

MAN SHOULD BE TAUGHT HOW TO LIVE, NOT HOW TO DIE.

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# GROWTH

( Monthly )

An Exponent of the Higher Principles of Physical,  
Mental and Spiritual Unfoldment.

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Editors

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**The Hundred-Year League**

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# PUBLISHERS' ANNOUNCEMENT

## GROWTH

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### The Hundred-Year League

Price to members of the League, \$1.00 for twelve numbers.

Price to non-members, \$2.00 for twelve numbers.

Single copies, 25 cents each.

Any person, regardless of sex, color or previous condition, may become a permanent member of the Hundred-Year League on the payment of \$1.00.

The significance of the Hundred-Year League is that every person may be taught how to live a hundred years or more and enjoy the fullness of perfect health and a much greater degree of mental and spiritual development.

"Growth" will be the official promulgator of such teachings.

The permanent home of the founders of the Hundred-Year League is situated on the beautiful Linda Vista foothills, about two miles distant from Pasadena and twelve miles from Los Angeles, the metropolis of Southern California.

Friends may reach us by a two-mile walk or carriage drive, though street car connections are looked for in the near future.

The altitude is 1,500 feet above sea level. Invalids and others soon learn that they must get up into the foothills if they would improve health conditions. The lower levels are disease breeders.

Our grounds are ample for the erection of tents and cottages, which will be built as there is a demand for them. Other buildings, such as a Health Institute, etc., will be erected as the growing needs require.

Mr. and Mrs. Conable will be found at home every afternoon of each week, except Saturday and Sunday, and then in case of urgent need special appointments for these days may be made.

Our telephone number is Sunset Main 1465, which may be used for making special engagements.

Members of the League who change their postoffice address will kindly send us both their old and new address.

The mailing department will close its entries on the 15th of each month, so those who miss a number of "Growth" by reason of a later change of address should send a one-cent stamp to the postmaster at the old address and it will be forwarded.

Address all communications.

**THE HUNDRED-YEAR LEAGUE,**

Box 259, Rural 1, Pasadena, California.

## Tenets of "Growth"

THE founders of the Hundred-Year League do not believe in the existence of a Personal God.

They believe that God, so-called, is the Universal Life Force which permeates every living thing.

They believe that every living thing possesses a Soul (the Universal Life Principle), and that there is no other God.

They believe that man is self-created—the product of his own Desire for a higher and continuous life, extending through all past ages; that this Desire emanates from the Soul, and that man is only able to bring it into externalization through the perfection of his physical body and the conscious recognition of the Soul's presence.

They believe that it is possible for man to so perfect himself physically as to come into absolute harmonious relations with the Soul force, thereby insuring Eternal Life in the Flesh.

They believe that nothing short of bringing the physical body into perfect harmony with the Soul will fulfill the demands and the intent of the Universal Law governing all life.

They believe that the physical body, properly spiritualized, is the legitimate and permanent abiding place of the Soul.

They believe that Death comes only when the Soul is forced to leave the body through ill-treatment and persistent non-recognition of its presence.

They believe that until the physical body is brought en rapport with the Soul, that Death is a necessity and that repeated life experiences must continue until there is perfect harmony between these entities.

They believe that Reincarnation is a fact in

Nature and will continue so to be so long as man persists in Dying.

They believe that Reincarnation will cease to be a factor in life with the overcoming of Death, which is possible.

They believe that through the medium of Right Thinking, Right Breathing and proper Physical Training, that man can, here and now, so perfect himself as to attain to any heights to which his aspirations may incline him; and that he will be able to overcome Sickness, Poverty, Old Age and Death.

They believe that every man is alone responsible for his own conditions in life.

They believe that the Universal supply is more than equal to every possible demand, and that he who is not Opulent has failed, through lack of energy or other self-created cause, to reach out for his own supply.

They believe that every man is created equal—possesses the same Divine elements of Eternal Life. The only discrepancy, where discrepancy exists, lies in the inability of the human body to manifest such equality. Some have unfolded a little faster than others, that is all. But this is no reason why one should feel a superiority over another.

They believe that every man's Soul is saved, ever has been saved and ever will be saved. Were it not, it is not within the province of any human being to save it for him.

They believe that Worlds are built and destroyed through the medium of Thought and Thought alone.

They believe that, through the medium of Intelligent Thought, directed in the right spirit, every living thing can be elevated to its proper sphere, which is on the crest of the topmost wave of the Boundless Ocean of Eternal Life.

# Growth.

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February, 1907.

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## Seek For Spiritual Consciousness.

**S**O MANY beautiful Souls were on our old Path-Finder list, and they are practically all finding their way into the new home of "Growth." The Path-Finder had its mission. It was fulfilled. Now we take up the greater work which presents itself after a deeper study into man's possibilities here on this plane of existence.

The Path-Finder was born on the steeps of the great Rockies. It did missionary work for nearly five years, how well, its thousands of friends have testified again and again. But a new child was to be born as a new helper had drifted into my home. So the first child, with only a sire to cradle and nurse it, was put to sleep 'neath the crystal sands where the tireless sea chants an eternal requiem. Out of this now inanimate form a new Messenger of Life spreads its wings, and its name is "Growth," so christened by the new mother who had been attracted into the home life of the father of the Path-Finder. This new born offspring is the only one we feel competent to nurture and bring into maturity. It takes a wonderfully perfect body and mentality to assume greater responsibilities. At present I know of none who are competent to reproduce their kind. So with us, it must suffice that we reproduce our best thoughts through the pages of "Growth," and make what its name implies, a true Messenger of the Higher Life.

As we go to press with the second number of "Growth," we find our desk literally covered with

kind words from every quarter of the country. For this we extend our heartfelt appreciation. Had it been otherwise we would have known that there was no place for this publication and the work of its editors. So we are moved to moments of greater and loftier inspiration, being conscious that with the giving out of the best that our inner consciousness contains, all our readers and friends must in the end find a measure of profit.

In the main, "Growth" will essentially be the exponent of the knowledge acquired, through years of study and research, of its editors. It will have no other regular contributors. Occasionally we shall give space to some things from the pens of our friends that appear to us to be of special interest, but outside of this there will be no other writings found in its columns. Of course this does not refer to the question and answer department, which will be established in due time, and which we shall regard as the personal property of all members of The Hundred-Year League who care to ask and send us pertinent questions—questions bearing directly upon health, mental and spiritual growth, and proper dietary and other essentials for the acquirement of the same. No theories will be advanced in this department by its editors. Only facts obtained through the medium of personal experiences. Matters of which we have no knowledge will not be discussed.

I occasionally receive beautiful letters from dear friends in my old native State of Wisconsin. I left this State at the age of five years, but returned about thirty years later to settle down for a period of four years. I pitched my small habitation close by the beautiful shores of Delevan Lake. It was here that I received some of the most helpful inspirational thoughts with which my life has been blessed. But it is not now my purpose to write an autobiography. I simply desire to say that this good old Badger State is filled with beautiful Souls, high up in the realm

of thought and action, and struggling on for still higher attainment. Among these is a blessed sister whose communication to us tells of her spiritual beauty, which is the highest attainment that can possibly come to the race—a spiritual consciousness made manifest in the flesh. Can anything be more beautiful?

The first requisite along the lines of highest unfoldment is to be able to bring into physical manifestation the consciousness of the presence of the Divine Inner Life. This great truth once established—the personal knowledge of its existence—then the rest is comparatively easy; for no man or woman will ever stop or stifle the desire to grow after once in possession of this knowledge. The Spirit will not let them stop. That is one of the great offices of the Spirit, to strengthen the desire for the attainment of all things beautiful, which also means a beautiful physical structure for the home of the Spirit.

This knowledge of the Spirit-presence may come to many of us late in life, as we number the years of our probable existence on this planet at this time, but this fact should dissuade no one. While all eternity is before us, it is nevertheless a fact that the sooner we come into the consciousness of our Spirit power and live by and through its teachings, so much sooner will we emerge from the deadening influences of the life led in the absence of this consciousness.

So, consciousness of the Spirit's presence, or the Divine Life, within our own physical habitation, is what we should seek for and pray for and strive for—"pray to the Father which is in secret," and thy blessings will increase an hundred fold.

Our Wisconsin sister writes as follows:

Pleasant Prairie, Wis., Jan 6, 1907.

Mr. E. W. Conable—Dear Sir:

I have read and read the little book, "Growth,"

over and over again. Its motive is a grand one. I am sure there will be very many persons benefited by what they will read and learn in this little booklet. I hope you will prosper in the endeavor to do God's children service.

In the meantime I am wondering how man is to be lifted up above the frivolities of life if civilization goes on. In the many years that I have lived the progress of civilization has created more crimes, more folly, more weakness than there was common sense enough to overcome.

First, there came the idea of being sick and unable to be anything but a burden on stronger hands; then came the idea of money-getting, with the feeling that one could outshine the other in homes, appearance and clothes; then the railroads, the combines, the aping of other countries—all in my time; then an overplus of physicians and the world was soon taught that they must eat to excess and after that, fill themselves with drugs and stimulants to keep up with the times. And it is keeping up with the times that is holding people down, making slaves of them; and it seems as if all that those who can see can do is to tell of what looks feasible to them, and let the world drift on and purge itself.

There are many who see and feel the weight of man's need, but it will all end in a fad. There will only be a few secrets laid up in a napkin in some vault, and years hence, after you and I are forgotten, some one will drag these secrets to light and they will lay claim to the idea that their knowledge was gained from the largeness of their great brain, and be like New Thought—which is the oldest thought in existence—or like Mrs. Eddy after she had been healed and made well. She flooded the world with her knowledge of what she called "Divine Healing." Well, there is Divine Healing. There is Mental healing. There is Christian Science healing. There is Magnetic healing. I believe in it all, for

if the mind is pure, it is a healer of itself. But the thousands of years it will take to perfect this world!

I know there are pure minds working for the good of man, and all with the God Principle. My heart goes out to these pure minds.

Had I my life to live over again, they could draw on me for all there is in me. And with the thoughts I shall carry over the River of Time, perhaps I will live another decade and help in the good work of helping the world to attain perfection in the flesh.

So keep on in your work of restoring the human structure, that the Soul may have its perfect home here on earth.

Regards to yourself and wife.

Mrs. Susan Langworthy.



## Politeness and Good Manners.

**W**HAT have politeness and good manners to do with the higher development and unfoldment of the race? you may ask. Let us see.

Politeness is one of the most powerful human magnets that we know of, and good manners are only second to politeness in the power to attract.

These are propositions that very few parents understand, otherwise a much different state of affairs would exist, not only in the social realm, but in every department of life.

The child that comes out always with a sweet-voiced (and the voices of all children are sweet) thank you, and yes, thank you, and no, thank you, and yes, sir, and no, sir, and yes, ma'am, and no, ma'am, always makes a world of friends and is always dearly loved. A child may be pleasant and agreeable and all that, but in the absence of these polite responses every one who is accustomed to good manners will notice it and an adverse criticism will at once arise in their thoughts and will often be voiced.

In either case it has its influence on the child in proportion to the magnitude of the dereliction.

The child that is always taught politeness and finds an every-day example in its own home, will grow into polite manhood and womanhood; and the more courteous and polite the man or woman, to just that extent will they succeed in life.

Politeness generates a positive magnet in the human structure, and a positive magnet always attracts. It never repels. So in proportion as we generate the positive current in ourselves just so much greater will be the attraction.

This form of politeness does not alone apply in the direction of surrounding ourselves with dear friends, but it applies with equal force in every business or professional undertaking. It applies to the man who shovels on the street. He will not occupy that menial position long. Indeed, you will rarely, if ever, find him doing that sort of labor. His powers of attraction have found him a better job, and it has come to him without the asking.

This is the proper way to start children in the world, but the example must be found in the home life of the parents. The parents must be just as considerate and polite to the child as it is expected the child will be polite to the parents. This is most essential.

So many parents, who understand the simple rules of politeness, are too apt to be negligent and careless in their own home. Never be more polite to a stranger or in society than you would be in your own home life. The father must be polite and courteous to the mother and children and the mother must be just as polite to the father and the little ones. Such an example set and persisted in will certainly insure the future success of the child, no matter what the occupation or profession, and perpetual sunshine will radiate throughout every home where this spirit of gentle, sweet politeness is found.

There are thousands of well-meaning parents who do not understand the necessity for proper child training. This comes from either ignorance or carelessness, or both. They have not been schooled in politeness themselves and therefore it is impossible for them to properly comprehend its value as an indispensable asset in the growth and development of the child.

There seems to be less politeness among people and children in the West than there is in the East and portions of the South. In the midst of the extreme hurry and bustle of the West, many of the common courtesies born and bred in the average New Englander have been lost sight of. Children born of such parents are rarely ever polite or attractive. They are born with an aggressive spirit instilled in them, filled with the necessity of fighting their way through life to the goal of success rather than by the milder and gentler process of attracting success to them through the power of winning ways and courteous manners.

The average Western lad hails you, "Say, mister, what time is it?" You stop and tell him the time and away he rushes, leaving you standing there wondering what sort of parents that boy sprang from. He was too busy with his play or some duty to even stop to say "Thank you." I generally say it for him and then he turns around and wonders what I am talking about. Such children will know little else than a hard struggle all through life. By this very act of impoliteness the child has attracted to himself, if only for the moment, such negative thought forces as will make every hard task still harder.

None of us care to purchase papers of the rough, impolite newsboy on the street. His very manner repels us, and the thoughts we send out to him steadily lessen his chance of success. But the

gentle, polite boy always has our consideration. This is the boy who succeeds.

And this same law—for it is a law—is equally applicable to the mature business or professional man or woman. The ones who are polite and courteous, and give evidences of naturalness and sincerity, are always the ones who climb to the greatest heights and command the greatest respect at the hands of their fellowmen.

Teach your children to be polite. Teach them the courtesy of a Chesterfield, and you have moulded a future for them that no hand will attempt to nullify or tear down. You have performed a simple duty in starting the child out into the world right. An education of this sort is of more value than a million dollar heritage.

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Now a few words in regard to good manners. Of course politeness and good manners are so closely interwoven that they must necessarily be inseparable; still I have met many people—mostly men—who were extremely polite to every person they met, but whose manners in some respects were simply unendurable to those accustomed to good form.

It has been my misfortune, or good fortune, I do not care which—to come in contact with a lot of people of late, especially among so-called new thoughters and food reformers and “nature men.” They seem to think that, in order to get close to Nature they must eat like the pigs and cattle. I have met many of these in “reform” restaurants and such places. They will—many of them—lay both arms on the table, shove their noses down close to their plates and shovel in the food with both hands, or with both knife and fork, to speak more accurately. Some of them will grasp their knives half way down the blade and feed themselves with it. These people all look intelligent and they talk in-

telligently, but either their training has been shamefully neglected, or they consider this way of eating brings them closer to Nature, as the animal kingdom, which is in a "state of Nature," thrusts its nose into its food when eating and does many other things which the human animal would not be justified in emulating even if the dumb creature is living a little closer to Nature.

Mother Nature herself is never sloppy or slack or slouchy in anything she does. She started man out all right in all the beauty and symmetry and perfection of all her other creations. In addition to this she gave man a conscious entity of sufficient range and scope that was intended, if properly utilized, to place him a few degrees in advance of either the pig or ox. So when we are obliged to witness scenes such as are here indicated, we are forced to draw largely upon the imagination in order to discern or discover wherein this dear Mother had accomplished very much to her credit when she endowed so-called man with a conscious entity in preference to the pig.

I have known cases in the past where housekeepers took up so much time keeping things clean that they smelled bad themselves. That is, they would chase everybody up with a rag who chanced to make a little litter on the floor. This took up so much of their time that they forgot to take a bath. This is a case of being too "all-fired" clean. Many of the "Nature" people remind me of these women—they are so persistently bent on "coming in touch with Nature" that they have no time to indulge in the common customs and conventionalities of life. They overlook the fact that Mother Nature, when left undisturbed by the hand of man, is the personification of beauty and harmony, cleanly, sweet and wholesome, graceful in every curve of her magnificent structure, never awkward or slovenly.

I would like to see the "nature man" and the "na-

ture woman" ape real Nature a little more closely. Some of their sloppy manners are a serious reflection on the Mother.



## The Adjustment of Forces.

**P**HYSICAL perfection is the direct pathway leading to the highest spiritual attainment. It is the pivotal point where we adjust, into harmonious relations, the physical consciousness and the spiritual consciousness. In the absence of this adjustment it is impossible for the race to develop beyond its present materialistic desires.

What comfort or pleasure is there in life for the mere materialist—for the man or woman who does not aspire beyond the physical needs or bodily indulgences of the hour? To such this world must indeed seem strange and purposeless if the matter has been given serious thought or consideration. But it is rare that such persons think. Their daily life is made up of bodily necessities and worldly frivolities. This ends it. There is a monotonous routine which counts for very little when measured by the great possibilities which await the claiming by every son of man.

The slowness with which the average man and woman reaches out for the grander and nobler achievements—for a cleaner, purer and more wholesome existence—may be laid at the door of past century teachers—to those who, through ignorance in the majority of cases, have distracted the attention of the individual from himself or herself, and directed the thought far away into an inexplorable realm (inexplorable to the ignorant), where something is going to happen as soon as the body disintegrates, they know not what, and the whole thing is clouded in uncertainty and mystery. There is nothing definite or tangible upon which to hang the

smallest atom of hope or faith. This is what we call race ignorance, and it is responsible for the gradual drifting away of the great masses from the participation in any and every form of present-day religious worship.

Away down deep in our heart of hearts we know that there is something which the church is not giving out that beckons man on; that fills him with a something that, while it is intangible to the physical senses in its incipency, nevertheless spurs him on until finally a glimpse of the reality confronts him.

Now, what is it that has been working back of the physical consciousness of these people to fill them so persistently with the thought that there is something more in life than mere physical drudgery, than mere physical pain or pleasure? It is the Spirit entity which inhabits everything that lives, and nothing is dead. This truth is not given us from the church pulpit—for two reasons, viz.: First, it is unknown to the average theological student, and, second, where it is known it is kept a secret that the layman may continue to be duped and robbed, that an infamous religious (so-called) system may flourish in idleness, luxury, debauchery and lust.

So, as the race has come in contact with these ignorant and criminally-inclined teachers, it is little wonder that no more progress has been made.

Every human being is born with an ever-living, eternal Spirit entity housed in his own being, without which there would be no life at all. The Spirit is the one thing which makes flesh animate. This Spirit is identical with and a part of the Great Universal Spirit, which is called the Creator of the Universe, or God, or Jehovah. There is no Divine right accorded to either king or priest which is not accorded to every other human being. No king or priest can save another man's Soul. The most that can be done is to teach the individual how to come

in touch with his own Soul, that he may the more speedily enter upon the work laid out for him by the Master Builder; that he may guide his own bark into the Harbor of Safety before the wreckage carries him adrift and prolongs the hour of his knowing, since to know equips every man with the Christ-wisdom.

Some of the earlier teachings of the religionists were not fraught with the dangers that today follow in their wake. Selfish greed and commercialism are dominating factors in the present generation. It is the policy of the pulpit to keep its followers as far away from the truth as possible. With the birth of truth in the mind of the seeker after spiritual solace, the first thing he does is to drift away from the church. The inner Spirit entity leads him away. He can find that for which he has been patiently searching within the borders of his own confines. He can find God nestling close to his own heart strings, patiently waiting to be recognized, and he soon wonders why he never thought of this before.

There were both physical and mental obstructions. The great desire for knowledge and more light cleared the way, in a measure. In silent, passive moments the Spirit entity could secure a momentary hearing. During these moments of passivity it could make its presence known. A flash of light would envelop the whole physical structure and leave in its wake an enduring consciousness that a new world had been found. From this time forth the work of bringing the body into perfect harmony with this Spirit entity becomes a fixed and persistent desire, and the seeker after more light will never cease his efforts until his whole pathway is illumined.

No physically or mentally impure structure ever attained to very great heights. There must be bodily perfection else the Soul cannot shine forth in all its glory. The mind must be freed from lust and passion. This is impossible except the body is freed

from deadening food influences. There must be perfect harmony of both mind and body. There must be a perfect adjustment of both thought and action, and all must be brought up to the standard of perfection where reigns supreme, Man Divine, which no power extant, living or dead, can dethrone.

And this brings us to the point where there is a perfect adjustment of forces. Growth cannot be attained in any other way. There must be perfect harmony between the physical, mental and Spiritual. The Spirit is always harmonious. Not so with the body and mind. These are often at variance and war with each other fiercely. In such cases the Spirit is by no means a passive onlooker. It is trying its very best to step in as a mediator, but the flesh has been corrupted and there are obstructions. These obstructions removed, the story of love, of compassion, of wisdom which the Spirit unfolds makes gods of the flesh and turns the devil into anguish.



## The Straight Of It.

I AM going once more to say a few words concerning the persecutions of Helen Wilmans in the United States Federal Court and at the hands of the Postoffice Department.

A few weeks since all the daily papers of the country contained a long press dispatch in regard to the alleged pleading guilty of Helen Williams before the Federal Court in Florida, in her long-drawn-out trial on the charge of fraudulently using the United States mails. All our readers are more or less familiar with this case.

I clipped the dispatch from one of the Sunday papers and forwarded it to one who was in possession of all the facts of the case from beginning to its termination. I desired a reply for use in January "Growth," but it did not reach me until

several days after "Growth" had gone to press.  
Here is the reply:

**The Straight of It From One Who Knows the Truth.**

My Dear Mr. Conable: The article you send me first appeared in the Florida Times-Union; it is from the enemies of Mrs. Helen W. Post as you may be sure. Since it was published Mrs. Post's lawyers have published a correct statement of the case. These lawyers stand at the head of their profession and are noted not only for their great ability, but for the most unblemished integrity. No one in the South stands higher than they do. This is what they say:

**To the Editor of The Times-Union:** "In the Times-Union of last Sunday you published an article concerning the case of the United States against Helen W. Post, unjust to both Mrs. Post and ourselves. Aside from what it said with reference to Mrs. Post personally, the article implies that the case was discontinued because of failure to pay counsel fees. Nothing is further from the truth. Work on the appeal of the case was practically complete, and the signing by the judge of the record of the trial was all that remained to be done to place the case before the Appellate Court. So far as the attorneys had a voice in the matter, the case would have been prosecuted whether Mrs. Post could pay counsel fees or not. The truth is, Mrs. Post was tired out with suspense and delays attendant upon the prosecution, which in one form or another has been pending more than six years; and decided for herself if the jail sentence should be remitted, to pay the fine of \$500, trusting to her life and published works for vindication rather than devote more time and the remainder of her fortune to a bitter contest that would in any event, result in little good to any one and great expense to herself; for even upon acquit-

tal the law provides no reimbursement for expenses in defending against a criminal charge."

Bisbee and Bedell.

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The fact that Mrs. Post's enemies felt impelled to attempt to justify themselves before the public, by a half-page article in a Sunday paper—referred to by her attorneys as above—speaks for itself. In paying a fine Mrs. Post did not acknowledge to having committed any criminal act or to having violated any law. She has wronged no one and has no feeling of shame at being compelled to submit to the ruling of the court. All her life she has been doing a good work in the interest of humanity and is content to let future generations judge between herself and her accusers.

There is a great deal more to this case than what appears on the surface of the above. In every trial of Mrs. Wilmans constant and persistent efforts were made to divert the attention of the jury from the real issue at bar. The principal effort was made in the direction of trying to convince the jury that Mrs. Wilmans was an un-Godly woman and that her teachings were antagonistic to all the teachings of the Christian religion. In other words that her case involved the question of religious heresy. Both the judge and entire prosecution worked this scheme to a finish, and the case never had a legitimate hearing on its merits. Mrs. Wilmans was helpless in the matter. Being in the Federal court she could not go outside the state or obtain a change of venue. As one correspondent put it, "the jury knew nothing but Christ and him crucified, and hell fire and hit bilin' hot."

So the victim of the medicos of Florida just made up her mind to quit and pay her fine. I am only surprised that she did not do this years ago. Still, a woman of Helen Wilmans' brain power and filled with a burning desire to fight to the death until jus-

tice was hers, could scarcely be expected to do less than she has done.

Thus this case has come to an end, except that the fraud order is still held against her. When this is to be removed the good Lord and Madden only know.

In the midst of the revelations of graft and fraud in the Postoffice Department, it is high time that there is such an overhauling as will relieve this portion of the government service from the scandalous charges which are constantly coming to the surface, whether justified or otherwise.



## Excessive Wealth.

**W**HAT is meant by the expression, "Excessive Wealth"? It is the possession of more wealth than is required by the individual to guarantee all the needs and necessities of life and such comforts and pleasures as will insure perfect peace of mind. More than this is excessive and superfluous, and should be confiscated by the government in the form of taxation.

There are two stations in life when it is impossible for a man or woman to be either Christian or lead the life of a Christian. One is in the presence of extreme poverty and the other is in the presence of excessive riches. In the presence of poverty it is impossible for the physical consciousness to bring into manifestation that higher consciousness which is known as the Spiritual side of life. The same obtains in the presence of excessive riches. The Spirit entity is clouded over and lies dormant, so to speak. It will not come to the surface in the presence of abnormal conditions which are ever present with the individual who leads a life devoted to purely money-getting and commercialism. Spirituality does not go with either poverty or riches. So, in order that we

may attain to the highest possible degree of unfoldment from the standpoint of spirituality, we must build for that happy medium which so frees the mind that we are given time to go in search of the higher truths of life.

What is life worth to any one who is so busily occupied trying to keep out of the poor-house that he has no time to devote to the study of the wondrous system by which he, himself, is evolved? What is life worth to any one whose time is so busily occupied hording up wealth that all of Mother Nature's processes are lost sight of? Such people are not living in the true sense of the word; they are merely staying, and their stay is burdensome to both themselves and every one else who is sincerely trying to get the best possible out of life.

The close, persistent student of Nature is the happiest and most contented person in the world. In this study he finds everything that his heart craves—happiness, contentment, peace of mind and the assurance that the future holds for him an eternity of glorious achievements. To the other classes alluded to there is nothing in the future to look forward to but uncertainty, entered upon, filled with unsatisfied desires and longings—the wreckage of a misspent physical existence.

I should feel very sorry indeed had my life nothing more in it for me than that which comes to the excessively wealthy man or woman of today. The Universe does not contain gold enough to induce me to exchange places with such unfortunates.

Personally speaking, I do not believe that there is a happier man living at this moment—so supremely content with what life means to him and is constantly bringing to him—than the writer of these paragraphs. Not that he has as yet eliminated everything in his life which casts a shadow here and there along the pathway marked out for him, but he has reached the point where he **knows how** to build for

the better life even though, at times, he may lapse in his efforts to consummate for the upbuilding.

These are a few of the thoughts which we desire every member of the Hundred-Year League to closely analyze. There must be a contented mind coupled with everything we do. This is more than half the battle in the struggle for perfect health and long life.

The richest existence to which we would attain and the golden wealth with which we would surround ourselves, will come as the recompense of a life devoted to the very best that we know how when once we have opened the door through which all truth, all knowledge, all wisdom find their way into every-day manifestation.



### Adam's Apple.

**A** RECENT dispatch from New Haven, Conn., has made the rounds of the secular press:

"The American Modern Language Association now in special session at Yale, has decided that it was not an apple that Eve handed Adam.

"The association has set aside Saturday morning to discover whether it was not a lemon that caused the trouble in the Garden of Eden.

"Prof. Oliver M. Johnson of the Leland Stanford University of California, who has adopted a special study of tropical fruit, has been appointed to lead the discussion. He insists that there were no apples in the Garden of Eden."

---

The above is about the most hilariously humorous emanation of evaporated verdancy that I have ever known either Yale or Stanford to turn out, or any

other institution, from a primary school up. I didn't suppose that either a man or woman, or child well up in the teens, existed on the face of the earth that didn't know that the Garden of Eden apple business had specific reference to man's prostitution of woman. The only question that has ever arisen in my mind in connection with this ancient allegory that has been clouded over with doubt is, that Eve first did the tempting. If Adam was constructed on the same lines as his more modern brother, he never gave Eve the slightest opportunity to tempt him. She didn't have to. It has always been apparent to me that this story was inspired by man and man alone, and that he was a cowardly one at that.

The story of Adam and Eve is simply intended to illustrate how and when the race began its descent away from an age of great spiritual illumination and drifted into a state of grossest degradation; only the Bible story does not fix the time or date of this downfall, which was millions and millions of years antedating Biblical history.

And now to be obliged to witness the spectacle of men and women who profess to be scholars, really earnestly discussing the Adam and Eve episode from the standpoint indicated in the above news paragraphs, makes us wonder if the time will ever come when this land will be blessed with the presence of a real teacher. We certainly have none now.



## Legalizing Murder.

GOV.-GEN. SMITH, of Manila, has just committed an outrage for which the government of the United States should give him a long penitentiary sentence and the other participants should be sent up for life.

Listen to this cable dispatch:

"As a result of experiments with

cholera virus at Bilibid prison, ten prisoners out of twenty-four who were inoculated have died. The experiments were conducted by Dr. R. P. Strong of the Bureau of Science. The death of the prisoners occurred a few days after they were inoculated.

"It is claimed by investigators that the fatalities resulted from a contamination of the virus with bubonic-plague virus.

"Gov.-Gen. Smith, in a statement to the public, exonerated Dr. Strong, and declared that the commission would take care of the families of the dead prisoners."

---

And still the result was not so bad after all. The doctor killed only ten out of the twenty-four. In ordinary cases of sickness they generally get away with from ten to twenty per cent of their patients. Let us not expect too much from the doctors. I mean from the old school fellows who know no better and who have never been taught any better. But let it be understood that every doctor first test his poison dopes and vile virus upon himself. It is too inhuman to even first try them on the dog. I stand as a humane champion. The experimental virus doctor is not a human. He is a fiend.



If it is expected that the United States is going to continue to act as a permanent wet nurse to Cuba, we may as well adopt her and be done with it. It would be much cheaper. Since Gen. Wood changed the odor of the little island, and made it possible for white people to live there, even in the good old summer time, Cuba would not be an entirely undesirable holding. Uncle Sam would, at least, know where to go for a fresh chew of tobacco.

**A FEW FLASHES.**

**By the Senior.**

Were it not for the misfortunes in life our experiences would not be worth mentioning.

\* \* \*

No sensitive, refined woman should ever marry a man until she sees him eat. It may be her death blow.

\* \* \*

In turning over a few New Year leaves, refrain from turning over so many leaves of the sensational daily press. Your harvest will be all the richer for it.

\* \* \*

The sweetest things in life are often mingled with our tears, and then we wonder why we ever shed tears.

\* \* \*

Individual freedom is the basis of all growth. We can never burst the bonds of slavery so long as we lean upon the crutches of others.

\* \* \*

"There is sunshine in my Soul," and this knowledge widens and deepens the aura encompassing every human structure.

\* \* \*

If you would reap the richest blessings in life, always recognize their presence. In such an atmosphere no well-regulated blessing can afford to be absent.

\* \* \*

Growth comes only in the presence of individual endeavor. Never accept prescriptions from either a preacher or a doctor. Neither one ever reaches the basic principles of the disorder.

\* \* \*

Closely allied to mortal mind is the sub-conscious

or Spiritual mind. Close the gap between these two and you have solved the problem of life, both here and hereafter. The task will repay you a thousand fold.

\* \* \*

No human being ever progressed very far who did not first recognize the existence of a Creative Power within himself. We are all Creators if we did but know it. All our failures are attributable to our ignorance as to the real source of all supply.

\* \* \*

All the wisdom of past ages is stored up within the sub-conscious mind of every individual. Clear the way leading to this great storehouse of learning and you would not exchange your find for all the material wealth of the world.

\* \* \*

All the libraries in the world do not contain a millionth part of the information which is stored up in the archives of the Inner Self. Every human being is a walking encyclopedia of Nature's processes. We look everywhere except in the right place for the things we would know.

\* \* \*

The public library and the Carnegie system of building up great libraries are stumbling-blocks in the road to progress. If Carnegie would give prizes to the best students of Nature's processes of evolving the race, incalculable good would result. Self-study will make for the individual what no library or other teacher can accomplish.

✂ ✂

The doctors of San Francisco have just murdered Archbishop Montgomery by cutting out his appendix. The knifing of the appendix, the unsexing of women and the vaccination of children are crimes for which any and every doctor should be imprisoned for not less than ten years.

# A Good Gift.

By Louise Ambrose Conable.

"He gives nothing but worthless gold  
 Who gives from a sense of duty;  
 But he who gives but a slender mite,  
 And gives to that which is out of sight,  
 That thread of all sustaining beauty  
 Which runs through all and doth unite,—  
 The hand cannot clasp the whole of his alms,  
 For a god goes with it and makes it store  
 To the soul that was starving in a darkness before."

\* \* \* \* \*

Not what we give, but what we share—  
 For the gift without the giver is bare;  
 Who gives himself with his alms feeds three—  
 Himself, his hungry neighbor, and Me."

—Lowell.

**W**HAT are some of the gifts that we can shower upon those around us, the gifts which, of themselves, will feed ourselves, our hungering neighbor and the divine self, within?

Have you a gay disposition overflowing with spirits and sunshine? Scatter sunshine and cheery words wherever you go. You may never know the far-reaching effect of some chance remark of good will. It may lift some soul out of the Slough of Despond. In so much will you be like the Father whose sun shines alike upon the just and the unjust.

Do you desire health? Then scatter thoughts and words of health which carry a mighty uplift with them, an uplift so strong that it will be a wall of protection around you. A wall so strong that no thought of disease can penetrate it. So will you be like Him who is health.

Have you the musical talent? Then do not deny its use to those to whom music is a rare treat, always desiring that that which you are so lovingly giving shall be something great. This will open to you the avenue leading to the Infinite and prepare you to express the harmonies of the universe.

Do you desire to be an elocutionist? Search for some housebound soul and read aloud to her. The pleasure of the giving will develop a sympathetic quality that training is powerless to accomplish and so come nearer to that God of Love with whom "not a sparrow falleth but its God doth know."

Would you become a writer? Think of the pleasure it would be to some overworked, lonely mortal to receive a letter filled with thoughts of strength, couched in language comprising your full capacity of wit, humor, wisdom, tenderness and sympathy. Do you imagine that every such emptying of yourself will not mean a refilling to overflowing of all that you have given and come so much nearer the presence of Him from whom you can claim the gift of tongues?

Would you be an artist? Think of some friend whose surroundings are sordid, unbeautiful; whose daily life is totally lacking in anything that is inspiring. Then strive to paint a picture, every line of it tending to bring to the surface the inner glory of the one who looks upon it. Can you do this and not gather from it an undying inspiration and come closer in touch with the greatest Artist of all?

What have we to give? Our gifts are boundless! Every man and every woman has some gift of heart, brain or fingers that they may lay upon the altar of divine love and service. Let us give what we have now, let us give all we have. The gifts we have naturally, of heredity, are imperfectly developed, but if we will cease to strive to guide our own lives, will empty ourselves completely that the orifice may be open through which the blessings may pour in and the vessel is clean to receive it, then the Divine will expresses itself through you and the Infinite Father will fill you with the perfection of a ten-fold greater gift.

The King's child is all glorious within; therefore let us strive to so picture that inward glory that the

dwelling of our minds upon it shall build so perfect a manifestation of it in our spiritual consciousness that it will, of necessity, radiate from every feature and tone and motion of our entire being. Then shall we come into our birthright—consciously the child of the King of Kings, and Lord of Lords, the mighty Jehovah of the Universe.



## The Artistic Sense.

By Louise Ambrose Conable.

**I**N THE effort to get close to Nature and to return to perfect simplicity of attitude, there is one sense which we should cultivate assiduously, and that sense is the artistic one.

The great Artist who fashioned this universe, in which we live, was the one perfect artist and we, who are endeavoring to become at one with the Infinite, should, each and all, strive to form a correct appreciation of the wondrous pattern furnished us in the great book of Nature spread before our eyes.

Nature is not niggardly. Everything that she makes is of the best if she is not hampered by man's interference. Study the beautiful curves, the perfection of outline, the purity of color, the harmony of shading in a calla-lily. Could man vie with it? Every shade, every color, every object manufactured by Mother Nature has some useful value, primarily, and then it is constructed according to the lines of beauty and grandeur, and dignity and harmony.

So it should be with us. Let us fashion our bodies, our belongings and our thoughts upon the pattern furnished us by the everlasting Mother who holds us so lovingly to her breast.

Let us work at our bodies until every line is a graceful curve; until every muscle is perfectly developed; until every gland is soft and full of

moisture; until every pore of the skin is open and breathing; until every organ is working to its full capacity building up an incorruptible body that the Divine Life may have a temple—a fit dwelling place for so exalted a guest.

Let us study the clothing that the Infinite Mother makes for her children around us until we are so thoroughly imbued with the grace and beauty and unutterable harmony of it that when we come to construct our own bodily coverings, they will express grace and beauty and dignity of outline and harmony and restfulness of color. And as Nature employs only the best, let us have only the best, but whatever it may be, let it be genuine. Never indulge in an imitation. When we do, we create within ourselves a vibration of untruthfulness whose inharmony will echo and re-echo through our entire aura. If we desire diamonds and cannot afford them, do not take an imitation. If we cannot afford solid gold let us content ourselves with solid silver. Whatever it be, for our soul's sake, let it be real and not a lie.

Have you ever noticed that the most glaring and rioting of colors, out of doors, never look badly unless man has made the garden and planted the seeds there? If you labor under the impression that Nature will produce inharmony, apart from man, go into a forest. Every leaf, every blade, every tree, every clinging vine, every shade of color is in harmony with its neighbor, partaking of the peace and harmony and silence in which the Creator brings forth His creations.

So we should hold our minds in the peace and harmony and silence that the Creative Principle within us may be able to bring forth creations within our brains that will be for the enrichment and enhancement of mankind and an uplift for the race toward that goal of perfection to which we are each and all—be it consciously or unconsciously—striving to climb.

May we, none of us, through mistaken ideals, or through a lack of study of the great Creator's primar, retard our own onward development.



### WANTED.

The name and address of the person (presumably woman) residing in Los Angeles who has, on two occasions recently, sent this office thirty cents in silver and on another and later occasion, sent forty cents. Not a single one of these messages contains either the person's name or address, or the slightest hint that would lead to her or his identity. A year or so ago we received a couple of letters evidently written by the same person, but no name or address given. In nearly every case some word of appreciation of our magazine efforts has been expressed. We would like very much to have the name of this appreciative friend, if for no other reason than that we may be able to give credit for the amounts received and fill her order for whatever is desired.

As we are sending out no sample copies this month, it is necessary for us to mail again a copy of this number of "Growth" to every person in Los Angeles whose name has ever appeared on our books.

We sincerely trust that this notice will bring the desired result.

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### WANTED.

A man, or man and wife, who would like to provide themselves with a tent for living purposes on the Linda Vista foothills. Must be non-meat eaters, non-tobacco users, non-alcoholic users and non-drug users. In other words, clean vegetarians or fruitarians. We have from two to three acres of fine land for vegetable and fruit growing. We desire this taken care of and worked on shares. We will furnish horse and all necessary tools.

Address, E. W. Conable, Box 259, Rural 1, Pasadena, Cal.

**JUST PARAGRAPHS.**

By the Senior.

Some of the churches don't believe in divorces, you know. Perhaps this is what is causing all the trouble over in France.

\* \* \*

Wall Street now opens its morning sessions with prayers by telephone, and it is said that no one but a trust clergyman will even consent to do this.

\* \* \*

Congress has gone on record unanimously in opposition to the President's spelling "reform" fad. This is well. Most Members of Congress spell badly enough as it is.

\* \* \*

Do you wish to become well, healthy and strong—fitted for the life, duties and obligations for which the race was originally created? This publication will point out the way. Tell your friends about it that they, too, may profit.

\* \* \*

The Shah of Persia is dead. He leaves eight hundred widows. What a sendoff that gives the old man. Eight hundred wives, all weeping at the same time, certainly ought to float his bark straight into the pearly gates and make him feel that he was being launched forth at high tide. Eight hundred wives! A combination like that must make United States Mormon Senator Smoot look green with envy.

\* \* \*

The Prefect of Police of St. Petersburg has just been assassinated. 'Tis well. Under his orders hundreds of men, women and children had been murdered. Let the "terrorists" proceed with their work of trying to civilize the Czar's kingdom. The time will come when the rights of the "common people" will be respected even in Russia, but an ocean of

blood will flow first. These "Christian" monarchies die hard. Somehow or other the Lord does not seem to be answering their prayers. It wouldn't surprise me at all if He were the Captain-General of the "terrorist" army.

\* \* \*

We are a fast people out here on the Pacific Coast. That is, some of us are, while others are not. Included among the latter is the postoffice management in Los Angeles. We mailed "Growth" in Los Angeles December 21 and 22. Our subscribers in Pasadena did not receive their copies until the 29th, and Pasadena is only nine miles distant. Of course it is quite a little up grade from Los Angeles to Pasadena, but it shouldn't take seven days for the railroad mail contractors to make the trip. O, for the good old days of the Star Route system!

\* \* \*

It is with great pleasure that I note the steady growth of Thomas J. Shelton, editor of Christian, Denver, Colo. Shelton has improved wonderfully during the past few years. He used to be doing occult work on his paper, while now he has passed that point and is working from the real Spirit within. I always liked Shelton. He has always had an honest, sincere swing to his pen, and every paragraph he wrote was *alive*. Now the real Spirit is moving him, and I may say truthfully, without depreciating the value of any other publication, that Christian stands at the very head of all papers of its class. Some may suggest that Christian is in a class by itself. Be this as it may, it will put real life into every one who reads it.

\* \* \*

The most conservative thinkers cannot fail to see a very dangerous precedent in the revelations of the Roosevelt-Storer incident. The government of the United States is not yet ready to traffic politically with the heads of any of the great ecclesiastical in-

stitutions. Roosevelt's political flirtations with Bishop Ireland are anything but creditable to the head of this government. The American people will never consent to pass through the experiences of the French Republic. We are constructed on different lines. The anger displayed by the President in his answer to the ex-Embassador furnishes evidence sufficient that he was hard hit. Teddy was forced to take a little of his own "publicity" medicine and the dose was anything but agreeable.

\* \* \*

The United States Supreme Court has just rendered a decision legalizing the crime of kidnapping. It says that the kidnapping of Moyer, Haywood and Pettibone from Colorado and taking them to Idaho by the State officials at the dead hours of night and by a special train, not even giving them an opportunity to say good-bye to their families or consult with their attorneys, was not in conflict with the Constitution of the United States. Some fifty years ago there was a ruling by this same court, known as the Dred Scott decision, which stated that a colored man had no rights which a white man was bound to respect. Soon following this decision there was one of the bloodiest civil wars which the world has ever known, all on account of this decision. The people reversed this decision of our highest tribunal. In the case just decided, the people may conclude to step in as they did in the 60's and assume the role of a court of last resort. There are offenses to the credit of the Colorado Miners' Federation, but it is not even claimed that these men were in the State of Idaho when the ex-Governor was assassinated, hence could not be legally extradited under a decision already rendered by the United States Supreme Court. This Court now reverses its former decision and in doing so practically legalizes kidnapping. The powers that be are certainly fast bringing things to a climax.

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