. It is the long process of education

that he is under the dominion of the "higher" law, while all who do not agree with him are under the "lower" law. But,

existence of suns (suns) is possible. This man has the same idea of higher and lower law, which pervades mortality. He

EYE TO EYE TALKS.

I to I talks!

It is the only way to talk. Sit down, sweetheart, and look me square in the eye with your I. You want to know the Truth, for a knowledge of the Truth will make you free, and you want freedom. Freedom brings happiness, and happiness is heaven. Lets grow to heaven.

What is Truth? There is only Truth! It is a unit. It is the law of Being. You have not found the truth, because you are seeing and hearing untruth. On all sides and on every hand you are told that there is good and evil, God and Devil, high and low, upper and under, big and little, in Being. It is a lie. A lie is the hole left where you stuck your finger in the water. Then there isn't any such thing as good and evil, God and Devil in Being? Certainly not, my darling, how could there be? There is only Being, therefore, it must all be good or all bad; it can't be a mixture. God can't be part God and part Devil. He must, in the very nature of things, be all God or all Devil. There is only one principle of Being. This is the Truth and it is a knowledge of this Truth which makes you free—free from wrong thinking, wrong doing, and the fear, sorrow, suffering and death which follow. There is only One and you are the One.

This truth or untruth permeates all life and all thought.

Just the other day a man who edits a paper, magazine, or something, called *The Higher Law* (I never saw it) wrote me saying: "Why do you send CHRISTIAN to this office? We never send you *The Higher Law*, and as for CHRISTIAN, we burn it without taking off the wrapper." Now this poor, lopsided mortal calls his periodical *The Higher Law*, which is a misnomer. He thinks there is evil, and shuts his eyes hard so as not to see it. There isn't any higher law. You had as well talk of a higher God and a lower God, as to talk of a higher law and a lower law. This is the way untruth looks at being. It says: There is a big God who is Good and a little god who is evil. The little god got up a rebellion against the big God, and keeps on raising hell because the big God can't catch him. Thus it is with this editor whose writings Elbert Hubbard calls "gibberish." He thinks his magazine is good and mine is bad; he is "higher" than I, and his paper is not even to be exchanged with CHRISTIAN. This is the trouble with the whole world, little one, and you see how the two halves of life fail to fit. There are not two halves save in the untruthful thought of mortals. There is not a higher and a lower law. There is the Law. It is neither high nor low—it is the Law.

You can't placate the Law by calling it higher, or insult it by calling it lower. You can't coddle the Law by prayer or praise. It is the same Yesterday, To-day, and Forever. When you hear one speaking of the higher law, you may know the speaker is a Pharisee. Such an one always assumes that he is under the dominion of the "higher" law, while all who do not agree with him are under the "lower" law. But,

darling, there is the Everlasting Law standing out Almighty and Serene, above and below, "without variableness or shadow that is cast by turning." The holier-than-thou hypocrites are under the Law which "is no respecter of persons."

I know a little one who is bright, well educated, and full of love. She is the mother of three lovely children. Her husband is a practical business man, giving his time and thought to making a living for his wife and children. This little woman has come under the spell of what she considers "the higher law." She looks upon the bearing of children as something that belongs to the "lower" law, and that all sexual association on what she calls "the fleshly plane" is carnal and to be avoided if you would reach the "higher" life. You see she has a devil and a god under the new names of higher and lower law; but it is the same old devil and god of untruth. Listen! come closer to me, darling, and look me square in the eyes. *There isn't anything higher on earth or in heaven than motherhood.* Let me write it with capitals—MOTHERHOOD. Bring forth the royal diadem and crown Her lord of All! My mother! Is there anything higher?

"Sweetest name on mortal tongue,
Sweetest carol ever sung,
Mother! Blessed Mother!"

There is untruth in the Church, my darling, as there is untruth everywhere among mortals, but there is hidden behind the worship of Mary, the Mother of God, the brightest Truth ever given to humanity. Let me say it, with uncovered head, the Madonna stands for the Divine Feminine and her worship has made Motherhood the crown of womanhood. Certainly there can be nothing higher on earth or in heaven than motherhood, as it is creation and the Creator.

But, my dear, there cannot be motherhood without fatherhood. No, not even the Madonna could be crowned with motherhood without fatherhood. This is true in spite of all the theories and theologies to the contrary. Thus it follows that the crown of womanhood is forever united with the crown of fatherhood. Now, don't begin to shade your eyes, sweetheart, and think the untruthful thoughts of mortals. Why condemn the soil and the roots while commending the tree? "You cannot gather grapes from thorns or figs from thistles." Either make the tree good and its fruit good, or condemn both the tree and its fruit. Be logical. The crown of life is motherhood and fatherhood—in other words, Godhood. This is the Law. Not a high law or a low law, but the Law.

An error once fastened in the mind is hard to uproot. Here is a letter from a man who is imbued with the idea that immortality can be made out of mortality. He says:

"Please discontinue your paper. It is not what I expected it to be. It preaches the lower law of animalism and not the higher conservation of energy by which law the existence of suns (sons) is possible."

This man has the same idea of higher and lower law, which pervades mortality. He

insults the animals by calling the law by which they live "animalism." The foolish notion that seminal fluid can be conserved was first preached by a man named Noyes, who founded a community near Oneida, New York. It is the doctrine of Cryus Teed, Hiram Butler, and many others, who have taken up the foolish notion that life is in matter. I notice that my friend, the editor of *Self*, Oakland, California, has fallen into the same mistake. This is the way she answers a question:

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Excuse me, but this is the height of nonsense. Seminal fluid is formed just like saliva is formed in the mouth or gastric juice in the stomach. And there isn't any more energy or life in semen than there is in saliva. Life is in the Spirit and not in the flesh. You had as well talk about preventing the formation of saliva in the mouth or gastric juice in the stomach in order to conserve life. Quacks are continually sending out books warning boys and young men about "the loss of manhood," and getting them scared half to death over natural emissions. It is nonsense! The overflowing of this fluid is just as natural as tears from the eyes, or spittle from the mouth. If you could bottle up all of your tears or hoard up all the gastric juice in your stomach, instead of conserving force, you would burst. Where is the life force, that you talk so much about? It is in the Spirit, and must be used through the mind. It is right thinking that will bring you up to where the supply will always be equal to the demand. And right here let me say that regeneration is not going to come by a process of growth. The right thinking will come through a slow unfoldment of the mind. But when the mental process has been finished and the thought has been adjusted to the new conditions, they will take place instantly. The change of conditions does not take place through seminal fluid or any other kind of fluid, but by the Word of the I AM that I AM. I AM the Resurrection and I AM the Life, but I AM not matter of any kind whatever. The mortal body is suited to the mortal mind. The body of regeneration will instantly clothe the immortal mind with the "glorious body of the son of God." The fifteenth chapter of first Corinthians is a scientific statement of regeneration. "Behold I show you a mystery. We shall not all sleep, but we shall all be changed, in a moment, in the twinkling of an eye, at the last trump; for the trumpet shall sound, and the dead shall be raised incorruptible, and we shall be changed." This change is not through a process of manipulating mud, whether fluid mud or solid mud, but by the Word of the I AM. It is the long process of education

preparing us for this change which we call the unfoldment. You will not gain immortality or the manifestation of eternal life by stopping up the pores. Immortality is not made out of sweat, therefore, you ought to keep your pores open, in order that your skin may be ventilated. Don't look into the body for the eternal principle of Being. "No man hath seen God." Life principle is invisible. You can't examine it even with a microscope.

What folly it is to suppose that the body is the life. "The life is more than meat." It is not dirt. It is not fluid. It is Spirit. Light and Life are synonymous terms. Take the body of an athlete, a giant, with all the life forces and fluids in healthy activity, and one little bullet is sufficient to reduce the whole to a putrid corpse. Aye, a small pinch of poison will cause this mighty body to dissolve and become as nothing. You may talk about life and force and spell the words with capital letters, but this does not define the indefinable or make visible the invisible. From whence came this visible body? It was made out of dust, do you say? Then from whence came the dust? You are bound to come to the jumping off place somewhere. Therefore, it is safe to say that the visible came out of the invisible. Thoughts are things and things are thoughts embodied. But the body is not the thought. The body may be dissolved without any injury to the thought. The image and likeness may disappear, but the substance, the reality, the real being is without changeableness. In the account of man's origin, in the book of Genesis, you find the facts stated in parable. God made man out of the dust of the earth. The Hebrew word translated "dust," means a peculiar and particular kind of red earth. It was the first earth fructified by the Spirit after the glacial period. Into this earth impregnated by the sun was placed the seed of man. This man came up out of the earth a dual being, male and female. In the fullness of time the female was separated from the male and they became two whole beings, endowed with creative power. Since then they have gone on reproducing themselves in their own image and likeness through procreation. Now, this seed of man came forth from the sun. It is said that the Spirit of God brooded upon the face of the waters and God said: "Let there be light!" and there was light. In this conjunction we have matter, spirit, and the Word of the I AM. None of these things have disappeared. They are all yet potent in perpetuating being. In regeneration this same Word of the I AM is the seed. This Word which is the seed, may use seminal fluid, or it may not. But there is one thing sure and certain, the seed of the kingdom is the Word of God. This seed of man, known in mortality, is called corruptible seed, while the Word is called the incorruptible seed. This is the way an old writer states it: "Being born again, not of corruptible seed, but of incorruptible, by the Word of God, which liveth and abideth forever. For all flesh is as grass, and all the glory of man as the flower of grass. The grass withereth, and the flower thereof falleth away; but the Word of the Lord endureth forever." This is a

scientific statement of the Truth. The seed you are trying to conserve does not endure forever. All this talk about conserving this seed is as silly as to talk about conserving perspiration. Get this awful Truth fastened in your mind: "The things that are seen are temporal; the things that are unseen are eternal." Instead of concentrating your thought on the flesh and its fluids, lift your mind to the Creator who "is able of these stones to raise up children unto Abraham." It is the consciousness of the eternal Word which brings you into conjunction with eternal life. While the body is made the basis of our activity we do not send out fluids to save the world, but thoughts. When I undertake to heal the sick, I put my body into the most perfect repose, while my thought goes forth with healing in its wings. Why, sweetheart, this life of the body can go on without thought. The animals live and move and have their being through instinct. We are exhorted by the Master to "take no thought for the body, what ye shall eat, or what ye shall put on, for the life is more than meat and the body than raiment." Constant thinking of the body disturbs its action and brings on disease. Lift your eyes to the sun and bathe your mind in light of Spirit! But don't go off into an opposite direction and despise the body. Live the life of the flesh according to the desires of the flesh, and the life of the Spirit according to the desires of the Spirit.

This leads me, sweetheart, to a letter on my desk. The writer is one of the most eminent mental healers in the world. She writes from Boston, the Athens of America. I give her confidential letter, without any names, so that you may know just how this question confronts the inspired woman of to-day. I am not violating any confidence when I give you her words, without using her name. I am the High Priest, and many of the best minds in the world are coming to me for help. Here is what she tells me in her letter:

"Dear Dr. Shelton—I feel that you can help me so much, so I write to you again. I am, I feel, at a critical point in my progress, and I do not just, perhaps, understand about these sexual vibrations. As I sit in the Silence, I feel these vibrations all over me. They start from the top of me and I can feel them going through me from tip to toe. They are so tremendous I have been afraid of them. When I then begin to treat I can seem to feel these vibrations touch the Spirit of the one of whom I am thinking. Then I take another, and so on, until I am through. If I lie down, I feel the same. They seem to be working at me all the time in the quiet, filling me with strong thrills of ecstasy.

"Am I a fool, or what? It feels like power, yet if I were inclined to low things, I should spend that energy on a low plane. I have to write this to you, for I do not know whom else to ask. I have been studying your talks on 'All vibrations are sexual, and all healing is done through the sexual vibration.' I sometimes think I am obsessed, then again I think I am not. I ask for the pure and get this that I speak of. The only thing, if it be pure, is to always send it out to others, so not to spend this energy on a low plane. I know you will understand.

"Now, Sunday morning, in treating, I felt this influx of such strong vibrations, which produce ecstasy in me, and I sent it out to my patients—one a new one, a man. I

heard afterwards that the daughter, who came to me Saturday to help her father, said to my friend: 'I wonder when Mrs. — gave my father his treatment. I was sitting, about three o'clock, in my sitting room with father when suddenly he stopped reading the paper and laid his head back and went sound asleep. I was stupified myself, in so far, it seemed as if I could not stir—as if a presence was in the room. I could not or did not want to talk and remained perfectly silent beside my father until he awoke. Then I felt a new power and strength and thought instantly I must be sensitive to Mrs. —; this must have been a treatment from her, and my father was put to sleep.' If this is true and this is pure vibration, all right. You must know. But upon it I seem to hang. I have thought it was perhaps obsession, and have closed myself to it. I feel it creeping all over me, in my arms, and all parts of my body, seeming to stop and concentrate in the sexual organs. I have no thought but purity and love in the highest sense. Is it the healing power, or is it obsession?

"I get this, through writing with my hand and through telepathy (for I hear quicker than I can write): 'I am love. I come to you to fill you with love vibrations. As you feel this, send it out to others. It is not given you to use on a low plane, but to heal others with. As you feel this vibration coming into you, send your thought to your patients, and they will feel the power. Anyone you come in contact with, anyone you think of will be helped, and your very voice shall heal.' I also got: 'You have misused the energy in times past, and I shall renew you in all parts.' I get this at night or anytime in the quiet. I felt it with such strength that even my legs seemed weak or rather overpowered almost with the intensity of it. So I have done all in my power to throw it off, knowing I had been treating a young man for purity and others also. I felt it might be some unprogressed spirit fooling me.

"I sense in your Highest Self you are pure, and so am I. Thus I ask you about these things. At the same time, I feel about my head the sensations of these vibrations, the same as when I write. I am strong enough to hold these things off until I shall hear from you, but I shall await your answer to these questions. Am I wrong or am I right? Is it spiritual vibrations or is it obsession of a low thought form, enticing me to impurity? I feel sure I can trust you. In throwing back these sensations or vibrations this morning and stopping to write to you, I feel almost nauseated. 'But I am strong and powerful and can throw off all external support and stand alone.' I am not afraid, and I feel better in writing to you.

"God bless you, and don't think me a fool."

Sweetheart, I do not think you a fool except in that wise way of becoming a fool that you may be wise. You were simply exercising the glorious function of motherhood. All healers feel these vibrations. The only thing you need to do is to glorify instead of condemning. There is not anything low or anything high. There is only God. Above and below, here and there, you find only God. The Divine Feminine working in you for the healing of all diseases must start from the fountain of all life. This fountain is itself centered in the sun, and the sun's vibrations are always sexual. The sun is the Father of Lights, in whom there is no variableness or shadow that is cast by turning. The sun is the generator and regenerator of all things that move and have being. You send out your healing thoughts through love vibrations, and love vibrations and sexual vibrations are one and

the same. Therefore, do not be afraid to let God radiate from your being. When your patient received your vibrations, he fell asleep. When Adam felt the vibrations of the Father of Lights, he fell into a deep sleep, and from his side was taken woman. This is a wonderful parable of creation. When your vibrations cause men to fall into a restful sleep, you need not be afraid that they will be led into anything wrong. Such vibrations are elevating, uplifting, and life-giving.

It is true that I speak the Word of healing, but I have always had to depend upon woman to give that Word warmth and to clothe it with life. I need only refer to such healers as Mrs. Wilmans, Mrs. Eddy, and Mrs. Cramer, and thousands of others, to show you that this new thought is the overflow of Divine Motherhood. So, my sweetheart, do not be afraid to be a mother to all of your patients, whether men or women. And do not get the idea that such holy vibrations can come from mortal thought. There is no such thing as obsession. It is a vain imagination of the mortal mind. Life, life everlasting, is in these vibrations that are called sexual. Only this one caution I give you: Let the vibrations hold you in calmness and serenity. Do not get excited. Fall into the deep sleep which your own vibrations produce in others. Praise God, the God within yourself, and glorify the Divine Motherhood in you. When life came forth from the chaotic earth and the waters, it is said that "the Spirit of God brooded on the face of the waters" before life was brought forth into manifestation. The Hebrew word, correctly translated, "brooded," means to brood, as a hen over her eggs. The hen's brooding brings the life in the egg into manifestation by the warmth of her own body. This same Holy Spirit is now brooding over mortality through the Divine Feminine. Therefore, when your body glows with this warmth from the Spirit of God, you should rejoice and be exceedingly glad. Do not let the old bug-bear of the devil cause you to be alarmed at this warmth, at these vibrations from the sun of all forces. It is the Spirit of Holiness which means Wholeness.

Your telepathy, which is but the echo of your own thought, speaks of using this power on a "low plane." Banish this thought from your mind. There are no low planes or high planes. There are different degrees of understanding. Above all things, while you are getting, get understanding. The act which brought you into being is not on a low plane. You must stand by the fundamental principles of Christian Science: God is good and God is all. As God is everywhere, there can be no such thing as high and low in principle. You must learn to call these vibrations good, then you must learn to control them and use them for good. I do not mean "good" in the relative sense, for all is good. The waves of the ocean are good, but you must learn to ride them, or they will overwhelm you. The same is true of these vibrations of healing. Learn to walk these waves; don't let anyone deceive you in the idea that this new life is from "obsession" or any other evil. When

the "Holy Spirit" was first poured out on the disciples of Jesus, those who looked on, said: "What meaneth this?" Others, mocking, said: "These men are full of new wine." They were intoxicated with the Holy Spirit. Peter could not deny the appearance of drunkenness. He could only say that it was too early in the morning to get drunk. There is a stimulation, an intoxication in these vibrations. Alcohol is spirit, in an artificial form. It is man-made spirit. Alcohol, in its native state, is found in nearly everything that we eat and drink. Therefore, when the real spirit is poured out on the flesh, it brings all the exhilaration of intoxication. You must learn how to use it. It is going to be poured out on all flesh; and your sons and your daughters shall prophesy, and your young men shall see visions, and your old men shall dream dreams. There have been many special outpourings of the Spirit. The time is coming when it will be Universal. The resurrection is now going on. It is not something that is to come with the blast of the trumpet, but the gradual unfolding of the Spirit. You might just as well get ready to receive it, and come into an understanding of its influence. The healers now working in the world are but the forerunners of an Universal outpouring of the Spirit of Truth.

TALKING HORSE AND TALKING GOD.

By Sam Walter Foss.

I.

They sat and they talked where the cross-roads meet,
Four men from the four winds come,
And they talked of the horse, for they loved the theme,
And never a man was dumb.
And the man from the North loved the strength of the horse,
And the man from the East his pace,
And the man from the South loved the speed of the horse,
The man from the West his grace.

So these four men from the four winds come,
Each paused a space in his course
And smiled in the face of his fellow-man
And lovingly talked of the horse.
Then each man parted and went his way
As their different courses ran;
And each man journeyed with peace in his heart
And loving his fellow-man.

II.

They met next year where the cross-roads meet,
Four men from the four winds come,
And it chanced, as they met, that they talked of God,
And never a man was dumb.
One imaged God in the shape of man,
A spirit did one insist;
One said that Nature itself was God,
One said that he didn't exist.

But they lashed each other with tongues that stung,
That smote as with a rod;
Each glared in the face of his fellow-man,
And wrathfully talked of God.
Then each man parted and went his way,
As their different courses ran;
And each man journeyed with war in his heart,
And hating his fellow-man.

There is no better mirror than a tried and true friend.

THE BIBLE ACCOUNT OF THE AGE OF MAN.

Of all the serious difficulties which the scientific awakening of this century presented to a literal acceptance of the Biblical records as history, the age of man was the most formidable. Making all the allowance possible for omissions in the genealogies, the chronology of the Bible will not admit us to believe that man has been on this planet 7,000 years. Archbishop Usher's reckoning, which is printed in the margin, makes the creation of Adam 4,004 years B. C. When the Darwinian theory seized the scientific mind with an astonishing furor, so strongly did the current of man's thought rush in the channel of evolution that serious Bible students could only remain silent. All they could say was, "wait." Nor have they waited in vain. Antiquarian research and scientific investigation have never yet produced an accepted fact which contradicts a Bible statement.

For a long time the Darwinian theory was considered the certain explanation of the formation of man. But men waited for the proof; they wait still. Now confidence in that theory is shaken and before the end of the next century it will only live as a memory. To establish that theory it will be necessary to produce fossils of pithecoïd animals gradually approaching the skeleton of man. None such have been discovered. There are not at present any fossilized human remains. A fossil is any part of an animal or vegetable organism which has so long been imbedded that all its original material has, particle by particle, been replaced by mineral matter; and we have an exact reproduction of the body of the plant or animal in mineral. Now, no part of a human being has ever been found in this condition. This of itself would indicate the recent burial of the human race.

The most ancient specimens of human remains we are at present aware of have been exhumed from the floor of limestone caves. The most favorable neighborhood for the construction of such caves is the Valley of the Meuse. Near Liege the valley is flanked by limestone precipices. These cliffs are almost honey-combed with caves; for water percolating through the crevices of the rock, when charged with carbonic acid gas, has the property of dissolving lime, and thus eating away the rock, a cave is formed. The inhabitants of the neighborhood naturally utilized these caves as dwelling places; in the processes of daily life, the bones of the animals on whose flesh they fed, together with their weapons and tools and cooking apparatus, would be left about on the floor of the cave; occasionally a lone hunter would sleep his long last sleep in his cave; but the water dripping from the roof always contained lime in solution and as it fell on the cave floor it evaporated and deposited its lime, so that new floors were always in process of construction, imbedding in their material all these relics of the cave dwellers. It is here we find the earliest human remains.

In the middle of the century several specimens of human bones were unearthed; the most celebrated being the Engis skull, and

a well preserved skeleton, fondly called by geologists, "The old man of Cro-magnon." But this hunter showed no disposition to ally himself with any brute form beneath us; he was a fine specimen of a man, over six feet high; and Quatrefages, the French naturalist, compared his skull with that of a bishop of Tours, of the fourth century, to the disadvantage of the bishop! These caves have all been excavated since the glacial period.

At the beginning of the century bits of flint were occasionally found in gravel beds, which had the appearance of arrow heads, but it was not until 1860 that Monsieur Bouche de Perthes invited a company of English geologists to visit the gravel beds in the valley of the Somme, which he had been examining for twenty years, and convinced them and the world that the flints he had found were not accidentally chipped, but they were human handicraft—the knives, hammers, hatchets, etc., of primitive men.

The attention of geologists was thus turned in this direction and we now have over 3,000 specimens of these flint implements. The stages of human development became graduated into the Stone Age, the Bronze Age and the Iron Age, according as the civilization of the people so improved as they were able to manipulate metals. These stone implements are undoubtedly the first indications we have of the presence of man on this planet.

If, therefore, we can estimate the time of the deposit of the gravel beds in which they always occur, we shall arrive at the age of man.

As everybody knows, at a late period of the earth's history, geologically speaking, there was, so to speak, a cold wave which swept over the earth. What caused this coldness has not been satisfactorily determined. During its continuance the ice cap, which now is bounded by the Arctic circle, came down, in this country, to a line roughly joining New York and San Francisco.

We know that this incalculable quantity of ice suddenly melted. Literally oceans of water were liberated from their icy prisons and found their way to the sea beds; it is said that the sea water of the world was increased by one-fifth by this melting of the glaciers.

Glaciers are in fact ice rivers; exactly why it is so has not as yet been satisfactorily explained, but when ice accumulates in huge quantities, and is on a slope, it flows downward like water would, only much slower. As it thus flows, it scrapes the sides of the valley, carrying along its edges and at its front, rocks and earth; this load it deposits at the place where it melts, forming an embankment, called a moraine. When the glaciers suddenly melted—and by suddenly years must be understood and not days—the floods of water carried down the material of these moraines and redistributed it, forming it into the banks of the rivers.

These beds of gravel are now called "post glacial drift." It is in these beds that the stone weapons and implements are found.

If, therefore, we can determine the time of the glacial melting, we shall at least

know the furthest limit of time when these primitive men lived. And we are tempted to generalize and to say when man lived; because in deposits made before the glacial melting there has never yet been discovered any signs of the presence of man. The period previous to glacial epoch is called the Tertiary. To render the Darwinian theory at all probable we ought to have numerous specimens of the remains of Tertiary men. Many persons take it for granted that such evidences of the existence of man in the Tertiary period are forthcoming; but this is not the case. Sir John Evans, in his presidential address before the British association at Montreal, two years ago, reviewing the condition of geological research, declared that *the Tertiary man was not, as yet, in sight*.

We may, therefore, with some confidence, assert that man appeared suddenly on this planet some time subsequently to the melting of the glaciers. If, therefore, we can discover the lapse of years since the ice age terminated we shall know the furthest number of years since man appeared. Fortunately this is quite possible. If a good atlas be consulted, a curious difference in the number of lakes in British North America and the United States will be noted. North of the boundary line they are innumerable; south of it there is scarcely one. The cause of this phenomenon is, that in the ice age Canada was covered with glacial ice; the States were not. When the ice melted quantities of water was left in the hollows, forming lakes. Now a lake can never have a long life because the rivers which run into it are continually bringing down debris, trying to fill it up, while the river, which is its outlet, is as continually cutting deeper its channel and nearing the time when it will drain it dry; hence the lakes of Canada are proofs that, geologically speaking, it is not long ago that they came into existence. There are many cases where the outflowing river has in its course fallen over some ledge, to a lower level of country, where it formed a gorge, gradually wearing its way back to the lake; it is possible, by noting the rate at which it is at present excavating the gorge, to arrive at a fair idea how long it has been cutting the whole length.

All the instances of this kind afford the same sort of answer to the question, as has been elicited from the examination of the Niagara gorge. At the beginning of the melting of the ice, while as yet it filled the Mohawk valley, the waters from the overflow of the Great Lakes, which were then formed, found their way down the Wabash to the Mississippi and so to the Gulf of Mexico. But as the melting proceeded and the ice barrier across the Mohawk valley gave way, the drainage of the Great Lakes took its present course. Between Lakes Erie and Ontario the level of the country drops suddenly. A limestone escarpment, whose summit is 300 feet above the level of Lake Ontario, marks the place of the drop and over this the Niagara river falls. Since it commenced to flow it has eaten back a gorge now seven miles long. How long has the river been in excavating this gorge is the question whose answer will tell us how long

ago the ice disappeared and how long ago man appeared upon the banks of the rivers.

This has always been an interesting question to geologists, and there is no stronger witness to the unreliability of what is called scientific assertion, and no more pertinent warning to the scientists to go slowly and to the men of the Bible to wait patiently, than the history of the solution of this problem.

Near the beginning of the century the French glacialist, Desor, published his opinion that Niagara had been roaring 3,500,000 years. In 1841 the English geologist, Sir Chas. Lyell, carefully examined the gorge and came to the conclusion that Monsieur Desor's calculation was a hundred times too much. He believed the age of the falls to be about 35,000 years.

Bakewell, another celebrated English geologist, devoted much personal examination of the subject and his son reviewed his father's measurements in four visits to the locality, from 1846 to 1852. The Bakewells concluded that Sir Charles' estimate was *three* times too great; that the falls were receding at the rate of three feet, and not one foot, a year. This would bring the determination of the glacial period to within 12,000 years of our era.

The Association for the Advancement of Science held its annual meeting in Buffalo in 1886. The question of the age of the neighboring falls was naturally the chief topic of the society's consideration. Mr. G. K. Gilbert, of the United States Geological Survey, "whose authority on such subjects," says Prof. Wright, the author of "The Ice Age in North America," "is unsurpassed," read the chief paper and concluded "that the maximum length of time since the birth of the falls, by the separation of the lakes, is only 7,000 years, and that even this small measure may need significant reduction."

This reduction has since been made by Dr. Julius Pohlman, of Buffalo, who pointed out a significant factor in the calculation, which had hitherto been overlooked. He showed that before the ice age a river ran where the Niagara now does and its two affluents, the Tonawanda and the Chippewa, emptied into it; the channels of these streams are pre-glacial and that therefore when the Niagara began to run it found much of the excavating work which has been credited to it already done. Considering this important fact, Dr. Pohlman considers that 3,500 years is sufficient time to allow for the erosion of the seven-mile gorge.

This brings the age of man, as far as we are at present advised, well within the range of the Bible chronology.

Evidently there was, for some reason, a sudden and enormous increase in the sun's heat. This greatly distressed the population of the earth then gathered about the cradle of the race, the Euphrates valley. To avoid the heat and its consequent effect upon the pasturage, many of them, for coolness sake, migrated north, until they reached the actual edge of the retreating glaciers.

Some record of this movement is no doubt left us in the meanings of the names of the genealogy of Shem, preserved in the elev-

enth chapter of Genesis. It is surprising how soon civilized people, separated from the parent stock, will become all but savages, and, having lost or worn out the metal implements they brought with them, they would be enforced to make stone knives and arrow heads wherewith to kill the game on which they subsisted.

It is the relics of these people we are now finding. The palæolithic men were not ascending in the scale, as has always been supposed, from some lower form, struggling to reach a civilization; but, on the other hand, they were members of the descendants of Noah, driven northwards to escape the unwonted heat by which the glaciers of the ice age were melted.

H. MARTYN HART.

MUSICAL VIBRATIONS IN THE HEALING OF THE SICK.

By Eva A. Vescelius.

(Read at the second annual convention of the International Metaphysical League, New York City, October, 1900, and furnished "Christian" for publication.)

Chomet, in his very interesting work on the "Influence of Music on Health and Life," says: "I do not believe there exists a human being who cannot feel an affinity for certain sounds that meet his ear." With this opinion we agree, for the soul is a harp of many strings, played upon by every passing emotion, giving out uncertain tones and discords in its search for the perfect.

The cabalists taught that music is a cosmic force and moves the world, and through it all things are possible as a gift of God. References to the music of the Egyptians credit them with the belief in the union of music and prophesy and its power over disease.

So great was the influence of music esteemed by the Greeks that no social function was considered complete without it.

Brocklesby in his "Reflections on Ancient Music," says: "This science was not cultivated merely for amusement, but they attested their veneration by its indispensable use on the most sublime and solemn occasions. It accompanied their praise of their Gods and heroes. It was employed at the founding and fortifying of their cities. Their forces by sea and land were disciplined and regulated by martial music, and so universal was the application of this art that even the administration of justice against public offenders was inflicted by stripes that kept time to certain tunes or musical instruments."

The effect of music on animals is very noticeable. We have heard of a horse that would stop eating and prick up his ears and listen with every evidence of pleasure whenever, and as long as, low G was sounded and sustained, showing this horse was evidently keyed to G.

The Arabs have a saying that the song of the shepherd fattens the sheep more than the richest pasture. In fact, nearly everyone can cite some case in point where music has been known to exert a powerful influence in the animal kingdom.

The first instance recorded where music exercised a beneficial influence upon a mind

diseased, we find in the story of King Saul: "And it came to pass, when the evil spirit from God was upon Saul, that David took a harp and played with his hand, so Saul was refreshed and was well, and the evil spirit departed from him."

It is recorded that when Philip V. of Spain was afflicted with insanity, the Queen called in Faranelli, the greatest of tenors. With his voice he could quiet the King, and in time he restored him to reason, and also the King's son, who had inherited the same tendencies. There were four songs especially agreeable to the King; these he wished to hear every evening. Faranelli stated to Burney, the musical historian, that during the ten years he remained at the Spanish Court, he sang these four songs three thousand six hundred times.

Bordelet in his history of music writes of a woman insane—restored to reason by a number of musicians playing at different times during the day for eighteen days.

Luther recommends music, saying, "The devil is a saturnine spirit and music is hateful to him, driving him far away."

In one of his letters to a friend, Emerson writes: "You and I, my friend, sit in different houses and speak all day to different persons, but the differences, make the most we can of them, are trivial. We are lapped at last in the same idea, we are hurried along in the same material system of stars, in the same immaterial system of influences, to the same untold, ineffable goal. Let us exchange now and then a word or a look on the new phases of the dream." Musical therapeutics is a new old phase of the dream. I am but another voice calling your attention to its deep, beneficent power.

To restore perfect equilibrium of body, soul and spirit, is the aim of all who would heal, whether physician or metaphysician, and music can often be of service in restoring harmony. Musical vibrations are far more than an anodyne; they are a great universal force.

When employed by one enlightened with an understanding of the divine healing power of the spirit, knowing how to diagnose mental conditions and how to harmonize them, it finds its highest expression.

Sending his thoughts out upon the sound waves of sonorous fluid he cannot but exercise a healing influence, through his music.

This is not the work for the musical critic who places technic above every other qualification; he would fail where another with less ability, but with intuitive understanding of the needs of the patient would succeed, for the essentials for the musical healer are an understanding of the spirit that heals, combined with a love and perfect sympathy for the work, judgment to select the right music, when to apply and when not to.

Let the music be free from all that touches upon sin, sickness and death, for the mind must be relieved of all emotional excitement, should be calmed of fear, sustained by hope, and aroused, as the case may require. One of the features of musical healing that has come under my observation, is that the best results are not gained by a variety of compositions, but by the right selections and keeping to them, for certain

mental disorders. Find the right key and rhythm and use them frequently.

The mother does not sing a new lullaby to her baby every evening—it would have the effect of keeping him awake,—but the one the child is familiar with and yields to more readily.

The singing voice expressing health-inspiring words, exercises the most potent influence; after that, the stringed instruments, particularly the violin.

America possesses many beautiful voices and gifted musicians, an army of students full of high ambition to attain first rank or nothing. Many of them when they realize that they cannot attain first place, drop into a state of indifference, close the instrument, cease to practice, seldom giving their friends any pleasure with their gift; could they realize that in the new thought they would find inspiration and by their art they could relieve the tired, harassed mind by changing the mental atmosphere, they would have a worthy motive for keeping up their study. I would say to these, give out as far as you have developed, for only in this way will you grow stronger. Have an individuality of your own in your music. Do not waste time wishing you were like some one else or had more leisure to study and become great and famous; use what you have now and more will be added. Your own small talent is as much God-given as the greatest. Vitalize it with the healing thought until it is indeed God breath. Love your gift and give expression to it. Each bird has its own note, and the charm of the forest choir is in the diversity and blending of many tones.

When you have the desire to help and heal by your musical gift, you have joined the Choir Invisible, "whose music is the gladness of the world." All students of mental science have not the gift of healing by the silent word. There are diversity of gifts, but the same spirit.

The therapeutic value of music has gone beyond the experimental stage and has ceased to be a theory. So many and so varied are the nature of the diseases influenced beneficially, that it is impossible to draw the line and say it is better for this or that disorder, for the music acts directly upon the mind, and mental states are mirrored forth in the flesh.

Let us hope that in the near future music fraught with healing power, sung by soft, sweet voices, blending and harmonizing, and sweet-tuned instruments, will be heard in our hospitals and sanitariums, that the work will be so systematized that it will cease to be haphazard, and the calling of the musical healers will be understood and appreciated. We do not hold it to be a cure all, but it is an aid, and should have honored place in our work. In this great metaphysical movement, music will yet find its highest service to humanity, for all life is vibratory, and harmony is the fundamental principle of being.

Mrs. Charles H. Stephens, of Avondale, Ohio, is said to have the finest collection of palms of any amateur collector of flowers and plants in this country. She has many rare specimens from Brazil and other climates.

THE APPEARANCE OF EVIL.

Mind being infinite — omniscient — must know all. All includes not only that which can be known, but also, its opposite.

The mind includes within itself both the known and the unknown. The unlimited mind knows both the known and the unknown.

Right knowledge is to know the unknown as unknown.

That which is, can be known as the knowable. Its opposite is that which is not.

Truth is that quality which causes anything to be just what it is.

The truth about anything is just what it is. The opposite of what a thing is, is that which cannot be known of it. The truth about anything is knowable. Anything is known when the truth about it is known.

That which is not true of anything cannot be known of it.

The truth about all of creation is that it is in and of the mind. The truth about the mind is that it is intelligence. The truth about intelligence is that it is good and wise and creates only that which accords with goodness and wisdom.

All that can in truth be known of all creation is that it accords with goodness and wisdom.

The mind knows this as the known.

It also knows the opposite as the unknown. This is "right knowledge."

The Ego stands as 1 and the unknowable is as 0.

When the 0 is placed on the right of the 1 it does not change the 1, but seems to affect it. Thus—10. If placed on the left it does not even seem to affect the 1. Thus—01.

In the day of judgment the unknowable will be placed on the left and therefore will no longer seem to affect the Ego.

With Love,

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The midnight ghost is probably the dead of night.

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