

# THE STELLAR RAY

## A MAGAZINE

Devoted to a Solution of the Practical Problems of Life  
in the Light of Science, Religion and Philosophy

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DETROIT, MICH., U. S. A.

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# 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 Book Department**



# SCIENCE AND KEY OF LIFE



## PLANETARY INFLUENCES



Compiled  
and Copyrighted by

**HENRY CLAY HODGES**

It is impossible to give a cursory sketch, within a few pages, that will convey to the mind of the reader more than a faint idea of this important work, or of its value both as a revealer of scientific truth, and as an inspiration to acquire knowledge regarding a great science heretofore but little understood, although of vital importance to each individual life; however, we ask your attention to a brief survey of the different volumes of the grand work:—

### SCIENCE AND KEY OF LIFE

#### VOLUME I

Volume 1 of this work, introduces the reader to the subject of Planetary Influences, Electric and Magnetic, Defines Fate, shows that "thought is the Builder," and that each individuality is a law unto itself.

"Divine Years" and Ages, The Pyramids and the mathematical principles upon which they were built; an Elysian mystery is explained, and the wonderful phenomena of the variable stars, among them the Star of Bethlehem, form chapters as full of interest as the tales of the Arabian Nights.

The impossibility of annihilation and the secret of happiness are subjects of profound interest.

This volume contains horoscopal figures of Oliver Cromwell and William



Shakespear, of Napoleon III., of P. B. Shelley, and Emile Zola, which cannot fail to be of great assistance and interest to students of Stellar Science.

The effect of different Polarizations of Sun and Moon on character form chapters of vital importance. This science substantiates through the working of divine law all of the ethical teachings of the Nazarene.

The esoteric side of astral science is presented and it is but inadequately described when we state that volume 1 introduces the reader to a new and marvelously interesting field of thought, broadening and elevating beyond expression.

### VOLUME II

This volume contains 245 pages of subject matter whose interest grows upon the reader as he follows the author through chapters upon the life principle and health, the several parts of the body as governed by certain signs; the influence of the Natal Star, "for every human soul there is a Natal Star; sooner or later each one shall set out in search of his Natal Star."

This volume contains a horoscope of Jesus of Nazareth and the truth regarding his supposed supernatural birth is clearly revealed.

Horoscopes of Marie Antoinette, George Washington, Lord Byron, Michael Angelo, Napoleon I. and Charles Guiteau. Chapters containing marvelous information relating to musical tones; color vibrations; their connection with Planetary Action; their wonderful symbolism of Human Progress. Genesis explained and illustrated. The successive gaseous, vegetable and animal waves that appeared upon the earth. Anyone interested in studying life's great problems will receive new light of incalculable value in possessing these volumes.

### VOLUME III

The third volume contains a complete Astrological Dictionary in addition to chapters on eclipses and their effect in various signs, also the sun and moon, together with chapter on Election and Horary Astrology, and the strength and influence of each planet, the sphere and orbit of each, as well as examples for taking sidereal time.

Horary Astrology is fully elucidated.

This volume shows the auspicious times for commencing any business or other undertaking. It also contains tables giving the rule of the planets each hour of the day, with numerous charts and examples, also how to reduce mean to sidereal time. Colors of the different planets and Zodiacal signs are given. It also contains a valuable treatise upon marriage.

### VOLUME IV

This volume is in itself a great work containing about 350 pages.

It is compiled in four parts.

Part one contains eight chapters of intensely interesting information regarding the faces of the signs and the effect on character indicated by the planets when posited in the twelve houses and signs. These chapters must be read to be appreciated and to give the reader an idea of their interest and value we quote the following passage from chapter one:

"The first face of Aries is martial, giving fearless, courageous ambition, one able to lead and command others; quick and ingenious and generally a very impressive speaker."

" \* \* \* The third face of Aries is a face of change and lively fancy. There is a love of fame and activity unrestful, makes many changes in life."

From chapter two:

"When Saturn is posited in the first house the native is diplomatic, though very suspicious and distrustful. He is liable to be gloomy and retiring at times, and while he has many acquaintances he has few intimate friends. His friends are apt to be distant from his home; he makes their friendships through letters, writings, journeys and also through the father and elderly persons and those above him in the social scale of life.

The native is apt to be brought to public notice through these sources and he possesses much ambition, love of fame and high position. He also possesses power to manage and control others, not through authority, but diplomacy. \* \* \*

Part two contains chapters on Hindu Astrology and others relating to the periods, sub-periods and inter-periods of the planets and concerning the judgments of planetary periods.

The subject matter of part three deals with the planetary influences that dominate the physical form, have only to do with human evolution; the soul's pilgrimage through matter is graphically depicted in language that is free from the dryness of technical terms and awakens a realization of the Supreme Wisdom from which all existence flows. Every intelligent mind should come in contact with the vast field of thought which this great work opens to view.

Few people have any knowledge of the number of fixed stars—stars that seem to be stationary when viewed from our planet, and which are suns the centers of other solar systems.

Part four deals with the subject of fixed stars, giving tables of their magnitude, latitude and longitude, also the nature of their influence, which is greater in mundane affairs than in relation to those of the individual.

## VOLUME V

This great work now carries the student of this divine science into realms of what may be termed the most needed practical application of Planetary Influences, viz: The physical life of mankind. Volume five deals with Astro Physiology, a science but little understood by scientists, although of the greatest importance to the evolution of humanity from the malefic conditions of disease and suffering.

The celestial influences are no less potent in the art of healing than in the art of navigation, in which it is universally known that through heavenly bodies (the sun, moon and stars), the navigator is not alone able to ascertain his whereabouts on the ocean, but the nature of the weather, the tempests, calms and atmospheric changes to which he is to be subjected.

So may the physician evolve from the practice of an art which is at present reduced to a mere practice of chance—to a truly scientific system based upon clear first principles which will invariably point to the cause of each malady, to its progression of increase and diminution, to its remedy if there be one, and how to avoid its redevelopment and to maintain good health.

This volume gives tables portraying the planetary influences upon diseases, and indicating the remedies in the form of healing plants and herbs bountifully supplied by beneficent law, to alleviate sickness and suffering in the creatures living upon this planet; the healing power of electric, magnetic, color and tone vibrations.



No physician can safely administer medicine if he be unacquainted with the science of Planetary Influences.

This important work inspires the mind to seek further knowledge of the laws that govern all life in order that health, happiness and successful achievement may be the heritage of all creatures of the earth.

Mr. Henry Clay Hodges, the compiler of this great work, has voiced the inquiries of ages of thoughtful humanity in the following question, which is answered in Science and Key of Life.



## **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?"

This work is published in five volumes. Price \$2.00 per volume, or \$10 the full set. Circulars sent and inquiries answered upon application to The Stellar Ray, Hodges Building, Detroit, Mich.

### **Two Thousand Years in Celestial Life.**

This is the most wonderful narrative ever written, describing experiences in the higher life. Beautifully bound in cloth, gold lettered, illustrated.

200 pages, size 5½x7½ inches, price \$1.25.

### **Dictionary of Astrological Terms.**

This little work contains concise definitions of all terms used in Stellar Science in casting horoscopes or in calculations relating to planetary influences.

Round corners, paper cover, 50 cents.

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**ASTRO PUBLISHING COMPANY.**  
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**DETROIT, MICH.**





**W**E know that as we grow  
wiser and better the race  
is improved, for the growth of each  
unit is virtually a gain for the race.

Notice that the desire for fame  
and self has been transmuted into  
love for humanity and service to  
others.

The harmonizing power is at  
work and we each one become a  
pupil in the science of the soul, a  
probationer in the school of love.







Grand are the symbols of being, but  
that which is symbolled is greater.

Vast the created and beheld, but  
vaster the inward creator.

Back of the sound broods the silence,  
back of the gift stands the giving ;

Back of the hand that receives, are  
the thrice sensitive nerves of receiving.



# ***THE STELLAR RAY***

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AGENTS:—Active agents are desired in every part of the world, to whom liberal inducements will be offered.

MANUSCRIPTS should be accompanied by postage for return, if found unavailable.



# EDITORIAL DEPARTMENT

## *Oriental and Western Civilization.*

As exemplified by China and India, the oldest civilizations in the world, Oriental civilization may be compared to an aged sire, accustomed to his chimney corner, his garden patch, a peaceful jogging over time-worn roads; accustomed to the hum of busy toilers in the valleys and on the hillsides, he dozes in the sunshine of his dooryard undisturbed by the dashing of the breakers of progress all along his coasts.

Destiny calls, "Waken, sire, the time is now when no nation may live unto itself alone, it is the noontime of a new day. Come, lend a hand in the construction of a world of universal welfare, universal freedom and universal brotherhood. Give forth of your wisdom, gained by ages of experience, and the rearing of your large family.

"If you have gained peace, poise and culture, share your secrets with others.

"Have you attained a wisdom that rises above fear? Have you lessons to teach the 'Christian dog?' If you have set an example for the world to follow, it will be recognized and assimilated by enlightened reason."

Western civilization is not sleeping. Her surging, seething, struggling humanity attains one summit of achievement but to scale others. She is in travail with the ethical problem of universal brotherhood; the brotherhood of Jew and Gentile, Christian and Heathen, Emperor and beggar, black and white; in travail with the purpose conceived by the Creator, carried in the womb of progress, to this western continent, a fit home for its development.

Western civilization is assimilating its great influx of material, occasionally suffering attacks of indigestion, from which its robust activity rallies, better equipped for action.

The culture of the Orient is bound to flow in the veins of occidental life.

Western push and practicality are already vitalizing the sinews of ancient civilization.

It has been stated that in the name of Christ great depredations, horrible cruelty, violence and injustice have been perpetrated. This is true, but Time, the great revealer, shows that the Christ spirit has remained the same, serene, just and loving. So-called Christianity is having its blinded vision opened to realize that it is to foster the weak, restrain and educate the violent and to achieve liberty and equality for all.

The International Congress is a herald of the coming reign of the Prince of Peace.

Latter day philosophy or "New Thought" contains the cream of oriental sophistries surcharged with the spirit of practical application, which is demonstrating scientifically, testing, sifting, classifying, that all things may be proven by incontrovertible law.

This is being done by the Western World under more favorable conditions than have ever existed before.

The result is inevitable, viz: Tolerance and co-operation.



## *Greet Life's Changes.*

Mutation and transformation without end is the law of life, for one may some time live more in one day than in the rest of a whole year. It all depends upon the attitude of the mind.

We cannot take care of more than one day's real life at a time. We may be younger when the morrow comes, but that youth is in the sense that life grows fresh and green, and not decrepit and expressionless. What we all need is the quickening spirit, the life-giving power of nature in the soul.

This is the interpretation of living in the present, in the eternal now, and unless we mistake our bodies for ourselves, we do not grow old with years.



Hope takes root and grows in the present, while the elements of the bright and sunny are all included in it, and not in the past, of which the present is the result.

We are beset on all sides with apparitions of those who are approaching the autumn of their lives, extending empty hands, their minds filled with regretful sorrows; haunted by the spectres of hope long since dead and buried, pinched with the chill of passing memories of yesterdays gone forever; these cannot be, are not, the pleasures of memory so much talked of. They are not life. They only represent and embody premature death, with which the soul is overtaken, that turns to the dead past for its consolation, that worships with a blind infatuation ideals that have long perished.

Happiness lies in greeting the changes life brings.

---

He only is advancing in life whose heart is getting softer, whose blood warmer, whose brain quicker, whose spirit is entering into Living peace.—*Ruskin.*



### *Impulse and Character.*

Speaking of the impulses of the mind it may seem trite to state that they form an index to character, and yet it is a profitable subject to call to the attention of students of psychology.

An impulse often crystalizes, into one action, in an instant of time, the keynote of the whole character.

For example, a man of common appearance, undemonstrative in manner, of regular movements and impassive features, perhaps a daily plodder, uninteresting to his fellows because not of a distinctive type, suddenly faces a calamity which imperils the life and property of some of his fellows, and, like a meteor flash, an impulse dominates the quiet mind and plodding figure and he becomes a savior of human life.

The keynote of his character was struck without a moment's warning and

the latent heroism which had been developing through all of his existence crystalized into action. That man, we say, was made of "the stuff of which heroes are made."

Where had he accumulated that substance, we ask? In that plodding daily routine? In the environment of commonality termed uninteresting and uninspiring? During his prenatal life in response to a mother's aspiration that strength and love should be his heritage? At his mother's breast through vibrations of loving sacrifice or at her knee from the aroma of tales of heroic deeds?

Somewhere in the mysterious economy of life the man of uninteresting appearance attracted to his being the spark which flashed forth into radiant beauty in time of need.

Note the impulses of the mind as it contacts varied experiences of social and business life. Are they impulses to aid others or to gather for self or self aggrandizement? Do they rush forth in condemnation and suspicion, or do they pour the anointing oil of pity and the balm of justice upon the lives of associates?

There are very few intelligent people who would not choose to be dominated, always, by the impulses that construct, heal, shelter, sustain; the impulses that are above jealousy, envy, suspicion, are pure, noble and heroic.

It is entirely possible to cultivate a character that shall harbor only the desirable traits. It is to be regretted that this possibility has so long been deemed a hurculean task, involving much suffering of both body and mind in a vague but dreadful sense.

This is a misconception not traceable to any truth of nature, but to the crude and brutal ideas of undeveloped minds that have dominated religious thought for centuries.

Religion is a science, not, however, alone of the soul and its future environment, but of bodily health and welfare. Through simple, scientific methods the body and soul may develop in unison, creating naturally, as thinking, eating,



walking, an aura that will retain only purity of desire and noble purpose.

The inevitable result of the science, sincerely and rightly applied, is improved health, happier and more successful conditions.



### *The Soul and Its Environment.*

To environ is to encompass, to encircle. The environment embraces the whole of the physical condition into which the soul is drawn at material inception, naturally attracted to the environment most suitable to give expression to the mind and character. Just as a ray of the sun focuses itself upon and permeates the flowers, as they grow, so does the soul permeate the form to which it is attached in manifestation.

The soul with the qualities of unfolded spirituality could not be attracted to a form of which refined taste and gentle manners were the make up. Hence the first object of all humanity is to purify the desires, for one is ever drawn to whatever he desires, be it good or evil. The lust of the senses, no matter what may be its nature, binds one to the wheel of fate as sure as life.

We are our character, not our senses, or our mind, both of which are only used as instruments, just as the physical body is bidden to do its service.

For several months previous to the natal day, the form that the ego is to inhabit is being slowly builded. The real man is attracted to the form, by that peculiar sound to which he must ever respond, having in himself the same vibratory chord, and only as the qualities in each soul are developed, can it respond to the highest vibrations of sound which emanate from harmonious surroundings, and thus attract him to peaceful and beneficial circles.

The coarse and crude, in whose soul only the unrefined qualities abound, are drawn towards those discordant sounds which offer the best means of expression of those soul qualities. When we consider that our character, as we find it today, is the result of past thoughts and actions, we see the importance of studying its future molding.

Short of illumination, Stellar Influence is the only science that will decide this flight of the soul from limitation to unlimited powers. The laws of astrology are based upon this truth and its accompanying idea of action and reaction, otherwise we could not be fated to good or evil.

This science may be tested by any one who lays aside bigotry, but they must first be prepared to take their thought beyond the earth, as they will soon discover a wise intelligence outside the material which is ever seeking to guide all to perfection. When the earth has lost its charm for brilliant intellect, beyond lies a field so vast none but the truth seeker can approach.



### *Modern Interpretations of Scripture.* (Continued.)

Great Legal Principles permeate the universe, which when understood will bring humanity into a condition of unfoldment on a plane with that of the "humble Nazarene." Although he has been called the "humble Nazarene," he was not humble according to the common acceptance of the word. He was Princely, Masterful and his teachings are based upon great legal principles which are demonstrated in his life and its fruits. His divinity was recognized by himself as common to his fellows—and he devoted his life to awakening that divine consciousness in others. Human intelligence is steadily moving toward that awakening as is evidenced by the trend of religious thought today. We quote below from a sermon recently preached in Detroit by Dr. McCollester on "The Human Jesus."

"The liberal church starts its theory of religion with a belief that since man had his being he has been growing wiser and better, and that, holding this view, the liberal church sees no reason for a



Christ who shall pay a debt to God for Adam's sin, for God never lost his child, and man, even before Jesus came, was moving Godward. Jesus came not to save a lost world, but to teach and inspire a developing mankind. He was born as all men are born. Joseph and Mary were his parents. He was not God come on earth to play a part, but a son of God to suffer as we suffer, struggle as we struggle, and illustrate what a soul loving God and absolutely trusting man may do and become.

"He was divine—so are we all. God, Christ and man are of one kind, but different in their degree of possession and expression of this divinity of nature. Because of this common quality, man can reach up to God, can love and imitate Jesus, and religion becomes not a belief, not an artificial scheme of salvation, but a development of Christlikeness of character and the natural process of a child growing into a oneness with his father.

"The appeal of Jesus was that men should have the same trust in God as he, and through this receive a reinforcement of soul from God himself. For God to disguise himself as man and to appeal to men is not consistent with the dignity of God or the sense of men. It becomes a play where a hero seems to die, but does not.

"But Jesus as man, a soul rich in spiritual power, who knows our limitations, who rises above our achievements, who gives himself for the good of men, wins our love and sets us an example. Men are not to be terrified into heaven by threats of hell; rather many have been driven away from religion and the church by such preaching.

"Today men think for themselves, and religion must satisfy reason, science, experience, if it is to command the interest of men. The liberal ideas of Jesus, as a spiritual man among men, makes us appeal to men not for belief in a God Jesus who shall bear our punishments, but for a life that shall have the attributes of the man Christ Jesus, and shall make this world a better place. This conception, when understood, makes re-

ligion and the church a necessity, for man needs these helps constantly in order that he may hold himself up to living his christianity."

✦ ✦ ✦

### *Is the Bible Lost?*

Bishop Charles D. Williams, of the Episcopal diocese of Detroit, in the American Magazine discusses the question of "The Bible; Have We Lost It?" Bishop Williams takes the stand of the "higher critic," denies the infallibility and the inerrancy of the scriptures and declares that higher criticism has done valuable service in freeing the Bible from limits set on it by older systems of interpretation.

Discussing the attitude of the churches, past and present, toward the Bible, Bishop Williams says:

"In the main there have been three positions: First, science is always wrong and the Bible is always right. \* \* \* That was the first attitude of the church. Second, the words of scripture must be 'handled deceitfully,' wrested from their plain meaning, twisted, distorted, manipulated until they are forced into some conformity with science. \* \* \* It is less brutal than the first, but it is less honest. Third, the scriptures were never intended to teach science, but religion. \* \* \* They reveal, not natural and physical truth, but moral and spiritual truth. This is the position to which our most intelligent christian thought has come. It is a great gain. But it does not meet all questions."

Stating his own attitude as to the Bible, Bishop Williams says:

"Until a better life is lived than that of Christ, a better book than the Bible cannot be written. \* \* \* If we only follow fearlessly the leading of the profounder and more reverent scholarship of our day, we shall find a living and eternal word of God instead of the dead letter of the book which had become the object of our idolatry.

"Have we really lost anything in arriving at this new view of the Bible? Yes, we have lost our divining rod, our



Delphic oracle, our arsenal of irrefragable proof-texts; but we have gained incalculably; we have gained a book that is infinitely richer for edification. A word of God, infallible and inerrant, shouted down from the heavens every morning through the trumpet of an archangel would have no meaning to us. It would find no point of contact with our human nature. It could not touch our hearts. But a word of God coming to us through the living human experience of men of like passions with ourselves, apprehended by conscience; tested and proved by life, humanized by our common humanity, even though it must needs be stained here and there with human passions and even made fallible by human ignorance and infirmity—such a word of God is quick and living. It finds its home in our hearts, it fits our nature, it inspires our souls."



### *What Is Simple Food?*

It has been customary to extol the advantages attendant on frugal fare, and it has been asserted the more simple the food the more healthful; also that vegetable food was more conducive to longevity than animal food, and that repasts consisting only of fruits of the earth and the water of the spring were essential to health and vigor of body, clearness of intellect and peace of mind. But experience and investigation does not prove this, neither does it prove that a little bread and gruel are sufficient to keep the body in good health, and the life to lengthened days. It is a mistake to partake of many dishes at one meal, but it is also injurious to confine a person to any one dish.

Whatever is eaten with a relish is more easily digested than that which is swallowed with indifference, that is, food of similar properties.

There is a period in the life of every person when the organs of digestion are weak, and at the same time there is a necessity for much nourishment.

This period is at infancy, for at this time the body increases so fast much nourishment is required to assist in the growth. Nature provides milk for this

condition, which is best of all adapted to it, and by an examination into the properties of milk it will give an insight into the nature of food in general.

Milk is not a simple substance; it is composed of coagulable matter, serous, expressed oil, sugar and albumen, a substance which the simplifiers of diet would say was too complex to be presented to the stomach, and yet it is that which nature has destined for the only support of a vast number of mankind, as well as animals, at the most tender period of their existence.

The most simple food, then, does not appear to be the easiest of digestion, or we should have expected milk to be composed of but one substance.

Coagulated matter is capable of affording considerable nourishment, gathered from the fact that animal mucilage nourishes, that substance being most nourishing which possesses sufficient moisture to keep it together, as for instance sound good meat. This coagulated matter is really fluid in milk but a juice peculiar to the stomach, very different from an acid, renders it solid.

Milk, new drawn, is best and most wholesome for weakly persons and infants.

---

The world was never so truth-telling as it is today. Nothing like it ever existed in the past. The commercial life of the world compels truth as nothing has, nothing else can, for it is on its credit and truthfulness that the fabric of our great commerce rests. You may rest assured that there never was so much truth in the world as there is today, and there never was such a real care for truths as there is today.—*Rev. M. J. Savage.*

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In the Stellar Science Department of this issue will be found a forecast for the year 1908, by Martha J. Keller, of Cincinnati, Ohio. Her MS. was received by us on the 27th day of January. It arrived too late for publication in the February issue and, due to our habit of printing contributions of that character either in the January or February issues



of the current year, it has been crowded out by other subject matter.

We are giving it space now, however, and those of our readers who are interested in prognostications will notice that at least one prophecy has already been fulfilled. We refer to her statement that "Portugal is likely to lose her ruler suddenly." The King of Portugal and his son having been assassinated on the 29th day of February.

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The following is from a contribution to *The Stellar Ray* by Mr. Samuel Blodgett.

He defines and analyzes the motives back of Socialism from his point of view and is actuated by a spirit of intentional fairness.

The *Stellar Ray* opens its pages to the consideration of all questions pertaining to the welfare of humanity. It does not however discuss them as political issues, but as great principles through which better conditions may be reached. All principles of progress must first become rooted in individual life and exemplified in it, then as naturally as the whole sleeping forest becomes green, because each leaf has obeyed the inherent voice of nature, will humanity become imbued with its vital force.

True Socialism means "love one another," and when men do love one another, all questions of greed, graft, strife and contention will be adjusted.

---

### *Socialism.*

---

*Written for The Stellar Ray by Samuel Blodgett.*

\* \* \* There are two kinds of social relations, the one being mutual and mutually desired, and the other is a kind of rape arrangement. The voluntary kind has been tried repeatedly, all along down the ages; and when embracing any con-

siderable numbers, and extended to mean a business unity, has been partially and temporarily successful.

We are all limited socialists. No one objects to having roads in common, or to the public schools, or to the social enforcement of justice in business transactions; and I am not aware that there are any who propose to carry socialism to its ultimate.

Therefore, the only question is one of degree. Those who object to the social enlargement that is called for, are all willing that those who are attracted that way should organize voluntary socialism to their heart's content, which shows that they are the more liberty-loving liberals.

In the discussion of this question, I will divide human emotions into three general classes—those which pertain to self, those which incline to fair dealing, and those which incline to generosity.

We all have all of these emotions in degree, except possibly some monstrosities, and we are all socially inclined; so we are all inclined to be socialists to the degree that we think all may be benefited by it. On this point there is not entire unison, but there is an approximation; and we are now socialists so far as this almost universal judgment demands. The tendency has been towards socialism for a long time past, and we shall grow into it more, as we get to be more socially inclined, either from an emotional or intellectual standpoint. Our purely selfish desires incline us to contrive to make others serve us; to take all we can get, either by fair or foul means; to be hogs in the economic world. The Standard Oil Co. is a good representative of this class.

With those having the sentiment of justice predominant the feeling is, "let every one have what he can make by fair means, but nothing more." Where the generous feeling predominates the saying is that this position is only a half-way one. That if one is incompetent to make a success in the competitive field, it is not his fault; it is only his misfortune; he should have as many of the good things of this life as any. This class is willing to divide with those below them; they are socialists by nature, and



they unite in socialistic groups, with the honest intent of serving their fellows. There are only a comparatively few who are so developed, and we know them by their fruits. The leaders of the Socialist Party are not of this class. They do not appeal to the generosity of any one in the support of their plan, but always to their greed. The spirit of trying to assist others is not like the spirit of trying to compel others to assist you.

It does not need a prophet to perceive that the latter class can never build a real socialism, no matter how numerous they may become. The best it can do is to institute a majority graft.

Feeding on nothing but selfishness, it can never be anything more than the embodiment of it.

\* \* \*

### *A Practical Science.*

The science of chemistry, also of medicine of agriculture, of government are universally conceded to be practical sciences, because to the average intelligence they bear directly upon the problems of human existence.

Astronomy may be deemed to be a science devoted to a subject remote from the requirements of physical life.

It treats of the magnitude, weight, distances, composition, motions, etc., of the heavenly bodies, based upon observations made with elaborately constructed instruments.

Astronomy is a purely objective science, associated only with the forms or bodies.

There is, however, a science so comprehensive and practical that it embraces all phases of life and bears directly upon its every detail of expression; a science so accurate and absolute in its mathematical calculations that it points, as does a hand on the dial of a clock, to each individual adaptation, to each mental and physical characteristic, to changes, to dangers, accidents, marriages, birth of children, sickness, health and success.

It indicates, with precision, the rising of the tide which will bear the individual to success and when to launch his barque upon it, or of futile attempts at

unpropitious times. Just as there are proper times for seed sowing, that a harvest may be reaped, and experience prompts action in harmony with them, so is it practical for humanity to sow its seeds of endeavor under helpful influences instead of in the unresponsive season which tends to failure.

Is it not the part of rational consideration to determine the safest, most direct route by which to take a contemplated journey?

To avoid accidents, discomforts, digressions and delays?

So is it reasonable to determine these essentials, so far as it is possible to do, in the more important voyage of life.

The science of planetary influence affords accurate information upon these important subjects. Misdirected energy, is not necessary, for the stars indicate with unfailing accuracy what are the lines of best adaptation. Tendencies to physical disabilities are pointed out to be fortified against, and so on through all of life's problems this great science will guide man's movements into paths of the least resistance and into vibrations that tend to uplift and enrich his existence.

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There have been many illustrations of the fact that the fantasy of today is the practical achievement of tomorrow. It is with this in view that it is recalled in New York city that above 40 years ago an old man was sent to an asylum for the insane because he persisted in talking about building a tunnel under the Hudson river. He maintained that it could be done and should be done to end New York's isolation from the rich surrounding territory. He kept it up so long that he finally came to be known as "Crazy Luke." The incident is to be coupled with the opening of the first tunnel for passenger traffic under the North (Hudson) river, which event marks the culmination of 34 years of efforts.—*Milford Gazette*.



# HEALTH AND HYGIENE

## *Indications of a Sound Constitution.*

The indications of a sound constitution are first a sound stomach and organs of digestion, without which it is impossible to enjoy good health, and by the abuse of which the longevity is abbreviated.

The second is a well organized chest and organs of respiration, breathing being one of the most incessant and essential of the vital operations, the means of rendering the blood, exhausted in the course of circulation, once again capable of serving the purpose of life in the physical form.

Third, a heart not too irritable. A strong, uniform pulse is, therefore, a good sign of longevity, whereas a pulse always quick, or where every trifling agitation of mind or other circumstances increase its rapidity, can hardly indicate a long life.

The fourth indication of a sound constitution is a good temperament. The best is the sanguine tempered with a little of the phlegmatic. This will produce cheerful mind inclining to surmount the obstacles of life and gives contentment of mind although ambitious and progressive.

The sign of a strong, healthy form is a well proportioned stature of middle size and rather thick; the complexion not too florid, as too much ruddiness in youth is seldom a sign of long life; the hair rather light, the skin strong but not rough; the head not too large, the veins large at the extremities, and the shoulders more round than flat. The neck is not too long, the stomach does not project, for this is the sign of an epicure, the hands are rather large, but not too deeply cleft; feet more thick than long; the limbs round and firm; a broad, arched chest; a strong voice, appetite good, digestion easy.

He eats slowly and has little thirst. His passions are under his control, is not susceptible to revenge, avarice or hatred; he is fond of employment and

meditation. His sleep is long, sound and undisturbed. This last is one of the principal signs of a good constitution.—*Copyrighted.*

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## *Cause of Appendicitis.*

*By J. H. Kellogg, M. D.*

Appendicitis is nothing more nor less than intestinal autointoxication—infection of the colon. When the colon becomes enormously enlarged fragments of decaying meat lie about within, decomposition takes place, and it becomes the hold of the most horrible germs, a regular menagerie of dead things—fish, oysters, fragments of pigs, fowls, cattle—various kinds of meats eaten all at one meal, and all remaining undigested and unabsorbed in the colon. They get down into the small intestine, are deposited there, the colon is perhaps a little inactive, and the consequence is a festering mass of decomposing materials.

The fecal discharges of these foul materials do not show them as they really are. Examination by Prof. Strassberger has shown that not more than one in a hundred of the germs found in the discharged fecal matters is alive; 99 per cent of all the germs are dead—all killed by their poisons while lying down in the lower portion of the colon. In the upper part, however, the germs are alive and in enormous quantities, and some of them make their way into the appendix and give trouble. The only wonder is that every meat-eater does not have appendicitis.

Observations made by Dr. Lucas Champonnier and others have proved that vegetarians do not have appendicitis. In Bulgaria, where Yogurt, a sour-milk beverage, is in use, and where the peasants rarely ever taste meat, appendicitis is almost entirely unknown. Dr. Combe says that almost all cases of appendicitis come from the city, where meat is largely



eaten, mentioning the fact that in 30 cases of appendicitis that came under his care only three came from the country, and they were family butchers.

In the hospitals of France very little, and in the prisons and insane asylums no meat is eaten. In the hospitals there has been but one case of appendicitis in 6,000 cases of illness, although in the population immediately around them there were large numbers of cases; while in the prisons and asylums the absence of appendicitis is equally striking.

In Morocco a comparison has been made of the French troops and the Moroccan. The French soldiers eat a great deal of canned meats, the Arabian no meat at all. Among the latter appendicitis is very, very rare, among the former very common.—*From an Article In Good Health.*



### *Some Two-Line Pointers.*

*By a Layman.*

At Thirty, most Livers begin to wear out;

Then comes "Rheumatiz," Heart Failure and Gout;

And a train of Diseases too numerous to name;

For which our Eating is mostly to blame.

Two raw, Red Onions eat every week,  
And the Doctor you will seldom seek;

For all stomach poisons, be advised,  
Are by their poison neutralized.

Sooner or later all must be ill,  
Who with Iced cold drinks their stomachs fill.

Those eating the least of Rich, Red Beef,  
Will suffer the least Rheumatic Grief.

If you care, at sixty, to be alive,  
Stop starches and Sweets at about Twenty-five.

Those eating Corn-Bread, Bacon and Greens,  
Will keep their Livers in the "teens."

Eat but Three Things, changed at each Meal,  
And note how strong and well you feel.

Coffee, creamed and sugared to taste,  
Brings Pains to Head, to Chest, and Waist.

Those half starved and with Stomachs weak,  
Outlive those who are Fat and Sleek.

The Milk Drinking habit is simply a curse,  
And each year, for Thousands, calls for the Hearse.

Those with long necks to Consumption tend;  
While Apoplexy, the Short ones end.

Blackberries make many a Graveyard Mound;  
And death to Insomnia in Lettuce is found.

Those with Red Hands, will be in life,  
When those with white have quit the strife.

Long-necked men should never Smoke;  
And Short ones, Drink will surely Choke.

Eat Eggs only when the Grass is growing,  
And that Bilious look You'll not be showing.

Chocolates of all kinds will vengeance wreak,  
If used by those with Red in the Check.

Acid Fruits, eaten the First Thing at Morn,  
Breed Stomach Troubles, of many a form.

If Indigestion has a hold on you,  
Just quit Each Meal before you are through.

Fat people will learn that Health they have found  
By Eating nothing growing under the Ground.

Of Red Pepper, eat a little each day,  
And to Malaria you'll say, Nay! Nay!

Those All the year round wearing wool on the skin,  
Are strong each day Life's fight to begin.

Those wishing Red Cheeks, Red Lips  
and Bright Eyes,  
Must keep the Blood going through  
good Exercise.

Oh! the people that in Cemeteries lie;  
Sent there by Puddings, Doughnuts and  
Pie.

—M. K. Sherwood, in *Medical Herald*.

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### *To Prevent Colds.*

*From the Columbus Medical Journal.*

Sleep with the windows up every night. Every morning you should take a cold rub, exposing the whole body in a cold room. Massage your body with your hands, rub with a coarse towel, keeping busy so as to cause free circulation of the blood, and continue until you get a glow of warmth all over the body. If you have a warm room to dress in you might continue the rest of the exercise before putting on your clothes. After you have washed the hands and face in the usual way with soft water and soap, give your face a good massage with the hands, then splash your neck and face with cold water. There is no objection to your using warm water on the neck if you will splash it with cold water afterwards. Gargle your throat with cold water, then practice deep breathing through the nostrils for a few minutes, as follows:

Place the forefinger on the left nostril, breathing violently several times through the right nostril, then change and breathe through the left nostril. Then pinch the nose between the thumb and finger and attempt to blow the nose. This forces the air up through the Eustachian tube into the middle ear, and makes a very good ventilation for the head. After you have finished breathing in this manner, breathe several times through both nostrils at the same time. Always keep the mouth closed when practicing this exercise, as well as the cold morning rub. While the chest is inflated, pound the chest with your fist so as to fill your lungs thoroughly with air. All this is to occupy 30 to 50 minutes en-

tirely naked. It will soon become very enjoyable and will be one of the most profitable moves of the whole day.

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### *Water Drinking Essential To Health.*

The general use of fluids taken into the stomach is to facilitate solution in the stomach and to expedite its evacuation into the intestines and there pass it easily. Those who drink nothing daily do not act fairly to the stomach.

Drinks also promote the secretions, but it must be understood that the more quickly the food is evacuated, the less nourishment it has produced, and those who use less drink are apt to be most nourished.

Water is, however, essential to digestion and nourishment. Cool water strengthens the stomach, assists digestion, prevents obstructions, renders sleep more calm and cheerfulness more regular and lasting. Occasional small draughts are more wholesome than larger ones, as large draughts, especially at meals, tend to make the food fluctuate in the stomach.

Large quantities of cold water taken while digestion is going on tend to destroy the natural heat that is working in the stomach.

Water is a drink provided by nature for mankind and is essential to wash away salts and putrefactions, being the great natural assistant to healthy digestion and is a prime factor in attaining perfect health of body and mind.

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### *Digestibility of Fish.*

The term digestibility, as commonly employed, has several significations, \*\*\* the one which is usually understood in scientific treatises on such subjects, refers to the completeness of digestion.

Numbers of artificial-digestion experiments have been made with fish. These indicate that fish is less quickly digested than beef, being about equal to lamb in this respect. However, as compared with other foods, the difference in digestibility of fish and meat is not very great.



There is a widespread notion that fish contains large proportions of phosphorus, and on that account is particularly valuable as brain food.

The percentage of phosphorus in specimens thus far analyzed are not larger than are found in the flesh of other animals used for food.

But, even if the flesh be richer in phosphorus, there is no experimental evidence to warrant the assumption that fish is more valuable than meats or other food material for the nourishment of the brain.

The opinion of eminent physiologists is that phosphorus is no more essential to the brain than nitrogen, potassium, or any other element which occurs in its tissues. The value commonly attributed to the phosphorus is based on a popular misconception of statements, by one of the early writers on such topics.

In discussing the belief that fish contains certain elements which are adapted in a special manner to renovate the brain and so to support mental labor there is no foundation, says a prominent physiologist, for this view.

In confirmation of the above it has not been observed that fishermen who live mainly on fish are more intellectual than those who do not eat fish.—*C. F. Langworthy, Ph. D.*



### *An Ideal Tonic.*

It is agreed by many learned physicians that whisky and alcoholic drinks are not stimulants, but depressants.

There are men who have been accustomed to these drinks who feel the need of a tonic. People recovering from the grip and the other weakening diseases will also find an ideal tonic and stimulant in the following:

One teaspoonful pure olive oil.

One teaspoonful lemon juice.

Pinch of salt and pepper.

Take morning and night.

The lemon juice is all the liver requires to correct any sluggishness. The olive oil is a food, stimulant and lubricant. It builds up the tissues and is of more value than half a pound of meat daily.—*Robert Bryan Harrison.*

Age is not all decay; it is the ripening, the swelling of the fresh life within that withers and bursts the husk.—*George McDonald.*

The American Society for Psychical Research of the American Institute for scientific research, makes the following request:

#### CIRCULAR REQUEST FOR INFORMATION.

It is extremely important, in the interest of a scientific knowledge of unusual psychological experiences, that we should collect and certify, if practicable, as large a number as possible of such phenomena. This circular, therefore, appeals to all who may have had such experiences as are enumerated below or who may know others having had them, and requests a record of the same, or assistance in making such a record, for proper study and comparison, and also for publication when that is possible. *We guarantee, however, that neither names nor facts shall be used in any public manner without permission.*

For the council the important thing is at least a private record of facts which may throw light upon the obscure problems of matter and mind. The council therefore seeks information regarding such experiences as Illusions, Hallucinations, Coincidences, dreams coincidental or otherwise, visions and visions of the dying, apparitions, whether coincidental or otherwise, real or apparent thought transference or telepathy, experiences under the influence of ether or chloroform, and the use of narcotics and stimulants, subconscious mental action and alternating personality, automatic writing and drawing, Ouija board and Planchette experiences, mediumistic phenomena, raps and knocks, the movement of material objects without physical contact, haunted house, etc.

Communications should be addressed to Dr. James H. Hyslop, 519 West 149th street, New York City.

Trifles make perfection, but perfection is no trifle.—*Michael Angelo.*



## CONTRIBUTIONS

### *Unutterable Splendors of the Mind.*

By Edgar Lucien Larkin.

"The covered germ burst forth by mental heat. The ray shot across them."

—RIG VEDA, B. C. 1500.

"He is *mind*, the omnipotent, omniscient, sentient cause."—HINDU SUTRA.

"He is higher than *thought*."—MITRA UPANISHAD, Aryan Hindu.

"Inconceivable by *thought*."—MUND-  
AKA UPAN, Hindu.

And now, dear reader, I wish a heart-to-heart talk with you about *mind*. Let us love one another, and in presence of this inscrutable mystery, strive to sink a sounding-line into surface waves at least, that are playing over unfathomable deeps of human mentality.

The explorers on the ship *Challenger* lowered apparatus to great depths in the sea. Unheard of submarine wonders were raised to the surface—strange plants and stranger animal forms. Aquatic forests stand on the ocean floor, and living things dart to and fro amid giant stalks and stems. Colossal leaves form bowers for curious fishes, and unimaginable creatures abound in the palaces of ocean's depths, and disport in its wilderness.

#### THE MIND.

So come along and let us plunge at once into the labyrinth of mind. Hurry along this passageway and turn into that cavern into deep darkness, far and away from the light of day. Let us travel on an occult path illuminated by mental light, a radiance whose rates of vibration are higher than those of the sun. The place we now are in is merely the vestibule, a cavernous room; but it contains innumerable doors. These lead into labyrinths more intricate than that at Arsinoe in Egypt; or that in Crete, or the one in Lemnos. The great labyrinth lined with marble, at Arsinoe, contained 3,000 chambers, 1,500 above and 1,500 below the earth's surface. Those that were

subterranean corresponded perfectly to our sub-conscious minds. All information that ever entered these recesses had to come through those above. Imagine ourselves in the ante-room of a mystical lodge, awaiting the rites of initiation into esoteric things. Soon, one of the doors is opened and we enter a long corridor. It is of exceeding beauty and is lined with rows of doors extending into a mysterious distance. In the labyrinth at Crete was a devouring monster—*minotaurus*. There is one is this corridor—fear. But those who understand how to use their minds can at once thrust it out. Let us halt, cast out senseless fear and continue exploration. "In our Father's house (our minds) are many mansions." These are attributes or faculties.

#### WITHIN THE MAZE.

Light-hearted, free and happy, we pass on and wander, wondering, through endless avenues, winding ways, through almost hidden doors and mighty gates. Already we are lost in a maze whose turns and bends are as bewildering as the convolutions of the human brain. Now the crypts, vaults, chambers and secluded rooms become more and more magnificent as we advance into pure mental realms. Diamonds, sapphires, rubies, emeralds and gold adorn the elaborately sculptured walls, arches, pillars, pilasters and domes all in white and violet. On we pass, violet tints deepen—the highest visible rates of oscillation—and we know that the majestic throne of mind—the home of reason—is near. Let us pass into the throne-room—this way through this door of solid pearl. Stepping through, the door closes automatically and we find ourselves in one narrow passage in the maze in darkness as black as that of the canyons here in the mountains at Arcane midnight. We grope along in chagrin, discomfiture and dismay, feeling our way with our hands on the polished walls. This journey finally seems to be leading lower and deeper into the labyrinth; and the curves in the halls, lanes and obscure paths appear to



be innumerable in number. In time, we come to a door; it opens and we find ourselves in the first room we entered, the vestibule. Dear reader, the fact is that this entire journey, so overwhelming to us all, was not in the real maze at all, merely in the borderland between externals and the real home of the mind, in its citadel, in the wonderful center. The emotions and sensations experienced while we were in the outlying passages were in mere kindergarten regions, where the first, the primary lesson in modern psychology, may be learned. The vestibule was a little exterior room, wherein a few words were always spoken to candidates preparatory to their passing into wonders of even the first degree lodge room. For the first step, the initial degree, in the study of the thought-form-world, is so beautiful and attractive that it at once begins to lure us on and on to higher things. Thus in our first exploration into mental mazes, we did not find out one thing about our minds except that research into the intricacies of mind, psychology is the most majestic of all sciences whatever—greater, if possible, than astronomy and electricity. Why! mind is more wonderful than the galaxy with its hundreds of millions of suns. And deeper than the appalling deeps of infinite and never-ending space. No one brain can keep up with the printing presses which are pouring forth floods of psychological books. A mental wave is surrounding the earth; and all at once, they have commenced to study their minds after a lapse of forty centuries. For the Aryans, Chaldeans and Egyptians knew far more about mind, or, at least how to put it to active use, than we do now. But modern psychologists will, no doubt, soon surpass these mighty mentalists of antiquity, in finding out some surface indications, perhaps, of what mind is, because of the discovery that matter is made of corpuscles of electricity. These now seem to be primordial, and it looks as though mind is a flux and flow of these eternal and changeless electrons. Here is a fact now looming up into an immensity of concept—the mind has hundreds of more properties, or at-

tributes, than dreamed of in the most comprehensive modern book on psychology. Each faculty has more phases than the most elaborate diamond has faces. In a normal and highly cultured mind these burn and blaze with surpassing effulgence and grandeur. You would think so, could you secure a momentary vision of the wondrous interior of the mind of one of the world's great mathematicians. One glimpse gained by a non-mathematical student into the glittering splendors would be startling; he would look at once into his own mind, be abashed and go wondering if he actually belonged to the same class of beings. In consideration of the enormous flights of late mathematics, I have no hesitation in saying that the human mind is actually illimitable, that is, by means of race-culture and mental training, shaping and expanding, the mind of man, the thinker can in due time be infinitely expanded. And this, by prenatal mental suggestions, kept up in the same family, descendant after descendant, for a long period, say one or two hundred years. By this I mean that mind can be expanded to the limits of the entire visible universe, which, to our present conceptions, is practically infinite. It is as infinite as mind.

#### ASTOUNDING RESULTS OF CONTROL.

It is true, without doubt, that man can make use of and chain to abject servitude any force he understands. See what a mild slave the titanic force of electricity has become. If true, and I assert that it is, then the potencies and powers of Nature will be at man's command. Here imagination is submerged in limitless wonder. The prophecies of that amazing book, "A Dweller on Two Planets," will then be fulfilled. And the marvels also of the book "Oahspe." Bulwer's "Zanoni" will be like a text-book of science. We can take what we want from Nature when we learn how—that is, when we find how to place our minds in harmonic rates of oscillation with those of the vast structure. Therefore the study of mind, the analysis of its intricate faculties and discovery of its laws are of supreme importance. These investigations are called



occult; so they are, but the moment a law of mind is discovered and understood it is no longer occult, concealed or, hidden, but becomes scientific. In the very nature of things, knowledge of the laws of mind is the real foundation of all wisdom. Beyond all doubt there are hundreds of latent properties and powers in mind. The highest work of humanity is to bring them to light and active use. If the mind is infinite then the faculties are infinite in number, or if finite, then they have an infinite number of delicate shades and phases of meaning. Take the faculty of hope, how many varying phases it displays. Likewise fear. Love has so many excessively refined shades and variations that they run into infinity. But no brain can conceive of the infinitude of recent mathematics. The mazes explored by mathematicians are known to be infinite in intricacy and magnitude. It is useless for a person not a mathematician to try to think about these supernal wonders. Equations leading into the very deeps are common in modern mathematics. And it would require an infinite duration of time to comprehend these elaborate mazes of figures. Psychologists now stand in awe when they even begin to think of the mind of one of the world's mighty mathematicians. When I try to think about the minds of these men, I soon believe that mind is actually infinite. Scarcely more than a beginning has been made in discoveries in mind. Faculties are not even known at present; and those that we think we know about are not classified. The mysteries and marvels of memory are as the Sphinx of Egypt. Nothing is known yet about the origin of words or how we speak. The incredible wonders of the attribute, introspection, alone would require years to fathom. It is not known how thought begins, nor exactly where. Indeed! the work of one-half of the brain is not known. What is this "idle half" for? No, I do not believe it is idle and at rest. It has offices, and a myriad of things to do, that may require centuries of research to discover, if, indeed, we will ever be able to find them out. Mind is such an inconceivably profound mystery that it may never be

solved. Let us not suggest failure to ourselves, however, but suggest success and the continued discovery of new things in new labyrinthian corridors, in new chambers and in unexplored deeps. But in the midst of the arduous study, let us draw from the reservoirs so far discovered, and from the deep wells in crystal strata and layers in the sub-mind. Let us learn how to clutch Nature and take the good dame all unawares and seize some recondite secret. Let new Curies rise and discover in mind more wonderful things than radium; and let another Thomson appear and discover corpuscles of mind, as well as of electricity; or rather, let him prove them to be identical. This I now believe, but cannot give complete proof. Study mind and obey its higher impulses.

Lowe Observatory, Echo Mt., Calif.,  
December, '07.

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### Mystery.

*Written for The Stellar Ray.*

Oh, that Mystery in the air!  
So subtle, yet 'tis always there—  
It gives us strength with which to strive,  
And makes us glad to be alive;  
Without it, life would cease to be,  
So Life itself it then must be.

Where Life is, God is always found,  
For God and Life as one abound;  
There is no place where Life is not,  
No place where God may not be sought;  
In sea and rock, in plant and sod—  
For all that is must be of God.

Where God is, Love is also found,  
As one they are together bound;  
'Tis Love that helps us while we live  
To strive, and bear, and then forgive;  
The more we seek this Life and Love,  
We nearer grow toward God above.

—Gracella Judkins.

"All good is ever with us; men but want  
Wisdom to take it; they are poor and  
scant  
Only in lacking wisdom, that acquired,  
The good is found which they so long  
desired."

—James Allen.



What is right and what is wrong? Everything is right that tends to the happiness of mankind, and everything is wrong that increases the sum of human misery.—*Ingersoll*.



### *India the Abode of Highest Spiritualism.*

*By T. R. Sanjiri, South India.*

When metaphysics was an unknown word in the dictionary of many a great nation and when the whole world was enshrouded in a dark cloud of ignorance India had wonderful systems of philosophy, ethics and religion.

Now and then various men of genius in the wake of spiritual development have come and gone and have made this wonderful land the abode of the highest possible spiritualism.

No other country has hitherto produced any such men nor will ever produce. The religions established by them have withstood the onslaught of many a havoc, unlike many faiths which did bud forth in a moment but to fade in the next.

All the secret ways and methods of these ancients of India for arriving at the ultimate truth and merging into the "one" have been held with a jealous care and some eminent souls in the last ten or twenty decades have sacrificed their lives in making them known to the world at large. What the present twentieth century is trying to solve—the stupendous problems of man, mind and matter—have been solved by the Indians long ages ago.

The theory of cosmic evolution and involution was put forth thousands of years before the Christian era by a renowned teacher of India. The theory of heredity is nothing but an inference of the doctrine of Karma, which explains the diversities of human life.

The method employed by the west to know the ultimate truth of the cosmos is the deductive and inductive process of reasoning and that of the east is to suppress the lower consciousness of man. With all the scientific glory, the west has been able to give only a *temporal ease* to humanity and it has been the glorious privilege of the east to teach *everlasting*

*peace*. We do not mean to say that physical science and spiritual science are essentially different, but ultimately the former merges into the latter. Everything, if properly understood, will reveal the God.

The law of development is recognized by the western evolutionists, but a very narrow view is taken and the imperfect consciousness of man is recognized as the climax of Nature's development; but, the East says that man is not the Nature's limit of perfection; man may be the climax of development in this planet, earth, but there are various other planets inhabited by higher species of beings reaching to the very Infinite itself; and that the lower beings can be developed into higher until the consciousness of a God in man can be reached. This power is latent in man and can easily be attained by understanding the "within."



### *The Silence.*

In the balmy hour of the morning,

When the dew-drop is on the sod,

I lave in the ocean of silence,

Alone with the stillness of God.

In the inmost calm do I linger.

Am blessed that existence is mine,

As I kneel beside its altar,

As I bow before its shrine.

In its Temple the spirit is reigning;

While the music is sweet within,

No babel of sounds can molest it,

Nor distract with its ceaseless din.

There is light, there is life in the Silence

When the break of morn is nigh;

And to one who hath drank from its  
fulness

The fountain shall never be dry.

Thou Pilgrim, o'erburdened and weary

There is rest for thy soul's delight;

For the path thou hast found in the valley

Is leading thy way to the height!

Thou shalt taste the new wine of the  
kingdom,

Drink deep and come into the calm!

And be girded anew with thine armor

Ere thou bravest the wrath of the storm!  
 Come now while the flood gates are open,  
 In the Temple of Silence be taught!  
 Launch thy bark on the boundless waters  
 That flow through the Kingdom of Thought.

—Eliza A. Pittsinger.

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### *Mind and Body.*

By E. L. Vincent.

Here is a story a man told me one day. He is a strictly truthful man and I am sure his narrative is correct in every respect:

"I had not been very well for more than two years. In fact, I had not recovered from a sickness that almost cost me my life. I had been taking treatment regularly of an old-line physician, without much effect, I may say. Every day I was compelled to lie down a portion of the time to gather up strength for the rest of the day.

"I suppose I was nervous and irascible in many ways. At any rate, one day I allowed myself to get terribly out of patience with my wife over some trifling thing. I have forgotten all about the circumstances now, for which I am truly thankful.

"While still under the influence of this paroxysm of anger. I began to feel deathly sick. Everything turned dark before my eyes. It was with difficulty that I was able to reach my couch. My wife, good woman that she was, saw that I was feeling ill, and helped me to lie down. Then a severe pain seized me in the right side, where I had been troubled when I had the sickness of which I speak previously. I was sick at my stomach and felt as if I were about to have a movement of the bowels.

"With much difficulty I succeeded in getting to a closet. My wife was much frightened and wished to send for a physician. I told her I thought my time had come to die, and really I did think for a time that I would live but a few moments. Possibly I really was just as near to my end there as I thought.

"But just then my wife rallied bravely and spoke so cheerfully and in a voice so full of courage that it was only a short time before I began to rally and soon was feeling quite as well as usual. I never supposed the mind had such power over the body till then. I firmly believe that that fit of anger almost cost me my life. If anger will do that for a man, how careful should we be to avoid every sign of that emotion! Should we not, on the contrary, always keep a bright and cheery spirit? Health is often made or marred by the state of the mind. Take a weak, nervous, gloomy man and put him into an atmosphere of optimistic sentiment and ten chances to one he will soon be a new man."

There is great food for thought here. Who shall estimate the power of the mind over the body?

\* \* \*

### *The Open Door.*

*Written for The Stellar Ray by Winnogene Savage.*

I cannot feel that Life is lost in Death,  
 Divinity snuffed out as by a breeze;  
 It only seems a step ahead to me,  
 In rising by unseen degrees!

It cannot seem that Love will lose her own,  
 That darkness ends our broad'ning pathway here,  
 Or parts us from the hopes we cherish most  
 And separate us from our loves so dear!

But like the babe which mother lulls to sleep  
 And lays upon a snowy bed to rest,  
 We wake refreshed, for broader, grander life  
 To learn anew "Whatever is, is best."

So, rocked by Nature, Peace our lullaby  
 In arms omniscient, close our eyes in sleep;  
 We pass through Death,—a glorious open door  
 To life sublime, to Love more broad, more deep.



"The man of science is essentially the man of religion, and as Huxley says, 'Science is but trained and organized common sense.'

"It has already transformed the world and there is a sense of solidity about a law of nature that belongs to nothing else.

"Each single law is an instrument of scientific research, simple in its adjustments, universal in its application and infallible in its results.

"Science simplifies, while it infinitely ennobles and purifies our conception of God."—*Eugene Del Mar.*



### *Lottie's Benevolence.*

*By Gilbert Patten Brown.*

It was when I was in Dixie, in th' spring of sixty-five,

They had taken off my clothing; yes, they'd robbed there alive,

And the air of Libby Prison, O that foul and filthy den,

May the Lord, in His great mercy, ne'er permit the like again.

Comrades round me lay dying, cursing God and cursing man;

My old pal Bill had gone his way, and so had good brother Dan,

And I thought of my dear mother, wished I had the old tin pail.

I'd give my right arm, I tell you, for the old well in the vale.

That night I seemed to see a star; it was brighter than the rest;

I slept and dreamed of my dear home—of the friends I loved the best.

The atmosphere was much clearer, and each breath I took was sweet,

And I saw my sweetheart, Lottie, waiting at the rustic seat.

O God, that was a happy day, that bright and sweet springtime morn;

Some brethren dressed in palest gray—by six brave knights; I soon was borne

Down to a cottage by the sea, with fair Lottie for my nurse.

They'd seen her photo, sent for her; they had wired her I was worse.

And there, way down in old Dixie, where sweet magnolias bloom,

I found that civil war and strife did not use all of the room,

For they gave me health and freedom, and I found the truest love

Is given as a recompense by the Father up above.

Some forty years have passed away since those knights and Lottie fair

Brought me food on a spring-time day and brushed back my youthful hair.

I thank the Lord, Who rules above, that we two are still alive;

I bless Him for sweet Lottie's love in the spring of sixty-five.

The quality of mercy is not strained,  
It droppeth as the gentle dew from heaven

Upon the place beneath; it is twice blessed;

It blesseth him that gives and him that takes;

'Tis mightiest in the mightiest; it becomes

The throned monarch better than his crown;

His sceptre shows the force of temporal power,

The attributes to awe and majesty,  
Wherein doth sit the dread and fear of kings;

But mercy is above this sceptred sway;  
It is enthroned in the heart of kings,

It is an attribute of God Himself;  
And earthly power doth then show likest

God's

When mercy seasons justice.

—*Shakespeare.*

Somebody did a golden deed;

Somebody proved a friend in need.

Somebody sang a beautiful song:

Somebody smiled the whole day long;

Somebody thought, "'Tis sweet to live;"

Somebody said, "I'm glad to give;"

Somebody fought a valiant fight;

Somebody lived to shield the right;

Was that somebody you?"

—*New Theology Magazine.*

# STELLAR SCIENCE

## *Color Rays and Scale of Harmonies.*

### *A Wonderful Symbolism of Human Progress.*

If we associate Colors and Planetary Rays with the sounds as naturally produced in the scale of harmonies, there is presented for consideration a wonderful symbolism of human progress through the long vista of evolution from the lowest grade of savage life to the highest conception of wisdom and intellectual attainment. For instance take the scale of C Major which employs the natural tones within the space of an octave, and we have—

C—Do—The Sun — Orange — Mental effect being firmness, solidity.

D—Re—Venus—Yellow — Mental effect being romantic, amorous, picturesque.

E—Mi—Moon—Green—Mental effect uncertain, changeable, transient.

F—Fa—Jupiter—Purple — Mental effect serious, majestic, dignified.

G—Sol—Mars — Red — Mental effect moving, juvenile, martial.

A—La—Saturn—Blue— Mental effect sorrowful, meditative, anxious.

B—Se—Mercury—Violet—Mental effect restless, sensitive, aspiring.

D and G, the Venus and Mars tones (with their colors Yellow and Red), symbol the female and male propensities in their crude, savage state, and love on its lowest plane of manifestation.

Then comes a flash of the red martial ray, on a still higher and more active plane, though still of a low, undeveloped type without the knowledge of good and evil.

After this is suggested the first dawn of knowledge and mental expression from the Mercurial ray, bringing the mind into action with expression of thought, memory and sense of good and evil. Then follows a higher grade of the

instinct of love, increased purity of intention, as shown by the succession of the Venus tone on a more exalted plane. Then follows as a consequence the first Jupiter tone, signifying the acquirement of a higher sense of veneration and justice. The outcome is better elements of knowledge, expansion of intellect, combined with increase of purity and discretion in the love sentiments. After this follows the highest unfolding of the red martial tone, bringing nobility of character and adjustment of better conditions in warfare, combined with skill in weapons, and the extension of manufacturing and trading facilities.

This is succeeded by the blue Saturnine note which, as a consequence of all the foregoing, leads to a development of the meditative and higher reflective and religious propensities, with regret for the past misdeeds and with contemplation of the infinite, thus completing the first round of the mental faculties.

Then follows the highest grade of human knowledge in the last projection of the Mercurial ray, in its most exalted sphere, bringing to light the greatest perfections in human mentality on the physical plane, noble and scientific inventions, altogether beyond all former attempts, marvelous mechanisms and increased inter-communication between nations, bringing the whole race of mankind face to face with interchange of thought between nation and nation.

This is followed by the great Solar tonic or orange tone, showing the spread of spirituality and perfection of the mental attributes, from the physical towards the development of the soul and the psychic plane.

Then finally comes the most exalted vibrations of the Venus ray, the perfection of all that has gone before, the acme of wisdom, spirituality and divinity of love. This meets the last, emanation of human physical, mental evolutionary stage in the lunar ray, which lies between mortality and immortality as the mediating link, the perfection of the hu-



man soul, the fruitful green of peace, good will and plenty, the mediator between the known and the vast unknown.

Thus life is one grand symphony of blending, inter-blending and dominating tones.

Each soul is a harp of a thousand strings, to which the Great Master Musician gives the keynote that they may be brought into melodious accord. Sometimes there is tension almost to the breaking; sometimes there is the relaxation as of despair, but the tuning process continues until there is perfect accord, and then does it give forth strains of joy, peace, love, and praise.

(Copyrighted.)



### *Actuarial Guess-work.*

*Written for Stellar Ray by Prof L. H. Weston.*

It is rutable among all the life insurance companies of the United States to make a careful investigation of each person upon whose life they take a risk. They place a private detective upon his case and his life's history is investigated thoroughly. A physician carefully examines him and nothing in the life of the person is overlooked. When all the testimony is in, a specialist goes over it and decides the quality of the risk to be taken. This special officer who calculates risks in life insurance is called an actuary. The scientific basis of the work of all such actuaries is merely and simply averages found by experience of a great number of apparently similar cases. The actuary merely calculates the case to an average in his tables of experience and goes by the figures so found. More than half his cases could not possibly be true to the figures he derives from this calculation and in fact they were never true within a margin of upwards of 75 per cent. With all their immense pains and all their scientific research no actuary pretends to be able to forecast the probable time of any person's death to within several years of the event. In fact, the forecasting done by an actuary is in

reality a mere guess and nothing more. True enough the guess is a fairly good one so far as guesses go, but it can in no way be considered anything like a real forecast of the terminus vitae. At this day there is no such thing in actuarial science as a method for forecasting death. The millions of dollars that have been spent in perfecting this great guessing plan have produced nothing better than a mere mathematical average measure to be applied to the duration of the life of all mankind, with a few questionable variations, presumed to meet hypothetical irregularities as observed by the examiners.

An expert actuary draws an immense salary, ranging up to many thousands of dollars per year, yet he cannot predict a death nearer than about five years in his best class of work, and even then his prediction is acknowledged openly to be a guess at long range.

Now, I am prepared to say that any good astrologer who uses the common semi-arc method of finding the mundane positions, and who equates by the well-known Placidian system, can find the duration of any human life within a year in every case where he has the true data. This is so of the common astrologer, who makes no pretention to work of a higher order lately introduced into the science of astrology. The common old text-book students can do this.

But within the past few years a special research has disclosed the very strange fact that one of the cardinal principles of the old astrological system of the ancients was misused during the middle ages, and was only partially recovered and corrected by Placidus in the seventeenth century. The correction of Placidus has been used by all our modern astrological authors and the comparatively fair results made possible by this correction accounts for the revival of the science which was very near to total extinction at the time Placidus arose.

But a new era is soon to be inaugurated in astrological science. A new equation has been discovered that gives forth astonishing results. By this new method the duration of life in any correct horoscope may be found to within a month in



almost every case. In a positively authentic horoscope where the birth time is certainly known to the minute, a well-trained and experienced astrologer can pick out the day of the death to within one week with the utmost confidence.

Thus modern research has now developed a measure that can be so laid to the lines that the results reach the comparative accuracy in astrology that is attained in professional land surveying by instrumental measurement. We now no longer guess at the duration of life. We measure it to the third place of decimals of a year.

It would seem that if a life insurance actuary is hired at the rate of many thousand dollars per year to *guess* at life risks within a range of five years of probable error and twelve years of possible error, an astrologer who can pick out the *actual year* in which every case will die ought to be worth at least forty cents per head, on the hard cases.

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The following contribution was mailed at Cincinnati on Jan. 25th, 1907, and received at The Stellar Ray office on Jan. 26th, too late to appear in January or February issues, the usual time for the appearance of forecasts for the current year. We are giving it space now however, and call attention to the prophecy regarding the King of Portugal. The King of Portugal and his son were assassinated on the 29th of Feb., 1908.

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### *Forecast for 1908.*

*By Martha J. Keller, 27 Arcade, Cincinnati, Ohio.*

In general it will be a fairly prosperous year. A year full of changes to most people and nations, but so many play at cross purposes, though all have about the same end in view. Our Ship of State will still sail on. Liberty and Justice are still at the pilot wheel, though oft they meet with fogs of doubt and storms

of greed. There is a loyal crew, ever ready to dare and do. No serious war, but many misunderstandings that will require good diplomacy to settle. Nature will work some wonderful changes, by fire and water. There will be many explosions in the air, and underground, as well as in mines, and where there has been boring for oil, gas, or water. Some seismic disturbances in unexpected places. The islands of the sea will undergo marked changes. Some new ones will be discovered, or will arise where none were seen before, and will become permanent, too. Looks to me like the fabled lost Atlantis will be proved by some ancient ruins found in an island, that again rises to the surface, by seismic changes. In the early part of the year there will be some severe storms in the south, and southwest.

Dire will be some of the disasters that over take us before the year is out. The evil aspects of planets show the most severe times for storms and accidents to be the last of March and the first of April; the middle of May, from 15 to 25; the last of June and the first part of July, last of September and first of October, and December.

The coast cities will suffer most, Portland, San Francisco, Galveston, New Orleans, Charleston, Baltimore and New York. Looks like an accident in the subway, New York, and one on the elevated about July. Chicago also receives some shocks. Birmingham, Ala., suffers by fire and explosion. Most of the fires and explosions will come between June 25 and August 25. Philadelphia seems to be protected, as only small ones hit there, and more of a financial nature. Many storms at sea.

A strange year on the minds of thinking people, but a very progressive one. New ideas and inventions come thick and fast, undiscovered possibilities with definite and practical effect. Wireless telephony will make great progress, and the powers of the terrestrial ether be still further demonstrated. *Thought waves are a fact*, and will be absolutely proven. But we are not all subject to panic waves of the same kind, and could



just as well start prosperity and happiness waves as to start the evil kind. *We know not our own powers.* There is no limit, except our ignorance of how to use it. As we build better brains, so will we progress in the arts and sciences, that is, we can become more sensitive to inspirational thought waves, that bring all inventions or knowledge worth having.

Now we will take a deeper look into the mysteries near at hand. With the beginning of the Solar year, March 21, Saturn crosses into Aries, and its effect on the minds of people who come under its influence will cause many strange methods of suicide to be attempted, much fear, melancholy and depression, from very trivial causes, which seem strongest in effect late in the year, and the first half of 1909. Saturn then comes in evil aspect to Neptune and Uranus. Jupiter, the financial planet, will be in Leo until November, so the heart will be set on money and money-getting, but with sane methods of dealing (since it left the close company of Neptune). On a safer basis, our prosperity will be sounder and more general.

The battle of the ballots will be a fierce one. The new party of the common people will gain earnest workers. Uranus rules, but its time will not be ready for power until four or eight years more. Neptune, the so-called socialist (sort of visionary and ideal), will make a great deal of bluster, but that is all it will amount to, as they can unite on nothing long enough to do much good. Jupiter will be the winner (rules the Republican party), for where the treasure is, there will the heart be also. The day of the Altruistic has not yet arrived. Ohio will provide another president, and the west or southwest the vice president.

Crops may be light in places, owing to drouth and hot winds. Corn and cotton are apt to be better crops than wheat or oats. Most kinds of fruit will be more plentiful than last year. Real mining will fare better than the oil industry. There are apt to be many dry wells and

some serious fires and explosions in the oil regions.

The new era of Peace is in the first dim light of its dawning day. The forces of strife and darkness are slow to give way. The King of Spain is likely to have a serious illness, and Portugal is likely to lose her ruler suddenly. Algiers, Morocco, Turkey, Persia, etc., have many little disputes, and so do some of the small South American states, but not serious. Brazil suffers a calamity of some sort. The Czar of Russia will have a dangerous time, and may not live to see the year out. England will lose some of her noted men, one in political, and one in religious work. The Netherlands will have cause for rejoicing before the year is out, as will some of the smaller kingdoms of Europe. Japan will be quite frisky, but is not able to do more than dance to her own tune and boast of what she would like to do. China will soon get out of her shell, and then Japan can look for trouble. But poor, down-trodden India still suffers as a slave in bondage to her own ignorance and caste-prejudice.

Received by wireless, January 1, 1908.

MARTHA J. KELLER,

Secy. of Cincinnati Astral Society.



### Devotion

A saddened sigh—a whisper light  
Breathed from thy lips will bring my  
soul

To answer thee through darkest night.  
Tho' storms may sweep and oceans  
roll,

Thy voice will come above it all;

And I will go—I cannot fail,

Led by thy soul's unerring call,

Across the night, across the gale.

I ask not why—I ask not where

Thy heart may need and call for me,

And tho' it be a desert bare,

Swifter than light across the sea

My soul will cross the burning sand,

And tho' no word may greet thine ear

A clasping touch shall thrill thy hand;

And thou shalt know that I am near!

—Italy Hemperly.

"Were a star quenched on high  
Forever would its light,  
Still traveling onward from the sky,  
Shine on our mortal sight.  
So when a great man dies,  
For years beyond our ken,  
The light he leaves beyond him lies  
Upon the lives of men."

—Longfellow.



### Concerning Astrology

In some of the cyclopaedias we read that astrology is an exploded science, but we are not informed as to the time of the explosion or who did the exploding.

Some of the world's greatest thinkers and writers have studied this beautiful science enough to know that it is not a fabric of the imagination.

Bulwer Lytton clearly expressed his belief in astrology in his "Alice; or the Mysteries." Shakespeare and Byron also voiced their belief in this science in their writings, as did both Browning and Bayard Taylor.

In Browning's beautiful, mystic poem, "Evelyn Hope," we read the following lines:

"What! your soul was pure and true;  
The good stars met in your horoscope,  
Made you of spirit, fire and dew."

And in Bayard Taylor's poem, "Taurus," he says:

"Majestic Taurus! when thy wrathful eye  
Flamed brightest, and thy hoofs a moment stayed  
Their march at Night's meridian, I  
was born:

But in the western sky  
Like sweet Europa, Love's fair star delayed,  
To hang her garland on thy silver horn!"



Thine is the subtle element that turns  
To fearless act the impulse of the hour,—

The secret fire, whose flash electric burns

To every source of passion and of power.

Therefore I hail thee, on thy glittering track:

Therefore I watch thee, when the night,  
Slow rising, fronts Orion's sword along  
The starry zodiac,  
And from thy mystic beam demand a spark

To warm my soul with more heroic song."

Then we have that ever beautiful story of the Wise Men who were led by the star in the East.

Some day we will learn more even than the ancient books teach of this science, and then we will know why those glorious star-worlds effect us and our world; and we will then be enabled to understand ourselves better and to correctly train those beautiful human blossoms we carelessly call children.

—Italy Hemperly.

Do you ever look at yourself when you abuse another?—Plantus.



### Our Little Light.

Written for The Stellar Ray by  
Winnogene Savage.

Silent, alone, I pensive sat  
Looking beyond life's restless stream  
Into the quiet far beyond—  
A calm, unbroken dream.

Forgotten were the winds without,  
And sullen misty air,  
The melancholy days of Fall,  
The sombre shades of grief and care.

The breezes through my window crept  
In dull discordant flight;  
With sudden gust caressed my brow,  
Then reached my little light.

I sought to stay its breathings there  
But all was done in vain;  
Behold, the little light was gone,  
And darkness took her reign.

'Tis so with us! A flicker,  
A transient strife in doubt,  
And to a life more grand, more free  
Our little lights go out.



# BOOKS AND PERIODICALS

## "The New Psychology—Its Basic Principles and Practical Formulas."

By A. A. LINDSAY, M. D.,

Principal Seattle-Portland Institution of Psychology.

Book 6½x10 inches, 100 pages, \$1.00 in paper; \$1.25 cloth binding; \$1.50 in silk.

The New Psychology is a scientific, educational work with no theological intent.

Chapter Contents: 1. The Basic Principles. 2. Psycho (Suggestive) Therapeutics. 3. How to Treat Diseases and Habits. 4. Hypnosis, How to Produce and Use. 5. Suggestion in Moral Reform. 6. Intelligence of the Cells. 7. Cell Communication and Co-operation-Cell Insanity. 8. Telepathy. 9. How to Become a Psychic. 10. Some Psychic Phenomena. 11. Chemistry of Body Affected by Emotions. 12. Absent Treatment. 13. Truth About Evil Thought Transference. 14. Scientific Inspiration. 15. The Chemistry and Psychology of Love. 16. The Mother and Her Child. 17. Faith, Hope and Trust, Psychologically Speaking.

Address Eugene & Arthur, Lindsay Publishing Co., 507 and 508 Peoples Bank, Seattle, or 10 and 11 Selling Hirsch Bldg., Portland, Ore.

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## Reason,

Published by the Austin Pub. Co., Rochester, N. Y. Edited by B. F. Austin, B. A. Treats of psychic science, education, healing success and social reform. Subscriptions taken through The Stellar Ray or the Austin Pub. Co., Rochester, New York. Price 50c a year; 5c a copy.

The March issue of this able and interesting periodical contains articles upon psychic researchers and spiritualists, wonderful Yoga teaching, religion of Abraham Lincoln, and personal experiences in spiritualism.

The value of the Old Testament writings has been so often questioned of late years—both by higher critics at home, and delvers in ancient ruins abroad—that the subject needs readjustment in the minds of many people. A progressive, yet conservative book on this present-day topic is announced by Messrs. Thomas Y. Crowell & Co. It is entitled "The Christian Faith and the Old Testament," and is by Dr. John M. Thomas, President of Middlebury College.

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## The Extract

is published at Tinnevely Bridge, South India, by the Latent Light Pub. Co. and edited by T. R. Sanjiri. This journal is a monthly extract and review of the leading thoughts on science, psychology, philosophy, metaphysics and occultism.

The aim in launching this magazine is to put forth in a consolidated form the best thoughts of the past and present ages; to compare the theories of both the eastern and western thinkers; to compare the relations that exist between eastern mantras, etc., and western hypnotism, suggestion, etc., and to mark out a rational system for the quicker evolution of the soul.

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## What Shall We Eat?

By Alfred Andrews.

Is published by the Health Culture Co., New York City. Price, 50c. For sale by The Stellar Ray Book Dept.

The second and revised edition is now on sale. It considers the food question from the standpoint of health, strength and economy; contains numerous tables, showing the constituent elements of over three hundred food products and their relations, cost and nutritious values, time of digestion, etc., indicating best foods for all classes and conditions.

The author says: "As time passes I am more and more impressed with the inestimable advantage of educating all classes of people into the habit or custom of

living much more simply in the matters of cooking and eating. And I am also more than ever convinced of the very great benefit that would accrue to humanity if the rising generation were thoroughly instructed in the principles of eating principally for health, strength and economy."

\* \* \*

### *The Waterbury American*

is published in Waterbury, Conn., was established in 1844. It's Saturday evening issues contain sixteen pages, which are filled with news from all parts of the world, and its editorial columns place it in the first rank among American newspapers.

\* \* \*

### *The New Theology Magazine*

Is published monthly by the Madison Pub. Co., 21 Madison street, Boston, Mass. Price 50c per year. The April issue is exceedingly attractive in appearance, and its pages contain articles of interest. Some of which are as follows:

"What Is New Theology?" by the editor, John Franklin Pease; "Begin at the Beginning," by Frances Tillinghast; "Planetary Influence on Human Affairs," by Dr. James R. Phelps; "The Power of Personal Influence," by Anna B. Davis, M. D.; "Are Trials Helpful," by Caroline E. C. Norris.

\* \* \*

### *Absent Treatment of Disease, With Particular Reference to Telepathy.*

By Sheldon Leavitt, M. D.

Contents.—The Origin of Disease, Telepathy or Thought Transference, Is Telepathy an Established Fact? Collateral Observations, Healing by Psycho-Therapy, The Talking Machine as an Aid to Distant Treatment. Price, cloth, 112 pages, \$1.00. For sale by THE STELLAR RAY Book Department.

A book of unusual importance to students of criminology is promised in "The Young Malefactor," a study of juvenile punishment by Thomas Travis, Ph. D., which is now in the presses of Thomas

Y. Crowell & Co. for speedy issuance. Judge Ben. B. Lindsey, perhaps the best known authority on children's courts in America, contributes an introduction, paying generous tribute to the investigator's work.

\* \* \*

### *The Essentials of the Unity of Life.*

By Sheldon Leavitt, M. D.

Cloth, price postpaid, \$1.00. Bound in green and gold, with cut of author.

The author has here developed and enlarged upon the philosophy of some of the most vital themes suggested in his previous psychological works, notably his "Psycho-Therapy." An optimistic and constructive atmosphere pervades the volume. Its philosophical conceptions will assist and strengthen those seeking a poised and serene life.

The advent of Easter is celebrated this year by Miss Lilian Whiting in a short but illuminative study of the future life, entitled, "Lilies of Eternal Peace." It will be issued with appropriate typography as a handsome gift volume by Thomas Y. Crowell & Co.

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### *Death.*

Death, thou hast been maligned; thou dost not come

As a destroyer, grim and merciless;  
But as the night, the day's long struggle done,

Lures to oblivion the soul's distress.

'Tis but the question of a little time—

What matter if it shall be more or less?—

When we shall hear the curfew's warning chime,

And Death, as night, shall come to soothe and bless.

Life after death? As well we might inquire

If sound shall follow silence—day the night.

Each ray of light we seem to see "expire"

Shall gleam again. "Whatever is, is right."

—Ida Lyon.



As I approve of the youth who has something of the old man in him, so I am no less pleased with the old man who has something of the youth. He that follows this rule may be old in body, but can never be so in mind.—*Cicero.*



### *Babushka—"Little Grandmother"*

"In the spring of 1906 I traveled deep into the interior of one of the most central provinces of Russia," writes Kellogg Durland in the April Woman's Home Companion. "In a remote village many leagues from the nearest railroad I learned of a woman, who in many respects is one of the most remarkable personalities in Russia in a generation. Her name is the key to thousands of hearts. Her life has been the inspiration of millions. No person—man or woman—has been more constantly sought by the police than she. For years a price of many thousand rubles was on her head. Yet she is one of the sweetest, the purest, the most loving and most lovable souls it has ever been my privilege to meet.

"For thirty years this woman has been a leader of the movement for liberty in Russia. Back in the year 1878 she was arrested and exiled to the mines of Kara in central Siberia, and there she spent no less than twenty-three long years.

"The name of this remarkable personality is Catherine Breshkovsky. From nearest Russia to farthest Siberia she is known, revered and loved. Not only does every one in the great empire of the czar know her by her own name, but also by the word of familiar endearment, which in Russian means "Little Grandmother"—*Babushka*. Any beloved old lady may be a *babushka*, but there is only one whom every Russian instantly thinks of when reference is made to *Babushka*. It is almost like the Little Corporal or the Widow of Windsor. I know this, because I have asked about *Babushka* in St. Petersburg and Moscow, in south Russia, in the Caucasus, in north Russia, on the Volga,

on the Don, and in distant Siberia, and never once was I called upon to explain whom I meant."

Only in the loves we have for others than ourselves can we truly live—or die.  
—*Phillips Brooks.*



### *Eyesight Restored.*

#### *A Wonderful Discovery That Corrects Afflictions of the Eye Without Cutting or Drugging.*

There is no need of cutting, drugging or probing the eye for the relief of most forms of disease, as a new method—the Actina treatment—has been discovered which eliminates the necessity of former torturous methods. There is no risk or necessity of experiment as many people report having been cured of failing eyesight, cataracts, granulated lids and other afflictions of the eye after being pronounced incurable, through this grand discovery.

Rev. Charles H. Carter, East Springfield, N. Y., writes:—"I have made a severe test of Actina by casting aside my glasses as soon as Actina came. My eyes gradually gained strength and power by the faithful treatment, by Actina, and now my glasses are no longer necessary."

Miss Jennie P. Sledd, 822 40th St., Norfolk, Va., writes under date Feb. 11th, 1908:—"For five years I suffered with ulceration of the cornea and was treated by leading oculists receiving only temporary relief. An eminent Bishop suggested that I try 'Actina.' I did so and in a few weeks my eyes were well. I was also wearing glasses for Astigmatism but have discarded them since using 'Actina.'"

Hundreds of other testimonials will be sent on application. "Actina" is purely a home treatment and is self-administered. It will be sent on trial, postpaid. If you will send your name and address to the Actina Appliance Co., Dept. 206B, 811 Walnut St., Kansas City, Mo., you will receive, absolutely free, a valuable book—Prof. Wilson's Treatise on Disease.



*Money, Says a Physician, Is Able to Purchase Even Life.*

The aged millionaire sighed.

"I'd give all my money," he said, "if I could buy twenty-five more years of life."

"But your money has already bought you that," said the physician coldly.

"What rot are you talking now?" the millionaire asked peevishly.

"No rot at all, for it is a fact, a dreadful fact," said the physician, "that the rich live, on the average, twenty-five years longer than the poor. Born rich, you are assured of a quarter century more life than would be your allotment were you born poor. Wealth buys you all that. And yet they say that there is nothing in money. Why, man, money buys life."

"How do you mean?" said the millionaire. "This sounds rather like nonsense to me."

"Oh, wealth protects one from so many ills. Rich babies nearly always live, but poor ones die of a hundred complaints induced by poverty. Poor babies die off shockingly. And so with boys and girls, with men and women. If they are rich they live healthily and therefore long, while if they are poor they live unhealthily, and disease, accident, contagion, privation—all sorts of preventable things—carry them off."

"Yes, money buys life, and reliable statistics show that if two children are born today, one rich and the other poor, the rich one will outlive the other by the tidy margin of twenty-five years."—*Philadelphia Record*.

\* \* \*

*A Food Drink*

*Which Brings Daily Enjoyment.*

A lady doctor writes:

"Though busy hourly with my own affairs, I will not deny myself the pleasure of taking a few minutes to tell of my enjoyment daily obtained from my morning cup of Postum. It is a food beverage, not a stimulant like coffee."

"I began to use Postum 8 years ago, not because I wanted to, but because

coffee, which I dearly loved, made my nights long, weary periods to be dreaded and unfitting me for business during the day.

"On advice of a friend, I first tried Postum, making it carefully as suggested on the package. As I had always used 'cream and no sugar,' I mixed my Postum so. It looked good, was clear and fragrant, and it was a pleasure to see the cream color it as my Kentucky friend always wanted her coffee to look—'like a new saddle.'

"Then I tasted it critically, for I had tried many 'substitutes' for coffee. I was pleased, yes, satisfied with my Postum in taste and effect, and am yet, being a constant user of it all these years. I continually assure my friends and acquaintances that they will like it in place of coffee, and receive benefit from its use. I have gained weight, can sleep and am not nervous." "There's a Reason." Name given by Postum Co., Battle Creek, Mich. Read "The Road to Wellville," in pkgs.

\* \* \*

*A Singular Incident.*

*From the Florida Commonwealth.*

Not long ago a singular incident occurred at the brickyard at Seabrook, illustrating a faculty in animals which closely approximates reason.

There are in the yard a horse and mule which are much attached to each other, the mule especially showing attachment to the horse.

After work hours they are turned loose on the high ground formed by the canal bank through the marsh, flanked on one side by marsh land which is not firm enough for them to walk over, and on the other by a deep canal with steep banks.

The other evening they were turned loose as usual. Not long afterward the hand who lodged in a little house by the brick kiln heard a most unearthly bray. At first he paid but little attention to it, recognizing that it was the mule's unmusical voice. Soon it was repeated even more startlingly than before. Leaving his supper, the colored man went to the



door and looking up the bank saw the mule standing on the verge of the canal with every indication of intense alarm. He repeated the bray and the man ran toward him. When he came near, the animal made a sound expressive of delight, but remained looking into the canal.

The cause was soon found. The horse in grazing too near the canal had slipped in and with only his head out of water was vainly struggling to climb the steep bank. With difficulty he was finally brought to a place at the bridge where he could be helped out, the mule accompanying the process with every mark of delight. Without the mule's intelligent call for help the horse, a valuable one, would have been lost. We have often heard of horse sense, but in this case the mule certainly exhibited a high degree of it.

\*\*\*

### *Built Right*

*Brain and Nerves Restored by Grape-Nuts Food.*

The number of persons whose ailments were such that no other food could be retained at all, is large and reports are on the increase.

"For 12 years I suffered from dyspepsia, finding no food that did not distress me," writes a Wis. lady. "I was reduced from 145 to 90 lbs., gradually growing weaker until I could leave my bed only a short while at a time, and became unable to speak aloud.

"Three years ago I was attracted by an article on Grape-Nuts and decided to try it.

"My stomach was so weak I could not take cream, but I used Grape-Nuts with milk and lime water. It helped me from the first, building up my system in a manner most astonishing to the friends who had thought my recovery impossible.

"Soon I was able to take Grape-Nuts and cream for breakfast, and lunch at night, with an egg and Grape-Nuts for dinner.

"I am now able to eat fruit, meat and nearly all vegetables for dinner, but

fondly continue Grape-Nuts for breakfast and supper.

"At the time of beginning Grape-Nuts I could scarcely speak a sentence without changing words around or 'talking crooked' in some way, but my brain and nerves have become so strengthened that I no longer have that trouble." "There's a Reason." Name given by Postum Co., Battle Creek, Mich. Read "The Road to Wellville," in pkgs.

\*\*\*

### *Doing Big Things.*

Big things are only little things put together. I was greatly impressed with this fact one morning as I stood watching the workmen erecting the steel framework for a tall office building. A shrill whistle rang out as a signal, a man over at the engine pulled a lever, a chain from the derrick was lowered, and the whistle rang out again. A man stooped down and fastened the chain around the center of a steel beam, stepped back and blew the whistle once more. Again the lever was moved at the engine, and the steel beam soared into the air up to the sixteenth story, where it was made fast by little bolts.

The entire structure, great as it was, towering far above all the neighboring buildings, was made up of pieces of steel and stone and wood, put together according to a plan. The plan was first imagined, then penciled, then carefully drawn, and then followed by the workmen. It was all a combination of little things.

It is encouraging to think of this when you are confronted by a big task. Remember that it is only a group of little tasks, any one of which you can easily do. It is ignorance of this fact that makes some men afraid to try.—Waldo Pondray Warren.

A wise man has well reminded us that in any controversy the instant we feel anger we have already ceased striving for the truth, and have begun striving for ourselves.—Carlyle.

It is easy finding reasons why other folks should be patient.—George Elliot.



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Along with marbles and baseball, renewed interest in wheeling manifests itself as a sure indication of spring and the joys of out door exercise.

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"Leaving The Bunch Behind" is the attractive picture adorning the gold embossed, 1908 catalogue cover of the "oldest exclusive bicycle house in America," a copy of which has just reached us. The catalogue is a work of art and is brimful of valuable and interesting matter for riders or those thinking of buying wheels. It is well worth getting and may be had by writing the Mead Cycle Co., Dept. PX-225, Chicago. They also send a wheel for 10 days' free trial and will engage live agents.

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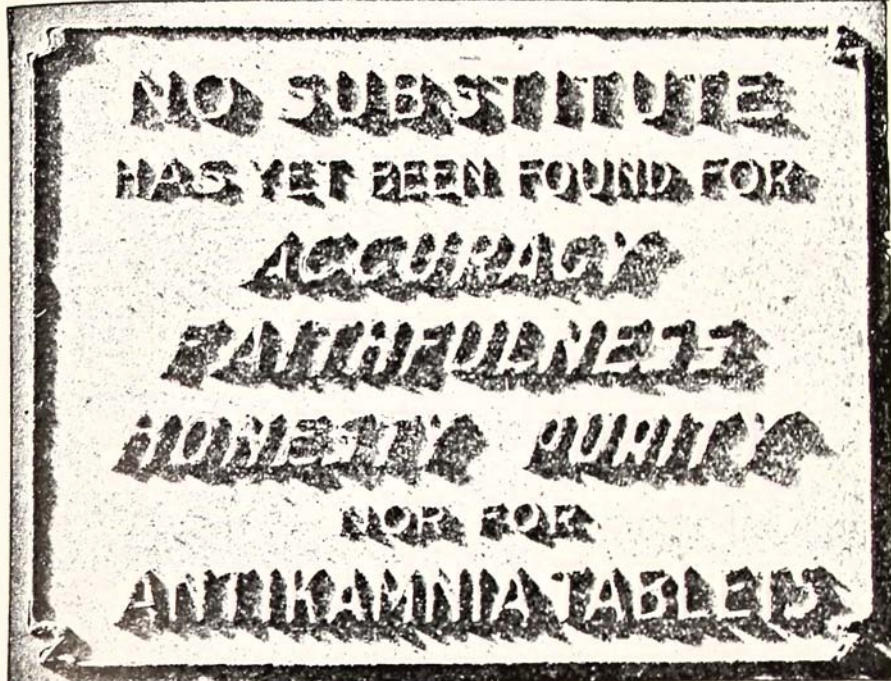
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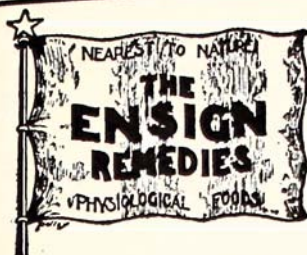
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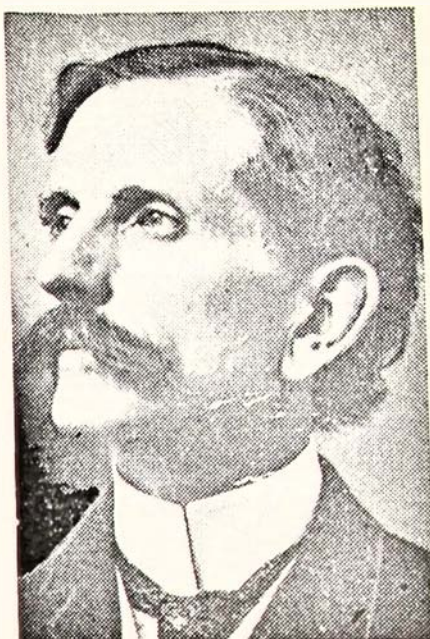
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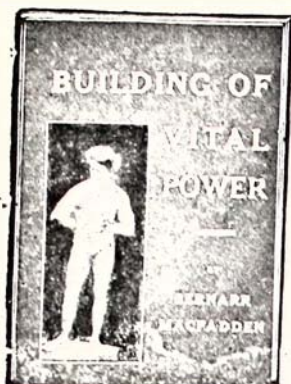
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