

DECEMBER, 1906

10 CENTS

THE  
**STELLAR RAY**



Successor to

**SUGGESTION**

Higher Thought. Philosophy  
Modern Menti-Culture  
Practical Psychology  
Physical Upbuilding  
Astral Science  
Occultism  
Optimism  
Opulence

Published by  
**THE ASTRO PUBLISHING CO.**  
DETROIT, MICH., U. S. A.

## To all Receiving Sample Copies of This Magazine.

### GREETING!

This magazine is sent to you in response to your personal request or because some friend sent in your name with a request that a sample copy be mailed to you. In any event, it is taken for granted that you are a thinking person. If you read this magazine you may flatter yourself that you have more intelligence than the average person, for only persons of unusual intelligence care to read a magazine devoted to advanced thought topics. I am sure that you are interested in mental and physical culture, and regeneration of the mind and body, the development of inherent forces and higher powers, the study of rational hygiene, psychic research, astral science, occultism, and the various questions of progress and reform along advanced thought lines—in short, I understand that you are a thinker.

This magazine is devoted to a rational discussion of the topics mentioned above. It discusses the application of the principles of practical psychology for health, happiness and success, and stands for progress and reform in all its lines of modern thought—intellectual, religious, social and economic. Read our platform printed elsewhere in this magazine.

You are cordially invited to become a subscriber; our magazine is for the thinker—the investigator—for those who want facts—hence our appeal to you. I do not countenance fads, quackery, or wild theories. This publication is a scientific magazine, and seeks to find a basis of fact for all phenomena; it does not deal in theories or dogmas. What we want are facts. Its pages are open to all for temperate discussion on all lines of rational and liberal thought. We want people to think.

I believe you will be pleased with the ideas advanced, and I trust that you will send your subscription to-day. Kindly attend to this at once. Send us your subscription. May I have the pleasure of hearing from you?

Editor, THE STELLAR RAY.

**SUBSCRIPTION PRICE:**—Annual Subscription in the United States, Canada, Mexico and Cuba, \$1.00; foreign, 6 shillings, (\$1.50). In the city of Detroit the yearly subscription price is \$1.25.  
The magazine is for sale at all first-class news stands for 10 cents



*Henry Clay Hadyle*



## MR. HODGES' GREAT QUESTION.

SOME are born to honor, and others to dishonor; some to wealth and others to want; some in the midst of crime, ignorance and sorrow, others environed in happy conditions. When and where is the Law of Compensation applied to equalize these conditions, or why should these things be?





## Our Platform.

THE STELLAR RAY, is a magazine of higher thought. It stands for a rational system of living based on natural laws in which the physical, mental and psychological elements are duly considered.

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This magazine teaches that every ill—political, industrial, social, physical, mental and psychological—can be remedied by the proper application of natural laws; that nature will cure all diseases without drugs when given an opportunity; that nature designed every sentient being to enjoy a happy existence; that the laws of this universe are adequate for all conditions and all emergencies, and if permitted to act naturally, universal peace, good-will, prosperity and health would result; that facts are the results of underlying law; that the human intellect and will is unchained and unassailable; that the power of thought is the most potent force; that creation today is a thought externalized, and that thought rightly applied will solve any problem that now confronts the human mind.

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Among subjects of interest to thinkers discussed in THE STELLAR RAY from a scientific standpoint may be mentioned the following:

### HEALTH, HAPPINESS AND SUCCESS.

NATURE CURE.	PSYCHIC RESEARCH.
PERSONAL MAGNETISM.	ASTRAL SCIENCE.
RATIONAL HYGIENE.	ADVANCED THOUGHT.
FORMATION OF CHARACTER.	POWER OF THOUGHT.
SUGGESTION.	PRACTICAL PSYCHOLOGY.
DEVELOPMENT OF THE WILL.	ANIMAL PSYCHOLOGY.
PSYCHOLOGY OF CHILDHOOD.	PHYSICAL CULTURE.

### DRUGLESS METHODS OF HEALING.

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All interested in the above declaration of principles are invited to co-operate with the editor in extending the sphere of usefulness of the magazine. Send names of thinkers and requests for sample copies to ASTRO PUBLISHING CO., Hodges Building, Detroit, Michigan.

# THE STELLAR RAY

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Published monthly at Detroit, Mich., by  
THE ASTRO PUBLISHING COMPANY.

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HENRY CLAY HODGES, Editor.

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\*\*\* TO MY SUBSCRIBERS: The date of the expiration of your subscription appears on the wrapper. You are cordially invited to renew your subscription. I do not want to lose any members of THE STELLAR RAY family; if a dollar is not at hand, mail us a postal asking that the magazine be continued—forward the subscription price as soon as possible. Why not send us the name of a friend or two who might be interested in THE STELLAR RAY.

EDITOR.

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Life is but thought; so think I will,  
That youth and I are house-mates still.

—Coleridge.

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So high as a tree aspires to grow, so high will it find an  
atmosphere suited to it—Geo. Elliot.

Amw



which is given on another page. We have every reason to believe that you will find in "THE STELLAR RAY" a magazine worthy to take the place of SUGGESTION.

So "THE STELLAR RAY" extends a cordial greeting to the old subscribers and friends of SUGGESTION. We want you to stay with us. We want your friendship, your co-operation. We are all members of the same family. We are trying to help each other. Let us pull together in the one great cause of helping along the evolution of the race. In union there is strength. Let us hear from you.

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"*Suggestion*" has found a successor, who now appears under a new name and cover. We trust to be still esteemed by old friends and to attract many new ones. May the readers of THE STELLAR RAY find her worthy of the bright emblem on her cover, symbolical of the vastness of the universe, the strength that upholds it, the beauty of truth and the radiance of wisdom.

Our purpose is to consider such subjects as are of vital import to the well-being of mankind, to aid in the solution of such problems according to reason based upon eternal law, governing the physical, mental, psychological and esoteric expression of life.

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## What is a Mystery?

Something intangible, unexplainable by law, if we knew the law governing its action or appearance it would be no longer a mystery. We are living in an age of solved mystery but broad fields remain to be exploited. Will the twentieth century be as replete with scientific discovery as the nineteenth? It will be more so. The success of the past encourages and the accumulated experience of centuries of research is with the scientist who is forced onward by the mighty law of evolution.

Mind and soul powers are unfolding as the springtime unfolds the flower buds. A mind freed from prejudice, which says:

"I, myself am an ever present mystery, knowing not from whence my breath comes nor whence it goes and shall I close my mind and say 'I know the laws of the infinite, no mysteries for me? No, I am teachable.'" Such a mind will aid himself and his fellow beings. Such is the twentieth century mind, better adapted to receive truth than one hundred years ago when the common conveniences of to-day were regarded as evils or natural enemies of man.

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## Marking Time by Thought Waves.

Is it a scientific possibility? May thought momentum be subdivided, marking each thought pulsation? When thought has avoirdupois and its pulsations are numbered in a ratio proportionate to the thought momentum and vibration, we shall place more value upon the quality of our thoughts.

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## The Thought World.

The Thought World was never so busy as now. Mind greets mind from all planes of existence. The more we study the power of thought, the broader the possibilities of its accomplishment appears. A thought sent from one mind in Calcutta, India, will reach another in New York City, and the course of action is controlled by it. Why is it not possible that thought waves reach our planet from others? Perhaps a time will come when we may exchange thoughts with passing planets, as we do with ships upon the ocean, for what are we but receivers and transmitters of thought, susceptible to the far away, and seemingly more moved by the forces near the battery. It is so with the lively atom. Its susceptibility to near and remote causes, which govern its strangely intelligent action, is an accepted fact. The atom is

governed by an invisible force which leaves in its pathway accumulated constructions of the ages.

We greet thinking minds with a masterful determination to propagate the most advanced thought with the most lucid methods our minds can gather from the expression called life.

We invite you to come with us in our earnest searching for the best that is known and to be known. Our engine shall be equipped with the motive power of love, with safety valves of reason, the oil of enthusiasm, and the searchlight of truth to illumine the way.

Pardon the mechanical simile, the editor is a manufacturer: but, he conceives an ideal journal, high class in the truest sense, and broad enough to admit universal truth.

## A Call to Freedom.

A trumpet call to freedom is reason's scorn of dogmas and superstitions, making the source of all life a choleric vengeful being, far inferior to the creatures he has made. How may a mind of fair outlook at creation's greatness, its illumined pictures of the vastness of the universe, be convinced that such a Creator could have been the author of the many vengeful cruel acts imputed to Him. Nor that such a Creator of immutable laws of justice would require and accept the unjust torture of one of His creatures as a remission for sins committed by others.

It is as absurd to many minds as though the ruler of a country were to permit the cruel torturous death of the most perfect, holy, loveable man on earth and declare his death to have atoned for all sins. No human court would call this just and yet man has imputed his Creator with such injustice. *Man's* reason says that its holy, loveable teachers should be cherished and honored, but has thought his Creator would be appeased in his wrath at wrong doing by the spilling of such innocent blood and the torture of innocent flesh. Such an imputation upon the Holy Over-Soul is an emanation from the savage mind in its undeveloped state of consciousness. A trumpet call to freedom, is indeed reason's refutation of such barbarous superstition.

## "Truth," The Searchlight of the Ages.

Truth will meet all misconception, all antagonistic ignorance, all ridicule of scoffing minds, with the calm power of the sun force, which pervades all life. Man, in his search for truth has delved deep among caverns of ignorance and the pitfalls of superstition. When he has discovered a truth, he has builded a sort of scaffold about it, of data and scientific terms, in order to make it apparent to his fellow men. His construction often hides the truth by confusing the vision. After a time, however, its beauty permeates the mind and it becomes an accepted fact of nature.

It is a part of the purpose of this journal to become a medium through which scientific truths may be presented to busy, thinking people, clearly, concisely, sending their searching light upon life as it is, as it should be, and as it will be; in other words, we shall endeavor to present scientific truth with the Twentieth-Century method of conciseness, eliminating obscure terms, omitting data, (which is the detailed labor of the mining process). Minds desiring the *detail* of mining diamonds may secure it for themselves. We shall endeavor to reveal the jewels, ready for their setting.

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## Esoteric Defined.

The term, esoteric, means the innermost soul sense, or better the intuition of the soul. When we reason about a matter and reach a conclusion on a *higher* plane than we started from, we are guided by the law of *mental* intuition. When we *feel* about a matter that we can not reason about, for it is beyond our reasoning, and we gradually come to feel a sense of strength and courage and purity of purpose in connection with that feeling, we have been guided by the esoteric or *soul* intuition. To illustrate, you think thus: "My reason tells me that this would be a good thing for me to do, remunerative and with a prospect of accumu-

lation of capital, but it involves a menial attitude of my mind."

Then you come to the conclusion, either that you will do it and bear the menial conditions, or you will say, "I will do it and I will quietly and persistently control the mental conditions from a menial attitude to *freedom* of thought." In the latter conclusion, your mind obeyed its innermost intuition or its esoteric thought. You contact a fellow being, you are repulsed, your reason cannot explain why you stand aloof in repulsion but you conclude, "I must guide that repulsion into love, that covers a mantle of charity over ignorance, grossness and discordant personality. I will send my love vibrations each day to that creature until I am free from that dislike." In this instance you obeyed the esoteric *soul* sense. Can we not realize what power lies in the esoteric?

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## Effect of Sorrow and Fear

Sorrow diminishes the energies of the nervous system and lessens the force of circulation, impedes all the secretions and finally induces organic diseases. The blood is imperfectly cleansed, while the appetite and sleep are disordered; flatulence, colic and spasms, manifest upon the affected functions of the stomach. The action of the liver is also affected which will generally appear evident by the sallow countenance of the patient.

Fear paralyzes the muscular powers of the body, acts as a powerful sedative and will often arrest and calm the rage and inclination of fever. It weakens and diminishes the action of the heart, so that a congestion of blood occurs in the central vessels while the surface will become pale. Its effect upon secretions suppresses menstruation, produces diarrhoea and involuntary flow of urine. Thus by lowering the power of nature it baffles the skill of the physician, is productive of various false symptoms and consequently resists or modifies the most powerful medical agents.



## Exercise and Perspiration

Exercise contributes to the preservation of life. It dissipates all superfluous humors of plethoric habits; it invigorates the faculties; it is a gain of time, the enemy of idleness the duty of the young and the aged. Exercise disengages and expels through the pores all superfluous excretions. Violent exercise after partaking of food should be carefully avoided. That exercise is most beneficial, which employs the greatest number of muscles, but at all times in exercise the strength and constitution of the individual must be consulted.

Perspiration is the watery humors which exhale from the skin, and this process is perpetual, when it is so excessive as to collect in drops on the surface it is termed sensible perspiration. The health of both body and mind depend much on a regular insensible perspiration, and whatever checks it disorders the whole frame. This perspiration is so essential to life that were an individual to measure the quantity of perspiration necessary to health, the life would be prolonged many years. For instance, if a person can eat and drink seven pounds daily, the perspiration should amount to nearly four pounds.—*Science and Key of Life.*

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## How to Make Life Easy

Simple as your A B C's is the demonstration, says M—, simply know that goodness and mercy are at the helm of the universe and let them have their way in your life expression. Cannot this thought be grasped? Feel safe and calm about everything,—cease struggling and you will learn to swim. Decide to *do*, and then act without fear and in calm confidence. Decide *not* to do, then rest in peace, for somehow it will be done if it is to be. To do or not to do is one of our great anxieties. If the will sincerely desires to act in harmony with infinite will, the decisions will be right.

Never have a fear. Books cannot teach how—simply get the knack of it into your mind and prove its truth. We do not say

that opposition will not arise, but the easy successful way to meet it is with calm peace of mind, knowing that infinite wisdom will act for you. THE STELLAR RAY was perplexed, whether to do or not to do, and these words helped to crystallize the decision to do. Natural laws will govern the course of THE STELLAR RAY as it does the stars of the firmament.

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## Keep the Mind Open.

Regarding the data of so-called phenomena, collected by the Psychical Research Society, which is composed of the most able men the earth has ever known, whose minds have been trained in research, it seems to us that an intelligent mind must say: "These strange happenings will be explained by the discovery of the law which governs them. I shall not dare to say that spirit return and manifestations are impossible. I shall open my mind to all possibilities and await the revelations of evolving life. Shall I not listen to the many voices in my being which I do not yet understand? Also of the vast universe of which I know so little?

Automatic writing is now so common that scarcely a community of enlightened minds is not familiar with the phenomena.

Telepathy places the thought of one mind into the brain cells of another, through the action of concentrated thought force. But the power to concentrate lies in the will, which is soul power. Soul power may accomplish whatsoever it wills. Fettered by physical bodies it has accomplished marvelous results. Freed from such limitations what may it not achieve? Or, when the physical is developed to see clearly and hear distinctly, its brain cells opened to understand the laws of life, marvels of today will become mysteries explained.

Love should dominate our minds, love of wisdom, not antagonism, nor self-assertion should hold us from progress.

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The time never comes when a re-construction does not imperil some great interest.—*Heber Newton.*

## The Principle of Brotherhood.

Is not the principle of brotherhood being expressed in the diplomacy of the United States toward the Cubans? A brotherhood that would extend an arm of steel to restrain her from self injury; a brotherhood that would patiently teach and foster her untutored nature to strength of unity and symmetry of individual freedom? United yet free! The centuries are teaching this truth, one harmonious family shall the people of the earth become, united in high purpose, which shall elevate all classes, the poor above their poverty, the rich above their greed; which shall value thought power above brute force and soul power above mind; such is the coming millennium on earth.

Within a few weeks the mantle of peace is spread over Cuba, her people have resumed their daily occupations. It is an unprecedented instance and proves the efficacy of the policy manifested by the government of this great nation.

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## What is Fate?

**P**LATO claimed that all things are Fate, but all things are not fated—or more clearly it is not Fate that one man shall do a certain thing and another man suffer so and so—that would be destruction of free moral agency. Fate does not mean fated to be hung or beheaded, to be ignorant or wise, rich or poor; but if any individual should choose such a life and do such things, then it is Fate that such consequences shall ensue from it.

Astral Science affirms that there is a Fate meted out to each individual that can be foreknown, but it would teach that the influence of the stars is superior to all but the free will of mankind. It would teach the individual to take pains to unfold the powers within himself, to combat the influences that impell to adverse experiences. As for instance, one may perceive signs of a storm. The storm will manifest and it depends upon the forethought and wisdom of the individual how its effects will fall

upon him. If he heeds the signs provided by nature to warn him, he may fortify against a disastrous fate, even turn it to an advantage. The storm has been an advantage either way, because he is wiser thereby. Whatsoever enters the individual life—sometime, somewhere, as inevitably as ocean's tides, as certainly as sunrise, will it be transmuted into realized good.

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## Breath is Life

First we call attention to the fact that the most useful articles are the most simply devised. Complications and complexities are eliminated as their acme of usefulness is attained. Such is the majestic principle of Creative Genius. Each atom performs its simple mission and as by seeming magic a universe is constructed. Sublimity of Simplicity. We might enlarge and elaborate upon this truth, giving pages of scientific data about atoms and atomic laws—thus confusing the mind and hiding the essential.

Creative Genius through atomic law has builded man an habitation of marvelous utility. As man enters this habitation, he must obey the mandate of creation, BREATHE. Then do the air passages open, the heart beats, blood moves and the physical manifestation has begun. As man occupies this physical dwelling which grows and develops as his consciousness awakens, he learns what the various conveniences with which he is provided are for and he uses them accordingly.

In due season it transpires that man's unfoldment brings to his knowledge that his dwelling contains unused portions—and he goes to the first principle of his occupancy to see why he has not used all that he has at his command. He finds that he has not fully used his breathing powers. He reflects—"I will use all of this territory, I will use all of my breath organs." When lo! do the other unused parts expand, the blood is so purified that it may enter the closed brain cells, which would not open before; perceptions grow more keen, his consciousness becomes realization of the possibilities of his being.

To continue our simile, man's occupancy of the whole of his marvelous earth dwelling gives him a more lofty outlook. Those upper windows, heretofore unused, permit him to gaze

farther out upon the universe and he becomes conscious of a sublime silence, a retreat from all clatter of self-seeking, of childish clamoring for place, a retreat from doubts and fears of life's meaning. As he comes to a more frequent use of these high chambers all doubts and fears are dispelled, for here he knows that all is well, here do the harmonies of clear vision flow about him, that reveal great purposes undreamed of and peace and joy are ever present in his dwelling.

He discovers that these lofty chambers contain marvels of utility and beauty and of concentrated force gathered from all the ages.

Thus does he meditate: "Man has not known what a laboratory of nature's choicest products he has at hand, right within his private dwelling." He reasons thus, "Why has man not obeyed more fully the first mandate of physical existence *to breathe?*" "Each one of nature's edicts are based upon a beneficent law." "To breathe is to put into operation a construction of delicate, subtle and masterful substances which are related to universal substance." Then he answers, "Man has been occupied with nature's marvels outside of his own crystalization, he has studied stars and diamonds, not realizing that his being is a product of stars and diamonds, not realizing that his soul may utilize each atom in his laboratory to attain wisdom and power, transcending his mental vision.

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## Exposure of Frauds.

The truth revealed by the exposure of the frauds that are practised upon each other by the people of this country, shows the cunning depravity of the savage seeking to prey upon its fellow; but the fact that this condition is being uncovered and exposed to the light of reason is a most encouraging sign of the times. A public sense of shame at such a mechanism of fraud, undermining the supposed strongholds of commerce is being awakened which will fortify the purpose of supression. Pure food wholesome remedies for disease will advance civilization with strides more rapid than can be made through adulterated foods and insidious poisoning through supposed specific remedies.



The churches, dedicated to the worship of God, bear on their altars the dove of peace, the lily of purity of aspiration, the cross of patience and hope. Their organizations are in loving memory of their Elder Brother, the consecrated Nazarene, whose teachings are the attainment of perfection. His mighty mission is being slowly fulfilled, although through misconception of his great character. The debris of superstition and barbaric tradition is being cleared away and his teaching will be understood.

Yes, the churches in the main are a vanguard of brotherhood. They should be perpetuated. Many of their pulpits are occupied by men of liberal education, men who have been schooled in great truths, not in man-made creeds and dogmas that teach that infinite being possesses less mercy than a finite one. However, the churches with their bulwarks of fear, are not only shutting out the light of truth, but they are retaining within precious jewels of wisdom that should ever be preserved.

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## The Human Mind.

Had the human mind always been able to receive unadulterated truth from the fountain of truth, there would never have been but one religion, one philosophy, one science. There are no heights to which man cannot climb, for the universe is his, aye, eternity is his, and he will continue to bloom in the splendor of immortal youth when the stars of the heavens become dissolved. Man's sphere is knowledge, knowledge of the constitution of nature. Knowledge of the present and inference of the future.

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It is so wonderful to our Neurologists that a man can see without his eyes, that it does not occur to them, that it is just as wonderful that he should see with them; and that is ever the difference between the wise and the unwise: the latter wonders at what is unusual, the wise man wonders at the usual. Shall not the heart which has received so much, trust the Power by which it lives? May it not quit other leadings, and listen to the Soul that has guided it so gently, and taught it so much, secure that the future will be worthy of the past?—*Emerson.*

Some progress has been made in determining the soul power over atomic law. Christian Science has made a swathe in the dense forest of ignorance that has opened a pathway for rapid advancement along this line of progress. Christian Science contains a jewel of truth, not yet clearly revealed. The rapid growth of the Christian Science fraternity makes apparent to the dullest mind that nature's reservoir of psychic force should be drawn upon in the development of all parts of human life. Honor to whom honor is due. Christian Science is a vanguard of progress toward health of mind and body.

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Love is the atmosphere, or ether, in which the spiritual spheres revolve, and until the soul is aware of it, and at home with it, spiritual life has not begun. The animal and the divine soul cannot be in activity at the same time. Each one must choose which is to predominate; take emotion and make it purpose; enthusiasm and make it force. You can kill nothing, but must transmute it.

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We have a special purpose to declare, regarding the advertising matter, which may appear in this journal. Briefly, our aim will be to insert only those of high character.

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## Just Little Things

By LOTTIE M. HENDRYX, Olean, N. Y.

Just a little flower,  
Full of beauty,—sweet—  
But enough to bring us  
To the Master's feet.

Just a little baby,  
Crowned with golden hair;  
Just a little sweetheart,  
Teaching us a prayer.

Just a little word of praise,  
For a worthy deed;  
It will cost you nothing  
And may meet another's need.



# STELLAR SCIENCE

### Esoteric Prognostications.

Relative to the conditions now prevailing here upon earth. The confusing conditions will be eradicated only when statesmen learn that there are higher powers than political intrigues, motives and interests. When they learn the might that exists in truth; when they learn that the great moral and philosophical ideas which have seized on many souls are the most efficient, durable forces which are acting in the world; when they learn that the past and present are not the future, but that the changes already existing in the minds of men are only forerunners, the signs of mightier revolutions. Politicians, absorbed in near objects, are prophets only on a small scale, and though they may foretell the outcome of the coming election, the breaking of a deep moral conviction in the mass of men is a mystery which they have little skill to interpret.

The future of this country is to take its shape, not from the struggles of parties or leaders for power or station, but from the great principles which are silently unfolding themselves in the minds of mankind. A far higher and more rational conception of freedom than entered the minds of those in past ages is spreading itself and is changing the face of society. Equality before the law has become the watchword of all civilized countries. The worth of a human being is better understood. His worth as an individual, on his own account, and not as a useful tool for others' progress, is found to attach a sacredness and dignity to every man because each man is immortal.

Such is the current of thought. Principles of a higher order are beginning to operate, and the dawn of these everlasting lights is a sure omen of a brighter day.

In the great conflict between the oriental and western world,

which was decided at Thermopylae and Marathon; in the great conflict between polytheism and Theism; in the American revolution; in these grandest epochs of history what was it that won the victory? Not political management nor self-interest, but the principles of freedom, moral power and enthusiasm, the divine aspirations of the human soul. Great thoughts and great emotions have a place in human history which no historian has ever given to them and the future will be more determined by these than by the past.

We find in the planetary influences, as taught by astrology, the great fundamental principles underlying these periods of progress. It is a law of that useen, but most certain dominion, which even here among the blinding shadows which conceal His immediate workings, The Great Infinite Force of all life is administering that they, who being set anywhere to do His will neglect to do it, are replaced by other and more faithful instruments. How its operation is, in every case, to be reconciled with the reality of man's agency and separate probations, we may be unable to perceive; how amidst the conflicting waves of man's evil wills and rebellious impulses, and the mighty tempest of this troubled world, He does yet so rule that all these separate wills, each singly and independent, do all work out together the wise purpose to His eternal council, we may be unable to conceive. That it should be so is essential to the reality of His Government.

That there is nothing repugnant to human nature in the basis of Astrology is proven by the number of great minds which have been led by it, when properly prepared by education; and the arguments now held conclusive against Astrology get their strength in the minds of the people from no other circumstance than that which formerly was the proof of considerations which were held equally decisive in favor of it, viz., the basis of education.

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Rightly employed, the reason is not a check to piety, but is its regulator. It chastens and refines the flame of devotion in the human heart but does not put it out.—C. W. Wendte.

## The New Order of Things

Events are rapidly forming themselves in accordance with the new age that is dawning. Creeds show signs of crumbling and old land-marks will gradually be swept away with the oncoming tide of advancement. A new life is coming into society. Womanhood is advancing toward the throne of her divine kingdom, and she will stand side by side and heart to heart with a more divine manhood. The old order is giving place to the new, and the religious toleration accorded the Jew, Mahomedan, Greek, agnostic, atheist and Christian, proclaims the expanding consciousness of mankind generally; and the minor realization that truth wears many raiments, and speaks in many tongues, so that every individual may hear its voice, and honor the principle by service.

If we turn our attention toward the subject of occultism to-day, such as hypnotism, telepathy, psychometry, clairaudience and clairvoyance and consider the unfoldment of these truths which has taken place during the last few years we may dimly realize their great possibilities during the next twenty-five years; this is already fore-shadowed in the present humanity. These higher, finer faculties and more transcendent powers that are to-day being manifested by a great number of humanity, and which tend to reveal and demonstrate the presence of what some students term a sixth sense as a developing faculty of consciousness; or, as we may better express it, powers that belong to a higher plane of existence, much finer than the physical, are beginning to dawn in upon those souls who have reached a point in evolution where these higher faculties can manifest.

The word astrology has often been associated with superstition, and modern exponents of material science cry humbug, and term this an exploded science. But, to the unbiased seeker after truth, astrology is the knowledge of the hidden and subtle forces of nature, and of the laws that govern them. While to the ignorant and superstitious, facts occurring under these laws seem to be most miraculous, simply because they surpass their understanding; therefore, the astrologer, the chemist, the electrician

and the true scientist of to-day, are magicians to the ignorant and uneducated masses, who have not yet unfolded far enough along the lines of self-developed consciousness, to realize much outside their own material wants and necessities, and we must await the effects of planetary forces to change them.

Astrology, the divine law guiding this earth and its millions of inhabitants, is indeed a science of life, and has a direct bearing upon all national events, and the many vexed problems that have been in agitation during the past century, aye, even the thoughts of mankind; and we shall surely witness, as the sun progresses through Aquarius, the home of Urania the Mystic, and the sign of man, the mental powers of the race becoming mightier and the psychic gifts latent within him unfolding. The old fetters fall off and the old environments pass away and are left behind.

As the great lessons of life are learned and the soul grows wise by experience, he begins to control the rate of his vibration, having developed a self-consciousness, and is enabled to hold to any given thought and its natural vibration for a greater length of time. He is realizing the plane and environment of his own selfhood, and becoming the creator and controller of his own destiny, by exerting within his past limitations, his present freedom of choice, drawing more closely to God within his higher self, the Logos of the soul.

We must realize that we are all gods in the making, and that each natal chart is an unfolding of the past, and to-day we are making by our thoughts, our future condition, and when humanity awakens to the fact that self is conditioned by self, and they are the makers of their own destiny, evolution will make rapid strides forward. Then as an aid to self knowledge, a man will look at his horoscope, and scan with an unerring eye his weaknesses, deficiencies and disabilities, and take himself in hand.

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Be sure of the foundation of your life. Know why you live as you do. Be ready to give a reason for it. Do not, in such a matter as life, build on opinion or custom, or what you guess is true. Make it a matter of certainty and science.—*Thos. Starr King.*

## Mystical Influence of the No. 7.

The Electric and Magnetic vibrations in the atmosphere, the continuous and gradual change from day to night, the ebb and flow of the tides, the seasons of the year and alterations of temperature, times of famine and plenty, epidemic of sickness and crime, the birth and death of the physical of all organized beings, the vibrations of color and sound, the different stages of life and destiny in members of the same family, important changes and discoveries in the progressive sciences,—are all due directly or indirectly to the never ending and varying ethereal vibratory forces, or astral-magnetism, which pervade the universe, operating according to its prevailing destiny and quality upon every atomic part of the earth and all that exists upon it.

The fact is, there are seven primary orbs, in this our solar system; viz., the Sun, Moon, Mercury, Venus, Jupiter, Mars, and Saturn. These assume various scales of inter-action, according to the plane of manifestation on which their operations fall, as, for instance, in the seven ages of man; in the seven primary colors of the prism, naturally illustrated by the rainbow; in the seven primary sounds of the musical scale; in the seven characters of wisdom and so on. This number is one of gréat and mystic influence on human life, and when we stop to consider the ponderous, natural forces at work about us, from which the activity of this number upon mundane effects is derived, it is little to be wondered at.

The seventh day in acute disease is considered one of the most critical to the fate of the patient, and after birth the seventh hour decides whether the child will live. In seven days the cord falls off; in twice seven days the eyes follow a light; in thrice seven days the child turns the head; seven months give teeth; in twice seven months the child sits firmly; thrice seven months it begins to talk; and in four times seven months it begins to walk strongly. After seven years the child comes to the age of reason, and teeth of second set appear; after twice seven is the arrival of the generative power; in thrice seven the hair of manhood is completed; in four times seven growth ceases; at thirty-five is

the greatest strength; at forty-nine the greatest discretion, and seventy is the natural length of life.

The peculiar influence of this number has, from the earliest ages, been attributed to the influx of the seven primary orbs of the solar system in their electro-magnetic actions upon the earth and all that breathes upon its surface. The seven days of the week are derived from the same source, and the successful physician selects his remedies according to astral sympathies with the necessities of his patient. The successful surgeon selects such moments for performing operations as are in astral sympathy with the life forces of his patient and the nature of the operation. The successful agriculturist selects times for preparing the soil or sowing the seed which are in astral sympathy with the conditions. So with the successful navigator; where ever we may turn in the region of science and art whether of an exact or progressive nature, we find a reference in the origin of required force and action to the great celestial machinery.

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## The Natal Star

For every human soul there is a Natal Star so brilliant and luminous that naught on the physical plane can equal its splendor and radiance. No physical language can describe its beauty or its nature; no mind can paint its loveliness for mortal eyes to see and live. This star is immortal and essentially divine; its chart lies in the never ending circle; its boundary is within the consciousness of divinity, beyond the comprehension of the ordinary mind, and can only be faintly cognized by the human soul. This star shines on forever, while each ray, as it goes forth, ensouls anew and afresh the re-embodied individual self, beyond all that becomes manifest.

This Star is Being, the one permanent reality of each successive expression. It is not born, neither can it die. Its change is in color and its echo in sound; voiceless, it speaks through the soul's intuition; silently it gleams fragrance of each life; slowly but surely it guides and controls; to it virtue and vice are one and the same principle, this principle alone containing the

essence of what is to become, and each expression in manifested being is its playground and its school, the cream of which alone is skimmed.

Some lives must yield but little, while others yield much, though in no single one can its purpose be gained. They who sought the Holy Grail did pursue this Star, which only the pure could discover. The faith to search must be manifested; then comes the will to dare, but only the pure in soul shall find it. Its wondrous splendor cannot be realized, until its mission through substance is over. Still its rays may be felt, as the color deepens in quality, and the breath of aspiration carries the soul within the sphere of its influence. Great teachers, in all climes and ages, have proclaimed its being, and the testimony of those who tread the path is given by all who inquire of its mystery.—*Science and Key of Life.*

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## My Star

All that I know,  
Of a certain Star,  
Is, it can throw  
(Like the angled spar).  
Now a dart of red,  
Now a dart of blue;  
Till my friends have said  
They would fain see, too.

My star that dartles the red and the blue!

Then it stops like a bird; like a flower hangs furled:  
They must solace themselves with the Saturn above it.

What matter to me if their star is a world?  
Mine has opened its soul to me; therefore I love it.

—Robert Browning.

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Let there be many windows to your soul,  
That all the glory of the universe,  
May beautify it. That the narrow pane  
Of one poor creed can catch the radiant rays,  
That shine from countless sources. Tear away  
The blinds of superstition; let the light  
Pour through fair windows broad as truth itself,  
As high as God.

—Ella Wheeler Wilcox.





There is a determined attempt now being made all over the United States to prevent any one but a drug doctor to give advice to the sick. Bills have been introduced in state legislatures making it a crime for any one but a doctor to recommend or suggest anything to a sick person; if these bills become law, it would be a crime to tell a friend to take a hot bath or to use mustard plaster for a cold.

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## Danger of Eating the Meats of Animals that have Suffered just before Dying.

**I**N California a number of people were poisoned by eating meat; the cases were so remarkable that the physicians in attendance demanded an investigation of the condition of the animal at the time of slaughter. The butcher testified that the animal was a large ox, a magnificent creature, strong and full of life. He fought bravely to save it. He met his murderers defiantly, with eyes starting almost from their sockets, nostrils distended, mouth foaming. He roared and pawed the ground and tried in every way to save his life for over an hour. Finally he was conquered. His flesh was sold, and with the results related above.—*J. A. Darling*, in *Food, House and Garden*.

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## Honey as Food.

Honey, which is described as "one of nature's best foods," is the subject of a report by the Ontario Department of Agriculture. In this it is pointed out that it is only within the past few centuries that sugar has become known, and only within the last generation that refined sugars have become so low in price that they may be commonly used in the poorest families. Formerly honey was the principal sweet, and it was highly valued 3,000 years before the first sugar refinery was built. "It would add greatly to the health of the present generation," it is declared, "if honey could be at least partially restored to its former place as a common article of diet."

Excessive use of sugar brings in its train a long list of ills.

When sugar is taken into the stomach it cannot be assimilated until first changed by digestion into grape sugar. Only too often the overtaxed stomach fails properly to perform this digestion, and then come sour stomach and various phases of indigestion and dyspepsia. In the laboratory of the hive the honey has been fully prepared by the bees for prompt assimilation without taxing either the stomach or the kidneys, so that in eating honey the digestive machinery is saved work and health is maintained.

Moreover, the same report says that "in many cases it will be a real economy to lessen the butter bill by letting honey in part take its place. One pound of honey will go as far as a pound of butter, and if both articles be of the same quality the honey will cost the less. Honey is strongly recommended for children, while for persons of all ages a pleasant and wholesome drink is called 'German honey tea.' This is made by pouring a teacupful of hot water on from one to two teaspoonfuls of honey."

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## Futility of Vivisection.

Physicians, who are thoroughly familiar with vivisection, should be competent to speak of its value.

Here is some testimony:

SIR FREDERICK TREVES stated in the *British Medical Journal*, November 5, 1898, that his former vivisection of dogs "had done little but unfit" him "to deal with the human intestine," and that in his practice upon man he "had everything to learn" from his experiments on dogs.

LAWSON TAIT defined vivisection as "crude in conception, unscientific in its nature and incapable of being sustained by any accurate or beneficial results applicable to man." The time is coming nearer and nearer to which he referred when he said: "I feel confident that before long the alterations of opinion which I have had to confess in my own case will spread among the members of my profession."

DOCTOR GEORGE WILSON, LL. D., in his recent address before

the British Medical Association, said: "After all these long years of flickering hope I am prepared to contend that the indiscriminate maiming and slaughter of animal life, with which these bacteriological methods of research and experimentation have been inseparably associated, cannot be proved to have saved one single human life or lessened in any appreciable degree the load of human suffering. I have ventured to make that pronouncement before, but in halting, academic fashion. I reiterate it here and now with the strongest and fullest conviction."

From 1877 to 1897 vivisection had a fair trial in England; if it has been of any value, we should see some results in a lessened death rate. But as a matter of fact during the twenty years mentioned the fatal diseases have increased in virulency; according to the Sixtieth Report of the English Registrar General the deaths per million persons in Great Britain have increased as follows:

Disease	1878	1897
Diphtheria .....	140	246
Cancer .....	501	787
Insanity .....	73	119
Pneumonia .....	989	1122
Bright's Disease .....	192	265
Diabetes .....	42	78

It may be stated also that notwithstanding the so-called power of the medical art disease is increasing out of all proportion to the population; hospitals are crowded; new remedies are being exploited daily and new methods constantly devised. Scarcely a month grows that a new "consumption cure" is not announced in the medical press. All this seems to show that notwithstanding the various serums, antitoxins, vivisection experiments, new drugs, etc., that the medical profession is helpless to stay the on-rushing tide of disease.

If an explanation is asked, I would venture to suggest that the world today placed its reliance in drugs and poisons rather than in the healing power of nature, which is sufficient in all cases; give Nature her natural tools—air, food, water, exercise, sleep and a proper mental state—and she will do the rest.

## Pneumonia Cure.

Taken from *The Pontiac Daily Gazette*, Pontiac, Mich.

There is no dispute about the cold air treatment of consumption. No other practical cure is claimed.

It is now asserted that the same treatment, cold fresh air and plenty of it, furnishes the long sought means of baffling the ravages of pneumonia, next to consumption the most death dealing and fatal disease in this country.

The *Boston Medical and Surgical Journal* recently noted a severe case of pneumonia that was completely cured by the patient being kept in a cold draft and fed on a diet of cold water.

This incident has prompted a magazine editor to say that "the usual treatment for pneumonia by regular physicians is to shut the patient in a tight room, smother him with covers, and to give hypodermic injections of strychnine and opium alternately as the heart is weak or strong; with the treatment the sufferer is dosed with soups, alcoholic drinks, liquid foods, etc., and the result is that pneumonia patients generally die under the combined effects of the disease and the treatment.

"A few physicians have found the natural way to treat pneumonia, viz., plenty of air—pure and cold; plenty of water and—nothing else. Nature will cure when a cure is possible and all the drugs in the world are valueless. Nature has provided a cure for all diseases, but the cures are not sold in bottles or found in poisonous drugs.

"There are only three 'cures' in the world—yea, four: pure air, pure water, pure food, and a contented mind. Let the world learn this simple lesson and disease will flee from the face of the earth, and drug stores will sell stationery, stamps and tooth brushes."

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Monotonous undertone of life's march is toil, toil, toil.

Ever lending, never ending movement, grand and true.  
For a blending of its varied variations and merry scintillations

Or its moanings and groanings of travail and despair,  
Making an anthem so grand in its far-reaching theme,

But one mind now understands, one soul is satisfied,  
And that the Holy Over Soul.



These are solid scientific facts that have been proved again and again by delicate laboratory experiments, and as we must accept them as true, why should we not ask ourselves, if we are not continually in close touch with the spirit world, even though we may be entirely unconscious of the fact. The eyes of Elisha were opened, and he saw the horses and chariots of fire. Now, may it not have been that Elisha was simply permitted to see a rate of vibration that we cannot see, and thus get a brief glimpse of this region of beauty.

Should the next great discovery happen to be an instrument that will increase our range of seeing and hearing there is no telling what glorious discoveries we will make, and therefore it is small wonder that men of science are so eagerly expectant.

Possibly not one of the tens of thousands that saw the DeForest wireless telegraphy exhibit at the Coliseum realized that the ether waves passing out from the transmitter were really passing through the bodies of all present.

The wireless waves are invisible simply because they are of too low a rate of vibration for our eyes to see, but the day is surely coming when we will be able to see these waves, and this means that we will probably be able to see to as great a distance as we can now cover by wireless messages.

Telephony without wires is sure to come at an early day and then the human voice will be actually passing through our bodies, and through everything else in its path, and our ears, for the present at least will be unable to hear it.—*Chicago American*.

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## Men Will Discover the Origin of Life.

BY PROF. EDGAR L. LARKIN.

THE tireless researches of J. Butler Burke in the long-time famous Cavendish Laboratory in Cambridge, England, have excited the nations of the earth.

He has assembled molecules into minute bodies. They are indeed marvelous, and it may turn out that they are alive. Here the writer advises extreme caution in arriving at any conclusion

at present. For, whatever Burke is doing, he is digging around and very near the appalling rocks at the base of nature.

For life and its congener, *mind*, are the impenetrable mysteries of the universe.

"Photographs, together with results of eye observations indicate that a continuous growth and development take place, followed by segregation, and these suggest vitality. I have ventured, in order to distinguish, them from either crystals or microbes, to give them a new name—radiophobes."

The entire summation of the facts to the writer seems to be, they are higher than crystals, but lower than actual living things; and it is the borderland between the inanimate and living.

But crystals are marvelous. I have watched them by the hour in process of formation under high-power microscopes. The molecules wheel into their lines and places with incredible velocity and precision. Whenever I see a crystal grow it is almost impossible to escape the impression that molecules of matter know what to do and where to go.

If they do, mighty results follow; for we will come around to a point once occupied by ancient philosophers, who taught for ages that the entire universe is mental. Thus Burke may not actually have found the origin of life, but he is near that inscrutable mystery.

I believe that men will find the origin of life—these toilers in the midnight laboratories. These researches, combined with wonders now being discovered in mentollogical laboratories, carry mentalists to the verge of declaring that there is no limit to the human mind. Living beings will be produced by the hand of man in the near future, is the opinion of the writer.

The great scientist Oliver Lodge says: "On the face of it, it looks as if some complex molecular aggregates had been formed which will probably be found on the road toward organic evolution." Sir Edward Clodd says: "As there can be no longer any doubt as to the fundamental unity of the inorganic and the organic, the origin of life from what is called the non-living follows." And now the world awaits an opinion from Haeckel.—*Chicago Examiner*.





English hypochondriac whose physician had resorted to every known remedy without effect. Finally, as a desperate measure, the patient was ordered to have his sitting and bed room walls plastered with the legend, "Oh, I am so jolly!" And, in a short time, he became a sound man mentally and physically—clearly, a victory for auto-suggestion.

Mr. Finot lays down these specific injunctions: Reflections on the shortness of life are obnoxious; one must remember, rather, Seneca's famous dictum that not so much the shortness of time as the amount of it that we dissipate, is of consequence. A rational use of the functional organs is insisted upon, from early youth, with the rejection of all depressing ideas, and the conviction that the body possesses a real power of resistance to the invasion of time. We should also acquiesce in the Hegelian principle that there is much good in what appears to be bad, if only dispassionate reason be given full play. Above all, work is necessary, without which, as the sage of Weimar says, no man is free. Theoretically, Mr. Finot says, life can be shown to be equal, potentially, to a one-hundred-and-fifty, or even a two-hundred-year span. Even practically, he thinks, the potential span of life is much greater than people dare imagine. In a consideration of the "age of retirement," which is generally—and absurdly—placed at 60, he says that when men retire at that age from active life, the result is that active life begins to retire from them.

The critical period of old age, he finds from a comprehensive study of mortality statistics, lies, under actual conditions, between 80 and 85. If a man can weather this crucial lustrum, the odds are in favor of his reaching, or exceeding, the century limit. It frequently takes a man, he asserts, eighty years to acquire a full knowledge of the capacities and caprices of his organization, under the present conditions of knowledge. Auto-suggestion, however, makes the body subserve the interests of the mind. Nature has created poisons; she has also created antidotes. The antidote to early or premature death is reflective will-power, or auto-suggestion, which will give us complete self-confidence in, as well as control of, our forces, physical as well as moral.—Translation made for *The Literary Digest*.



In order to satisfy the test of science, such a communication must fulfill two or three simple conditions. In the first place, there must be a definite message, capable of permanent record. The mere apparition of a dead friend is not sufficient, because we can never be sure that it is not an hallucination, due to some abnormal state of the witnesses' nervous system. Secondly, the message thus received must state some fact which (1) is capable of proof, (2) was within the knowledge of the alleged sender, (3) can be demonstrated not to have been known to the receiver, or to be probably within the scope of a fortunate guess.

This at once rules out all the communications as to the future state of disembodied spirits which form by far the greater part of the recorded messages received by mediums; and as yet there is no absolutely convincing case in which such a message has been received, though Mrs. Piper's communications from "G. P." are understood to have been satisfactory to many investigators.

The late Mr. F. W. H. Myers was the first to point out that the time was ripe for experiments to be made on these lines. "Why should not every deathbed," he asked, "be made the starting point of a long experiment?" He suggested that every one who was interested in this question should leave behind him the materials for a satisfactory test of his future ability to communicate with his surviving friends.

"The simplest plan," he said, "is to write down some sentence embodying an idea or a name which you feel it probable that you will remember, if you remember anything, and then to seal this sentence up in an envelope, without communicating it to any person whatever. Then label the envelope 'Posthumous Letter' and send it accompanied by a letter giving name and address, to the secretary, Society for Psychical Research, 20 Hanover square, London, W. The secretary will acknowledge receipt and store the letter safely, with others of the kind. If, then, the writer (it may be many years afterward) finds himself capable of sending a message from the other world, let him mention this test sentence and try to reproduce it. The sealed envelope can then be opened; and if the spirit's message should be found to

coincide with the words therein written, there will be as good a proof as we can get that that message has at any rate not emanated from any living mind, and has emanated, therefore, from some unlimited source of knowledge, or—which will seem to most persons more probable—from the surviving mind of the original writer."

It is understood that Mr. Myers himself carried out this plan, which might be usefully imitated by all who take an interest in the subject. As yet he has not been able to reproduce his test message. We shall wait with interest to hear whether Dr. Hodgson has been more successful, as the rumors afloat seem to indicate to be the case. A single successful effort of this kind would outweigh all the mass of vague and usually uncheckable statements which form the bulk of "spiritualistic" literature.

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## A Curious Experiment.

H. ADDINGTON BRUCE describes the attempt of an English clergyman named Clarence Godfrey to "project himself" into the presence of a friend at a distance. The attempt was made on the night of Nov. 15, 1886, and is thus described by Mr. Bruce, says *Public opinion*:


"The result of his attempt as described in the account written out at his request by the "percipient," who, it should perhaps be added, had no intimation of the experiment, was as follows:

"Yesterday—viz., the morning of Nov. 16, 1886—about 3:30 o'clock, I woke up with a start and an idea that someone had come into the room. I heard a curious sound, but fancied it might be the birds in the ivy outside. Next I experienced a strange, restless longing to leave the room and go downstairs. This feeling became so overpowering that at last I arose and lit a candle and went down, thinking that if I could get some soda water it might have a quieting effect.

"On returning to my room I saw Mr. Godfrey standing under the large window on the staircase. He was dressed in his usual

style and with an expression on his face that I have noticed when he has been looking very earnestly at anything. He stood there and I held up the candle and gazed at him for three or four seconds in utter amazement, and then, as I passed up the staircase, he disappeared. The impression left on my mind was so vivid that I fully intended waking a friend who occupied the same room as myself, but remembering that I should only be laughed at as romantic and imaginary I refrained from doing so.

"Arguing from analogy, it was held by those advancing the telepathic hypothesis that the mind of a dying person in reverting to a distant friend conveyed to the friend's mind a distinct impression which took the form of a vivid visual hallucination. To the reply that the apparitions were by no means uniformly coincident with the moment of death, and not infrequently occurred only after a lapse of several hours, it was deemed sufficient to point to such cases as that of the Rev. Mr. Godfrey as illustrative of similar deferment of experimental hallucinations. In the Godfrey case the 'willing' begun at 10:45 p. m. on the night of Nov. 15 and lasted only eight minutes, after which Mr. Godfrey fell asleep, whereas it was not until 3:30 a. m. of the following morning that the hallucinatory vision appeared to the 'percipient.' "

O long as we love, we  
serve. So long as we  
are loved by others I  
would almost say we are indis-  
pensable; and no man is useless  
while he has a friend.



—ROBERT LOUIS STEVENSON



between Dr. Collas, of Boston, Mass., and herself. At the close of that day she raised her hand placing it on top of her head; pain was gone; she has had perfect use of that arm and hand ever since. I hope when we find out all about suggestion the divinity of Christ will not be left out.

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By ALICE C. RISLEY, Jefferson City, Mo.

Have just read two numbers of *SUGGESTION* and have found much food for thought in them. I had never seen the magazine before, and have been much interested in subjects that particularly appeal to me, because they have been a personal experience.

The first is in "Dual Personality." I have never written on this subject, nor read about it, but I have many times said to my family, that when I go away from home, that as soon as I am settled on the car, I always feel that I am another Mrs. R. I have made several trips to the Atlantic, and to the lakes, and that feeling of another personality always comes over me, and is something I could not explain even to myself.

The other experience I judge would come under the head of "Mental telegraphy." To explain, Adele, Nellie and I were girlhood friends, and chums in a town on the Bayou Teche, Louisiana. In 1867 I came north, and finally located in Jefferson City, Mo. Nellie settled in Texas. We three have not been together since 1867. I have seen Adele once—Nellie several times. One day some two years ago I felt that I would give anything if we three could meet again. I was homesick, and wrote to Nellie how much I wished we could go down to see Adele. Three days later I received a letter from Nellie saying she was homesick, and how she did wish she and I could go down to see Adele together, and one from Adele saying how much she wanted to see us, and how much she wished Nellie and I could come together. All three letters were written on the same day—from three different states.

The incident has always seemed to me a little out of the ordinary. Can you explain it?

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By J. S. PHILLIPS, Fall River, Kan.

On page 910, April number of *SUGGESTION*, you ask "May they (our thoughts) appear to others?"

One evening at 9:30, I placed myself (in thought) in a room, in a friend's house, about two miles from my home, (I being at home, at the time). About 9:30 a. m., second day following, a member of the friend's family saw me, (?) just as I had placed myself in thought. This can be verified.

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By BARRINGTON BEARD, Clarence Centre, N. Y.

I shall be ashamed to die before I am well! This to some, may seem paradoxical, but those who are realizing the power of thought—in all its varied relations and forms—over the body—those who are even beginning to understand what divine power there is in the creative force—for health—living close to nature's laws—inimitable—unchangeable—will need no explanation as to its more subtle and deeper meaning.





He is just entering upon the exercise of this newly-developed organ—the brain—learning how to use it.

A new era is just opening up for the human family—the era of mind. Every man is what he thinks; every community is what they think; and every race or nation throws out a national characteristic, representing the aggregate of individual thought.

I thoroughly believe that, under proper conditions of life and healthy thought, man possesses within his own body all essential antitoxines to destroy every pathological bacillus that may enter. If this is not true, why do we not *all* go down under the destructive action of the tubercular bacillus? Certainly we are exposed to these every day. Good living and wholesome thoughts increase the *vis medicatrix naturæ*, and the poisonous bacilli are destroyed as soon as they enter.

Two men equally healthy and exposed to the same condition during an epidemic. One says: "I am not afraid!" The other gives way to most abject fear, and pictures in his imagination his terrible fate. One lives—the other dies.

Has not this been demonstrated thousands of times? Fear lessens the vital action, obstructs the function of all the glands, retards the secretion of the gastric juice, diminishes the vitality of the red and white corpuscles—the standing army of the body—and so the invading host enters and takes possession, and destroys the life.

How often the healthy self-poised physician enters the sick room where the patient is cringing with despair and sinking under the burden of fear, and, by his strong personality, turns back the tide of fate, changes defeat into victory, and saves the patient's life.

You cannot deny this. You have all seen it done. What does this? Medicine, drugs, surgery? No, it is suggestion.

There is a something in the practice of medicine beyond the mere giving of drugs. Even the *paling infant* feels it. Study this, cultivate it; for without it you are nil.

I believe that doctors, like poets and musicians are born, not made. But even if you possess it only to a minimum degree, you may feel it grow by effort. It takes a young physician sometimes twenty years to learn this. It is the great medicine of the future—not only for the body, but for the mind—the human soul. Every medical college should have a chair devoted to the subject of Suggestion—Dr. Davis in *Journal of Progressive Therapeutics*.

## Effect of Thought on the Body.

Below is given a dispatch from New Albany, Ind., which appeared in a daily newspaper of January 10th:—

After superintending the manufacture of his own coffin from walnut lumber that he kept for 40 years, dividing among his neighbors \$900 in cash, and paying his attending physician, John Wilson, a farmer in Harrison county, passed away and was buried yesterday in the Catholic cemetery at Buena Vista, near his home. Mr. Wilson, who was 63 years of age and a bachelor, lived alone on a farm. A week ago he became ill and concluded that he was going to die. He sent for Millard Thompson, the village carpenter, whom he instructed to make his coffin from a quantity of walnut lumber from a tree grown on his farm, which he had been saving for forty years. The coffin was made at the house, under his supervision, and was carefully examined by the sick man when completed. He paid the carpenter for his work and settled with his attending physician, saying that he was going to die and would be useless for him to come again. Then, sending for 30 or 40 neighbors, he divided among them \$900, all that remained of his savings, in sums ranging from \$10 to \$50, according to the needs of the beneficiaries, after which he peacefully awaited the end, which came two days later.

In the above we find a very good example of the power of suggestion, or thought, or imagination.

"He became ill and concluded he was going to die," here is where the suggestion became an auto-suggestion; and watching the carpenter prepare a coffin was very strong suggestion; making preparations for death served to strengthen his auto-suggestions of death and the expected result followed. It is quite true that his vital powers had been impaired, so that adverse auto-suggestions served to reinforce his weakness; but it is probable that without the aid of the adverse thoughts death might have been postponed many years.

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He that cannot think is a fool.

He that will not think is a bigot.

He that dare not think is a slave.

(Inscription on the wall of Andrew Carnegie's library).

Do not ostracize the sawbuck and still  
expect that things will taste like those your  
mother used to make.—*The Philistine*.



## The Importance of Horoscopal Readings.

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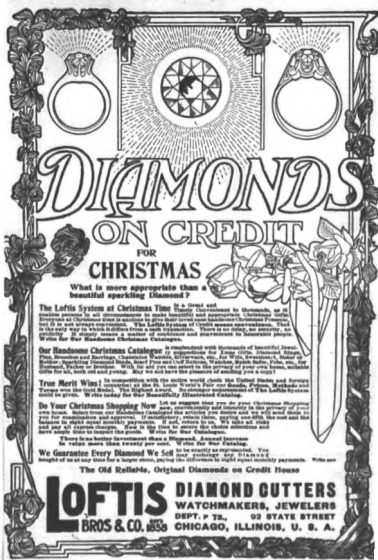
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\* \* \* \*

Sydney Richmond Taber, secretary of Vivisection Reform Society, 532 Monadnock Block, Chicago, sends two pamphlets: *Illustrations of Human Vivisection and Vivisection and Progress; A Statement and Appeal*. These pamphlets will be mailed for 10 cents each. Unless you want to learn of the inhuman treatment suffered by charity patients in hospitals do not read the first pamphlet. It narrates facts that belong to the days of the Inquisition rather than to this supposedly enlightened age.

\* \* \* \*

Another pamphlet is entitled "Shall Vivisection be Restricted," by S. R. Taber, and it is an appeal for more stringent laws regarding the practice.

\* \* \* \*

We have also received from the Maryland Anti-Vivisection Society, a reprint of a catalogue of a Berlin firm showing illustrations of apparatus for carving live animals, such as dogs, cats, rabbits, etc. The awful tortures that are inflicted in the sub-human species by vivisectionists are paralleled only by the tortures of the Roman arena, as set forth in such books as "Quo Vadis." The general public has no conception of what doctors and so-called scientists are doing in the secret chambers of death and cruelty called "laboratories."

\* \* \* \*

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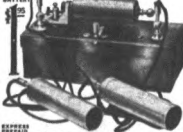
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---

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---

The world globes itself in a drop of dew.....So do we put our life into every act.

---

The dice of God are always loaded.

---

What will you have? quoth God. Pay for it and take it.

---

These roses under my window make no reference to former roses or to better ones: they are for what they are: they exist with God today. There is no time to them. There is simply the rose: it is perfect in every movement of its existence. Before a leaf bud has burst, its whole life acts: in the full-blown flower there is no more; in the leafless root there is no less.

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