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

GROWTH

(Monthly)

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

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Editors

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Looking for a Text.

A priest in Iowa was recently temporarily unfrocked for standing on the street and talking to two women who wore "peekaboo" waists. He was doubtless looking for a text. Still he should be punished for trying to usurp the exclusive prerogative of the newspaper man. And away down East a noted minister has just been "disbarred from practice" for going "slumming" with a colored woman. My, but some of the "cloth" are becoming exceedingly inquisitive. But who of us can tell our congregations just what's what in the absence of personal experience? I am sure I cannot, though I must confess that my curiosity has not led me to the point of either publicly investigating the interior of a Parisian demi monde dress pattern, or "slumming" it in company with either a white or colored woman. But it must be remembered that I am neither a priest nor a minister of the gospel, hence my tastes and desires are more or less circumscribed.



Listen!

The fact that the subsidized press is giving so much time and space to social economic movements throughout the country is evidence that there is something exceedingly odoriferous in Denmark, or thereabouts. The people-be-damned class is exceedingly sensitive when it looks as though they were going to be forced to give a just accounting of the vast treasures in their keeping. Then is when they begin to yell "Anarchist," "Red flag," etc. Wait patiently, friends; put your ears to the ground. Listen! That sound you hear is the onrushing of the tidal wave that will sweep seaward (or hellward) more trust magnates than the whole Harriman system could transport in a month. So don't wax too impatient. The potency of the law of recompense will be in evidence before you fully realize its existence.

Growth.

May, 1907.

Power After Death.

IN THE last number of "Growth" I discussed the subject of "Power After Death" from the standpoint of those who had lived lives of selfishness, greed, hypocrisy and lust, taking Alexander Dowie as a suitable text. I will now discuss the other side of the proposition, taking the lives of those who have lived the true Christ spirit as examples, and showing how glorious the recompense to him who "doeth all things well."

Life evolution, or unfoldment, may be swift or exceedingly slow. The faster we grow upward the sooner will we reach the Summit. I doubt if even the "laity" will dispute this proposition. The more we retard our growth the longer will it take to reach the Sublime Heights. This is another statement of fact that is unassailable. Now the speed with which we climb, be it slow or fast, is the result of either a positive or negative condition of the mind. When a horse is being put in training for the race course, every obstacle that would tend to in the least interfere with producing the best results, is removed so far as it lies in the power of the intelligent trainer. The horse is brought into perfect condition, as they say. He is properly fed and constantly groomed, and is made to understand, so far as is possible, what is expected of

him. Every indulgence that would tend to deplete the vital energy of the animal is carefully looked after and avoided. Soon we have a perfect specimen of horse flesh—one that will win the race unless he comes in competition with a contestant that is still more highly developed. But even if this one particular race is lost, there has been such preparation and development as will insure a much higher standard of both physical and intellectual equipment than had existed previous to the care and training, for it is well known that even among animals, the more perfect the physical body the greater intelligence comes into manifestation. So it is with the human animal—we cannot think right, we cannot do right, we cannot live clean, pure lives in the absence of a perfected physical structure. We can make but weak and slow progress in our efforts to reach loftier attainments. Indeed, we make no perceptible progress at all, for there is a complete absence of conscious desire to achieve anything worth while. Living in this state of simple existence, we are ever, and remain so, the menial slaves of the so-called master class—the class which has sprung from an ancestry which possessed but one burning ambition, namely, the desire for the possession of material gain, no matter what suffering it might entail upon their fellow-men. Dowie was of this class. And Dowie is paying the penalty.

Now we come to the other side of the question—the power after death vested in him who has lived a clean, pure, unselfish, Christ life. The Soul entity stepping out of such a physical encasement has absorbed only

the good which dominated the physical consciousness, hence when taking its place on the higher plane provided for its reception, does not, and cannot, hold an unkind thought toward any created thing. Great power is vested in this released Soul, but it is all for good and the uplifting of the struggling forces on the planes below, both the earth-plane and the "strata of darkness," which is close to the earth and which is inhabited by the Souls of the erring ones who must do penance until complete expiation is theirs.

From these higher planes come, constantly, influences which help to shape and mould the moral and unselfish instincts which dominate many lives. The Soul being housed in darkness while encased in a flesh form, appeals for assistance from the outside to aid in the enlightenment of the physical structure. We build and maintain so dense and imperfect a habitation that it is impossible for the Soul and Spirit consciousness to penetrate it, and in the great majority of cases the only real message for the good which reaches us comes from the released Souls which inhabit the higher etheric planes; and these—the ignorant give out as coming from the Divine power within—from our own Souls.

The individual who has actually "made room for the Soul"—who has perfected his body and cleansed his mind, and who thinks only of the exalted, and who is free from thoughts of lust or sex indulgence, and has opened his love nature to all things evolved—needs no assistance from any source outside himself. He has become a God in his own wisdom and strength.

He is a creator of things through the medium of this mighty power. He can mould and create thoughts, not only in himself, but in others. He can control the destinies of a Nation, provided the creations are based upon the foundation of pure unselfishness and in the interest of the upbuilding of the race—its enlightenment and equipment for the loftiest achievements. No assistance is required from the outside and none is offered, for the first to recognize the fact that we are building for our own independence of thought and action are the released Souls which stand guard over our destinies, and which, when they once see that we have opened up the pathway leading to our own Inner Wisdom, are filled with joy unspeakable.

The dense, unclean, licentious man or woman cannot be reached by the higher Soul forces. The darkness is too great for them to penetrate. These are taken possession of by the astral vampires that feast their lusts upon mortal corrupted flesh and drag men down to the lowest iniquities. These vampires live and thrive in the slums, in the saloons, in the stock yards and slaughter pens, in the gambling dens, the assignation houses and sub-way modern "grills." They are found in the lurid apartments of the Stanford Whites and the Harry Thaws, and among all social and political degenerates—everywhere, wherever the human carcass is infected. The good Angel of Safety cannot associate with these—it is not called upon to. Its work of salvation is among those seeking to be saved—seeking for a glimpse of the great White Light which never fails to come to the spiritual-minded.

That the human race, today, as a whole, needs all the assistance, from both without and within, attainable, no intelligent, thinking mind will question. The clouds are gathering deeper and denser. The storm is already on the sea and on the land. The skies and the seas and the earth are parting, and the drift-wood is humanity everywhere. Who is responsible for this appalling on-sweep of race extinction—God or Man? Man alone. Man builds his future as he has built his past. He was started out in the likeness of all that was perfect. He has voluntarily drifted into decay. It has been his choice. We cannot charge it up to the Creator, for He makes nothing imperfect. If we have drifted away from the Model of Perfection in which we were cast, we must reap the harvest that comes of our own sowing. There is no way of escaping this responsibility.

Centuries upon centuries of corrupt thought indulgences cannot be dissipated in a moment. There lies the sorrow of it all. The punishment is due. It is now upon us. Shall we accept it as just and try speedily to make reparation? Or shall we lay curses at the feet of Him who first evolved us and go on sinning?

The way seems clear to me. I hope it seems clear to every one who is capable of reading the signs of the times. Great upheavals are before us. Would we escape the onrush of the fatal tide? It remains for each individual to decide this for himself. I can only point to the danger-signals everywhere which tell the tragic story of the near future.

The power to accomplish good after death is much greater than the power to accomplish evil, since we all know that good is always the dominant factor and is never negative in its operation. Evil is a negative quantity and can only enforce its powers on other things of a negative character. It dominates only in the presence of weakness and negation. Hence, an Astral or Soul entity which would pursue its evil tendencies, can never affect or influence positive character. The positive mind can never be influenced by negative forces, and all evil forces are negative. It is well to know and remember this. And it is well to know and remember that no individual is safe who fails to build up and maintain a positive character. With the building up of positive character we construct a protective bulwark about ourselves which all the devils in and out of the lower regions cannot penetrate. When this is done we are safe. No harm can ever come to us. We have builded so powerfully that tidal wave and lightning flash will cross the street in order to avoid us. This is no figure of speech, but a live, burning statement of fact. We have made ourselves immune to the ravages of every destructive element, because we have become the most potent power. We perish only when we become weak and negative, and because of this weak and negative state, which is the result of our own undoing, we cannot bring the inner protecting power to our rescue, hence we perish. There is no other reason why we perish. There is no other reason why we lie down and deliberately die. There is no other reason why any of us

are sick or weakly, or are physical, mental or moral failures in life—we do not construct for the free and unhampered manifestation of that most potent power in all creation—the Divine entity within us.

Why, friends, can you fully realize what it would mean to once be able to give full sway to that mighty power which constantly inhabits conscious man? Can you realize that it would mean everything? Can you understand that your powers of accomplishment would be second only to the Creator Himself? Don't you know that to be able to bring into unsuppressed manifestation the individual Ego, which is the only **Living** principle in your body that makes life at all possible, would place in your hands a power for accomplishment which the Deity alone possesses? If you do not, then it is high time you found it out and begin this day the work of regeneration and new birth.

Now, let us touch upon a few of the things which are necessary if we desire to honestly and earnestly make our way into the realm of positive, creative man. This discussion, or presentation of this question, is intended only for those who **desire** to grow; not for those who are indifferent or do not care to pay the price for the goods when delivered. I have no energies to expend on the latter class. It would be useless. They must drift for a time yet. They can be awakened only with a battering ram.

Do you, friend, desire to come into the fullness of your Spiritual possessions and thereby become complete master over every environment which surrounds

you and which has, up to this hour, been practically master of you? Then listen.

Drop every form of food which does not build living, vital cells. Cleanse your body of all impurities. Dispell from your mind every vestige of worry and fear. Eliminate every shadow of selfishness and replace it with vibrant waves of love for every living thing. Love the whole race and every animate and inanimate thing as you now love your own life—all in the spirit of absolute unselfishness. Can you do these things? Do you want to do these things? If you do, you can. But there is more—not hardships, though—for the one who really craves growth. There must be a complete loss, in the conscious mind, of every thought which recognizes sex distinction in the light of sex indulgence. Even our friends who would do a little “illuminating” in this direction are barred from the Inner Gates. They cannot even approach the Outer Courts. They may tell you that this is “the way,” but they are mistaken. They may tell you that this commingling between “harmonious spirits” is one of the channels which opens the way to the greater unfoldment, but this is a mistaken idea. If I ever believed this myself, I have proof abundant that it was a sad error, and that every one who indulges in this “myth of the mind” will lose his or her identity in the great vortex which separates body from Soul. There is no growth worthy the name of growth that can come to mortal man, which contemplates in the remotest realm of the imagination, the coming together of man and woman on any other ground than that

which completely annihilates the thought of sex indulgence. There is no illumination about it. It is a deadening process from beginning to end, and there is no evidence on record since the world began that controverts this statement. The seal of decay and death is in the eye of every man and woman who lives not an absolutely regenerate life.

Is this a heavy price to pay? Not so very when you once make up your mind to it. You have got to do it if you wish to grow. If the desire for mere physical indulgence is greater than the desire to grow, then you will go right on in the same old way. On the contrary, if the desire to build for the future takes precedence over everything else, there will come into your Soul the sweet spirit of perfect peace which passeth all understanding.

But Life without Death is what the world should strive for. It is time that the trend of thought was turned in the opposite direction.

There are no limitations on the life of man except those which he places there himself. He was created to live, not to die. He dies because he prefers a short season of dissipation to a limitless life of Soul enjoyment. But the awakening is coming. Enlightenment is taking the place of ignorance. There is a growing strife for better health conditions. With the desire for greater bodily perfection there comes an awakening of the Inner Consciousness. This Inner Consciousness is the Soul entity striving to come into manifestation. It gives us a hint as to the possibilities of

life, and soon there is a greater awakening. With this greater awakening, a new world opens before us. We see life as it was never presented to us before. We learn for the first time that we were born to live and not to die. We now cease to prepare for death. We make ready to live in the fullness of all that is ours. It matters not if we have passed the half-century mark before the dawn of this glorious new awakening, we can, if we but will, make new the old and worn. Throw off the old, soiled garments and put on the new, clean, white linen. The sweetness of it all is the heart's full compensation. No more is needed. The heart is full, the Soul is joyous. No more loneliness nor sadness. The derelict partner who is absent at "lodge" is not missed. It were fuller happiness were he to prolong his absence. The negligent mother and wife, whose head grows dizzy at a neighboring "pink tea," may prolong her stay. She is no longer missed. No one is missed, except the one dear heart who has found the same Soul life within, and he or she is never missed, for there is no parting. Their Souls commune even though there be bodily separation.

Is the effort to find a life like this worth while? To me it is. Were it not, I would know that there was a world of suffering still in advance of me.

Personally, I am seeking Power Before Death and not after. If I find it in all the fullness which has already been shown me, I will have severed every negative limitation which past environments have crowded upon my life, and they have been many, tear-stained and cruel. But I attracted them all. Without

them I might have still been groveling in the slums of self-destruction.

FLASH-LIGHTS.

Some people are so dead that they could travel a whole block on a "live wire" and never know it.

* * *

The first step leading to the Higher Attainment is the absolute elimination of every vestige of selfishness.

* * *

Oh, the crime of bringing imperfect children into the world! And this is the foremost reason of present race destruction.

* * *

To grow physically is to grow in every other way. High spiritual attainment is never the accompaniment of a corrupt body.

* * *

We may reach what we ignorantly term a high state of growth, but the exalted heights are never climbed in the absence of the regenerate life. Who shall say that the price is too high?

* * *

A body dammed up and filled with thoughts of self-interest can never reach that glorious stage of illumination which makes man Master of his own body. And the prescription which builds for unselfishness cannot

be formulated out of canned poisons, leprous fish or cancerous four-footed beasts. Begin this day to purge both mind and body.

* * *

It is growth that we are all after, and it comes to us just as fast as we are ready to receive it. You would hardly think of presenting a swinery with a set of clean sheets, would you? Just the same with us higher animals—if we are not ready to throw off our soiled garments of selfish materialism it were foolish, indeed, to present us with robes of purest white.

* * *

Remember, the path leading to the summit of highest attainment can only be found by way of the Cross. Only through great sorrow, self-sacrifice and absolute unselfishness are we permitted to share in the riches of the Infinite. This should not be so. The race was started out right; but we have drifted so far away from the perfected plan that we must now all pass through the torturous gateway of Gethsemane.

* * *

I am afraid that some of our "close-to-Nature" advocates and friends are becoming sorely mixed up as to the significance of two most important words in the English language. There is a vast difference in the meaning of the word re-generation and the word de-generation. No one ever grew very high who started out to build from the sex center. To begin

building from this center means ultimate annihilation. There is no other outlet.

* * *

Every human being is a living, moving example of the most potent factor in the Universe—Thought. Thought makes and unmakes Empires. It dethrones Kings. It builds insane asylums and prisons. It commits all the crimes of the ages. But this is Thought perverted. Thought exalted constructs Godly habitations for us all—physical, mental and spiritual. Why not use Thought exalted in the construction of our bodies instead of Thought perverted? It is just as easy, and, oh, what a vast difference there is in results.

* * *

If I have lived in the Eternal Past then I am booked for the Eternal Future. If I have not lived in the Eternal Past then there can be no Eternal Future. But if my Soul were not enwrapped with the burning conviction that I **have** lived in the Eternal Past, not another moment would I permit these eyes to rest on aught that moves and breathes. They would close here and now for all eternity. Not that I am tired of this world as it has been presented to me, but the hollowness and hopelessness of it all would palsy my whole being.

* * *

Thought both builds and destroys. Every physical body (the character of it) is the direct manifestation of the thought waves sent forth from the sub-conscious

dynamo. The power to build a perfect body is a Divine prerogative vested in every conscious entity. The bodily imperfections of the human race are the result of centuries upon centuries of thought decay. When we gaze upon maimed and diseased physical structures, we know that somewhere, at some time, there has persistently held sway a degree of thought degeneracy which finds manifestation in the form before us.

* * *

Within the limits of the next seven years vast Empires will fall and great seas will spring up in the twinkling of an eye where now peacefully inhabited domains exist. There will be wars and famine, earthquakes, cyclones and holocausts. The land will be filled with death and carnage, led by "Christian civilization." But the "civilizers" will perish after a brief season of ghoulish pilfer and pitiless lasciviousness. Then peace will reign supreme throughout the whole broad land. But who will be saved out of this vast multitude? Those only who have begun the work of self-quarantine, that they may no more spread deadening physical and moral infection among the brotherhood of the race. Let us today prepare for the coming. Tomorrow it may be too late.



Spiritualizing The Body.

By Louise Ambrose Conable.



ONE often hears the expression, "I cannot take a cold bath because my body refuses to react sufficiently." This is a mistaken conception. The truth of the case is that anyone who is well enough to bathe himself in any kind of water is strong enough to stand a bath of cold water. But we must bear in mind that there are various ways of taking a cold bath and it is the exceptional constitution that can stand a plunge into a tub of cold water every morning without paying the price of depleted energy.

But the cold bath herein described will hurt no one and will be a distinct benefit. The following is a list of articles forming a desirable but not necessary adjunct to the process. If you have no bath-tub, use a small foot-tub sufficiently large to allow you to rinse your body without too free a baptism of your immediate surroundings; a long handled bath-brush and—if the skin of the face is tender—a Russian complexion brush; a Turkish wash-cloth and a good-sized Turkish towel. If you desire a skin like satin to the eyes and velvet to the touch, indulge in a hand flesh-brush for dry rubbing. Now as to the method. Fill your foot-tub about one-half full of water. Dip your complexion brush into the liquid, hold your face over the tub and gently but vigorously rub your face, neck and ears with the brush. Then take your hands and rinse the parts, bathing the eyes very carefully. Next rub the

water off with the wash-cloth and dry thoroughly with the towel, being careful to rub the skin from the chin upward.

Repeat this process next with the arms, using the stiff brush if you have it and rubbing hard. Rinse and dry as before. Now place the tub upon the floor, put one foot into it, rub vigorously first with the brush and then with the hands, coming up the leg and taking in the entire thigh. Rinse and dry as directed before, being sure to rub with the towel until the skin is in a pink glow. The secret of the success of the bath is in working rapidly enough to get a good circulation. Repeat the process with the other foot and leg.

Now, the extremities of the body having had the equalizing force of the cold water applied to them, the vital functions can now stand it and receive only a tonic effect from the shock. Use the long brush; dip it into the water and rub the back thoroughly. Rinse and dry as before described.

Finally finish with the chest and rest of the trunk, rubbing the abdomen vigorously with a circular motion from right upward to the left downward. After you finish this, rub the body for about fifteen minutes with the dry flesh brush. This bath can be taken, not quite so thoroughly, but with good effect, with nothing but an ordinary wash bowl, cloth and towel.

But cold baths are not enough to keep the body perfectly cleansed unless one takes frequent sunbaths and is living entirely upon uncooked foods, and none of that food is allowed to pass into the stomach until

all that is soluble has been so dissolved in the saliva and all residue discarded. If one is living along the old lines of cooked food and improper mastication then a weekly, bi-weekly, tri-weekly or daily bath with hot water and soap is necessary, the frequency of the baths depending upon the occupation and the errors of diet indulged in.

The best soap to use is the liquid Tincture of Green Soap, although the old-fashioned imported Castile soap makes a good second choice. Use the soap after this fashion: Dip your hands into water as hot as you can stand it comfortably and wet the face, neck and ears. Pour about one teaspoonful of the soap into the hands, rub them together to make a lather and then apply to the skin already wet, moistening with the hot water as the lather dries. If you are just beginning this treatment, let it stay on about twenty minutes, all the time rubbing and patting and otherwise increasing the circulation. At the end of that time dip the complexion brush into the hot water, hold your face over the basin or tub and wash the lather off thoroughly. Dash cold water over the skin with the hands, then dry gently. If the skin is delicate rub a little almond or olive oil—almond is preferable—into the parts of the skin that are to be exposed to the elements. Do not do this oftener than twice a week unless your skin is toughened by exposure.

Proceed over the entire body in this manner, rubbing and rinsing again and again until all the old skin has been eliminated from the surface of the body. You will hardly know yourself, you will feel so differently.

It will not be long, if you are eating properly and persevere in this treatment, before your skin will be as fine and sweet and fragrant as that of a baby's. You will soon know by the "feel" of the body when it needs a hot, soap bath.

The morning cold bath, repeated on the nights that you omit the hot bath, will cause you to sleep from the time that your head touches the pillow until Mother Nature calls you in the morning to greet the advent of a new-born day.

But do I hear you say that this is too much trouble, takes up too much valuable time? Is it too much trouble to make the temple of all that is **Real** of you clean, pure, wholesome and healthy? Not at all. This body is your instrument, given you that you may have it for the purpose of expression. Can an imperfect instrument express a perfect conception? Never! You must work, and work and work if you desire to express that which in some body, some time, you will be obliged to express. There is no escaping. For this purpose you came into the world. For your refusal to express this purpose you have gone out and returned times without number and times without number you will return again.

Is it your desire to suffer and toil and agonize in ignorance, or is it your desire to grow, to perfect your temple, to make it a fit instrument through which the God Power within you may express itself for the good of mankind, that being the ultimate of us all—service. Loving, tender, unselfish, impersonal service.

Not for those alone to whom we may chance to be bound by the ties of relationship or congeniality, but to any and all who need it, irrespective of race, color or previous condition of servitude.

The Christ love! Oh, that we might have that within our hearts. The tender, compassionate, all-comprehending, all-enveloping love, that never judges, never condemns, never fails; but ever uplifts, ever upholds. Then, indeed, would the Brotherhood of Man be an accomplished fact and peace on earth would reign among men.

Thus do we permanently uplift and spiritualize the body; thus do we build for the Soul's habitation in the Eternity of the Now.

Old Age---What Is It?

By One of the Staff.

“We become Masters of our Tomorrows by becoming Masters of our Todays.”

“There is no Royal Road to Success.”

SUCCESS implies effort. There is no success made manifest along any line without conscious effort. Effort implies the expenditure of force. This force is generated within the individual. There are a number of ways of generating force. There are also a number of channels through which this force can be directed. To know how to generate the force, and then understand just how to direct the distribution of it into the channels desired, implies a certain degree of mastery. It is possible for us to be quite a Master along some lines and be a veritable baby along other lines. If our

eyes have been opened, we can see this all around us every day, and this applies to things along the higher as well as the lower lines. There are those who seem to think they can, as it were, jump from the very material plane to the highest spiritual plane in a few weeks. They tell us of the wonders of some of what they choose to call their development classes; tell us of the most wonderful things they can see and do in the psychic realm, all forgetful of the fact that there is a vast difference between a spiritual plane or realm and the psychic realm—figuratively speaking, as great a difference as there is between the colors of blue and yellow. Blue belongs to one group or mixture of the coloring materials, while yellow belongs to the opposite in color. The artist learns this difference and how to compound any color he desires through study, application and practice. He studies until he understands the nature of each color and the effect that color has upon another he compounds it with. He applies his knowledge, step by step, in a scientific manner, that is, if he ever becomes a perfect artist; and there is no other way to become a Master along any line. The first requisite is knowledge; second, how to apply that knowledge in a scientific manner; third, the ability and stickativeness to apply day by day, hour by hour and moment by moment, if need be, until the demonstration is made manifest—is complete.

Men and women do not desire to grow old. Their efforts to appear and remain young prove this. Life is as sweet to the individual of eighty years of age as to the youth of nineteen, and this is especially true of those who retain their mental powers and a fair degree of health. Of course the individual who is decrepid, bent with a lame back or a crooked one, knees all out of joint, ankles that throb with pain at every effort to move, eyes that cannot see, a head that aches almost continuously and a mind that seems confused and inactive, does not see much in life upon this plane to live for. They may desire to go on, but

the ordinary mortal holds on to life and youth with the tenacity that ought to convince any thinking person that there is some reason for this great, deeply-implanted desire. Some of these reasons have been searched out; more are being searched out and are being demonstrated true. Please bear in mind that one demonstrated truth is worth a thousand theories advocated by those who cannot demonstrate them. We are living in an age that demands demonstration. People have been surfeited with theories that will not bear the test of demonstration until today the question that meets us everywhere is, is it a theory or will it demonstrate? This question applies to what is termed old age. The eager throng with earnest eyes look into ours with an intensity that cannot be mistaken, as they with bated breath ask, "Can age be overcome?" "Can we live and keep well as long as we desire to right here upon this plane?"

Allow me to ask you earnest questioners, if the people in olden times did not live up into the hundreds of years and were as bright and active as are our men of forty years? If they lived to the age of eight or nine hundred years, as the records prove they did, there must be causes lying back of people passing from this planet long, long before they reach the one hundred mark; and as they pass they are old, gray and decrepit. We must always remember that there is a cause lying back of every effect. In order to efface the effect, we must get at and eradicate the cause lying back of that special effect.

As it is age we are discussing, we must apply all these statements along this line, that we may, first, have a knowledge of the causes; second, how to apply that knowledge in a scientific way; third, we must apply that knowledge day by day, moment by moment, until we demonstrate the opposite of old age.

What are the causes of old age? There are a number, but we can only treat of them in a general way in an article like this. If you are interested

to the degree that you want to know, make your desires known, first, through not knowing better any people who form habits that are detrimental to health, and any habit that is detrimental to health, is shortening their stay here, and passing them down the path of old age. Some become so crystalized in their various ways of thinking and doing things that they actually think that should they do some other way, they would go all to pieces. Others seem to think that they themselves, their methods and movements, are of such great importance and cover such a vast scope, that if there should be any material change made, the earth might make a hitch in its movement around its axis. Fixed beliefs picture forth in fixed conditions along a certain line. These beliefs consume a certain amount of force. This force must be generated within the individual. There are several force centers, or centers that generate force, but if only one is active and only one generates force, and through keeping this center active for a long time, that especial kind and quality of force is used up; or rather, the system, which is a very intricate and delicate machine of flesh, sinews and bone, becomes weakened along certain lines, and as these centers are inactive, the system is starved along their lines, and altogether it becomes out of tune. As the individual has not known how to keep it in tune, he, of course, does not know how to attune it to the chords or vibrations of health. Illness and old age is the result.

Watch a child; does it do just a certain number of things, in a certain way every day? Does it, in its free, natural, healthy state, need any elixirs to cause it to feel active and vigorous? Must it have coffee or a tablet of some kind in order that its food may digest and prevent headache? Must it be guarded in what it eats along the line of good wholesome food? Note, **wholesome food!** People eat a whole lot of things which assist them in growing old. Methinks I hear many voices saying, "Do you mean to say that what

I eat and what I drink help to make me old?" Yes, they do that very thing; and what may seem stranger still to many is this, what you **think** also has much to do with your growing old or young; much to do in building your body for old age and decay, or its opposite, youth and longevity.

Building my body! Do I have anything to do with building my body? Of course you do. The peoples of the past understood this law and they penned down for our instruction, and as rules for us to follow, many maxims and statements of truth, one of which is, "As a man thinketh in his heart so is he." Now, we know—we as a people—that we do not consciously think with our hearts, but with our brains, or rather, as the mind acts upon our brains. Thought is the result of that action. Now, if man is as he thinks, do you not see that it makes a great difference along what lines he thinks?

Let us return to the child. Take a child brought forth under wholesome conditions and surroundings. For instance, this child does not think of things impure, vile, low and degrading: Neither does it indulge in profane words unless profanity is used in its hearing. Let it grow up in this pure atmosphere and what is the result? It will look as young in its face and will be as innocent and young in its actions at twenty-one as another child brought up under ordinary circumstances will look and act at the age of nine or ten years.

What are the causes lying back of this result? First, proper bringing forth. Second, wholesome, pure atmosphere surrounding it and its mother year after year. Third, it has been allowed to grow naturally, unhampered by cruel and unnatural restraint. Its ears are not benumbed to the sweet intonations and vibrations of the life forces within, and in consequence, it lives and acts in harmony with these forces, and pictures forth in joy, innocence and purity and a child-like sincerity, that is quite difficult to find today even

among children, for remember, the errors of the parents do picture forth in their children unto the third and even fourth generation. Fourth, the child's appetite has not been cultivated along the channels of unwholesome things to eat and drink. It drinks water and milk. It eats a variety of wholesome vegetables and fruits, with a good sprinkling of nuts of various kinds.

How do you know that the result of all this will be as you have described? It has been proved and demonstrated, not only once, but many times. Do you know that there are people upon this globe today three hundred years old and even older? Yes, there are, and they are not old, wrinkled, bald-headed people, either.

But what are we to do who are already old in appearance? Commence to build for youth instead of old age. How shall we do this? Well, good hearts, get this one great truth fixed in your consciousness—it is just as easy to build for youth as for old age when we know how. I cannot tell you of all of the how in one article, but I will give you some pointers: Heaven means harmony. Except "Ye become as a little child ye can in no wise enter into the kingdom of Heaven." Harmony means, when we live in harmony with the life forces within us. There can be no harmony of mind or body very long unless we do live in harmony with these life forces; and these life forces, in their nature, are good, pure and life-giving. Not **death-dealing**, but **life-giving**. Therefore when we picture forth in the opposite of life, what is the conclusion? That we have made a mistake somewhere in our calculations. Then what must we do? Search out the mistake. This requires time and often persistent effort upon our part. Many times we have to continue our study along various lines, and for a long time, before we become fully aware of the mistakes we have made. We must then learn how to correct them and put forth effort and force in turning the tide in the direction of life and youth instead of death and old age. We must go at this with the eagerness of a child to learn something

it desires to know. How well I remember the nights I used to sit up and work at and out these problems long after all those around me had retired. I soon found, when I once got trace of a matter, that it was wisdom to follow it to a conclusion, right then and there, and in the future profit by this effort through daily and hourly living in harmony with this especial knowledge. Some times the new line was in direct opposition to the old lines of thinking and doing, and it did require great efforts at times to break up these fixed conditions of mind and action; but the result of the old way led into the path called disease, pain and a troubled state of mind, and as I was developed to where I could see that there must be mistakes and many of them in the old way, therefore I chose to walk in the new way. Was it easy? Do you imagine that it was easy for the Rough Riders, during the Spanish-American war, to scale the barb wire fences during that memorable hill charge? It was no more difficult than many of the hills I had to climb, and it seemed that there were barb wire fences at every turn. Neither did it require less fortitude or persistency in the latter than in the former instance. Was I dismayed? No, indeed. I was told that others had overcome and become masters of themselves; then I said that I **can** and I **will**, so there! Did I fully realize all that that decision meant and involved? Perhaps not. No, I did not. But then we only live one moment at a time; moments make hours; hours lengthen into days; and as the day would be passed and the shades of evening close around me, I would take an inventory of the stock on hand, just what I had expended or lost, how much I had gained or added to the stock of Good already on hand. I tried to drop from my consciousness everything not good—not in harmony with the law of my being—and live in unison with this law that was being unfolded to me, due to my persistent effort. This effort developed the brain organs to where I could see. We have learned an easier way

now, but that was the best I knew then, and this is the easiest way that a very large part of humanity know now. Yet effort is always required along the lines of growth. The child kicks for exercise that it may grow strong and healthy, but today it can kick with greater ease and with less effort, due to the taking off of its long skirts and tight bands. In like manner we are cutting off the robes of custom and style, and loosening the bands of family pride and pedigree, and letting our real selves manifest in their purity and simplicity. The result is that the lame walk, the sick are healed, the gospel is being preached to the poor. Is not this proof sufficient that this is the Christ way? Do we learn how to live this life all in a minute? No. Then after being taught how to live, do we jump into the life and reap all the fruit in a week or a month? Did Jesus overcome all in a day or a year? Was he not upon this plane that time thirty-three years? Then if he, with the knowledge he had, did not demonstrate in a few months, let none of us be discouraged in well doing, but keep at it day after day, remembering that our "Todays are the masters of our tomorrows," or the slaves, just as we choose and live. Let nothing, nothing, daunt us after we have made the start, and as we proceed, we will find many of the huge appearing lions in our pathway will have their mouths closed and when reached will be harmless.

Let us use all our force and put forth all our effort along the line of becoming master ourselves, then the other things will be easy to overcome. The first and great mastery is self and selfishness. Break up your narrow lines of thinking in every direction, especially along family lines. Remember that we are all children of the one Father, therefore brothers and sisters indeed and in truth. Remember, also, that anything you inflict upon another you will at some period reap the result of that sowing. All of these inharmonies, not good, not just, unrighteous things, count on the side

of decrepitude and old age. All of the good, pure, true and righteous things count on the side of youth and longevity. Learn to turn all your force into the channels that build up instead of tear down, unless it be to tear down the old to replace with the new. Please note that we built these temples of clay, and we can un-build and rebuild them in harmony with our new models. Man is the master workman when he understands himself, his force and how to direct it where he wants it to go. This understanding requires the putting forth of time, effort and persistency; but the grand results fully repay all who persist. You can grow to look ten years younger in a short time; twenty years younger in a little longer time. You can grow into the understanding of the law to where you can live as long as you choose, and go on when you get ready. Brave, fellow travelers! Let us climb all the hills and scale all the barb wire fences, and let us begin now. There is no time like Now! Now!!

What is old age? The natural result of wrong beliefs and deadening habits.

In future articles we shall treat more fully upon the subject of proper remedies which contribute to the growth and unfoldment of the individual, and shall delve deeper into the fundamental processes which make for man's greater spiritual upliftment.



CURRENT COMMENT.

Christ Christianity, Jeffersonian Democracy and Lincoln Republicanism have become extinct factors in the religious and political economy of the New World. Which forces the pertinent interrogatory, "Whither are we drifting?"

* * *

That is a most interesting "scrap" between the President, whose headquarters are in Washington, and

that other President, who would rule the continent through the means of his purchasing power. I mean the one who wrote a friend that he could purchase legislators, Congressmen, United States Senators, high court officials, etc. But this is where Harriman lost his grip. We all know that he can do and has done all and more than he claims, but he was a fool to put such a statement over his own signature or even voice it audibly. The thief is never a thief until he gets caught—that is, in the eyes of the world. The man who brags over his powers is certain to lose them in good time. Harriman, industrial highbinder that every one believed him to be, still held a high place in the councils of the world's greatest scoundrels up to the hour his written claims of his ability to corrupt everything and everybody came to light. No court dare favor him now. The purchasing price has jumped beyond his reach. This is the first step in the Harriman downfall. Others of his kind will drop in good time.

* * *

“A change of pasture makes fat calves,” it is said. While I cannot say that I am getting much fatter, yet I can see a perceptible difference in the length of the grass. Were the “Little Boss” afraid of snakes, I think that the spirit of moving which inhabits my Soul would be completely stifled. As it is, well—where next? Damfino. In the absence of springs in Southern California I am constantly attacked with spring fever. I think if I could know of the existence of a real spring in this country, I would travel a thousand miles in my pajamas for just one good look at it.

* * *

Brother C. Newton Ross writes me that I owe an apology to Deity and the rest of the human race for my assaults (in the past) on California water, or rather the absence of it. I plead guilty, but just the

same this good brother will note the fact that this country was as withered and dry as a New England spinster up to the hour I began these assaults. "Me" and Hatfield did the job. But I must confess that I overdid the thing just a little. It was called to my attention that Brother Ross always irrigated when his turn came, no matter how long or how often it had been raining. Once I, myself, caught him irrigating right in the midst of a terrific downpour. I wanted to see how much of this sort of thing he could stand before crying, "Hold, enough!" The Los Angeles milk men were already satisfied, and I didn't suppose that a living mortal could stand and utilize a greater supply of water than these alleged lacteal dispensers. But finally our friend intimates that we should shut off the current—he is full to overflowing. Bless his heart, we will lay aside for another season the particular fountain pen we always employ on drought occasions. May his harvest be as abundant and lasting as is the Conable friendship for the grower of the sweetest and richest golden oranges in this glorious land of (almost) perpetual sunshine, and may he have water to spare the rest of his days.

* * *

And now comes a scientist who can photograph breath. This will be heralded with great delight by the invalid. All that will be necessary will be to take a "snap shot" of your breath once or twice a day, push a button for a messenger and send the "exposure" to your doctor and he will prescribe according to the density or scenic effects of the breath. The expert physician will soon be able to distinguish an alcoholic flash light or overdose of free lunch liver from an aggravated case of ingrowing toe nails, in the twinkling of an eye, and the messenger will speedily return with a patent medicine remedy soon as the doctor can write out the prescription in Latin. It takes longer to write out patent medicine prescriptions

in Latin than it does to send Peruna or Syrup of Figs at once. Besides, the doctor would endanger his reputation as an "expert" were he to write his prescription in English. But take Peruna or Syrup of Figs or any of the other fixed remedies on the market, all of which contain from ten to forty per cent of bad whisky, and the patient soon discovers that something is moving and that his doctor is earning his salary. But think of photographing a Peruna breath! Of course it would not be so bad if the breath could be caught going the other way, but coming in your direction—the odor from the slaughter-house pages of Sinclair's "Jungle" would be tame in comparison. But let no one block the progress of the scientist. He may yet invent a machine that will tell people when they should take a bath.

* * *

Seven jurymen believed that Thaw should give up his own life for the life he took. Five jurymen believed Thaw to have been insane at the moment of the murder of Stanford White. This means another long trial for Thaw, the introduction of all the same testimony before a new jury, the story of Evelyn Nesbit Thaw retold—all of this, provided the principals in this tragic scandal live to again tell their stories. White was a lecherous scoundrel, and there is nothing in the life-record of Thaw to enlist the sympathy of any one. Evelyn Nesbit Thaw stands alone as the crucified. The sacrifice she made to save the man she loved, should stand as the complete atonement for all her errors. No woman has ever before so completely unmasked the "chamber of horrors" within her own Soul as has this victim of the wiles and brute passions of sensual man. She alone of the three principals in this tragic drama is entitled to the profound sympathy of every father and mother in the land.

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