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Man's Capacities and Powers,

The Promotion of Individual and Social
Freedom, Opulence, Health, Happiness
AND

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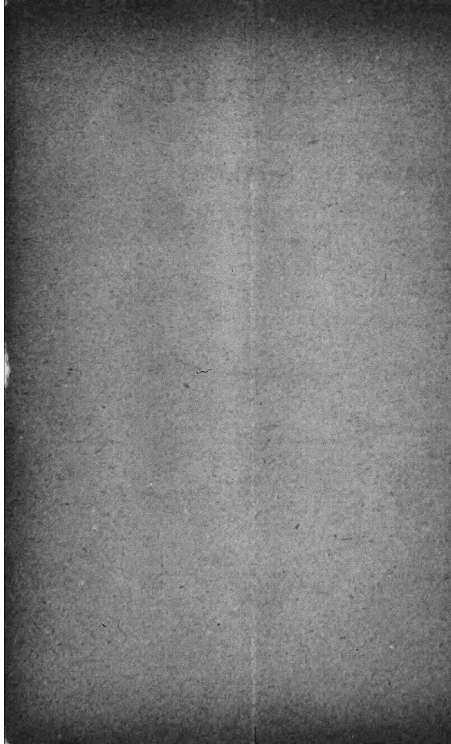
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SELF-CULTURE

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MAGNETIC HEALING

(CONTINUED.)

Wood tells us: "It is a physiological fact that when a thought, for any length of time is concentrated upon any part of the body, it causes an increased flow of circulation in that direction."

Mueller observes: "It may be stated as a general fact, that any state of the body, which is conceived to be approaching, and which is expected with certain confidence and certainty of its occurrence, will be prone to ensue, as the mere results of that idea, if it be not beyond the bounds of possibility."

Tuke says that: "Vomiting may be induced by the belief that an emetic has been taken, and a movement of the bowels can be brought about by a simple bread pill, if the patient believes it to possess aperient properties."

Prof. Elmer Gates records the fact that if we confine our attention to our thumb we will soon become aware of an increased amount of feeling there. The temperature of the thumb will be higher and its size will be increased. He goes on to say: "By placing a surface thermometer upon any part of my body I can, in from 5 to 25 minutes, raise the temperature of that part of the body by persistently dirigating (fixing the attention upon) to that part. I can also alter the character of the perspiration of that part, and by continuous dirigation to any part of the body, it can be caused to grow larger in size than the corresponding part of the body." He cites among other illustrative cases that of a lady in Philadelphia who had an almost entire absence of breasts. By fixing her attention upon her left breast a certain time each day, it became, in fourteen weeks, of a size more than four and a half times larger than the right. She then fixed her attention upon the right breast some time each day, and in nine weeks it became of the same size as the left.

These illustrative cases prove conclusively the great

power of thought. Thought is either constructive or destructive. You will therefore see the great necessity of impressing your patient with the importance of thinking only constructive thoughts which will build him up and bring unto him life, health, strength and happiness.

While suggestion is very efficacious in the cure of disease, its potency can be doubled, if the attention is concentrated upon the diseased part of the body *hopefully and expectantly* during the time the suggestions, or auto-suggestions, are made. That philosophy of life, which asserts the omnipresence of the source, or spirit, of life, will prove very serviceable, if the patient believes in it. The patient recognizes something within his body which is the opposite of disease. He sees life at work trying to overcome the diseased conditions, and manifest ease, harmony and health. This thought furnishes the mental pattern, which the subconscious healing forces are to produce actually and externally.

Imagination may be either a constructive, or destructive force. It all depends on *how* it is exercised. If the patient is doubtful and subject to his fears—if he feels and sees only his troubles—then he creates a *disease-consciousness*, which is very favorable to the maintenance and intensification of the old ailments.

If, on the other hand, he turns his attention steadfastly *away* from his troubles, and tries to feel within him the Great Spirit of Life and Health at work in an attempt to overcome the inharmony in the physical, he exercises his imagination constructively and creates a *health-consciousness* and "according to his faith will it be done unto him." Consciousness of some kind is the creating, fashioning force. All other forces are obedient to it. Cosmic forces are set in motion by the cosmic consciousness or intelligence. It governs all manifestations of life below the human. Man, however, has the power to rise above the lower forms of cosmic consciousness through the orderly exercise of an independent, rational volition. Thereby he ceases to be the plaything of nature, and becomes the arbiter of his own destiny, and the controller of his conditions.

It matters not if our metaphysical systems of heal-

ing are true in every single statement which they advance. They will prove efficacious so long as their *modus operandi* prove to be the means of cultivating in the patient a "Health-consciousness," and plant a hopeful expectancy in the place which fear and despondency formerly occupied. When you instruct your patient to practice auto-suggestion at home, tell him to concentrate his attention upon the affected part or parts, and affirm the presence of Life and Health there. One not familiar with the principles involved would imagine anyone inconsistent and untruthful, if he should affirm the presence of Health, where the observer sees only disease. And to the world at large the Christian scientist appears insane when he declares: "There is no disease." But experience has proven such methods to be most surprisingly efficacious in curing diseases that refused to be banished by the use of drugs.

The Magnetic Healer is wise, then, if he instructs his patients in the use of auto-suggestion at home, as a means of changing the old, weak, consciousness into one of harmony, power and supremacy.

THE WILL.

The Will has also an important place in the use of auto-suggestion. Mere passive imagination, or recognition of the presence of the life-forces, has in many cases cured disease. But the patient should learn to *command and direct* these forces by the exercise of a rational volition. As an elaboration of this subject would carry us beyond the scope of the present course, we reserve this for future presentation.

Suffice it here to add, that the healer must also become an adept in the use of this enforcing, directing, and commanding volition. In other words, he should use it constantly while treating his patients. It will place him in a positive attitude mentally and physically, and will render him proof against any unwholesome influences from his patients, which might otherwise affect him. It is just here, in the preservation of a positive, directing, controlling attitude of mind, in which many healers are lacking, and it is this class which suffers the most from "taking on" some of the very conditions which they try

to cure. The healer should never allow himself to lapse into an inactive, passive state mentally, wherein he will be open to the vibrations coming from his patients. He should *will* and *desire* that the healing forces within the patient, roused by his positive healing magnetism (as well as thoughtforce) should bring about the results desired.

In some instances it may be wise to give suggestions mentally only during treatments, but in most cases verbal suggestions should accompany his manipulations. They should aim to assist the patient in concentrating his attention in an expectant and hopeful manner upon the deranged part of his system. For example: A patient wishes to be treated for indigestion and constipation. While the healer sends the magnetic current through the stomach, he may *suggest, will* and *desire* as follows: "My positive, healthful magnetism is now passing through your stomach. It is arousing your own life forces to greater activity. This will produce a more abundant secretion of the gastric juices, and the food will be fully and speedily digested." Placing his hands over the liver, similar suggestions should be given, as "the magnetism flowing now through your liver will arouse this organ to greater activity in the absorption of the bile from the blood. This increased amount of bile will pass into the colon, where it lubricates the walls, mixes with the food, and facilitates the passage of the latter through the rest of the digestive tract." Passing his right hand along the course of the large colon, increased *peristaltic action* may be suggested.

Suggestion is the healer's and patient's best friend, and should be used as liberally and persistently as possible, no matter what other means are employed.

THE EMOTIONS.

The true healer cannot disregard the influence of the emotions in the production or cure of disease. Elsewhere in my writings I called attention repeatedly to the experiments of Prof. Elmer Gates, which prove conclusively that the negative and maleficent emotions produce not only disorder among the atoms composing the physical organism, but generate poisons, which differ

in kind and degree. The beneficent emotions, on the other hand, promote a harmonious aggregation, or integration, of the atoms, and produce secretions which the body needs in order to maintain a high state of health and vigor.

Later experiments have developed the fact that the malefic emotions lower the electro-magnetic forces of the human organism, and are therefore destructive in their effects upon the very Life-force itself, while the benefic emotions promote a plentiful generation, as well as an even flow of the same.

Quite recently, physical scientists have come to recognize in the human organism what they name the N-ray. It is a radio-activity peculiar to the body of man. In other words, it is *physical magnetism*. They also have discovered that the malefic emotions lower the rate and intensity of this human radio-activity.

Not a few experienced Magnetic Healers have discovered the fact that they lose control over the magnetic currents, or find them weakened, after they have been subject to some strong malefic emotion. If something occurs which suddenly puts them into a pleasurable, or joyful mood, they recover their control over their magnetic forces, and experience a replenishing of the same. In this condition they can treat their patients effectively, while in a depleted condition they are liable to be disagreeably affected by the magnetic emanations of their patients. *Cheerfulness*, therefore, is a necessary condition under which cures are most easily and rapidly affected. But the cultivation of cheerfulness in the face of adverse conditions and influences implies a rather high order of moral strength which the average patient does not possess. It makes necessary the cultivation of *Self Control*.

He, who desires to become a true healer, must not only strive to cultivate *self-control* and *cheerfulness* himself, in order to attain the highest measure of magnetic power and efficiency, but he must become a true *doctor*, that is, a *teacher*, to those who seek help from him. He must become an exponent of a higher philosophy of life than that of the materialistic schools. He must be an optimist, and a believer in exalted human possibilities.

In order to inspire his patients with faith in themselves, he must have faith in himself. He should enlighten his patients with reference to their true natures and powers, and instruct them in the use of their higher faculties, capacities and powers. Thus the healer will become a true Messiah, or liberator, of mankind, and follow in the footsteps of the world's great Masters and Adepts. To hoard knowledge for selfish use only, would make others altogether dependent for aid upon the lucky possessors of the saving truths. The priests of darkness have ever striven to gain and hold control over the so-called means of grace, or salvation. They have locked up the "keys of heaven," and permitted their use only wherever, and whenever it pleased them. The ministers of Light give *the Key* to each hungering soul, and instruct them in the proper use, so that whoever will, may enter into the kingdom of man's divine possibility and powers.

Thus every healer will be called upon to identify himself with the angels of Light, Life and Liberty, or the votaries of darkness, death and slavery. The tempter that beset Jesus with visions of riches, power and greatness through the selfish use of knowledge, will confront each one who receives "more Light." Happy and blessed is he, who like Jesus, will throw selfishness to the winds, and put this temptation behind him. From that hour he becomes a true *Master*, and having thus joined the *Great Brotherhood* by an act of self-sacrifice, *angels of Light* will grasp his hands in loving fellowship, and minister unto him, even as he *serves others*.

The true Master rules and controls himself only. *He serves his fellowmen*. The false priest and king fails to rule himself, while he seeks to use, dominate and control others for selfish purposes.

Dear reader: If this ideal of the true Teacher, Healer and Master seems too high for you, you would do better in following some other legitimate calling, until the ideal draws you with a gentle but irresistible attraction. To stay with the mass of mankind, and live the common life, is far better than attempt to scale the heights and penetrate the upper realms, before we are morally and intellectually keyed to the vibrations and conditions that prevail there.

A FEW HYGIENIC HINTS.

LIGHT.

Many ailments are due to the violation of hygienic requirements, and they will disappear as soon as the proper hygienic measures are adopted. The means which nature herself has provided, are light, pure air, water and food. They belong to the four elements which enter into the composition of the physical body. While all four are necessary, they rise in value progressively. Thus, we may live without food for many days but without air we cannot live more than a few minutes, and without the subtle forces that come to us with the rays of the sun, we could not live an instant. These are light, electricity and magnetism. A part of these forces is absorbed by the earth, plants and animals, and is taken by us in solidified form, as food, but if both, electricity and magnetism, should be suddenly withdrawn from the physical system, we would die in an instant.

We will now consider the four elements in their proper order. We shall begin with light and heat. Sunlight is the greatest purifier and disinfectant. Those rooms are acknowledged to be the healthiest, which permit the entrance to the sun's rays during a large part of the day. Corruption cannot long exist where the light of the sun has free access. Water which is exposed to the sun's rays for a few hours is much improved and purified. It becomes more vital, because it absorbs some of the solar energy. All patients should therefore inhabit and sleep in rooms that have plenty of sunlight. Their drinking water may be exposed to the sun's rays for a number of hours, and be in the summer time artificially cooled before it is used.

In cases of general debility and impure blood, sun baths may be taken. The patients should strip naked and sit where the sun can shine on them. Care should be taken that the room is sufficiently warm to prevent them from being chilled. People suffering from heart trouble would cover the chest while exposing the rest of the body to the sun's rays. These will strike through the skin, and vitalize and purify the blood, while they dry up

the excretions from the pores, and open them, which enables the foul gases to escape.

It has been found and demonstrated that certain colors have either a stimulating and heating, or a depressing and cooling effect. Thus, red will stimulate, while blue possesses cooling properties. The use of colors in the cure of disease has been reduced to a science. Patients are placed in an air-tight box made of tin on three sides, and covered with glass in front. There is an opening at the top, which allows the head to be outside. The patient is entirely nude if he is to take a plain sun bath. If only one portion of the body is to be treated, the clothing is removed from that part only. Colored lenses are then placed in such a way that the color rays fall on the affected part. The red ray is stimulating, and could be used to good effect in cases of weak heart or lungs. Also where a general tonic is needed. In cases of acute heart disease, inflammation, etc., blue light should be used over the affected parts. In fevers, the head and chest should be covered by the blue rays. Nervous and excitable people, and the insane, should sleep and live in rooms where blue predominates and red is excluded. Some panes of blue glass in the windows would also be beneficial.

Yellow orange (amber) is nerve animating and laxative. Purple helps digestion.

Medicated water, or water exposed to the sun's rays in colored bottles, absorbs certain qualities and may be given in doses of one or two tablespoonfuls every hour. Special bottles, which when filled make lenses, are made for that purpose, and may be bought. The water from the amber lens is said to contain nerve animating and laxative properties. That from the blue lens is cooling, soothing, nervine, cures inflammations, spasms, diarrhea, summer complaint, etc. That from the red lens is stimulating to the blood, and that from the purple bottle helps digestion. It is not our purpose to give you the entire science of the so-called Color-Cure. We merely draw attention to it.

AIR.

Air also is a great purifier. It absorbs the poisonous

gases and liquids which the body ejects. If it was not for the air, the surface of the body would be continually wet, because the sweat could not be absorbed. Besides these absorbent qualities, the air contains elements which the body needs. Chief of these is oxygen. It combines with the blood in the lungs and is carried by it to every part of the body to be converted into dynamic energy and heat.

Although air is so plentiful on this planet, there are millions of people who do not get enough. Part of these are obliged to live or work in illy-ventilated buildings, and the other part do not breathe enough. The first part should make up for the loss of opportunities by breathing fully and deeply whenever they come in contact with pure air, and the latter part should set aside certain periods of time every day for deep breathing exercises. These consist in inhaling slowly and deeply and exhaling just as slowly. This alone would cure many cases of sickness. The blood will be made richer and purer, and it will carry an added supply of energy to brain, nerve and muscle. Many cases of consumption could be arrested and cured by this means. We have recently read reports of a doctor in the Black Forest, Germany, who is said to have wonderful success in curing consumption. He gives no medicine, but he gives his patients plenty of air. What is free to them at home, they seek in the far-off pine woods of the Black Forest. They are forced to live and sleep in rooms where the lower sash is missing from the window winter and summer. Thus the patients not only have a plentiful supply of fresh air at all times, but they live in a temperature very little higher than that outside of their rooms. The system becomes adjusted to the prevailing temperature, and thus there are no colds, chills, inflammations of lungs, bronchial tubes, throat or nostrils. The healing process once started, is allowed to go on without check, interruptions or setbacks. Another measure of this doctor is the over-feeding of his patients. He allows no nibbling between meals. There are three meals only per day, but everybody is required to eat as much as they can.

If you feel lethargic, enervated or dull, walk out into

the fresh air and breathe deeply for some time, and see how it will brace you up and clear your head. If you feel cold or chilly, breathe deeply. If, after retiring at night, you find that your feet are cold, breathe deeply for some time. At the same time tense the muscles of the lower limbs and feet a number of times very slowly and gradually, and relax them just as slowly and gradually. The blood will rush to your extremities with a new supply of oxygen, which will start the consumption of fatty matter, and produce heat.

Oxygen is always needed where there is any consumption going on. Where the air is excluded, vegetable or animal matter cannot decay, which is only a slow process of consumption or burning, while fire is the same process going on at a much more rapid rate. Every flame and every fire in your house needs oxygen. Your fires draw off a certain amount of air which is partly used up in burning and escapes through the chimney. The vacuum produced by this escaping air is filled by fresh air coming in through the cracks of your doors and windows, or at least it should be so replaced. That is why stoves that allow the used-up air to escape through the chimneys are the best. The oil or gas stoves are an abomination, and should not be tolerated in any household, because they consume the very element which we most need to live—oxygen—and impoverish the air often to such a degree, that even the flames themselves will cease to burn for lack of a fresh supply of oxygen.

WATER.

Water is another one of nature's remedial agents. The greatest part of the physical body is water. Care should be taken that we supply the system with plenty of it. Many people suffer from a dearth of water in their systems. In most diseases it is safe to recommend the drinking of more water. It keeps the body from getting too hot. That is why fever patients crave for so much water. The blood, in its circulation through the body, deposits quantities of water on the surface of the skin through the thousands of pores. This water is mixed more or less with used-up material, and we call it sweat.

Once on the surface of the body it is taken up by the atmosphere. We say it evaporates; and the process of evaporation is cooling to the skin. Whenever the air absorbs quantities of water its temperature is lowered considerably, the same as the temperature of water is lowered if we dissolve salt in it. This is why people love to sprinkle water in front of their houses in summer.

All muscular exertion is heating. When we are outdoors in the winter time, and feel cold, we like to exercise the body thus warming it. If we keep this up, or whenever we exercise or work excessively, there is too much heat produced. This the system tries to neutralize by sending to the surface quantities of water or sweat, which cools it by evaporation. The moisture so used must be replaced. Nature makes a demand for a fresh supply, and this demand is felt as thirst. We feel thirsty whenever the body needs more moisture.

Water is a great solvent. It is owing to the great quantities of water in the body that the processes of assimilation and the elimination of waste matter can be carried on. The gastric juices in the stomach dissolve the particles of food. The loosened particles, if fine enough, are carried through the walls of the intestines. They get into the blood and are held in solution until they are deposited just where they are needed. When they have served their purpose they are again loosened from their hold, and they get once more into the blood. This time they are carried out of the system. The skin is the great dumping ground whereon this waste matter is deposited. Another portion passes off through the bladder. A good deal of that which comes to the skin through the pores is with the sweat absorbed into the clothing, or it is rubbed off by the same. A frequent change of underwear is therefore a necessity. Along with the sweat, there issue forth gasses, which are absorbed by the clothes. For this reason it is not well to sleep in the undergarments worn through the day. They should be aired over night, and those worn at night should be aired through the day. It is never well to roll them up until they are used again.

On account of these gases and the sweat absorbed by the bed clothes, the beds should never be covered im-

mediately after they are left, but they should be thoroughly aired and dried before they are made up for the day.

The clothes, however, can never take up all the waste matter which is deposited on the skin. It becomes necessary, therefore, to give the skin a frequent cleaning with soap and water. A thorough cleaning with soap and water once a week is sufficient. A too frequent use of soap will take the natural oil out of the skin, and leave it too dry. In order to be soft and flexible, the skin must have this oil. In healthy people the pores open and shut automatically in response to heat or cold. If the skin is brought in contact with warm air or water, the pores open; if it comes in touch with cold air or water, they close. The skin then looks very much like chicken skin, because the closed pores form little mounds. If we allow the waste matter to remain on the skin too long, the pores become clogged, and they lose their flexibility. This is also the case with people who seldom go out in the winter season. When such people come in contact with cold air the pores are unable to close. The air rushes in and they feel creepy or chilly.

Local inflammation or "a cold" may result. It becomes, therefore, of great importance to us to see that the pores retain their flexibility, or the ability to contract. This can be done by taking frequent out-door exercises, even in the winter, and also by taking *sponge baths*.

In a former article I stated that the orifices of the body act as escapes for the physical energy, or the magnetic fire. This does not hold good alone to the ears, the eyes, the nostrils and the mouth, but also to the pores of the skin. Whenever the pores are open any great length of time, there is too great a loss of this energy. This is one reason why we feel lazy and enervated during the hot part of the days in summer, or whenever we sleep too warm. When we say to you, "Sleep sool," we are giving you very good advice. All those who desire to increase their stock of physical magnetism must stop this leaking away of energy. Cool air or water will close the pores. This is why we feel so refreshed after a cool bath in the summer, and why a sponge or shower-bath in the morning is so invigorating. On the other hand,

damp air, or damp clothes, will be very apt to absorb the vital energy. Water is not only a good conductor for electricity, but also for magnetism. We should therefore guard against a too protracted stay in the water, against damp or wet clothing, and especially against damp or sweaty stockings.

Water may also be used to great advantage in assisting to claim the digestive system whenever it becomes clogged. Constipation has become an almost universal ailment. Laxatives and liver pills will only palliate, but they cannot cure, because they induce a local irritation or stimulation in a portion of the colon. The result is a local diarrhea, which affects only a part and not the whole alimentary canal. Nothing will effect this as well as warm water injections. Special instructions with reference to the *modus operandum* will not be needed here, as most of our readers are conversant with the same. Those who are not, are referred to Vol. I. of "The Mastery of Fate," where a detailed description will be found.

Those suffering from indigestion will do well to sip a cup full of hot water twenty minutes before they eat their meals, especially before breakfast. The drinking of a pint of hot water (containing a little milk and sugar) before retiring at night, has been found very effective in some cases in the cure of constipation.

FOOD.

Now we come to the food question. We shall not attempt to give elaborate rules for a correct diet. Each one must be a law unto himself as far as the selection of his or her food is concerned. But we shall mention a few facts which may be of great help in certain emergencies.

Heat producing substances are the following: All alkalies, sweets, hydrogen, carbon or fatty foods, mustard, pepper, ginger, alcoholic liquors, laxatives, rubefacients, hot water, etc.

Cooling substances are: Acids, ice, cold water, oxygen, acid fruits, astringents, refrigerants, sedatives, etc.

The body has to generate more heat in the winter time, because it radiates more. Positive and negative, heat and cold seek to neutralize each other continually;

in other words, they strive for equilibrium. The more the difference between the two forces, the greater is the striving for equilibrium. That is why we get cold so quickly whenever we get into a cold atmosphere while we are not clothed warmly. The cold atmosphere without and the heat in the body seek to neutralize each other. The body must make up the steady drain on its heat by generating more. It needs, therefore, more heat-producing substances, such as starchy or fatty foods. But were it ever so well supplied with these, it could not—at least as far as civilized man is concerned—make up for the loss, did we not guard against a too rapid loss of heat by wrapping or clothing ourselves in materials that are slow conductors. Silk and wool are poorer conductors than cotton. They keep the heat from radiating away from the body, and the cold from impinging on it too rapidly.

In the summer time we all like a smaller amount of fatty foods, but we appreciate acidulous foods, such as fruits, which nature accommodates us very kindly in producing at this time of the year, while she gives us the more starchy and fatty foods for winter use.

The proper time to eat would be whenever we get hungry. But most civilized people eat by the clock, whether they are hungry or not. This, and the sedentary, confirmed modes of living, are the causes of overtaxed digestive organs, which are unable to get rid of the self-imposed burden of food. Dispepsia, liver and bowel complaints, are the result. The mental method of cure will here avail little, because a permanent cure cannot be brought about as long as the causes that produced the disorders are allowed to continue to work. The best thing such sufferers can do, is, to give the overtaxed system a rest. We must give it a chance to work off the stock on hand before we tax it with another supply. We do this by abstaining from a number of meals in succession; in other words, we do it by fasting. In some cases the omission of breakfast will be found very beneficial, and in others a fast of several days in succession, which subject has been discussed already elsewhere.

The Magnetic Healer cannot afford to use either sedatives, opiates, or narcotics habitually, because they de-

press his vitality or magnetic force. The habitual, or inordinate use of stimulants, such as alcoholic beverages, tea, coffee, etc., will have a like effect. While they increase his magnetic force up to a certain degree and for the time being, they leave their deadening effects when the reaction comes. Sexual intemperance—as pointed out before has a like effect. Patients should be warned against all of these.

I append the following quotations from "The Great Psychological Crime," because they contain a hint to those who are by nature too sensitive or negative to become good healers, and yet meddle with man's great forces without understanding the principles involved. The result is often great injury and discomfort to themselves and others. Before attempting to follow healing as a profession, these good people should strive to become *more positive*. The question of diet will prove a most important one to them. Here is a "hint to the wise."

"It is a fact of science, well known to most physicians, and especially to those who are known to the world as dietetists, that foods as well as medicines naturely divide themselves into two great general classes which are known and designated as "positive" and "negative."

Positive foods and medicines have the general effect of producing positive magnetic conditions within the physical organism. Negative foods, on the other hand, as well as negative medicines, produce the opposite or negative condition of the physical organism.

Generally speaking, a strictly vegetable diet of any kind is, comparatively, a magnetically negative diet. While this is a scientific fact, it is also true that vegetables differ very widely in the degree of their positive and negative properties, qualities and effects.

For instance : As a general proposition, all vegetables which develop under the soil (such as the potato, the turnip, the radish, the carrot and the beet) are the most positive (or least negative) vegetable foods known. Those which grow upon endogenous plants, generally speaking, are second in order. Those which grow upon exogenous trees, with some exceptions, are third in order, while those which grow on vines take rank among the

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For instance : As a general proposition, all vegetables which develop under the soil (such as the potato, the turnip, the radish, the carrot and the beet) are the most positive (or least negative) vegetable foods known. Those which grow upon endogenous plants, generally speaking, are second in order. Those which grow upon exogenous trees, with some exceptions, are third in order, while those which grow on vines take rank among the

most negative foods. There are exceptions among all these various classes.

A strictly meat diet is the most positive magnetic diet known. While the meats of different animals possess radically different degrees of positive force and magnetic energy, it is nevertheless true that, generally speaking, meats of all kinds are more positive than vegetables. The meats of wild animals are, for the most part, more positive than those of domestic animals. Meats of carnivorous animals are more positive than the meats of herbivorous animals. The meats of animals that live under ground are more positive than the meats of animals that live above ground. Meats of all animals that live upon the surface of the earth are more positive than those of birds that fly above the earth.

With the simple principle of food values in mind it will not be difficult to understand that diet is a most important factor in the development of the positive or negative magnetic condition of the physical organism. In like measure it has its effects upon the relation of the individual to his spiritual environment."



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