

MARCH, 1907

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.
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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.

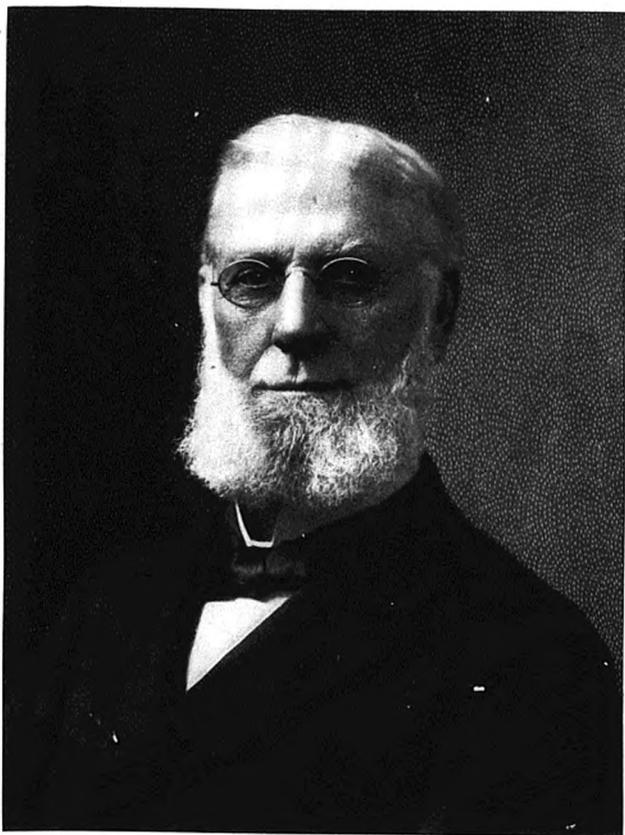
I believe you will be pleased with the ideas advanced, and I trust that you will send your subscription to-day. Kindly attend to this at once. Send us your subscription. May I have the pleasure of hearing from you?

Editor, THE STELLAR RAY.

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Henry Clay Hadyes



FEARLESSNESS, sincerity, assiduity in devotion, generosity, self-restraint and pity, study, rectitude, harmlessness, veracity and freedom from anger, resignation, equanimity, not speaking of the faults of others, universal compassion, patience, power, fortitude and freedom from conceit; these are the works of him whose virtues are of a Godlike character.



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THE STELLAR RAY

A MAGAZINE FOR THINKERS

Published monthly at Detroit, Mich., by
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HENRY CLAY HODGES, Editor.

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Our Platform.

This magazine teaches that as we sow, so likewise shall we reap. That the universe is governed by immutable laws. These laws are divine. It behooves each person to become master of himself and cultivate the nobler qualities of his nature, with a view of bringing his conduct and course of life into keeping with the divine forces which are all about him. If so, it is his privilege to escape the consequences of violated law and thereby live in peace and harmony with himself and his fellow man.

EDITORIAL

Cheerfulness

IN this age of the awakening of man's higher sensibilities, a cheerful mind is more appreciated than in the past. Cheerfulness has ever been a winner of friends, but the time was when austerity in man and gentle melancholy in woman was deemed an insignia of wisdom and attractiveness. The cheerful ones were the merry-makers or jesters at feasts whenever it was the time to laugh. In these days however, a cheerful manner is a good advertisement in business. Landon Carter says, "a cheerful countenance insures a welcome whether in domestic or business circles and from a material point of view it is a splendid capital for it excites patronage, and the general friendship of the public; whereas the man who indulges in morbidness and pessimism is apt to be correspondingly unpopular. Irritableness should be considered a misfortune, which when made known to the public becomes the height of indelicacy." Mr. Carter has ably expressed the standard view of cheerfulness, the truth of his words would be undisputed.

We go a step further into the cause of the power of cheerfulness. Humanity is becoming more susceptible to the finer vibrations of life. A growl of discontent, a snarling retort, a suspicious thought, resounds

through the rarified sensibilities of human beings as it has never done before. It echoes and re-echoes backward to the growler, snarler, and suspicious one with its myriad of repetitions. So does the cheerful tone of voice, the pleasant word in reply, and the thought of confidence and trust send melodious vibrations through the soul atmosphere of life. The time is when the growler should be ostracized from refined society. The standard of life's relationships is being lifted above the plane upon which fretfulness, brutality, domineering manners will be tolerated.

Let us hasten this state of existence by each of us resolving to supplant an inclination to growl with a note of song, a cheery whistle or a pleasant word. To bury each impulse to a sharp retort beneath a smile of kindness. Let us eliminate the venom of suspicion from our minds, the poison of suspicion reacts upon its generator with insidious results that may not be computed in a life time.

Friends, a trustful, cheerful, kindly attitude in all of our relations of life will place us upon a plane of living as superior to that of the grumbler, as is experienced in a drive over an asphalt boulevard compared to one on an old time corduroy road. Let us be far-sighted enough to avoid the gloomy, jolting road of antagonism, and travel in the sunlight of good nature helpfulness and success-bearing cheerfulness.

A Profound Question

THE editor of the Los Angeles Times is a thinking man and although we have not the pleasure of a personal acquaintance with the gentleman, we have reason to believe that he is capable of logical reasoning upon any subject with which he is conversant. He quotes the following 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?" then dismisses it as a conundrum in a cursory manner, seemingly somewhat aggressive, although we believe him to have been wholly unconscious that any such impression could emanate from his summary disposal of a question profound enough to have absorbed thought force for ages in attempts at its solution.

When one "has passed the limit of age set by the "Psalmist," quoting the gentleman again, the thoughtful mind is more inclined to ask questions relative to the marvels of existence, than to answer them with such positive assurance. The gentleman also remarks, "that it is a big enough job when we attempt to investigate psychic phenomena without reaching out to the unknown world of distant planets, the influence of which upon us human beings must be in the highest degree, homeopathic, if they have

any influence at all." Our friend evidently forgets the influence of the Sun without which there would be no life upon our planet, the influence of the Moon upon the tides, upon the periods of propagation of life in man and beast; also the Moon's influence upon seed and planting time, of which the farmer's experience has taught him to take advantage. The gentleman of the Los Angeles Times has inadvertently left out of consideration the above facts, which even school boys well know, forgetting that he would not be alive to-day to dispense wisdom through his paper, nor would he have bread, pumpkin pies and the luscious fruits of his sunny state, were it not for these homeopathic doses of Stellar Influence.

Our friend, however, finally strikes a grand key-note when he says, "there is, however, a law of compensation that as a man sows, so shall he reap, whether for physical, mental or moral, good or ill." Yes, let us learn to sow the right course of action at the right time and place, through wisdom gained from open minds and a wide outlook upon the universe that lies within the possibilities of our physical vision. Come, dear sir, let us step upon a mountain top and with upturned faces seek for a knowledge too broad to permit us to stoop to personalities, too free from egotism to decry any effort to solve the great problems of existence. We may all say to ourselves, "there are greater things in heaven and earth than are dreamed of in our philosophies."

The Bible

IT HAS seemed necessary from our ideas of logic to relate everything to a beginning. As we look out upon the small portion of the universe, which we are able to gaze at with our physical vision, then farther out into space with the aid of scientific inventions; then further still, though the aid of mathematical science, which computes distance, size, weights, velocity, in their relation to time, we are enabled to open our reason to the possibilities of eternity, without beginning or end.

Dr. Pentecost, is quoted in the Detroit Free Press, of January 14th, to have said: "Science teaches us more and more the number of things that are unknowable. It fails to reveal the central problem of what life is. The bible starts with an absolute statement that has staggered critics from the day it was written, 'in the beginning, God created heaven and earth.' Its statements are sureties from that page to the last."

Does the Bible reveal the central problem of what life is? Science is proving beyond dispute that the Bible is a collection of heterogeneous writings some of them dating from prehistoric ages. These writings contain religious, inspirational, poetical and political effusions from minds in the various ages. Through them all gleams the spirit of progress, which was manifested to the peoples of their time. They contain truth which shall ever stand, for truth always was, and always will be.

The bible has been revised many

times, as the minds of different ages have outgrown its conceptions. It has held the sacred teachings of each age, patiently waiting for growing reason to assimilate truth and throw aside the debris of error. Today, it stands like an ancient ship, with its cargo of truth undisputed, being however, stripped of its barnacles of superstition and ignorance, its rigging of priest craft and political intrigue, until now the hull rests in the channel of life, with its spars visible above the tide, revealing where much golden truth has come down the current of human existence.

Some minds worship the Bible with a fetish worship, in the very blindness of idolatry, forbidding their reason to utter a single remonstrance. For example, the misconception of the birth of Jesus has for centuries hidden the truth which is now becoming apparent in the light of science and advanced reasoning powers.

Cut out all thoughts of failure think only of success and then work for success.—*Ex.*

REGARDING THREE MONTHS TRIAL COUPON.

We find the three months trial coupon method to involve an endless amount of detail and hereby give notice of its discontinuance. We will, however, **GLADLY**, send samples to any one requesting same for themselves and their friends. Send us the names of as many thinking people as possible, and we shall be pleased to forward them sample copies.

There is Nothing to Fear in all the Universe

THE human intelligence is moving out into the open—leaving forever the dark forest paths of fear and its many treacherous defiles, such as suspicion, anger, envy, slander, hatred and murder.

These are all off-shooting, bypaths of fear. There is nothing to fear in all the universe. There is much to overcome and avoid, but man has the right of way on the highway of life. He is beginning to realize and accept this right.

He is rising above the baneful illusion that he is a bagatelle in the wind of destiny, trembling and shivering with dread of what may befall him. Some one asks, suppose a man is on a burning ship with the deep

sea all about him, shall he not fear? No; fear is cowardly, we can believe that courage meets a law of recompense wherever it stands the test.

It is, however, the haunting fear of daily existence which stands like a menacing obstruction to individual progress. This must be overcome in each being. When fear shall become an unknown emotion of the mind, then will peace and courage abound, resulting in health of body, in power of mind and in majesty of spirit. Let us fear not. Fear makes cravens and we are monarchs of all we survey. Let us lift our heads in proud realization of this truth and go forward as conquerors.

Life's Changes

We should strive to meet all of life's inevitable changes with a triumphant realization of the truth that all life, all law is for the best good of all. Rest your busy mind each night upon these words, and their power will give peace:—"Not one leaf, not one drop of dew, not one human being, not one tear, that is not garnered into a treasure house of absolute safety, there to be transmuted into greater beauty of expression."

Divine love is the love that divines the needs of its creatures.

Omnipotent love is all powerful to provide for all their needs.

Omniscient love is allwise how to care for its creatures.

QUESTION AND ANSWER

Question: What would be the solution of the following conditions with the mind on the alert to know what is best to do? While a certain course forces itself upon the mind as one that ought to be pursued, still we hesitate in doubtful mood, and time passes from day to day without action.

Answer: My dear friend, my solution is so simple, you may scorn it. It is this: Face any question with the firm determination to do wisely then act upon the decision that first comes to your mind. That will ever and eternally be the right decision. Procrastination, doubt, fear of consequences are always enervating, demoralizing, ineffectual, and consequently disastrous.

The Battle of the Creeds

BACK in my boyhood days, in the town of St. Hero, Vt., there were two religious denominations, one Methodist and the other Presbyterian. These societies were ever at war with each other. The Presbyterian held to the doctrine of predestination, and the Rev. Mr. Lyon argued that only a few were saved and the balance were predestined for perdition.

The Methodist was an earnest believer of the doctrines of John Wesley, as he understood them. In their controversies I well remember the argument of the Methodist Brother against the doctrine of Calvinism. He said that Calvinism reduced to its lowest terms meant, "You will and you won't, you can and you can't, you will be d—d if you do and you will be d—d if you don't."

Some Questions Answered

THE following question is asked by A. Hill, of Houston, Texas:

1st. Does the science of astrology eliminate the power of auto-suggestion? 2nd. Does the law of the planets constitute a law of predestination? 3rd. Are we able to mould and direct our lives by thought? 4th. Does a knowledge of astrology give us the power to conform with, or combat certain influences?

We reply as follows:

1st. The science of astrology eliminates nothing. It is the science of the laws which bring into manifestation the myriad varieties of existence and their conditions. It renders it possible to reduce to mathematical calculation what auto-suggestion may accomplish individually and universally.

2nd. Planetary influences constitute a law of predestination in the sense that all law predestinates to the effect caused by acting in harmony with, or in opposition to law.

3rd. We are able to and we do mould and direct our lives by thought

4th. A knowledge of the science of astrology should guide as a chart and compass guides a ship away from reefs and rocks into favorable winds and quiet harbors.

Although Dr. Parkyn continues to advertise for a time with our journal we are in no way interested in his Black Sand and Gold Recovery Co. This is not meant to depreciate his statements in regard to same, but simply and only to answer inquiries we are receiving in regard to the subject.

I have only been a reader of THE STELLAR RAY these two months but in that short time I have found food for deep thought, food that has rebuilt, revitalized and raised me from the depths.—*H. M., High Bridge, New Jersey.*

Vibrations

IT IS the variation of intensity or rapidity in the etheric vibrations which makes the great difference in the individual sense of color. Those whose optic nerves are not sensitive enough to distinguish between four hundred and fifty-eight billions and seven hundred and twenty-seven billions, in the velocity per second, are known as being color blind. There has been much written within the past few years about vibration. We give this fact to convey an idea of the number of etheric vibrations which affect the human eye in the brief space of one second of time. Heat, light and color, produce their sensations through etheric vibrations, and sound through atmospheric vibrations, each bearing some relation, one with the other, in acting through the mental and nervous system of the human frame, differing in degree of potency, character and quality according to the mental or physical state.

Color vibrations should be considered in relation to the physical or mental conditions. When weary one should not seek rest in a bright light, as red operates as an excitant or stimulant, and would be desirable for a despondent attitude of mind. Blue is decidedly soothing and sedative in quality, green is also a passive mediating influence. These scientific facts prove the inter-relation of all life's vibrations, their dependence upon each other. A great truth which a few are beginning to recognize.

My Creed

"Do NOT keep the alabaster boxes of your love and tenderness sealed up until your friends are dead, but fill their lives with sweetness NOW—speak approving and cheering words while their ears can hear them and while their hearts can be thrilled and made happier by them. The kind things you will say after they are gone, SAY BEFORE THEY GO. The flowers you mean to send for their coffins BESTOW NOW, and so brighten and sweeten their earthly homes before they leave them.

"If my friends have alabaster boxes laid away, full of fragrant perfumes of sympathy and affection, which they intend to break over my dead body I would rather they would bring them out in my weary and troubled hours and open them, that I may be refreshed and cheered by them while I need them. I would rather have a plain coffin without a flower, and a funeral without an eulogy, than a life without the sweetness of love and sympathy. Let us learn to anoint our friends beforehand for their burial; post mortem kindness does not cheer the hardened spirit. Flowers upon the coffin shed no fragrance backward over the weary way by which loved ones have traveled."

The person who doubts his ability to meet the requirements of his undertaking is going out with a white flag to capitulate to difficulties.
—Ex.

WEALTH

Poor, am I? Nay, I am rich, though penniless. I have my wish—can all your wealth buy more? You own the land. I own the landscape. It is well. I would rather hear the laughter of my little boy, the song that springs involuntarily to his mother's lips; I would rather be cashier of a bank of kisses with a billion in reserve; I would rather direct a syndicate of smiles paying daily dividends of honest joy; I would rather be treasurer of a trust company having a paid-up capital of splendid hope and a charter perpetual in this world and the next—I would rather own these dollarless resources of content than to be able to draw my check for a million with which I could purchase neither love, happiness, nor immortality.—*Burritt Hamilton.*

Thinking One's Self Old

PEOPLE grow old by thinking themselves old. When they reach the age of forty, fifty, or sixty they imagine they look like others of the same age, and that they soon will be useless, unfit for work, and unable to perform their duties. As surely as they think this it will come true, for thought is creative. The time will come when children will not be allowed to celebrate their birthdays; when they will know that by thinking themselves young they will remain young, and that they will cease to grow old when they cease to believe in old age. The body is built up of beliefs, and our convictions are stamped upon every fibre of our beings. What we believe, what we think, that we are; so people who remain young in spirit never grow old.—*Vegetarian.*

TO KEEP YOUNG.

Keep in the sunlight; nothing beautiful or sweet grows or ripens in the darkness.

Avoid fear in all its varied forms of expression. It is the greatest enemy of the human race.

Avoid excesses of all kinds; they are injurious. The long life must be a temperate, regular life.

Don't live to eat; but eat to live. Many of our ills are due to over-eating, to eating the wrong things and to irregular eating.

Don't allow yourself to think on your birthday that you are a year older and so much nearer the end.

Never look on the dark side; take sunny views of everything; a sunny thought drives away the shadows.

Be a child; live simply and naturally and keep clear of entangling alliances and complications of all kinds.

Cultivate the spirit of contentment; all discontent and dissatisfaction bring age furrows prematurely to the face.

Form a habit of throwing off before going to bed at night all the cares and anxieties of the day—everything which can possibly cause mental wear and tear or deprive you of rest.—*Ex.*

Intellectual and Ethical Mountains

Some men are like mountains, and tower above their fellows into a purer atmosphere, into a higher realm, into closer communion with the stars. The peaks that overtop their mates, which in their turn look down upon the foothills, are in themselves an inspiration; an invitation to come up, up into the land of higher aspirations and broader views. Men who by the force of their genius, rise to heights that overshadow the generality of mankind, shed upon life an inspiring, uplifting influence. By their example and precedent they establish new standards and point the way to new possibilities. Every boy should aspire to be one of the highest peaks; a voice that calls to others to climb to the heights. The world is full of foothills and small men; it needs more intellectual and ethical mountains.—*Four Track News.*

Notice

Zameal's Daily Guide, which for many years has been published at 303 W. 150th St., N. Y., giving daily planetary positions by charts and other valuable astrological information, will not be published this year, as we have arranged with its author to conduct the astral department of THE STELLAR RAY and to give information upon astrological matters through the columns of this magazine.

We feel assured that by securing the services of this experienced scientist we are giving our readers the best that conscientious effort and knowledge of the truth can attain.

"People house themselves like hothouse plants and then wonder how in the world they take cold," said the physician. "Nothing wards off colds like good blood, and good blood is impossible without plenty of fresh air. Poorly ventilated rooms and rooms that are too warm breed a train of ills. Women who coddle themselves by the fire can set their 'nerves' and their headaches and their bad complexions down to lack of fresh air as well as improper diet. Let the woman who wants to be free from colds and to live to the utmost form the habit of going outdoors every day throughout the winter and taking deep breaths of the fresh air."—*Ex.*

Our largest opportunities are those we make for ourselves.—*Ex.*

The Kaleidoscope

BY GEORGE POMEROY GOODALE

A TRUE POET, and a right thinker whose identity is lost, so far as he is concerned with authorship, left as one of his bequests to mankind this concentrated description of a sublime character:

"He kept his soul unspotted
As he went upon his way,
And he tried to do some service
For God's people day by day."

I do not know in poetry, or in any literature, a finer summary of the ideal man. The author of "Venus and Adonis," writing of a purely imaginative history and of superhuman creatures, represents the beautiful Adonis as a youngster whose armor of purity is thick enough to defy the darts of the most alluring and potential of all the temptations that beset man. But our anonymous poet goes into the common mart and points out for us a man in our own way of life who does all that Adonis did and makes no pause in his course of conduct to crow over it. We are told that where Adonis died of the hurt received in his encounter with the terrible wild boar, there sprung up a beautiful anemone, as if to mark Nature's gracious approbation of his resistance to the lure of the flesh. But the Adonis myth and the everyday fact are widely variant conditions. The man, having a man's opportunities and cues to depart from the ways of purity, but who yet continues unspotted, deserves all the monuments of poetry and all the flowers of beauty that imagination

can build or grow. Add to such a life the constant comings and goings involved in modest and faithful efforts to "do some service for God's people day by day," and we have the ultimate development of the Christ heart and the Christ spirit in the ordinary walks and ways of the race.

We do not hear much of these unspotted and sweetly serviceable men, for the reason, chiefly, that they perform their good deeds and live their good lives with reticence. I have known a few such, even in the relatively narrow limits of the corner of the world in which my own little activities are exercised. Not one of them has made much noise, or built many bonfires, or shot into spaces of the universe many ambitious rockets; but all of them have lighted the fires of joy on many an otherwise desolate hearth, and applied healing oil to many a poor, hurt struggler in the pitiless battle of getting, and having and keeping. They are men of the humble and contrite spirit when it comes to a show-down for themselves, or to the enforcement of their personal privileges and rights; but they are entirely self-forgetful when employed in opportune helpfulness for the Man in the Street, for the woman out of tune with the gentle womanliness of her sex and her natural environment, for the child abandoned to the cruel indifference of a world that hardly takes note of its existence, or the slinking and furtive criminal that sinks and offends against the law because he has determined that society abhors him.

I suppose that there never was

juster complaint against society's merciless attitude toward the man once guilty of crime than Victor Hugo's masterful recital of the sufferings of Jean Valjean, yet even those sufferings had their compensating joys in the fact that such a man as the good Bishop of the Candlesticks lived and labored and suffered for his kind, and for all created things in which the spark of life was visible. I have not needed to go to Hugo to find kindred souls in the flesh, and it is not unknown to me that men whose portraits are in the rogues' galleries of the police are themselves found in the paths that lead to man's redemption, helping their fellows to stand alone, encouraging them to walk with heads erect and to set down their feet squarely where they walk.—*De-troit Free Press.*

Ingersoll Not Dead

Rev. Robert J. Lockhart, pastor of a Presbyterian church at Nichols, N. Y., who came over 1,000 miles for the purpose, last night in a lecture on "Robert G. Ingersoll" at Handel Hall eulogized the great attorney and free thinker in glowing terms. He placed him in the same category of celebrities with Henry Ward Beecher Abraham Lincoln and Rufus Choate.

"Robert G. Ingedsoll is not dead," he said, "and his works will endure for hundreds of years. Never was a man nobler in character, brighter in mental capacity; never was a man more abused. He was great and honest, a man of honor, and was the greatest exemplar of the English language of his time.

"Ingersoll's lecture on 'Liberty should be laid by the Bible and the two read together. He was a man who practiced what he preached," he said.

"I do not ask any man to follow him, but I do ask every man to acknowledge the truth when he sees it. This world is a much better place because Robert Ingersoll has lived.

"I love and cannot help loving the man. If all were like him, were as good as he, the world would be a better place. He was a reformer who struck at the root of evil."—*The Chicago Tribune.*

Will

There is no chance, no destiny, no fate,
 Can circumvent or hinder or control
 The firm resolve of a determined soul.
 Gifts count for nothing; will alone is great;
 All things give way before it, soon or late.
 What obstacle can stay the mighty force
 Of the sea-seeking river in its course,
 Or cause the ascending orb of day to wait?
 Each will-born soul must win what it deserves,
 Let the fool prate of luck. The fortunate
 Is he whose earnest purpose never swerves,
 Whose slightest action, or inaction, serves
 His one great aim.
 Why, even Death stands still
 And waits subservient for such a will.

—Selected.

HEALTH AND HYGIENE

Hygiene and the Bible

In discussing the theories of those who believe in the bible as a guide to hygienic living, Harry Ellington Brook writes as follows in the *Los Angeles Times*:—

"The Bible is a confusing guide, in matters of health and social conduct, and so forth, because you can prove almost anything you please by the book that begins with Genesis and ends with Revelations, according to the point of view from which you regard it, the meaning that you have been taught to ascribe to it, or the elasticity of your conscience in permitting you to twist manifest meanings into something mysterious and "different." Thus, by the Bible you may prove, by the first chapter in the book, that man was intended to live on a fruitarian diet. You may also prove that the eating of pork and some other unclean animals is a crime against God—a sensible provision that, surely—and still further, you may prove that you should eat whatever is set before you, asking no question for conscience sake. Thus, we find at least two Protestant sects—in common with millions of people in Hindostan—whose members regard the eating of flesh as contrary to divine law, and make vegetarianism a part of their religion. On the other hand, we find many devout church people who be-

lieve they are fasting when they fill up on fish and eggs, etceteras one day in the week, and many others who eat freely of the unclean animal that Moses, the great Jewish law giver, wisely placed upon his index expurgatorius. You may prove that it is well to be the husband of one wife, and you may prove that it is the will of God, under certain circumstances, for you to have several, or indeed a great number. You may prove that a man should be merciful, not only to his fellows, but to his beast, and again, you may prove that God not only approved, but, through his chosen agent, commanded the slaying of women and children captured in battle, reserving only the virgins, for the sexual gratification of the victors.

"That the Bible is thus susceptible of many varied interpretations is clearly indicated by the fact that, during the past thousand years or more, men who profess to be Christians and devout upholders of the Bible have been indulging in such apparently unchristianlike acts as to cause each other to be burned alive at the stake. Others have been torn piecemeal by hot irons, and put to other excruciating tortures, simply because their interpretation of certain passages in the Bible differed from that of their persecutors. That there is great room for justifiable doubt as to the real meaning of many passages in the Bible is shown, fur-

ther by the fact that many years ago it was deemed necessary to bring out a revised version. Again, the authenticity of many of the books is denied by Bible scholars, while it is admitted that some books, not included in the Bible, are fully as much entitled to be there.

"For these, and other reasons that might be enumerated, the editor believes it unwise to mix up theology and hygiene, and to appeal to the Bible as a guide in that direction, however much you may be pleased to regard it as a beacon to steer you across the dark waters into the Unknown Beyond."

Would you be well? Then control your temper. Do you know that fits of passion, this giving way to the worst that is in you, does you not only moral and mental but actual physical harm? Temper invariably interferes with the progress of digestion; it carves ugly lines on your face; it wears upon the tissue and leaves us physically and mentally exhausted, as well as morally weaker after each indulgence.—*Ex.*

It is not enough to know the truth, one must live it; not enough to know the way, one must pursue it; not enough to know what to do, one must do it—and do it without being told, if he would gain the larger benefits.—*Ex.*

It matters little that we know what is best to do, so long as we lack the resolution to perform.—*Ex.*

What is Your Disorder

BY HENRY WOOD.

"I wonder what ails me?" Better not know. If physical sensation tells you a woeful tale, what are you to do? Two things are possible. The usual way is to send for a physician and expect him to "diagnose" the trouble. Out of his great assortment of mental pictures of specific disease, he finds one that seems to fit in detail, and authoritatively locates it. If the cure were as easily fitted it would be well and most logical.

The other possible course may be briefly sketched as follows: Consider your bad feelings as a beneficent notice that you have been violating physical, psychical or spiritual law. Then begin vigorously to repair your errors, look up, and go on your way rejoicing. The possible damage which may come from diagnosis is utterly unappreciated even by many who are thoughtful and progressive. It is so habitual, and even in a sense natural, to want to know just "what's the matter?" But you may safely take it for granted that when you keep still, and let God's and nature's beneficent forces work in you, you have done what you can and entered the pathway of improvement. Of course this does not specifically apply to physical injury or *necessary* surgery.

Disease is a negative matter—a lack of ease. To have it technically named, aids greatly in fastening it on and gives it dynamic power. Instead of a mere lack, it becomes an admitted force—an antagonist. How many, in the course of their experi-

ence, have had their pulse jump and heat increase when the doctor with an ominous countenance and shake of the head said, "fever" "Do you think it typhoid?" With another wise look, "I can tell better tomorrow." Diagnosis often amounts to inner creation and its fruit is outward manifestation. Its regular course and symptoms are expected, and they keep their appointment. If the practitioner does not promptly give the lack in an imposing name, he is not supposed to know his business. He must have an intimate acquaintance with all the spectres which harass poor humanity, and introduce the one most available which will proceed to have its "run." But the patient should decline the engagement. Let him arise in his might and repel it from becoming a fact.

Not infrequently some eminent pathologist shows his rare skill by the detection of some peculiar "lack" before unclassified. He dignifies it with an imposing Latin appellation, or perhaps immortalizes his own name by association with it. He virtually takes out a patent on a new variety of morbidity, and the discovery is a great scientific acquirement. Thousands of young men in medical colleges are crowding their minds with abnormal images in order to find them in human beings. People usually find what they look for. But the writer is not a radical, and will admit that as things are, progress can be but gradual and that the principles outlined, while absolutely true in themselves, can, have but tentative, local application. Until higher laws have more general recognition, diag-

nosis must play its part. To many, error has for so long posed as truth that it seems to have a kind of reality, which in the nature of things can diminish but slowly. From the standpoint of pure materialism, diagnosis is logical. If a cog in a wheel is loose, one must find and replace the cog. But how different in life, which is a force from within. The physician should bring an *impress* of health. Often he would like to do so, but the patient and friends demand that the disorder be labeled.

If it were announced that some eminent moralist had discovered a new kind of sin—something different—it would be thought strange, but disease is not less the result of lack of conformity to law. When a new kind of lack is detected it tends to become the fashion and rapidly crops out in all directions. Doctors are on the alert for it, and accommodating patients everywhere "have it." Doctor Bright, of London discovered a new kidney negation which was named after him. Have kidney deficiencies diminished in consequence? Quite the reverse. They have been subdivided, and now many different varieties of Bright's disease are detected, and the end is not yet. Not to have had an attack of appendicitis and "an operation," is to be quite out of fashion. Hearts have always stopped beating when men have vacated the material tenement, but "heart failure" as a specific disorder, is a modern invention. It is, however, convenient for the profession, for it covers a multitude of mistakes.

A few years ago, I knew a gentleman whose case has typical signific-

ance. In being examined for a common cold, he unexpectedly had the diagnosis of heart disease fastened upon him. He never had had more than a little palpitation, and his reason rejected the theory. But being of a very sensitive organization he could not rid his mind of the terrible picture. He was severely cautioned. When he climbed a stairway or went out to walk, the thought of falling because of heart failure thrust itself before him, and he could not drive it away. It became so acute that he expressed himself as suffering "a living death." Fear was slowly killing him, and soon would have produced the very condition feared. He asked me for friendly advice. Not being a practitioner it could be of no other kind. The suggestion which I gave him was decidedly unprofessional and unconventional. If I had simply said, "don't fear" it would have been useless. He was all the time trying not to fear. I told him to affirm every hour of the day, —many times, "I love heart disease." He followed the advice and in a few days the spectral features of the idea were swept away, the equilibrium restored, and he could think of the dreaded malady with the utmost indifference. The "treatment" was no longer needed. It was a practical application of the subtle law that "love casts out fear" in unique application. Not only real love but thought love in effect. Coax a frightened horse up to a windmill and let him smell of it, and the trouble is over. If one knows the law, he may soon change his own viewpoint so that he may see, not only environ-

ment but himself in a different light.

The formidable and highly scientific diagnosis of slight ailments, though well intended, has been detrimental to thousands. This is no plea for ignorance or indifference, but only an intelligent discrimination of mental law. Aside from any special optimism—which may be cultivated in any degree—Mother Nature's forces are always working steadily but powerfully in the direction of wholeness. Aid her simply, and trust her. If she is considerably heated in a desperate effort to help you by quickened action, do not dash cold water upon her method. She is only hurrying to correct your mistakes.—*Health*.

This is in full accord with what is now being taught by many of the most profound thinkers and students of Nature's action on astrological lines for they recognize, and *prove by* their calculations, the dual or triune condition of man and say that there are three planes of action for nature's impulses, the physical plane, the mental or soul plane, and the absolute or spiritual plane; that Natures inherent forces act according to *immutable law* upon each of these planes within man himself and produce activities that are absolute and unavoidable, except in this; that man, because he is a replica or epitome of the potencies of the universe has some of that creative will which is the attribute of divinity—he is a God in embryo—and therefore he can, by exercising this force, transmute what would act upon a low plane to produce a malefic result into action upon

a higher plane effecting less injury to his physical or even his mental nature, though he can by no means entirely nullify or reverse these impulses nor affect the times of their occurrence for these are ordained by the *whole* of the body and spirit of Nature herself and arranged to produce her activities at certain times and places in certain ways in accordance with specific planetary motions and specific combinations of planetary influence.—Zamael.

Natural Food

BY EUGENE CHRISTIAN, Naturalist.

The words "Natural Food" have been used to describe so many highly artificialized articles and so many things that are not food, that the meaning of these words to the average mind has become vague and forceless.

In the long process of evolution, Nature has produced certain articles in the vegetable kingdom upon which all animal life has fed, and from which it has developed.

All forms of animal life are in reality the net product of materials called food, and what it first subsisted and fed upon was the most important factor in shaping its ultimate destiny.

That type of life to which man belongs if traced chronologically from age to age, and geographically from land to land, will be found to have originated in the tropics, or the warmer belts of the earth's surface. His primitive food was plants.

As the centuries passed by and he

ascended in the scale of evolution, he added fruits, and further on nuts to his crude bill-of-fare. So far as his physical needs were concerned, this combination, nuts, fruits, and plants, composed the most perfect diet, he has ever fed upon.

The first dawn of civilization inspired man with a desire for travel and romance. The instinctive curiosity and unsatisfied desire for something, anything he did not possess, led him beyond the limits of his own country and every step involved the question of food; Especially as he migrated northward the keeping foods to tide him over from season to season became a matter of very grave importance, one that often involved the question of life and death. His faculties were employed almost wholly in his endeavor to solve this one dominant question. He had emigrated beyond the limits of his native land where he could live from the bountiful prodigality of nature. He found himself confronted by all the hazardous vicissitudes of climate, and vegetation. Roots herbs and every vegetable thing were tested as food, and during periods of famine and hunger in sheer desperation he slew, and even preyed upon animal life.

It is certain that the custom of flesh eating among the ancients, began with the direct necessity—with the choice between that or death by starvation.

From the widely diversified bill-of-fare man had found, by experimenting, and under the pressure of necessity, he gradually became an omnivorous being.

The great strides of civilization could not have been made had man remained a tropical animal. Solving the problem of food, shelter and the preservation of life was the flint to which the mental steel was constantly applied that lighted the fires of European and Oriental Civilization.

Civilization in its last analysis is naught but constant and ceaseless change. It was therefore in harmony with his other habits, and advancement, that man should continuously change and extend his bill-of-fare. Whether the race has profited by these changes is yet an open question. Many years study and experimenting has convinced *me* that it has not, but on the contrary, that the civilized bill-of-fare has been and is today the most potent factor in the marvelous reduction that the life period of man has undergone.

All forms of animal life on this globe, live about eight times their periods of maturity, except man. He matures at about twenty-four; measured therefore by all other forms of animal life, he should live nearly two hundred years. But he drops into his grave at an average of forty while he is yet in his youth.

There is some good reason for this, the answer must be found in a consideration of the material from which his body is constructed.

Of what is he made? With what kind of material does he keep himself fed and repaired? He must be very largely what his food has made him.

Disease is merely the outward expression or penalty for violated Natural laws.

Health is Nature's regard for conformity to her laws.

What reason has man to give for living out only about 1/5 of his Natural life period? Is he willing to admit that other animals who are governed by a law, he has named instinct, are better governed and guided physically than he, with all his learning, wisdom, education, and marvelous institutions of science, in short his civilization? If this is so, wherein has he profited? Would he not rather be a red Indian chasing a jack rabbit on the plains of Texas at one hundred, than to be a young capitalist sleeping beneath a lying monument in a city cemetery?

The facts are that all great events move in cycles. There is a strange kind of harmony between all civilized races. They do one thing at a time within certain periods of time. They all move in the same direction.

The mind of man was employed for thousands of years in trying to ascertain from what source he came, for what purpose he was here, and his ultimate destiny.

Stimulated by invention and travel, a few hundred years ago, the faculties of gain and accumulation began their development. These have evolved on and on until they have reached such vulgar and ugly eminence that it is no longer respectable to be extremely rich.

It is only of recent years that a man has begun to think about the really useful things in life.

It is evidenced by the current literature of the various countries that nearly every civilized people in the world are at this time asking the same

questions and making the same investigation on the subjects of health, longevity and the science of producing, maintaining, and repairing animal life.

These investigations all lead to the food question with the same degree of certainty, that following the course of a stream leads to the sea.

A lot of good steel, stones and timber, thrown together without thought, would be a useless pile of debris, but if selected, placed and properly proportioned they make a beautiful structure; so it is with foods, and so the thinking world is beginning to think.

The human body is composed of certain well known elements. Certain natural foods supply these elements. These foods can be so combined as to excite and appeal to the highest sense of taste. They can be so divided as to supply all these elements of nourishment in the right or natural proportions.

The solution of these questions means the power to build the human body and all its strange faculties to limitless degrees of perfection. It means the power to give to man a life period at least equal to that of the lower animals. It means the power to make the soil in which the mind of man may grow to undreamed limitations.

BUFFALO ILLUSTRATED TIMES

"THE STELLAR RAY" for January is on time, and full of interesting bits. None of the articles are too long, the print is clear and, one feels leisurely in reading it. So much for vibra-

tions. Have you ever taken up a book or magazine and from it received almost a nervous shock, either because the type was too small or badly printed, or the matter within was heavy, or worse still, badly expressed, so that he who ran could not read? We do not think any one will be able to find fault with Mr. Hodges' "STELLAR RAY" which gives forth a true ray, bright and helpful.

Worry Murders Sleep

Insomnia is often caused by worry, which produces indigestion and inflates the blood vessels of the brain. Under these circumstances, before going to bed the feet should be put into hot water. The object of this is to draw the blood from the head, for when the blood vessels are inflated they press against the skull, the result being either wakefulness or disturbed sleep. Sometimes wakefulness is from a directly opposite cause, and it is necessary to send the blood to the brain, in which case relief may be almost instantly obtained by putting a pillow under the feet instead of the head and establishing a normal circulation in that way. The restless brain may nearly always be soothed to drowsiness by massage of the temples and the back of the neck. If with the first sign of sleeplessness some of these simple methods are used many wakeful hours may be avoided.—*Ex.*

I am so well pleased with your magazine that I am sending addresses.—*A T., Lindale, Texas.*

Nature Cure

Dr. W. W. Hall, for a long time editor of the *Journal of Health*, one of the ablest and most common-sense writers upon dietetics this country has ever known, put upon record fifty years ago his belief that it was impossible for a healthy person to eat enough ripe, sound grapes to injure his digestion. "A pound of grapes," he asserted, "may be eaten at one time with impunity and with benefit to the eater." This—to the superficial thinker—startling hypothesis is fully supported by the history of the grape-cure, as practiced upon the European continent. In certain towns and cities where this is popular, schools, public and private, are closed for ten days when the grape season is at its height, and household tasks suspended for the same time. Hundreds of families and hosts of visitors to these places flock to the vineyards and practically live there while taking the "cure." This same "cure" consists simply in eating all the ripe grapes one can consume daily, and little else except brown bread and butter. The specific effect of grape juice taken thus, *au naturel*, is to bring the stomach and bowels to a healthy condition. It acts also healthfully upon the blood, dissolves and ejects biliary calculi and gravel.

The wonderful curative power of Nature is fast being recognized by the medical world. To-day even the most bigoted physician prescribes fresh air for consumptives and the more up-to-date medical men frankly

acknowledge that medicine is of no avail in such cases, and that the open-air treatment is the only cure.

Last winter extensive experiments were made with pneumonia patients. Instead of locking the victims up in hot and poorly ventilated rooms, they were taken on the roof of the hospital, where they were permitted to breathe fresh cold air. It is needless to state that the experiment proved a wonderful success, the death rate under this treatment being very low.

The latest demonstration of the curative power of Nature was at the Louisiana Home for Lepers. Never in the history of medical science has there been found a cure for the loathsome disease—leprosy. Once an unfortunate contracted it, he was doomed to rot to death by inches. To-day, however, the Louisiana Home for Lepers is actually curing patients and discharging them from the institution as cured and no longer dangerous to the community. Breathing, sunshine, exercise, bathing, and general cleanliness is the secret of the cure.

I earnestly believe that there is not a weakness or disease known to mankind that cannot be cured by an intelligent application of Nature's forces. By an intelligent application, I mean, not going to extremes in any one direction. Use judgment in the selection of food, but do not become a diet crank. Eat slowly, but do not become a mastication crank. Bathe, but do not take dips in ice water. Exercise, but do not try to kill yourself. Rest, but do not rot. Cultivate right thinking, but do not become a Chris-

tian Scientist, and say that disease does not exist. Do not go to an extreme in breathing. Though I have never heard of a case where this has been driven to extremes, I cannot but bear in mind always the Latin proverb: *Omne nimium vertitur in vitium*—"Every excess becomes a vice."

Nature's cure has one drawback: it is not rapid enough for the average individual. It does not act like a strong emetic—in a minute. Nature forgives the violation of her laws, but she acts slowly. It may take a year or more to overcome the evil habit of incorrect (chest) breathing, the habit of shallow breathing, the habit of bolting food, the habit of laziness, the habit of crankiness, etc., etc. But, as we are sentenced to remain alive here for years, it pays anyone, even the oldest man to turn over a new leaf and take care of his body. One might as well be dead as to merely exist. A sick man is of no more use than a dead one, and he takes up more room. *Don't be in the way.*—Prof. von Boeckmann, in *Health*.

The Realm of Health

BY EUNICE ELLIS.

PART I.

A FABLE.

Once upon a time there lived a race of people in a region underground, where there was no natural light and the air was very impure. No time or means were spared in their endeavors to create pure air.

All sorts of devices were used. Nothing else was thought to be of so much importance as the making of pure air.

A last a "new thoughter" appeared among those people with the astonishing statement that just out above them, pure air was everywhere—perfectly free. He not only brought a "standing invitation," but offered free transportation. A few made fun of him. A few ventured out, but the glare of the sunlight dazed them, and some returned before they were accustomed to the change. But the chosen few stayed. They were "stayers."

PART II.

MORAL.

A class of people to-day is locked in a dungeon of disease. Medicines and appliances of every conceivable sort are invented, and our pathways are strewn with hideous medical advertisements.

Some have found the upper realm of health and are pointing others to it, and are greeted with the cry of "put him out," "Christian Science, Faith cures, put him out etc." Nevertheless quite a procession is going up.

PART III.

REVERIE.

O, that we could get rid of that word "cure" and "forget it" and step out into the health realm where there is nothing to cure.

Health is like air and sunshine—its free.

Will you come up?

Danger in Frightening Children

THESE are some people who seem to take a morbid satisfaction in frightening young children by suddenly appearing before them with the face hidden by a mask or the entire body covered with a sheet, at the same time uttering loud and unnatural sounds and gesticulating in a wild and frantic manner. Occasionally a person is so regardless of possible accidents as not to hesitate to point at a child a gun or pistol, or feign to strike him with a knife or hatchet.

The setting of a strange dog upon one who already shows signs of terror at the constant barking of the animal is sometimes followed by unexpected and painful results.

For little acts of disobedience children are sometimes shut up in a dark closet or temporarily confined in the attic or cellar. At other times they are told strange stories of ghosts, and threatened that if they do not behave they will be sold to the rag-picker or that wandering gypsies will steal them and carry them away.

These and other such frightful apparitions are relics of barbarism and superstition, which should have no place in the light and intelligence of this century. And not only this, such scenes, stories and threats are grossly indecent and deliberate falsehoods, the nature of which the child will some day understand, and he will be very likely to form a just estimate of the moral character of those in whose confidence and honesty he firmly believed.

It is also to be remembered that it is possible that a child may be so often frightened in one way or another as to eventually weaken his character, and even sometimes produce a deplorable state of imbecility; and there are many cases on record where a child has been so frightened as to cause insensibility, convulsions and death.

It is for these reasons that any mother, nurse or governess detected in such practices should be called to answer for her conduct.

Any one having the care of children who will take so little thought of the welfare of their charge as to add punishment to a child who is already frightened shows a weak spot somewhere in her mental and moral nature, and certainly is not fitted by natural or acquired endowments to assume such responsibility.

I bought the first number of your magazine in a bookstore and was afraid that Mr. Parkyn's magazine could not be kept up by anybody else in such grand form. I must acknowledge that the new number is in my estimation better than any of its forerunners.—*A. K., Wichita, Kans.*

I am greatly pleased with THE STELLAR RAY. Aside from its Astrological department, it is a decided improvement over Suggestion.—*I. J., Houston, Texas.*

The man who has done his work today is reinforced for tomorrow.—*Ex.*

CONTRIBUTIONS AND SELECTIONS

A Scientific View of Telepathy

The action of one mind upon another at a distance, by means outside of the senses, is now generally assumed to be a fact by persons interested in what is called "psychical research"; so much so that they use it to explain other mysteries with which they come in contact. That such use is quite illegitimate they are told by Mr. J. Arthur Hill, in one of their own organs, the *Annales des Sciences Psychiques* (Paris, October). Mr. Hill apparently believes in the facts assumed in discussions of telepathy, but he will not accept any inferences at all, apparently even rejecting the one on which the name (from the Greek *tele*, far, and *pathia*, feeling) is based. He says:

"Throughout the history of science it is to be noticed that generally new facts have been rejected at first as ridiculous and later accepted as the most natural things in the world. Galvani was given the nickname of 'the Frogs' Dancing-master,' and scientists made merry at his expense. To-day the new force that he helped to discover is so familiar, even to the uneducated, that any specially mysterious physical phenomenon is lightly explained as 'probably due to electricity.'

"In the domain of psychical research the same thing is true of telepathy. Long rejected by men—some even in doubt still—it is now

recognized by the majority of investigators as a natural fact, almost commonplace. And Messrs. Hudson and Podmore explain all psychic wonders by 'telepathy' just as the ordinary man explains physical marvels by 'electricity'.

"Let us now ask what we mean by the word 'telepathy.' It was invented in 1882 by Meyers, who defined it as 'the communication of the impressions of one mind to another, independently of the recognized avenues of the senses.' Several points should be noted in connection with this definition. The most important is the fact that telepathy is not a process. It is a name for an alleged fact, but it includes no inference regarding the manner of production. The alleged fact is that there has been communication between two or more intelligences; but how has this taken place? We do not know.

"Every hypothesis of 'cerebral waves' and 'ether vibrations' in the conception of telepathy is absolutely illegitimate."

In fact, the author thinks, the very inclusion of the word "communication" in Meyer's definition was unwarranted. The fact alleged is merely the appearance of the same thought or image in two minds.

This does not necessarily imply communication; it might conceivably be the result of preexistent facts, like

the resemblance of two relatives. We may, it is true, adduce a possible communication as an explanation, but the fact that this explanation has been made in the case of the reproduction of drawings, we will say, at short distance, does not lend any support to its employment in the case of an alleged phantom appearing to a man hundreds of miles away. To quote again:

"The one does not explain the other; what we want is an explanation of both. And to pretend to explain veridical hallucinations or haunted houses by referring them to telepathy between divers agents not always conscious ones, is, it seems to me, a method that is quite inexcusable and unscientific."

But though it is not legitimate to introduce into the conception of telepathy any notion of the *modus operandi* of the alleged communication between mind and mind, we may certainly inquire concerning this *modus operandi*, supposing, for the moment, the reality of the communication proved. Four hypotheses, the author tells us, may be resorted to, in such case. The communication may be due: (1) To some kind of vibration, etheric or otherwise, emitted by one brain and impugning on the other; (2) by direct action of the mind on another's brain, in such a way as to evoke the desired thought; (3) by insight of the receiving mind into the brain when the thought arises (clairvoyance); or (4) by some direct and incomprehensible communion of mind with mind. The writer concludes:

"Objections may be advanced against all these hypotheses, and for the moment it is just as well to abstain from such speculations. The immediate and pressing need is the fact itself; we must have more facts, more well-attested cases of the type that we are pleased to call telepathic, for want of a better term to hide our ignorance. Perhaps at some future time, when an imposing collection of data should be at our disposal, and when progress has been made along parallel lines of research to aid and inspire us, some psychic Newton will formulate the new generalization long awaited and will state the law, long sought, of this mental inter-communication."—Translation made for *The Literary Digest*.

Truth is not confined to any Bible, however venerable, nor to any church, however ancient her authority. The ideas of past centuries will not suffice for to-day in religion any more than in science or industry.—*Rev. W. H. Pulsford, Unitarian, Chicago.*

Hope finds the bright side of every untoward event of life—the silver lining of every cloud. It is the searchlight of faith and the armor of a stout heart.—*Ex.*

The fullness of life comes only to those who think things out for themselves; those who concentrate their energies on a worthy aim and leave behind them achievement to mark their passing.—*Ex.*

The Power of Initiative

CHAS. F. RAYMOND.

The man with initiative is the man who succeeds. He does things different to the way most people do them.

He has ideas of his own, and he doesn't always agree with his neighbor.

He is a creator.

The man with initiative is not always a university graduate; he may not be a fluent talker, a good writer or of an attractive appearance.

But, say, something moves him, and he does.

He looks far ahead, for he has the eye of a seer. Often he lives for the next generation, or even the next century.

Columbus, peering to the horizon; Gallileo, gazing at the heavens; Harvey, looking at the blood move; Howe, watching the sewing machine stitch; Franklin, chaining the lightning; Milton, sightless, looking into heaven and then into hell; Newton, discovering gravitation; Wesley, Knox, Calvin, Luther, St. Patrick. These are names that you know, names of men of initiative.

The woman who wrote "Uncle Tom's Cabin" was a creator, and helped to free the slaves.

Don't bottle that genius of yours; let the world see it.

Men of initiative cannot be sat upon. They bob up like a cork, with the idea all their own.

You see certain people and wonder why it is that they are outstripping

you in the race. You compare clothes; yours are better. You compare looks, and your brow is certainly higher than theirs; you are better educated, and yet they are outstripping you in the very points upon which you pride yourself. Sir, they have cultivated the power of initiative.

You have this power in a smaller or greater degree; then cultivate it. It is like your arm, and will get large and strong if you use it. The fakirs of India vow that they will not move their arm, and closing their hand, sit while the nails grow through the hand and the arm shrivels away.

Use your power of initiative, and use it now, if you don't you will some day find yourself in the dust of the procession and the other man perched on the cushions near the band wagon, leading on.

Use your power of initiative; if you don't, you become one of the rag-tag, one of the rabble.

If you have an idea, let's have it; if you have made a discovery, let us know.

It makes no difference because it was never done that way before; go ahead and do it, perhaps you are to be the discoverer. If you have discovered some fresh truth, out with it, tomorrow its impress may be effaced from your mind.

Anyone can follow.

The ability to decide at once which of several duties is most important and most worth while is a talent to be assiduously cultivated by every woman.—*Ex.*

Self Confidence and Success

BY DR. J. C. QUINN, F. S. Sc., London, Eng.

HEALTH, usefulness and success are mine. I claim them."

Keep thinking this thought no matter what happens, and ere long these blessings will be yours.

The law that underlies this mental process may be thus expressed: "Desire will fulfill itself;" "Nothing is impossible to him that believeth," to use a Biblical phrase.

We can achieve success and have health, wealth and happiness if we will persistently hold to a desire for such things and confidently believe in the realization of our desire.

When apparent adversity comes, be not cast down. Make the best of it. Always look forward to better things, for conditions more prosperous.

By daily holding yourself in this mental attitude you will set in motion subtle, silent and irresistible forces, which, sooner or later, must actualize in material form that which is to-day simply an idea.

But let it be clearly understood that ideas possess occult power and, when properly planted and carefully tended, are the seeds which ere long bloom as material achievements and fruits of satisfied longing. John Burroughs expresses this idea well:

"Nor time nor space, nor deep, nor high,
Can keep my own away from me."

Avoid with the utmost care all worrying and complaining and utilize the time thus redeemed in looking

forward to (and so actualizing) the conditions you desire.

Continually suggest prosperity to yourself. See yourself mentally in prosperous circumstances. Keep ever affirming to yourself that you will soon be in affluent circumstances. Affirm it calmly and quietly, but none the less strongly and confidently.

Believe it absolutely. Expect it.

"All things are yours." This is the *believer's* heritage, though we often fail to realize it through lack of faith.

Absolute confidence is the price. The men and women who are successful in this world are those who have absolute confidence in their ability.

Have a definite purpose in view; then ever hold in your mind the thought of success, work steadily on to your goal, and you cannot fail.—*Selected.*

Every man is a genius, did he but know it; for he has latent capacities waiting to come into exercise whenever he allows himself to forget his finitude in contemplating and obeying the Infinite, which incessantly calls to him from within. If he listens to the voice it grows louder; if he obeys, it becomes more authoritative—until in time, he forgets the impotence of the lower self and identifies his life habitually with the higher.—*Frank H. Sprague.*

Personal Magnetism

BY ROBERT BRYAN HARRISON.

Writers differ very materially as to what personal magnetism is and some writers deny its existence altogether. We read these different books and hear these different discussions, not with a view of trying to reconcile the conflicting statements, but with a view of appropriating such particles of truth as may fit our individual requirements. What may appear to be truth to me, may appear very absurd to you.

In my first talk on this question I took the position that all persons were more or less gifted with personal magnetism and that it was possible for each and every one of us to increase the supply of that which we have. In order to increase personal magnetism I set up five propositions; viz:

1. HEALTH
2. CLEANLINESS
3. OPTIMISM
4. UNSELFISHNESS
5. SOULFULNESS.

Take these five basic principles and put them into practice and you will find that I have not set up dummies of straw for some one to knock down, but that they contain elements of truth that cannot be successfully assailed.

What few suggestions I shall offer you to-day, will be upon another line of thought. It is this:

"Freely give and ye shall freely receive."

From a Psychological view point, I hold that there is only one source of

power. The same power that lights the moon and stars in the heavens, turns the dynamos that generates the current that moves our street cars and illumines our streets. That nature as exhibited in the plant life, is also the power that controls the forces in man. It is everywhere. The supply is exhaustless and to get fully charged with this life-giving energy all we have to do is to get into harmony with the source.

To obtain more magnetism we must give out what we have gathered in. When an athlete goes into training, he tries to get rid of his strength in order to gain more. He dispenses part of it in boxing exercises, lifting and swinging dumbbells, punching bags, walking, rowing and running. He has found from experience that the more strength he gives away, the more he receives.

In order to gain friends we learn that to secure a friend we must be one. The more friendship we give out the more friends we will have.

The thrifty merchant has long since learned that the more money he spends in experienced help, attractive show windows and advertising the more money he will receive.

Take Love as an example. It is generally the case that we love someone because they love us. Love begets love, and the more you give out either to individuals or humanity, the more you will receive.

Some people are very much like the Dead Sea. They are willing to receive everything that comes their way, but unwilling to give up or give-out anything. What is the result?

Their lives are stagnant. No growth or development is visible.

See the difference between the Gulf of Mexico and the Dead Sea. The Dead Sea takes up and absorbs everything. The Gulf of Mexico receives the mighty streams of fresh water that find entrance to its mighty depths, and in turn it turns loose a stream, so strong, so vigorous, so full of life and activity that its course, which is about three miles wide, can be seen half around the world and its influence upon the living creatures who make their homes in the ocean is beyond all comparison.

Which of these attributes is best for us as individuals for the development of personal magnetism? Receiving or Giving?

If we would increase our personal magnetism, give it away, throw it out to others and it will return to us increased an hundred fold.

Telepathy

SUSANNA DRAKE BISHOP, La Habra, Calif:

In an interesting article of Dr. Funks he says: "A gentleman connected with the University of Chicago sent me a small envelope which he said contained a question to a deceased friend; he would not give me the name of the friend nor let me know the question, so that neither would be in possession of my mind and thus telepathy or mind reading would be excluded."

Because he was unconscious of the nature of the question the writer

evidently deemed it impossible that any knowledge of it should be in his mind. Whoever thinks a message can be stopped in its flight and sealed in an envelope reckons without his host. Thought, like the wind, goes "where it listeth" and its delicate vibrations are continually knocking at our brains for recognition. From personal experience and investigation I have had many evidences that telepathic impressions are being constantly flashed back and forth between sympathetic minds.

Sometimes the impressions are from the living; sometimes from a higher source; sometimes they are visible, at other times audible. Oftener they lie unnoticed, but not necessarily dormant in the unexplored depths of the soul where they make for good or ill according to the tendencies and desires of the recipient.

Last summer I called upon a psychic in Los Angeles—a stranger—who answered sealed questions. Aside from the expected answers, she gave me unsolicited, the information that a friend was in the East—a friend that I knew only through correspondence. I gave little credence to it until it was verified a few days later by a newspaper item. This was proof positive to me that my friend had already acquainted me of the Eastern trip and the sensitive simply translated the knowledge from my subjective mind or soul to the objective.

Although it is comparatively seldom that people are conscious of the silent messengers of the mind, they undoubtedly exert a powerful

influence upon mankind. And unspoken thoughts ought to be guarded as closely as the others.

Mr. Harry Brook of the Los Angeles Times believes that the horrors of the Chicago slaughterhouse stimulate crime in that city. I would go further and say that the mental emanations from that horde of butchers tends to produce crime not only in Chicago but elsewhere. The insensible influence from such individuals would naturally have an evil effect upon those morally weak and susceptible to brutal suggestions. Thought travels on magnetic currents that know nothing of distance, and no mortal power can measure its scope.

Maurice Maeterlinck's "Wisdom and Destiny:" "But if all who may count themselves happy were to tell, very simply, what it was that brought happiness to them, the others would see that between sorrow and joy the difference is but as between a glad-som, enlightened acceptance of life and a hostile, gloomy submission; between a large and harmonious conception of life, and one that is stubborn and narrow."

The heroism that sustains one in living a just life; that conserves the rights of others; that rewards merit without partiality; that withholds not an honest wage, and that breaks no promise, is worthier than that which storms the height and takes the fortress.—*Ex.*

Make Believe

Let's dream, like the child in its playing;

Let's change the things 'round us by saying

They're things that we wish them to be;

And if there is sadness or sorrow,

Let's dream till we charm it away;

Let's learn from the children and borrow

A saying from Childhood—"Let's play."

* * * *

Let's play that the world's full of beauty;

Let's play there are roses in bloom;

Let's play there is pleasure in duty

And light where we thought there was gloom;

Let's play that this heart with its sorrow

Is bidden be joyous and glad;

Let's play that we'll find on to-morrow

The joys that we never have had.

* * * *

Let's play we have done with re-pining;

Let's play that our longings are still;

Let's play that the sunlight is shining

To gild the green slope of the hill;

Let's play there are birds blithely flinging

Their songs of delight to the air;

Let's play that the world's full of singing,

Let's play there is love everywhere.

—J. W. FOLEY.

The Luxury of Sorrow

BY IRENE GARDNER.

Often are we told that the most selfish people in the world are those who are in love. They are so absorbed in each other that they have no thought or consideration for others.

But love does not make people as selfish as does grief. When people are in sorrow they not only withdraw from the activities of the world, but also envelop themselves in such a mantle of misery that to come into contact with them means to be depressed. There are, it must be acknowledged, exceptions to this rule, but they are rare.

Whoever coined the phrase, "The luxury of grief," knew human nature pretty well. People love to nurse their sorrows, to luxuriate in them, parade them for sympathy.

There is the case of the Colorado couple who lost their only child last spring. The little one was six years old and the grief of the parents was terrible. Nor did it lessen as the months went by. The result has been that both are on the verge of a nervous collapse, and under the care of a physician. He has prescribed a cure which they are going to try. It is to take up a rigid course of study. This winter they have both entered the University of Colorado, she to pursue a post-graduate course, he to study law. He has been a political leader and officeholder; she is a highly intelligent and cultured woman. Neither is quite 40 years old.

Is there no work for others these two people could do that would take their minds off themselves? Are there no little 6-year old children in Boulder, Col., needing care and sympathy, in whom they could take an interest, whom they could help over the rough path of life?

"Ah," you say, "but think how some little child like that would recall their own child!"

But if grief over a child's death does not make parents feel a greater love for other children and desire to help them, what good has that parental love done them to make them thus selfish?

This question naturally arises on reading of their case. Yet they are only doing in a greater degree what we all do in a lesser. Immediately sorrow comes to us, we contract, shut ourselves in, become hermits. So it happens that many never again become themselves. How different it would be if we expanded our natures as a cure for our griefs. A large share of the world's problems would dissolve like mist before the sun, for the thought for self would give place to the thought for others.
—*Detroit Free Press.*

The name, THE STELLAR RAY is all right. Frontispiece correct. I must say, I was greatly pleased with the magazine, never quitting until I had read it all—*B. A. F., Arcata, Calif.*

A Vision Control of thought

W. F. PETTY, 1341 E. Adams St.,
Phoenix, Ariz.

HARRY GAGE, Hotel Nothingham,
Boston, Mass.

To those that will be interested, let these few lines speak for themselves. I am not a dreamer, nor have I cultivated imagination.

I was sitting in my room reading a very interesting item, when like a flash something stopped me from reading. Then passed into my vision a messenger boy, as plain as if he stood before me. I did not understand it and continued my reading. But later I visited a medium, thinking I could gain some information. All she could give me was, I would hear surprising news. The next day came the following message: "Come home at once, your brother is very low." Three days later he passed into eternity.

"The rise and spread of Theosophic and allied modes of thinking, the remarkable rise of Japan, and probability of China ultimately following suit, suggest various speculations.

"It seems many educated Asiatics are inclined to re-examine the fundamentals of their own philosophic and religious systems, bringing them more or less into line with the conclusions of Western scientific thought. Some of their ideas (publications of the 'Brahmo Somaj,' for instance) seem to me far better, and perhaps truer, than the dogmas of orthodox Christian theology, and one fancies it is extremely unlikely they will ever be supplanted by it."

Are you a slave to worry, fear, grief, pessimism, jealousy, envy or anger? Do not tolerate any of these weaknesses. One would not worry if he realized the wonderful powers that are latent within him. He would not fear if he realized his ability to express his true self under all circumstances. One would not give way to grief if he realized the undoubted fact that there is here and now, abundant cause for happiness.

Why should one be pessimistic when all life is gradually advancing to higher standards? Why be jealous when one realizes the power to have and to hold all that truly belongs to him; or why should one be envious of another when it is known that all have the power within to express health and strength of mind and body. There is no need to permit angry tempers to cloud the life. Calm positiveness will accomplish more than angry words, while all discordant emotions degrade the mental powers and by direct chemical action injure the body. Science proves by the analysis of the saliva of persons under the influence of varying emotions, that there is a definite chemistry of thought.

Books give to all who faithfully use them, the spiritual presence of the best and greatest of our race.—Chan-ning.

STELLAR SCIENCE

The Truth About Horoscopes

THERE appears to be a misunderstanding among many really well informed, intelligent persons, as to what a horoscope really is, and we have many inquires which show that some suppose it to be a printed sheet giving the outline or history of one's life. A little study of the meaning of the word "horoscope" will make this matter clear to all. "horo" is derived from the latin language. It means, "the Hour" and always refers to time. "Scope" has a similar derivation and refers to vision, as in spectroscope, telescope, etc.

The horoscope is, then, a view of the hour; a picture, a map, a chart of the conditions that existed at a specified time, that may be viewed or

studied. Any printed or written matter that accompanies it is a reading of the horoscope. The horoscope itself is calculated by mathematical, exact and scientific rules, and all scientific persons will agree as to the truth of a horoscope thus calculated.

A good reading of one's horoscope is a great help to any person who desires to know himself better or who desires to become more capable, forceful and successful; it enables him to find those paths which nature has made easiest for him to travel, the ones in which she will give one most assistance.

The horoscopes, calculated in our Astral Science Department, are made as absolutely scientific and mathematically correct as they can be.

The Sun in Gemini

THE Sun in the sign of Gemini or third house, from May 21 to June 30, strengthens the intellect and inclines the native to the pursuit of literature, science or art, and to following some occupation connectel with these. It favors educational, secretarial, and clerical work, writings, documents, letters, literary work of a short or ephemeral kind such as in magazines, newspapers, pamphlets, or small books, work connected with messengers, means of transit, the Post Office, etc. The mind is versatile and fond of change

but positive and strong. He is somewhat ambitious and aspiring, and may turn to public work, connected with education, local politics or public speaking, and lecturing. He is fond of movng about, of walking and of short journeys, principally by land. He finds friends among literary people and others signified by Gemini, and may join secret societies or associations, the activities of which are those of Gemini. He may be the most clever or best educated of his family. It gives several brothers or sisters. his position also signifies the birth of twins and a double marriage, as Gemini is a double sign.

Scientific Marriage

EVERY observer of human life will have been struck by the strange instinctive likes and dislikes which some people manifest towards others of their own or the opposite sex. Two friends will take opposite views regarding the same person at first sight. There is a cause for it, and astral science affords a useful and satisfactory explanation.

Considering the conditions of marriage the first essential is to investigate the natal horoscopes of the two who are to join in marriage, for upon the harmony of these depends the harmonious conditions of their union. Look well to the positions of each planet and compare its place with that of the marriage partner, for if cross aspects are shown to exist, either in the natal chart or by the progression of the planets, then do not enter into marriage, at least until these afflictions have passed. Then again two maps may harmonize generally, but there comes a time when the planet by progression, or transit may tend to stir up ill feelings between the two, and until this afflic-

tion has passed, they must avoid such things as are signified by the planet's influence to cause inharmony between them, for these directions do not last ultimately and pass away in time.

If these influences were better understood, then humanity would solve one of the difficult problems that are now the cause of keeping the world in ignorance, and bringing into physical manifestation, imperfect bodies and gross environments; for the spirit to find experience through this with many other influences must be righted ere humanity have been brought into the light.

In a figure for considering the subject of marriage, let the Moon always be increasing in light and motion, and see that she is not configured with the in-fortunes, and if such occur, see that the Moon be elevated above them and in her essential dignities. In this consideration, see that the Moon is not affected in the first or seventh house, for this signifies that the persons then married will be in constant strife—*Science and Key of Life*.

A magazine such as yours, I believe, will do more to educate them and let a new light shine on facts—which to most people are mysterious—than any other means I know of. I eagerly read every word and as eagerly watch for each month's issue. I am only a learner myself at the doorway of life's mysteries but I wish to know more. I wish to tell you also that one article you have published has saved me from making a blunder which would have been fatal to my happiness and perhaps caused me years of suffering. I thank you from my heart. CHARLES MCCORMICK, M. D., 2500 Prairie Ave., Chicago.

Speech.

BY ELLA WHEELER WILCOX.

TALK happiness. The World is sad enough
without your Woe. No path is wholly rough.
Look for the places that are smooth and clear,
And speak of them to rest the weary ear
Of earth, so hurt by one continuous strain
Of mortal discontent and grief and pain.

TALK faith. The world is better off without
Your uttered ignorance and morbid doubt.
If you have faith in God, or man, or self,
Say so; if not, push back upon the shelf
Of silence all your thoughts till faith shall come.
No one will grieve because your lips are dumb.

TALK health. The dreary, never-ending tale
Of mortal maladies is worn and stale:
You cannot charm or interest or please
By harping on that minor chord, disease.
Say you are well, or all is well with you,
And God shall hear your words and make them true.

—*San Francisco Examiner.*

FAVORITE QUOTATIONS.

Sent by Mrs. W. C. Stryker, Los Angeles, Cal.

"Everything in nature is the expression of a thought of God."—*Susan D. Warner.*

"Be wiser than other people if you can, but do not tell them so."—*H. S. Merriman.*

"It is no good trying unless you mean to succeed."—*Merriman.*

"Every life that has to be lived can be lived."—*G. McDonald*

"When you have nothing to give, offer a smile."—*H. S. Merriman.*

"Wait not for destiny, wait not at all;

This leads to failure's dark and dim morass;

Sound thou to all thy powers a trumpet call,

And, staff in hand, strive up the mountain pass."

BOOKS AND PERIODICALS

OLD AND NEW MAGIC.

This book will prove a very interesting one to the person who is interested in magic. The tricks of the old magician are explained and the miracles of the conjurer made plain. The new magic is the outgrowth of the old but is taking on a more scientific aspect. The art of the sorcerer, and the inventiveness of the magician are treated fully in this book. The book is published by the Open Court Publishing Co., Chicago, Ill. Price

The Planetary Daily Guide, published by I. Hurley Fletcher, 266 Clay Street, Portland Oregon, shows the interest that is taken in the science of astrology upon the western coast of this continent and places the influence of the planets upon the ordinary affairs of life within the easy grasp of all, even though they may have no knowledge of mathematical calculations or the technical terms of this science. It gives the place of the Moon for each day of the year and the dates upon which her aspects (good or ill) are made with each planet so that appropriate dates may be selected by any person for the inception of any kind of an undertaking in a way that practically insures its being assisted rather than retarded by the astral forces of Nature. Its price is fifty cents and it may be obtained either through the office of THE STELLAR RAY or from its publisher.

We are glad to note the continued progress of the "PSYCHO-THERAPEUTIC JOURNAL." With the January number, the title of the publication will be altered to "THE HEALTH RECORD", and whilst pursuing the same policy as hitherto, and retaining all the old features which have been so much appreciated in the past, the scope of the Journal under its new title will be so extended as to include articles and news on matters of health and health reform generally. The Journal will be published, as hitherto, from the offices of the Psycho-Therapeutic Society, 3 Bayley Street, Bedford Square, London. W. C.

REUTRN TO NATURE

This book by Adolph Just, is one of the standard books on naturopathy, telling how to live in accordance with Nature. The book contains very helpful advice on bathing, clothing, eating, etc. Any one who desires to live the natural life, should send to Benedict Lust, 142 E. 59th St., New York City, and obtain a copy of this book. The price of the book is \$1.50, in cloth, \$2.00.

The leading editorial of the journal, Herald of the Golden Age, calls attention to the influence that physicians might have if they would come out openly and denounce flesh eating. The thoughtful minister, who gives no attention to the matter of diet, can hardly fail to reach the conclusion

that at least it is not very aesthetic, if it is not immoral to destroy any creature for the sake of food, when there are so many other things provided by nature for the sustenance of the human family.

Mr. Beard, the editor of the Herald of the Golden Age, thinks this is the ministers' opportunity. If they would talk to their people about the religion of taking care of the body, and giving it the proper kind of food, etc., they would be doing a great deal for the spiritual up-lift of their congregations. It is well worth one's while to read this article in the Herald of the Golden Age.

ROSICRUCIANS

This book gives teachings and mysteries according to the Rosicrucian Fraternity. It also gives many of their secret teachings and explains the mystery of the Order. This is the first book of its kind published in America. It is not only a history of the Rosicrucian Order but is a complex text-book containing many of their universal teachings, rites and mysteries. The author is Rev. Dr. R. S. Clymer. The price of the book is \$5.00. It is published by the Philosophical Pub. Co., Allentown, Pa.

PHILOSOPHY OF FIRE

A great many people have heard of the fire worshipers, the philosophy of fire etc., but have little or no idea of what it means. One of the best explanations of this ancient mystery of the fire worshipers is given in "The Philosophy of Fire." This book is compiled by Dr. R. S. Clymer. It is published by the Philosophical Pub. Co., Allentown, Pa.

THE WIDOW'S MITE.

This book by Isaac K. Funk LL. D. is one that every thoughtful person should read and surely every one interested in psychic research should have a copy of this book. Dr. Funk is a distinguished clergyman and editor and has given many years to research in the so-called marvels of the spiritual world. A book of this kind written by an unbiased and so intelligent an author certainly carries with it a weight that no other book can approach.

Price \$2.00. Address all orders to Funk and Wagnalls Co., New York, N. Y.

The fatalist compares himself to a log thrown into a stream, where he must drift with the current. Life is a great river with a rushing current; however, each being has a helping influence thrown about him, as he will see if he lifts his eyes and looks about him. He may swim with the current, in ease and safety, reaching peaceful havens of success and achievement; or he may be buffeted about, bruised and helpless, tangled in eddies of ignorance and despair. In other words, when man learns how to live, he will be the ruler of his stars.

Live for something, have a purpose,

And that purpose keep in view;

Drifting like a helpless vessel,

Thou canst ne'er to life be true;

Half the wrecks that strew life's ocean,

If some star had been their guide,
Might have long been riding
safely,—

But they drifted with the tide.—

Robert Whitaker.

MILITIA CRUCIFERA EVANGELICA

This book is a supremely important one to every person interested in the mystic teachings of old and the living truths of today. It is a history of the secret occult order which was known by that name during the middle ages, but which existed under other names for many centuries.

This book is an important one to every student of Occultism and Mysticism because it contains the clearest statement of the Ancient Philosophy that has ever been given to the student of modern times, and all who get the book can become members of the order by simply taking the obligation. Unlike other books, it contains the whole philosophy and no further degrees need be taken to learn all of the teachings.

The book is in four parts. It is neatly printed on heavy egg-shell paper and handsomely bound with lettering and side symbol stamped in gold. Price, cloth, \$2.00; leather \$3.00.

"New stars appear and others disappear on the sky. New ideas appear on the mental horizon, and old ideas are lost. If a new comet appears on the sky, it fills the hearts of the ignorant with terror; if a new and grand idea appears on the mental horizon, it creates fear in the camp of those that cling to old systems and accepted forms."—*Paracelsus A. D. 1520.*

THE PHILOSOPHY OF FASTING

If you are interested in the fasting cure, you ought to read "The Philosophy of Fasting," by Edward Earle Purinton. Mr. Purinton, himself, has taken long fasts and is in position to speak of their benefit and also to give instructions as to the best method of taking a fast. Send \$1.00 to Benedict Lust, 142 E. 59th street, New York City, and obtain a copy of this book.

Mention THE STELLAR RAY when writing.

BABY CRAFT.

This splendid little book is written by Dr. Alice B. Stockham, Mrs. Stockham is certainly well fitted to write a book along this line. She gives simple, wholesome, practical suggestions that have a general application. Every mother, especially, should have a copy of this book, Baby Craft. Price 25 cents. Address all orders to the Stockham Pub Co., 70 Dearborn St., Chicago.

Mention THE STELLAR RAY when writing.

PARENTAL RIGHTS.

This book is written by Virginia M. Butterfield and cannot fail to be interesting to both men and women. The book appeals to all possible parents and will be especially welcome to all students of economics. The arguments presented in the book are full of interest.

Bound in linen, ninety-six pages, postpaid, 50 cents. Published by the Stockham Publishing Co., 70 Dearborn St., Chicago.

Mention THE STELLAR RAY when writing.

THE FOLLOWING paragraph is from a book published by Funk & Wagnalls Co., New York, entitled "The Influence of the Mind on the Body," by Dr. Paul DuBois, one of the leading Scientists of Europe:

Reflect, analyze your own sensations, and you will see that it is not rare for a sensation to disappear because the attention is elsewhere. Very painful feelings, even very sad ones, can thus vanish under the influence of a powerful distraction by the conviction that they do not exist. Every one knows that when going to the dentist's certain persons suddenly lose their toothache. I often see patients who acknowledge to me that their headache disappears when they receive an agreeable visit. I never conclude from that that their suffering is slight or their pain imaginary. No; the pain is really the outcome of a psychical phenomenon, therefore cerebral, and all change in the state of mind can modify the ultimate phenomenon of conscious perception. We do not feel blows when we are the prey of violent anger, and we see persons submit to painful operations, drawing teeth for instance, because it has been suggested to them that under the influence of a wash of cocaine they would feel no pain. On the other hand, by giving our attention, by fixing it, we are able to seize feeble impressions, to make them more distinct, as we have used a magnifying glass. It is even possible to create these sensations, to feel them through pure mental representation. We have often said a mental representation is a beginning of a real sensation, it is even an act commenced. It is sufficient to be intimately persuaded that a phenomenon is about to be produced, that we are about to see or hear something for us to feel the sensation with all the intensity of reality.

It is thus that people who are normal in other respects feel strange sensations in touching an electrical machine even when it is not charged.

The paragraph just quoted is worthy of careful reading, as it expresses some important truths regarding psychical progress.

EMERSON CALENDAR.

Wm. E. Towne, Holyoke, Mass., has gotten out an Emerson Calendar for the year 1907. This calendar, like everything else that Mr. Towne gets out, is the best of its kind. It is artistic in finish and full of inspiration. The front page contains a fine portrait of Emerson. Each month's calendar contains a verse from Emerson. It is beautifully printed, and makes not only a useful but ornamental little calendar for the desk or wall. Price 25 cents. Address Wm. E. Towne Holyoke, Mass.

Mention THE STELLAR RAY when writing.

Out upon the intellectual sea there is room for every sail. In the intellectual air there is space for every wing.—*Ingersoll*.

* * *

It requires a strong stretch of vision for a man to see beyond his own prejudices.—*Opie Read*.

MISCELLANEOUS

The Science of Vibration.

By JOS. F. BARKEY, Smyrna, Turkey.

VIBRATION is the science of the future. All discoveries, past and present, are the outcome of the discovery of some law of vibration. The relations of these laws to the physical world include all that has been or will ever be discovered in connection with physical matter. And not only here, but even beyond, in the invisible realms of attenuated matter these laws predominate and underlie all manifestations.

Taking briefly those that fall within the domain of our senses, the manifestations of light, heat, color, sound, electricity, etc., are all vibrations differing only in their wave length and the medium in which they move. Eliminate these and the world is for us non-existent. Not only will there be no sound for the ear to hear and no light whereby the eye may perceive, but even the very objects themselves will disappear, for they also are centers of vibrations by virtue of which the rarefied and invisible substance pervading space is condensed and aggregated into symmetrical and visible bodies.

In the same manner as when you draw a bow across a metallic plate, on which has been placed a little sand, the sand will assume certain definite shapes, depending on the direction and rate of vibration. To change the vibrations in the ethereal congeries is to realize the dream of the alchemist and perform transmutation. By matter I mean a class of vibrations to which our visual organs are attuned and therefore conscious of. Soul is synonymous, being also matter, but of a sublimated sphere, making up a world like unto ours, with objects congenial to itself. While spirit is the active center from which this vibratory energy proceeds.

It is worthy to note that vibratory energy manifests itself in serial graduations of seven. Sound becomes harmonious in

the seven notes of the musical scale. Light is resolved into seven, which are the seven colors of the chromatic scale. May we not hope the same arrangement holds true in regard to electricity? But this is certainly premature. Time will find that out. Matter also falls into series of seven in the atomic weight of its component elements, thus proving itself to be a manifestation of vibration. Arranging the so-called "elements" in series of seven, according to their atomic weights, we shall find that each member in each seven corresponds in its properties to the same member in the next seven, just as in music. The eighth note corresponds to the one we begin with.

The sunshine that ripens the fruit and vegetables; the variegated colors of the animal, vegetable and mineral kingdoms, the charms of music, whether it proceed from the pipe of a feathered songster or the fingers of a Mozart or a Verdi; the growling thunder and the lightning flash; health and disease; life and death; from a simple sound up to the extreme complexity of life—all are vibrations.

In art and literature alike vibrations bear their all important share. What does a Raphael do but combine certain colors in such a way as to bring about a complete harmony in their united vibrations? Likewise a musician synchronizes his sounds and harmonizes the short and long waves emanating from his cords or tubes. Harmonious vibrations make up the positive, beautiful, aesthetic and life side of nature. Inharmonious the negative; sorrow, pain and death.

Bearing in mind that thoughts and feelings are vibrations in their respective planes and the relations that these bear to literature, we shall soon find out that even literature is a study of vibrations, a record of notes played upon the harps of the intellect and emotions. History records the notes of a nation—the megaharp; poetry is more concerned with the individual—the microharp. The verse rippling in a rising or falling cadence of melody, at the will of its creator, inspires love, hope, charity, fear or shame, which are effects identical to those produced by music. In fact, the analogy between literature and music, music and sound, sound and color, color and light, light and heat, heat and

electricity is identical, differing, as before stated, only in the velocity of vibrations; slow vibrations can move in thick media, while rapid ones require more refined matter before they can expand or be communicated.

Vibration is the foundation of science, the keystone of manifestation. A consideration of the subject, however superficially conducted, will reveal even to the veriest tyro that we have come here to study not "ics" and "isms" but the simple science of vibration which underlies them all—*Medical Talk*.

WATER THE BEST MEDICINE.

Drink a glass of water when you get out of bed in the morning. Never mind the size of the glass. Let the water be cold if you will. Some people prescribe hot water, but that isn't necessary.

You may have washed your face already and relished the experience. You may have taken a cold plunge into the tub and delighted in the shock and its reaction. The brisk use of the tooth brush has left your mouth clean and the breath sweet. But you are dirty still. Drink a glass of cold water and enjoy the sensation of being clean inside.

Sleep has drawn upon the water in the blood, and the instinct of the animal, under natural conditions, is to replenish the circulatory system and distend the blood vessels anew. The food in the stomach which had so much to do toward inducing sleep has disappeared, leaving a mucous substance in the alimentary canals. Yet man would wash his face and leave these half clogged canals to the duties of another day.

Drink a glass of cold water in the name of cleanliness. It becomes one of the shortest and easiest of toilet duties. It is swallowed in a second and in five minutes it has passed from the stomach, taking with it the clogged secretions of the alimentary tracts. It has left behind the stimulus that goes with cold water, and by filling the arterial system to the normal, it puts a spur to the circulation that has grown sluggish in the night. It is one of the greatest awakens and one of nature's own stimulants.

Drink a glass of water before breakfast, another before luncheon, and another before dinner. Water is the best, cheapest pleasantest medicine.—*Chicago Tribune*.

I know no disease of the soul but ignorance.—*Ben Johnson*.

* * *

A believer is a bird in a cage. A free-thinker is an eagle parting the clouds with tireless wing.—*Ingersoll*.

* * *

Moderation is the silken string running through the pearly chain of all virtues.—*Bishop Hall*.

The Power of Thought.

BEWARE of what you think; for what you think, quite as much as what you do, molds your character. Wrong acts persisted in will wreck your life, but wrong thoughts have just as sure an effect. It not unfrequently happens that people who live fairly good lives, so far as their actions go, do not feel it necessary to set so close a guard on their thoughts. Those are hidden, and of what harm is it to occasionally cherish a vulgar thought if one does not allow it to escape in action? Of what harm to hate if one does not show it? To imagine one's self committing wrong acts if one does not actually commit them?

But the laws of life say that every thought affects the whole being. As a man's heart is, so will he be. Evil thoughts gradually undermine the character, and some day these thoughts will burst into action which is irremediable. Therefore, look to your thoughts; keep your mind swept and garnished. And more than that, make the furniture of it beautiful and true; for if bad thoughts persisted in ruin a character, so the best of characteristics may be cultivated by keeping the mind constantly on good things. Very often one is called on to act in an emergency, and one acts along the line of one's previous thought. No act is spontaneous; the seeds of it have been for a long time taking root in the brain.

Of two men who have lived practically the same lives outwardly, and are suddenly called on to face a danger, one may play the coward and the other rise to heroic effort. The result is no matter of chance. Little by little the motor tracks of the brain of one have been weakened by wrong thinking; little by little the brain of the other has been strengthened because he thought bravely. When the strain comes, one unconsciously acts along the line of least resistance. It is then that the hidden thoughts tell.

We should see to it that we think heroically, think purely, think charitably. Then in such action we will find ourselves doing the brave thing; we will act cleanly and sanely; we will be kind and helpful.—*Woman's Home Companion*.

The Pathological Cell.

BY L. H. WESTON, PORTLAND, OREGON.

NOW that mental healing, osteopathy, faith cure and all classes of drugless medicines are being so prominently brought forward in publications designed for popular reading, it may not be entirely changing the subject to mention, in brief, certain peculiar opinions held by the medical empirics of ancient and modern times regarding the underlying principles of life itself. Only a few years ago the late Prof. Rudolf Virchow, perhaps one of the greatest physiological investigators the world has ever known, in his introduction to "Cellular Pathology," states that:

"Man is a cell state, in which every cell represents citizenship, the tissues, muscles and bones representing different layers of society. Disease is merely a conflict in this state between the citizens, caused by changes wrought by outside action."

Be it distinctly understood that this is the conclusion and the ripest judgment of one of the greatest pathologists of the world, written in a work of the strictest technical science of the day, and any one who wishes to successfully dispute his dictums will be compelled to first disprove all the facts and all the logic of modern scientific investigation.

In the 2d chapter of Genesis, 7th verse, it is stated that the breath of lives was breathed into man and he thus acquired life himself. Notice, it is said "lives," plural, were breathed into him. The St. James version of the Bible gives it "life," singular, but that is an error, for the original word is plural.

Virchow found that this was exactly true. Man is a congregation of lives.

Swedenborg, the great mystic of the eighteenth century, through a highly developed and specialized faculty of the mind penetrated into the planet's magnetic aura and was there shown, by a school of men whom he called angels, that it was a basic and fundamental truth that life flows into mankind on earth out of a place which he called Heaven, it being nothing more or less

than a grand man made up of angelic societies. He demonstrated that there was really a Grand Man, for the connection between men on earth and spirits in other states of life can scarcely be conceived to exist in any other manner than that which he describes. He says that if the influx into men from Heaven should be cut off for one single instant all men would perish and the angels would fall into an unthinkable confusion, like a drowning man struggles in water.

Virchow found the cells that form this living conjunction and classified them into a science called cellular pathology.

Oliphant, in his treatise on "Scientific Religion," mentions the doctrines of the Kabalists of the early Grecian period, the antecedents, perhaps, of the Eleusis mystics, who claimed that the two blood corpuscles, the white and the red disk, were living humuculi, one being a woman and the other a man. Upon the moment the two joined in wedlock they became transformed into one astonishingly beautiful being of full sex, that is, of double sex; indeed, it was an angel, having transcendent faculties and able to enter Heaven, which is the brain cell of a living person on earth.

In alchemy the case was described as an alembic containing a gross liquid distilling, at a certain degree of heat, the purest of its contents into a golden chalice of wine. The mixture was the Elixir of Life.

Virchow found the corpuscles, noted their metamorphosis, analyzed the elixir and described to complete exhaustion the whole process through which the blood went to form a cell in the brain of its Grand Man.

The doctrine of the vital cell was well known to the ancient Egyptians, and the idolaters who followed their indications after the meanings of the symbolism was lost practiced bloody sacrificial worship as a means of forming conjunction with what was called "elementals," being the equivalent of the more ancient genii, demons, sylphs and devas. At the incantation of a bloody orgie the adepts officiating as priests of the Sun, or Jupiter, or the Jewish ritual, undoubtedly came into contact with some occult power now unknown to mankind, but their dense ignorance,

extreme brutality and profound idolatry barred their passage into the real realms of light. They had the key, they opened the door, but the light was to them thick darkness, hence they gradually abandoned the premises, even the sight of which is entirely lost to us of this day.

Andrew Jackson Davis, the seer of the nineteenth century, saw plainly that there were certain societies of spirits, as he called them, in a region which he took to be Heaven, concealed from popular view by intense light. This region has a positively material and vital connection with the people on earth. The connection is so close and so organic in nature that upon dying in this life Davis has shown that a man wakes up, as out of sleep, in his own society of spirits above him—or below him.

No. We are not at the threshold of the temple of true science. Far from it. We are only just beginning to sight the topmost points of its minarets, high in the mountains and many days' journey from the schools of "modern medicine."

A Good Preventive of Disease.

DR. ELLEN GOODELL SMITH, Amherst, Mass.

The suggestion of prime importance that prevents colds and all other ills is—keep the body clean inside and outside, and to do this cast your foresight and insight into your body mechanism so deeply that the rubbish will be completely swept out every day instead of being piled up in the corners to invite more of the same sort, that will surely overflow in the forms of ills and ails that one ought to be ashamed of.

Substantial food—not rubbish—baths of pure air outside and inside, plenty of sunshine, exercise of some kind, water for drink and cleanliness, clothing not too close and heavy, and we may feel safe from the ravages of illness, that through the centuries has been a robber of family, home and purse—a tyrant making slaves of the great untaught, yet teachable humanity.

Every time a man loses his temper he loses his head, and when he loses his head he loses several chances.—*Gustavus F. Swift.*

THOUGHT POWER.

"The underlying cause of all weakness and unhappiness in man, heredity and environment to the contrary notwithstanding, has always been, and is still, weak *habit of thought*. This is proven by the observed instances in which strong *habit-of-thought* has invariably made its masters superior to heredity, and to environment, and to illness, and to weakness of all kinds, and has redeemed them from non-success and misery, to the enjoyment of success, honor and happiness."—*Horace Fletcher*.

RADIATE SUNSHINE.

THERE'S a world of philosophy and practical truth in the reasons assigned for success in life by the late Jay Cooke. In his day he was the most eminent financier of America. He made one great fortune, lost it, but, never disheartened, turned about and made another. Explaining how he did this, he said:

"That is simple enough. From my earliest experience in life I have always been of a hopeful temperament, never living in a cloud. I have always had a reasonable philosophy to think that men and times were better than harsh criticism would suppose. I believed that this American world of ours was full of wealth and that it was only necessary to go to work and find it. That is the secret of success in life. Always look on the sunny side."

Great selling doctrine! Phillips Brooks once said that a cheerful disposition was better than five thousand dollars a year. In the main he was right. We all know that an optimistic spirit goes a long way toward bringing success to such a man. The business comes to him because you and I like to do business with a sunny man. He gets our trade if we can possibly give it to him. Other people think and feel the same way.

Looking on the bright side of things does not necessarily mean being light or frivolous.

But a cheerful manner, backed by proper dignity, adds a certain winning force to one's personality that crystallizes into big round dollars in our profession, because it influences signatures on the dotted line.—*Ex.*

HOW THEY GREW.—Jay Gould was a book agent. Henry Villard was a reporter. Elihu Burritt was a blacksmith. Benjamin Franklin was a printer. A. T. Stewart was a school teacher. James J. Hill began as a roustabout. Abraham Lincoln was a rail-splitter. Daniel Drew began as a cattle trader. Cornelius Vanderbilt ferried his own boat. William Lloyd Garrison was a printer's devil. John Wanamaker began life at \$1.25 a week. William A. Clark as a young man was a miner. Thomas Edison began as a telegraph operator. Henry H. Rogers was a grocer's delivery boy. John D. Rockefeller worked in a machine shop. Thomas F. Ryan was a clerk in a dry goods store.—*Old Newspaper*.

COMPOSITION OF GASLIGHT MANTLES.

What composition is used to make the Welsbach gaslight mantles?

A fabric of cotton is woven of the desired form, and this is impregnated by repeated dipping in a solution of thorium and cerium nitrates. On ignition, the cotton burns away and the nitrates are converted into oxides, which give the intense luminosity. Other nitrates of the rare earths, as also of zirconium and magnesium, have been used; but the thorium-cerium mixture gives the best results. A ratio of 99 per cent thoria and 1 per cent ceria has been found to give the maximum luminosity.—*Scientific American*.

NOTHING FLOATS IN OCEAN DEPTHS.

T. S. asks: In a dispute I contend that substances such as iron, the heavier woods, i. e., those that have specific gravity decidedly greater than water, will sink to the bottom of the ocean, even to its greatest sounded depths. I contend that this would be the case with iron were that depth 20 miles. I take my stand on the very slight compressibility of water.

Answer.—Water is compressible to only one twenty-thousandth part for one atmosphere, or 15 pounds per square inch. Sea water is still less compressible, its coefficient being 44 millionths of one atmosphere. At the depth of one mile it will be but a one-hundredth part greater. Water does not increase much in density from the surface to the bottom of the ocean, even at its greatest depths. Any article which will sink at the surface of the ocean will continue to sink 'till it rests upon the bottom.

There is no level in which sunken ships and men float and cease to sink.—*Scientific American*.

A SHADOW OF THE FUTURE.—All honest men must abhor and reprobate any effort to excite hostility to men of wealth as such. We should do all we can to encourage thrift and business energy, to put a premium upon the conduct of the man who honestly earns his livelihood and more than his livelihood and who honestly uses the money he has earned. But it is our duty to see in the interest of the people, that there is adequate supervision and control over the business use of the swollen fortunes of today, and also wisely to determine the conditions upon which these fortunes are to be transmitted and the percentage that they shall pay to the government, whose protecting arm alone enables them to exist.

Theodore Roosevelt, at Harrisburg.

—The secret of success in life is to keep busy, to be persevering, patient and untiring in the pursuit or calling you are following. The busy ones now and then make mistakes, but it is better to risk these than to be idle and inactive. Motion is life, and the busiest are the happiest. Cheerful, active labor is a blessing.

No Mistake Here

Discovery of a Proof-Reader.

Even a proof-reader may make mistakes unless careful reading is maintained all the time.

It makes a lot of difference sometimes, just how a thing is read.

This is the tale:

"'No tea and not one drop of coffee,' ordered the doctor—and I rebelled. But alas, with nerves that saw, felt and heard things that were not, rebellion was useless.

"With the greatest reluctance I gave up these lifelong companions, and drank milk, milk—until the very step of the milkman grew hateful.

"My nerves were some better, but breakfast without some warm beverage grew wearisome, and bid fair to be entirely slighted. And with a brain that for nine hours daily must work hard, ever demanding nourishment, the failing appetite was a serious proposition.

"Then in despair, Postum was tried. I had tasted it once and heartily disliked the pale watery compound, but now, literally starving for a hot drink, I read and re-read the directions on the package with the critical eye of the proof-reader, following them out to the letter and lo! the rich brown liquid of the advertisements.

"Not one but three cups disappeared and since then Postum has been my sole warm beverage, unfailingly refreshing and helpful; both body and nerves testifying to its helpfulness by new strength and vigor." Name given by Postum Co., Battle Creek, Mich. Read the little book, "The Road to Wellville," in pkgs. "There's a Reason."

I saw a copy of your magazine by chance—the subjects named on the cover interested me. I searched about among the various book stores here until I secured a copy of my own. Since then I have secured two other copies and I want to add my little word of praise for the good it has already done me. I had never seen your magazine before, though, I see, it has been before the public for eight years.

I have often thought over those subjects you have published and I, for one am truly thankful their is a publisher honest and fearless enough to print the truth.

It's time the great mass of earth's toilers awakened to the truth about themselves. Ignorance and superstitions hedge them in on nearly every side, but they are commencing to awaken.

A Friend's Tip

70-Year-Old Man Not too Old to Accept a Food Pointer.

"For the last 20 years," writes a Maine man, "I've been troubled with Dyspepsia and liver complaint, and have tried about every known remedy without much in the way of results until I took up the food question.

"A friend recommended Grape-Nuts food, after I had taken all sorts of medicines with only occasional, temporary relief.

"This was about nine months ago, and I began the Grape-Nuts for breakfast with cream and a little sugar. Since then I have had the food for at least one meal a day, usually for breakfast.

"Words fail to express the benefit I received from the use of Grape-Nuts. My stomach is almost entirely free from pain and and my liver complaint is about cured, I have gained flesh, sleep well, can eat nearly any kind of food except greasy, starchy things and am strong and healthy at the age of 70 years.

"If I can be the means of helping any poor mortal who has been troubled with dyspepsia as I have been, I am willing to answer any letter enclosing stamp." Name given by Postum Co., Battle Creek, Mich. Read the little book, "The Road to Wellville," in pkgs. "There's a Reason."

QUOTATIONS.

Sent By MRS. J. N. FOOTE, Toronto, Canada.

Let us learn to be content with what we have. Let us get rid of our false estimates, set up all the higher ideals—a quiet home; vines of our own planting; a few books full of inspirations of a genius; a few friends worthy of being loved and able to love us in turn; a hundred innocent pleasures that bring no pain or sorrow; a devotion to the right that will never swerve; a simple religion empty of all bigotry, full of trust, hope and love—and to such a philosophy this world will give up all the empty joy it has.—*David Swing.*

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A. P. Davis, M. D., of Los Angeles, is the author of this book, telling how human ills are caused by spinal nerve pressure and eye strain, and how they can be successfully treated through the nerves which cause the trouble.

Dr. Davis has made a lifetime study of the human body and mind, and understands all about their effect on each other. He shows how Suggestive Therapeutics, Nueropathy, Chiropractic, Magnetism, Phrenology and Palmistry are related. The book is published by F. L. Rowe, Cincinnati, Ohio.

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Mr. William Payne Cole of Grange, Md., writes: "I do, indeed, thank you for the grand work you have done; things of which you spoke have already come to pass. I feel that if I had had this reading two years ago I would have been better off to-day. May God bless you and your good work."

From Allie Wardwell, Converse, Ind.: "I received my Horoscope and I am well pleased with it. You have a wonderful knowledge of human life. It is the best Horoscope I ever had. Please accept my thanks."

While Professor Postel is modest and unassuming, it is clearly seen by a glance at his features that he is a man of keen perception, open-hearted, generous and has a kindly feeling toward humanity. The writer has received one of the readings similar to those which Professor Postel is sending to all who write him, indicating the month and year in which they were born, and it is truly amazing how accurately he describes the life of an individual with only the date of birth and his superior knowledge of astrology to guide him.

If you wish a free reading sit down and write at once, stating the date of your birth, and you will receive by return mail your reading and a copy of Professor Postel's interesting booklet, entitled "Your Destiny Foretold." Address your letter plainly to Professor Albert H. Postel, Dept. 219, No. 126 West 34th st., New York, N. Y.

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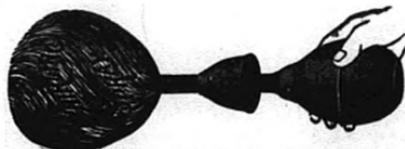
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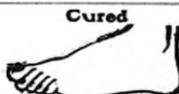
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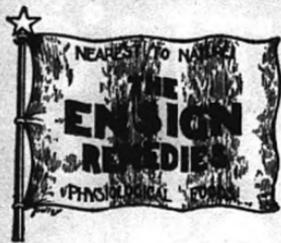
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FEEDING THE HUMAN BODY

According to Bunge's Text Book of Physiological and Pathological Chemistry (page 42), there are three classes of food stuffs, viz.:

1. Those which serve as sources of energy and can replace the exhausted constituents of the body, like proteins and fats.
2. Those which serve only as sources of energy, as carbohydrates, gelatins and oxygen.
3. Those which serve to repair the waste of tissues, to which class belongs the inorganic salts and water.

On page 87 it is shown that animals which are fed on foods from which the inorganic salts were extracted as nearly as possible (8 per cent.) died much sooner than those which were given no food whatever! Think of it!

Meat from which the inorganic salts were largely extracted (they cannot be entirely extracted) was worse than no food! Without these tissue foods no repair of wasted tissue can take place.

If a farmer has a piece of land which will not produce crops, an analysis will show what substances are lacking. It may need phosphoric acid, as in bone dust; or it may need nitrates, as in manure. Whatever is lacking must be supplied before crops will be normal. The human body is also subject to insufficiencies and shortages. It may lack potassium, or magnesia, or sodium, or lime, or iron, or phosphorus, or sulphur, or chlorin, or other elements, and if it does it is not healthy or normal and its products are correspondingly affected. This is disease; and the character of the disease products, or an inability to produce healthful thought or sensations or complete consciousness, indicate the kind of deficiency, and the inorganic salt necessary to supply it. In all cases of disease (deficiency) the mind is affected, directly or reflexly, and permits the incursion of doubt, fear, anger, inconstancy, vacillation, and the myriad of disease producing vibrations. The individual is powerless to repel. He may be able to cause a substitution which will last for a time, just as one can stimulate the strength with a glass of whiskey, but this is always at the expense of the real strength, and the standard is lowered thereby, the depression being more profound and the reaction less readily secured.

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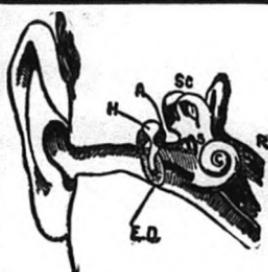
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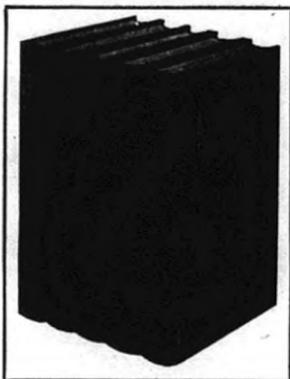
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