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POEMS
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SAM E. FOULDS, Editor and Publisher
589 HAIGHT ST., SAN FRANCISCO, CAL.

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TELEPATHY.

By H. Samuel Fritsch.

Last night my soul in torture quaked,
And burning pain throbbed in my breast;
My heart in bitter anguish ached,
My endless thoughts could find no rest;
I was so weary, sad, alone,
So helpless I could only cry;
Discouraged, all my hope had flown,
I prayed to God that I might die!

Then all at once, somehow there fell
A restful peace upon my soul,
My pain was gone, my heart was well,
New life and strength gave me control.
I wondered how the strange change came,
And all at once I knew, I knew!
My lips were speaking your dear name,
My eager hands reached out for you!

I felt you near me as of old,
When love you flashed me from your eyes,
When you beside me made me bold
To strive for fortune's fairest prize.
I felt your hand upon my arm,
I felt your lips upon my cheek,
I felt your presence, tender, warm,
I almost thought I heard you speak.

But you are far away I know,
So far, so far—how can it be?
You must have sensed my pain and woe,
And you were thinking then of me!
On wings of loving thought you came
And laid your head upon my breast—
That's why I fondly called your name,
That's why my tortured soul found rest.

DEMONSTRABLE PSYCHOLOGY.

(Arranged from the Mss. of H. H. B.)

Lesson 11.

I Am That Which I Think I Am.

The Law of Suggestion is an ever-present Law. Each moment of our lives we are subject to it. It is stated thus: A Suggestion is anything which causes us to feel or think. Everything without myself exists as a Suggestion. The Universe is to me only a Suggestion.

I know myself only as I feel and think. Feeling and thinking are the two only manifestations of the ego. Whatever causes me to feel or think controls my life. Therefore, by the Law of Suggestion, I am that which I allow myself to be made through Suggestion. But, since Suggestion makes me only feel and think, and, since thought is only transformed feeling, the Law is best stated thus: I am that which I think I am.

To know, therefore, what to think and to think it, comprises the sum total of practical wisdom; I am Mind (Remember that, in this Lesson, the pronoun "I" stands for the student. Were I to say "you," the effects would be transferred from you to another person, even as I would be transferring the effect from myself to you. By using the first person, we each *feel* the Truth, which, until felt, is of little benefit. Therefore, apply the Truth stated in these Lessons, directly to yourself by saying "I" with direct reference to yourself *now*.)

I am Mind. I control myself by right thinking. My convictions of Truth control me. These convictions I make as Affirmatives. An Affirmation is a Statement of Truth. I am that which I affirm myself to be.

What is Truth? Truth is man's perception of that which is. Truth is that which I perceive of the Infinite Existence. The amount of possible Truth is Infinite. It is a fixed quantity. It cannot be taken from or added to by me. I can only perceive and express Truth. The amount I may express is limitless.

As I unfold, I perceive more of that which is. Truth

is to me the manifestation of spiritual growth, is the manifestation of Life through me.

Truth manifests first as Feeling, as an out-motion from the Soul. The more I feel, the more I live. The most powerful, the most perfect emotion is Love; therefore Love is the most perfect manifestation of Life.

These lines should be memorized until the Truth in them is felt:

We all, through Love, our Life receive,
And only while we love we live;
And Love will not in death believe.

Without emotion, there can be no thought. Children feel without thinking. To the extent that one feels and transforms emotion to thought, he becomes individualized, becomes self-controlled. For this reason, cultivate the expressions of love. Be affectionate. Encourage Suggestions that make you feel. Health depends upon deep feeling. Business success, professional success in any line, finds its power in feeling. Whatever makes us feel, awakens Life into expression. Suggestion thus controls Life by arousing feeling.

But emotion is, however, to be controlled, to be directed. We direct it by thought. Thought controls emotion whenever it is controlled. If one does not think, he is like a leaf driven by the wind. *Self Control* is the possession alone of the Human. Animals are controlled. Men pass from the animal to the Human by passing through all the intermediate stages till the perfect man comes who is entirely Self-controlled; that is, he is controlled from within, he determines, by his thought, what emotion he shall feel and where that emotion shall carry him.

As Suggestion controls emotion, so Self-Suggestion, which is better termed Affirmation, controls Thought and thus controls Life through thought-control of emotion. Affirmation is the one and the only method man has used, or can use, to control his life. Each person's life is now that which he or she has made it through Affirmation. The Christian Scientist's phrase is "Through be-

lief." Belief in disease, belief in poverty, belief in sorrow, belief in danger has produced these conditions. Belief is expressed in Affirmations. My convictions of Truth are stated in Affirmations thus:—"I am sick." "I am poor." "I am sad." "I am in danger." "I fear." "I want." "I wish." "I pray." "I ache." These Affirmations are not statements of already existing physical effects, but are mental causes that result in the physical effects. Had the Affirmation not been in the mind, the effect could not have been in the body. "I am that which I think I am," means that I am sick when I think I am sick, that I am poor when I think I am poor, that I am weak when I think I am weak, etc.

A Suggestion awakens a feeling. What shall we affirm of that feeling when it is awakened? Whatever we choose. The sun causes a feeling in each person. The thought born of that feeling differs in different persons. The farmer, wanting rain to save his crop from drought, affirms, "It is too bad," but the farmer whose crops are drooping says, "It is good." The person planning for an excursion may rejoice. He in the desert may weep at sunshine. It is our thought of the Suggestion that is of importance, not the Suggestion itself. Our power to control life lies in our power to choose what any Suggestion shall cause us to think. An emotion is either pleasurable or otherwise, as we think it.

Not even pain can make us unhappy if we will not affirm unhappiness. If we say, when we become conscious of pain, "It is a blessing and will pass away," it passes when it has accomplished its work of recuperation. A French physician says: "Pain is so beneficent that, if it did not exist, we should have to invent it." Why? Because it is protective.

Suggestion being an ever present factor, Affirmation is a like factor in human life. My Manhood consists in my power to choose how any Suggestion shall cause me to think and I, by controlling my Thought, control my life.

It is impossible to give you any more important state-

ment than the above. You cannot acquire any more important knowledge. All other knowledge has little value without this, for all other may go hand in hand with poverty, disease and unhappiness. With this, you can use all other knowledge for health and happiness. This is the Truth I wish to impress upon you in this Lesson. You have power to control your life's expression by controlling your thoughts, and you can control your thoughts through affirmation. This is the secret of the Mastery of Fate.

But one thought can be in the mind at a time. Where health is, disease cannot enter; therefore accustom yourself to think health by affirming: **I AM HEALTH.** Where the thought of happiness is, thought of sorrow cannot enter. Therefore, affirm: **I AM HAPPY.** Where courage is, fear cannot come. Therefore, affirm, at all times: **I AM FEARLESS.**

Any Suggestion that has heretofore caused unwelcome thoughts, you are to control by affirming the thought desired. When it rains, say, with the Shepherd of Salisbury Plain, in Hannah More's tale: "It is such weather as pleases me!" When loss comes, affirm: **IT IS THE LESSON I NEED AND DOES ME GOOD!** When a pain comes, affirm: **IT COMES TO TEACH ME TO CARE FOR MY BODY.** Under any discouragement, affirm: **IT IS BEST AS IT IS.**

Suppose, like Carlyle, you are sensitive to sounds and the fowls in the next yard annoy you. Affirm: **I LOVE THEM.** This affirmation will remove all annoyance. When any sound has troubled you, do not listen. Remember that none are so deaf as those who will not hear," and affirm: **I DO NOT HEAR.** This Affirmation will close your ears to any unpleasant sound. Did you ever, in a crowd, in the home, or in the street, feel annoyed at the noises or boisterous conduct and then, by joining with the crowd, find all annoyance fly from you? During the horn-tootings on Christmas and Fourth of July, when annoyed at the sound, I have tooted either in

reality or in my thought and found myself peaceful. In like manner, all the annoyance of any kind is, in our thought. He who will not antagonize will find no annoyance. Remember one of your early Principles: *Never antagonize.*

You thus have power to convert a Suggestion that has heretofore caused unpleasantness into one of pleasure or you may ignore it entirely. When you do this, you are self-controlled, are Master of your Fate, are healthful and happy. When you neglect this, you are the opposite. I place first, through this course of Lessons, this power of Self-Control. It is gained by Affirmation. *I am that which I think I am! I am that which I affirm I am!* I give you this rule of life—it is the most important ever given mankind: Affirm you are that which you desire to be. Act from this Affirmation. That which you desire will then manifest in your life. Putting this into the indicative mood, present tense, and applying it personally to you, it reads thus: I am that which I think I am! The boy under Suggestion finds his hand burnt by the cold coin because he affirms: It is hot and it burns. So you, by affirming that which you desire, create the external condition you desire, for Thought is creative. I recommend you to place on your wall, where your attention is called to it many times a day, this motto: Thought is Creative. Remember that, by Affirmation, you are using Thought's creative power to make your life what you desire.

PRACTICE

Practice for this lesson consists in applying the Affirmations given above. Watch yourself especially in regard to your thought of the weather. No matter what it is, say: I love this weather. The weather is a common topic and fault-finding with it is so common that you have constantly a fine opportunity to attain control over its effects. Practice affirming Health. No matter how you feel, hold your tongue upon it and reply to all questioning: "O, I feel alright." For, no matter what comes,

it is right. Each morning, as you awake, say: It is a nice day for me. Stand in the pure air and say: How I love all this. Breathe deeply and affirm: How good this is. No matter what the weather, affirm this. You are the determining factor in the effect of all external conditions. Practice affirming that which you wish. Report success in ignoring and in converting Suggestions heretofore unpleasant into pleasant ones.

THE POWER OF THOUGHT.

By DR. WM. FRANKLIN KELLEY.

The great moral of this lesson is the importance of learning how to govern the impressions which enter the Consciousness. We have found how the cell life of the body is governed by thought. We have seen that cell life is governed by the mental image which has been impressed upon it, and have found that we may acquire the ability to consciously direct these impressions and determine what shall be the ruling power in our life.

Thoughts are things—they are forces. Some people think of them as living entities. We may indeed say that thoughts are the atoms of the Mind, the same as the cells of the body are the atoms of the body. Whatever the nature of Mind may be, we know that thoughts are salient, potent forces, and should be wisely and cautiously directed. We should never allow undesirable impressions to enter the Consciousness, much less to be entertained.

During highly emotional states of Mind, the cells are more sensitive and the changes are more intense and rapid than at any other time. This principle explains why terrible experiences sometimes make impressions which often last a life time. Shocks are sometimes received which make such an impression upon the Consciousness that they continue important factors thereafter all through life. Such shocks have been known to react

upon the physical organism in such a forcible manner as to cause the hair to turn white in one night. It is a very common experience for people to lose their appetite because of an emotional crisis. The eyesight has been known to be lost through a shock and to be regained through a similar shock, perhaps years afterward. This demonstrates the fact that highly emotional states cause intensely rapid changes in the cell life of the body. Consequently, during highly emotional states one should be careful of what is transpiring in the Mind.

There are times when a single thought means life or death to an individual. A single idea may enter the Consciousness with such force that the impression made upon the Mind marks the person for life, the effect, good or evil, being determined by the nature of the thought. Owing to a slight cold, a great singer once lost control of his vocal organs for just a moment while entertaining a large audience and was forced to discontinue a line he was singing. The remainder of the song was sung about as usual. The next time he went before an audience to sing, he broke down as before on the same line of the verse and for a number of years he had great difficulty in singing the second line of any song, without having a lump well up in his throat and make him cough. This was because the impression had entered his Mind at a psychological moment and thereafter controlled the functional activities of his body.

If one has been sick and thinking sick thoughts for months or years, the tendency is to continue to think sick thoughts even after being cured, and as sick thoughts create sick bodies, the illness often returns, perhaps in another form, supported entirely by the habit Mind, even though there is no longer any physical cause. If one be a pessimist for a sufficient time, he tends to contract the habit of pessimism and always looks on the dark side of life. It is a well known fact that if a man is a grouch, the older he grows the more grouchy he becomes. We often hear it said: "Will he not be an unbearable individual when he grows old?" If you, dear student, see

the principle, you will see the folly of living over past troubles, talking to your neighbors about your past illnesses or troubles. There is a just excuse to recount one's difficulties, physical or mental, to a physician or a psychologist in order to gain health, but to entertain friends and neighbors with one's difficulties is, really, little short of a crime against yourself as well as against your neighbor.

Once you know the tremendous influence your Mind and emotions exert upon the cell life of your body and upon the functional activities of your body, you will henceforth be very careful about the impressions **you** allow to enter your Consciousness. You will strive to guard every mental and emotional activity, to see that undesirable thoughts do not enter your Mind. You will strive to avoid temper, anger, jealousy, fear, malice and all other destructive feelings. All such conditions and thoughts should be brought under your moral censor and never allowed to gain the ascendancy in your personality. Entertain only constructive thoughts. If you constantly keep before the Mind's eye the fact that the thoughts you think will produce a corresponding reality in your life, it will aid you greatly in keeping constantly on guard against undesirable influences.

Once this great law of Predominant Impression is understood and it is fully realized that the Psychology of the cell life is determined by the Psychology of the man, the ways of the world will change, for it will be seen that in this wonderful truth rests the secret of human destiny. If you have followed the foregoing principles, you will see that thoughts and emotions of any given character, dominating the Consciousness for a given time, tend to produce habit. It only takes about thirty days to form a well defined habit and after that it requires a persistent effort to cause a change. Some habits are formed very easily and in much less time. Some are formed instantaneously, through a Psychological moment.

Every one of the vital functions of life may be perverted by ill thoughts, and every organ in the body may

become diseased and destroyed by thinking thoughts of disease. On the contrary, all these conditions may be righted by entertaining thoughts of health. By right thinking any form or manner of disease is curable. By entertaining health thoughts and refusing to entertain disease thoughts, we take the first Psychological step toward health. This wonderful power of the Mind over the body is vested in the cell life and you, by right thinking, may control the Mind of the cells.

Once you understand the law of body-building and see just how the cells of your body respond to mental and emotional attitudes, you will become convinced that the poet's vision is true which says: "The dreams of today become the facts of tomorrow and the thoughts of today the realities of the future." While the ideal may not be duplicated exactly in the real, things external are formed after the mental pattern held by the Soul. If this wonderful truth be discerned, the student will have the key to destiny.

I repeat, as you gain a practical understanding of the truth of this premise and fully realize that the Mind makes the man, and that your thoughts stand sponsor for what you are and what you experience, both good and bad, you will be very careful of your thoughts; you will guard your day dreams and mental wanderings to see that your Mind does not entertain thoughts which will tend to produce undesirable consequences. You will seek to control your emotions, separating the good from the bad; seek to enlarge your capacity for the good, and constantly to diminish your entanglements with destructive and evil emotions which tear you down. As you more fully realize that your Mind not only portrays, but actually designs and determines your physical life and your destiny, you will lay hold of the principles of Psychology as never before and make your life a real success.

We have found that health is the natural inclination of every normal person and, if given half a chance, this impulse toward health will assert itself, rebuild the body and conduct the functions of life according to the stand-

ard of perfect being. If we live as we should, we need never be sick. Nature abhors the weakling and the sickly and seeks to eliminate them; it is God's express design that all should have health. To accomplish this, quit thinking sick thoughts. Sickness is a human error, not a Divine design. God would have His children sound in Mind and body as well as pure in Spirit. Man's disobedience and ignorance of God's laws is the greatest obstacle to progress and is the principal cause of disease and human misery. Learn the law and obey it, is the solution to life's problems.

Set Your Standard.—Every one should have a standard of living, instead of drifting down the stream of life. Every one should have a definite goal of attainment. Every one should have an ideal—an ideal of why they are living and what they wish to accomplish. Set a standard for attainment. After you have fixed a standard, you should take mental stock of yourself; see whether you are unfolding that which shall enable you to follow the path which you have chosen. If you are not, do not be discouraged, because in every human Consciousness there is an infinitude of possibilities for attainment. Just turn over a new leaf. Set your standard and start in anew for it is possible for you to do anything you may idealize when you do it right.

In setting a standard, determine by all the power of your Will to accomplish its realization. If your health isn't good, go after health first. Right thinking and right living are the principles you must use to attain a successful life. Your first ideal should be perfect health, perfect mentality and spirituality. To get this you must think right, live right and act right. To think right is the most difficult. People are accustomed to thinking according to the habit Mind—thinking along the accustomed trend of thought; and they do not realize that this has a decided effect upon the chemistry of the body. People seem not to realize that mental conditions and emotions actually determine the condition of a person's health, circumstances, personality and happiness. You

must learn to govern your life by intelligent direction of the Will. A well developed Will plus a thorough knowledge spells success in any line of attainment.

The Development of the Will.—The body is a machine which needs a master operator to run it. You are the master operator. But, for the body to be run properly, the operator must be on the job and have hold of the lever which governs the forces of life. Your nerve energy is that force and your Will Power is the lever by which nerve energy is controlled. Just as a machine may be accidentally started or stopped, the forces of your life may be accidentally stimulated into action by thoughts suggested by yourself or your environment. For you to get a firm grip on yourself and become able to direct your life, it is necessary for you to exercise your will over the activity of the life energies of your Mind and body.

How may a beginner start about this task? One of the best ways is to take the attitude that the body is a machine, that nerve energy is the power that runs it, that Mind is yourself and that Will Power is the throttle by which you are going to turn on the power of your life and control its activities. With this situation thoroughly in mind, say to yourself: From now on I am going to run this machine. I am going to command the energies of life which operate through my Mind and body. To do this I am going to use my Will Power. Make yourself believe this assertion and It will come true.

Will power is developed by self assertion. It properly begins with self assertion over one's self. With some people that appears to be the hardest kind of assertion. "Many are they who rule others, but those who rule themselves are few." The easy way to begin the development of Will Power through self assertion is to begin in a small way. Make for yourself a rule of living, something that you know you should do, but as a rule you do not do. Resolve to do it and to keep doing it, as you know you should. Take a task that you know you can do, not something impossible; not something

on which you have repeatedly resolved and failed, but something which is easy and on which you will not fail. Then do it, seizing every opportunity to demonstrate to yourself that you can and do keep to your resolve. The cultivation of will power begins with doing what you know you should do and doing it because you say to yourself, "I will."

Doing as you will to do, and willing to do as you know you should, develops the Will. Once you have mastered the small things of your life, attempt something larger. Never attempt anything which brings you defeat. Avoid defeat as you would a poisonous snake. Try to realize that Will Power, made strong through successive victories, becomes able to accomplish anything. Nerve energy is life power. Life power is all powerful so far as the human body is concerned. The Will, fully developed, is able to command and employ this energy as it chooses. Thus, through the medium of nerve energy, the Will is all powerful when a man becomes master of himself. Self mastery is the way to power.

A Divine Aspiration.—The great command of the Master, "Be ye perfect even as your Father in Heaven is perfect," is the ideal aspiration of Psychological training and teaching. No doubt, a complete realization of this lofty ideal by all the inhabitants of the earth, for the present at least, is impossible; nevertheless, as Christians—we must try to do the Master's bidding and aspire to become perfect.

The way to this perfection was pointed out when Christ said, "Seek ye first the kingdom of heaven and all things else shall be added unto you." This saying, properly understood, is the key to all problems; it gives you access to Divine wisdom and power, which rightly used, brings man any good thing he desires. This saying of the Master is another way of saying, "Know thyself." Psychology is the science which leads to this knowledge and to the kingdom of supreme happiness and spiritual enlightenment and illumination.

In this wonderful truth, presented by the Master, we

have the key to the kingdom of Heaven. Perfection is Heaven. "Heaven is within you," according to the Master's own words. To seek perfection is to seek Heaven and the way to get it is to look within and know yourself and the force of your own life. To some this will already be clear but to others not so clear. But this is the key. If you do not yet understand it, try to grasp its meaning by faith. Repeat the affirmation—"My body is the temple of God. His spirit dwells in me; it is my higher self. It is my real self whom I desire to know and to realize in my life. This is the perfect self, for it is my Divine self, the Spirit of God within me, the Source of my being."

This affirmation made fervently to yourself and in solemn prayer night after night as you are falling to sleep, will prepare you to receive the truth and will give you the understanding you need. It leads to health and power and a complete understanding of the great truths to be learned in the life lessons which follow.

ABOUT THE SUBCONSCIOUS MIND.

By J. A. EICHWALDT.

Author of Systematic Re-Education of the Subconscious Mind, Etc.

Thought is Mind in Action, and thought, i. e. activity of Mind, is the cause of all that this present-day civilization in all its complexity represents. Thought, or active functioning of Mind, is also responsible for all the weal or woe in the life and circumstances of every individual. Mind, in its activity, is not only the measure of man; it is more, because it rules him absolutely, and is primarily the sole controlling factor in every department of his life.

There is nothing particularly new about this statement of an eternally established fact. The truth that "As a man thinketh in his heart, so is he," was most emphatic-

ally proclaimed and taught by the Son of Man. His followers and successors have proclaimed this all important fact for the past two thousand years. Yet, these efforts have had but little practical effect upon humanity excepting to keep the truth itself alive like a seed, a grain of wheat, which may be kept alive for the same period.

Until about fifty years ago this fundamental truth had but little meaning to the masses. Within the past half century, however, through the efforts of diverse and various investigators, pioneers upon the heretofore uncharted seas of practical mental science and philosophy, diverse and various systems of thought and philosophy have developed which are dealing with mind and mental activity in some more or less definite way. Some of these outgrowths of the various methods of individual research are fearfully and wonderfully made: others have developed into religious creeds. All are getting results in the way of healing of diseased conditions and in generally bettering the lot of mankind.

In an indirect way, the use of the same principle in nature has been, is, and forever will be the instrumentality which is responsible for Evolution itself in all its multi-sided complexity of details. I am referring to the Serving Principle of Mind, that ever-obedient yet all-powerful, omniscient and ever-present giant which is always available to every thinker. This awe-inspiring power, this self-same Serving Principle has been frequently misused, miseducated and misdirected and has wrought havoc and destruction as often as it has brought blessing and benefit. It is doing both daily in individual lives as well as in the affairs of every nation on earth, and elsewhere. But we had better stay on earth while discussing this principle or power. It is the Principle or phase of mind which is the secret of all individual achievement in every field of human endeavor. It is that Aladdin's wonder lamp which modern psychologists have named the Subconscious Mind, despite the fact that its most important activities are unconscious to the individual in whose behalf they are performed.

The circulation of the blood, the functioning of all our vital organs are in charge of the Subconscious Mind, so-called. Their work is performed entirely outside of and beyond the range of ordinary consciousness; yet, if we so desire, we may modify or make changes in these functions by giving the Subconscious Mind the commanding orders.

The chief difference between the two phases or departments of Mind, the Conscious Mind and the Subconscious Mind is the difference between the master and the servant; or the general and his army; or the admiral and his fleet; or the captain of industry and his industrial plant. The Conscious Mind commands, directs and instructs the Subconscious Mind in the performance of its activities in all their complexity of details.

The individual with a weak, sick body and in down-and-out circumstances, has only himself to blame. His own misdirection of the energies and activities of the Subconscious Mind is solely responsible for the undesirable and undesired results. The Bolshevik and labor agitator will disagree with the above statement. So will the down-and-out "park bum" and the so-called "hopelessly incurable." It is a statement of facts nevertheless. It is the basic truth upon which the success or failure of every system of mental cure and metaphysical philosophy depends.

Some day in the next few generations this truth will find general acceptance; then all disease, all inharmony, all poverty, all strife will disappear. In the meantime, anyone who will may re-mold and re-make his own life in every respect, to correspond with his heart's desire by the simple expedient of re-educating, re-instructing, re-directing and commanding the Subconscious Mind to function and to perform in the desired way and for desired results.

This may sound too good to be true. The reader, gentle or otherwise, may desire some evidence, some tangible proof. Those who have "decided" on retiring to get up at a certain hour, already have proof of the

fact that the Subconscious Mind will arouse them at the time decided upon. It is an experiment which any one can make. The Subconscious Mind will perform exactly as directed, in every case. In many instances the effects of past mis-education and mis-instruction of that phase of the mind must be removed before the results of proper and desired re-education may be materialized. The nature and quality of conscious thinking, which is the directed operation of the Conscious Mind, determines the nature and quality of the subconscious and unconscious mental activity. Therefore: If you would be healthy, happy, prosperous, think health, happiness and prosperity; and have nothing to do with thoughts of sickness, misery or poverty; for "as man thinketh in his heart so is he."

THOU CANST NOT DIE.

Who are thou, soul, who, on the sea of life
 Has drifted in from other, calmer shores
 To battle with the strong. In peace or strife
 Thy soul in every fight God's aid implores
 The white clouds floating high on every hand,
 In voices whisper from the vaulted sky,
 Beyond the bounds of earthly sea or land,
 Immortal one—thou canst not die.

And when, in thy great gladness, thou dost plan
 Thy purpose to accomplish. If thou must
 Begin a work thou canst not finish here.
 God counts thee still as worthy of such trust.
 There is no dearth of worlds for thee to climb,
 Thy immortality can none deny.
 If thou should'st wish to leave us for a time,
 'Tis well, beloved one—thou canst not die.

—*Jessie Wilder.*

Back issues of NOW—Nov. and Dec., 1922; Jan., Feb. and March, 1923, to date, containing the previous Demonstrable Psychology Lessons, 15c per copy postpaid. But very few left. Order NOW,—6 issues 75c.

VIBRATIONS.

By EUGENE DEL MAR.

III.

Sound—Color—Thought.

Light and sound are sensations. The vibrations of air are not sound, nor are the vibrations of the luminous ether light. They are the causes of sound and color; and it is these causes rather than the sensations, that we are now more particularly concerned with. Both as regards light and sound, our organs embrace a certain practical range beyond which, on either side, though the objective cause exists, our nerves cease to be influenced by them. We have no nerve so organized to co-vibrate with these undulations.

Every phenomenon of the reflection of light has its analogy in the reflection of sound, which latter we term an echo. Sound is refracted like light; and, like light, it may be conserved by suitable lens. That which in its relation to light we term a shadow, in its relation to sound we call a diffraction. In so far as silence is the absence of sound, so is darkness the absence of light.

The crest or hump of a wave of light and the hollow or trough of another wave, may interfere and neutralize each other. So that light may be added to light with a resulting darkness. And sound may be added to sound with a resulting silence. Cold may be produced by adding heat to heat, and rest by adding motion to motion. In the case of sound, the rarefaction of one wave and the condensation of another wave, interfere and neutralize each other.

The vibrations that are sensed by the eye are measured by the 1-50,000th of an inch, while those cognized by the ear are measured by a number of feet. The average length of the sound vibrations of a man's voice is about 9 feet, that of a woman's about half that. If the waves

of light are mechanically magnified so as to come within the range of the length of vibration recognizable by the ear, light may be interpreted as sound, and *vice versa*.

There is, in fact, such complete correspondence between the vibrations of sound and light, that the one may be interpreted in terms of the other. All notes of vibratory chords, and all chords of the Great Chord, are necessarily in exact mathematical agreement with each other. Each color vibration has its corresponding sound vibration, and *vice versa*; and any individual note in any chord of vibration is translatable into an analogous individual note in any other chord.

In the same way, one octave of sound may be translated into another octave of sound; as, for example, when by means of the siren we are enabled to hear the hum of insects that is otherwise dead to the ear. And, from the character of the resulting sound, we may determine the number of motions per second made by such insects. The vibrations of thought, like the vibrations of a bell, may be made visible to the sight, in the form of color correspondence.

By what is known as calorescence the atoms of a body are made to vibrate more rapidly than the rays which fall upon them, and vibrations below the intensity of the red rays may be rendered thereby capable of exciting vision.

"When ultra-violet rays are permitted to fall on certain substances—the bisulphate of quinine, for example—they render the substance luminous; invisible rays are thereby made visible. This change receives the name of flourescence." (Tyndall.) "Flourescence is caused by draining the trans-violet colors which are too fine to be seen, through spirals whose movements are sufficiently slow to affect the vision." (Babbitt.)

The following table shows the correspondences and harmonies of sound and color vibrations:

COLOR AND SOUND VIBRATIONS COMPARED.

COLORS	No. of Vibrations per Second	No. of Waves to the Inch —About	Primary Colors	Relation of Primary Colors
	Millions of Millions			
Red	400	36,000	Red	4
Orange .	450	40,500	Yellow	5
Yellow .	500	45,000		
Green ..	533	48,000	Blue	6
Blue ...	600	54,000		
Indigo .	666	60,000		
Violet ..	750	67,500		
	800	72,000		8

There are seven notes in each chord of sound, as there are in the chord of color; and of these there are three that are the primary or fundamental ones. Both sound and light vary in intensity inversely as the square of the distance. C, E and G in sound correspond to Red, Yellow and Blue in color. C, E and G bear the same relation to all the other sounds as Red, Yellow and Blue do to all the other colors. In fact, each note of a chord of sound and of color bear identical relations. Blue light bears to red light the same relation that a high tone bears to a low tone.

Color is to light what pitch is to sound. The pitch of a note depends solely upon the number of aerial waves which strike the ear in a second. The color of light depends on the number of ethereal waves which strike the eye in a second. As the elementary colors of the solar spectrum may be blended in various ways so as to produce innumerable composite colors by their admixture, so may elementary sounds be blended in such way as to produce all possible varieties or tints of sound.

When two consecutive notes are sounded simultaneously a discord is produced always, and there is an analogous effect when two consecutive colors are mixed. The

simpler the ratios between the vibratory motions, the greater the resulting harmony. Discordant notes and colors are those in which the vibrations bear no simple ratio to each other.

Sound and Light Contrasted.

The vibrations of sound in the air are longitudinal, or in the direction that the sound is transmitted. The vibrations of light in the ether are transversal, or across the direction in which the light is propagated. A wave of sound consists of a rarefaction and condensation, while a wave of light consists of a heap and a hollow.

Light travels in ether at the rate of about 186,000 miles a second (or about eight times the distance of the circumference of the earth). Sound travels in the air, at the rate of about 1,100 feet a second. Ether is the medium through which light travels, while sound traverses the air. Waves of light are so minute that there are some 36,000 to 72,000 to an inch, while waves of sound measure from between, say, $3\frac{1}{2}$ inches to 70 feet.

Although apparently they are widely separated and distinguished from each other, sound and light possess most striking similarities and correspondences. The notes of each chord not only bear clear and definite mathematical relations to all other notes of the same chord, but they also bear similar relations to the notes of all other chords.

An examination of the qualities of radiant heat—*i. e.* of the heat rays of slower vibrations than those we know as light and color—would show us that light and radiant heat are substantially identical. The identity is such as exists between one color and another color, causing them to behave alike regarding reflection, refraction, double refraction, polarization, etc. In other words, the rates of heat vibration (immediately) below those we interpret as color, have exactly the same characteristics as color has. The former we sense only as heat, while the latter appeal to us as light and heat; for all light rays are also heat rays.

We have shown the identities of vibrations of sound and light, and we know that heat vibrations are subject to the same principles. Our knowledge of the various chords of vibration goes to prove that they are all analogous, and that our knowledge of one chord may be made use of in construing and interpreting all other chords.

INFINITY.

Infinity's the total sum of all
Cosmos alone is infinite,
All else but endless parts,
Glancing, related, changing elements.
Infinite in essence, finite in degree,
Arranged for hope, and not despair.
All lesser things a paradox,
But man, greatest of all,
But all in normal trend
Each kind a "unit" of the "whole."

Thus evolution, shows the way,
Why doth the man of human clay
Break all the rules and ever disobey,
While simpler types conform,
In all exactitude, with law?

'Tis but the millionth paradox,
Yet we may certain be
That in the finals, 'tis for good of all
Our daily prayer should be,
That we may work and pray, as parts,
Of one stupendous whole.

—Jesse M. Emerson.

THE WORDS OF CHRIST.

You never get to the end of Christ's words. There is something in them always behind. They pass into proverbs, they pass into laws, they pass into doctrines, they pass into consolations; but they never pass away, and after all the use that is made of them, they are still not exhausted.

Digitized by Google —Dean Stanley.

"WHERE THE HEART IS THERE IS HOME."

By CHARLES HINE HUBBARD.

The true Master is he who can touch the Christ Spirit within the heart.

It is useless, therefore, for anyone to strive to appeal to anything less than the Spirit of True Love that resides within every heart.

Intellectuality, or the highest and most perfect order, is, as Paul has said, "tinkling brass and cymbals." For intellectuality, unless well founded with that love which is in the heart cannot therefore appeal to the heart but to the Intellect.

The world of today, so highly developed intellectually, has found that the Intellect is not Love in its truest sense and so it seeks that which satisfies,—the love of the Heart.

How beautiful is the Love that is in the Heart! Christ has called this Love GOD, the Supreme Master of All that is in existence. And indeed it must so be, for the Heart is the very seat, the foundation of LIFE in all its entirety, for it beats LIFE, LIFE, LIFE, thus performing the ONE FUNCTION that is its Eternal TRUTH of being.

So, when we wander away from the glory that is in our Heart through manifesting only intellectual beliefs, certainly the result is not happiness, is not all that is perfectly true of the Reality of Love.

Christ has truly said that GOD resides within us. Also that He is LOVE. Also he has pointed out that the Heart contains all the issues of LIFE, because it is the very foundation of LIFE. Therefore, to become acquainted with GOD we must go to our HEART, for here we shall find HIM whom we seek AS the Eternal Love Intelligence.

There is friendliness in the Heart such as can never be found in the Intellect. There is that conjoined, subtle, sweet, pure, harmonious UNDERSTANDING in the

Heart that causes Happiness in its truest sense. Christ or God is a Friend because out of the HEART He speaks the eternal true verities of Life, sweetening our Intellect with that glorious goodness that causes it to understand the true humility of Love and thus become peaceful and happy. Thus the activities of the Intellect, to be truly God-like, should have their causal foundation in the Heart, or in Christ or God.

Whenever any trials of the Intellect beset us, whenever we are seeking peace and happiness, let us look within us, to our Heart, for here we shall find that Love which forever satisfies because it is the Eternal Reality of All that is. And if we continue to cultivate the Intelligence which is within our Heart, humbly and simply, we shall find that which is truly Eternal and shall become, therefore, that *which is truly Eternal*, for we shall have found Christ or God in a truly ONENESS manner.

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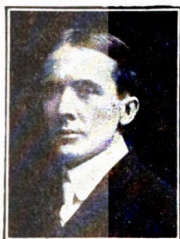
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