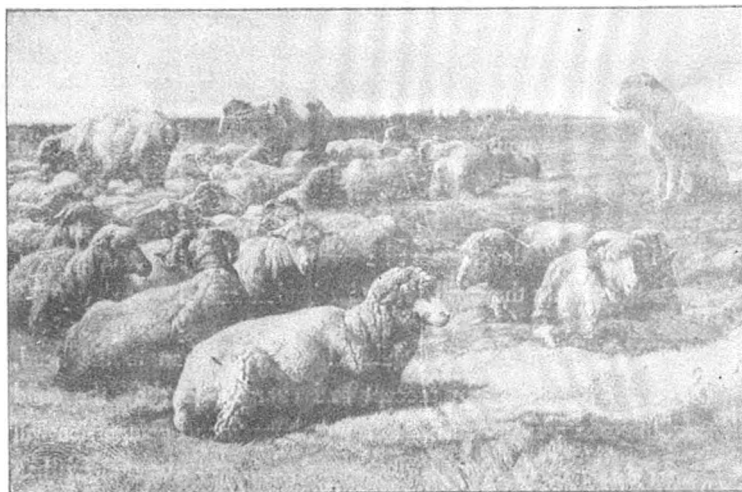


# THE STELLAR RAY



ADVOCATES

Scientific, Religious, Philosophic and NEW THOUGHT CURRENTS  
that do not flow between stone walls of prejudice



PUBLISHED BY

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Formerly "SUGGESTION"

# What Parents and Guardians Ought to Know

**E**ACH child born into the world is entitled to the best guidance and care the parent is capable of giving it. The Stellar Ray horoscopes are intended to be an important assistance to parents in the comprehension, education and care of their children. A natal chart—cast for the exact time of the child's birth reveals that child's character, mind and disposition, the weak and strong points in the organism as well as the vices and virtues—enables one versed in the science to reveal to the parents or guardians of the child just the lines upon which it can be best trained.

**T**HEY can lay out a plan of education and training adapted to the exact disposition of their offspring and thus avoid friction and promote harmony. They will endeavor to starve out the evil they see, while nourishing and developing the good. If the child has a passionate temper, they will never excite this side of the character, but will use calmness, tact in management, gentleness, not force. If the moral development be weak and the intellectual strong, then it is the former they will seek to stimulate and develop.

**T**HEY will appeal to the child's heart rather than to the head, endeavoring both by precept and example to show the child the greatness of morality. Truth, honesty and compassion will be presented as ideals to be striven for and more to be desired than intellectual greatness. For goodness alone is truly great.

**F**ULL particulars will be cheerfully given to those, who are interested, if they will write to the Astral Science Department of this journal.

# THE STELLAR RAY

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## CONTENTS

### EDITORIAL DEPARTMENT.

The New Penology of Japan.....	366
Weaving Character.....	368
Cultivate Courage.....	368
Mrs. Eddy.....	369
What Science This Year May Bring Forth.....	370
What is Electricity?.....	371
Sir Oliver Lodge, Result of His Ex- periments.....	371
Modern Interpretations of Scripture.....	373
Church Building in the Year 315.....	374
A Lesson in Banking.....	374
Interesting Letters from Life Pris- oners.....	375

### HEALTH AND HYGIENE.

Vibration as a Promoter of Health.....	377
Wonders of the Human Body.....	377
U. S. Army Medical Corps Should Prevent Disease.....	378
Appendicitis: How to Prevent It.....	379
Experience of a Food Specialist.....	381
Olive Oil as a Food.....	381

### STELLAR SCIENCE.

Jupiter, the Planet of Greater For- tune.....	383
Astrology and Phrenology.....	383

### MISCELLANEOUS.

Missionaries of Refinement.....	385
A Dutchman's Philosophy.....	386

### CONTRIBUTIONS AND SELEC- TIONS.

Love, the Awakener.....	387
The Perfect Prayer.....	387
How Australia Takes Care of Its Orphans.....	388
A British Compliment.....	389
A Twentieth Century Captain of Industry.....	389
Home of Applied Science (by Ella Wheeler Wilcox).....	390
An Unusual Dream.....	391
Unity.....	392

### BOOKS AND PERIODICALS.

Miscellaneous Review.....	393
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# EDITORIAL DEPARTMENT

## *The New Penology of Japan.*

Under the above title, in the editorial pages of a recent issue of the Boston Transcript, appeared an interesting article describing the reform methods which are being adopted by the Japanese in dealing with their criminal classes.

The Stellar Ray has repeatedly advocated the treatment of crime as a disease, and the importance of eliminating its causes through restrictive but elevating environment. It has proclaimed its belief in the beneficence of industry under rational remunerative system, whereby the delinquent may be self-supporting, self-respecting and continue to provide for the needs of his family. It has urged the efficacy of treating each individual case as it stands, not according to a precedent established centuries ago and having no bearing upon the case under consideration, that humane reasoning entitles every erring creature to all encouragement and assistance it is possible for the state to give to uplift and redeem itself. The present policy being to return evil with evil—to take life for life.

The Christian World regards Japan as a "heathen nation," but when we contrast this policy in the treatment of their unfortunate ones, do not these examples show a clearer conception of human justice than has as yet been practiced by any Christian nation?

The pernicious doctrine of the survival of the fittest, which means the power of the strong to oppress the weak and to take from one that which belongs to him, does not ac-

cord with the great esoteric truths taught by the Nazarene.

We give the following from the article as specified above, feeling confident that the readers of The Stellar Ray will be interested in its statements:

"The Western world had become accustomed to look to Japan for art and chrysanthemums when it was surprised into taking off its hat to her military and naval prowess. Incidentally to her triumphs of organization in military operations, the most advanced sanitary science of the day, was called on to pay its tribute of profound respect to the thoroughness of the care taken for the health of the Japanese marching armies, and the results of those precautions were the death-rate from wounds and fever reduced to such a minimum as fairly amazed the military and surgical authorities of the Western world. The restless progress of the Japanese does not stop with these fresh laurels won in war. Now that peace has released the keen and active minds directing its modern evolution, Japan is turning her attention to social reforms and among them to prisons and criminals. This effort especially will be watched with all the interest excited by other of the developments attending the modernization of the ancient empire of the East. In these evolutionary, and, for the Japanese, fairly revolutionary reforms, the radicalism of the policy adopted is the impressive thing—in the matter of crime and prisons the program contemplates nothing less than reforming prisons and the treatment of criminals by 'reforming the criminal.'

"The expert judgment of Commissioner A. M. Nichol of the British Salvation Army of Japan, is published to the effect that it is 'a splendid human endeavor bound to produce results in harmony with it.' Still, from the Salvation Army point of view, it is defective in the ab-



sence of the religious element. As Commander Nicol expresses it, the new system is 'nothing more nor less than a materialism polished by humanitarianism.' Well—let us wait, nevertheless, and see what Japan can do with the best of the Elmira system applied on the principles of the latest reformatory experiments in Europe, expanded and adapted to local conditions under Buddhist or Shinto religious customs and without the services of the prison chaplain as we employ him. Intelligent protest against our prison system of late places among the trying grievances and unnecessary afflictions of the inmates of our prisons their exposure to being preached at against their will, whatever may be their psychology or spiritual condition at a given time. To begin with, the Japanese system turns a square right about face on the basic idea of prison system the world over that the deprivation of the prisoner of his liberty and the reduction of his individual volition to the minimum by strict regulation of every act and movement are the essentials of imprisonment. Commissioner Nichol declares that the 'one idea that a prisoner has to be caged and treated as a wild hyena is as dead as the feudal system so far as Japan is concerned.' The Japanese administration is based on the philosophy that crime is a disease and must be diagnosed and treated much in the same way as smallpox or lunacy.

"The individuality of each prisoner is to be studied and his personal character, what there is left of it, is to be built upon and nourished, with special treatment for each case, as though it were a sick plant. The man's crime, individuality, antecedents, appearance, circumstances, relations, are all carefully gone over by the chief officer of the prison and become stamped on his mind so that the convict is not a mere number, to be treated in a moral and physical lock-step, but a person—and, apparently, to the expert in charge of him, a 'mighty interesting' one. Each prisoner thus minutely studied and fairly well understood is also given to understand at once that his imprisonment can be, if he

chooses, the entrance to a new life. He is permitted to earn according to his industry and capacity; he is carefully tended, bathed and treated for any disease to eyes, ears, nose or teeth, and in general receives such encouragement as induces him to make up his mind to an honest effort for his own redemption. The prison cells are large, square and light, and the prisoner is allowed to receive books, write letters, earn extra dishes of food by good conduct and higher wages, and read on the days of the week free from work.

"But perhaps the most important stride in reform which Japan is bent upon in connection with the convict, the one which we could with most profit take ourselves, one which indeed is demanded before all, is to assure him that his incarceration is made the means of wiping out the reproach against his character and family and setting him up fully rehabilitated in society."

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Of the wayward children brought before the juvenile court since the probation system was inaugurated five years ago, 84 per cent have reformed, according to the annual report of the society for the Prevention of Cruelty to Children.

The report shows that during the five years there have been paroled 6,597 children. Of these but 1,031 were in court again.

During the 35 years of the society's work it has received 220,606 complaints, involving the custody of 645,875 children. Of 102,548 cases prosecuted, convictions were obtained in 89,438, and 144,040 children were rescued and cared for.

In 1907, 15,892 complaints were received and investigated; 10,371 prosecuted, 8,456 convictions were obtained and 9,902 children were cared for.

---

President Roosevelt addressed Religious Education delegates at the White House, February 12th, in which he declared that our material prosperity will avail but little unless it is built upon the

superstructure of the higher moral and spiritual life.

"I would tell every young man that it is his first duty to pull his own weight; to take care of himself and take care of those dependent upon him. He cannot do anything for others until he has first made it certain that he will not be a burden upon others. I want to see a man able to earn his own livelihood. I want to see the woman able to do her part as housewife and mother.

"But my plea is that the man shall not be content with merely that; that the man shall realize that after a certain point has been reached, the increment of his fortune, the increment of his material well-being amounts to but very little compared to the result of effort spent in other directions."

\* \* \*

### *Weaving Character by the Shuttle of the Mind.*

There is a law dominating humanity notwithstanding all the different characters, dispositions and idiosyncracies of individual people, and how do they come under this law? By the shuttle of the mind weaving the character in each one, according to his thoughts, for in accordance with the thought is the fabric of the mind. Mind builds the character, and character is destiny; for the worst qualifications or the best, for that matter, that an individual may exhibit today are those which have been builded through the ego's past experience. \* \* \* Do not imagine that one born under a bad position of Saturn or Mars is compelled to remain under an evil influence, for there is nought but thought and desire to hinder the god within from breaking the chains which he has forged.

If in the various expressions of life one strives to be beneficent, kind and has tried to bring happiness to his fellow creatures, the soul will find that environment that is in harmony with what has been sown. The law is just. One may come into the world with what is termed an evil horoscope, and that

horoscope may not change, but the person himself may change.

There comes a time in the life when the soul is weary of evil influences and longs to free itself. When this is realized he can rise above that written in the horoscope, so that these so-called evil influences do not fall upon him with the same effect, for what was reflected in him as evil is turned to good.—*Copy-righted.*

\* \* \*

### *Cultivate Courage.*

Many who would face a shower of shot and shell in time of battle, find themselves harrassed by fear in the ordinary walks of life. They are haunted by a dread of direful possibilities, nothing tangible, but it robs them of peace and happiness.

They permit this foe to lurk about in the silent hours of the night and his presence drives away sleep, or he stands guard over every open pathway to greater achievements, and otherwise brave men tremble and cower before him and dare not to be glad and free.

In this great nation of so-called brave men and women there are so many who are the victims of fear or anxiety for the future that they gathered up their dollars and dimes and left the thoroughfares of business, just as the craven soldier slinks away from battle, and they thus became the cause of the conditions they feared. This instance in our national life proves the power of lurking disaster lying in an under-current of fear, dread and worry.

The worry habit vested in one individual is productive of incalculable harm. Who can estimate its restrictive effect upon the activities, growth and achievements of the individual himself and further upon his associates in life?

It is to individual courage that all victories are due, and THE STELLAR RAY offers the following practice for cultivating the desirable qualification of courage to any one who sincerely desires to be masterful instead of weak, undecided and fearful. The following simple formula is scientific and based upon never-failing law.

When one is harrassed by the worry or fear habit he should turn his attention frequently to the contemplation of large objects of nature, such as mountains, the sea and great rivers. When worried, picture to the mind great mountains or mountain ranges, observing the majesty and serenity they manifest; also their inner life treasures for the benefit of mankind, fuel, ore, jewels, crystal springs of pure water; reflect upon them as strong and fearless while sheltering timid creatures in their fastnesses and nurturing great forests of which the earth is in need.

Breathe a few deep breaths while your mind is dwelling upon their strength, and peace will pervade your mind; this will indicate the letting go of the tension caused by worry.

Practice this at frequent intervals until the thought of noble mountains will bring peace; then while on these mountain heights, glance upward to the sky studded with countless worlds, that have been moving serenely in their course for ages, in obedience to eternal law, just as our earth has traveled safely through space for millions of years, bearing her continents, mountains, seas, rivers and vast throngs of living beings silently onward. Then will follow a sense of strength and safety from which will unfold courage, the flower of peaceful trust in supreme wisdom and power.



### *Mrs. Eddy.*

Probably there is no personality which has come into public notice during the last quarter century equal to that of Mistress Eddy, the founder of Christian Science.

She has been criticized, many of the press have devoted columns to disparaging her efforts and injuring her achievements. She has been accused of plagiarism, of taking up the work of others, arrogating to herself the origin of Christian Science.

But amidst all the storms of abuse she has maintained her dignity. Her teachings have gone out to the world and

have proved to be of incalculable value to humanity.

THE STELLAR RAY is not concerned as to who was the originator of her teachings, the fact still remains that it is due to Mrs. Eddy's individual persistence that thoughtful minds have been led into the higher channels of the power of mind over matter.

It is to Mrs. Eddy that the honor belongs for having brought these teachings into practicality, the result of which has been the alleviating of so much human suffering. Even if she has made some mistakes in her deductions, claiming that bone is not bone or muscle not muscle, the bones are there just the same and help to carry the weight of the body. If Christian Science can relieve these and other organs from disease why cavil at small differences before so beneficent a fact.

The grain of mustard seed planted by another waited her watering and cultivating to become a great tree to shelter many from the heat of the day. But for her zeal, her enthusiasm, her persistence, there would not now be the great organization of Christian Scientists, who are good people, many of them superior in every sense of the word, who have been able to rise above disease and to help others to do likewise.

Had it not been for Paul, it is a question whether the Christian religion would ever have been heard of outside of its little group of followers in its narrow confines of Palestine, where Peter and others would have limited its teachings to the Jews; but Paul, imbued with its wonderful truths, had the stamina and aggressiveness to proclaim that the Gospel was meant for both Jew and gentile, and to enforce its truths upon the minds of humanity.

Like Paul, Mistress Eddy has, through her efforts, brought the whole civilized world to see the healing and mastering power of mind over matter. Let honor be given to whom honor is due.

---

Doing good is the only certainly happy action of a man's life.—*Sir Phillip Sidney.*

That there should one man die ignorant who had the capacity for knowledge, this I call a tragedy.—*Carlyle.*



### *Emblem Presented to Mrs. Eddy.*

*Concord Church Members Send Insignia of Decoration by French Government.*

Through the action of the Concord, N. H., church which she established, Rev. Mary Baker Eddy is now in possession of a handsome jeweled emblem of the honor recently conferred on her by the French Government for her literary achievements as discoverer and founder of Christian Science. It is the decoration of Officier d'Academie, and the emblem is the gift of the Concord church, presented to Mrs. Eddy at her new residence through Dr. James H. Worthen, president of the organization. He came from Concord specially, bringing a letter of presentation, and also a friendly letter expressing regret of the church members at Mrs. Eddy's removal to Newton.

The emblem consists of an olive and a palm branch formed into a wreath attached to a crescent composed of five white diamonds suspended from a royal purple ribbon. The leaves of the palm and olive branches are set with sixty-five diamonds, and the olive berries are represented by rubies, of which there are five. In all seventy stones compose the jeweled ornament. The stems of the branches are inlaid with a ruby enamel.

This beautiful decoration was especially prepared in France for the Concord church in anticipation of the presentation.



### *What Science This Year May Bring Forth.*

*By John Ritchie, Jr., of Boston Scientific Society.*

It would seem as if one of the things that is near at hand is a longer range of forecasting the weather. This is a most important matter for business and for pleasure. Prof. Dolbear has very truly

said: "Man is born into a certain environment and accepts it without much argument or consideration." We are today in an environment of weather predicting, and we think it to be simply natural, although it would have been wonderful enough to our forefathers. To-morrow's weather we may know with a good deal of certainty. We are about ready now to reach farther into the future and to receive our announcements of coming weather for a much longer time in the future. The investigations of Clayton and the Blue Hill observatory seem to point to some important advance in the near future.

Turning to another branch of science, the department of biology, the study of life, one is struck by the way in which the investigators of the protozoa have been able to connect these minute animals with maladies that afflict mankind. These infinitesimal creatures, as small as the point of a needle, perhaps less than one twenty-five hundredth of an inch in their longest dimension, have been closely studied, and many discoveries have been made. These discoveries lead usually to some means of prevention or some method of cure. The causes of yellow fever, malaria, sleeping-sickness and various other diseases of man or beast, that have claimed their victims by the tens of thousands are now known to the microscopist. For some of these the cure has been found. Of all dread diseases cancer is the most terrible. Such is the condition of research to-day that it seems but a short time to a knowledge of the germ of this malady and perhaps a remedy, and no one would be surprised were the discovery to be flashed forth to medical men this year.

The strange series of phenomena that cluster about what are called the Herzian waves, is one of the wonders of modern science. Upon these subtle impulses depends the fairly familiar range of disturbances in the ether that result in wireless telegraphy. Wireless telephony, as yet but an experiment, is bound to follow. It may be that the year 1908 may give it to us in some measure of practical perfection.

Hardly any practical development of science is to-day of more universal interest than travel through the air. This new year has for us important advances in this direction of knowledge.

The aeroplane, also, which so many consider to be the airship of the future, is slowly but surely making its way. At present there are elements of instability and it has as yet accomplished no important lofty flights. Its progress is slow, but it is gaining. There is a possibility if not a probability of important advances in this form of aerial navigation during the year.

\* \* \*

### *What Is Electricity?*

Scientists do not know what electricity is, except as a result. It is a result of friction. The atmosphere generates electricity in great quantities as every one knows when counter currents conflict, as in electric storms. The Sun is eternally pouring upon the earth its vitalizing currents and the earth is constantly sending outward emanations caused by its life and movement. As it flies through space, these currents from the sun are encountered, causing friction which generates electricity. "Electricity may be inhaled, is inhaled, with every indrawn breath of air.

As Mr. Edison, "the wizard of the age," says, a few generations hence what are marvels of utility in these days will be known as but mere beginnings of the use of this master mystery.

\* \* \*

### *Edison Predicts Great Future for Use of Electricity.*

Newark, N. J., Feb. 12.—The second annual banquet of the heads of departments in the Edison workshops was given here last night in honor of the sixty-first birthday of Thomas A. Edison.

Mr. Edison remarked, in addressing those present, that "the possibilities of the development of electricity are boundless. Today we have not developed this wonderful agency beyond its primary stage. We cannot now even comprehend

its infinite possibilities. I have done little in comparison with what the wonderful future holds. In 200 years the inhabitants of this planet will regard the achievements of the present day in electricity as the mere beginning of a master science."

Every year a layer of the entire sea, fourteen feet thick, is taken up into the clouds, the winds bear their burden into the land and the water comes down in rain upon the fields, to flow back through rivers.

\* \* \*

### *Sir Oliver Lodge Tells of the Result of His Experiments.*

*(From the Boston Transcript.)*

Sir Oliver Lodge affirmed before a recent meeting of the Physical Research Society that communications were received from the dead in secret and exhaustive tests recently conducted by certain members of that society through spiritualistic mediums, or automatists, as Sir Oliver called them. Several automatists were concerned in the tests, the most notable being Mrs. Piper and Mrs. Verrall. Referring to what happened at the seances Sir Oliver said: "The most important set of phenomena are those of automatic writing and talking, and what do we find? We find the late Edmund Gurney, the late Richard Hodgson and the late F. W. H. Myers, with others less known, constantly purporting to communicate with us, with the express purpose of patiently proving their identity by giving us cross correspondence between different mediums. We also find them answering specific questions in a manner characteristic of their known personalities and giving evidence of knowledge appropriate to them. Not easily or early do we make this admission. In spite of long conversations with what purports to be the surviving intelligence of these friends and investigators, we were by no means convinced of their identity by more general conversation, even when it was of a friendly and intimate character, such as in ordinary cases

would have been considered amply sufficient for identification of friends speaking, say, through the telephone or typewriter.

"Cross correspondence—that is, the reception of part of a message through one medium and part through another, neither portion separately being understood by either—is good evidence of one intelligence dominating both automatists, and if the message is characteristic of some particular deceased person and is received as such by people to whom he was not intimately known, then it is fair proof of the continued intellectual activity of that person. If, further, we get from him a piece of literary criticism which is eminently in his vein, which has not occurred to ordinary people, then I say the proof, already striking, is tending to become crucial. These are the kinds of proof which the society has had communicated to it. The phenomenon of automatic writing strikes some of us as if it were in the direct line of evolutionary advance. It seems like the beginning of a new human faculty.

"I am going," Sir Oliver continued impressively, "to assume in fact that our bodies can under certain exceptional circumstances be controlled directly or be temporarily possessed by another or foreign intelligence operating either on the whole or some limited part of it. The question lying behind such a hypothesis, and justifying it or negating it, is the root question of identity, the identity of the control. Some control undoubtedly exists, and it is not the normal consciousness of the person owning the body. Everyone who knows anything about the matter is quite certain that this question of identity is a fundamental one. The controlling spirit proves its identity mainly by reproducing the speech or writing facts which belong to his memory, not the automatist's memory."

Professor James H. Hyslop, formerly professor of logic and ethics at Columbia University, a member of the Psychical Research Society, supports Sir Oliver, and says that Professor Lodge is one of the best known and most distinguished

scientists in England. "What he says is quite true," went on Mr. Hyslop. "I have taken messages from Mrs. Piper myself. Only ignorant people now doubt that Mrs. Piper and such as she is, can communicate with the spirit world. Richard Hodgson established his identity several years ago through the mediums. Edmund Gurney made himself known through the mediums as far back as 1880. I have talked with Hodgson myself."

Dr. Hyslop has been secretary of the American Society for Physical Research, and has published a great deal of matter in the proceedings of the Society for Physical Research. Sir Oliver Joseph Lodge, who has given the weight of his opinion to the theory of spirit manifestations, has been often honored for work in scientific research. He is about fifty-seven years old, is a fellow of the Royal Society, and has degrees from Oxford, St. Andrew's, Glasgow, and other great British universities. He is the author of numerous scientific works and is one of the wisest known of living English scientists.

In harmony with the foregoing statements from Sir Oliver Lodge, THE STELLAR RAY sees a reasonable basis of explanation of heretofore unaccountable achievements. For example, it has been difficult to associate the individual qualifications of William Shakespeare with the great works attributed to his authorship. Their profound knowledge of human nature, their subtle reading of mind and soul, their adaptation to all stages of human development in all classes of society, among nationalities with which Wm. Shakespeare, the play-actor never came in contact, seem to emanate from higher intelligence than that possessed by his personality.

To our mind there is nothing unreasonable in giving fair consideration to the following statement received through psychic forces, to-wit, that there was a contemporary of the so-called Bard of Avon, a young man, tall, fair, with blue eyes, a sensitive, and a shepherd boy, through whose organism these writings were produced automatically. That they



were edited by those who knew of their origin but whose lives would not have been safe had the facts been given to the world, and English literature would never have received these masterpieces.

THE STELLAR RAY holds that the above hypothesis of the origin of the Shakespearean works is more rational than that of the authorship belonging to the unlettered man of Stratford.

We also consider how difficult it is for those who have had no experience with psychic phenomena to realize that these occult forces can act through the human organism.

There are, however, many bold and conscientious explorers who are in the advance of their fellows and have the courage to proclaim their discoveries and bye and bye the field will be filled with harvesters anxious to gather the sheaves of golden truth.



### *Modern Interpretations of Scripture.*

(Continued.)

The higher conception of the awakened Christ spirit, which is "love thy neighbor as thyself," has been held in abeyance by mental association with ancient undeveloped tribal instincts.

Is it not reasonable to attribute the slow development of the spirit of brotherly love, as taught by Jesus, to the fact that his teachings have been interblended with records of a barbaric age.

The reader inquires, if the Patriarchs of the early scriptures defrauded and waylaid their fellowmen, why should not we?

They lived lives of sensuality and greed, their riches are said to have increased and "their seed was multiplied upon the earth"; in modern language their enterprises prospered, their influence broadened, their families were prolific and they became powerful in their day and generation. Why should we not also be prospered through similar methods?

In the light of modern reasoning it seems at least incongruous to permit the publication, as Holy Scripture, such a narrative as that contained in

the 21st chapter of Genesis, beside which much of the so-called objectionable literature of today would seem chaste. Nevertheless between the same covers are compiled most sublime teachings with records which are as harmful as are the proceedings of modern police courts.

A mother sees her child reading these early scriptures. Is the child reading chapters from which he may be absorbing demoralizing suggestions or those that are inspiring and elevating?

A thorough investigation of the above class of scripture writings, with the object of arriving at the truth, without catering to church or creed, shows conclusively statements that tend to confuse and stultify rather than educate and enlighten the reader. The accounts do not accord with scientific facts as known and demonstrated today.

Read the 31st, 32nd and 33rd verses of the 23rd chapter of Exodus: "I will set my bounds from the red sea even unto the sea of the Philistines and from the desert unto the river, for I will deliver the inhabitants of the land unto your hand and thou shalt drive them out before thee. Thou shalt make no covenant with them nor with their gods; they shall not dwell in thy land lest they make thee sin against me, for if thou serve their gods it will surely be a snare unto thee."

The practice of Christian nations has continued to be the same as that followed by the ancient tribes of Israel; that is, to drive out or at least to subdue, rule and take what is not lawfully their own.

Why should we expect different results when such writings are declared to be the word of God? The generations have simply been following as they have been taught, and so long as such records of injustice purport to be the word of God, the policy of nations and of individuals will be conquest by war, graft and greed.

Jesus refuted those brutal ideas in every principle he taught, but they have hung like a pall over the sublime revelations of the Christ spirit. The pall is



being lifted and the majesty of the simple truth, "Love one another," is catching the light of the rising sun of reason, which will dispel ignorance, superstition and bigotry as mists flee before noon-day.

\* \* \*

### *Church Building in the Year 315.*

Dean Geo. Hodges of the Episcopal Theological School of Cambridge, Mass., is giving a course of lectures on "The Early Church," and we quote below from this reliable source a description of the church construction as long ago as in the year 315. Dean Hodges says:

"As for the organization of public worship, there is an excellent description of a church building erected at Tyre in the year 315. Eusebius, the bishop who preached the sermon, afterwards printed his discourse in his history. In the progress of the sermon he referred to the various parts of the church. The church building was approached through an open court, and provided a place in the back of the building for persons who were preparing for baptism and for those who were under penance. The main part of the building was for the faithful. In the midst was a raised platform for readers and singers. The chancel, ascended by steps, was separated from the congregation by a latticed railing. The chancel was semi-circular in form, and the altar, in the form of a wooden table, stood out in the midst. Behind the altar was the bishop's chair. The services, which were conducted at the beginning of the fourth century, are fairly reproduced by various ancient authors. They consisted of a preliminary service of Bible reading and psalm singing and preaching, followed by the celebration of the Holy Communion. And the service in which the Holy Communion is celebrated maintains apparently a fixed order throughout the Church, but the words of the prayers are extemporaneous and left to the discretion of the minister. The service contained a long prayer of thanksgiving, beginning with the words, 'Lift up your hearts,' and containing the congregation-

al hymn, 'Holy, Holy, Holy,' and a recitation of the words of institution. After this the people came up to receive the bread and wine, and the service ended with the bishop's blessing."

If the harmful influence of the liquor traffic is ignored for the moment, and we consider that Uncle Sam's liquor bill is \$1,400,000,000 a year, or about \$18 for every man, woman and child in the nation, it should arouse within us that patriotism of which we boast so much, and cause us to fight our most dangerous enemy here at home, rather than to desire for an opportunity to show our patriotism by shouldering a gun and going to some foreign country to shoot some fellow-being who is supposed to be an enemy to the country where we happened to be born.—*Character Builder.*

\* \* \*

### *A Lesson in Banking.*

America has learned more than one lesson in details of government from New Zealand, and it may find a word of encouragement and advice regarding the proposed establishment of a system of postal savings banks from the young country in the Pacific. Consul General Prickett, writing from Auckland on the operations of the government postal savings banks in New Zealand, says:

"One of the greatest aids to the financial power of France, with its annual investing surplus of \$350,000,000 to \$500,000,000, is the facility with which its people can invest their small savings with absolute security. The government system of postal savings banks enables investors to deposit small sums in the postoffices, upon which they draw interest, with the right to withdraw them at will.

"New Zealand is a young country, but it has adopted this system with the most gratifying success. Postal savings banks were established by the colonial government in 1867. On December 31, 1906, there were 540 postoffices open for the transaction of savings bank business, with 293,746 accounts, covering a total

deposit of \$48,766,325, an average of a little over \$166.50 to each account, and representing a sum equal to \$56 a head for the entire population of the colony.

"Deposits may be made of 1 shilling (24 1-3 cents) upward, but interest is reckoned only on complete pounds (\$4.86). Interest is allowed from month to month, commencing with the first day. Deposits made on the second and subsequent days do not draw interest until the first of the month succeeding. Accounts may be drawn upon at any time, but interest is allowed on the sum withdrawn only up to the first day of the month of withdrawal. The interest due to each depositor is calculated to December 31 of each year, and is then added to the principal. The rate of interest at present is 3½ per cent up to \$1,500; from \$1,500 to \$3,000, 3 per cent; above \$3,000 no interest is paid. Charitable institutions, however, may draw interest at the maximum rate for any amount they may desire to deposit.

"The 540 savings bank postoffices average a depository for every 1,646 persons, and of that number 548 have a savings bank account, making the proportion of accounts per head of population nearly one in three. If these proportions were applied to the United States with a population of, say, 82,300,000, there would be in that country 50,000 postal depositaries, with 27,400,000 accounts, covering a deposit in round numbers of \$4,600,000,000. But there were in the United States in 1906 only 1,319 savings banks, with 8,027,192 accounts, and total deposits of \$3,482,137,193. This is an average of \$433.80 to each account, indicating that the savings banks are being used by people of comparatively large means, and that persons having small sums which they might deposit under favorable conditions do not find convenient depositaries. Of the 298,746 accounts in New Zealand 212,605 had deposits not exceeding \$100."

If such a showing as this can be made by such a relatively small country as New Zealand, to what proportions might not a somewhat similar system in America attain?

If the inhabitants of that country keep nearly \$50,000,000 (or possibly considerably more now) in their postal savings banks, is it not reasonable to expect that the people of the United States would turn over to the federal government for safe keeping a sum vastly in excess of that amount?

♦ ♦ ♦

### *Interesting Letters from Life Sentenced Prisoners.*

Mr. H. C. Hodges,  
Editor.

Dear Sir:

In the December issue of THE STELLAR RAY is an article entitled "Mercury," taken from The Science and Key of Life, a work which must be wholesome food for thoughtful minds, and best of all, full of practical good. I have applied the lessons in the article entitled "Mercury" in the battlefield within myself where my lower mind is fighting against the higher. Now I am fighting as a private soldier, but I firmly trust in God that some day, by a constant struggle, and practical knowledge, I will become commander-in-chief.

In regard to Astrology I will say, that I am ignorant of its principles, but believe that ignorance should not deny facts, and I reason that as the Magi of the East saw in the heavens a new star, and through their calculations were led to the birthplace of Jesus of Nazareth, to whom divine honors were to be paid, the fact that they were correct, that their knowledge did not prove a failure, shows to my mind that if Astrology was true then it must be true now.

After being sentenced here for life, as soon as I realized the conditions in which I found myself I started to learn the English language for the purpose of being able to translate some of its literature into Spanish.

Although I am progressing slowly in my study I enjoy it in my after work hours.

My hopes are that some day, when I shall have obtained executive clemency, I will enjoy happiness in Mexico with

my really poor mother and others who are near and dear to me.

Yours very respectfully,

J. T.

States Prison, San Quentin, Cal.,

February 7, 1908.

MR. H. CLAY HODGE, DETROIT, MICH.:

Dear Sir—I have before me THE STELLAR RAY, July number, 1907. Its editorial has created a good deal of talk among the prisoners as it passes from hand to hand. It is a pleasure to know that some one has struck the proper keynote of reform.

You say that the present method of reform is and has been productive of no good for centuries. You are perfectly right. Plausible explanations of crime have been advanced for centuries and certain methods of reform applied, or rather certain methods of vengeance tried on the criminal, still crime confronts every community. And why? Because society strives to efface the effect without removing the cause. This has been responsible for the failure of general criminal reform.

In order to reform a criminal he must be made to feel that he is capable of reform. That he possesses the powers to attain possibilities common to man. He must be made to realize that he possesses all the qualities necessary to the attainment of noble manhood. That the same inspiration of Divine wisdom is extended to him in common with all mankind. That he is capable of fulfilling the highest trust of his fellowman.

But does society do this? No! It strives to inspire the criminal with his utter unworthiness to establish relationship with other human beings, and that no amount of energy can be put forth to overcome this unworthiness. He is treated and, as far as possible, made to feel that he can never regain the confidence of his fellowman.

With few exceptions this discourages nearly all criminals, who are made to feel their weakness instead of being inspired with confidence and strength.

Until the present attitude of society

changes, criminals will continue to increase.

But in your article, "Industry as a Reform Principle," I think you fall far short of the actual result when you say that "with proper treatment and consideration that in five cases out of ten the latent self-respect would revive, and that they would enjoy the occupation with its incentive to freedom and independence."

*God speed the day when your ideas will be put into effect.*

You may be surprised to hear from a convict, but it is possible that the ones that are considered to be hardened criminals are not beyond recall. Your article has caused some pleasure, in prison at least, if not elsewhere.

I am a prisoner and speak from my heart.

I. B.,

No. 22,217 States Prison.

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### Premature Obituaries.

One of the traditions of the office of the New York Herald has to do with an editor who was a great upholder of the infallibility of his paper. It simply couldn't make a mistake.

A flustered citizen once burst into his office and bustled up to the editorial desk. "See here!" he demanded. "This obituary notice. It's all wrong!"

"What's wrong about it?" asked the editor in calm confidence.

"Why, it's about me. I'm not dead!"

"If the Herald says you're dead," sternly replied the editor, "you're dead. But," he added magnanimously, "if you don't like being dead we'll print your birth notice."

His attitude was rather different from that of another editor, who, on being shown by the man most interested that the death of the complainant was falsely reported, apologized profusely and offered to make it all right.

"We'll print a correction at once," he said.

"Well," said the man who wasn't dead, "perhaps it would be better to let it stand. I'll show it to my friends when they want to borrow money."—*Woman's Home Companion for February.*

# HEALTH AND HYGIENE

## *Vibration as a Promoter of Health and Beauty.*

A review of progress in the Sciences would be incomplete without reference to the remarkable and increased application of mechanical vibration or rythmo-therapy in the relief or cure of physical ailments and the preservation and promotion of beauty.

As a prominent medical editor writes: "The air is full of vibration." It has passed through the various stages of charlatanism and cure-all quackery, and has attained the recognition of physicians and medical scientists as a dependable palliative of pain and legitimate curative agent in many ailments that do not readily yield to ordinary medicinal treatment; and the professional masseur or beauty specialist find in vibration a more efficient means of controlling facial contour and complexion, removing and preventing the crow's feet and wrinkles characteristic of age and care than any of the various lotions or manual manipulations formerly used for these purposes.

Vibration in the physiological sense is merely passive local exercise. It is the scientific evolution of the ancient principle of rubbing a sore or numb spot to stop the pain or promote circulation. For this purpose various mechanical vibrators have been devised, which are operated or vibrated either by hand, electric or water power.

There can be no question that the hand operated vibrator which possesses the speed possibilities of motor operated machines has the widest range of usefulness because it requires neither electric current or water pressure for its operation.

Men and women do not like to be sick, else they would not spend hundreds of millions of dollars yearly trying to get well. If they *knew* that breaking the laws of health would make them sick,

they would be obedient. Please don't make the mistake of saying that they do know it. They may know that it makes *some* people sick, but they hope to be exceptions to the rule. Talk to anyone who indulges in gluttony, liquor, tobacco, narcotics, licentiousness, late hours, overwork, lack of exercise and fresh air, unhygienic clothing, or any other plain infraction of law. Ask him why he doesn't obey the law. Nine times out of ten his answer will be, "Oh, it doesn't hurt *me*."

Many people are like the cheerful fellow who fell from the top of a twelve-story building. It was summer-time and all the windows were open. As he passed each window he shouted to those inside, "All right so far!"

You hear every day, "I have done this thing for years, and it hasn't hurt me yet." They are only shouting, "All right so far."

The laws of health are just as certain in their action as the laws of gravitation, falling bodies, the impenetrability of matter, and the conservation of energy. Nature makes no exceptions.—*Business Philosopher.*

\* \* \*

## *Wonders of the Human Body.*

*By H. G. Patterson.*

The skin contains more than 1,000,000 openings which are the outlets of an equal number of sweat glands. The human skeleton consists of more than 200 distinct bones. An amount of blood equal to the whole quantity in the body passes through the heart once every minute. The full capacity of the lungs is about 320 cubic inches. About two-thirds of a pint of air is inhaled and exhaled at each breath in ordinary respirations. The stomach daily produces nine pounds of gastric juice for digestion of food; its capacity is about five pints. There are more than 500 separate muscles in the body with an equal number of nerves and blood vessels. The weight

of the heart is from eight to twelve ounces. It beats 100,000 times in 24 hours. Each perspiratory duct is one-fourth of an inch in length, the whole about nine miles. The average man takes  $5\frac{1}{2}$  pounds of food and drink each day, which amounts to one ton of solid and liquid nourishment annually. A man breathes 18 times a minute and 3,000 cubic feet, or about 375 hogsheads of air every hour of his existence.

The measurement of that part of the skull which holds the brain is stated in cubic inches thus: Anglo-Saxon, 105; German, 105; Negro, 96; Ancient Egyptian, 93; Hottentot, 58; Australian native, 58. The male brain is about 10 per cent heavier than the female. The highest class of apes has only 16 ounces of brain.

Have you ever heard of little Comber town, away up in County Down, sweet County Down, in the North of Ireland? It's dirty, it's small, it makes whisky, it turns out ragged urchins and mighty good-backed men. One of them was called Gillespie.

In after years they reared a column in the centre of the market square of Comber to Gillespie. He had led a charge in India, and before he fell, he cried out: "One more shot, boys, one more shot, for the honor of Down!"

That's all. But if you have ever stood at the foot of that column, your heart filled with despair, with shoeless feet, your richest possession that spirit of perseverance transmitted as your heritage from a long line of daily-fighting-poverty ancestors—were you such a lad and had looked up to see that inscription—"One more shot for the honor of Down!" you'd never forget it as long as you lived.

Don't surrender! Don't give up the ship! One more shot for the honor of your old home town! Keep fighting, lads! I'll fight it out on this line if it takes all summer!

If you're a man you'll fight, if you're anything else you'll run and keep running.—*The Stenographer.*

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### ***U. S. Army Medical Corps Should Prevent, Not Cure Disease.***

Dr. Louis L. Seaman, who served as a surgeon in the volunteer army in the Spanish-American War and who was at the front in the Boxer rebellion and more recently in the Russian-Japanese War, delivered an address before the New York Academy of Medicine on "The Triumphs of Scientific Medicine in Peace and War." Dr. Seaman scored our regular army's medical department and called for its entire reorganization, if not its abolishment. He declared that the department's system is archaic, away behind that of Japan, and inferior even to that of Patagonia. Dr. Seaman would have a national health board established with a representative in the President's Cabinet. Dr. Seaman said that in all of the great wars of the last two hundred years disease had killed about four times as many soldiers as had bullets, and in our late Spanish War the figures had reached the alarming proportion of 14 to 1. Japan, on the other hand, had proved that most of the diseases of war are preventable.

In their struggle with Russia the Japanese had completely reversed the historical war figures, only one man dying from disease to nearly three from the casualties of battle. This, in Dr. Seaman's opinion, was owing to the proper organization of the Japanese medical corps. The Washington authorities, however, have made and still continue to make the time-honored mistake of relegating the doctor to the hospital for curing the sick and wounded, while the real object of modern medicine is to prevent disease.

Dr. Seaman declared that the bill which has recently been introduced into Congress for the reorganization of the medical department is deficient in the most essential features. It makes no provision for an adequate sanitary department, worth a hundred times the

whole medical service as it now exists, nor for an independent transport system. It confers upon the medical officer no advisory authority over the commissary department or the soldiers' rations, the lack of which was one of the chief causes of the havoc wrought in our war with Spain.

Dr. Seaman contends that an adequate medical service should be established because of its value as a financial asset if for no other reason. Besides the saving in life, the enormous pension appropriation would be curtailed by many millions each year. Dr. Seaman showed that the pensions paid in twenty-five years equal the cost of the war which caused them, more than half of which, in his opinion, might be saved.

"If the disgraceful record of the Spanish-American opera bouffe," said he, "is not to be repeated—where 2,649 picked American soldiers died in three months from disease in the pest camps of their own native land—red tape and the traditions of the army should be relegated to ante-bacteriological times."

Dr. Seaman declared that no matter how much we may boast of our altruism, national patriotism and philanthropy, the cold, clammy fact is that the Japanese in their war with Russia treated their prisoners with more humanity than our nation treats its own soldiers.—*Boston Transcript*.

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### *Appendicitis; How to Prevent It.*

Following are extracts from an article by Thomas M. Stewart, M. D., in *Journal Public Health*:

So much is being published in the daily press regarding sudden attacks of appendicitis. So many people are being rushed to hospitals for operation. So many deaths, soon after, are being publicly proclaimed, that, the other side of this grave question is not as widely understood as it should be.

The ethical side of the practice of medicine is simply this: The doctor should only do that for his patient, which he would be willing to have done to himself under the same conditions.

Medicine is not an exact science in the sense that it is a completed one. To reach a higher, and a more exact plan, the ethical factor must receive conscientious application.

In this spirit, a brief synopsis of the medical treatment of appendicitis can do the layman no harm.

With the exception of those cases caused by infection from influenza, eruptive fevers, injuries, foreign bodies, and in women, disease of the appendix due to uterine or other pelvis disease, the ordinary cases occur in people suffering from habitual constipation. For this reason the classical treatment of appendicitis, viz.: ice to abdomen, opium and operation if no improvement results in six hours must be reconstructed. The ordinary form of appendicitis, occurring in people who suffer from habitual constipation, or who habitually eat the wrong kind, quantity and variety of foods, is but the final protest of the long abused mucous membrane of the intestinal tract. To avoid this result all that is necessary is for the individual to find out the best mode of eating and drinking as adapted to himself.

\* \* \* \* \*

The treatment must be to thoroughly purge the bowel, by the use of castor oil or calomel if the former failed. After the first evacuations the bowel should be irrigated by means of a colon tube, and a quart and a half of blood warm water to which sage or ox gall should be added. The skillful flushing of the bowel and caecum once a year, together with a proper diet, and proper bowel massage will prevent not only this trouble of appendicitis; but, according to Bell, of London, the proper care of the alimentary canal will also prevent cancer, and must always be a factor in the cure of malignant trouble. Habitual constipation must be overcome or flushing must be done more often.

The best argument for the foregoing method of treatment is Robin's (France) statistics, to whom the method is indebted for its present effectiveness; he had 250 cases with 244 recoveries. Six cases were operated, with two deaths.



**In the following paragraphs will be found some health hints that should be carefully observed:**

Do not exercise right after eating.

Stop just as soon as the slightest sign of fatigue appears.

While exercising, keep your mind on the exercises. For instance, if you are exercising your arms, keep your mind on your arms. This will cause the blood to flow to them, and will greatly assist the work.

Keep up the interest by changing the exercises. You should be able to invent a great many movements.

Take measurements from time to time. You will then be able to see the improvements.

If any part of the body is less developed than other parts, devote more time to the undeveloped part or parts than to the better developed parts.

If you have a tendency towards any disease, pay more attention to the strengthening of the part of the body likely to be afflicted than to the development of the rest. For instance, if you have a predisposition to consumption, you should make a specialty of deep breathing exercises, and should develop your neck and chest to the utmost.

Never exercise when *physically* tired. Nature has had enough, and to inflict further burdens would be to incur the risk of harm. Use judgment. While it is very desirable to exercise regularly and always at a certain time of the day, preferably right after getting up in the morning, you should use common sense. The body that is tired needs a rest, not exercise. Deep breathing exercises will prove wonderfully beneficial in such cases, and should be taken.

Exercise, if possible, before a mirror. Many find this a great aid in stimulating interest.

Wear little clothing while exercising. Wear nothing that will restrict circulation, at any time.

Exercise in the open air or be sure that you keep your windows open while exercising. You *must* have fresh air.

Devote more time and attention to

breathing exercises than to any other. They are by far the most important.

Next to these, in importance, are the trunk bending and twisting exercises. No day should pass but that you try to touch the floor with the tips of your fingers at least twenty times. Breathing and trunk exercises build for *vital* strength—toward the development of lungs, heart, stomach, kidneys, etc. Therefore they are the most important. A man may have a big bunch of muscles on his arms, but they are of little significance as compared with sound lungs, a sound heart, and a stomach that will properly digest food.

Do not become a crank on physical culture. Recognize its worth—but do not be a bore.

Mental gymnastics are all right—so far as they go. But a man might lie in bed for a great many moons and repeat again and again that he was raising a bunch of muscles like Sandow's, without accomplishing the least bit. That which is not *used*, dies.

Exercise every day if you would make headway. Persistent and regular exercise will accomplish wonders.—F. G. Kaessmann.

In reply to inquiries regarding the Monea lessons, relative to their purpose and effect, we would state that their purpose is to assist those who are interested in the development of their higher faculties. Their first effect is improved health and spirits. Their method is scientific, although as simple as A B C.

The first Monea lesson has been to some the means of better health, greater happiness and increased success. It is brief, simple and helpful, and is sent free with each subscription to *The Stellar Ray*, when request is made for it with the remittance of subscription price, \$1.00 per year.



The man who owns enough of this world's goods to keep him from dirt, debt, and hunger, has a thousand chances of avoiding evil against the one of the man whom the demon of discouragement drags through depths from which it is almost impossible to escape without severe demoralization of body, mind, and spirit.—*Success*.



### *Experience of a Food Scientist.*

About two years ago the New York doctors, by a machine called the "County Medical Society," caused the arrest of Eugene Christian, New York's well known food scientist, charging him with "practicing medicine without a license." Detectives of the Medical Society were sent to Mr. Christian's office. These detectives, through deception, it is claimed, induced Mr. Christian to prescribe diets for alleged cases of stomach trouble. Upon such testimony Mr. Christian was convicted in the Court of Special Sessions—as is every one whom the doctors have arrested.

Mr. Christian appealed the case to the Supreme Court and a decision was handed down Friday, December 20th, reversing the decision of the lower court and exonerating him completely. The decision was very sweeping and was summarized by the court in the following words:

"As upon the whole case we find that no crime was committed and that the defendant was improperly convicted, the judgment appealed from should be reversed."

It is now acknowledged by the highest authorities, both in this country and in Europe that from 80 to 90 per cent of all human disorders are caused by errors in eating, but the scientist and food chemists have been held out of this field by the mercenary interest of the medical profession. Now that Mr. Christian has fought and won, there is opened a field of unusual importance. This is, in fact, the first real conflict that has taken place in the courts of any state between

medicine and the newer science based upon the natural chemistry of the body and of foods as contrasted with the chemistry of drugs.

Mr. Christian is to be congratulated upon his single-handed victory over the organized powers of the medical trust. He has established the right of an American citizen to use his own intelligence and scientific knowledge to relieve suffering and better the condition of his fellow man, regardless of the dictates of a closed profession.



### *Olive Oil as a Food.*

Olive oil is a highly concentrated food, a valuable article of diet, and should be used by American people as food, and not merely as a condiment. The body wastes away when deprived of fat, and a pure vegetable or fruit fat is superior to any other.

Olive oil is a valuable aid to digestion, a marvelous tissue builder, blood and nerve renovator, and its purifying and healing qualities are of superior value. Appendicitis would die a natural death if olive oil were freely used.

But many people raise the cry "fats are so difficult of digestion, they produce gas, and a bad complexion, they are bad for the liver and cause biliousness, and besides the idea of eating fat is repulsive." All these things may be true of animal fats, butter, lard and even fat meats that are so carefully left on the plate of those who dislike fats.

Set aside all these excuses, for one can become accustomed to the use of almost anything—the habit once formed the article in question becomes delicious. The human laboratory will digest and assimilate every drop of this highly nutritious oily food. The skeleton frame calls for it; the wasted flesh and starved nerves demand it. The sluggish blood stream needs a lubricant, the pale cheeks a rosy hue, the dead scalp and falling hair, the dry skin call for nutrition, which can be obtained by introducing pure olive oil into the daily rations. A pint or more a week, with food may be used with perfect safety. Season not only the salads

with it, but everything you eat, and as an extra, take a dessert spoonful before each meal.

If you desire a different flavor add lemon or other fruit juices, milk or salt until you can take it clear.

How many drawn, wrinkly, dried-up faces we meet, with a ghastly smile now and then—they all need oil. Try it as an article of diet, and see the freshness return to such faces that now look so careworn, hurried and worried. Do not expect the miracle of an immediate fresh face, for you have been years in growing those special features, and it may require months to remodel those lines into artistic health.

Observe all the conditions leading healthward. The body is the only thing we have for the manifestation of the real life. We must carry it about all the time, be it fat or lean, be it sick or well, active or sluggish—hence it is our duty to prepare it for the most perfect work of its occupant, and see that it is always in the best condition.—*Ellen Goodell Smith, M. D.*

A baby knows *when* he wants to eat, and is provided with an excellent and most musical apparatus for conveying that fact to your apprehension," says Dr. Woods Hutchinson, in the February Woman's Home Companion. "He knows *what* he wants, and will reject vigorously what doesn't suit him. And you may be sure that he knows far better than most adults when he has had enough.

"This faculty is present from his very earliest appearance upon the stage of life. During the first three days of his existence the healthy baby cries but little and sleeps almost constantly; and we have now discovered that during this period he not only requires no food, but *is better off without it*. He is still digesting and living upon the nourishment in his blood derived from the veins of his mother, and until that process is completed, food in his little stomach is a foreign body. In fact, the impression that colic or 'colickiness' in a baby is a natural characteristic is chiefly due to

the senseless insistence of officious nurses and anxious mothers upon crowding things into the baby's stomach during his first three days. There is another clear indication on the part of Nature of this fact, if we had only been open minded enough to see it, in that there is no natural supply of nourishment for the child until the close of these three days. The horrible things that are poked into the unfortunate baby's mouth in order to correct this stupid oversight on the part of Nature and keep it from starving to death would almost stagger credulity.

"His faculty of knowing *what* he wants in the way of food is equally to be trusted. He is largely a creature of circumstances here, and if what he really likes doesn't happen to be offered him, he of course can indicate no preference for it. He vastly prefers Nature's own source of nourishment, and is a thousand times justified in his preference. Nature has taken a quarter of a million years in fitting a cow's milk to grow not a baby, but a calf, and a mother's milk to grow a baby, and we cannot expect to completely reverse the process in one generation. Not only is the natural supply a far better food, but it is infinitely freer from risks of contamination and the conveyance of disease."



### *He Got His Revenge.*

The young couple drove to the railway station after the wedding, accompanied by the best man, who, it was said, had once been in love with the bride. Just before the train started he went to the bookstall, came back with a book in his hand, and handed it to the bride, saying:

"You will find that a capital book to read on your honeymoon."

After the train had started the young husband said:

"What book is that Tom has given you?"

Together they looked at it. It was R. L. Stevenson's "Travels With a Donkey!"—*Ex.*

# STELLAR SCIENCE

## *Jupiter the Planet of Greater Fortune.*

The planet Jupiter is the largest in our planetary system, being nearly thirteen hundred times as large as the earth.

His course around the sun occupies a period of eleven years, two hundred and sixty-four days; hence a Jupiterian year is nearly twelve times as long as our year.

He rotates on his axis in 9 hours, 55 minutes and 26 seconds, consequently his days are less than one-half the length of ours.

His distance from the sun is more than five times greater than that of the earth, and, due to his axis being almost perpendicular to his orbit, there are no perceptible seasonal changes.

According to the science of Planetary Influence the nature of Jupiter is especially benefic. He is termed the greater fortune, the giver of blessings of joy, hope, sympathy and generosity in all things.

When Jupiter is in the ascendant at birth he confers strength of constitution, he gives a genial temperament, with sincerity and freedom from deceit. Persons born under his influence are favored by fortune. The most benefic influence is the sun in trine aspect to Jupiter, for the sun gives power and Jupiter wisdom.

At the present time Jupiter is in the sign Leo, or the fifth house. Any individual with this position of Jupiter in his horoscope will be generous, magnanimous, ambitious as far as position is concerned, fond of power and authority, dignity, pomp, or ceremony and display. He is best adapted to some public pursuit where he can superintend others. He does well in some office of state or at the head of some organization where he can display his talents.

He also has a strong inclination to religion, philosophy, the higher sciences,

the arts, the higher development of the mind in general, and if Mercury and the Sun assist, he may gain renown and distinction in any one of these directions. There is no tendency to travel, though there may be several long voyages in the life, and these will be for some definite end and not merely for the love of traveling.

This position is good for the health of the native, as it increases the vitality. What parents would not desire the benefic influence of this great planet in the lives of their children?

The time is coming when man shall so order his life in harmony with the laws of nature that succeeding generations will be born of parents who are properly mated and at periods when they will receive the greatest aid through life. Or in other words, when these planetary laws are better understood the auspicious times will be chosen for the birth of children, then peace and happiness will dominate in the place of contention and strife.

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## *The Harmony of Phrenology With Astrology.*

*Written for The Stellar Ray by Professor Weston.*

In the first number of the Planetary Reader, a magazine that was published by Dr. Broughton, the astrologer, of Philadelphia, in April, 1860, is a colored plate about six inches in diameter which graphically exhibits the relation of the phrenological faculties to the twelve signs of the zodiac and the twelve mundane houses. For many thousands of years the astrologers have known this manner of correspondence, and the doctor merely explained what had been known since the time of the Atlantean Shepherd Kings, over sixteen thousand years ago. I cannot here give anything

like a fair statement of the case in the small space available, but I will mention the leading facts. In astrology the Fifth Mundane house, which is the fifth duodecimal division of right ascension counted in the order of the signs from the ascending degree at any moment of time, corresponds with the sign Leo in the physiological representation of what was called the Macrocosm, or the Grand Man. Leo is the solar mansion, in astrology, and is the real beginning of what is called the essential dignities of the planets, its ruler, the Sun, being the Grand Hyleg, or giver of life. Now it is the fifth house and the sign Leo that corresponds with the phrenological faculty of Amativeness. All astrologers in all times have always used the fifth house as "the house of children." Not only is this fifth house correctly placed as at the base of the brain in man, but when so placed every other house will have the correct position in the brain of man, if we use the indications as given by Gall and Spurzheim. The fact is, astrologers have known for upwards of thousands of years that the brain of man was a microcosmic zodiac, and modern phrenology is based on this still more interior truth. Phrenology is a true science, but it has an interior counterpart that stands to it in the relation of cause to effect.

An historical research in the science of phrenology will almost certainly reveal the fact that Dr. Gall used what is known as the "physiological rule by house" in his placing of the groups of faculties, and this rule is nothing else but astrological. Dr. Gall was right, of course, but there are not many phrenologists who know how he happened to be so alarmingly right at the first guess. He did not make the smallest error, but it was because he could not, using the rules of astrology, as he most certainly did.

Do not misunderstand me. I make no point against phrenology as a science, but it is a science with an interior that is usually utterly ignored and even denied by many very good phrenological artists. I announce to such as this that

they are but on the threshold of the temple of truth and that just beyond the veils of the entrance are the true forms within the circle of the real light.

Denver, Col., January 22, 1908.

MR. H. C. HODGES, DETROIT, MICH.:

My Dear Sir and Friend—Your letter of January 15th received. I quite agree with you about the Fixed Stars. There is not the slightest doubt but what they exercise a very strong, dominant influence over humanity. In my own chart I have Rigel and Orion in Gemini rising just above the Cusp of the Ascendant, and I have Antares eight degrees in Sagittarius coming to the Cusp of the Seventh House. These Fixed Stars certainly imply honor in connection with military matters and glory and success on battlefields. I spent very nearly 25 years in the British army, 20 years or more of which was spent on battlefields. I am only happy and fortunate enough to be able to record the fact, for under the most risky conditions my life was spared. In South Africa and in England bullets whizzed around me in all directions, but never one of them touched me, yet my most intimate friends and brother officers were stricken down. In personal and family matters the Fixed Stars, when they are properly studied and interpreted, will explain many of the peculiarities of life. I believe, in fact I know, that Orion, Rigel and Antares exercise a very strong intellectual influence over individuals.

Your pages in volume 4 of "The Science and Key of Life" in dealing with the Fixed Stars are not only interesting, but they are very correct. I have read your books over very carefully and find there is a vast amount of unknown truths contained in them. One of the great troubles of modern education is that common sense and practical ideas are not taught in our university schools and churches. False religion, dogmas and doctrines seem to influence the people more than the truths. The Methodist, Episcopal and Presbyterian ministers preach eternal damnation and eter-

nal punishment, which seems to take root in the minds of many good people. There is one great stirring truth, and that is that the minds of religious humanity are expanding, and the lay folk are beginning to think for themselves.

The day is fast approaching when our churches and Sunday schools will be converted into edifices for educating people along the lines of common sense. It really surprises me when I enter a church to see people bending their knees and praying to an unseen being, a God of limbs and parts, somewhere seated on a great big throne in the Unknown Universe.

Yours very truly,

GEORGE W. WALROND.

Whoever makes home seem to the young dearer and more happy is a public benefactor.—*Henry Ward Beecher.*

An Englishman, an Irishman, and a Scotchman were one day arguing as to which of the three countries possessed the fastest trains.

"Well," said the Englishman, "I've been in one of our trains, and the telegraph poles have been like a hedge."

"I've seen the milestones appear like tombstones," said the Scot.

"Be jabbers!" said Pat, "I was one day in a train in my country, and we passed a field of turnips and a field of carrots, also a field of cabbage and parsley, then a pond of water, and we were going that quick I thought it was broth!"—*Ex.*

## MISCELLANEOUS

### *Missionaries of Refinement.*

A man took charge of an office in which he had been working as an assistant. The force was composed of six or eight men. The first move of the new manager was to put a young woman in the office. In speaking of the matter he said:

"The presence of a woman in an office has a refining influence on the men. Our men have grown careless in their actions and conversation, and have given the office a spirit of coarseness that would not be shown if a woman were present. I want to purify the general atmosphere of the office, and I know no better way than to have a refined young woman there.

The experiment was immediately successful. The character of the conversation of the office was greatly improved, a tendency to mild profanity was checked, and coarse jesting was felt to be out of place. The young woman sat quietly at her desk, entirely unconscious of the transformation her presence was causing. Her ladylike reserve commanded respect, and constantly reminded

each man of the necessity of being a gentleman.

In thousands of offices the same refining influence is going on. More is due to the presence of a woman in the business world than is commonly realized. They are missionaries of refinement, and deserve credit in proportion as they perform that function well.—*Waldo Pondray Warren, from Thoughts on Business.*

I was waiting once in a city prison to see the police matron. She passed through the room leading a woman whose face was full of shame and misery. I asked the matron about her, for the prisoner was not of the everyday breed of "jail birds."

"Her story is as sad as any I ever heard," said the matron, gravely, "though every day of my life is spent in listening to tales of misery and sin. I knew that woman in her girlhood. I used to watch her trip past to school, the gayest of a group of happy children. Her home was a simple one but full of love and happiness. When she was

seventeen she went to work in an office. She was so bright and efficient that at twenty, she was earning a larger salary than most girls of her age. A few years later she married and people said she had made a good match. She had a fine home on the outskirts of the city. Yesterday she was brought into court charged with stealing money and jewelry from a room at the Hotel Royale, and I was shocked enough when I recognized her. I sat up till midnight trying to quiet her, for she was half insane with horror and misery. She told me her story. The man she married was kind enough and gave her all she needed as well as a good home, but he did not understand how a woman wants to be treated. He never gave her money. In girlhood she had always had her own earnings and spent them as she pleased. She could not bring herself to ask her husband for money. She grew bitter and unhappy and reckless. She began to pick her husband's pockets at night when he was asleep. He did not miss small coins, so she grew bold enough to take bills. When he discovered a loss he never suspected her. Her pilfering seemed to grow into a habit, a passion. Her husband grew too careful to carry much money about with him, so she stole from other people, from friends who never dreamed of her being a thief. At last came discovery, punishment, retribution. You saw me yesterday leading her away to serve a two years' sentence.—Her husband came. She would not see him. She sent me to tell him her story. I shall never forget the horror that seemed suddenly to age his face. 'God!' he whispered. 'She never told me. If I had only understood! It's too late now.' There's many a woman like her," said the matron, "and many a man like him."

When a girl gives up her chances of wage earning and goes to make a home for a man, if she isn't worth a servant's wages, she isn't worth marrying. There are thousands of women just as proud as this one who went down hill, too proud to ask her husband for a dime. After a term of facing the world in a

penniless condition a woman loses her self-respect, then, with self-respect gone, who can foretell her future?—*Mrs. Curtis's Corner, Success.*

♦ ♦ ♦

### A Dutchman's Philosophy.

*Written for The Stellar Ray by Lyman E. Stowe.*

A Dutchman, once upon a time,  
Philosophised like this, in rhyme:  
"Mine gootness gracious now," said he,  
"Deese fooney tings—I cand't nod see.  
Deese church volks vot talk all so foine  
Und breach und bray most all de toim.

"Dey poot de pody in de grafe  
But bray, dey say, de soul to safe.  
I pleef dem nod, den dey me tell,  
Dot ven I die I go mit hell;  
I vork und vork shust like a slafe  
To keep mine pody from de grafe.

"Und dos is sure, I cand't dell vy,  
I go mit hell because I die.  
Now tere's mine tog he schleeb und blay,  
Und play und schleep the life long day,  
Und ven I eads he eads mit me,  
Und dis vos vot I cand't nod see:

"Dot tog vot half no heafy load,  
Ven he goes dade he's always dade;  
But I vot vorks und vorks so hard,  
Must get me hell mit my revord.  
Me tinks ven all dis vorld be done  
De tog und man be just like vone.

"Let him who tinks de odder vay  
Proof to de vorld out vot he say,  
Und up he cand't proof him out right  
Tis besser he gif oup de fight  
Und shtop his breaching efery vare,  
Und mage our lifes a hell mit schare."

Moral—Why make someone else miserable over something you cannot prove, when your belief is no better or of surer foundation than theirs?

Nothing dies so hard and rallies so often as intolerance.—*Beecher.*

Anxiety is the poison of human life.—*Blair.*



## CONTRIBUTIONS AND SELECTIONS

### *Love—The Awakener.*

*By Italy Hemperly.*

All day Gustave had toiled in the hot summer sun and he and the horses were tired. But Gustave was not thinking of the horses as he walked by the heavy wagon. Suddenly the horses stopped as if too weary to go on. He called to them and tried to urge them on but they stood still. Finally his impatience grew to anger and he lifted the whip in his big brown hand and brought it down on the back of the horse nearest him. The creature plunged forward for a few feet and then stopped again. Again Gustave lifted the heavy whip.

"Oh, shame, Gustave! How can you?"

Gustave's arm relaxed instantly and he turned toward the speaker. For once he had forgotten that he was near the vine-wreathed cottage where Jean Armand dwelt with her old mother. He reddened painfully and dropped his big blonde head.

"Aye, and I did not know you were here. How are you this hot day?"

Jean's blue eyes were on the mark the whip had left on the black horse's back, and when she looked into his face they were filled with soft tears. She laid her slim fingers on his arm. "Gustave, I had thought that you were a good man—that you were kind and gentle, but now—" She lifted her hand and drew back a little way. "The poor horses are tired. I have watched them as they went by."

Her voice was full of subdued pity and anger.

At the touch of her hand on his arm all the anger had slipped from Gustave's heart, for he had read the message shining through the tears in her starry eyes.

"Jean, little Jean! I will never beat the horses again if you will forgive me—I will never be unkind to any thing again! You love me, Jean?" he questioned humbly.

"I won't tell you now," she flashed

saucily as she snatched her hand away and went dancing up the path.

But he knew that he would see her tomorrow and his soul sang as he took off the top of the heavy lumber wagon. He had worked to get it all hauled before dark came on. But what matter if he toiled until the darkness now?

With a brief rest and a lightened load the horses went on up the hill. And Gustave's soul grew tender as he watched the last rays of the sunset fade from the hill-tops, and heard the call of the nesting birds in the wildwood blossoms by the way. All the world had suddenly grown beautiful because a woman's sweet eyes had awakened love in his soul.

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### *The Perfect Prayer.*

*Written for The Stellar Ray by Augustus Wittfeld.*

Like the rising sun is the dawning smile  
On the face of the man whose heart  
is right,

Who considers all things in this life  
worth while,

Who never doth say in the dark of the  
night:

"O, God! I have erred in my life, today;  
Forgive I implore—forgive me, I pray;  
Make me strong to withstand all the sins  
in my way."

Like the gladsome glow of the setting  
sun

Is the light on his face whose heart is  
true,—

Whose deeds through the day cheer  
everyone;

Who utters his prayer with a faith  
ever new:

"We thank thee, O Lord, that Thou  
hearest our prayer

And permittest us all Thy glory to share;  
Wherever thy work—may we be always  
there!"



"Nothing succeeds with men like common-sense and plain dealing."



### *How Australia Takes Care of all Its Orphan Children.*

It seems that there is no such thing as an orphan in Australia. As soon as a child loses its natural protectors it is taken by a police officer to the home of some respectable woman, who furnishes the necessary care, and gathers all the data necessary for a complete record. In a day or two the woman who acts as agent of the Children's Council, accompanied by the officer, takes the child to the Children's Court, where the facts are recorded and the child is legally committed to the council. With this order and information the council selects from farmers of the State a home suitable for this particular child, who is instructed in his rights and duties in relation to the council and his new boarding home. He is permanently placed under the special charge of some officer of the council. Personal antipathies are considered. A child may try two or three foster homes before one is found in which adoption is successful; but only rarely is it finally found necessary to send a refractory and ruined boy or girl to the reformatory.

In his new home the child is taught the ways of farm life. Certain chores are assigned to him. He is sent to school. Reports are sent at regular intervals to the council by the school-teacher. The parole officer or constable of the locality is also expected to report at once to the Children's Council any irregularity in the conduct or treatment of the child, and to send regular statements. Every community in which children are sent out to board has a volunteer aid society, composed of women, who investigate and recommend to the council the home where the child is placed, and who continue a friendly supervision over the settling in the home, adjusting minor unpleasantnesses when they occur. One of these officers of this voluntary aid society is an unpaid officer of the Children's Council, and is empow-

ered to meet any unusual emergency. The doctor of the locality becomes at once responsible for the health of the child; his duty is to report on the sanitary conditions and on any sickness which he may be called upon to attend in the foster family.

Until 13 years of age the child is maintained at the expense of the state. At that time he is hired out, usually to his foster parents, and continues to work until he is 18.

Three-fourths of his wages until he is 16—and afterward a smaller proportion is deposited in the Postal Savings bank. The balance is paid monthly to the child. The wages begin at 24 cents (one shilling), with board and clothes, and rise to \$1.44 or more per week. When the child is of age, when a girl marries or when a boy wishes to learn a trade or go to school in town, his savings are given to him under the advice or direction of the council. The Children's Council also has charge of the institution in which defective and delinquent children who are not orphans are treated.

The above system has prevailed in Australia for over 30 years, hardly long enough to finally demonstrate the advantage of placing children in natural surroundings instead of in the dangerous and unnatural conditions of an institution. Doctor Ward's report on the physical condition of the children of the English parish orphanages, as given in the report of the Board of Education for the year 1897, showed, however, the decided evils resulting from huddling children together. And since then it has been a matter of common observation that institutional children come out poorly equipped physically, mentally and morally for active life in the world. But placing children out without incessant after-supervision would prove dangerous and perhaps cruel, and the success of such a system depends entirely upon the paternal supervision of the State, as obtains in Australia, or of the society in charge, as is done here. Dr. Bayard Holmes, in commenting upon the Australian system in the American Med-

ical Journal, remarks that the punishment of baby farmers, lying-in institutions, cruel foster parents and other exploiters of children is less efficient and more expensive than an intelligent and alert inspection and supervision. The former engenders wrong and hate while it spoils the child. The latter curbs evil, encourages fair play and kindness and saves the child. The former is penal and destructive, the latter is educational and constructive. Moreover, under the control of the state, as is the case in Australia, the working of the system has acquired a degree of permanence and stability that is desirable and reassuring. —Philadelphia Public Ledger.

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### *A British Compliment.*

In the British Parliament recently while discussing the Kongo problem, Lord Fitzmaurice paid a very high compliment to the United States. He declared that Great Britain has sought and earnestly desires the co-operation of the United States in the solution of the Kongo problem, not so much because it recognizes the great power and influence of the republic as because the United States cannot be accused, as Great Britain has been, of acting from selfish motives. This recalls the recent fervent declaration of a representative of China that his country regards the United States on a plane apart from other nations because the Great Republic "has proved it has a conscience."

It is something worth while to have the Powers acknowledge the disinterestedness and the conscientiousness of this nation after more than a hundred years of careful observance of the policy recommended in the farewell address of Washington. It is comforting to have acknowledgements from nations that for years could not realize that American policies were altruistic—the Monroe doctrine, the refusal of entangling alliances, the war to free Cuba. But the United States has earned this good opinion. It has never used its power to oppress the weak and it has

never driven a hard bargain with a neighbor at its mercy. It has been open-handed and generous in the relief of distress; open-minded and fair in its diplomatic dealings with all the world.

Yet we think Lord Fitzmaurice did not state his case accurately. When he referred to the great power and influence of this nation he linked those two things as though the influence might be dependent upon the power. What he obviously meant was to imply that the great influence of the United States in international affairs is attributable to its freedom from suspicion of having a selfish interest. Its power has not, in recent years, been exerted. It will not be exerted for any purpose except its own defense. But the influence of the nation has been and will be exerted in the interest of peace, in the interest of humanity and on the side of a better understanding among the earth's peoples. —Pittsburgh Dispatch.

\* \* \*

### *A Twentieth Century Captain of Industry.*

Some years ago Mr. N. O. Nelson built a beautiful town across the Mississippi river from St. Louis, consisting of factories built in a manner calculated to give to the workers therein the maximum of comfort and health, of fine, modern cottages for his employes on broad, clean, well shaded streets; and by example promoted home lawn decoration. He built school and church buildings and amusement halls, provided fine play grounds for children, and, finally, made no laws for the government of the people, and exacted no promises or pledges from them. Each was expected to make such contribution to order and right living that the sum total would make a condition as nearly ideal as earthly environment permits.

A part of Mr. Nelson's plan was to encourage the buying of stock in his extensive and prosperous business, and now his employes own a majority of the stock, and the whole plant has been turned over to them. Mr. Nelson still

owns a large minority of the stock, and he has left with the company a large sum of money for working capital, but he takes no dividends on his stock nor interest on his money. The following colloquy will illustrate Mr. Nelson's conception of "right relationship" between capital and labor. He was asked: "Am I correct in understanding that you take no dividends on your stock and no interest on the money loaned to run that great establishment?" "Not a cent," Mr. Nelson replied, "though the boys cleared \$200,000 above wages and all other expenses last year." Then continuing, with a smile, he said: "Why should I take anything? I have enough. A little does me; I can live on milk and corn meal, and this suit of clothes cost \$13.75. I have a farm in Louisiana, where I am living now; and if necessary I can make a living off that. And more than that, I am the happiest Norwegian in all this world."

To hear a great captain of industry talk like that in this age and country makes one feel that he is dreaming, and when he finds that he is not he fervently wishes that Norway had sent a host of such Nelsons to this country and thus converted our vain boast of liberty, equality and fraternity into a living actuality.

Mr. Nelson is a plain, unassuming man. He does not speak of cheap clothing or frugal living as a bid for notoriety. He is sincere in everything he says and does, and pursues his course with absolute unselfishness, unless it may be regarded selfish to seek one's own happiness by making others happy.—*Farm, Stock and Home.*

\* \* \*

### *University and Home of Applied Sciences.*

*By Ella Wheeler Wilcox.*

"Thoughts are things," so science is now proving, after the seers have been saying it for centuries.

And what crowds of queer "things" are flying in space above California! Such a land of advanced thinkers as it

is; such remarkable projects, such new ideas, such colossal undertakings as one encounters here every day. There is the University of Applied Sciences, for instance.

The university is on a mountain side at East Hollywood, near Los Angeles, commanding a view that would do credit to Paradise.

In it are to be gathered people of all creeds, ideas, ambitions, save the purely material.

Prof. George T. Weaver teaches "Nerve Culture."

Nerve culture, as taught by Prof. Weaver, is a scientific drill, consisting of breathings, mental concentrations, the conservation of the life fluids and their appropriation into nerve center food; and the appropriation and transmutation of other nerve forces from the great storehouse of nature.

The chief purpose of this drill, with the lectures that accompany it, is the acquisition of self-mastery, first over the forces of the body, of both the external and the internal forces. In this acquisition one learns to immune himself from all nerve excitation and exhaustion, and so to keep himself in perfect health of body, prolonging life and usefulness for many years, laboring without weariness, and preventing senility and old age.

#### *Intellectual Self-Mastery.*

This drill, again, secures to oneself mastery over the intellectual forces, enabling him to penetrate deeply into every problem with which he may have to do, in every department of life, the domestic, the social, the literary, the business and the political, also securing to him the mastery over every situation and every environment.

Another result obtained by nerve culture is found in the mastery of one's psychic forces. It sensitizes the soul forces, developing the inner senses and securing to one the control of the emotions, strength of will and decision of character, and so immunes one from becoming a victim to the temptations that may assail him.

In short, this applied science makes for the development of virility and ideal

manhood, and in so doing fits one's body, which is called "The Temple of the Holy Spirit," for a residence of the divine forces, qualifying the man for the best of which he is capable.

Then comes teaching in the study and development of the body and its anatomy. This includes exercise, hygiene and diet, special preparation and adaptation of foods for the maintenance of strength and endurance.

Religion—An inclusive study of all religions, ancient and modern.

Horticulture—a most complete course in the science of soils and their development. The culture of fruits, nuts, grains, vegetables, etc.

A study of the science of astrology, showing the influence of the zodiac, the sun, the moon, and the planets upon the earth and upon human life. This science reveals the physical, mental and spiritual conditions at birth or at any subsequent periods; it discovers the strength or weakness of the whole or of a part of the physical body and shows that proper care and individual training in the required direction may overcome and correct defects; it points out the lines of usefulness wherein the best adaptation can be found and the times and periods for important undertakings.

This department is under Dr. Charles Wood.

Mr. Lincoln is teaching a class in "Vibration."

The world-renowned Dr. Haseldine combines wonderful chemical food products for each individual case, besides talking wisely on every great truth under the sun.

Universal force and applied astronomy come in for their share.

#### *A Vegetarian Luncheon.*

A vegetarian luncheon enjoyed at this remarkable university was an experience never to be forgotten. While mysterious concoctions of fruits and vegetables with strange sauces were set before us, subtle odors of the orient floated into the room.

Surely nowhere else on earth could such an institution be found. It is to be hoped that the university, now in its in-

fancy, may become a power in the land. If it does, it will include in its curriculum:

1. A study of all the past revelations to man, through history, the Bible and all secular and religious literature.
2. The conscious and sub-conscious minds and their relations to each other.
3. Psychic power, its uses and abuses.
4. Astral planes and forces as applied to the world of spirits.
5. The soul and spirit and their separate powers and functions, with their relation to the physical body.
6. Above all, lessons on the method by which the individual can gain a hold and control of the kingdom of God within and use it as an unlimited power and force for his own good unselfishly and for the blessing of mankind.

\* \* \*

#### *An Unusual Dream.*

Miss Lucy Alvord, of Taylortown, N. J., told her brother Claude one morning that her grandfather, who died in 1837, came to her in a dream the night before, appearing so natural that, although she had never seen a picture of him, she recognized him from her mother's description, says the New York World. He was middle-aged and wore a beard. In the dream he seemed to shake Miss Alvord and arouse her. She stared at him and was about to speak, but he indicated silence and motioned her to follow him.

She followed him into the kitchen of the house, a wing that was built long before the revolution. The house itself has been occupied by the Alvord family for five generations.

Stepping to the north side of the great room the man opened the iron door of the brick oven alongside the fireplace. He stepped inside the big oven and reappeared with a stone jar which he set on the table in the middle of the room. He then seemed oblivious to the presence of Miss Alvord, and to her, in the dream, his conduct seemed perfectly natural. He dug his hands into the crock and brought them out filled with gold pieces.

He emptied the crock on the table and began to stack and count the money. He made separate stacks of English and American coins and of the different denominations. He made figures on a slip of paper, which he folded and put in his pocket.

Then the visitor put the money back into the crock and crawled into the oven. Miss Alvord peered in and saw him wall up the crock with bricks and mortar which were waiting. The oven is six feet deep and the new wall was scarcely noticeable in the great depth. When all had been secured the man closed and locked the iron door. Then Miss Alvord woke up.

When she met her brother at breakfast she told him the story. The vividness of her dream had frightened her. But she insisted that her brother attack the wall of the oven. She was confident that he would find the stone crock and the treasure. He laughed at her, but to humor her went at the wall with a crowbar. The first light blow went through the wall. A few blows demolished it, and there lay a crock such as the woman had seen in her dream.

The excitement of the sister and brother knew no bounds. They dragged out the crock and opened it, and before their eyes lay gold. They emptied it on the kitchen table—a table made generations ago out of a slab of pine. They counted the money.

In the heap of gold was four thousand and some odd dollars. The stacks weighed eighteen pounds on a grocer's scales.

The hoard belonged to Silas Alvord, the grandfather, in all probability. He was the last of the family to work an iron forge on the place. He made anchors, anchor chains and other implements. When he died, in 1837, it was thought he had a fortune. Apparently, however, he left nothing but the farm, valuable in itself. Then his relatives thought he had lost his money in wild-cat banks.

Miss Alvord's story of the strange dream and of the finding of the hoard of

gold was told about the countryside, and all day neighbors heard her repeat it and looked in the oven and saw where the bricks had been removed.



### Unity.

*Written for The Stellar Ray by Wino-  
gene Savage.*

The unwise world is speaking  
Of conditions called disease,  
And cries of "Evil, evil"  
Come wafted on the breeze.  
The crude they say is "devil,"  
And Embryonic Love  
They designate as hatred,  
When, on the heights above  
A Oneness calls us higher,  
And Evolution Laws  
Are everywhere existent  
To draw us toward our Cause.  
One Law has ruled the Universe  
Since time began to flow,—  
One love, one tender Father,  
One life above, below.  
Hate is but Love and Beauty  
That Truth must yet unfold;  
Death but an evolution  
To new life from the old.  
Aye! Death is Life abundant,  
When rightly understood,  
While all the wrong and evil  
Are undeveloped good.  
There is no hate! no darkness!  
No Devil, Death, or Strife!  
Behind the false, the seeming,  
Is Truth, Eternal Life.



### Literary Note.

It may interest both opera-goers and booklovers to learn that a special souvenir edition of Maeterlinck's "Pelleas and Melisande" is in preparation by Thomas Y. Crowell & Co. The book will be profusely illustrated with scenes from Debussy's opera, and will contain a critical introduction by Montrose J. Moses, the well-known dramatic critic.

## BOOKS AND PERIODICALS

### *The Transaction of Business.*

By Arthur Helps,

AND

### *How to Win Fortune.*

By Andrew Carnegie.

Bound in One Volume.

One manufacturer of long experience in large affairs said: "It would have been worth thousands of dollars to me to have read that chapter on 'Interviews' before I committed myself to certain arrangements a few months ago. It is safe to say I will not repeat the mistakes made then."

A leading corporation lawyer and an authority in the business world says: "It is little to say that the business man who has not taken counsel of this book has neglected an adviser more valuable than the most expensive lawyer and more delightful than his choicest friend."

The man who intends to take a hand in large affairs, to become executive, to formulate lines of policy for others, will find in the contents of this volume more practical value than many a fairly conscientious student will derive from a full college course.

The book is for men of affairs, for the veterans, for the young men, for thinkers, who will grasp and *make the knowledge their own.*

One volume, 12mo., cloth back, price, postpaid, \$1.00. For sale by THE STELLAR RAY Book Department.

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### *The Making of a Merchant.*

By Harlow N. Higinbotham.

The book is all that its title implies and a great deal more. Mr. Higinbotham writes with the knowledge born of experience, and has a style which is the logical outcome of his business habits. The book is a wonderful collection of business truths, told in a lucid manner, and so interestingly arrayed that they compel attention throughout. There is no learned theorizing. The lessons of

a life of successful experience are told and allowed to point their own morals. Every word and phrase has a distinct meaning and usefulness. There is nothing redundant, and everything has about it the ring of truth. The book must appeal to any reader. Its earnestness is contagious, and would infect the laziest with the bacillus of energy. Its gospel is that of honesty and perseverance, and no better guide to a business man, young or old, could be prescribed. To be appreciated, the book must be read, and one who has read it cannot fail to go about his business with greater fixity of purpose and a livelier joy in success than ever before.—*Toronto Globe.*

Price \$1.50. For sale by THE STELLAR RAY Book Department.

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### *Our Invisible Supplys How to Obtain.*

By Francis Larimer Warner.

This book cannot fail to be of interest and practical value to any one who reads its pages. It is a series of letters detailing methods of demonstrating Health, Wealth and every form of attainment.

The subjects of some of these inspiring letters are as follows: "A lesson in proving the law of supply, 'How we may have our external life what we will, with an example of such demonstration,' 'A lesson in manifesting prosperity; how we may escape the experience realm,' 'How to build consciously the home and environment we desire, and overcome financial limitation.'"

This brief glance at the topics treated will reveal the practical nature of the work, and attract many readers.

It may be purchased of THE STELLAR RAY Book Department, price \$1.00. It is an exquisite piece of bookmaking, clear type, handsome binding in green cloth, with white lettering.

"The measure of a book is in its appeal to the individual."



The Rt. Rev. Samuel Fallows, D. D., LL. D., Presiding Bishop of the Reformed Episcopal Church of America, has scientifically introduced the science of Christian Neurology into that church. Personally Bishop Fallows is taking, as a basis of Christian Mental Therapeutics and as a form of study on the subject, a work written by Salvarona, author and associate of the American Institute of Scientific Research, of New York. Bishop Fallows says:

"I have been studying with great interest Salvarona's very suggestive work on 'The Nervous System of Jesus,' and I am deriving great benefit from it in many directions and cannot sufficiently thank the author for it. I want to be in close touch with Salvarona in the important work in which I am engaged."



### *Self-Healing by Thought Force.*

BY WILLIAM WALKER ATKINSON,  
Author of "Thought Vibration,"  
"Thought Force in Business and  
Everyday Life," "Memory  
Culture," etc.

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know just what I am talking about, and you can demonstrate the thing for yourself if you wish."



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"There is not now, and never will be, any lack in the universe for anyone, except in the degree which he recognizes as existing for himself. Had we known how to see plenty with half the power that we have seen lack, we should have displaced lack long ago, for plenty is registration of the positive energy of thought and lack is registration of the negative energy."

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A bad habit which cannot be conquered directly may be overcome by arranging circumstances to help us.—  
*James Freeman Clarke.*



### *Optimism a Real Remedy.*

*By Horace Fletcher.*

Horace Fletcher, the advocate of slow eating and thorough mastication, takes, in these days of food fads, a different line and aims only to get the most out of the ordinary foods in common use. To taste and relish food is a physiological requirement of good digestion and proper nutrition.

To one who can thus eat the plainest food becomes delicious. He would impress the value of mental influences upon digestion and claims that food eaten with "reverent joy" builds the body to health and endurance.

This late work contains a foreword by William Dana Orcutt, and is published by A. C. McClurg & Co., Chicago.



### *Astrology at a Glance.*

All interested in astrology will be gratified to learn that the complexities of this great science have been so simplified by such a handy Student's Reference and Astrological Chart as that compiled and copyrighted by Herschel E. Wilkenson, of Detroit.

This chart shows all of the principles of astrology at a glance and enables one to apply them within a short time, whereas without its assistance years of study and tedious memorizing are required. It is beautifully engraved and printed on heavy enameled cardboard, size 14x18 inches; price \$1.00. For sale by THE STELLAR RAY Book Department.



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*By Mrs. L. Dow Balliett.*

This book has been written in response to the requests of those who are interested in the study of number vibration. The requests came from all parts of the world, asking for more of the simplified knowledge founded upon the one principle of unity—that all things

have but one source—and express in different forms the unity of the whole.

The hidden strength or weakness of names, states, etc., as shown by the vowels have been evolved through the philosophy of numbers. From this source many unwritten laws can be made plain.

The author, Mrs. L. Dow Balliett, is principal of the School of Psychology and Physical Culture in Atlantic City. She is also the author of other scientific works of high character. This work is for sale both in London, England, by L. N. Fowler & Co., No. 7 Imperial Arcade, and by Mrs. Balliett, Virginia and Atlantic Aves., Atlantic City, N. J.

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### "Sex Mating."

By Mae Lawson.

This little book is published by the Raven Press at Findlay, Ohio, and is copyrighted. Its purpose is to teach that the human body is the Temple of God, that each part is a sacred symbol of nature, that no part of the body can be contemptible.

If this booklet were entitled "True Marriage," it would give a clearer conception of the purpose of the author in delivering its message of common sense to parents and to thoughtful minds.

Those desiring to purchase this unique booklet may ascertain full particulars from the author, at Horton, Kan., Box No. 392.

\*\*\*

### *Journal of Public Health.*

Stands for inalienable rights of every human being to natural sustenance, hygienic education, and that health is public wealth.

It is published by Columbia P. Wood, 108 Powell Ave., Evansville, Ind. Subscription price in United States, 50c a year; foreign subscriptions, \$1.00.

\*\*\*

### *The Business Philosopher.*

The January issue of *The Business Philosopher* appeared a little late, but with a new cover design, new type, new size, in fact an entirely changed appear-

ance—for the better, of course—although its former face was ever welcome to its readers. Its editor, Arthur F. Sheldon, is doing incalculable good in elevating business ideals and inculcating practical knowledge of the financial value of merit, together with many advanced ideas to aid a business man's career. It teaches the science of success.

Subscription price, \$1.00 a year; single copies 10 cents. Sheldon University Press, Libertyville, Ill.

\*\*\*

### *Wanderings of a Literary Pilgrim.*

By Louis P. Smith.

The reader is afforded unusual pleasure in perusing this work which is a delightfully informal record of certain little journeys of the author with such fellow travelers as Dickens, Byron, Irving, Tennyson, Scott, Burns, Emerson, Longfellow and others. The price of this booklet is 25 cents, and may be purchased of the author at Toledo, Ohio.

\*\*\*

### *A Letter from the Orient.*

We are highly pleased to contact broad-minded men of the orient who are in sympathy with the high currents of thought which tend to elevate humanity. We trust that we shall be pardoned for taking the liberty of publishing a recent letter from the distinguished Chinese Minister to the United States, Hon. Wu Ting Fang.

32 Avenue Road, Shanghai China,

December 28th, 1907.

Manager THE STELLAR RAY, The Astro Publishing Co., Detroit, Mich., U. S. A.:

Dear Sir—Upon the receipt of this letter, and until further notice, I request you to send your magazine regularly, addressed to me, Chinese Legation, Washington, D. C., instead of No. 32 Avenue Road, Shanghai, China.

When my yearly subscription expires, I would ask you to continue forwarding the magazine to me and upon receiving your bill, I will send you the money.

Yours truly,

WU TING FANG.

An Arctic explorer pays the following tribute to the dog that draws the sledge:

Nowhere does the dog show himself so much the friend of man as in the regions of ice and snow (he says).

When the rivers are frozen, and the way is blocked to every other beast of draught, the dog is put in harness and goes where none but man can follow. He faces the trackless solitudes with assurance, for none know better than he how to surmount their perils. His keen instinct tells him of the coming storm while it is yet distant. He knows how to break through the ice for water when thirsty, how to hunt for his food, and how to make his bed in the snow.

He is full of courage and endurance, resourceful as his cousin the fox, and with sufficient of the wolf nature to feel at home in the bleakest solitudes. He is the only animal that man can count on as a comrade in the Far North.—*The American Boy*.

\* \* \*

### Growing Stronger

*Apparently, with Advancing Age.*

"In 1896, at the age of 50 years I collapsed from excessive coffee drinking," writes a man in Mo. "For four years I shambled about with the aid of crutches or cane, most of the time unable to dress myself without help.

"My feet were greatly swollen, my right arm was shrunken and twisted inward, the fingers of my right hand were clenched and could not be extended except with great effort and pain. Nothing seemed to give me more than temporary relief.

"Now, during all this time and for about 30 years previously, I drank daily an average of 6 cups of strong coffee—rarely missing a meal.

"My wife at last took my case into her own hands and bought some Postum. She made it according to directions and I liked it fully as well as the best high grade coffee.

"Improvement set in at once. In about 6 months I began to work a little, and in less than a year I was very

much better, improving rapidly from day to day. I am now in far better health than most men of my age and apparently growing stronger with advancing age.

"I am busy every day at some kind of work and am able to keep up with the procession without a cane. The arm and hand that were once almost useless, now keep far ahead in rapidity of movement and beauty of penmanship."

"There's a Reason." Name given by Postum Co., Battle Creek, Mich. Read "The Road to Wellville," in pkgs.

\* \* \*

### A Wireless Message.

BY IZORA B. FICK, DETROIT.

The strangest experience I ever had was something in the thought transfer line.

Several years ago, I was living in Chicago, and had gone to a little country town to visit my parents. My husband was to come the following Saturday to spend Sunday there, and accompany me back home. Friday morning I told my mother I was sure he would be there that night. She asked if I had heard from him, and I said, "No, but I feel sure he is coming." She said, "Then we will wait dinner until the evening train comes in."

About 4 o'clock I told her she need not wait, for I felt that he was not coming—and he did not, until Saturday evening. When the greetings were over, I said to him: "I looked for you yesterday 'most all day."

He seemed surprised, and said, "Why did you? for we had arranged that I come Saturday."

I said, "I know, but I looked for you until about 4 o'clock."

"Well," he said, still more surprised, "I found I could come Friday, and so started. I got into Erie at 4 o'clock, too late to take the train for E—, so took one going the opposite way, and went to mother's home. I spent the night with her, and came to you on Saturday."

It certainly was a clear case of telepathy.

Whatever you may be sure of, be sure of this, that you are dreadfully like other people.—James Russell Lowell.

\* \* \*

### The Rare Old Grizzly.

The grizzly has now become so rare that even his habits and history are frequently misstated, and by those, too, who should speak with authority. It is a very common supposition that he is an animal of seclusive and solitary nature, who wanders alone along the snow-line of the Sierras and the Rockies, descending only occasionally upon predatory visits to the valleys, as Thomas S. Mosby points out in Harper's Weekly. But the grizzly is solitary only because he is now facing extermination, and he inhabits the snow-line because he has been driven from valley and plain, and there is nowhere else to go.—*Ex.*

\* \* \*

### Happy Old Age

Most Likely to Follow Proper Eating.

As old age advances, we require less food to replace waste, and food that will not overtax the digestive organs, while supplying true nourishment.

Such an ideal food is found in Grape-Nuts, made of whole wheat and barley by long baking and action of diastase in the barley which changes the starch into sugar.

The phosphates also, placed up under the bran-coat of the wheat, are included in Grape-Nuts, but left out of white flour. They are necessary to the building of brain and nerve cells.

"I have used Grape-Nuts," writes an Iowa man, "for 8 years and feel as good and am stronger than I was ten years ago. I am over 74 years old and attend to my business every day."

"Among my customers I meet a man every day who is 92 years old and attributes his good health to the use of Grape-Nuts and Postum which he has used for the last 5 years. He mixes Grape-Nuts with Postum and says they go fine together."

"For many years before I began to

eat Grape-Nuts, I could not say that I enjoyed life or knew what it was to be able to say 'I am well.' I suffered greatly with constipation; now my habits are as regular as ever in my life.

"Whenever I make extra effort I depend on Grape-Nuts food and it just fills the bill. I can think and write a great deal easier."

"There's a Reason." Name given by Postum Co., Battle Creek, Mich. Read "The Road to Wellville," in pkgs.

\* \* \*

### Does Ma Wish She Was Pa?

"I wish I had a lot o' cash,"  
Sez pa, one winter's night;  
"I'd go down South an' stay awhile  
Where days are warm an' bright."  
He set an' watched the fire die  
(Seemed lost in thoughtful daze),  
Till ma brought in some fresh pine knots  
An' made a cheerful blaze.

"I wish I had a million shares  
O' stock in Standard Oil,"  
Sez pa; "I wouldn't do a thing."  
Ma made the kettle boil,  
An' mixed hot biscuits, fried some ham  
An' eggs (smelt good, you bet!)  
Fetched cheese an' doughnuts, made the tea,  
Then pa—set down an' et!

"I wish I was a millionaire,"  
Sez pa; "I'd have a snap."  
Next, from the lounge, we heard a snore:  
Pa—at his ev'nin' nap!  
Ma did the dishes, shook the cloth,  
Brushed up, put things away,  
An' fed the cat, then started up  
Her plans for bakin' day.

She washed an' put some beans to soak,  
An' set some bread to rise;  
Unstrung dried apples, soaked 'em, too.  
All ready for her pies;  
She brought more wood, put out the cat,  
Then darned four pairs o' socks;  
Pa woke, an' sez, "It's time for bed;  
Ma, have you wound both clocks?"

—Mary F. K. Hutchinson in *March Woman's Home Companion*.



# The Stellar Ray Book Department



## Mr. Hodges' Great Question:

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

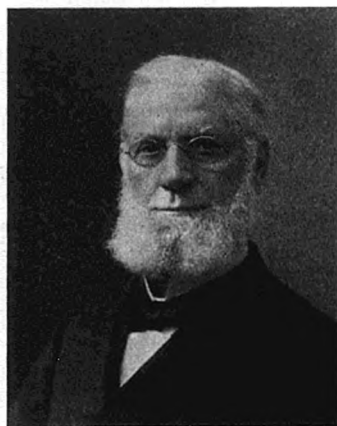
## Science and Key of Life

### PLANETARY INFLUENCES

By ALVIDAS ET AL.

Compiled  
and Copyrighted by

HENRY CLAY HODGES



An encyclopædia of knowledge gathered from the great tomes of wisdom which Nature has compiled from the ages.

It is through ignorance we err, but with knowledge comes power, and with power, liberty.

THE FOLLOWING SHOW ONLY IN PART THE IMPORTANT CHARACTER  
OF THE SUBJECTS TREATED IN THIS GREAT WORK

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