

FREEDOM

A JOURNAL OF REALISTIC IDEALISM.

*Who dares assert the I
May calmly wait
While hurrying fate
Meets his demands with sure supply.*—HELEN WILMANS.

*I am owner of the sphere,
Of the seven stars and the solar year,
Of Caesar's hand and Plato's brain,
Of Lord Christ's heart and Shakspeare's strain.*—EMERSON.

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PREDICTIONS FOR THE FUTURE.

I print the following as showing that a good deal of thought is being devoted to the subject of man and his powers, even though the ideas contained in the article are a long way off the right track; indeed, the most of them are guesses, and pretty nonsensical guesses at that. The article is from one the big dailies; I do not know which one.

Some of my friends are in the habit of sending me clippings they think suitable for FREEDOM, for which I thank them most earnestly. I wish more of them would do it. These articles are a great help to me in editing the paper; and just at this time I am extremely busy.

Besides editing the paper I have my patients to treat, and they take a great deal of my time.

But here is the article, and I hope my readers will overlook the weak spots in it. The fact is, it is all rather weak, utterly ignoring the growing power of man to shape conditions as he goes on ripening to the fullness of individual creativeness.

To savans in various scientific institutions this question was addressed:

"Looking as far into the future as your mind's eye can see, what changes are likely to occur to our brains, bodies and environments?"

"Man of the distant future," said Professor Otis Mason, "will occupy a belt near the equator. The earth is cooling, and as a result the Esquimau must leave the polar regions. Later the Yankee must quit New England. All savage people will be eliminated from the earth.

"The entire human race will be brunette. The blond people were once brunetts and became as they are throughsome process of interbreeding. The convolutions of the brain will be larger and will admit a much greater blood flow to carry on the commerce of the mind. Man will be stronger physically. His hands and feet will be much smaller. Labor saving machinery will reduce physical labor, but an increase of athletics will make the race stronger. Disappearance of small printing type will leave the eyes much stronger.

"The ear can never take the place of the eye until some other heavenly body can be substituted for the sun. The hat will vanish and the hair will improve.

"The home of this age will be a great communal dwelling where all people of the same kinship will live under the same roof—children, parents, grandparents, uncles, aunts, and cousins. Rapid transit will eliminate sky scrapers. Increased artificialization of life will render co-operation more necessary. Separate establishments, such as the corner grocery, will be considered absurdities of bygone days, as will also the keeping of servants.

"Chemically pure drinking water will free the cells of the body from mineral matter and permit man to live to the age of Methuselah. Compressed foods will never come into use. If they should the stomach would atro-

phy. The death of an infant will be an exception, whereas to-day one-half of the human race never mature. The deadly microbe will suffer the fate of such dangerous animal pests as have already been made extinct. People who spread disease will be considered as enemies to mankind—punishable by severe penalties. Dress will be more perfectly adapted to comfort, health, longevity and beauty. It will never be deprived of ornamentation and women and men will never dress alike."

"Man will lose his wisdom teeth utterly," said Curator Lucas, the anatomist of the National Museum, "but modern systems of dentistry will probably save the other teeth. It is possible that there may be found the germ of a third set, to cut after the disappearance of the second. Mammals far back in the ages had a third set of teeth, and man shows indications of the same tendency. I might add that there is danger of the human race becoming homely rather than beautiful as a result of the growing tendency of man to marry for intelligence rather than beauty."

"That man of the distant future would be minus a little toe was the only prophecy ventured by Dr. D. S. Lamb, the pathologist of the Medical Museum.

BRAIN WILL BE BIGGER.

Dr. Theodore N. Gill, biologist of the Smithsonian Institution, said that the wisdom teeth would disappear, as would possibly the vermiform appendix and the little toe.

"Man himself," said he, "is a striking evidence of the fact that he was not specially created. He is not only like the ape, but bears the impress of many inferior stocks. The appendix, for instance, was inherited from ancestors to whom it was important, and came to us through the apes from primitive forms somewhat like marsupial. It may disappear to a slight extent. The gray matter of the brain may increase somewhat in bulk, but cerebration is not dependent upon size of brain. It is possible that the little toe will disappear, but doubtful. It has its use in giving greater basis to the foot.

"I doubt whether there will be an increase in stature, especially since in the future intellectuality will become more and more predominant over brute force. Hygienic and sanitary progress will have an appreciable effect upon the average length of human life, but longevity dependent upon improved physical conditions cannot be anticipated. I doubt if the hair will decrease. The more civilized have a thicker growth upon their faces than the lower orders of men."

"The man of the remote future," said Professor Elmer Gates, "will develop into a creature as superior to man, zoologically, as man to-day is superior to the quadrumania. His normal span of life be 150 years, with a chance for greater prolongation. His head will not be relatively larger, but his brain and spinal cord will have developed most. The number of fibre tracts connecting cell groups in the former will have greatly multiplied. All bodily organs not needed will have disappeared. This creature will be much larger and stronger than man is to-day. His eyes will be larger and more mobile in expression.

"I believe that acuteness of the senses will be in-

creased from five to ten times during the next century alone. The man of the remote future will have senses which we do not possess. He will be able to hear higher pitches of sound and to recognize a greater number of tone qualities. He will be able to discriminate between colors below the red and above the violet. Five thousand years from now the human race will detect ten different steps in each fundamental color.

WILL THINK FASTER.

"The time will come when man's mental faculties will have increased from ten to twenty times in speed of functioning. He will then actually experience in a normal lifetime what it would take us perhaps three thousand years to experience with our mental equipment. He will be rid of all depressing, evil and malicious emotions, and because of an introspective knowledge of his own mind will be able to control himself in a manner now apparently impossible. While rid of the emotions now poisoning his blood and weakening his judgment he will possess a greater number of normal emotions active in his daily life.

"He will be more affectionate and will love a greater number of things. He will be more artistic, more aesthetic, more just and more sympathetic. He will be, technically, more skillful in his trade or profession. He will not commit crimes or indulge in warfare. He will be trained to exercise great skill in performing the usual social functions for the maintenance of reputation and acquisition of character.

"His period of childhood will be longer than now. Disease will not be handed down from parent to child. Ripe old age will find itself in possession of every function. It is possible that the tendency toward a second childhood will be stimulated into a natural rejuvenating process, prolonging human life indefinitely.

"By artificial selective propagation foods will be made far more nutritive. The killing of animals will cease. Food will be derived from vegetables or micro-organisms. Man will substitute for meat single cell structures lower in the scale of life than either vegetables or animals, but containing the nutritive qualities of each. Not possessing the organs in which animal diseases thrive, they cannot acquire them.

"Among these single-cell structures are notably the protista. They can be rapidly propagated in water. A ton will become two tons in a short space of time. Then there are many millions of single-cell species, both animal and vegetable, which would answer the purpose.

NO LARGE CITIES.

"The large city will have ceased to exist. The number of villages will increase, and perfected aerial navigation will allow men to live hundreds of miles from their daily occupations. A man in one part of the world will be able to talk with and to see another in a distant part; the atmosphere will not be permeated with carbonic acid gas from the burning of fuels.

"Porous material will not be used in the construction of dwellings. They will be entirely fireproof and moisture proof. They will be equipped with devices for regulating not only temperature but moisture and electric potential. Dust and germs will be completely screened out, and man will no longer waste his energy combating such things. Water will be more pure. Clothing will not interfere with the ventilation or motion of any part of the body.

"Language will be so simplified that when a man shall have learned from one to two thousand simple vocables and syllables he will have mastered his entire language. This mode of speaking will first become common among scientists. Science will be the propagandized religion. Ascertainment of truth by investigation will become a religious purpose. Man will develop more in the twentieth century than he has in the last thousand years."

Strawberries as cheap and plentiful for Christmas dinner as during June and July was one of the predictions for the American of the far future made by Dr. Langworthy, the government's food expert. He added

that perfection of transportation facilities would make the season for all fruits and vegetables endless; that electricity would replace cooking fuels; that home work would be done by co-operation; that the preparation of foods would be a dignified rather than a degrading occupation, and that man's food would not be vastly different from that of to-day, but that methods of storing and preparing it would be very much more sanitary.

ALL MEN WILL BE WHITE.

"Every man will be white," said Professor W. J. McGee, ethnologist. "His average height and weight will be decidedly greater. His head will be larger, absolutely and relatively. His hands and brain will be better co-ordinated, and therefore he will be a better mechanician. His vision will be stronger, his sense of smell more acute, and his hearing and sense of taste more delicate.

"He will live under universal republican government, but it is doubtful whether any one administrative head will be required. Disputes between individuals, corporations or States will be settled by courts of various magnitudes. There will be a universal language—a composite of all present tongues—but, like the English, a language of vocables and syntax. Written and spoken language will be more similar. Phonetic spelling will effect great economy in both printing and writing.

"Fish will be relatively more important as food. Oceans and lakes will be the main source of food supply. Land will be almost entirely occupied for dwelling and for horticulture and intensive agriculture. Need of clothing will diminish. Control of temperature will be met by other than our present retail methods. There will be no serious exposure to cold. In winter men will travel in well heated vehicles, carrying them from one warm building to another. Ozone will be sold at drug stores and will be applied to kill bacilli as soon as they appear.

"The earth will be an endless succession of suburbs. Cities will meanwhile grow less and less dense. The street block or row will be no more. The home will be more individual, each family occupying a separate house built to suit its peculiar taste.

"Transportation will be chiefly electric, and will be much more rapid as a result of straightening and multiplication of tracks. Aerial navigation will be valuable only for sports and amusement. Submarine navigation will be valuable only as a means of escape from storms. Vessels will be equipped with means of diving and remaining below the surface until storms blow over. Perfection of telegraphy will decrease mail business. Money will remain a medium of exchange, but financial transactions will be made mostly by negotiable paper, for which individuals will be more responsible than governments."

I wonder what Prof. Mason thinks man will be doing while the cold at the poles is increasing? In his estimate of the future he has quite forgotten to consider this question. He does not know that man is going to conquer climatic influences, whether hot or cold, and create any kind of a climate to suit his needs. Thought has the power to create heat and cold; to subdue all manner of adverse influences of every nature whatever; and I have no doubt that instead of being driven to the equator we will produce such changes in the extreme North and South as to make those spots productive and beautiful.

Whoever attempts to predict man's future without making allowance for the increasing creativeness of his growing brain is talking about something he knows nothing of. H. W.]

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We now have to pay 10 cents for collection on every check no matter how small. If you send check or draft add this 10 cents, also two cent stamp on check.

SCIENCE NEARS THE SECRET OF LIFE.

To create "life in a test-tube"—by the combination of chemicals, dead in themselves, to produce a substance having the attributes of living matter—long has been the dream of scientists. It has been the goal toward which a group of biologists has worked for half a score of years at a little laboratory at Wood's Holl, Mass., and it has been brought a long step nearer by a discovery made in the course of experiments by one of their number during last summer.

Professor Jacques Loeb of the University of Chicago, working at Wood's Holl, has succeeded in developing from the unfertilized eggs of the sea urchin, by chemical treatment, living and normal plutei, or young sea urchins. He is led by further experiments to believe that this can be done with all marine animals, and reasoning from this discovery and from the work of his colleagues he has come to the conclusion that similar results are possible with mammalians.

DISCOVERY ANNOUNCED.

In the summary of the year's work at Wood's Holl the discovery is announced in the following terms:

"The unfertilized egg of the sea urchin contains all the essential elements for the production of a perfect pluteus. I consider it possible that only the ions of the blood prevent the parthenogenetic origin of embryos in mammalians, and I think it not impossible that a transitory change in the ions of the blood may also allow complete parthenogenesis in mammalians."

The statement contains the announcement of a theory of generation and reproduction which is almost revolutionary.

Wood's Holl is a little village on the end of a neck of land which forms the southeastern shore of Buzzard's Bay. There in 1888 was established the Marine Biological Laboratory at which the marvelous results of the last summer have been achieved. It had its origin in a marine biological school established in 1873 on the Island of Pennikese, near Wood's Holl, by Alexander Agassiz, which lived but two seasons. A later attempt was not more successful at Annisquam. In 1888, however, several colleges united in forming the present institution under the direction of C. O. Whitman, now professor of biology at the University of Chicago. Under his lead the work became systematic.

STUDY MARINE LIFE.

The simple forms of marine life proved to have wonderful possibilities for study and investigation by the trained scientist, and to throw light on the more complex systems of the higher animals. William T. Sedgwick, Edward G. Gardner, and Edward O. Jordan of Massachusetts Institute of Technology, C. B. Atwell of Northwestern University, and F. L. Washburn of Ann Arbor were among the investigators at the school during its first year. The laboratory was housed in a two-story frame building, and was supported by donations. Year by year its work has grown, the laboratories have been enlarged, course after course of lectures has been added to the curriculum, facilities for investigation have increased, and the corps of scientists who spend each summer their entire vacation at this seaside institution studying marine growths has grown larger. Nearly all who have worked there, being biologists, have been believers in a chemical theory of life. They have believed that life originated on the earth through the combina-

tion, in the course of natural evolution of the world, of the chemicals which compose simple protoplasmic cells; that through the long course of countless centuries these growths have modified, influenced by circumstances and by the change of the world about them, and have gradually produced by natural means all that is living on earth to-day. Species have differentiated by natural means, and from a simple cell to a man there has been a steady and a constant growth.

This has been their theory. To establish it they have sought to produce artificially that combination which becomes, instead of a mere combination, a unit—a cell—and which has the power of moving itself and of growing and reproducing itself. Towards this they have wrought constantly, and step by step they are approaching their goal.

NORMAN'S EXPERIMENTS.

Among the workers at the school in previous years W. N. Norman, professor of biology in the University of Texas, was among the most ardent. Professor Norman discovered that if he added to sea water, in which were the unfertilized eggs of certain marine animals, salts of magnesium to increase the water to a certain density, the eggs began to develop. They never produced larvæ, but grew into unformed masses of cells, which broke up as soon as they were placed in normal sea water. On this Professor Norman was at work a year ago when his efforts were ended by an attack of typhoid fever which caused his death in Boston. This segmentation of eggs of marine animals also was accomplished by other students at the laboratory. Seeing in it the possibility of great developments, Professor Loeb took it up where Norman left off. His discovery is the result.

The sea urchin is one of the commonest of marine animals. It is found in great numbers along the shore of the north Atlantic. To the casual observer it consists of a ball of prickles, about the size of a fist, which moves in the water. Examined more closely these prickles are found to be spines projecting from a shell which has a single small opening underside, in which is the mouth of the animal occupying the shell.

As among fishes, there are among sea urchins two separate sexes. The female deposits her eggs in secluded spots in the rocks along the shore, and the deposit of milt fertilizes them. The eggs, then left to themselves, hatch, or develop, in a few hours into blastulæ, and grow thence through the gastrulæ stage to plutei. As plutei they live for some time, just as a young frog exists as a pollywog, at length appearing as their parents did before them as sea urchins, clad in shells and spines.

PROFESSOR LOEB'S WORK.

For the purpose of his experiments Professor Loeb secured eggs from a female sea urchin which he was certain had not been fertilized. These eggs he placed in water containing solutions of various salts. Calcium, sodium, potassium and magnesium were used. He found that when he put the eggs in a calcium solution no result was obtained. When potassium was used they developed slightly. In sodium they slowly evolved into blastulæ, but in magnesium solutions these later forms were produced in two hours, and within twenty-four hours these blastulæ, having been placed again in normal sea water, developed into active and vigorous plutei. The experiments were a complete success, and

magnesium chloride the successful medium for development.

Not content with his own assurance that the eggs were entirely unfertilized, Professor Loeb took from each group used a portion which he immersed in sea water to develop in the natural manner, and in each case they remained unchanged, showing no growth.

Having succeeded in developing the eggs by chemical means, he then began experiments to learn why they did not normally develop in sea water, without requiring to be fertilized. He added to his solutions various other ions, and found that as the amount of calcium or potassium in the water was increased it became more difficult and, at last, impossible to develop the eggs. The fact was plainly established that the milt needed to carry to the eggs for fertilization nothing more than certain ions to counteract the restraining elements in the sea water.

STARTLED BY DISCOVERY.

The possibilities of this discovery startled the little colony by the seaside. Accustomed to examine the lower forms of life for light on the phenomena on the higher forms, the scientists at once looked for a parallel case in the human animal, and came to the conclusion that all cancerous growths are of a similar nature. Professor Loeb is not inclined to go so far.

"We have made a wonderful discovery, all of us at Wood's Holl together," he says. "Norman deserves much of the credit of it. All have done something. I only succeeded first in producing the plutei. From that wonderful possibilities have opened before us. Many of my associates think they see in it the explanation of the cancer. They do not say so loudly yet, for there are so many people who hold to the necessary presence of a bacillus to form a cancer. It may be a bacillus is there—if this theory is correct—for a bacillus makes secretions which may change the composition of the blood, or of the cells in a certain neighborhood, making for the absence of the restraint and allowing the cells to divide and grow. We can only learn that by farther experiments. I will not even say for myself that I believe it explains cancer. It is wonderful enough for me to say that that is true which is proven. But it is reasonable to believe that if a sea urchin egg can develop itself so can the egg of a mammalian."

LONG STEP FORWARD.

"Do you believe that this brings you much nearer the production of life in a test tube?" Dr. Loeb was asked.

"Nearer, perhaps—in fact, much nearer; but after all it may not be an appreciable step when we come to learn the whole distance."

The discovery that a solution of magnesium salt caused the development of sea urchin eggs into normal plutei led the scientists at Wood's Holl to a long series of experiments to find what effect the solution had on other cells. A Jelly fish, or sea anemone, was taken as an illustration. This is a transparent, jelly-like mass that moves through the sea, pulsating regularly, waving with each motion a set of streamers which drive food towards its stomach.

Norman already had shown that when this ring of fibers was cut away pulsation stopped, and it was therefore dubbed the "nerve ring," and was believed to be the center of motive power in the animal. This has now been proven wrong, for when the remaining por-

tion of the jelly fish was put in water containing no calcium and a large percentage of magnesium, it immediately began pulsating rhythmically, as it had in sea water with its rings attached. Bit by bit the outer portions were cut away, and at last the merest center of the mass was put in a magnesium solution, when it pulsed as had the rest.

OTHER EXPERIMENTS.

A frog's leg was then experimented on with similar results. In the frog only the heart beat under normal conditions. The leg was cut off and lay inert. It was put into a solution of calcium chloride, and was still motionless; finally it was put into a solution of sodium bromide and then into one of sodium chloride, and in each the muscle pulsed with the rhythmic regularity of the heart. Further experiments convinced the corps of investigators laboring under Professor Whitman that only the presence of potassium and calcium in the blood prevented the whole structure of striated muscles from contracting and expanding as regularly as the heart does. That this applies equally well to mankind, and that only the presence of restraining influence in the blood prevents the pulsation of the muscles of the body, is accepted as a natural deduction by many scientists.

Step by step the scientists of Wood's Holl are learning from the marine animals causes of the phenomena in the bodies of mankind. The least eager and least prophetically inclined of them hardly dares express what he believes will be the outcome of their investigations. That it will revolutionize theories of life held even by eminent students of natural science up to the present day they do not hesitate to affirm. Beyond they will not go, further than to declare that when the chemical theory of life is definitely formulated, as they believe it soon will be, it will startle the world as it has not been startled since Darwin made public his theory of natural evolution.—*The Chicago Sunday Tribune.*

That thought is a curative agent I have no doubt. That I cannot dispel all my aches, pains, and ailments by the power of thought simply proves that I have not learned how; precisely as I could not apply the power of steam or electricity, if I did not know how. I should have to serve a long apprenticeship to learn how to use electricity. Can I learn how to use a still subtler, more mysterious force in a shorter time; and from a teacher who knows little more than I do?—*Positive Thought*

TREATMENTS FOR FINANCIAL SUCCESS.

These treatments are really for the upbuilding of business courage, self-confidence, and the vitality that suggests new ideas and new business enterprises, out of which success is sure to come. They are for the overcoming of that doubt men often cherish concerning their own power to do things as great as others have done. The fact is, these treatments for financial success are treatments for the making of men. They strengthen the man all over; they enable him to see his own worth and give him the essential faith to work out his own ideas to any desired result. It was by the strengthening of self that I won the victory over poverty; you should read my book "A Conquest of Poverty." It is a splendid thing if I do say it myself. You will gain force of character from reading it. If you wish to be treated for the qualities I have enumerated as necessary to you in a business career, you can write for terms to

HELEN WILMANS,
Sea Breeze, Fla.

THE AMERICAN.

A reform journal, and a very fine one, has this to say about the "Conquest of Poverty":

"A Conquest of Poverty" by Helen Wilmans. International Scientific Association, Sea Breeze, Fla.

A sort of autobiographical sketch of the life struggle of a remarkable woman, the expounder of Mental Science—a struggle from poverty to opulence. Know thyself, trust thyself and gain a just appreciation of man's undying and ever unfolding faculties giving power over error, poverty, sickness; pointing out the way by which we can conquer all undesirable conditions—poverty, disease, aye, death itself. This is the mandate spoken by Mrs. Wilmans, or rather Mrs. Post, to the multitude embraced in poverty and disease. Gain knowledge of self and escape. "Though I am even but a child in this wonderful knowledge of self, yet for some time past I have controlled circumstances to my liking, forbidden poverty to my doors and refused to listen to the cry of disease; thereby banishing it far from my presence as a thing too weak and negative to keep step with my rapidly advancing pace in an understanding of the power of mind. The more I learn of man's inborn strength, of his own great power, the stronger and more irresistible I become, and the further I am removed from the influences called 'fate,' 'condition,' 'circumstances,' 'poverty' and 'disease'—influences which were once my masters, but which will never be my masters again."

Is the woman who wrote this a fool? No, not as measured by the worldly test, for she has won opulence, enjoys a lordly income; beneath her touch stones have turned into gold. She unfolds for us a doctrine, not fully unfolded in this book, just touched upon in a way to whet our appetite, the following of which she tells us has led her from poverty into opulence, and the following of which will lead any one to opulence, i. e., freedom from want, and fear of want is something that all can command. All that one has to do is to learn to know and believe in the law of opulence, "as revealed by a study of Mental Science." "This knowledge of the law is something that can be learned easily and more inexpensively than the medical student learns his text books and masters the secrets of the human organism. Many persons have declared that it can be learned more easily than this; others have said that by 'following the spirit, a man would come into a knowledge of it. But this is nonsense." And reading such passage the thought may force itself into the mind: Is this but a notice that we must become paying pupils of Mrs. Wilmans in order to see the light and be saved, is the present but a clever advertisement of her other books and her healing powers—powers that we are told bring her \$50,000 a year? But no, "To working men and women everywhere, the fruitage of whose toil is small; to those who would, but cannot toil because refused; to you now near the top of that great ladder climbed by brawn who long to use your brain; to you now toiling in the mental world, who would build better than you have; to all, who long for greater wealth of purse and power of self, I dedicate this book." She confesses she loves money, but she loves it "because money has another name and that other name is freedom."

In her purview disease and poverty are but the result of false mental conditions, of an ignorant state of mind, and as such can be banished. "There is no poverty

Men simply believe there is, and being mental creatures what they believe shows forth in their persons and surroundings." We confess we cannot follow Mrs. Wilmans; we are classed among those ardent political reformers whom she half despises because, though seeing and shedding some light on evils that beset us, they fail to recognize the whole truth as she sees it. But her doctrine, so far as we grasp it, is an amplification of the generally held belief that doubt breeds failure, confidence in one's self and ability to do, success. And doubt in ability to do, to command, is a state of mind over which we possess within ourselves the elements of control, and which we can exercise if we but choose. And so the power to banish this doubt, command confidence, banish poverty or the fear of poverty, command opulence or put ourselves superior to the fear of want—superior because of confidence in ability to do, to live, to earn—lies within ourselves.

THE FAT LITTLE PAUPERS OF THE PARK.

The fat and graceful gray squirrels in Central Park are a source of constant delight to visitors, especially to children. They are never harmed, even by the half-hoodlum boys who sometimes visit that lovely pleasure-ground in search of nuts and adventure. As a consequence the agile little animals become very tame, taking nuts freely from the hands of familiar visitors, and even exploring the pockets for their favorite food.

This is all very interesting and "cute," but a singular result of this free provision was reported by former Supt. Parsons. He said that as a consequence of many years of feeding by visitors to the park the squirrels have lost their instinct and habit of hoarding for their winter supply of food. In their wild state squirrels are busy from the time the nuts begin to fall until snow comes, carrying nuts to their nests in hollow trees. Many a country-born man will remember the store of beechnuts, chestnuts, walnuts or butternuts which he sometimes found as a boy in a "squirrel's granary."

In the park the little fellows, when supplied with more than they can eat, simply bury the nuts in the turf or under the trees near by—apparently trusting to luck (or to a picture of the cachet in their brain) to find the store when hungry.

To the thoughtful observer this decadence of the squirrels from industrious and prudent providers into insinuating and improvident sturdy beggars holds a moral. Does it not illustrate the danger and the almost inevitable effect of indiscriminate charity to human beings who would rather beg than work?—*New York World.*

No person ever became or ever will become successful in an undertaking except by faith; not faith in Christ, nor in any external God, but faith in himself as the embodiment of the power of God; as the embodiment of the power that holds the suns and planets in their orbits, rears mountains, shakes the earth, and moves the oceans; a faith that drives fear out of the mind. No one can succeed who is afraid of anything. The life story of everyone is written in the New Testament narrative of Peter walking upon the water until he saw the wind and became afraid, when he began to sink. He who has faith is never afraid. He knows that where there is no fear there is no danger. If you have faith you cannot fail. Albeit you must do according to your faith, for 'faith without works is dead.'—*Positive Thought.*

ENERGY: ITS USE AND ABUSE.

Energy is vital force. It lies in the mind and manifests itself in action. Its forms are manifold and, Proteus like, it is capable of changing rapidly from one form to another without loss of power, although losing its original character. Thus, water power may be changed into heat; light or electricity and other things being equal, as much heat, light or electricity will be generated as the original power, nothing being lost in the change.

In the dark, dim carboniferous ages of the past, even before man had left his foot print on the shores of time, yea, before the first four-footed beast of the forest had prowled through the tangled jungle in search of his prey, or even the first reptile had insinuated himself into this beautiful Eden of ours; when this our earth was peopled by the small animals and fish of the sea and the frog, alone, of all his kind was learning to live in the world of air and sunlight and warmth, the earth was covered with huge swamps from which the intense heat of the sun called forth a marvelous and luxuriant plant life. Season after season, year after year, decade after decade, century after century the trees shed their leaves and they in turn fell into the watery grave to be buried under layer upon layer of rock. Under the pressure of this solid rock during thousands, yea, millions of years, this vegetable growth has been transformed into the great coal beds and gas and oil fields of to-day. And now, as we utilize these materials for heating and lighting our homes how many of us realize that the coal fire which burns so merrily upon the hearth, and the evening lamp which sheds its benign rays upon the book we are reading are but setting at liberty the stored up energy of the sun which had been imprisoned so many ages ago.

The earth which receives warmth and energy from the sun, prodigally supplies the energy of our bodies through the medium of the food which we eat. We, in turn, consume this energy through action, such as work or play; laughing, singing, dancing, complaining, scolding, weeping, and, instantaneously it is gone from us into the atmosphere around us and becomes a part of the thought life of the universe.

Physical scientists tell us, and prove beyond the shadow of a doubt, that a single sound uttered, produces vibrations of the omnipresent ether radiating in all directions from the sounding body, and these vibrations go on and on, forever and forever. Think of it! Talk about recording angels! Why the universe is one great, mammoth phonograph recording accurately every word we utter, whether kind, gentle and loving, or cross, ugly and hateful! Every song we sing, every laugh that ripples from our throats is registered there. Every kind and loving thought, every strong and healthy thought enters into the history of the world, uplifting it from a good to a better and a best. But, alas, that this too, should be true; every complaint that falls from our lips, every unkind and cruel word that we speak, every sneer that flits across our faces, every angry glance from our eyes, every selfish and impure thought, every envious and jealous thought, every cruel and revengeful thought adds its quota to the air around us and brings sorrow and discomfort, unhappiness and crime, poverty and misery into the lives of the children of earth.

I have said that energy, transformed into thought or action, which is the child of thought, leaves the body

instantaneously. This is true, but it does not wing its flight without leaving its nature imprinted upon our characters and our bodies. These bodies of ours are the record of our past thoughts, actions and beliefs. Good strong, pure, healthy and loving thoughts, will make us good, strong, noble, pure, healthy and loving. Crying over spilled milk, bewailing our misfortunes, publishing our troubles from the house tops, rehearsing our ailments for the edification of every comer, scolding others for their faults and mistakes, "thinking the bottom's out of the universe because our own gill pot leaks," makes our lives miserable and wretchedly unhappy; for like attracts like, and that which we woo so assiduously is not shy and coy like a maiden, but comes in answer to our call and abides with us. Surely this is a misuse of energy; therefore let us quit right here and begin tomorrow with some such thoughts as these: I will rejoice to-day and be glad. I will be strong and brave and noble. I will be true to my higher self. I will use the energy which I possess to make my own life stronger, nobler, better, truer, happier and more prosperous and intelligent, and I will rest assured that, as the upheaving island in the midst of the sea carries up the waters of the ocean around it, even so shall I, in my intellectual and moral development raise the standard of intelligence and morals not only in own immediate sphere, but in the great universe around me, for, as was said of Lucile:

"No life can be pure in its purpose and strong in its strife,

And all life not be purer and stronger thereby."

ANNA BONNELL DAY.

LITTLE WORDS.

Your thoughts are the sculptors of your face and body. Plant happy thoughts in your mind instead of small annoyances.

Open your eyes and your nightmare will vanish.

Watch the trees "letting go" of their leaves and learn what to do with your old thoughts.

The good that comes to us is oftener hidden than seen.

Knowledge is born tiny, as we are.

Listen to Confidence, never to Fear.

Arithmetic is just as difficult to learn from a handsome bound book as from a blackboard. The very rich have as hard a time with their life lessons and problems, as the less rich. Our hearts are more alike than our pocket-books.

We underestimate our victories, and exaggerate our failures.

If you are at rest in your mind you rest others.

Our world is not made up of how many people we know, but of how many thoughts we have.

If you are large yourself, you live in a large world.

Opportunities never cease; therefore we should cease making limitations for ourselves.

Let a man know his strength, and keep obstacles out of his path.

Uncertainty gave you that cold in your head. Worry gave you that headache. Anxiety gave you that heartache. Faith, poise, and patience can cure anything.

Who said, "Life cannot be all pie?" It can!

Saving power comes from within.—*Ida Galling Pentecost in Positive Thought.*

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• SOMETHING ELSE.

Let the wicked forsake his way, and the unrighteous man his thoughts.—*Isaiah, iv., 7.*

I am always a little confused when metaphysicians tell me that I have a body, a mind, a spirit and a soul. It may be true, but I cannot make it plain to myself that these four entities are all separate and independent of each other. It is an intricate problem, and I only waste valuable time in vainly trying to understand it. So I make myself satisfied by saying that I consist of a body which is evidently a short lived piece of mechanism and a Something Else which I feel sure will outlast the ravages of this earthly experience. The subdivisions of that Something Else I know very little about, and, if truth be told, I care less.

But of one thing I have never had any doubt—namely, that this Something Else is my controlling influence, and that the body is its servitor. What goes on in the inner man decides, at least to a large extent, what shall happen to the body of a man. Health depends to a greater extent than we have ever imagined, though physicians noted the fact and acted upon it ages ago, on our state of mind. Our thoughts are practically chemical agents which force the functions of the body to reflect them. They can either transform and transfigure the face or they can deform and disfigure it. A devilish thought cannot evade the development of a devilish countenance, for an angelic life behind a devilish face would be an anomaly and a miracle.

If a man surrenders himself to dissipation and passion there will be furrows and lines which advertise that fact. The laws of nature work in that way, and they are inexorable. If one were skilled he could at once read the character of a man in his physical appearance. The story is all there, but our knowledge is imperfect, and we are frequently deceived. Can a man be avaricious, contemptible and mean for many years, making these qualities the keynote of his life, and still wear an expression which indicates benevolence and a high sense of honor? As you can look into a beggar's face and see that he has been pinched with hunger, so can you look into the miser's face and see that his soul has been stunted in its growth.

The opposite holds good also. A good life, a life of kindness and integrity, a life that is wholly above board, shows itself in the facial expression, in the clear and honest look of the eyes, in the lines about the mouth and in the general bearing. No one was ever yet conscious of sin without being a coward, and cowardice produces certain physical results which are palpable: no one ever went triumphantly through terrible temptation or bowed with quiet resignation under the burden of a great affliction without unconsciously betraying these facts to every careful observer.

Your body depends on the state of your soul. This is a truth which we have just begun to recognize, but its recognition, when it becomes full, will change the whole complexion of our lives. The evils from which we suffer and the health which we so thoroughly enjoy are the consequence of what is going on within the laboratory where thoughts originate. In that secret laboratory the forces which unmake or make are generated, and I have no doubt that in the distant future, when spiritual research has accomplished its perfect work, we shall have different bodies, more healthy and more vigorous, because we shall put this Something Else on the throne and obey its royal command.—*Geo. H. Heyworth, in New York Herald.*

A SIGN OF PROGRESS.

Recently there was billed in this city a spectacular exhibition to be given at Convention Hall, called "Battles of our Nation; Great War Spectacle of the Hour." It was extensively advertised and the proprietors hoped to fill the large hall which has a seating capacity of over fifteen thousand people.

But the people did not care to see it. The first performance was the last; for scarcely two hundred persons were present, and they gave it up in disgust.

At the recent state election in Kansas, politicians, hoping thereby to secure votes, nominated for different offices twenty men of the famous 20th Kansas regiment, just returned from the Philippines with great newspaper glory. But the voters "sat down" on them—only two of the twenty were elected, and they to minor, unimportant offices.

The newspapers which had been going into hysterics over the 20th Kansas, and trying to work up a sentiment as to whether they should be disbanded in California or Kansas—as if it were of any moment whatever, just so they were duly disbanded—said it was a great surprise.

The explanation is that people can no longer be enthused to do rash things by a mere military reputation. The day when this country could be made to go wild over war heroes is past. A man must have some higher claim to popular favor than that of being a famous killer of men to gain a permanent place in the popular esteem. And if any political party ever again runs a military hero on his war record alone, for the office of President of this nation, it will be taught a lesson by our enlightened citizens that ought to be valuable. And it is high time that newspaper writers and publishers should find out that we are now far in advance of their ideals of patriotism. The true patriot is not the rough boy who goes into war for adventure and whose work is to make widows and orphans in his capacity of slayer of men, to sustain a political theory or sentiment. The true patriot is the one who makes peace and binds up the wounds of war. And this enlightened age has advanced above and beyond the old Spartan standards of heroism and valor. The incidents herein referred to are a hopeful and gratifying sign of our times.—*Kansas City Life.*

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SOME OF THE ESSENTIALS OF GROWTH.

No man can conquer death until he understands the law of growth; no man can understand the law of growth except by a study of it, as manifested in the plants and animals he sees about him. A thorough study of the law of growth as manifested in the plants and animals will reveal the fact that there are two very distinct phases of it. One may be called the law in its unconscious operation, and the other may be called the law in its conscious operation. This difference is not fundamental, but depends altogether on the intelligent power of the individual to observe things from a lower and a higher standpoint.

I will first speak of the law of growth as manifested in plants and animals on the lower or unconscious plane. On this plane I perceive that growth goes on without the knowledge of the plant or creature in whom it exhibits itself. On this lower plane of growth, my observation has yielded me several important facts; they are commonplace enough, and yet it is necessary that I should repeat them here in order to establish my argument. My point in the present writing is to make clear the difference between unconscious and conscious growth. On the unconscious plane of growth no plant or animal has the power to perpetuate its own existence beyond what we call the allotted time; the allotted time being established by heredity. On this unconscious plane of growth, the plant or animal takes no thought of how it grows, and seems incapable of any especially formulated ideas. It lives, grows and dies; other plants that are

perhaps higher in the scale of development follow it; this goes on until the highest plant that we now know of is reached in the form of man. In the lower station of existence man is equally unconscious of the life of development that is within him as the plants which had preceded him. He made no effort to look within himself, or to reason from anything he saw, except in the simplest manner and on the very simplest things. He had not the faintest idea of the power latent in his body or his brain; he lived like the vegetables and died like them. But all along, as the ages advanced, he grew in intelligence, until the time came when he began to be introspective and evolved thought from his own organism. That was the forerunner of other and higher thought; and so he grew and kept growing all the time, never really losing any advance, and always gaining somewhat, until he reached the plane of conscious growth. Now, conscious growth differs from unconscious growth from the simple fact that unconscious growth proceeds without the man's observation; while the same growth proceeds under the careful inspection of the man. In the first instance, the man grew without knowing how he grew, and without thinking of it; in the second instance, he began to study the method of his own growth, and even came to learn from it the law which governs growth; in consequence of which he will proceed to do his own growing, after any pattern he may desire. It is the growth of man's intelligence that makes the change between unconscious and conscious growth. The law of growth has been the same in both cases, and will always remain the same. It is absolutely unchangeable; it is that force, the name of which men have heretofore called God, and have worshipped as a person.

As I have said many times, it is not a person but a force, as yet not understood, but which from my small knowledge of it I call the Law of Attraction. In observing the growth of plants, for instance, we perceive that the plant roots itself in the soil; it then sends a strong shoot upwards which bursts through the surface of the soil and comes out in the open sunshine; thus establishing the fact that the sun as well as the earth is necessary to the perpetuation of its life. Here is a little fact that the commonest clod-hopper has known for years, and on which the most mighty truths rest, but which has never been carried beyond the present observation of it. Its full meaning will never probably be all known; but there are ideas now arising in my mind which are, no doubt, the beginning of a mightier meaning than has ever before been unfolded. The plant bursts through the earth, and is attracted upward toward the sun. Both forces, the earth and the sun are necessary to its growth; what it receives from the earth are certain chemicals, which we need not mention here; what it receives from the sun we variously call light and heat. Light and heat are words that belong to the unconscious plane of growth, to that plane which is represented by the word, matter; but as thought passes from the unconscious to the conscious plane, the word matter is eliminated, and mind takes its place; this change must be remembered, or my argument will not be understood. On the unconscious plane the plants unconsciously absorb the nutriment from the earth, and as unconsciously absorb light and heat from the sun.

In the transposition from the unconscious to the conscious plane the word "matter" disappears, and we see

that all creatures are mental creatures mental statements of what they perceive to be the best. There comes a complete change in the form of our expressions, and a complete change in our intelligent seeing as well. The earth is not a thing of lava, stone and soil, as we had imagined it, but a mental statement, holding within itself possibilities not yet dreamed of. It is constantly changing; it is never the same any two days or two moments; it is constantly developing new forces, and new forms of life; it thinks and the thoughts of it show forth on the plane of its surface, the vegetables, the animals and the human race. All these, as we have said, are mental statements, and not what we formerly called physical beings; they are all the expression of life, as each individual understands life. Then if life on the earth plane is purely a mental process, it must be that the light and heat which we receive from the sun, are not light and heat, as understood by us now. What then can they be? I answer that they are the intelligent correspondence of light and heat, which are love and intelligence. In the change of our thought from matter to mind, we must be consistent in all things; this transposition must be complete in order to be thoroughly understood. If the earth is a mental statement, which I have proved it to be, then it stands to reason that the sun is a mental statement too.

All things are being lifted from the plane of matter to that of mind through the power of thought alone; through our growing understanding of truth as it really is to-day, and as it always has been, only we did not know it. The great point to be established at this stage of race development is that the substance we have always called "matter," and to which we affixed the attributes of disease, decay and death, is not a substance answering to our preconceived opinion of it; that—in other words—it is not matter at all, but mind, expressing itself in various forms of thought of which all the objects in nature are the sum total. Everything in nature is a condensed thought or an aggregation of thoughts condensed into a belief. Everything is a mental statement.

In order to carry out this idea and establish its perfect consistency we must come to know that not only the world and its productions are mental, but that the sun and all the planets are mental also. They are each one a statement of its own belief; a statement of its own conception of truth. This being so, it follows that the heat and light from the sun, when transposed from our perceptions of matter to those of mind, are no longer heat and light, but the mental equivalents of heat and light, which are love and intelligence.

The blade of grass being an expression of love and intelligence in a small way, responds to the larger body of love and intelligence which we call the sun; and under the Principle of Attraction it starts towards it. Everything that has one particle of life on our planet has commenced its journey to the sun. The blade of grass is not going to get there as a blade of grass, but in its evolution through a thousand higher forms of life it will eventually get there. So we see that it will finally achieve the fulfillment of its desire, as all things do.

The blade of grass after passing through many changes, each one higher and more positive than the former one, finally becomes thought; and in this powerful form it is liberated from the—so-called—deadness of—so-called—matter and goes where it pleases.

But, is it a fact that thought actually goes to the sun? No, not yet. It has never gone to the sun up to the present time; and will not do so until it has ripened into a fuller understanding of the great facts of Mental Science, the first of which is *that all is mind*—living, vital, forceful substance, which is under no power but that of attraction.

H. W.

[TO BE CONTINUED NEXT WEEK.]

MRS. BARTON.

The December 6th number of *The Life*, Kansas City, Mo., contains the finest picture I have yet seen of Mrs. Barton. It is a strong, young face, and I suppose I might truthfully add, a beautiful one. But somehow I have got so that I do not recognize beauty; at least, not of the old type, and the new type has not come into the world as yet, though it is coming at this time, and Mrs. Barton will probably be among the first to manifest it.

The type of beauty I am looking for and which I am sure will be with us before long will be of a strikingly intellectual character. It will be a perfect revelation of the new man and the new woman after they have reached that understanding of truth where it has banished our inherited bodily errors and shines forth in the new body, which it shall project.

In this same paper there is a short sketch of Mrs. Barton's life which will interest her readers I am sure. In one place she speaks of her children, and I was surprised to know that she had four. I had seen pictures of her two handsome sons, Homes and Ralph; but of little Mabel I had never heard, nor of the eldest child, Ethel. I judge from the wording of the article that Mabel died before her parents understood the power that would have saved her.

But where is Ethel? I am a mother and I always want to know about all the children. I hope this one daughter still remains to bless their household. A home without a girl to run things is a poor place.

From another page in *The Life* I take an article by Wm. Bower called "Eternal Life." It is a good thing; and it would have been better if he had left out the word spiritual and put the word intelligence in its place. For truly the position we must attain in the conquest of death is simply one—not of greater spirituality—but of greater intelligence. We have simply got to know more in order to come up higher; in coming up higher through the acquisition of greater knowledge we leave death behind us.

H. W.

PLEASE READ.

Friends, some of you send us very confusing orders; they will be all mixed up; part will be for The International Scientific Association, part for FREEDOM and part for mental treatment. This makes trouble for all of us. Now please be more careful. Your letters for mental treatment and for the paper, FREEDOM, should be directed to Mrs. Helen Wilmans. All orders concerning the lessons and the books and the agency for handling the books should be sent to The International Scientific Association, or to C. C. Post, who is Secretary of the Association. Mrs. Wilmans has nothing to do with the business of the Association, and she is far too busy to sift out the orders and make them right after they reach her. All the advertising business must be addressed to E. F. Britton. Now this is clear, is it not? Nobody knows what a favor our friends and patrons will confer on us by sending their business letters as herein indicated.

THE WASTE-PAPER BASKET.

I was glancing through our local paper, *The Peninsula Breeze* and ran on to this local:

"The Californians," Mr. and Mrs. Baker, walked off with the first prizes at last meeting of the Progressive Euchre Club. Mr. Michael and Mrs. Barlow took the consolation prizes.

The Californians, all of them, and this means both of the Bakers, Afton and Claude, and all the Burgmans, six of them, are just the happiest lot of people I know of. Florence had forgotten how to dance when she came, and Mr. Burgman had never learned; so we started a dancing class and they now understand the mazes of the thing and enjoy it too. The children were good dancers; I had insisted on their taking lessons before the family left San Francisco, and now they can dance almost anything from a cake walk to a spanish fandango.

It is the loveliest thing in the world to have a whole lot of children and watch their maturing, taking notice of the difference between them.

In last week's Waste-Paper Basket I wanted to tell about my costume for the mask ball that came off on the second of this month. The place was strewed with parts of it and it was hard not to describe it then; but Ada said I had better wait until the ball was over.

So I waited. I had done a large quantity of waiting before I started in to make my costume. I was too busy; I abandoned the idea several times, but the girls punched me up on the subject and just literally compelled me to do it.

So I went as a "big sunflower." My dress was a lovely shade of green which resembled silk, but only cost a few cents a yard. There was a sunflower nearly eighteen inches in diameter on the front of the waist and another the same size on the back. The petals of the flower lapped over around the waist and spread up over the bosom and back and down on the skirt.

Other petals made shoulder caps. Others stood up around the neck curving outward; still others framed a cap of black which represented the centre of the flower, while the petals curved upward. It was a beautiful thing and very becoming. Similar sunflowers were dotted about over the skirt; the bottom of the skirt was finished with sunflower petals. It was so pretty. I wish we could wear such things every day. We will dress as we please after while.

The ball was a splendid success. The ball room was full of people; there were so many maskers that it was difficult to carry out the grand march. Only the maskers were allowed on the floor, but there was a host of them. Many of the costumes were elegant and rich; others were unique; plenty were absurd. Jerome Burgman had on red tights, not a particle of drapery to conceal his form. There was a pair of horns on his head. He made a splendid satan.

Afton and Florence had on Greek costumes which were very graceful. Mrs. Eldridge was dressed most beautifully. If I had time it would be a pleasure to describe more of the dresses. Among the best was one trimmed with mountain laurel and worn by Miss Griffith. Miss Sheldon proved to me that I was not the only sunflower in the place; she had on a gown beautifully decorated with these magnificent blossoms.

I don't know how to drop the subject of the mask ball now I have begun it, but I must. So I will only speak a word of some of the costumes worn by the men.

Mr. Sheldon's was the finest I ever saw, and set off his grand form to the best advantage. He represented Coeur de Leon. Mr. Burgman also was exquisitely clad. Mr. Michael well represented a Fiji Islander. There were soldiers and sailors and clowns. I cannot recall a fraction of the characters represented.

But I want every one to note this point. Four years ago this land was a wilderness, and we were grubbing the scrub palmetto out of the ground to get a place to put a house. Now there is an elegant community here, a community with brains and ambition and refinement, and enough of us to make the most splendid success of a mask ball. What will another four years bring us?

It will take our College enterprise to answer this question. Oh! the ideas we are hatching; I think perhaps we are the alivest people on the continent.

And by the way, it was the second of this month that Florida was to be swept out of the world by a tidal wave. I expect the performance has been postponed. I don't remember now who it was that made this prediction; he had better predict his own funeral and then quit. He has had the satisfaction of frightening a good many children and a few who are not children, and of proving himself a sap-head.

I cannot see why some of us hopeful ones do not predict the future as well as the half-witted simpletons who have tried to call attention to themselves by their prophecies for the last dozen centuries—ignoramuses who gage the future by the past, not knowing that the future is in man's own hands to do what he pleases with; not knowing that the foremost thinkers of the race have already ascended to a place of power where they create conditions, and to which place they expect and intend to lift all the rest of the race.

Is this thought transference? I quote from a paper published at South Bend, Indiana, called *Spiritual Being*, and published by Lucretia J. Curtis and Ella Taylor. The writer says, "Last month as I wrote out the thoughts for our paper I chose a heading for them; I called them 'Stray Thoughts.' The name did not please me but I could not think of another that I liked better:

"A day or so after Helen Wilmans' FREEDOM came. As I opened the pages to peep within, as I always do before cutting, I saw 'Stray Thoughts' heading a column of her own writing. At first thought the temptation was to rush away to the printer and see if it was too late for a change, for fear I should be charged with copying. Then I said: 'No, my needs drew that from the universe. It is mine even if Helen Wilmans did write it first.' Coming through her mind may have imprinted it more plainly upon the aura of the spirit world and made it easier for me to get. I can't tell about that, but I drew it to me as an answer to my needs. I think we shall have to be a little careful how we cry plagiarism, or else we will have to copyright the thoughts before they are thought. We are getting so fine that all things are becoming known to us as we need them, no matter who may have had them before. The very fact of others thinking them has made them more fully alive than they were, especially if that mind happens to be one that sends out thoughts with a positive force.

"The book of life that the church people have feared so long is truly being opened, and all may read what they will or need to know. Every action, every thought we send out is engraved upon the aura of the world, and we may read the pages written therein, either good or bad, and the only way to have something all our own is to press on in the lead and draw to us the ideas and truths which lie just in line with us, already for us to make alive. But when we have once used them, if we are wise, we hunt for more, not stopping to fight be-

cause some one in the rear sees the same thoughts or the same truths that we saw yesterday or the day before.

"Thanks to Mrs. Wilmans for making the two words, 'Stray Thoughts,' so much alive that I was able to catch them. It isn't the only thought she, and many more of the positive ones, are making alive for the more negative ones to pick up and feel glad and refreshed by them. The lesser of our good is done by the printer, the greater by the action of the mind before the copy goes to the printer. Yet, if we were not getting ready for the printer the greater good could not be. We have not learned to think hard enough unless there is an objective point at which we are aiming, something to concentrate on in the material."

I am receiving a great many papers through the mail, and sometimes I get a letter from the editors of these papers accusing me of refusing to exchange with them. This is unfair. I will exchange with any paper in the world, but it is a matter I am too busy to attend to, unless I get a letter about it. Merely sending me the paper with an X marked on it will not do. It sometimes happens that I do not look at an exchange for weeks; not because I am indifferent to the courtesy of my friends, but because I am too busy. I value my exchanges all the same whether I read them every week or not.

H. W.

DEAR MRS. WILMANS:—I am not yet in a position to send you the twelve dollars due you on my treatments for success in business, but the horizon is brightening a good deal and I hope soon to do so. As soon as your book arrived—"A Conquest of Poverty"—by some mistake it was delayed—I seized it and began to read it with avidity, bracing and bolstering myself up on such ideas as met my need and I could grasp and act upon. Immediately the horizon cleared and I felt stronger, for I realized then how I had been under the baneful influence of fear and doubt of my own ability to conquer discouraging conditions.

I immediately began to make strong assertions to myself and to affirm and reiterate them, and to shake off dependency and depression and doubt as often as they returned to oppress me. I girded on my armor of courage and quietly but firmly took three bold and important steps, which I had not dared to take before, with a perfect success, which amazed me. I attribute this all to your stimulating words and the help I have gained from the account of your own experience. I was prepared by my own suffering and the depths I had myself reached to seize the weapons you suggested for my battle for victory. Money for immediate pressing needs came from two unexpected sources, and in various ways my path grew brighter and more promising. Now I crave a wider knowledge. I must understand this occult law of attraction of which you speak. Is it as truly a fixed law as that of gravitation? Please suggest some article or book dealing with this question so that I may pursue the study and learn how to think to a practical end, and how to concentrate my power and become able to manipulate forces which I do not recognize and understand. I await your reply with the greatest eagerness. It is such a power for good that I thirst for more knowledge. Try to dictate a reply yourself. It is worth while. I doubt if you often find a more eager pupil. S. M.

[I know of no book that will help the writer of the above better to the knowledge she wants than "The Wilmans Home Course in Mental Science." She can write to the International Scientific Association of this place.—Ed.]

CORRESPONDENCE.

DEAR MRS. WILMANS:—My experience may be a little off the usual line, but none the worse for that.

We keep a summer hotel, and in the summer of 1898 I had the privilege of reading the "Wilmans' Home Course" in mental healing (the lessons belonging to a friend who was staying with me.) I kept them in my desk, and read when I had time, becoming saturated with the thought contained in them.

One day I went to the kitchen to prepare dinner for an invalid friend. I had placed some food in the oven to keep warm while I prepared other articles, and stooping to get it, when all was ready, did not notice that clams rolled in crumbs were frying in a pan of fat, just over the oven. If you ever fried them, you know how the fat will fly, and it flew this time on my forehead and down the side of my face and on both hands. I felt it smart, but instead of saying, "O dear!" and crying, I was angry, and felt a great wave of force from within me, repulsing it. I said, "It cannot hurt me—nothing can hurt me—I am doing right, and nothing has any right to hurt me." No one saw it, and I took my tray and started upstairs, but stopped in the hall, before I reached my friend's room, took my handkerchief and wiped off the fat that she might not see it. I did not get it all off, for she exclaimed at once, "What is that on your face? It looks like grease." So then I told her, and washed my face and hands, and never had so much as a red mark, nor a sensation of pain, after the very first touch.

I have told several friends of this; some have believed it and some have not. If the fat had not been hot, it would not have spattered would it? I have burned myself slightly several times since, and have been in a discouraged condition, where I thought things could hurt me and I could not help it, but I find that all such things have much less power, and I recover from hurts or illness very quickly, when I "dare assert the I"—that is, when I feel my right to live comfortably in this world, because I am here. Gratefully your friend,

CLARA J. L. PIERCE,

13 Crescent Place, Brockton, Mass.

MRS. WILMANS:—We know the plan of evolution is the lifting of man to the plane of diseaseless, deathless incarnation.

This mission has always been intrusted to those who are nearest to the light. The pioneer necessarily wields a bloody weapon, the only form of argument which appeals to the intelligence of animal man.

War is the surgical operation for removing a moral cancer.

No obstruction—not even human life—has ever, for an instant, stayed the measured march of evolution; all that is earthly must bow down before it, and until the race has attained the knowledge of beatitudes attainable shall it be subject to the old and death-dealing conditions of earth-bound creeds, formulated by a dim conception of the law and its misapplied force.

Because of our ignorance of the law of cause and effect, poverty, sickness and fear have slain their tens of thousands, while war has carried off her thousands.

This Law must be the ruling power before man can stand upright. Thought must be unadulterated knowledge of the truth before the last enemy can be entirely conquered. Then there shall be no more death. "The

lion and the lamb shall lie down together," etc. And as certain as truth itself, now is the beginning of the end of old conditions. All men must be warned.

S. W. MOORE.

DEAR MR. POST:—May you never be weary in well doing. I thank you for the Bible lessons that have appeared in FREEDOM. I know they have done good—been a help to many earnest souls seeking the path out of bondage.

I am glad I am free from the horrible superstitions of the past, as regards the Bible. I feel as if I had grown—climbed up to a better plane of life than the one I held as a Presbyterian elder in Florida some years back, and Mrs. Wilmans Post was the one who gave me the key that has opened up a new life for me in every way. I had a hard fight when I was letting go of the old.

I am sincerely thankful that Mental Science as you teach it, and by you I mean the entire "FREEDOM outfit," is not bolstered up by quotations from the Bible. I could never see reason in making statements that thus and so and some one's name, as found in the Bible, means so and so—some occult or mystical meaning. It may be true. I do not know, only it is no help to me.

It has been said that Mental Science is too cold—that we have no God. As for me, the science is full of life and love and warmth of intelligence—not mere emotion—and our God—well! I hope others who are still in the bonds of darkness, may grow into something like the ideal of things divine we now hold; and we are only beginning the journey, my comrade and I. With love,

W. C. and C. O. HEWITT.

DEAR MRS. WILMANS:—I am afraid you will think me a very irregular correspondent. The truth is, I have had a green girl in my kitchen the last two weeks, and have had more to do than usual.

I still keep gaining all the time. I don't let anything interfere with my treatment time. I am beginning to understand now more than ever, that "thoughts are things;" the treatments are delightful. Sometimes, as I get myself composed and my mind relaxed, I can see the faces and hear the voices of the few near and dear friends which the world holds for me. I seem to breathe in the atmosphere of the loving thought they send me.

I have learned, through your treatments, the secret which I have long sought in vain to learn. I have believed in telepathy for a long time, have often received communications from one at a distance, but always it was involuntary in my past. They came just when I happened to be in a receptive mood. Now I can make myself receptive at any time. I feel as though I had been a prisoner all my life and had just found the key to the universe, and I am breathing in the new atmosphere in long draughts of life and health and happiness.

Thank you for throwing me the key. M. P. G.

DEAR MRS. WILMANS:—I am writing my usual letter, this day, before Thanksgiving. I feel we always have much to be thankful for, and every day ought to be a thankful day, and I am thankful for such strong souls as you to uphold so many without flinching. Oh, for many more such fearless souls, to help quell the raging storms of unrest that are surging all over this beautiful old world! Where would I be, only for your great, strong,

loving heart, that is beating only for the purpose of lifting all. Some people cannot see it as it is, for they look only on the surface of things, but when they look deeper and think more, then the true spirit is revealed. I have felt such uplifting power, and just when I needed it most, coming from you that I cannot express my thanks in words, but in the silent thought it is unspeakable.

J. E. W.

DEAR MRS. WILMANS:—I received your letter this morning. I feel that I am being made over into another person. I am learning to trust my hopes and to turn my back on my fears, as you suggest, and how much better it is to do that! I am beginning to see how foolish it is to fear or go around with a troubled heart, and I believe in time I shall thoroughly learn this valuable lesson.

Every day brings me nearer to the truth of your teachings and I have learned things in the past two months that will always be of benefit to me. It has occurred to me that everything that happens to us has its lesson to teach if we will only look for it and profit by it. In a very short time I shall be entirely cured, and I hope to stay that way. Seems to me that if I learn to ignore my troubles they will finally cease to come near me, because I have learned the lesson and they have nothing more to teach me. It is a wonderful philosophy. Very truly yours,

G. W.

DEAR FRIEND:—My busy season is about over and I am looking forward to a long winter of study and practice. My business has all moved so smoothly of late since you began to treat me for success that I give you and Mental Science credit for the whole of it. I can't help but think, and with a great amount of faith also, that everything is coming my way. I honestly believe when I get time to practice concentration more I shall realize more fully the power you are trying to arouse in me.

R. N.

The world moves on though slowly; so it seems to impatient souls. Some are gaining strength to mould their lives after their highest ideals. One of the most beautiful flowers we have takes a hundred years to develop into its blossoming period. Some of the grand old forest trees are centuries old. Man, though apparently feeble, has inherent god-like power to materialize his most aspiring dreams. When he fully awakes to the consciousness of his oneness with infinite life, what may he not accomplish? Many have been drugged into a semi-consciousness by the idea that we were the victims of an unyielding fate, having no power to rise superior to its fancied mandates. It takes time to outgrow this fettered condition; but we need not be limited as to time. All good is ours. All time we wish for is ours for development. Appropriate these strong, life-giving ideas, and so overcome all obstacles, even the last enemy, Death!

E. S. HILL.

"A SEARCH FOR FREEDOM."

"A Search For Freedom," the volume of Mrs. Wilmans' personal experiences, is now ready for delivery. It contains Mrs. Wilmans' latest picture taken in May, 1898. The book contains 367 pages, and the price is \$1.50 unless taken in connection with some of our other publications. With FREEDOM \$2.00. With "A Blossom of the Century" \$2.00. With "The Home Course in Mental Science" \$6.00. With any of our publications amounting to \$1.00 it will also be put down to \$1.00.

This is a delightful book; it is wisdom made easy of acquisition; not the least admirable of its features is the sense of humor that runs all through it; it makes you laugh while it instructs; and it instructs without any effort to do so. It is a transcript of human nature from first to last; and as such it is graphic, grotesque, tender, earnest, and diffuses from every page the unmistakable atmosphere of freedom. No one can get more for \$1.50 than by buying this book. Address The International Scientific Association, Sea Breeze, Fla.

A CONQUEST OF POVERTY.

Every reader of FREEDOM is interested in this book, and will be pleased to learn that through their co-operation, it is having a phenomenal success. Thousands have been sold and the sale has not reached its limit, as the orders received in every mail will verify. We have never been able to keep up with our orders until recently, and our last order to the printer was for 25,000. We are receiving commendation from the press and men of thought, not only in our country, but from Great Britain, Australia and New Zealand. People that refused to buy a copy from the agent, have, after seeing it in the homes of their neighbors, written in stating the fact and ordering a copy. This indicates that it would be profitable for the agent to go over their territory again. Many who have purchased and read "A Conquest of Poverty" have written in for the "Home Course in Mental Science." The reading of "A Conquest of Poverty" creates a desire for more knowledge of Mental Science, and there is nothing more instructive or desirable than the twenty lessons. The agent can canvass for the "Home Course in Mental Science" over the field where "Conquest" has been sold, with the assurance of success. In fact he can supply those interested with other Mental Science publications, and take many subscriptions for FREEDOM. We are receiving hundreds of letters testifying to the benefit received from the teaching of "A Conquest of Poverty," and "Home Course in Mental Science." One person writes: "Enclosed find \$21, for which please send 112 copies of "A Conquest of Poverty" by express to my address." This is a testimonial in itself. Others write:

SOME EXTRACTS FROM LETTERS.

THE INTERNATIONAL SCIENTIFIC ASSOCIATION, Sea Breeze, Fla.: Gentlemen—I am in receipt of a copy of "A Conquest of Poverty," which, I presume is complimentary. (A friend sent the book to him). Sometime since we, wife and I, ordered eight copies for gifts to some friends, and we wish to assure you they were all duly appreciated. We lose no opportunity to disseminate the truth as exemplified so richly in Mental Science. Apropos of this last book, its worth is beyond all computation, and stands a superb climax to whatever this talented writer may have written. The last three chapters alone are worth many, many times the cost of the book, and reveal that which should forever dispel the gaunt spectre that so long has been the woe of the world. Sincerely yours.

D. H. SMOKE, M. D.
Indianapolis, Ind.

I have just finished the reading of your book "A Conquest of Poverty," and I can truly say that it is a most inspiring book, and I would that every discouraged and despondent man and woman on earth could have the privilege of perusing it. R. C. MITCHEL,
Editor of *News-Tribune*, Duluth, Minn.

"A Conquest of Poverty" by Helen Wilmans. Published by the International Scientific Association, Sea Breeze, Fla. This book has passed through the experimental stage and meets an important want of the times. After reading this book the toiler will understand better how to attain success.—*The Morning News*

MRS. HELEN WILMANS:—I have been reading your book, "A Conquest of Poverty," and am much interested in the principles therein set forth, and I should like to have a more thorough knowledge of Mental Science. I notice you have a Home Course of study, and an easy

payment plan for those who cannot pay cash; will you please inform me of this plan? Is it a practical course?

MISS LOTTIE B. SMITH,
Davenport, Iowa.

If you who are reading this article have not already sent in a trial order, do not put it off any longer. Send for from 8 to 24 copies anyway, keep one for your own use, and, if you do not care to distribute the balance personally, hire some one to do so and at a profit to you, thus getting a copy free, making a profit beside, and at the same time giving some one something to do. Aside from all this, the truths of Mental Science are in this way spread by your efforts, in a way more effective than any other.

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SEA BREEZE, FLA.

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Aside from the Wilmans' "Home Course in Mental Science," our most important publication, we issue the following. All are works of the best authors upon the lines of thought which they treat:

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The titles of the above books indicate their character, except the one called "A Blossom of the Century," this is a Mental Science book and really should be called "Immortality in the Flesh." It is a powerful appeal to reason and in substantiation of the belief that man can conquer death here on earth.

The price of every book on the list is very low in comparison with its value. Address all orders to

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SWEDISH PAPER.

All who feel interested in getting a Mental Science paper started in the Swedish language are invited to send in their names, inclosing stamp.

PROF. GUSTEN JUNGREN,

460 Jackson st., St. Paul, Minn.

WANTED.

A Mental Scientist. A woman of culture and highest social position, who is about to open a school of Mental Science in New York City, where the field is ripe and a rich harvest assured. Would like to communicate with another woman, who has some means, to the end that she may associate herself either as assistant teacher or healer in this school. Address at once,

MRS. BEERS, 75, N. 94th St., New York City. - nov 1-4t

IMPORTANT NOTICE.

DEAR FRIEND:—If you will write a copy of this notice on three postal cards and address them to three of your friends fond of good reading, and send your address and theirs to Pubs. "COMMON SENSE," P. E. 31, Boyce Bldg., Chicago, you will receive a 10c. magazine free!
nov 1

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BABY'S BIRTH-YEAR BOOK.

Send me the addresses of the little strangers who have recently come into earth life. I want to tell them about a book I make on purpose for each one of them. The book gives a place wherein "mama" can record everything about the baby; it also gives baby's horoscope, astral stone, color, flower and angel, with facts and fancies of hour, day, month, year and name. Designed, painted and written for each baby individually; no two books alike.

IRENE C. HILL,

sept 6-tf 1524 N. Madison Av., Peoria, Ill.

AGENTS WANTED.

Do you know of anyone who is adapted to agency work and whose time will permit him or her to take up the sale of our publications? Everyone knows of such people if time is taken to think about it. Young men can get a good training and make money at the same time in this way. We will have various publications for them to sell from time to time. Just now they can do very well selling "A Conquest of Poverty."

It is not at all necessary for the agent to be a Mental Scientist. We will appreciate it thoroughly if every reader of FREEDOM will send us at least one name of a likely agent. We would be glad to have each reader send us as many as possible. It may result in doing the person whose name you send us a great favor and it is by this means that the truths of Mental Science are to be spread rapidly.

We thank the readers of FREEDOM in advance for the favor.

THE INTERNATIONAL SCIENTIFIC ASSOCIATION.

Sea Breeze, Fla.

RECENTLY PUBLISHED.

In response to a demand we have gotten out an edition of a pamphlet Mrs. Wilmans wrote some years ago. It is called "A Healing Formula." Some of our friends assert that it is the most helpful thing she ever wrote. The price is 15 cents.

Also a pamphlet by Mrs. Ada Wilmans Powers, called "The Universal Undertone." It is one of the most beautiful things ever written. Price 15 cents. The two 25 cents. Address International Scientific Association, Sea Breeze, Fla.

TO THE SICK AND DISCOURAGED.

The mind trained to a knowledge of its own power can cure every form of disease. The potency of right thinking has never been measured. *There are divine attributes from higher realms entering into it that are of themselves so elevating and ennobling, and so positive to the lower conditions wherein disease and misfortune and inharmony lurk, that there is nothing too great to expect from a contact with it.* This is true to such an extent that the very elite of the world's thinkers are putting their strongest faith in it, and advocating its efficacy above all other systems of healing. I give a list of a few out of the thousands cured by the mental method:

Mrs. R. P. W. P., Omro, Wis., of nearly every disease in the catalogue. She says she is "so well and happy." In this same place a boy was cured of secret vices after nearly ruining himself. Many cases like this have been perfectly cured when every other effort had failed. Also sex weakness in many forms; loss of vital power, impotency, etc.

C. A. A., Jessup, Md., writes: "My catarrh is well under control, my knees have ceased to pain me, and I feel so cheerful and contented."

C. A. R., Rutledge, Mo., says: "I will discontinue treatment now. My health is better than for years." He had consumption.

M. T. B., Kearney, Neb., says: "Grandpa and grandma both used to wear glasses, but they neither wear them now. Grandma's hair used to be white, but it is gradually turning into its natural color."

H. W., Menlo Park, Cal., was cured of hemorrhages of the lungs.

O. S. A., Malden, Mass., was cured of chronic constipation, throat trouble, and other things.

J. S., Eureka Springs, Ark., was cured of the use of tobacco by the mental method. He is only one of many so cured; not only of the tobacco habit, but also of drunkenness.

W. S. R., Cheyenne, Wyo., writes: "I wrote for treatment for a near and dear friend who was in an alarming condition from nervous prostration. Now, I am delighted to say, in one month's time the nervousness is almost entirely gone. And, the grandest feature of all, the old beliefs (insanity) are fading from his mind. The work of healing is going on rapidly."

Mrs. F. C., Earlville, Iowa, was cured of heart disease; also of liver and kidney trouble and a tumor in her side.

M. C., Pioneer Press Building, St. Paul, Minn., was cured of dyspepsia, sleeplessness, and sensitiveness.

Many persons are being cured of mental and moral defects; such as lack of self-esteem, lack of business courage, and other weaknesses that stand in the way of a successful career.

I. S., Sedalia, Mo., writes: "Under your kind treatment I am entirely recovered from nervous dyspepsia. And this is not all. I have undergone a marvelous mental change. My memory is better and my will power stronger. Mental Science has breathed new life into me. Such strength and courage as I now have are beyond price."

J. K., 19th St., West Chicago, Ill.: "There is nothing to compare with this mental treatment in its ability to heal; it draws on the fountain of vital power within the patient and supplies every part of the body with new vigor."

Mrs. M. K., Hays, Kan., writes: "My life was worthless. I was so wretched all over, both mentally and physically, I wanted to die. But now what a change! I will not take up your time in description. I will say this, however: Five years ago I was an old woman. To-day I am young, not only in feeling but also in looks, and my health is splendid. For all this I am indebted to you and Mental Science."

D. B. P., Arlington, Vt., writes: "For four years I made every effort to get relief from a trouble that finally reduced me to a deplorable condition, but without the slightest success. Immediately after beginning the mental treatment I was benefited in a way that drugs do not have the power to approach. Now, after a study of Mental Science, it is very clear to me why my cure was not effected by the old methods. Understanding the law by which cures are worked through the power of mind over matter, it is easy for me to believe that the most deeply-seated diseases can be cured as easily as the slightest disorders. Too much cannot be said for this method of healing; and an earnest study of Mental Science is finding heaven on earth."

Miss I. B. Edmonds, Wash., was cured of ovarian tumor; and dozens of cases of cancer cures have been reported, as well as others of every form of disease recognized by the medical books.

These testimonials—the full addresses of which will be given on application—have been taken at random from hundreds of letters, all testifying to the wonderful power of mind healing. A good many other letters, wherein the addresses of the writers are given in full, have been published in a pamphlet called THE MIND CURE TREATMENT, which is sent free to all who want it.

Persons interested can write to me for my terms for treatment, which are moderate as compared with those of the medical practitioners. Each one so doing may give me a brief statement of his or her case, age, and sex. The address should be written clearly, so there may be no trouble in answering. MRS. HELEN WILMANS,
Sea Breeze, Florida.

IMPORTANT INFORMATION.

Also an Arrangement Outlined Whereby Any One in Good Standing in His or Her Community Can Transact Business with Us on a Large Scale.

One of our representatives has been doing such an enormous business that we asked him recently to tell us how he did it. Many are doing well indeed, but the orders for 100 books at a time began to pour in so very rapidly, and then a little later when these were increased to 200 at a time, and they coming very often, we took particular interest in his methods, and he has kindly given us the benefit of his experience.

He states that his first work in each town is to distribute 50 copies, leaving one with every possible customer, rich and poor alike, on a given street or streets, either business or residence. He hands out the books with a pleasant request that the parties to whom he hands them will read the introduction, dedication and preface,

making the statement that he will call again within a short time. Having distributed fifty books carefully in this way, making exact note of each name and address, he begins to call again in the order in which he has given the books out. He states that thus far he has succeeded in selling six out of every ten books thus placed, or thirty to each fifty. He seems to have the faculty of so interesting the people by very few words that they will read the dedication, introduction and preface while he is gone, and he states that he finds this sufficient in six cases out of ten to make the sale. No wonder that since he is making the sale of this book a regular business his orders come frequently and for from 100 to 200 at a time.

NOW AS TO OUR PROPOSITION:

This gentleman was so situated from the start that he could order a large number of books and pay cash for them. Some have written in that they are handicapped in their work by lack of funds. In order to give every one a chance to do a large amount of business, we have decided to send books on letter of credit, in lots of fifty copies or more. Any one with a good reputation for honesty can get a reliable business man in his or her community to sign a letter of credit for so small an amount as is necessary to secure even 500 copies. No one who is to make a regular business of this work should order less than fifty copies at one time. Owing to the distance the books have to be sent, it is

far more advantageous to the solicitor to be able to order in lots of 100 to 300. No one need order in greater quantities than in lots of 500. The price of the book in lots of fifty or more will be 18 cents. In lots less than fifty 18½ cents. No orders for less than eight copies will be accepted at the wholesale price. If you desire fifty or more copies and cannot send cash, it will therefore be necessary for you to have a letter of credit for 50 copies, \$9.00—100 copies, \$18.00—200 copies, \$36.00—300 copies, \$54.00—400 copies, \$72.00 or 500 copies, \$90.00.

Send for letter of credit blank which will enable you to do an unlimited business without a cash capital.

THE INTERNATIONAL SCIENTIFIC ASSOCIATION, Sea Breeze, Fla.

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DO YOU OWN THE WILMANS HOME COURSE IN MENTAL SCIENCE?

If Not You Surely Want It, and if You Want It You Can Surely Get It Now.

THERE ARE TWENTY OF THEM.

The Total Price is Only \$5.00. Making the Price Only 25c. Each.

Desiring to give every one an opportunity to obtain the Lessons without inflicting hardships upon any, we offered to sell them for sixty days for \$1.00 down and \$1.00 per month. This offer has met with such general satisfaction, and as our desire is for the greatest good to the greatest number, we have decided to continue the offer until further notice.

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The Entire Set of Twenty Lessons. The Balance to be paid at the rate of One Dollar Per Month.

The knowledge of the life principle which is unfolded in these lessons is nothing less than the law of all organization, of all growth, to understand which puts a man in a position of unrivaled power with regard to his own body and his surroundings. With the understanding of this law there will be no more weakness of any kind; no more fear or anxiety or despondency; no more

failures in any department of life; no more poverty, no more of the sorrows of existence, but only its joys, its triumphs, its happiness. Careful study will enable any one to master Mental Science through these lessons. They should be in every home in the world. Thousands of letters like the following have been received:

DEAR MRS. WILMANS:—I have just finished the lessons and cannot adequately express my delight and appreciation. Nothing grander has been said in nineteen centuries at least. I want every thing you put out, and hope I shall hear of them as they come out so I can send. Sincerely and gratefully,

RENA CLINGHAM, care Ladies Home Journal,
Metropolitan Building, New York City.

I am filled with thankfulness and love to Mrs. Wilmans for these lessons of priceless truths which are meaning so much to myself and husband, and I would especially thank you for the response which I am sure you gave to my request that you would wait a thought of desire that they might be of much good to him, my husband.

That "truth shall make you free" is becoming now to me a fulfilled promise, a possession entered into, though as yet I have but crossed the threshold, but oh, how expansive the view before me. Truly and lovingly yours,
Mrs. HENRY UMBERFIELD, Highwood, Ct.

[Cut this out or copy it and mail to-day.]

THE INTERNATIONAL SCIENTIFIC ASSOCIATION.

Sea Breeze Fla.

Please send to my address below, one complete set of the "Wilman's Home Course in Mental Science" (20 lessons) price \$5.00. Inclosed find one dollar on account. I hereby agree to pay the balance of \$4.00 at the rate of one dollar per month, beginning one month from date of receipt of the lessons. The title to the lessons to remain in you until entirely paid for.

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ExSu	ExSu			Ex.Su	Ex.Su
4 05p	9 20a	Leave	Jacksonville	Arrive	7 30p
3 15p	10 30a	Arrive	St Augustine	Leave	6 20p
5 20p	10 35a	Leave	St Augustine	Arrive	6 15p
5 57p	11 10a	Leave	Hastings	Leave	5 36p
6 37p	11 55a	Arrive	Palatka	Leave	4 50p
5 45p	11 00a	Leave	Palatka	Arrive	5 40p
7 35p		Arrive	San Mateo	Leave	
	7 30a	Leave	San Mateo	Arrive	7 35p
6 15p	11 30a	Leave	East Palatka	Leave	5 20p
7 43p	12 56p	"	Ormond	"	3 47p
7 55p	1 08p	"	Daytona	"	3 36p
8 05p	1 18p	"	Port Orange	"	3 26p
8 26p	1 55p	"	New Smyrna	"	3 05p
8 51p	2 22p	"	Oak Hill	"	2 22p
9 30p	3 00p	"	Titusville	"	1 45p
	3 30p	"	City Point	"	1 15p
	3 38p	"	Cocoa	"	1 07p
	3 41p	"	Rockledge	"	1 04p
	4 12p	"	Eau Gallie	"	12 33p
	4 21p	"	Melbourne	"	12 24p
	4 57p	"	Roseland	"	11 48a
	5 01p	"	Sebastian	"	11 43a
	5 52p	"	St. Lucie	"	10 55a
	6 15p	"	Fort Pierce	"	10 48a
	6 41p	"	Eden	"	10 05a
	6 46p	"	Jensen	"	10 00a
	6 56p	"	Stuart	"	9 50a
	7 26p	"	Hobe Sound	"	9 19a
	7 39p	"	West Jupiter	"	9 07a
	8 13p	"	West Palm Beach	"	8 33a
	8 39p	"	Boynton	"	8 06a
	8 48p	"	Delray	"	7 57a
	9 37p	"	Fort Lauderdale	"	7 07a
	10 20p	"	Lemon City	"	6 24a
	10 30p	Arrive	Miami	"	6 15a

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Daily Except Sunday.

No 3	No. 1.	Station.	No. 2.	No. 4.
3 05pm	10 10am	Lv. New Smyrna.	Ar. 12 55pm	5 50pm
3 50pm	11 21am	Lv. Lake Helen.	Lv. 12 10pm	4 40pm
4 02pm	11 39am	Lv. Orange City.	Lv. 12 00pm	4 24pm
4 05pm	11 45am	Ar. OrangeCity Jcn	L. 11 55am	4 15pm

BETWEEN TITUSVILLE AND SANFORD.
Daily except Sunday.

No. 11.	Stations.	No. 12.
7 00 am	Leave Titusville	Arrive 1 25pm
7 13 am	" Mims	Leave 1 12pm
8 28 am	" Osteen	" 11 57am
8 50 am	" Enterprise	" 11 35am
9 00 am	" Enterprise Junc,	" 11 25am
9 30 am	Arrive Sanford	" 11 00am

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