

THE SEGNOGRAM

A MAGAZINE OF MENTALISM



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Rochester, N.Y., U.S.A. July 15, 06.

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THE SEGNOCGRAM

Volume Six

AUGUST, 1906

Number Five

Don't Worry

LU SEMANS HADLEY

Don't worry, my dear,
There's nothing to fear,
The way may seem dark,
But the Father is near,
And he watches his children
Each moment, each day.
Go steadily onward,
He'll show us the way.

Don't worry, my dear,
Soon the skies will be clear,
The storm clouds are lifting,
The sunshine is near.
Just push right along,
Fill your heart with a song;
The Father is guiding
We cannot go wrong.

Don't worry, my dear,
Hark! There falls on the ear
The grand song of Nature,
An anthem of cheer,
And it bids us move on
Day by day, year by year.
'Tis the Father's own plan then,
Don't worry, my dear.



A Western Adept



An Occult Story by WILLIAM WALKER ATKINSON

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SYNOPSIS

The first two chapters of this story were published in "THE MYSTIC," but the remainder of the story will appear in monthly installments in The Segnogram, the author intending to issue the story in book form later in the year. In the first chapter, the character in the story who tells the tale, introduces the reader to "Colonel Armitage," strange character whom he meets in a hotel in an Eastern City. He describes the Colonel as follows: "He gave one the impression of a man who has seen military service in some warm country—the idea of a retired English officer who had served in India, coming naturally to one's mind when considering him. He was tall, slender, wiry, muscular, straight. His features were those of the Arab. His hair was black, streaked with grey—his eyebrows were very black, the grey not having appeared in them as yet, and from the recesses beneath them glittered or shone his somewhat peculiar eyes, which pierced you through and through, and at times seemed to burn into your very soul. His brow was high and intellectual, and his jaw was large and strong. His face was brown and weather-beaten, and yet seemed softer than those of many fairer men. His habitual expression was one of deep repose, carrying with it a decided impression of firmness and decision." The person telling the tale, describes how one evening he found himself in the deepest depths of pessimism and despair. He had endeavored to solve the Riddle of Life by intellectual reasoning, and found himself at the end of his mental resources as far from the goal as ever. He determined to end it all, and cheat life. He moved toward the drawer in which reposed the instrument which would still the fever of existence. He opened the drawer, and reached his hand for the weapon, but as he did so he found his arm and hand in the grasp of some other Will, which drew him back from the drawer, and caused him to move back into the centre of the room. Feeling the presence of some other person in the room, he turned and saw standing by the door his friend Colonel Armitage. In the second chapter, the Colonel tells the young man that he has reached an important stage of his progress along The Path, and that he is becoming sane at last—that he is on the eve of the Soul's Awakening. He tells him to think of him as one of the Illuminati, a Brotherhood whose work is to aid in the unfoldment of the race. He bids him go to bed and take the rest he needs, and promises to see him again in the morning. The young man drops his eyes in thought, and when he looks up the Colonel has disappeared. He steps to the door and tries it, remembering that he had locked it early in the evening. He finds the door still locked and bolted. His brain in a whirl, he undresses and falls into a deep sleep, awakening at a late hour the next morning. The chapter given below takes up the story from this point.

CHAPTER III.

THE FIRST PROOF.

WHEN I awoke, my first thought was that I experienced a remarkable dream during the night, and it was some time before I could reassure myself regarding the reality of the experience of the previous evening. I dressed and ate my breakfast, and walked into the men's reading and writing room of the little hotel. Seated there reading I saw Colonel Armitage. He pushed out a chair for me, and bade me be seated. Looking over to me with a smile, he said, "I suppose that you have many questions to ask me?" I assented, and expressed a desire to have a private conversation with him, and at his suggestion we went to his room.

"Well, what is the first question?" asked the Colonel, as we seated ourselves.

There were many things I wished to learn from him, but my curiosity got the better of my desire for knowledge, and I blurted out, "Won't you tell me how you managed to enter and pass out of my room through a bolted door?"

He looked puzzled for a moment, and then replied, "Oh, I had almost forgotten that I visited you in my astral body, instead of in the usual way. I was writing, when I suddenly became aware of your distress, and feeling that time would be lost in climbing the stairs and demanding an entrance, I followed my first impulse of going to you in my astral form. I gained your room instantly, of course, and controlled your movements so as to prevent you committing a great folly." He said this very simply, and with an utter absence of any appearance of mystery, or desire to startle me.

"But," he continued, seeing that he had but increased my curiosity, instead of satisfying it, "these matters are of but minor importance just now. We shall have plenty of time to discuss them, later on. Astral control is but a matter of the exercise of a little knowledge of perfectly natural laws, and while occasionally useful as a means to an end, is of no real importance in itself, and one should not allow himself to be checked in his unfoldment and progress by a desire to produce this and similar phenomena. The better way is to press onward, and then, after attaining certain degrees of unfoldment, he may return and make use of these bits of psychic phenomena lying along the way. To stop and dally with these playthings of the psychic world one often forgets the real object and aim of the journey, and delays his progress. One should have nothing to do with psychic faculties, and matters of the astral plane, until he approaches them as a Master. Some, alas! enter into these things in other ways, and become slaves of phenomena, and the astral world, unless they throw off its yoke. These things, like nearly everything else in life, are good to be used, but it is not well to be used by

them, or anything else. 'Use but be used not' is a bit of occult lore that should be remembered."

"And, as for my ability to control your arm, and my knowledge of what was going on in your room," he added, "I will speak of them at the proper time and place. For the present, my business with you is to aid you in finding Yourself—the first real resting place on The Path—the First initiation. You must unfold into the experience yourself, but I may be able to loosen the confining sheaths a little, and to give you additional strength and encouragement by mental contact. This is all that one may do for another, and I am glad to do it for you, now as in the past."

"The past," I exclaimed, "why we are comparative strangers. We have no common past."

He smiled, and then answered in a more positive tone than was usual with him:

"There are depths of the Past, my friend, of which you dream not. Some day the knowledge shall be yours, and you may unroll the scroll at your pleasure. But, again, I say, this is not the time for this discussion. I must tell you of other things that you need just now."

"Well," said I somewhat disappointed, "I am ready to listen to whatever you have to say to me, for I realize that, somehow, you are interested in my welfare, and that you are my friend."

The Colonel bowed his head in acknowledgement of my words of confidence and trust, and resumed. "You have tried to solve the Riddle of the Universe by looking without. You have been brought to a realization of the futility of this plan. As the great philosopher has said, you have come to a road marked 'No Thoroughfare,' which you were not allowed to enter. This is the experience of all who try to solve the Problem of Life by looking without, and by means of the intellect alone. The outer world should be explored, it is true, and the Intellect should be used freely and fully, for therein lies certain forms of growth and development. But one should not imagine that the Intellect is all there is to the mind—that there are no other regions worth exploring—nor should they think that the knowledge of the Truth come through phenomena and the outer world. The Truth is to be found within—and all the areas of the Mind contribute materials for its finding. You have exhausted the Intellect, and the outer world. Now use all the mental instruments and Look Within."

"You have thought it the highest reason to court Death, and to obtain Deliverance from Life by that road, believing that this was the answer of the Sphinx. This was the best that the Intellect, after observing the outer world, and reasoning concerning the same, was able to give you. I have no fault to find with your conclusion—the Triumph of Death is the logical conclusion to certain one-sided forms of reasoning, that starts with a certain premise. But there is always the other side of the premise, that is generally overlooked. Every expression of truth is but a half truth. Every statement of truth carries with it its own contradiction. At the center of a truth is always to be found a paradox. Yes, even at the center of the Great Truth reposes the Divine Paradox. In the world of the Relative everything 'is', and 'isn't' at the same time. Ignore the Paradox and you are lost."

"Poor boy," he continued, regarding me gravely, "you could not have escaped by the door of Death. You—the 'I' of you is not a thing of the body, or even of the mental states. It is something above both, and it cannot be destroyed. You cannot run away from yourself, try as you will—Death gives you no release—you cannot escape from Yourself. To think it otherwise is the crowning folly of man. But it is well that you reached that state of mind perhaps. You will be all the more open to the other side of the Truth."

"Yes, yes," said I rather impatiently, "this talk of the Immortality of the Soul has been taught in all ages—all religions, philosophers, and teachings have touched upon it in some form or other. But what warrant have we for believing it. It is nothing more than the fairy tale of childhood—the dream of the matured man. Surely you are not asking me to believe some old exploded fancy, born of fear, nursed by hope, and reared by priestcraft. No, no," I added sadly, "I can find no comfort there."

"I am not asking for Faith," replied the Colonel, "for faith based on mere blind belief is but superstition. The intuitive feeling of man that there is a survival of consciousness after death, is no false hope, but is a feeling based upon light received from the higher regions of the mind, in which are stored an actual knowledge of this and other great truths. You will realize this in time, and will be allowed to have a glimpse into these regions before long. There are other ways of proving to you that the 'I' is independent of the

body, and you shall have the benefit of this also. But I wish to begin at the beginning and show you just what report your everyday, working mind will give you concerning this matter. I wish to go over the subject briefly, and yet step by step, that you may be prepared for the higher knowledge that is before you."

"No, no!" I exclaimed passionately, "I will have none of it. I have traveled every path of the mind—every recess there—explored every peak and valley of my mentality—and I find nothing there to satisfy me. I refuse to go further in that direction. It is folly. There is no answer to the riddle. I doubt really whether there is any riddle. If you wish me to believe that I have a soul—that there is any 'I' that is independent of the body—you must give me positive proof—I must have the experience. Perhaps if you had not interfered last night I might know the truth now—I certainly would if there is really any truth to be known beyond the border. No, no!" I cried, as he attempted to speak, "I know that you would refer me to your appearance in my room last night. But that is no proof—it may be some trick—or fancy—or mistake—or illusion, or dream of mine. It is no proof at all, in the strictest sense. I demand the only proof that can be given. Let me know myself as independent of the body—let me feel my freedom, and I will believe."

The Colonel gazed at me earnestly, with just a shade of pity in his face. "There is a proof greater than that you ask," he said, "and you will have that proof before long. And when you have it you will blush at the memory of what you have just asked. And yet," he said, slowly, "perhaps it would be best to give you what you ask. It would help you to form the mental image necessary to bring about that which we seek for you. So be it," he added, thoughtfully, "you, like Thomas, the doubter, shall be allowed to place your fingers in the wounds."

"Sit perfectly still," he commanded in a positive tone. "Relax every muscle of your body—take the tension from every nerve—calm your mind—resist not, if you have any confidence in me and my motives." I felt the confidence he asked, and followed his instructions. I became conscious of a peculiar set of vibrations being set up within me, and although I was fully conscious and wide awake, I seemed to be entering a new and unknown plane of being. I had experienced something like this on several occasions in

dreams, but here I was wide awake and fully conscious of all that was happening.

In a few moments I became conscious of myself—the "I" part of me—passing out of my body in a vapory, cloud-like form, something like the smoke of a cigar. This vapory substance stretched far out at first, and assumed grotesque shapes and forms, but gradually settled and drew together, and took upon it the shape of my physical body. And yet I realized that this vapory something was *not* the "I" but was merely a new body of finer quality than my former one. I do not know just how I knew this, but I felt sure of it.

I looked around me and found that I was floating in the air a few feet above the ground, and that right beside me was the Colonel. He pointed downward and to the right, and looking there I saw myself, or rather my physical body sitting in the chair, as one resting. And on the couch was the body of the Colonel. It seemed so very natural and matter-of-fact, that I felt no surprise at the wonderful sight, but accepted it as one might an everyday bit of phenomena. I noticed that the Colonel and myself were not entirely separated from our respective physical bodies, but that we were each connected with them by a slender, silk-like thread, resembling a glistening bit of spider-web more than anything else.

The experience lasted but a few moments. Then the Colonel looked at me meaningly, and I realized that I was about to return. I felt a strange roaring in my ears, as if a freight train were rolling by the house, and I felt myself the center of some powerful vibrations that were dragging me down toward my body. The process of my emerging was reversed, and I felt myself being "sucked down" as if by a whirlpool. I felt an awful despair as I realized that my body was demanding me again, and fighting against the return I was swallowed up by the body, struggling against my fate as does the frog disappearing down the mouth of a serpent.

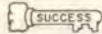
Opening my eyes I realized that I was filled with a feeling of the deepest grief and disappointment. For the moment I felt that I hated the body, and the material world. This feeling gradually passed off, and I soon regained my normal state of mind.

Glancing over to the Colonel, I said, simply, "I believe." He answered, "You have experienced only the first stage of independence—you were separated only from your lowest sheath of matter—and

yet you believe. There are much higher forms of consciousness awaiting unfoldment within you. You say you believe now—later on you shall *know*."

"I am ready to be taught, as you will," said I.

[To be continued in THE SEGNOGRAM for September]



Infinity—Eternity

The other night we went out under the stars, forgetting Congress and Russian revolution and a thousand petty interests and annoyances of the day, and, taking seat upon the flying carpet of imagination, sped breathless onward into the immensity of space.

We touched at burning Sirius, and then at mighty Rigel, and again at some more distant star.

Trillions and quadrillions of miles spun away behind us swifter than a glancing sunbeam, and yet we could find no bottom and no shore to the universe.

The mental exhilaration of that tremendous flight was as fascinating as the dream of a hashish eater, infinitely more stimulating, and leaving the mind not weakened but broadened and strengthened. The thoughts of this nature that the spectacle of the starry heavens arouses are of far greater value than any of the technicalities of astronomy.

We found, as I have said, no end to the celestial systems. As we advanced, new stars and constellations, previously invisible through the effects of distance, began to glow and brighten before us.

Could we go on through all eternity and yet find no bottom and no shore?

Is the universe, then, without floor, or ceiling, or walls? There are certain discoveries made in the observatories which might be taken as answering these questions in the negative. They hint at the existence of a bottom in various directions; they seem to show that the multitude of the stars at last thins out, and then fails utterly, leaving only blank darkness beyond.

But can this appearance represent the truth? Can space have boundaries? Place yourself in imagination on the most distant star that the most powerful telescope or the most sensitive photographic plate reveals, lying apparently on the verge of a black gulf of nothingness and face outward into that empty night.

Your mind does not and cannot stop there. You are compelled to say to yourself: "This, to be sure, is the last star on the frontier of the invisible universe, but

the invisible universe stretches on before me here, and can never come to an end. Beyond that blackness may be other starry systems, infinite in number."

Thus it becomes evident that there is in the human soul a consciousness of its essential relation to endlessness in space and time.

Its inmost nature rises in revolt when we try to compel it to think of a final absolute stopping place, where everything ends. It is impossible to conceive such a thing.

Here is where astronomy merges into religion, in the broadest sense of the word.

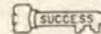
In one of the grandest of the great funeral orations with which the French preaches Bossuet used to humble kings and courts with the sense of their littleness, he has expressed with a power that no other man ever approached, the idea of eternity.

"Everything that comes to an end must be reckoned as a mere nothing, for though you should multiply the years of your lives beyond the limits of notation of numbers, yet all that would be absolutely nothing when you reached the fatal bound, for eternity has neither measure nor termination."

Just so with infinity of space. The enormous distance of Rigel is nothing; the yet vaster distance of the deeps of the Milky Way is nothing; the remoteness of the farthest visible star on the confines of the stellar system is nothing, because all these distances are measurable, and infinity knows no measure and no bounds.

An yet, strange to say, this infinity and this eternity, which defy arithmetic, and figure themselves but as dim expanses before the imagination, are the fundamental axioms or the mind, the only things that we feel sure must be, and from which we cannot escape.

[GARRET P. SERVISS
in Los Angeles Examiner]



If a man is willing to progress, whether in learning, business or the profession for which he is fitted by nature, and there comes a time when he requires help, without which a hard struggle and perhaps failure can be foreseen, then help from a generous person comes as "oil upon troubled waters." Such help can be appreciated by giver and receiver. But can it be conceived that undeserving people are constantly being helped, who do not require help, and if left alone to struggle for themselves would have benefited by it?—L. M. Carapilly.

What Shall We Eat

Not so Much a Question of How Much, But How Well

By H. M. WALKER

A reader of The Segnogram writing from Manchester, England, asks: "Would it be too much to ask you to publish in The Segnogram sometime, a list of those ordinary foodstuffs and meats which help to create brain tissue and are easily digested?"

This reader is laboring under the mistaken idea that brains are the result of the food we eat, and that to become a brainy individual it is only necessary to eat a certain kind of food. It is generally considered that fish is a very valuable food for the brain. But it is far less valuable as a brain food than numerous others. It would be well to remember that what is food for the muscles is also food for the brain, and that the same elements which form the cells in the muscles also form the cells in the brain.

It is not the amount of food we eat that makes muscular strength; neither is it the amount of food we eat that makes mental strength. Muscular and mental strength are the result of muscular and mental exercise. We develop either in the measure we use it. It is just possible for a person to spend so much time thinking about what he should or should not eat, that his mental nature is kept out of harmony with his physical, and such a useless questioning is allowed to go on continually within himself that he never is able to bring his digestive apparatus into smooth working order, and there is no harmony in his makeup. Unquestionably there is much to be learned as to the proper diet of man. Too little thought has been given to this all important question. In our public schools the question of food contents is never raised. From infancy to old age we eat what is placed before us without ever questioning the food value of the thing eaten. It is safe to say that 99 per cent of all illness is caused by wrong eating. Food is taken into the stomach which does not nourish the system, but on the contrary becomes a tax upon it. So much waste has to be taken care of by the stomach that it is required to make a heavy draft on every other organ, and these are

weakened thereby and made subservient to the master of the man — his stomach.

With a properly balanced diet and a well posed mind, there is not a cause for sickness in any man's life. The lack of these makes man the most unbearable animal extant. If he is n't complaining about what he has eaten, he is upsetting his equilibrium by questioning himself as to what he should and should not eat. Instead of studying the qualities of the various foods, and systematically preparing them in such a way as to contribute most to his development at the least cost to his bodily strength, he overburdens himself with a lot of waste that must be taken care of by the stomach, and is always handled with more or less peril to the other organs.

Not until recently was any sound action taken to discover the value of different food elements. But some time ago the U. S. government appointed a commission to inquire into the matter and find out by practical experiments just what value the various food elements contained. This is the result of their findings on the food articles named:

	food units		food units
Oatmeal Mush	18	Fish	15
Baked Beans	37	Chicken	19
Eggs	48	Lobster	9
Macaroni	25	Oysters	11
Milk	13	Clam Chowder	13
Potatoes	27	Ripe Olives	76
Tomatoes	6	Olive Oil	264
Beef Soup	8		

Slowly we are learning what is good for us. It has been said that fully one-half of all the food eaten by the average person is wasted; that the system is overworked in taking care of it, and that because of this there is sickness and disease. On this subject all men are not agreed, but of this there can be no doubt: ninety-nine per cent of all sickness is the result of carelessness either in the selection or preparation of foods, or overindulgence in it. Overfeeding has killed and is killing more people in this country than want of feeding. Overfeeding has debauched and is debauching more men and women than

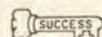
have been or are being debauched by strong drink.

And so such questions as this are asked: "Would you publish sometime a list of those ordinary foodstuffs and meats which help to create brain tissue and are easily digested." A far more important question than this is to know how a man can expect to create brain tissue on foods that are easily digested. Easily digested foods cause no action of the digestive organs. It is well known that the process of digestion is a muscular action, and that a strong healthy stomach action will digest any food without the least trouble; if common sense is used in regulating the amount eaten and the mastication of it. The person who is always thinking about his stomach will

One cannot say what foods are more conducive to the development of brain tissue. It is an absurd notion to say that any are. What is food for the body is food for the brain; what develops tissue in one part of the body develops tissue in another. Generally speaking, the article of food that contains the greatest amount of food units is the food that will give the most to the body. If one article contains 264 food units and another 6, the body will not need so much of the article heavy in food units as that light in food units to get the required amount of food. It is not so much a question of meat eating as non-meat eating. It is a question of how much bodily strength are you prepared to waste on your food digestion. If you want to hang to the foods light in food units, you must expect to have to overwork your digestive apparatus, and draw vitality to it that should be given to building up strength somewhere else. You can't draw to the head if the heels are overworked; and you can't draw either to head or heels if you are overworking the middle.

There is not the least doubt that the fruit and nut diet is most beneficial. Then there are others who confine themselves largely to a vegetable diet; others to meat, and still others who take everything going.

Speaking from personal experience, we have eaten anything and everything prepared to eat, and have never suffered seriously from anything. But we must say that a fruit and nut diet with a reasonable amount of olives and olive oil and wine has given more strength, more vitality and less discomfort than any food ever eaten.



There is nothing that so develops the beauty of women as horseback riding. It not only develops beauty of form and complexion, but maintains it. Aside from the beauty of face and form which attracts, equestrianism develops a beauty of character which makes friends and an ability to hold them. It is universally admitted that American women are the most beautiful. And the most beautiful American women are the equestrians. Who has not seen or heard of the sweet Kentucky belle, with her Venus-like figure, bright, laughing eyes, a beautiful complexion that would put the damask rose to shame; a pose, a grace, artistic lines that are beyond the poet to describe or the artist to reproduce? This beauty of face, form and character is the inherited and acquired result of equestrianism.

Horse Talk on Autos

Judge not an auto by its smell; all comparisons are odorous.

A tack in the tire is as a thorn in the flesh; both are tiresome.

It is a short ride that hath no mending.

All does not go that glitters.

An auto is not without odor save in its own front seat.

Say not "we shall return at five;" ye may return at sixes and sevens.

Oils well that ends well.

Approach the railroads warily; lest they lead thee to heaven.

Though thou swear by thine auto seven times, the eighth thou wilt swear at it; that is Kismet.

The horse goeth not ten parasangs an hour, neither doth he explode.

To speed is human; to be caught is —fine!—Century.

never need any great amount of brain tissue. His mental development will come to a standstill at about the hip joint. What we need to develop brain tissue is stomach action, heart action, brain action—*action—action*. We don't want mushy, "easily digested" foods. The thing to do is to exercise the muscles controlling the digestive organs. Make them strong. Make them active. Give them the right amount of work to do. Never allow them to become torpid.

VICTIMS OF FANCIED ILLS

"YOU will probably be surprised to learn," remarked the house surgeon of a big hospital to the Chicago Chronicle, "that there are many sane people today who, believing that they are threatened with some dangerous disease, insist on undergoing severe operations in order that their lives may be saved. Of course we do not really perform these operations, but I have assisted at many imaginary ones in order to gratify the whim of a patient suffering from some form of hysteria."

"I remember a recent case of a woman who was absolutely convinced that she was suffering from an internal tumor. Curiously enough, she had been operated on for this complaint some eight years before, when a large tumor was removed. Six months ago she received a fright through one of her children upsetting a lighted lamp, and when she had somewhat recovered she became convinced that a recurrence of her trouble had begun, and that the only thing to save her life was an immediate operation."

"She consulted her own physician, who, after a most minute diagnosis, declared that there was absolutely nothing to fear and that there was no trace whatever of the supposed tumor. Nevertheless, the woman, who was possessed of considerable means, consulted another physician, who upheld the opinion of his brother medico. The woman was still unconvinced, however, and applied to us for a bed as a paying patient, entered the hospital and begged that the operation might be performed immediately."

"Well, we had, of course, received particulars of the case from the two physicians, and after examination and with their permission declared that the operation should be performed without delay."

"With the assistance of two of the visiting surgeons I determined to perform the operation in imagination, and this is how we did it. The patient was given just a sufficient quantity of anesthetics to reduce her to a state of semiconsciousness—she could hear and feel vaguely, though she could see nothing. We moved about the room quietly, spoke in whispers, gave hurried orders to the nurses, etc., and, in fact, acted just as if we were engaged on the biggest operation of our lives. Then one of the assistants fetched a jug of iced water, and holding it above the supposed affected part, let the cold fluid fall at the

rate of about one drop every five seconds. When the water touched her body the deluded patient would wince and groan as if in great agony."

"After we had gone on this way for some time the woman was swathed in bandages and conveyed by ambulance to her room. On awakening she found two trained nurses creeping about the apartment, one of whom immediately held a cup of beef tea to her lips and asked her to try and swallow a little. After a considerable effort she succeeded, confiding to the nurse that she felt terribly weak and languid. There she remained for ten days, after which she was allowed to get up for a time and her friends were permitted to see her. In three weeks she returned home perfectly cured of her imaginary tumor, and to this day she does not know of the hoax which was played upon her."

"Hysteria, of course, is the cause of most of these imaginary illnesses, and when a patient has it badly it is almost as difficult to cure as insanity. We had a girl here a year ago who was suffering from a most obstinate attack of hysteria, which took a very curious form. She would never lie down in her bed, but invariably sat bolt upright with her back against the footrail, constantly turning her head from side to side like an automaton. I had watched her do this curious action many times, and one day I asked her why she continued it, to which she replied that there was a string in her head which pulled it from side to side and that until it was cut she would have no rest."

"This remark gave me an idea, and I asked her if she would allow me to examine her head. She was perfectly willing, and after an inspection lasting twenty minutes I gravely announced that she was quite right and that the only cure was a slight operation in order to sever the string. She clapped her hands with delight like a child, and declared that it was what she had told several doctors, but that they had all laughed at her. Would I perform the operation at once? I thought it better, however, to defer doing so until the morning after I had consulted the visiting surgeons."

"Having explained the circumstances, the imaginary operation was agreed upon, and the following morning the young woman was led into the surgery, placed upon the operating table and anesthetics administered. Part of her luxuriant brown hair was cut off, and a portion of the back of the head, about two inches above the nape

of the neck, was shaved smooth. Then, in order that there should be something to show for the imaginary operation, the scalp was lanced until the blood ran, leaving a cut about two and one-half inches in length. This was bound but not stopped, and the patient was conveyed back to her bed, where she remained for forty minutes before returning to consciousness.

"Meantime I had taken a piece of an ordinary E violin string about four inches long and soaked it in water until it resembled a raw sinew, the object of this, of course, being to show the patient the actual string taken out of her head.

"When she was restored to consciousness she was told how entirely successful the operation had been and shown the string which had been the cause of all her trouble, after which she fell into a natural sleep and awoke perfectly restored. From that day to this she has never suffered from hysteria in any form, and has been completely cured of her hallucination regarding her inability to keep her head from moving from side to side.

Innumerable people imagine that they are suffering from appendicitis, and many an operation for this complaint has taken place when there was absolutely no necessity. In connection with this disease, however, there is one thing in favor of operating, and that is when there is no necessity for removing the appendix, and it is, in consequence, in a perfectly healthy condition; then there is no danger of blood poisoning, for the operation is in itself one of the simplest in the whole annals of surgery.

"We had a patient here just about the time King Edward was so ill, who insisted that he was suffering from appendicitis, and that if we didn't operate on him he would be dead in a week. Well, the entire staff of surgeons inside the hospital and out examined him and found that there was not the slightest trace of appendicitis, but so convinced was the patient that he was suffering from the popular disease that in order to ease his mind we performed an imaginary operation, and the man is going about today in the blissful belief that he is minus his appendix, and therefore proof against appendicitis.

"Yes, it is wonderful how strong a thing imagination can become, and how easy it is to fool a man, or woman either, into the belief that he has undergone a serious operation for an imaginary disease."



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NUTRITIVE VALUE OF UNPOLISHED RICE

BY OTTO CARQUE IN THE NATUROPATH

MUCH has been said and written against the use of white flour as a cause of many diseases which man is heir to. The same argument can be used against the rice of commerce which has undergone a process which is called "polishing." Fashion demands rice having a fine gloss, just for appearance sake. To supply this the rice is put through the polishing process which removes some of the most nutritious parts of the rice kernel, especially fat and some very important organic salts, *silicon*, generally contained in the outer coats of grains.

Rice is a word that preserves its etymology through all human languages. From the Sanskrit through the Persian, Greek, Latin, Spanish, French, to contemporary English, it has kept its root unchanged. It is a cereal of the grass family, with the name *Oryza Sativa*. It is indigenous in certain parts of India and in tropical Australia.

There is no record of its nativity in Egypt, Persia, Greece or Rome. So far as is known it is the first cereal used by man. Probably the Aryans carried it with them in their migratory marches from the cradle of the human, in the earliest dawn of history. We know that it was introduced into China about 3,000 years B. C. We

know that it was grown in the valley of the Euphrates over 2,000 years ago, that the Arabs took it to Spain, and sustained by its marvelous nourishment, planted their victorious banners everywhere.

It was introduced into Italy in 1468. Sir William Berkeley first cultivated it in Virginia in 1647. Today it is grown as the staple article of food by the millions of India, Siam, China, Japan and Africa. In the Mediterranean countries, and in the tropical and sub-tropical regions of Northland South America, it is cultivated as a principal means of subsistence.

Rice is not only the most important of all cereals, but by far the most important of all food products. It is almost the exclusive diet of 57 per cent, and the principal support of nearly 75 per cent, of the human race. Not only is it the most extensively used and the most widely distributed of the world's foods, but it is *the food that produces the greatest amount of muscular energy and physical endurance*. Rice is the chief diet (about 1 1/4 lbs. per day) of the wonderful Japanese soldiery whose strength and prowess compel the admiration and wonder of mankind today. It is eaten almost exclusively by the Indian and Chinese coolies, those marvelous men who can carry a load all day under a burning sun, that would stagger an American or European; who can carry that load at a speed sufficient to tire a horse; and who

AN EVERY-DAY ROMANCE



THE SEGNOGRAM is not conducting a matrimonial bureau. But THE SEGNOGRAM is always ready to lend a helping hand to its readers, and if, by being the means of bringing congenial souls into touch with each other, it can assist them, it is always prepared to do so. Some time ago a reader of the magazine placed a small "ad" in our Mutual Help column, stating that he had a good home and desired a helpmate to share it with him. In this connection the following letter speaks of a little romance that it makes one's heart glad to hear:

"Among the great number of replies to my February "ad" in The Segnogram, was one from, in whom I have found my ideal. Through the agency of The Segnogram, I have found the purest and most noble-hearted little lady that ever lived. We are perfectly mated, and wish very much to have the blessings of The Segnogram. My wife's membership number is and her address is now, as per the heading of my letter. Wishing you the greatest success, I am your friend,"

[We congratulate our friends and wish them a long life of service, for in true service is the essence of happiness.—ED.]

accomplish labors that no meat-eating Caucasian could begin to perform.

The main reason for the superiority of rice over all other forms of foods is its ready digestibility, plain boiled rice being assimilated in one hour, while the other cereals, legumes and most vegetables require from three and one-half to five hours. Rice thus enables a man to economize fully 75 per cent of the time and energy expended in the digestion of ordinary food, setting it free to be used in his daily vocation, in the pursuit of study, or social duties, and in the case of invalids and people of enfeebled vitality, adding it to the reserve force of the system. The perfect digestibility of rice makes it exceedingly valuable for a weak digestion. A rice diet is generally prescribed for any inflammation of the mucous membrane—whether of the lungs, stomach or bowels. It is but self-evident that these statements particularly refer to unpolished rice just as it comes out of the hulls without the bran taken off. Unfortunately, the majority of people are still ignorant of the great difference between polished and unpolished rice.

Estimated according to the food value "rice polish," the parts removed by the polishing process, is nearly twice as valuable for food as polished rice. This polish contains the germ and the cuticle and, like in all other grains and fruit, as it comes next to the skin, is the sweetest part of the grain or fruit. In a hundred pounds of polish there are besides starch—

11 lbs. of protein, 7.2 lbs. of fat, and 5.2 lbs. of mineral elements;

while in a hundred pounds of polished rice there are only—

7.5 lbs. of protein, 0.3 lb. of fat, and 0.4 lb. of mineral elements.

The unpolished rice is on an average ten times as rich in organic salts as the polished rice of commerce. As the flavor is in the fats and organic salts, it is easy to understand the lack of it in commercial rice and why travelers universally speak of the excellent quality of the rice they eat in oriental countries. It is not so much the higher percentage of protein, as the greater richness in fat and mineral elements which makes rice such a nutritious food.

Of the mineral elements lost in the polishing process silicon is especially valuable. Silicon in the form of silicic acid (silica) makes up a large part of the solid surface of our planet. It is indispensable for the growth of plants and is likewise important in the animal body. It makes muscles firm, for it protects them against chem-

ical decomposition and has, consequently, antiseptic action; it warms the blood by isolating and keeping together the electricity by its salt constituents. Sulphur and silica are found in the hair, making the latter a non-conductor of heat and electricity. Iron is contained in the haemoglobin of the blood; on account of its great affinity to oxygen it readily takes up the latter in the lungs and forwards it in the arteries and capillaries to all parts of the body; it is therefore of great value in keeping up the oxidizing processes in the tissues, and consequently in the creation of animal heat and magnetism. Sodium is found in rice in a higher percentage than in any other cereal; this element combines with the carbonic acid which is constantly formed by the oxidizing processes of the body and discharges the same through the lungs. Calcium and magnesium and phosphorous are also predominant and these elements are indispensable for building up our bones and teeth.

SUCCESS

DO IT

If you have a thing to say,
Say it.

If you have a debt to pay,
Pay it.

If you're something less than men,
Say that you are just a hen,
With an egg to lay, why, then,
Lay it.

If you have a log to hew,
Hew it.

If there's something you should rue,
Rue it.

For all things beneath the sun
Teach us this as on we run:

If there's aught that should be done,
Do it.

A. J. W.

SUCCESS

One Straw

The receipts for the Los Angeles post-office for the month of May were \$79,058, against \$59,975 for the same month last year, showing an increase of \$19,085, or 31.82 per cent.

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It will interest every boy and girl of THE SEGNOGRAM family to know our special offer in Shop Talk (pages 24-25). Read it, boys and girls, and ask your parents to start you in business.

~~~~~


Mental and Physical Culture

A System of Training the Little Ones

By AUMOND C. DAVID

Exercise No. 20.—Sit child on trapeze bar, give ten swings to help establish mental poise, always using greatest possible care to avoid injury of anatomy and confidence; begin by counting one: raising either right or left foot beneath the little body; two: slip both hands up to height of reach; three: other foot brought up onto bar; four: raise entire body to position shown; the order of count being reversed for returning to sitting posture. It will be necessary to hold bar quite steady at first;



EXERCISE No. 20

this exercise can be given at two years of age and should be included each time in lessons because of the delight found in swinging. Vary by having one foot kick outward as the swing comes forward toward your extended palm, then the other. A little waist strap can be used for safety's sake; or it can be taken with clothing on, by which to hold. Other variety will suggest itself to the fertile mind of both pupil and teacher.

Exercise No. 21—After swinging exercise, as shown in No. 20, hold the child's feet firmly in hands of teacher; suggest that child slide hands down to bar, then carefully allow herself to fall backward until she is hanging by the knees and hands, when she may swing five counts,

then return to sitting position on the bar, and have ten count swing for rest. While hanging down the head and neck should be relaxed and twisted from side to side, and also forward and backward; in this way freeing the throat muscles together with the neck as a whole.

PONO WILL CURE YOU

Of any Skin or Scalp disease, or the treatment needn't cost you a cent. This wonderful remedy has healed thousands—why not give it a trial?

Read what Charles Fannell says about PONO:

"PONO REMEDY COMPANY, Gentlemen:—About three years ago, my son, who was about nine years old, was bitten on the hand by a dog. Blood poisoning soon set in and I at once employed a physician, who treated my son for nearly three months. The disease took the form of blistering sores and rapidly spread over the hand and by contact it was carried to the face, over which it continued to spread. Seeing that medical treatment was a failure, I became alarmed and commenced the use of your PONO SKIN AND SCALP FOOD, with the most gratifying results. It gives me great pleasure to state that within a few days my son was completely cured by the use of less than one jar. Every person should always keep your valuable "PONO" on hand to use in case of accidents. Yours truly,

CHAS. FANNELL, 2117 Willard Ave., Los Angeles, Cal."

That's what Pono Skin and Scalp Food does. And read this from Miss Olive Roth:

"Gentlemen: Enclosed please find one dollar for one jar of Pono Skin and Scalp Food. It is the finest remedy for dandruff that I have ever used. I have tried so many, but nothing has done for me what this has. I cannot recommend it too highly.

OLIVE ROTH, 609 E. Fifth Ave., Knoxville, Tenn."

That's worth talking about, isn't it?

We wish you could read all the letters we have received telling of the wonderful merits of PONO. It is a powerful antiseptic—it is absolutely non-poisonous—you can eat it without harm—but

PONO will absolutely Cure

ECZEMA
ITCH
ULCERS
PRURITUS
POISON OAK
HIVES
DANDRUFF

Erysipelas, Ringworm, Gangrene, and a dozen other germ affections and diseases of the skin and scalp. All you have to do is to apply PONO to the diseased surface. The first application gives relief, and a reasonable number of applications a permanent cure—if not, you can have your money back for the asking.

PONO is packed in screw-top jars, price one dollar each, postpaid. It's worth twenty dollars a jar—that's likely what you would be willing to pay a doctor to cure you. Cure yourself with PONO. Or if you are not ready to order just now, send for our free booklet "B" on **The Cure of Skin and Scalp Diseases.**

Our old address was: Ponocalta Forn Co., 965 Everett St.—that address will still reach us, but better just address your orders to

PONO REMEDY CO., Los Angeles, Cal.

HEALTH CULTURE

MENUS

BY
Mrs. A. V. Segno

FIRST MEAL

Fruited Cantaloupe
Almonds Ripe Olives
Graham Bread
Sliced Tomatoes with French Dressing
Watermelon

SECOND MEAL

Apple Ade
Rice Souffle with Parsley Sauce
Green Peas Egg Salad
Rye Bread
Peach and Raspberry Dessert

TO PREPARE

Fruited Cantaloupe—Cut cantaloupe in half, then remove the seeds, sprinkle lightly with sugar, then fill with any desired combination of fruit.

Apple Ade—Cut two large apples in slices and pour a quart of boiling water on them, strain well and sweeten. Drink cold.

Rice Souffle—Boil one-half cupful of rice in one quart of boiling water and half teaspoonful of salt for fifteen minutes; put in a double boiler in which one pint of milk has been heated; cook fifteen minutes; add egg yolks and one teaspoonful of butter; beat together; add to rice and cook five minutes. Cool and add two beaten whites; cook one-half hour.

Parsley Sauce—Melt a piece of butter the size of a walnut and to it add a gill of good sweet cream. Season with salt and cayenne pepper, and just before serving stir in a teaspoonful of finely minced parsley. If cream cannot be obtained, use more butter and a little flour.

Egg Salad—Take one-half dozen eggs, boil hard, cut into small pieces. Four small pickles, sliced in small pieces; one onion, cut up fine. Add salt and red pepper. Cover with mayonnaise dressing and serve on crisp lettuce leaves.

Peach and Raspberry Dessert—Moisten thin slices of dried sponge cake with strawberry juice, place a spoonful of crushed raspberries on each piece, sprinkle with sugar and then arrange halved peached on top. Serve with sweetened cream or thin custard.

FIRST MEAL

Blackberry Bullion
Whole Wheat Wafers Pear Salad
Olive Sandwiches

TO PREPARE

Blackberry Bullion—Put two small boxes of blackberries in a granite pan with sufficient water to just cover the berries, bring to a boil, skim off any froth that rises and let cook about five minutes. Remove from the stove and strain through a jelly cloth; re-

turn the juice to the stove and sweeten to taste, then bring to a boil again and skim. Set away to cool; serve in bullion cups with a thin slice of lemon.

Pear Salad—Take large-sized pears, peel and cut in halves. Place each half on a plate on which is a lettuce leaf. Chop hickory nuts and cut celery in small pieces; mix together with mayonnaise dressing and put over pears with dressing on top.

SECOND MEAL

Nut Soup
Egg Cutlets Spring Salad
Ripe Olives Oatmeal Bread
Simple Rice Pudding

TO PREPARE

Nut Soup—Pound six bitter almonds and boil in three pints of milk, add half a teaspoonful of salt and three tablespoonsful of sugar. Beat separately three eggs, adding the stiffly frothed whites very lightly to the yolks. Let the milk cease boiling, remove from the fire and whisk in the eggs till all is a foam. Serve hot in small bowls.

Egg Cutlets—The eggs should be hard-boiled some time before. Scald one pint of milk, rub to a paste two tablespoonsful of butter and four tablespoonsful of flour. Stir slowly, pouring in the milk until it thickens. Cook till thick enough, then add one teaspoonful of salt, one-half teaspoonful of paprika, a dash of cayenne, one teaspoonful of onion juice and a pinch of mace. Take from the fire and add six hard-boiled eggs and one tablespoonful of chopped parsley. Spread out on a buttered dish to cool. Dust the hands lightly with flour and shape spoonful of the mixture in small cutlets, being careful to pat them out until of an equal thickness; use as little flour as possible or the creamy consistency will be lost. When shaped dip each cutlet into beaten egg, then in fine bread crumbs and immerse in hot olive oil until golden brown. Drain on unglazed paper and serve.

Spring Salad—Garnish the bowl with the tenderest leaves of lettuce, then mix lightly together equal quantities of endive and dandelion. Slice very thin a few spring onions and little red radishes without removing the red covering. Season the salad with a French dressing. Be sure that this salad is crisp and cool or it will be a failure.

Oatmeal Bread—Boil one-half a pint of oatmeal in one and one-half pints of salted water one hour. Add three-quarters of a pint of milk and set aside to cool. Then place in a bowl and sift into it one and one-half pints of whole wheat flour, one-half of a teaspoonful of salt and three teaspoonsful of baking powder. Mix smoothly. Bake in a greased pan forty-five minutes, protected the first twenty by a piece of heavy brown paper.

Simple Rice Pudding—Three level tablespoonsful of rice; three tablespoonsful of sugar; one quart of milk, cook very slowly. When done it should be the consistency of thick cream.



OUR NEW PUBLISHING HOUSE AND PRINTERY

DO YOU WANT TO SHARE IN THE DIVIDEND TO BE PAID JANUARY 1ST?

*Every share of stock purchased within the next
30 days will draw dividends January 1st.*



If you were offered an opportunity to invest \$100 in an established publishing business that would pay you 6 or 10 per cent interest on your money from the start, and at the same time have the stock increase in value five or ten fold in a few years, would you take the opportunity to buy? We are prepared to give you the chance. It is a chance you cannot afford to allow pass; a chance you never had before and one you are not likely to have again.

The Segnoqram Publishing Company has been doing business in Los Angeles for more than three years. It has grown from very small things to its present splendid proportions, and in its growth has enlarged its scope of influence and usefulness.

Today we are starting on a new epoch in the history of the company. We have been duly incorporated under the laws of the State of California, and are doing business as an incorporated publishing house. A handsome building has been erected covering 45 x 95 feet, where we have our offices and workrooms, and we have installed a complete book and magazine printing plant. This plant and building are paid for. We owe nothing on the building, plant or paper stock. It is our aim to make the business co-operative. We want to interest every man who wants to make his life successful, and every woman whose aim is to better her condition and acquire an independent competency.

The capital stock of the Company is \$100,000. Of this stock we are placing a block on the market which we will dispose of to our friends at \$9.50 per share. The par value of the stock is \$10. Our desire is to raise a fund for prosecuting a more active campaign this fall. An active campaign will mean many thousand new subscribers to our magazines and books. This in turn will mean thousands of new readers who will become active students of mentalism and earnest workers for your success and the success of all.

That there is a field in Los Angeles for a publishing business such as we have established, is proven by the amount of high-class work that we are daily turning out. Our presses are run to their highest capacity to handle the work, and we confidently anticipate a period of great activity.

The city of Los Angeles is making mighty strides forward. Prosperity is pictured on all sides. As an evidence of what is doing it is only necessary to point to the building record of June. During this month permits were granted for buildings aggregating \$2,400,000.

It is this that gives us such confidence in our city and the business we are engaged in. Having such confidence we are bold to guarantee the investment we are offering. It is not a stock proposition of the ordinary uncertain quality. We have established the business. It is here. It is paid for. We need a campaign fund to increase our scope. Are you ready to take a chance with us. Have you confidence enough in us to know we can make money for you. We have made money for others; let us convince you we can make it for you. Come in now. Take advantage of the 5 per cent reduction. Our reputation is back of every share issued. **We preach Success. We live Success.** Success has greeted every effort made by us; the biggest success of all is going to be the publishing business. Come in and share it with us. During July and August we shall allow a discount of 5 per cent on all shares purchased for cash, making them cost you \$9.50. Let us repeat: the building, printing-plant—everything in stock is paid for. We do not owe a dollar. If you purchase stock at this time **you will participate in the dividend we shall pay December 31st.** Time is precious. Do not delay. Address all communications to

The SEGNOGRAM PUBLISHING CO. LOS ANGELES, CALIFORNIA

GRAPHOLOGY *Special Article*

By Mrs. Franklin Hall

The Cup of Bitter

In olden days, when a child was ailing through indiscretion in eating, playing or exposure to inclement weather, the parents, instead of at once calling in a physician, made an infusion of what was termed "boneset," insisted upon the careless child drinking a generous draught of a pint or more of this decoction, put them to bed and to sleep (if they could with the horrible taste lingering in their mouth), leaving them if awake to reflect upon the vicissitudes of life.

The "boneset tea" was both a moral and physical tonic, for if a child had once taken the bitter dose it required earnest mastery of self to repeat it, and if one was found who actually dared to rebel they were convinced through the medium of the maternal slipper that there was no escape; they must, to use an old adage, "grin and bear it."

There is no doubt that the indulgences of modern life vitiate the blood, and it in turn acts upon the brain, poisoning it; also that we children of older growth and a more progressive age would be greatly benefited by a good dose of "boneset tea," even though made to take it through the convincing power of force.

Today the whole world stands aghast at the cold-blooded murder of one rouse by another, who, if he is spared the death chair and lives an equal number of years as his victim, will be even worse than he, unless the bitter dose he will receive at the hands of the law cleanses his system, purifying blood and brain.

After all, looking at it from a philosophical standpoint, by what right of justice is the reason given by the assassin for the crime to avenge the weakness of a woman. The woman is a self-confessed moral degenerate; the man who killed another in her behalf, has bought the white souls of youth as he bought flowers, flinging them aside, when they had lost their freshness, to perish in the gutter, boasting of it to his ribald companions, even as he has boasted of his power over the woman he now holds as a shield between him and the law.

It is all pitiful in the extreme, for after all, the murderer is but a boy, and somewhere across the sea the bullet sent from his revolver made a wound in the heart of

a mother, a wound that time can never heal. The real victim of that crime is the woman whose idol he was from the time his baby head was pillowed upon her breast. The man whom he killed sleeps out near the sea with the lush grasses singing a requiem over his grave; the mother whom he pitilessly hurt listens to the same requiem over her dead hopes for the son whom she prayed one day would be purified by the world's cup of bitter and return to her longing arms a better, nobler man. Perhaps he would have done so had her mother love been more firm in the old days, and compelled her to force the cup of bitter to the lips she loved.

For the withered flowers strewing the pathway of this young man Nature now asks her recompense, and like the stern mother she is, she is making him drink the cup to the dregs.

Wealth is good, but like the child surfeited with sweets, too much of it has a tendency to demoralize, few natures being sufficiently strong to meet financial success without being poisoned by it, and if the contaminated blood and brain does not come to the surface in the accumulative generation, it is intensified in their offspring, breaking out in the festering moral sores that are repulsive to all pure minded people and which pollute all that comes in contact with them.

The watchword from the inception of The Segnogram has been success, but if I understand aright it does not mean success that is measured from dollars alone, but the success attained by noble thought and action, the supreme,

"Without halting, without rest,
Lifting better up to best."

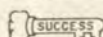
The specimen below is a good sample of inherent shrewdness allied to moral laxness. The uneven lines; the letters lean-

Mrs. Franklin Hall
342 Manhattan Ave
New York City

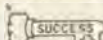
ing some one way and others another; the untruthfulness depicted in the curled clos-

ing of the "o's"; the extreme selfishness in the incurve at the beginning of the "M" and "N"; the obstinacy in the triangles; the tenacity in the crossings with the club-like hooked beginnings; the vacillation in the varying lines and letters all combined, make up a nature that is obstinate, disregardful of social laws and combined with the sensuous strokes one who would gratify passion no matter what the cost.

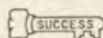
Go over the specimen carefully and see what saving points you can find.



"Poker Jim" is the title of a new book to be published by the Monarch Book Co., of Chicago. G. Frank Lydston, M. D., is the author, and the book, it is said, is of intense interest to the medical profession.



Some men practice what they preach, but the majority are satisfied with preaching what they practice.—Chicago News.



If you are the father of a family, and have boys and girls about the age of ten or twelve years, you can interest them and start them in business for one dollar. Read Shop Talk in this issue and see how it is done.

THE BALANCE:

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Our Brothers:

*The Birds and Animals
and Creeping Things*
By H. M. WALKER

THE other day I was interested to see the pathway in front of me covered by a moving mass of winged ants, surrounded by an army of workers, all seemingly intent upon running about aimlessly, and tumbling over each other. I watched the workers and noticed that while they seemed to be moving aimlessly, they nevertheless seemed to have a mission to perform, and just at that particular time that mission was to guard, and keep in motion the vast number of winged males and females that had apparently just been driven out of the ant city below the ground. Occasionally one of the winged ants would fly away, gone forever from the hundreds and thousands of workers and friends with whom he or she had lived so long. And there was no weeping at parting. The community life of ants is the most interesting of any. From these little workers, always so industrious, man takes his highest conception of democracy. In an ant community we find the most perfect of all social organizations. There is the queen ant, to which all look up to, and exert themselves to serve. Then we find the infertile females or workers, then the nurses, and others of a larger size who act as soldiers to protect the ranks of the foraging workers. But we find some ants the worst of slave owners and slave drivers. These fellows go in swarms into the camp of a weaker colony and carry away the eggs, which they take home and eat. If they have more than they can use for food, they tenderly care for what is left and let them hatch, and when these ants grow up they are made slaves by the others.

We often hear people express wonder at the sudden appearance of winged ants where before nothing but the ordinary

working ant was ever seen. They do not understand that when the winged males and females appear in the ant home they are guarded by the soldiers, and not allowed to come to the top of the ground until the proper time comes. Then one fine warm day, when the ants know there is not going to be any rain, the soldiers and workers drive the winged ants out, and make them fly away. The males and females are said to mate in the air, after

which the male, like the male of the honey bee, dies, and the female finds a place to start a new colony. She alights, and tears her wings off, then burrows into the ground and lays her eggs. In a few weeks the eggs hatch, and soon she has a number of workers to help her. She continues her egg laying. These the workers carry to a proper place so as to give them the correct temperature and keep them removed from moisture.

When these hatch, there is found some very small ants. These are kept as pets. Then there are some larger and they are selected as the workers; then some still larger, which are made to nurse the young and care for the sick and feeble; then again, some larger still, and these are made the soldiers. Frequently, if the old queen ant is not sufficiently strong to keep the workers busy taking care of her eggs, the

the soldier ants will find one or two young queen ants in some other colony, and carry them home to make them help the old queen. Ants are too intelligent to be jealous, and the young queens are allowed to live in perfect harmony with the old queen.

Ants have their milch-cows just as we do. These are a sort of plant-lice which the ants move about from plant to plant, and gather their honey-like excretion for food. They even go so far as to stroke the plant-

A Secret of Progress

Hubert McBean Johnston

The story is told of an Englishman who recently came to the United States, and who, because of the difference between the American atmosphere and that of his own country, was much impressed with the democratic spirit that prevails.

Shortly after his arrival, he was sitting in the window of a luxurious hotel in one of our leading cities.

"What an extraordinary country!" he said to an American with whom he had been chatting; "you tell me that birth or family count for nothing?"

"Nothing at all," agreed the resident.

"And that man out there," continued the Britisher, pointing to a laborer sweeping the street, "I suppose that man might even become mayor of this city, some day?"

The other glanced out of the window.

"No," he replied, tersely, "that man could n't."

"He could n't?" said the Englishman in surprise; "why is that man any different from the others?"

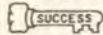
"Keep your eye on him and see if you can't tell for yourself," said his companion with a sphinx-like smile.

The Englishman looked for a moment.

"I give it up," he confessed, at length; "why is it?"

"Well, I'll just tell you," replied the American; "that man's sweeping against the wind."

lice tenderly to hasten its expulsion. When winter comes the ants carry these plant-lice into their home, where they keep them until spring comes, and then carry them out again to the plants and set them to work.

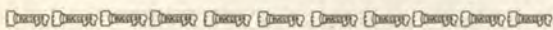


Value of Lemon Juice

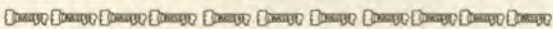
Lemons used externally will aid in beautifying anyone. There is nothing more valuable for the toilet table than a solution of lemon juice; a little rubbed into the hands, face and neck at night will not only whiten but soften the skin. A paste made of magnesia and lemon juice applied to the face and hands upon lying down for a fifteen minutes' rest will bleach the skin beautifully.

For discolored or stained fingernails, a teaspoonful of lemon juice in a cup of warm soft water is invaluable; this is one of the very best manicure aids. It will loosen the cuticle from the fingernails as well as remove discolorations. In the West Indies a lemon bath is almost a daily luxury. Three or four limes or lemons are sliced into the water and allowed to lie for half an hour, in order that the juice may be extracted. A remarkable sense of freshness and cleanliness is given to the skin.

Lemon juice in water is an excellent dentifrice. Lemon juice and a pinch of salt will remove the most obstinate of stains. Never throw away lemon or orange peel, for these alone will often take away stains without using water.—National Magazine.



If you are the father of a family, and have boys and girls about the age of ten or twelve years, you can interest them and start them in business for one dollar. Read Shop Talk in this issue and see how it is done.



Fooling Doctors

The wise doctor takes his patient's pedigree first. It saves embarrassments, such as, for instance, that of the physician who said: "Ah, I see," after examining his tongue and feeling his pulse. "Sallow complexion—imperfect circulation—sedentary occupation—want of outdoor exercise. You ought to be in the open air as much as possible. By the way, what might be the nature of your occupation?" He was a trifle staggered to learn that his patient was a gardener. Another doctor was waited upon by a local brass band. Short-

ness of breath was the trouble in his case. "Ah, that accounts for it," said the medical man. "That brass band is the very worst thing for you. You'll have to give it up at once. What instrument do you play?" "The big drum," came the unexpected answer.—Exchange.

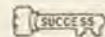
A Law for Mothers

Mothers should never take their infants to bed with them. Nothing could be more perilous than for a healthy young woman to sleep side by side with a little helpless babe. In Austria this peril is recognized, and if an Austrian mother sleeps with her baby she is sent to prison for it.

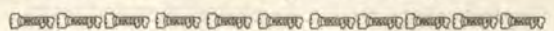
The law prohibiting babes and their mothers from sleeping together was enacted in Austria at the end of a year wherein no less than 4000 mothers in their sleep, rolling on their babies, killed them.

Such a law should be enacted in America. Every physician, every coroner, knows of many tragedies of this kind. The tragedies, as a rule, are not made public, out of pity for the feelings of the mother. Perhaps it would be better if they were made public. Then the danger of mothers and babies sleeping together would be more clearly understood.

A writer in a medical journal suggests a new way of juggling with insomnia. His sleep inducer is a chain of words, so associated in sound or meaning that each suggests the next subsequent—for instance: Ice, slippery; smooth, rough; ruffian, tramp, etc. When sleep is coy, recite the list mentally. This is said to be a sure cure. It keeps the mind from rambling from subject to subject, as the mind tends to do in sleeplessness.—Chicago News.



Occasionally a woman likes to have her husband say mean things to her because it feels so good when it quits hurting.



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Astral Colors

Experiments numbering over 300, conducted over a term of three years, have formed the subject matter for a communication from a physician to a well-known English medical journal, to the effect that the rays emitted from the human body differ in color according to the character and temperament of the person. The following particulars are given by the writer:

"The rays emanating from a very passionate man have a deep red hue; one whose keynote in life is to be good and do good throws off pink rays; the ambitious man emits orange rays; the deep thinker, deep blue; the lover of art and refined surrounding, yellow; an anxious, depressed person, gray.

"One who leads a low, debased life throws off muddy brown rays; a devotional, good-meaning person, light blue; a progressive-minded one, light green, and a physically or mentally ill one, dark green."

The doctor admits that his theory is apt to be received with incredulity and amusement, but he asserts that it is strengthened by the fact that the color sense of the human race was many thousands of years in reaching its present stage of development.

The above mentioned "experiments" have evidently led the physician to "discover" the well-known Astral Colors which all occultists know to exist in the human aura.

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Hallucinations

Curiously interesting results have been obtained by experiments on hallucinations of the senses at the Yale psychological laboratory, says the Chicago Chronicle. A person placed in a quiet room was asked to note the intensity of a tone which would be sounded every time a telegraph receiver clicked. At first the tone was actually produced, but afterward, unknown to the person experimented on, the tone was omitted, while the clicking was regularly continued. Still the subject of the experiment believed that he heard the tone as before with every click of the instrument.

Another experiment consisted in dropping a light pith ball on the hand of a person so placed that he could not see what was done. Each fall of the ball was timed to correspond with the sound regularly emitted by a metronome. After a while the ball was no longer dropped, but the subject of the experiment continued to feel, or imagine that he felt, the touch of the ball at every sound from the metronome.

In the third experiment a blue bead was placed in the center of a white ring and a person was requested to approach the ring and note, by means of a tape measure at his side, the distance at which the bead first became visible to him. Later the bead was secretly removed, but still on arriving at the previously determined distance, the person believed that he saw the bead.

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H. M. WALKER

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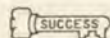
SHOP TALK

What is Doing at the Segnogram Home

Every shareholder in the Segnogram Publishing Co. will be interested in knowing the phenomenal success that we are meeting with in our publishing house. We only started our presses a month ago and yet we already have been forced to put on three shifts of men in our press room, and expect soon to run two shifts in our composing room. Our presses are now running night and day without stop. What do you think of that for a business only four weeks under way? It will not be long until we are doing the finest class of printing on the Pacific Coast. That is the goal we are aiming for. It may take a few months to reach it, *but we shall reach it.* We are aiming straight for it now. Obstacles? Yes; but they act only as an incentive to bigger things. Watch us grow!

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To satisfy the persistent demand for pictures of the Segnogram Home and its staff of workers, we are preparing a beautifully illustrated book of twenty pages, size 9x12 1-2, showing the buildings and the offices and the workrooms. This handsome souvenir will be ready for delivery on or about August 15th. We are printing only a limited number, which we shall be pleased to send to all who desire it, at very small cost. We shall place the price of the books at just what it costs us to produce them. No orders will be filled after the edition is exhausted. This book will make a splendid presentation to anyone who is interested in the magazine and its staff. We do not know what the cost will be, but it will be safe for you to order now and make sure of getting one. It will not cost more than 50 cents, and we may be able to produce it for 25 cents. It is to be printed on 100-lb. glazed book paper, with handsome deckle-edge flexible cover.



It a pleasure to receive so many letters of appreciation on the improved appearance of our magazine. We are glad to be able to please you, friends. It is our aim always to do so, and to make THE SEGNOGRAM more helpful to its readers. The management has felt for a long time the need of better facilities to do the work of printing the magazine and to handle the extensive book publishing business, we are developing, and it is with fair pride that we state we are at last ready for business. Many unforeseen difficulties were encountered by the way, which delayed us six or eight weeks, but we were able to overcome them one by one, and today we are free to press on to better things. At no time in the history of the magazine were we able to speak so positively of its future. We have erected a handsome building covering 45x95 feet, in which our offices and workrooms are situated. Our editorial and clerical rooms are furnished simply but sufficiently to carry on the business of the publishing house in an economical manner; our composing room is supplied with the newest faces of type, and the most modern machinery is doing the work in the press room.

We feel that the time has now come for us to expand—to enter new fields of usefulness, and we are prepared to offer our readers special inducements to encourage them to assist us in the work. We have a

plan that looks good to us. It is an investment plan that you will be interested in—a plan that will enable you and your children to make money in your spare hours.

We have prepared a special subscription card which we are going to sell to our readers at half price. We will sell you any number of these cards that you may order, at 25 cents apiece. Each card, when filled out by you is good for one year's subscription to THE SEGNOGRAM.

If you have \$1.00 to spare you may start your boy or girl into business at once, by sending for four of these cards. The boy or girl can then go to likely friends and secure their subscriptions at the regular price of subscription—50 cents a year—and return to us the cards with the names and addresses of their friends written thereon, and the magazine will be sent them for one year. In the transaction you, or your boy or girl, will make \$1.00. Then, if the proper attention is given, and there is a desire on your part to continue the good work, you may remit another dollar, or two dollars, or three, or four, or five, or six, and we shall send the number of cards desired and you can again double your money.

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A Dog that Sees Ghosts

A friend of mine was staying at the riverside home of a foreign gentleman living in England, says a writer in the Strand Magazine. After dinner on the first night of his arrival, he was sitting with his host in the library, smoking comfortably before the fire, when of a sudden the great German boar hound lying outstretched between the two men on the hearth got upon his legs with a snarl, swung off into the middle of the room, and stood there barking furiously at nothing.

My friend looked over his shoulder, expecting to see a servant enter the room, and then, turning to his host, he asked with a smile what it was the dog made such an alarming fuss about. His host, who was also smiling, put a finger to his lips, signifying silence.

And then my friend saw what held him fascinated till the scene ended. He saw a huge dog barking at Nothing, making little furious rushes at Nothing, and, getting angrier and angrier, driving this said Nothing nearer and nearer to the curtained windows. The hound's eyes blazed with fury, his frothing lips disclosed teeth that dripped with the very violence of hate, and the whole lithe body, with the coat roughened by rage, was tense with enmity. To doubt that there was no Thing in front of him, was impossible.

As soon as the hound had driven his enemy to the curtains he returned to the hearth, laid himself down again before the fire, but this time kept his head erect, with uneasy eyes fixed upon the curtains.

"He does that nearly every night," said the host of my friend.

"But what does he see?"

"A ghost. Well, if you do not like the word, let us say an apparition. Yes, he

sees an apparition. I have tried to see it many times, but"—shrugging his shoulders—"I do not fast sufficiently, perhaps! No; I have never seen it."

It came out that the house had long enjoyed the reputation of being haunted. The new owner had no belief in the legend till the hound sprang up from the hearth, almost night after night, and always at about the same time, and went through the extraordinary passion of anger described.

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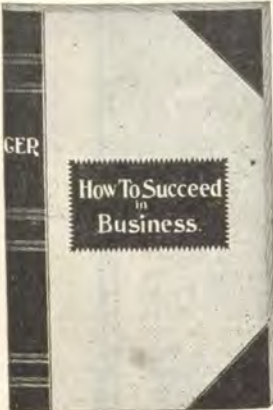
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