

The SPIRITUALIST

C.P. CHRISTENSEN, EDITOR.

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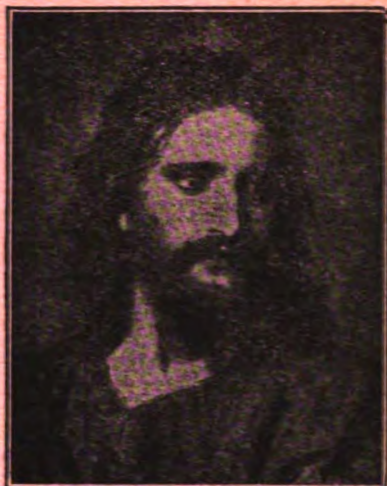
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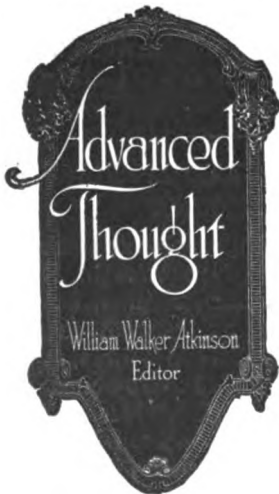
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VOL. II.

OCTOBER, 1916

No. 10

The Days of Yesteryear

*The return of the so-called dead, by the hands from the great beyond
Through Mullolly and Craig.*

Did you ever, sure, we know, you of-times dream your day dreams of your past and future life, seeing people that you knew and loved, seeing some you had never seen or heard of; but you meet them in after years.

Seems to me, I have met him, or her; their face is familiar to me. I am sure I heard that voice before. Did I dream it, or did I know them?

Yes, you dream strange things, and never interpret them right. Suspicion kills our power, robs us of our mission, as guardians of your souls, kills the tone that responds to love alone.

We are not as some people tell you,

destroying angels of darkness, seeking whom we can destroy, Devil's work, and trickery, imps and evil spirits. Everything, but kind and loving parents, kindred of your blood and marriage friends, that loved and honored you as men and women, while we dwelled with you in our bodies, or, are we spirits lost to God; prowling about the earth, seeking destruction of souls?

And then, as you hear preached the text of theology, created by men; Heaven and Hell, and no return in Heaven, you have no desire to return, and out of Hell, there is no redemption.

Look, reason, and ponder, think deeply

and well; weigh, measure and feel spirit heirs, if you will, as a seeker of knowledge and truth, and consider the meaning of spirit, and spirits, as God uses that name when the body lays rigid and cold in the casket.

In the waters of earth, in the trenches of the battlefields, or maybe blown to atoms, or ground under wheels, your spirit has passed out of the body, to be bourne into a new life, nearer or farther from God.

Then, whence comes the evil, the destroyer of souls, the spirit of lust, the spirit of liquor, and cheating men of sloth, and of scandal, of lies on pure women, and oppression of weaker of brains and of body, of sin of omission and commission also?

Only some poor soul cast out to work out its progression; to be plain, to outgrow the misdeeds of their lives, as men and women in the earthly flesh, to see your sins before you, to weep and wail and gnash your teeth, to seek out men and women to lead them in the same path that caused you to be an outcast, of everyone you love, to work out your redemption, is very, very surely the holy law of God.

Jesus of Nazareth promised mercy unto the soul of mankind, and plainly does tell you that not until the last farthing is paid in full, will mercy be shown to the transgressors of his holy law.

We in spirit know the very thoughts that enter your minds. Why then does God permit such temptations to enter his own dear children's life on earth.

Did you ever read of how he wants only those tested by acid and who have withstood the test, like soldiers of his army, met it, conquered and came to him untarnished, clean of heart and pure of mind, fought and won life's battles, faced the devil, and the outcasts of spirit life? Won a wreath of laurels, crowned as servant true and faithful, blessed and honored highly, placed in heaven as the guardians of your loved ones in the body.

Heaven then is God's own Heaven, when you can speak unto your dear ones; aid them on life's journey.

Can a man not write a few lines, without having to sign his name to the lines he wrote?

But I am William T. Stead, of London, England. I have used this hand often.

We have more in store than you can even imagine off; I had this gift while on earth, and I prospered by it, by God's will and grace.

I will write by this hand of many things unseen by mortal man; yes, of the ship that Christ himself could not sink, as foolish, drunken, lustful men thought, while the grandest ship that ever steamed the sea.

But, is God all to blame for that disaster on high sea? The Titanic is today on the bottom of the ocean, twenty five hundred feet of salt water covers that boat and my body.

I am commissioned by God to write of my experience here, and on board the Titanic, of whom and what caused the wreck. Booze, as you in America call God's curse on earth, ruined the ablest of navigators that night, and scarlet women lured the truest, bravest sailors to despise the God that created them, in the back of their wanton's eyes.

Men, yes true men, fell to rise no more, as men of flesh. Sin caused the wreck.

I will tell all the affairs of the company in the first cabin, to men, clean men, that God in Heaven looks to, to abolish and drive out the sin of drink at first, then all will be well.

Drink caused the sin of men and women aboard the Titanic. Later on I will give you full and complete details, incidents, names and so forth. I am glad to be of service to the people on earth, and ever glad to help God, as I am of God.

The day has arrived, when not one man in one hundred will lay aside the paper before reading a spirit tale of any description.

The Titanic is all corroded and crumbling away, the pressure around it is almost twenty thousand pounds to each and every square inch. I have visited the boat on the bottom of the sea, and we as spirits can go to any place we desire to visit in search of knowledge to enlighten the world. I saw my own body.

I have not the time tonight, as I would like to tell and explain in detail the spirit power has, in accord with God, and his channels in which he works his wonders.

I am only worrying for the misery men cause their fellow man in flesh. It is not due to inclination of any man, it is obsession or Spirit control, or, in simpler words, an unprogressed or undeveloped Spirit getting control of the flesh of men and women and wrecking their bodies and ruining their souls.

Sooner than the world dreams of, you of flesh and bones on the earth, the Spirit of Stead will return to his well loved profession. I will prove to the educated, learned, and ignorant of the world the truth of spirit return for man's progress towards God.

Read these spirit messages, and see how interesting they become, and then the kindly light will lead and guide you to understand. Read the "Boyville Tales," which will be in a running story, which will cause a smile to come to your lips, and the moisture to your eyes. By this dear readers you will know considerable and become interested in our work. I will tell you more than you ever knew before, through the company of Mullolly and Craig of the Spiritual letters in Pittsburgh.—*Wm. T. Stead, In Spirit.*

**

Stead and Lincoln are numbered with the dead. Seems to us though God's people has an inclination for to wander from the beaten path of ignorance of man's puny way of teaching of the living, loving God.

Kinder seems a bit uncanny, for to hear from Spooks and Fairies as they gently wander hovering round you, with God's blessings shedding on you dwellers of the mortal flesh.

Lincoln loves the land of freedom, yes, as well and greater than while he lived as man.

In Spirit we do live as we never lived before. Kinder seeing things as boys will ever see them, bright and rosey, full of hope, believing in the lucky stones, and never telling anything, or anyone pass between you and your chum.

Riley will tell the world in his quaint and homely style of the milk of human kindness, and a fellow's hearty hand clasp and the book of God's love to you, from James Whitcomb Riley, now aliving over here, and doing fine, thank you.

Not that O'Reilly that runs the hotel, but Riley that speak of so highly, the poet of love and brother to you, Sir, whoever you be.

I am not a dead one by any means. Oh, I love to write from Spirit, much better than I used to, but I am only one of many that can use the hand that helps us to progress on and upwards, higher, nearer, closer to our Father—God in Heaven.

I have no message to send to my people, not tonight thank you kindly, Sir. To you, Sir, while the pencil or the pen, and this fellow out of Boyville, whom I never know existed as man or as a boy breathes the life of God in body.

I, and unnumbered, by men's reckoning, will gladly write for all. I kinder leaned to Spiritualism in my latter years, and whatever Creed men may claim that I belonged to, I am sure a Spiritualist now, convinced beyond any doubt.

Last night, the first I have done in Spirit, I wrote of the Boy, and his Gang, and his Dog, and the Graveyard after the Sun has gone down in the west, of the kinder and bleeve me, my dear little Tots, for I love them far better than human hearts knew.

Oh, the Dew and Frost and Flowers, Birds and Bees and Honeysuckles and Vines will kinder sweeten up your memory as God loves all manner of mankind, to do just, to live back again a child, at Mother's knee.

Thank God, high in Heaven, that I, Riley, still can write, and by my signature you will know, and I will give my own handwriting soon through this mortal hand.—*James Whitcomb Riley, In Spirit.*

(To be continued.)

Every Nation has its Shrine, only the birth of God's power in the Soul makes a True Devotee.

**

Our Acts, not our Professions count.

**

A morning talk with God will make clear the lesson of the day.

**

The evidence of God's love in us is our love for one another.

Recent Important Developments in Psychical Research

By Hereward Carrington.

(Member of the Society for Psychical Research.)

Author of: "*The Psychical Phenomena of Spiritualism*;" "*The Coming Science*," "*Death: its Causes and Phenomena*," "*Eusapia Palladino: and Her Phenomena*," etc.

(Continued)

So much for the "mental" phenomena: Newer researches in the direction of "physical" manifestations have proved more conclusive, and at the same time more interesting and dramatic. Such manifestations do not, as a rule, bear upon the central problem of the "immortality of the soul"; and hence are of more interest to the physiologist and the physicist than to the psychologist or philosopher. But they are in many ways more intelligible and tangible to the layman; and hence more interesting to him than the mental phenomena.

Perhaps the most striking of these are the experiments recently conducted by Professor J. Ochorowicz, of Warsaw, Poland, with a young lady,—a private psychic,—by name Mlle. Tomczyk. These experiments are among the most interesting in the whole history of the subject; and should be briefly recounted.

Mlle. Tomczyk was sent to Dr. Ochorowicz, for treatment, some years ago, when suffering from a nervous breakdown, and other minor ills. He hypnotized her, in order to give suggestive treatments; and, in hypnosis, she spontaneously developed—all 'unexpectedly'—"mediumistic" phenomena. These were, at first, very simple in their nature, and consisted in the ability of the psychic to stop the swinging arm or hand of a circular glass clock at any number she chose by merely pointing her finger at it and willing it to so stop. From this she developed the power of lifting or "levitating" small objects by placing her hands on either side of the object, and raising her hands, when the object in question was lifted,—as though by means of a thread or hair, passing between the hands, lifting the small object in question. (Needless to say, it was fully proved that no hair or visible support of this kind was

employed.) All these manifestations took place when the subject was entranced; and, when she emerged from this state, she knew nothing whatever of what had occurred.

Under hypnosis, a personality calling itself 'Little Stasia' developed, with whom Dr. Ochorowicz had many interesting talks regarding the phenomena. This personality he regarded for a long time as merely a dissociated "self",—a hypnotic personality, which had been created by the "setting" of the seances, and had no real existence of her own,—in spite of the fact that she claimed such independent existence, and asserted that she was the cause of all the physical manifestations. What gave pause to this idea was that,—on one occasion, at least,—this little creature succeeded in having a photograph of herself taken, in a dark room, when the medium was with Dr. Ochorowicz, in another room altogether! This entity was then found to be a small girl, about twelve years of age, in no wise resembling the medium. This is how this historic photograph was taken:

Through the entranced medium, instructions were given to focus a camera upon a certain chair—having first placed a shawl over the back. This was done. Dr. Ochorowicz and Mlle. Tomczyk then left the room together. At the end of a few minutes they returned, developed the plate, and upon it was found the distinct imprint of a child's face,—evidently belonging to a body, seated in the chair and swathed round with the shawl in question! The experiment was performed in the hotel where they happened to be stopping; the photographic camera and plates were Dr. Ochorowicz's own, and the medium was out of the room, in the Doctor's company throughout. It has never been explained.

Perhaps the most interesting of all the phenomena which have been obtained through this medium are the so-called

"radiographs"—photographs taken without any camera, and apparently by means of a form of radio-activity which issues from the medium's own body. Most of these photographs have been of "fluidic" or "materialized" hands, and they constitute some of the most striking and interesting experiments of late years.

These impressions upon photographic plates were obtained "mediumistically"—that is, in more or less complete darkness, and without any apparatus. They are taken by means of a peculiar form of light which seemed to emanate from the hands themselves. Sometimes the hands were visible; sometimes invisible. Sometimes they were large, sometimes small. Sometimes they were fine and delicate and clearly defined; at other times, they seemed to be mere masses of matter in the process of condensation—partially "materialized" hands. The photographs were obtained only when the psychic was deeply entranced,—and then only on certain occasions.

The method of procedure was generally as follows: The medium being entranced, the room was darkened, with the exception of a red light, on the opposite side of the laboratory. In this light, the medium held up one of her hands (usually the right) and after a short time a fluidic hand and arm were seen to emerge from her (physical) hand, and stretch outwards into space. The "hand" generally resembled the medium's hand (which was always visible) though it changed its shape, at times, as will be described later. This fluidic hand was then requested to place itself on a photographic plate, held in the air, some distance away, by Dr. Ochorowicz, and it was seen to do so. Then it would rapidly return to the medium's body. After this, the light would be raised, the plate would be taken to the laboratory and developed, and upon it would be found the imprint of a hand—resembling that seen by the psychic.

The light "rays" which were emitted from the fluidic hand seem to be under the control of the psychic. They radiate not only from these fluidic hands, but also from the physical hands of the subject, when in trance, and have been made the subject of careful study by Dr. Ochorowicz. He

believes that these "rays" are emitted by the etheric body of the medium, since they do not correspond to the anatomical distribution of the nerves of the physical body. They are more penetrating than the "rays" discovered some two years ago, and brought to the attention of the French Academy. The actinic action of the emitted rays is feeble, comparatively speaking; and the visible light of the fluidic hands is less actinic than the invisible light. These rays cannot penetrate solid substances, like X-rays: in "thought-photography," on the other hand, the rays can penetrate solid substances with the greatest ease.

Dr. Ochorowicz thus describes a few of his experiments:—

"The somnambule said that she did not see the double's hand leave hers, but saw it placed upon the plate. It was placed upon it at an angle of 90 degrees from the position taken by her own hand. At my request, the thumb was made particularly distinct,—the whole hand being quite different, in contour, from that of the medium.

"I take another plate and hold it some distance from the medium's hand. She makes an effort to impress it, with the result that an immense finger, superhuman in size, is seen upon the plate when developed. Upon the next plate, which I hold about 25 cm. from her hands, three fingers appear, non-luminous—the light seeming to come from behind the hand, and shining through the spaces between the fingers.

"I now hold a plate at a distance of one meter from her right hand, which is held up in front of her. The red light is turned slightly low. The somnambule sees a shadowy hand detach itself from hers, which is at the same time, also, attached to a very long, thin arm, and which approaches the plate. The hand is very large she says, and is a right hand. It places itself over the plate, which I thereupon remove and develop. A large hand is distinctly visible upon it. Finally, I hold a plate two and a half meters away from the medium's hand. The somnambule shivers and feels cold in her lower limbs, despite the fact that my laboratory is very warm. She again holds out her

right hand, and a *left* hand, attached to a long, thin arm, is seen by her to detach itself and place itself over the plate held in my hand. Upon being developed, the impression of a very large left hand was found upon the plate—so large that only a portion of the hand could be seen. The whole of the medium's hand can easily be placed on the plate. These are very similar to the enormous hands seen in the Palladino seances, and said to be those of 'John King.'

"From the above facts, I think we are justified in arriving at the following tentative conclusions:—

"1. That the hand of the 'double' can be larger than that of the medium.

"2. That a left hand can be projected from a right arm, drawing its force from the entire body of the subject,—this being accompanied by a chilly feeling in the extremities and by congestion of the head.

"3. That the arm of the double appears to shrink in size according to its distance from the medium's body.

"4. That it is easier for the fluidic hand to imprint itself upon the photographic plate (negative) in white than in black.

"5. That in the case of the large and shining thumb it is surrounded by a clear halo of light.

"6. The etheric body of the medium, the double, behaves as though it were an independent spirit."

In a series of further tests, the fluidic hand was made larger and smaller *upon request*.

It will be seen that all these experiments depend upon the theory that there is an etheric or fluidic body, as well as a physical body; and that this fluidic body is capable of extension beyond the limits of the physical body, carrying with such extension its dynamic qualities. In fact we have in such instances what is technically known as "exteriorization of motivity"—or, the externalization of motor faculties beyond the physiological limits of the body. It is because of this that movements of solid objects at a distance from the body of the medium are possible; and all the many similar manifestations which have been observed in the past, in the presence of Home, Eusapia Palla-

dino, Mlle. Tomczyk, and other mediums of a similar type.

But this partial detachment of the etheric body from its physical partner also gives rise, on the other hand, to another set of phenomena known as "exteriorization of sensitivity"—in which sensation of feeling is carried on, in this fluidic body, independent of the physical body. Thus, if the fluidic body has been removed from the physical body by means of hypnotic suggestion,—as has frequently been accomplished,—and what seems to us the "empty air" is picked with a pin, the subject feels this prick on her own physical body, in the spot exactly corresponding to the place pricked on the "fluidic body." (Of course, the medium is prevented from seeing *where* the fluidic body is pricked). Meanwhile her own (physical) body is completely insensible and anaesthetic.

These researches have been carried on for the most part by French experimenters, —who are far ahead of the rest of the world, in many respects, in psychic investigation. Having satisfied themselves years ago that the *facts* are genuine, and supernatural, they set themselves the task of studying them from the scientific viewpoint,—with the natural result that they have progressed far beyond the majority of English and American investigators, who are still squabbling over the very *authenticity* of the facts! One day this will, of course, be proved to the satisfaction of all; and then it will be realized how far behind this country is in psychic investigation of every character. This is, I consider, a standing disgrace in a country such as this, which prides itself on its freedom, its riches and its open-mindedness. Besides Dr. Hyslop and myself, there is hardly a man in America who is studying these questions from the scientific standpoint; and who is willing to devote his life to the work. Dr. Hyslop, being a psychologist, is naturally more interested in the psychological problems; while I am frank to confess that the physical phenomena interests me more. But the *whole* field should be investigated. In France, the Government has endowed the General Psychological Institute with nearly a million francs,—allowing a number of first-class scientific men to study these problems as

[illegible]

1. The first step is to identify the problem. This involves understanding the situation and the goals that need to be achieved.

The first of these was the fact that the British had been
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Meet The Cast

By _____, a _____

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The above information was obtained from the records of the
 Department of the Interior, Bureau of Land Management, and is
 being furnished to you for your information. It is not to be
 used for any other purpose than that for which it was
 furnished. If you have any questions, please contact the
 Bureau of Land Management, Department of the Interior, at
 Washington, D. C. 20080.

On 11/11/1964, the following information was received from the Bureau of the Census, Washington, D.C.:

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1. The first group of people who are interested in the study of the history of the United States are the people who are interested in the history of the United States. They are the people who are interested in the history of the United States.

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On the 21st of March 1944, the following was received from the American Consulate in London:

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AMERICAN CONSULATE
LONDON
21 MARCH 1944

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LONDON
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enumerated, they brought to light from ominous bundles, all and every one of the objects I had seen and dug up in my wonderful dream.

I shall, however, say this much, that when I told them to show me the three gold figures, not only were they exactly what I had dreamt, but even the break was there and, as I had done in my dream, I now held the two pieces together and they fitted perfectly. The same happened with the two claybowls, their handles are shaped like snakes bodies and tiger heads and the open mouths are perfect in their anatomy! One of the gold pieces as well as one of the bowls serve as illustrations in my husband's last work, published in 1910 by the Hispanic Society of America and called "The Islands of Titicaca and Koati".

It took me quite a long while to overcome a very queer feeling and never will I forget even the minutest detail of my dream.

The aftermath, if I may call it so, of these wonderful finds was not so very agreeable for us. The Indians went with marvelous stories about our finds to the owner of the Island of Koati and, although my husband had written to him and given him an account of the objects found there, he too seemed to think that we had uncovered one of the fabled treasure-boxes of the Incas and we felt that he would like us to leave. His Indians went on digging wildly and we were told later that they had found several gold-objects which are in the hands of the owner. He had caused further excavations made by his own Indians and they of their own accord went "treasure-hunting", but of course for us it was wiser to retreat if we cared for the continued friendship, or at least friendly feelings of the owner. Thus, we left the little Island of Koati with deep regret, having concluded our investigations and measurements of the ruins.

(To be continued)

"Character and Music"

(Conversation overheard at one of the leading Department Stores. Not knowing the two ladies, I will name them Mrs. A and Mrs. B.)

Mrs. A.—"Well! Well! How do you do?"

Mrs. B.—"Quite well. We have just got back from the country and I have been busy getting things settled. I am going up to the music department to select some records for my Victrola; will you come with me and assist me?"

Mrs. B.—"I shall be very pleased, but I am afraid I will not be of much assistance to you; as I know the trouble I have had to select the right music. Oh! that reminds me—In "THE SPIRITUALIST" this month there is a whole page advertisement of BRYANT'S MUSIC HOUSE; and by calling on Mr. Bryant or by sending him your photograph he will give you a character delineation, and also select the music which is most suitable and that will respond to your nature."

Mrs. A.—"Isn't that fine! Do you know the address?"

Mrs. B.—"Yes. It is 915 Eighth Avenue, between 54th and 55th Street."

Mrs. A.—"Well, suppose we go down there at once? I have my car waiting outside, and it will take us in a very few moments."

I did not follow them to Mr. Bryant's Music House, but no doubt they were well paid by their visit; as he has had a number of years' experience in this particular profession and knows that music is food for the soul. Nearly all of our mediums and psychics have to have music for concentration; but oftentimes the difficulties are to obtain the music suitable to your nature, as with everything else in life.—Adv't.

UNIVERSAL LOVE.

Look to the Churches, and not to the creeds—

Look to the flowers and not to the weeds.

For Mind will outgrow the blackest of sin;

So keep to the Churches to preach the gospel of Love in.

Ezra T. Reynolds.

San Jose, Cal.

Jugglery and Spiritualism Compared

By Thos. L. Carroll.

W. F. Jamieson, of Pentwater, Michigan, in a recent issue of the "Truth Seeker" in an article under the caption of "My Journey Into Spiritualism—and Out" compares Spiritualism with Jugglery. In a self-satisfied and confident manner he *proves* that Spiritualism is all a fraud. And how does he prove it? By a dogmatic statement that it is so! Mr. Jamieson, in his own estimation, is more infallible than the Pope, for the Pope does not claim to be infallible other than in the definition of the dogmas of his Church. But where the manifestations, under any and every form of spirit life are concerned, in the view of Mr. Jamieson they are fakes and can be explained by some form of jugglery.

The pioneers of every movement, scientific and religious, from the earliest times have had to face the opposition of the bigoted egoist; the man who cannot see any truth or any sense in anything but that in which *he* believes. Gallileo, because of his decided conviction of the truth of the Copernican system, was accused of heresy and was twice persecuted by the Inquisition, first in 1615 and again in 1633. On both occasions he was compelled to abjure the system of Copernicus, but it is said that, in the last instance, when he had repeated the abjuration, he stamped his foot on the earth, indignantly muttering, "Yet it moves!" In spite of the bigotry and egotism of his inquisitors, he was finally indicated, and the Church of which he was a member and which had persecuted him so ultimately honored his memory by placing his remains in the church of Santa Croce at Florence. Readers can multiply the above case by the thousands, and can readily bring to mind a large number of cases in which the victim has been burned at the stake for propounding theories which have since been universally accepted.

To quote Mr. Jamieson:—"I was a Spiritualist for a quarter of a century, and I claim to have thoroughly examined it; to have become in the course of two score years informed upon all its details." This is a rather ambiguous statement. On first reading "it" would suggest that it was the

quarter of a century he had been "examining," but what he means to convey is that he was all that time attempting to examine something he claims does not exist, and never did exist, i. e. Spirit return. But did you really examine the claims of Spiritualism, Mr. Jamieson? A perusal of your article would suggest that you had spent that length of time trying to discover the secrets of jugglers and stage magicians. It would seem you had wasted a quarter of century of a valuable life reversing the process of separating the wheat from the chaff and had separated the chaff from the wheat, keeping the chaff and discarding the wheat. Try again Mr. Jamieson, but next time start from a different angle. Try to remember that you are like any other human being, but as a drop of water in the ocean. Be humble. Just because you do not understand a thing don't condemn it. You quote Mr. Edison as saying, "It is wiser to solve than to deny anything," and you claim this has been your course all these years. Has it? A doubt arises. Try again. At least do not condemn as fools all others who do and can see the truths of Spiritualism and who are quite capable of separating the wheat from the chaff. Spiritualists do not claim that everything that cannot be explained on sight is a proof of spirit return, as you seem to suggest. There are undoubtedly many frauds perpetrated under the guise of every system of religion; Spiritualism does not stand alone in that respect. But why condemn Spiritualism for the frauds of charlatans and others. If some one forged your name to a check, does it seem reasonable that you should be made to suffer the punishment for that crime? You would instantly protest that you were not the culprit, and was not responsible, even though the check had your name on it. Why then condemn Spiritualism for the crimes of others, done under the name of Spiritualism? The charlatans are not Spiritualists, and when discovered in their masquerading should be exposed.

Seek the truth, Mr. Jamieson, and it will be revealed unto you!

Messages from Leo Tolstoi

(Vibratorily Transmitted)

Through H. A. W. D.

TO RUSSIA'S CHIEF RULER AND HIS STAFF.

Brother Nicholas (so-called Czar) since I, Leo Tolstoi, have inhabited the world ethereal, I have learned that I could transmit my talks, etc., to souls incarnate, and thereby I felt highly impressed to send a special message that would sketch you and your staff's true likenesses.

I am anxious for you and your pompous staff to know that although I, Leo, was inhabiting ethereal realms, I perused an invocation that was poured forth by the Czar of Russia; I also knew that his feigned invocation was over Leo Tolstoi's departure from his mortal frame. I hesitate not to state that I keenly realized from the vibratory tones of your feigned invocation, that your desire was to influence the people to believe that Russia's Czar was very thoughtful about Leo Tolstoi's future existence. Your invocation I will quote, but before I quote your worthless phrase I will state that your chant echoed one of your tainted features of hypocrisy. Saint-like you said, "May Leo find in God a merciful Judge; may the merciful God open unto him His gates of Heaven." Supercilious brother, I want you to know that your appeal to the Soul Father for Leo's future bliss is on a par with appeals which are offered by priests when they ask him to be merciful to murderers.

Over this particular transmitting channel, I can inform you and your staff, priests, etc., that an appeal to the Soul Father to open His gates to Heaven is worthless, because gates of bliss ever are wide open and all souls enter who are not encumbered with force satanic's putrid taint of gluttony, jealousy, pomposity, lust, instinct of tyranny, etc. I, Leo, am as ever deeply impressed to advise you and your staff to become factors of justice, instead of being agents of the mocking serpent and swaying his brazen rod of despotism. I ask ye not to give a thought about my future existence, but I entreat ye to permit the Merciful Master the

keeper of Heavenly Gates, to cleanse your soul centres of the beguiling tempter's (force called satan) contaminate virus of greed and envy. I advise you to emerge from your ultra-superstitious religion, whereby to learn that God, the Force called Infinite, is ever gracious and ever extending a welcome hand to all souls who are not securely shepherded in Folds of Safety. Brothers, I know that great happiness would be yours if you would emerge from your religion of mockery, and hasten to Force God's fountain-head which is ever pouring forth luminous showers of Love and Justice. I know that if you become impregnated with showers of magnanimity you would have your lanterns, (synonym, eclipsed mentalities) filled with luminating oil that never, no never lessens. Brothers, I, Leo, want to lift you from your religion of mockery; I want to give you light; light which will force you to want to see the dear people partaking of freedom, instead of brow-beating and again brow-beating them. I, Leo, want to lead you under the banner of a religion of Wisdom; a religion which will force you to analyze your past records and thereby know that you have been wallowing in satan's cankerous infusion of gluttony, jealousy, hypocrisy, tyranny, etc., as deep as the gray matter in your head region. A religion of Light and Wisdom will force you to know that the dear people will never partake of mind unfoldment, and the glory of liberty and civilization, while they are being brow-beaten by bull-headed rulers who advocate governments which keep them treading in the midst of closer fields. I, Leo, although a new born in the world ethereal am qualified to state that bull-headed rulers, rulers of greed and envy, etc., are to be removed from their imperial highness, because their every act synchronizes with the undermining designs of the destructive force called satan; I will say the mocking reptile monster who has slyly laid plans to capture the earth planet by forcing the people thereon to kill, slay, and slaughter each other.

Brothers, I, Leo, want ye to know that if you are the mocking tempter's prisoner when you close your eyes from mortal view, you will roam over terrestrial planes in darkened condition; you will be material bound, and thereby would vibrate with and partake of force satanic's ultra-coarse and hydrophobic infusion, which consists of the electrical poison of savagery, venomous reptiles, pestiferous parasites, lunacy, etc.

I, Leo, do know that material-bound souls who represent black lanterns (synonym, ultra-wicked souls), enter force satanic's dungeon spheres, which represent cheerless planes, where innumerable satans incessantly are pouring forth tempestuous roaring, gross howling, hissing, snarling, etc. I, Leo, do know that satan's dungeon realms represent dismal storms of perpetual agony.

Brothers, it would be unwise for you to show derision over my transmission, but it would be most wise for you to grasp the Truth, which is scribed in every paragraph.

I know that you possess enough mental reasoning to know that it was non other discarnate faculty than Leo Tolstoi that transmitted the foregoing statements, etc. My wish is that you will receive my brief message with kindness, and that you daily will peruse every clause; absorb the interior significance and spread the essence of Leo's vibratory dictation on your every path.

**

TALK ON CATHOLICISM, Etc.

To enlighten the unenlightened, I, Leo, state that although I was vibrating in ethereal realms, I perceived that at the synod of the Church Catholic, the factors of authority thought it would be unsacred to solemnize over my uninhabited body. I want Catholics of every order to know that I did not resent, but expressed gladness when witnessing that my withering remains was interred without Church Catholic's superstitious ceremonies; the ceremonies of a religion which I, Leo Tolstoi, hesitate not to state are absolute mockeries. I want Catholics of every order to know that when my mortal frame was laid away, that I was with a band of Messengers of Light and that we were

singing a song entitled "Love is Soul's Feast." Synopsis of song is: Love is an instrument that ever is tuned to pour forth the voluminous strains of soothing melodies which replete the inner-self with bliss and content.

I, Leo, want Catholic Greek and Roman to know that there are no excommunications in Temples of Praise and Concentration which represent attributes of the sublime Force that is Infinite.

I, Leo, am being forced to ask Catholic denominations, and all organizations claiming to be treading under banner so-called Christian, where dwelleth your Fount of Brotherly Love; your Fount of Liberality and heavenly ties of Unity?

I, Leo, recently entered the ethereal realms, nevertheless I am qualified to prophesy, (through this channel) that the Master of Light and Wisdom ultimately will force an absolute dissolution of the Great Pontificate's throne, crown, filligree paraphernalia, etc., and remove the eclipse from the mentality of the so-called Holy See, Father, Highness, etc., and teach him to know that he is keeping the people who are under his jurisdiction treading in satan's dark shadow of superstition, ultra-false teachings and the taint of bigotry.

I, Leo, do know that the Perfect Soul Jesus who is the world's endearing Saviour, did not sit on a throne, display a crown, nor robe in silks and linens of splendour when He traversed in His Physical.

I, Leo, knew before I entered ethereal realms, that persons who embraced Jesus' teachings lived a life of simplicity, and ever yearned to cheer the hearts of the lonely and to mingle with the lowly, and daily strive to liberate the unenlightened souls from satan's dark snares of superstition; to liberate them from the pinching clutches of monarchs' brazen despotism, and their ultra-damnable governments of arrogance.

I, Leo, without hesitation predict that ultimately forts of catholicism and forts of all sectarian religions will dissolve with monarchy and the mighty monopolies.

**

TO THE PEOPLE.

When I, Leo Tolstoi, dwelt in my mortal shell, I oft-times yearned to know the

experiences and sensations of souls when they departed from their earth bodies. I now realize that there are many of ye incarnate souls who would like to learn something about this most wonderful feature, which all souls are destined to pass through. Through the sagacity of this psychic receiver, I will delineate my first experience when emerging from my mortal frame. When I became disembodied, I, for a brief time, remained in a tenor of great amazement; I soon realized that I could see more vividly than did I when inhabiting my material shell; as I looked around I witnessed souls of great brightness, they came close and kindly greeted me; one of the bright Messengers said, "Brother Leo we have come to accompany thee on thy ethereal flight." I then, with the Guiding Messengers, did fly and fly away into the realms of great beauty, which I cannot describe in words. As I was flying (being projected through space) I seemed to expand with delight, and as we ascended on and on we passed through Kingdoms which were artistically festooned with radiant colors.

Ye who are not enlightened on the universal law that governs vibratory transmissions, which are thought projections, will ask, "How could Leo depict incidents which occurred in connection with the interring of the physical remains, if he were vibrating in other kingdoms?" Friends it takes just a twinkle for a disembodied soul to vibrate through billions of miles. Ye who are not enlightened on thought projection, and qualifications of the psychic receivers, will sneer and say, "The language in messages assigned to Leo Tolstoi, compares not with his former phraseology." Friends, I am transmitting over a channel which connects with a psychic receiver who gives her ethereal communicants power to formulate words which present terseness, and the special object of their communications.

When I dwelt in my mortal shell I many times realized that an unseen force of magnanimity and cogency was entwining with my mentality, and telling me to press forward in propagating justice and freedom for the dear people.

I soon knew after being disembodied that I had retained my full personality, my

reasoning power, and that I was an individual entity, and an atom of the Force Divine. I soon knew that my desires were not changed; that I was as ever craving with might to overthrow despotism, religions that keep the people in darkness, etc.

Master Educators who enlighten souls when they enter their second birth, informed me that I was fully competent to transmit messages, etc., to psychic receivers who could discriminate communications from world ethereal; who could detect impersonations of invisible satans, who inhabit lower spheres.

Friends, try to assimilate with the great extent of my happiness when I was informed that I could communicate to earth plane, and have my dictations registered with accuracy. I, Leo, can continue to do my work of reformation, by interlocking with incarnates who crave to see liberty and equity established.

I now do feel as if I could carry a world-wide chain, I now do feel as if I could wind and wind the chain tightly around every decoying sting of the black serpent; the serpent of war, lust, narcotics, greed, etc.

Friends, a period is to dawn that will force the unenlightened to refrain from giving derisive squints over transmissions from Leo Tolstoi or any other discarnate soul. A period is to dawn that will force so-called D. D's, etc., and their followers to know that Jesus their Brother and endearing Saviour is striving to communicate with souls incarnate, whereby to impregnate their mentalities with the Truth, concerning His birth, the massacre of His physical body, and the teachings which He ingrafted within the mentalities of the people when He was in his earth body. I, Leo, did not have to come to America to have my dictations registered.

I represent an atom of Mind Force, and vibratory law of universe gives discarnate soul units privilege to project their dictations, etc., although they be billions of miles away. I want to tell people of earth plane that when I opened my inner-sight to ethereal views, I knew that I was a soul far above the material plane; this glory I knew was mine because I felt like a downy feather. I soon realized that I

was wafting to higher realms, because when I was incarnate I did not crave for material wealth, fame, etc. If you crave for material wealth, fame, etc., when incarnate the identical craving follows ye to worlds unseen.

It is just a few weeks since I departed from my mortal shell, nevertheless I can with the strength of this psychic receiver project my sentiments with ease; I watched other communicants projecting their dictations, and I then felt over-anxious to talk, and since I commenced to talk, I feel as if I could talk a fortnight without ceasing. I am overflowing with delightful energy, because privileged the pleasure of formulating works, and not feeling engulfed in a channel that whispers, "The mighty hand of Russia's Czar will make an exile of you." I know that

brother Nicholas soon would command his subordinates to express Leo to Siberia, if I sketched too vividly the greed, pomp and brutality of bull-headed rulers.

Friends, since I have become an ethereal entity, I have learned that a great change on the earth planet is to become apparent. I hear Master Educators loudly proclaiming that factions of force satanic were going to be absolutely overpowered and severed from the earth, and thereby the perfected laws of Creation would thereon rule supreme.

Dear Friends, I know that everlasting sunshine will with your inner-self entwine if ye permit the Sublime Force Divine to be your Guidance; never a cloudy day is apparent to souls if they are governed by the vibrative Force that is Sublime.

Leo Tolstoi.—In Realms of progression.

Health Hints for Efficiency

By A. W. Herr, M. D.

Primitive man knew only of his legs as a means of locomotion. By and by he ventures upon the back of a horse and finds that a swifter method; and for ages the horse was the swiftest method of transit known. The ancients used to dream of their footmen and horses having wings, and the Greeks immortalized winged Mercury and Pegasus,—both prophecies of the future when men would fly. With the Romans the galley-slave was the only known method of navigation. Then Columbus, by means of sails to his vessels, crossed the Atlantic. A century ago the application, by Fulton, of steam to navigation enabled us to cross the ocean in two weeks time; now by the aid of steam we can encircle the globe in less than five weeks. Men are never satisfied. Something better and better still is demanded. When a boy I remember the wonder accorded the velocipede; then came the short era of the bicycle, which already is a matter of history. Not over fifteen years ago the automobile was a source of wonderment. Now on a pleasant evening it is difficult to cross Rockefeller Boulevard in Cleveland on account of the passing procession of autos coming and going. Yet onward is the cry; and not ten years ago

the Wright brothers taught us to fly, and today it is a common thing for pleasure-craft and army men to navigate the air; all of which foretells the approaching of a time when men will sprout wings, and soaring, "know the joy a bird knows when it goes fleeting." Efficiency has become a common term in modern nomenclature in all walks of life. Not many years ago Standard Oil Co. wasted more oil than they marketed. Today that waste has been gathered up, refined and utilized in the form of scores of by-products of more monetary value than the worth of the original oil. The waste paper rag-man teaches us that nothing need be lost. In the packing-house district of Chicago all the pig is utilized; his feet for gelatine, bristles for brushes, stomach to fill the druggist's shelf with pepsin. Nothing is lost but the squeal.

In all lines of business, in shop and factories, there is coming in a system of standardizing human effort. Every movement is made to count and economy of motion is demanded. If five movements of the arm and hand will accomplish a work, why make six? In a day's work it oft measures the difference between success and failure. 20% saved in motion is

a cutting of overhead expenses just that much.

The time has arrived when old men are pigeon-holed. Young blood is demanded to head our banks, offices, and factories. A large candy establishment with three retail stores in Cleveland has a beardless youth at its head. One of our most successful banking institutions, with several branches, has a boy as president and another as secretary.

The machinery of to-day is scrapped tomorrow and sold to the junk dealer. Why? Because of the demand for the accomplishment of better and more profitable work.

Young man, apply these facts to your own case. Are you getting all that you are entitled to get out of life? Do you have on the high-pressure gauge? The human machine is the most economical made; utilizing a far greater amount of the heat energy produced than any other machine. Does it matter what care you give the automobile, as to the amount of service you will secure from it for a certain period? It is any less important that the human machine receive due care and consideration? Let us study this machine, this human locomotive. Like the railway locomotive, it requires fuel to produce energy. The coal in the fire-box produces heat, some of which heat is transformed into working energy. So the human engine consumes fuel-food to produce heat, some of which heat is transformed into nerve force, glandular power, muscular energy.

This brings us to the important question of *foods*, or fuel supply. Does it make any difference whether we feed this machine corn, oats, wheat, rye and rice, or, on the other hand, beer, tea, coffee, flesh, and white bread? It certainly does. You cannot attain the acme of thought and action on a diet that lacks any essential elements of food, or that is already filled with waste products. Your body structure requires sixteen different elements. These must be found in your food daily, or the body suffers. Do you know what foods are rich in iron for your blood, phosphorus for your nerves, potash and nitrogen salts for your muscles? What study is more important for you? Is Algebra, is Latin, is Geometry? "The greatest study of mankind is man."

Reverting again to the question of food supply, what food will best keep your brain at a point of excellency where it will respond most readily to your demands upon it for thought? What shall you eat to enable your muscles to reach their highest point of endurance? Which are the best blood making foods?

Rice contains three times the amount of nourishment contained in the best lean beef. Rice is the chief article of diet of over half the race, and was the principle diet of the Japs in their campaigning in Manchuria, (and they never lost a battle). De Lesseps said it would have been impossible to have dug the Suez canal, had it not been for the barley and date eating Arabs. The South American Indian carries heavy loads over the Andes mountains, subsisting on nothing but a diet of plantain and bananas. Black bread and vegetables is the diet of the sturdy Swiss mountaineer. Oats suffices for the Scotchman, macaroni and chestnuts for the Italian, corn for the Russian, but the German and the American must have their beef and beer. Consequently their kidneys are breaking down under the load. Every twelfth man dies of Bright's disease of the kidney. Look well to your diet and thus save your kidneys. Cancer from pork eating is on the rapid increase and soon will out-distance tuberculosis.

According to Gen. I:29, the race started out on a non-flesh diet, and without tea, coffee, or pork on their menu. Today over one half of the people of the earth are still living on this primitive diet. The late Dr. Nicholas Senn, who traveled in many countries, said that in those countries where no pork is eaten, appendicitis and malignant diseases are unknown. Any of the cereals, any of the legumes, any of the nuts, contain three times the amount of nourishment contained in the best lean beef-steak. Beef contains 28% nourishment and, besides, a great deal of poisonous waste. Cereals, legumes, and nuts contain 85% to 90% nourishment, with no poison and but little waste. Then which foods will produce the most fuel energy? Figs contain 57% nourishment, dates 67%, bananas 27%, the latter nearly the same as meat. Fish, fowl, and eggs contain 22%.

[illegible]

1. The first step is to identify the main topic of the document. This is often found in the title or the first few paragraphs.

2. Next, you should look for key terms and concepts that are repeated throughout the text. These will help you understand the scope and focus of the document.

3. It is also important to note the structure of the document. Are there sections, subsections, or numbered lists? This will help you navigate the information more effectively.

4. Finally, you should consider the overall tone and style of the document. Is it formal, informal, technical, or conversational? This will help you interpret the content correctly.

The first thing I noticed when I stepped out of the car was the cold, crisp air. It was a relief after the warm, humid air of the city. I walked towards the entrance of the building, my eyes scanning the surroundings. The architecture was a mix of modern and traditional styles, with large windows and ornate details. I felt a sense of anticipation as I approached the door.

As I entered the building, I was greeted by a friendly smile. The receptionist directed me to the conference room. I took a deep breath and walked in. The room was spacious and well-lit, with a large table and several chairs. I sat down and waited for the meeting to begin.

The meeting started with a presentation by the project manager. He outlined the goals and objectives of the project, and then asked for my input. I listened carefully and took notes. When it was my turn to speak, I stood up and presented my ideas. I felt a bit nervous at first, but as I spoke, I became more confident.

The meeting ended with a discussion about the next steps. I felt that my contributions were valued and that the team was working together towards a common goal. I walked out of the room feeling a sense of accomplishment and a renewed sense of purpose.

The rest of the day was spent working on the project. I collaborated with my colleagues, sharing ideas and solving problems. The atmosphere was collaborative and supportive. I felt that I was part of a team that was committed to excellence.

As the day came to a close, I reflected on the day's events. I felt that I had made a significant contribution to the project and that I had grown as a professional. I looked forward to the next day and the challenges it would bring.

[illegible][illegible]

I am writing you now from the city of St. Louis, Mo. I have been here since last night. The weather is very warm here. It is about 80 degrees. I have seen many beautiful flowers here. They are all in bloom. I have also seen many beautiful trees. They are all green and leafy. I have also seen many beautiful people here. They are all smiling and happy. I have also seen many beautiful things here. They are all new and shiny. I have also seen many beautiful places here. They are all big and grand. I have also seen many beautiful people here. They are all smiling and happy. I have also seen many beautiful things here. They are all new and shiny. I have also seen many beautiful places here. They are all big and grand.

[illegible][illegible]

The Coming Race

By Edward Lord Lytton.

Chapter 6.

I remained in this unconscious state, as I afterwards learned, for many days, even for some weeks, according to our computation of time. When I recovered I was in a strange room, my host and all his family were gathered round me, and to my utter amaze my host's daughter accosted me in my own language with but a slightly foreign accent.

"How do you feel?" she asked.

It was some moments before I could overcome my surprise enough to falter out, "You know my language? How? Who and what are you?"

My host smiled and motioned to one of his sons, who then took from a table a number of thin metallic sheets on which were traced drawings of various figures—a house, a tree, a bird, a man, etc.

In these designs I recognized my own style of drawing. Under each figure was written the name of it in my language, and in my writing, and in another handwriting a word strange to me beneath it.

Said the host, "Thus we began; and my daughter Zee, who belongs to the College of Sages, has been your instructress and ours too."

Zee then placed before me other metallic sheets, on which, in my writing, words first, and then sentences were inscribed. Under each word and each sentence strange characters in another hand. Rallying my senses, I comprehended that thus a rude dictionary had been effected. Had it been done while I was dreaming? "That is enough now," said Zee, in a tone of command "Repose and take food."

Chapter 7.

A room to myself was assigned to me in this vast edifice. It was prettily and fantastically arranged, but without any of the splendour of metal work or gems which was displayed in the more public apartments. The walls were hung with a variegated matting made from the stalks and fibres of plants, and the floor carpeted with the same.

The bed was without curtains, its supports of iron resting on balls of crystal;

the coverings, of a thin white substance resembling cotton. There were sundry shelves containing books. A curtained recess communicated with an aviary filled with singing-birds, of which I did not recognize one resembling those I have seen on earth, except a beautiful species of dove, though this was distinguished from our doves by a tall crest of bluish plumes. All these birds had been trained to sing in artful tunes, and greatly exceeded the skill of our piping bullfinches, which can rarely achieve more than two tunes, and cannot, I believe, sing those in concert. One might have supposed one's self at an opera listening to the voice of my aviary. There were duets, and trios, and quartettes and choruses, all arranged as in one piece of music. Did I want to silence the birds? I had but to draw a curtain over the aviary, and their song hushed as they found themselves left in the dark. Another opening formed a window, not glazed, but on touching a spring, a shutter ascended from the floor, formed of some substance less transparent than glass, but still sufficiently pellucid to allow a softened view of the scene without. To this window was attached a balcony, or rather hanging-garden, wherein grew many graceful plants and brilliant flowers. The apartment and its appurtenances had thus a character, if strange in detail, still familiar, as a whole, to modern notions of luxury, and would have excited admiration if found attached to the apartments of an English duchess or a fashionable French author. Before I arrived this was Zee's chamber; she had hospitably assigned it to me.

Some hours after the waking up which is described in my last chapter, I was lying alone on my couch trying to fix my thoughts on conjecture as to the nature and genus of the people amongst whom I was thrown, when my host and his daughter Zee entered the room. My host, still speaking my native language, inquired, with much politeness, whether it would be agreeable to me to converse, or if I preferred solitude. I replied, that I should feel much honored and obliged by

the opportunity offered me to express my gratitude for the hospitality and civilities I had received in a country to which I was a stranger, and to learn enough of its customs and manners not to offend through ignorance.

As I spoke I had of course risen from my couch; but Zee, much to my confusion, curtly ordered me to lie down again, and there was something in her voice and eye, gentle as both were, that compelled obedience. She then seated herself unconcernedly at the foot of my bed, while her father took his place on a divan a few feet distant.

"But what part of the world do you come from," asked my host, "that we should appear so strange to you, and you to us? I have seen individual specimens of nearly all the races differing from our own, except the primeval savages who dwell in the most desolate and remote recesses of uncultivated nature, unacquainted with other light than that they obtain from volcanic fires, and contented to grope their way in the dark, as do many creeping, crawling, and even flying things. But certainly you cannot be a member of those barbarous tribes, nor, on the other hand, do you seem to belong to any civilized people."

I was somewhat nettled at this last observation, and replied that I had the honor to belong to one of the most civilized nations of the earth; and that, so far as light was concerned, while I admired the ingenuity and disregard of expense with which my host and his fellow-citizens had contrived to illumine the regions unpenetrated by the rays of the sun, yet I could not conceive how any who had once beheld the orbs of heaven could compare to their lustre the artificial lights invented by the necessities of man. But my host said he had seen specimens of most of the races differing from his own, save the wretched barbarians he had mentioned. Now, was it possible that he had never been on the surface of the earth, or could he only be referring to communities buried within its entrails?

My host was for some moments silent; his countenance showed a degree of surprise which the people of that race very rarely manifest under any circumstances,

howsoever extraordinary. But Zee was more intelligent, and exclaimed, "So you see, my father, that there is truth in the old tradition; there always is truth in every tradition commonly believed in at all times and by all tribes."

"Zee," said my host mildly, you belong to the College of Sages, and ought to be wiser than I am; but, as chief of the Light-preserving Council, it is my duty to take nothing for granted till it is proved to the evidence of my own senses." Then, turning to me, he asked me several questions about the surface of the earth and the heavenly bodies; upon which, though I answered him to the best of my knowledge, my answers seemed not to satisfy or convince him. He shook his head quietly, and, changing the subject rather abruptly, asked how I had come down from what he was pleased to call one world to the other. I answered, that under the surface of the earth there were mines containing minerals, or metals, essential to our wants and our progress in all arts and industries; and I then briefly explained the manner in which, while exploring one of these mines, I and my ill-fated friend had obtained a glimpse of the regions into which we had descended, and how the descent had cost him his life; appealing to the rope and grappling-hooks that the child had brought to the house in which I had been at first received, as a witness of the truthfulness of my story.

(To be continued)

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 shadows
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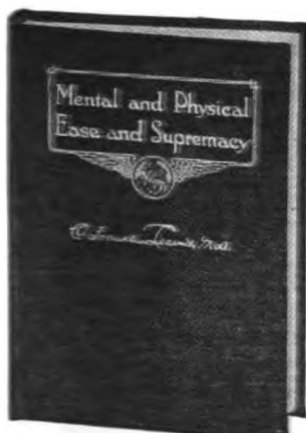
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