

# THE STELLAR

# RAY

A MAGAZINE FOR THE PEOPLE

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



MIND



The Solar System is One  
Great Whole Body Teem-  
ing with Life and Motion.

Mutation, Transformation  
and Evolution Without  
Ending is the Law of Life.

PUBLISHED BY

**THE ASTRO PUBLISHING CO.**

DETROIT, MICH., U. S. A.

# EXTRAORDINARY CLUBBING OFFER!

## \$2.35 for \$1.35

### How to Save Money on Your Periodical Literature for 1909

Four First-Class Publications, Practically Supplying the Entire Needs of a Family, Offered at a Great Reduction from their Combined Subscription Price.

The Stellar Ray, a Practical New Thought Journal, a Great Household Magazine, a High-Class Agricultural and Home Paper and a Fine Literary and Family Paper, all Sent One Year for \$1.35.

The Stellar Ray	-	-	\$1.00
The Ladies' World	-	-	.50
Farm and Home	-	-	.50
Good Literature	-	-	.35
<b>Publishers' Price</b>	-	-	<b>\$2.35</b>

ALL SENT ONE YEAR FOR

# \$1.35

By special arrangement with the publishers we are enabled to make the above extraordinary clubbing offer, to wit: We will send THE STELLAR RAY, *The Ladies' World*, *Farm and Home* and *Good Literature* all one year for \$1.35, the publishers' price of the four publications being \$2.35.



### The Three Publications We Offer in Club with The Stellar Ray.

**The Ladies' World** is a fine high-grade monthly Household Magazine, edited by Charles Dwyer, for twenty years editor of the *Delinicator*, and published by the S. H. Moore Company, of New York. It is in the front rank of publications of this class, being celebrated for its artistic make-up, wealth of fine illustrations and practical treatment of all subjects pertaining to the needs of women in the home. It combines fiction of the highest grade, contributed by the leading writers of the day, with a number of carefully edited departments, covering the entire range of household necessities, and embracing the latest Fashions, Artistic Needlework, Domestic Cookery, Household Information Exchange, Health and Good Looks, Etiquette, Reading for the Young, etc. Each issue consists of from 36 to 44 large quarto pages, with a beautiful cover printed in colors.

**Farm and Home** is the leading agricultural and home paper, published semi-monthly by the Phelps Publishing Company, of Springfield, Mass. It is carefully edited by writers of experience and ability, thoroughly practical, and covers the whole range of topics that interest and are of value to the members of a rural household, as well as all others who are in any way connected with country life. It presents in every issue the latest and most reliable information that experience and science can supply upon the numerous topics covered by its many comprehensive and varied departments, which include Farm and Garden, Market Reports, Fruit Culture, Mechanical Devices, Fashions and Fancy Work, Feeding and Breeding, The Apiary, Talks with Our Lawyer, News of the Day, Dairy and Creamery, Household Features, The Poultry Yard, The Question Box, Plants and Flowers, The Veterinary, The Horse, Sheep and Swine, etc., etc. The twenty-four numbers which comprise a year's subscription make a volume of over 600 pages.

**Good Literature** is an attractive and very popular illustrated literary and family monthly periodical published by F. M. Lupton, of New York. It is famous for its brilliant serial and short stories, written by the most celebrated authors of both America and Europe, and its practical, useful and entertaining departments, which include *The Housekeeper*, *Our Budget of Fun*, *Knots and Tangles*, *Our Young Folks*, *The Poet's Corner*, *Needles and Hooks*, *Fashions*, *Fen and Scissors*, *Answers to Correspondents*, *Facts and Figures*, *Items of Interest*, etc. Three fascinating serials are running at nearly all times in its columns, while its short stories, of which there are from four to seven in every issue, are among the brightest and most clever to be found in any American periodical. It is handsomely illustrated, and every issue consists of from 24 to 38 large quarto pages, including a beautiful cover printed in colors.

To Subscribers from foreign countries 50c additional, or if from the Dominion of Canada add 25c for postage

All orders for subscriptions should be addressed: THE STELLAR RAY, Detroit, Mich.

# THE STELLAR RAY

A MAGAZINE FOR THINKERS

Published Monthly at Detroit, Michigan, by

THE ASTRO PUBLISHING COMPANY

HENRY CLAY HODGES, Editor

SUBSCRIPTION PRICE—In the United States, Mexico, Cuba and Island possessions of the United States, \$1.00; Foreign, except as noted above, (Six shillings) \$1.50.

Entered at Post Office, Detroit, Michigan, as Second Class Matter.

VOL. XXII

APRIL, 1909

NO. 4

## CONTENTS

	PAGE
<i>The Human Body a Marvelous Machine</i> .....	782
<i>How to Abolish Disease</i> .....	783
<i>Scioahspe</i> .....	787
<i>An Immanuel Clinic of One</i> .....	789
<i>Joy or Sorrow, Which</i> .....	791
<i>Physical Phenomena at a Private Circle</i> .....	793
<i>Communication with the Spirit World</i> .....	795
<i>Department of Psychical Sciences and Unfoldment</i> .....	796
<i>Swedenberg's Method of Gaining Access to the Spirit-World</i> .....	798
<i>Song of the Optimist</i> .....	799
<i>Were You Born in the Zodiacal Sign Aries?</i> .....	803
<i>Are Saturn's Rings Going to Pieces?</i> .....	803
<i>Books and Periodicals—Miscellaneous Review</i> .....	806
<i>Spiritual Gifts</i> .....	810
<i>Clairvoyance</i> .....	819
<i>Object of the Landward League</i> .....	822

# The Human Body--A Marvelous Machine.

By HENRY CLAY HODGES.

The atmosphere is permeated with psychological thought currents, impressing their influence upon the human mind of the necessity for correct breathing. However the scientific and philosophical reason why this should be better understood has not received due consideration.

## *The Lungs.*

The lungs may be termed the bellows of the human organism or animal machine, for by supplying the system with oxygen they act in the same manner as the bellows when employed by the mechanic to force oxygen through the fire for the purpose of increasing the heat. The life in the body may then be considered as a species of ignition kept up by the direct action of the brains and lungs, and the human body may be considered as an animal laboratory furnished with a variety of organs, the secretions of which are all dependent on chemical affinity, which is really under the influence of heat.

The lungs consist of a series of continually dividing and subdividing tubes, commencing from the wind pipe in the throat, and ending in numbers of small cells, filled with air, taken in with each breath. On the surface of these cells is the impure blood, containing the waste material which has found its way back to the heart through the veins, through which a constant purification is taking place. Oxygen, the life-giving force and gas of the air, is absorbed, which changes the dark, impure blood into bright, vermilion red that again returns to the heart, to be pumped out and sent circulating as a nourishing stream throughout the body, while part of the gaseous waste material passes into the lungs, and is discharged with each breath as carbonic acid and water. It is this waste material given off from the lungs, which makes an overcrowded room so unhealthy.

The blood purified by the lungs is pumped

out of the heart through a large tube, the aorta, running along the backbone straight down the trunk. It gives off branches in every direction, some upward through the neck to the head, some down each arm, some to the various organs in the abdomen, and still others down each lower limb. These branches, one and all, continue to divide and subdivide, becoming smaller and smaller, till at the very end they spread out into a net work of small tubes, through the walls of which blood oozes, bathing the tissues and supplying nutriment. It is here that the waste material is drawn into the vessels, which now become drains. These continually unite, becoming larger and larger, veins going from all parts through the legs, arms, neck and body, to form two large veins in the trunk, corresponding to the large arteries, and entering the large chamber of the heart. From here the fluid passes to the lungs to be purified, before returning to the heart, whence it again issues in a nourishing stream through the arteries. The heart is practically the pump, which keeps in action a great system of irrigation and sewerage, whereby the tissues of which the body is composed, are kept bathed, like a great meadow, with the nourishing blood as it leaves the heart, and goes through the various blood channels or arteries outwards. Thus it will be seen that if sufficient oxygen and other life-giving properties contained in the atmosphere are not taken into the lungs at each breath the blood is not purified and is carried back through the system, poisoning and producing disease. Is it a wonder, then, in view of the ignorance concerning this subject that tuberculosis or white plague and other diseases are so prevalent in the destruction of human life. Breath should always be taken through the nostrils, and the STELLAR RAY emphasizes an eminent

physician's remarks when asked how to ensure good health, which was "Keep your mouth shut, and breathe properly."

#### *How to Breathe.*

We read that God created man and breathed into his nostrils the breath of life, not into his mouth. The following method of breathing, if practiced persistently until it becomes habitual, will bring surprising results in the way of increased vitality, mental activity, buoyancy of spirits, improved digestion, better circulation, and a general freedom from aches and pains.

This effect will be due to the fact that once sluggish blood has been purified and thoroughly oxygenized causing it to flow readily on its mission of vitalizing the structure in which it moves. Begin right breathing by consciously relaxing all nervous tension and directing the mind to the process of breathing; observe that the breath is inhaled always through the nose. Inhale slowly, firmly and deeply. Expand first the walls of the abdomen by filling the abdominal air passages, then those of the lungs and chest, as full as can be done with comfort, retain for a few seconds, then slowly exhale, first exhausting the lower air passages and then the lungs; inhale again, retain the air as before, then exhale, steadily controlling the breath.

With this practice several times each day the breathing will become rhythmic and forceful; the air will penetrate and inflate unused cellular tissue, the blood being purified and rarified by deep regular respiration, magnetized by the thought concentration, it will enter brain cells before unused, causing dormant faculties to become active.

Wonderful are the sleeping powers of mankind, which may be awakened through conscious, forceful, rhythmic breathing with the mind open to realize that breath is life—God-like in its possibilities.

The strange case of a man whose mind is a blank when he is completely conscious, and who is intelligent during hypnotic sleep, is greatly interesting American psychologists. This man had evidently suffered severe injuries to his head, and was taken to the Newhaven Hospital, Connecticut. He knew nothing, not even his name and address. The surgeons hypnotized

him and questioned him. He then gave his name and other details, many of which have since been verified. He is a well-educated German named Olsen. Even in the hypnotic sleep he cannot give the name of his wife and her whereabouts, and it is only on some points that the man gives perfectly correct answers. An amazing part of the affair is that on awakening from the hypnotic influence his mind again becomes a blank, but that with hypnotic treatment he is, apparently, greatly improving. Investigation shows that Olsen worked and lived with his wife and child until six months ago at the addresses in New York which he furnished when he was hypnotized. Dr. Dieffendorf is sanguine that by means of repeated appeals to the patient's sub-consciousness his memory will be completely restored. The authorities are now searching for Olsen's family.—*Health Record.*



#### *How to Abolish Disease.*

*Summary of a Lecture Delivered Before  
the Psycho-Therapeutic Society on  
Oct. 19, 1908, in London, Eng.*

BY DR. J. STENSON HOOKER.

\* \* \* Of course, we are dealing with a big thing when we talk of the "Abolition of Disease," but big things must not frighten us. We must attack them boldly. There is a Chinese saying that if you aim at a barn you will hit something big; therefore, we must aim at this big thing—Disease—and we shall abolish some of it, at all events. Sir James Crichton-Browne talked of demolishing diseases "one by one" until we had a clean bill of health, but we here would not be quite satisfied with this process. We would abolish, if possible, many diseases at one sweep, and with radical means. Now, what is disease, and what does it imply? Briefly, it is a departure from the normal health, and it implies at the present day a great mass of human suffering and tens of thousands of pounds spent on hospitals and smaller institutions, whilst these hospitals are vying with each other as to which can boast the greatest number of out-patients and in-patients; this implies sickness in thousands of homes and

a frightful amount of human misery accompanying it all.

Now, what has pure science done in the matter of abolishing disease? A very great deal. By its teachings of general sanitation and hygiene it has practically abolished many fevers, such as typhus, etc. Of the latter I, personally, have only seen one case, and that in my early student days. Typhoid fever also is gradually but surely being eliminated from our midst. Smallpox is hiding its head—or, rather, being banished altogether—owing to the prosecution of hygienic measures—not to vaccination. Science has also been the cause of modifying many other diseases, and so limiting their danger. But, on the other hand, although it has done all this, some of us think, in the face of this continued mass of disease, that, alone, it is too limited in its activities. More than that, we actually think that it has retarded, in some ways, the progress of medicine. I allude especially to vivisection. By this method we believe that its workers have been losing sight of the larger issues by limiting their researches—researches which have eventuated in the discovery of so-called facts, which have had to be denied a year or less after! Therefore, I submit to you tonight that other forces must be brought into requisition in this grand—and, I may say, almost sacred—quest of the Abolition of Disease. Moral forces must be brought into action; religious forces must be brought into play.

And, in confirmation of this, may I draw your attention to one phase of religion and sociology which is being preached and taught so much in the present day, and also accepted amongst all cultured and educated people. I allude to the idea of the Unity of Life and the so-called Brotherhood of Man, and by the realization of these ideals are we not approaching a point in time when this great mass of suffering and disease will become intolerable? We shall not tolerate it in our midst in the good time coming—when the pain of one will be the pain of all! The suffering of one man, though he be at the Antipodes, will appeal to us here because of the very fact of the Brotherhood of Man, and, therefore, his suffering must be ours also. We

shall get rid of much of the *separateness* of life, and be far more intimately concerned with the troubles and sufferings of not our own friends and relations only, but also of the whole of mankind, just in the same way as some other evils are becoming intolerable, not to be tolerated, as, for instance, war. We have come to the idea—or are fast coming to it—that war is not to be tolerated amongst civilized beings; so, too, in a more golden time, will it be in regard to disease; and it will behoove medical men generally to extend their sphere of operations, and, if necessary, to improve themselves off the face of the earth, in their fight against disease. We are custodians—or are supposed to be—of the public health, and just in proportion as we do not bring into play *all* the forces possible for the promotion of the general health, so are we recreant to the high trust which has been placed in our hands.

But in many phases of treating disease we have not, I fear, been as active as we might have been. I allude, of course, to the prosecution of psycho-therapeutics, magnetic healing, diet treatment, nature cures, etc., and in consequence of this neglect there has grown up in our midst a great number of societies, institutions, etc., run by lay people, which have for their object the procuring of health by these and other methods. We have, indeed, in our midst, growing up all around, guilds of health, the Psycho-Therapeutic Society, institutions for electric treatment, nature cure establishments, etc., whilst many individual laymen have laid themselves out as teachers of diet, physical culture, etc.

Now, we wish to inquire, what are the immediate and present forces which we can bring into play for the reduction, and ultimate abolition of disease. In the first place, the conditions of labor must be still more ameliorated and improved. It is certain that we cannot have a healthy race of men if the industrial conditions are inimical. There are some hundreds of deaths annually in our commercial districts due to special trade conditions. There are still many faulty conditions of labor in factories, etc., to say nothing of men and women being allowed to work too many hours per day. I would also have instituted a series of

hospitals for Health, not for Disease. At these institutions I would have properly qualified teachers, to inculcate the very basic principles of health, and where all the poor people especially could attend to be taught how to keep well. At present there is too much talk of Disease and not enough of Health. Here is a grand field of philanthropists. The medical man, too, must not be so modest; he must come out into the open more and teach the people of the close association of disease with immorality and intemperance of all kinds. *You cannot disassociate disease from wrong living.* You may cure temporarily, for instance, the condition of delirium tremens, but you are not curing the man himself; you are not making him whole, and he is just as likely, unless you do this, to still be a burden to others and to himself in the future. Unless you have appealed with effect to his moral nature—in other words, unless you have made him a temperate man, you have not really cured him. There is a change coming along in this respect. We often see now medical men, some of them well known, being asked to come to lay lectures, P. S. A. addresses, etc., and even to take services in some of our churches. The principle will come more and more into vogue as we see clearer, and acknowledge this idea of the intimate relation of Religion and Disease.

One more thing I would like to see altered, and that is the wholesale treatment of the poor in our hospitals. No such institution for the treatment of disease should be built in the midst of bricks and mortar and microbes and vitiated air, such as we get in London and other big centers, to say nothing of the pernicious fogs. All such buildings should be just outside a town or city and upon high ground where practicable; and an easy transit should be made from our centers to those hospitals.

Medical students of the future must be taught, as they are *not* taught now, the vital importance of diet in relation to disease; and of the power of mind over matter in regard to it. They must be taught what personality in a physician means to a patient. They must be taught that man is something more than a conglomeration of bones, muscles, and organs, that he is a triune being of body, mind and soul, and

that when he is sick you must not leave out the psychic or spiritual phase of his being. We are getting on, though slowly; still, I, for one, am optimistic of the future, for, after all, I see around me many evidences that we are not so gross living as were our forefathers; not so intemperate in many ways. There is an undoubted tendency to refinement in several directions; a desire for more culture and less debasing pleasures. Our sports and pastimes are not so coarse as they were formerly. There is, in fact, a greater all-round desire for better social and spiritual conditions. There is at the present time, in spite still of an enormous amount of crime and other coarseness, a deep undercurrent and desire for the spiritualization of life. We are, as a matter of fact, more refined and spiritualized than we were, say, fifty years ago. This finer but more spiritualized condition will, in my humble opinion, steadily but surely increase until, at length, we shall be lifted into a finer phase of being altogether. We began as spirits; we were then clothed with matter of a coarse kind; but this matter will gradually get less and less dense. In other words, man had a spiritual and deific origin, and he must have a spiritual and deific ending.

What justification, perhaps you will ask, have we for this hopeful outlook? I answer: All that Science has done and is doing—and all the teachings and the sayings of past prophets and seers and saints. All the poets—and they are true prophets—have seen a healthier and better age to come. Have these no justification for their songs of gladness? Have all their thoughts been as dreams of the dreamers, visions of the visionary? How has it all come into their minds unless there is some foundation for it all? Shelley says:

"Oh, man, hold thee on in courage of soul,  
Through the shadowy storms of this  
weary way;

And the billowy clouds that over thee roll,  
Shall sleep in the light of a wondrous  
day."

Is this merely the dream of a dreamer? I will not believe it. Rather is it an insight into the future. Edward Carpenter talks of the time when "We shall drink of the wells of peace and rest and sit with all the gods in paradise." Kingsley, Tennyson and

others sing of the golden age to come. The seers of the Bible speak of the time when there shall be no more pain. Are all these dreams of the dreamers? I cannot believe it. My old friend, the late Hannah Blackwell, finished up a beautiful poem with these words:

"And the great future, with triumphant song,

Shall more than fill the boldest prophecy."

And in relation to our subject, I would ask you to read, if you have the opportunity, that remarkable book, "The Coming Race," by Bulwer Lytton. This, too, is prophetic in many respects. He there depicts a race of mankind living on to a good old age, and that in strong, perfect health, whilst he tells us, in what seems a touch of satire, that amongst the people regular practitioners of medicine were very few! So that, in looking across the vista of the future, projecting my consciousness into another day, and looking, as it were, from over the hills of time, I can see the first streaks of the dawn of a day which shall be brighter and better for suffering humanity. I can see the spirit of altruism more and more active and all the forces for good more operative; so that indeed by all these combined forces, we may hope—some day at all events, to reach into that happy time when all the peoples of the earth shall live a healthier life and sing a gladder song.—*Health Record, London, Eng.*

\* \* \*

### "Soul Is Never Old in Years."

"Life Anniversaries" was the subject of the sermon preached by Dr. Reed Stuart, pastor of the Unitarian Church, Detroit, recently.

Dr. Stuart began his discourse by speaking of the art of measurement showing how it discovers the relation of concrete objects and ideas. He showed how the life of man was measured by years; the life of nations by centuries; the life of races by epochs and ages, and also showed that there is always a turning and a re-beginning in the life of each which are known as anniversaries. Birthdays and milestones show how long people have lived and how far they have traveled.

"The kind of reflections awakened by life anniversaries depends upon different

things," said Dr. Stuart. "In youth each one is a festival of gladness. When life has crossed the middle line the case is somewhat different. Each anniversary brings on a change and at each life presents a different view. Anniversaries should do more than remind us that life is longer and should suggest that it is broader and deeper. How old is the body? It is 40 or 60 or 80 years old. How old is the soul? It is not old at all. It has no years. The soul has its anniversaries, but they are not such as the calendar ordains. There are some days that can never be forgotten, celebrated by the spirit alone and in silence. Days when the radiant gates of the morning were thrown wide open and forth came the chariot bearing treasures untold. Many are the holidays of the soul, indescribable, and not marked by months and years."

The Stellar Ray will publish, for a time, in each issue, a page or so under the heading "The Department of Psychological Sciences and Unfoldment."

This department will be edited by J. C. F. Grumbine, B. D. Fellow, of the Society of Science, Literature and Arts, London, England.

Mr. Grumbine is thoroughly competent to take charge of this department, being an advanced student in the field of the occult sciences to which his position as president of the College of Divine Sciences and Realization and the Order of the White Rose, bears testimony.

This department should prove to be of interest and benefit to our readers.

\* \* \*

### The Sweetest Philosophy.

By Verne Dewitt Rowell, Western University, London, Ont.

Let stony-hearted Science say,  
This Universe is void of soul;  
Let sages pore o'er classic lore,  
And leave the white-robed priest to pray.

I care not for men's foolish creeds,  
Their storied pages, wordy-wise;  
But this one thing the sad Earth needs—  
The sweet philosophy that lies  
In little children's laughing eyes.



# Scioahspe.

VI.

By EDGAR LUCIEN LARKIN

Written for *The Stellar Ray*.

## II. THE FIRMAMENT.

The close student of Oahspe should give strict attention to the complex meaning of the important cosmological word firmament. Verse 2 must be understood. Thus Jehovih said: "I created the earth, and fashioned it and placed it in the firmament." Firmamentum is a Latin word based on the root firmus, meaning in English, firm, stable or solid, and appears in the Vulgate, or St. Jerome's Latin translation of the Ezra bible, made about 400 A. D. The word should not be in the Vulgate or any other translation. It is equivalent of the Greek word "stereoma," meaning strength, firmness, rigidity. All these meanings are shown to be wrong by modern astronomy. Space is known to be almost entirely empty outside of suns, planets and moons. True, there are millions of meteors, isolated and in swarms, and beyond a doubt there are aggregations of impalpable cosmical dust in space, but these occupy small portions in comparison with infinity.

The very idea of space-solidity is repugnant to astronomical science. The true word is the so-called "Hebrew" word raka. "This is regarded as expressive of simple expansion; but the true idea is a complex one, taking in the mode by which the expansion was effected, and consequently implying the nature of the material expanded. The verb raka means to expand by beating together, or beating out metals into thin plates." Thus "Hast thou spread (rather hammered) out the sky which is strong, and as a molten looking-glass?" Job, xxxvii, 18, the mirror to which Job refers being made of metal. The sense of solidity therefore is combined with the idea of expansion and tenuity in the terms of raka." Smith's Bible Dictionary, Art. firmament. But in other places in the Bible, the extension is transparent, and raka has many most delicate shades of meaning as of extension, expansion, firmness, strength, thin-

ness and transparency and also as a cosmical wall of separation like a roof or floor in space. Oahspe presents every possible shade of meaning, exalted, refined and awe-inspiring. The idea is wonderful for the great telescope here brings into view as it were in deep perspective, a pavement, a wall, a floor of the sidereal universe. This is composed of millions, possibly billions of stars, nebulae, and other luminous matter in general. The starry roofs and floors of pearl look indeed as if they are transparent solids. But we know that the closely packed stellar points apparently, are really giant suns millions of miles apart. Deep is the mystery of the oriental word raka. That this stupendous scene might have a finite intelligence to study, admire and strive to comprehend it, the ineffable presence spake man into being. An omnific word in Oahspe caused man to be. The spirit, mind or soul-named man, was given a material body. We are not told how by the Mighty Writer of this book, but are informed why, namely that he might learn the laws of corpor or matter. The chief event that ever occurred on earth was the descent of life upon it from afar and with it mind, or spirit, becoming "enmeshed in flesh for a season." And the reason given in Oahspe why the death of the body is decreed, fixed and set, is that man might at the proper time, at the close of his study of corpor might become free of terrestrial conditions, and enter ethereal worlds. We are here to learn of matter, its laws and its relation to the ethereal realms. Can the equal be found to verse 2, in the world's literature.

To Es was given dominion over matter. This we are taught means that the unseen rules the seen Es fills all space—it is the all-potent. "Beyond number" are earth's moons and stars. Astronomers are on the verge, wavering and seem to be about ready to declare the number of stars and worlds to be infinite, which is a quantity ever and always "beyond number."

4. Es is all space whatever outside of

material worlds and stars. Again man was called on to give names to the two divisions of Es. Atmosphere surrounds worlds. It is known that Venus, Mars and Jupiter are enclosed in atmosphere, aerial envelopes, and the inference is that all planets are also Etheria is infinitude itself.

5. Ethere is the MOST RAREFIED, a fact so important that capitals are used. All physical science is now based on the theory of existence of universal, cosmical, interstellar ether. Radiant energy cannot be explained in the present state of science without it. All energy known radiates in all directions. Suns radiate enormous floods and space not only receives, but conveys, transmits and carries energy everywhere. Waves undulations, vibrations, oscillations, spiral motions, vortices, whirls in electrons and corpuscles in all space are conceived to take place in Ether. The ancient philosophers believed in the existence of a universal ether; and the most eminent mathematicians of modern times have deduced many complex and formidable equations based on its true nature as revealed in the transmission of light, heat, electro-magnetic waves and every other known form of radiatory energy. These agree in the assertion that ether is so excessively rare that solid globes like the earth and Mars meet no resistance in rapid motion through its tenuous mass. The earth moves on its orbit with the unthinkable speed of  $18\frac{1}{2}$  miles per second, and the air around it also. If there exists a resisting to matter medium in space, the earth's atmosphere would be pushed to the rear like the trail of a comet. There are three kinds of world's. The fact stands out, however, that the unseen worlds are of different densities. This must not be lost sight of for important effects on the future abodes of man are due to this variation in density of worlds beyond this in which we now find ourselves. But whatever the nature of ether, whether a highly tenuous, incompressible substance, with a rigidity greater than that of steel, or not; or whether it is an infinite sea of electrons, the assertion of Oahspe is that it has dominion over all else in existence.

6. Etherean worlds whatever their density, dimensions or form, are capable of being inhabited by sentient beings called spirits, or angels, adapted to varying densities,

both within and without. This fact is one of the highly important mentioned in every book in Oahspe. These temples, palaces and superb dwellings are as real to their inhabitants, as are buildings of steel, concrete and stone here on earth to us. The imagery, the charm, the exquisite play of colors and witchery of varying forms in the ALL HIGHEST realms in Etheria, are often mentioned in other parts of the magical Oahspe. These are actually the many mansions, the real homes of those able to earn rooms and apartments within their matchless and splendid walls. Space, then, is filled with a greater number of etherean worlds than material. And the inhabitants so greatly outnumber those on planets made of matter that any trial comparison is useless and hopeless. These magnificent worlds are independent of material worlds and have orbits in space of their own.

7. No two are alike in size or density. Then there is an infinity of variation, yet each is supplied with matchless glory.

8. Creation is incessant, so is disintegration. Electrons coalesce into form and then separate. Atmospherean worlds are intermediate and of three degrees of density, named A'ji, Ji'ay and Nebula. Celestial fotografas reveal many thousands of Nebulas that cannot be seen without sensitive plates. It is estimated that the part of space within range of telescopes contains 120,000. This was before the mounting of the great 60-inch Minion on Mt. Wilson. How many more thousands it will bring into the view of photographic plates is not known at present. Science now knows nothing of A'ji and Ji'ay. But space-dust which constantly falls on the earth may be what Oahspe means by these two new words. The most powerful spectroscopes reveal that Nebulas are composed of gas or matter in other forms not so rare as gas, perhaps granular, which have the property of emitting light. These Nebulas are beautiful objects as seen in the great telescope in this observatory. They look like patches, distorted masses, irregular areas, spirals, disks, wisps and spray of faint pearly light.

9. The chief revelation of that mighty engine of research, the telespectroscope is that all suns are composed of the same phases of matter that are commonly called

the original chemical elements. And all these, glowing at fervent heat in the stars, are identical with those forming the earth. The analysis of stellar light therefore teaches that the visible universe—the seen is made one structure a mighty unit. The spectroscope is an instrument of most refined and accurate research. It receives light from any source, separates the diverse rays, analyzes them and decides at once by changeless rules what element is emitting the radiant light. This seems to be beyond the power of man, to be able to tell what elements are incandescent in distant suns, but the fact and proof of the fact, are both set on rock-hewn mathematical foundations. Thus suns, planets, moons, comets, meteors, dust in space and nebulas are all composed of the same kinds of matter—or perhaps strictly speaking—one kind only, since it seems that science is on the eve of asserting that nothing exists but electrons.

LOWE OBSERVATORY.

Echo Mountain, Cal., Feb. 10, '09.

(TO BE CONTINUED.)



### *An Immanuel Clinic of One.*

BY SALVARONA.

Author of "The Wisdom of Religious Passion;" "The Nervous System of Jesus;" "The Loves of Great Men," etc., etc.

I awoke in the midnight and could sleep no longer. My nervous system had been strained to its utmost limit. Business trouble, domestic trouble, social trouble. From my mother I had inherited a tendency to exaggerated supernormal impressionability, emotionalism and sensitiveness. And now at midnight, my gloomy thoughts were associating themselves in thunderstorms of pessimism. So long as I continue to think—or allow my thoughts to discharge themselves in my brain and nerves in this fashion, I mused, all these nervous disturbances are likely to continue. In a fit of desperation I finally exclaimed, I will control, and, if possible, deny entrance into my mind of these thoughts of trouble. Not every thought that saith unto me "Lord?" "Lord;" shall enter into the mental heavens of my soul. Not every thought! Not every thought! I will alter the direction

of the spirit—and gravity of my own mind—of my own soul—of my own thoughts—of the cerebral currents of my own brain. Then by an effort of introspection, I intellectually slanted my poor troubled earth-soul into spiritual gravity with the Sun of Righteousness.

Slowly a divine, ineffable peace that passeth understanding filled my soul, as laying on my pillow and looking out of the window. I noticed that a pitiless north wind was blowing the branches of the leafless maples athwart the unfeeling sky, and the yellow street lights were bravely gleaming through the ice and sleet and wintry heavens. My head ceased to ache, as I continued to think of Him—of Him—of Him—"who desireth not the death of a sinner, but rather that he may turn from his wickedness and live." In a true (yet to earthly ears silent) sense, my soul came before "His presence with a song." On through the long midnight hour I bid my ascending devotional thought currents continue their spiritual ascent, until finally a religious height was reached at which the painful nervous presence of my troubled ideas fell short of the joyous mental pressure of all the surrounding intellectual regions of my own soul. As my soul neared the Son of Righteousness—when it reached those upper currents of meditation—how quickly I realized a diminished trouble-pressure on my nerves, in these higher divine regions. Down far, far, far beneath me, rolled the black clouds of my old social shames; those moral thunderstorms of social fear. Verily, the cirri of divine promise, I saw shooting from out the tops of the black rain clouds of trouble in all mental directions. Those very clouds, which an hour before, obscured my faith-vision of the Sun of Righteousness. Why should I throw the first or the last stone at her, I mused, for have we not all erred and strayed from His ways like lost sheep? Lo, Those cumulus clouds of social shame, drifting beneath me from windward, and from which has fallen the penitential copious rainfall of my repentant grief—shames divinely forgiven—did they not have their origin in the sultry passionate heat of my sin—of my irrationalism—of my unwise attachment? And thus His thoughts—His words—cured me. Why

did my head ache? Why was my nervous system a-shiver as I harbored the thoughts which He had forgiven and forgotten? Simply because\* of the psycho-physiological fact that where there is a disordered movement of thoughts in the mind, there is a corresponding disordered cerebral vibration in the brain and nerves, and disorder of this kind always means pain and disease. How much suffering the soul could save herself if she would but note the diurnal march of sensibility in the nerves, as caused by her own emotional dispositions to sin. All of these gales and hurricanes of the soul—with their corresponding sufferings through the nerves—imply in their origin a spiritual, atmospheric disturbance of our emotions, perceptions and conceptions, in their gravitating relations to the Sun of the Soul.

And this—as I understand it—is the principle of the Immanuel Movement, so far as the relation of our own emotional thinking as the cause of our own painful nervousness is concerned.

Know then, O my soul, that the spiritual powers (hidden beneath thy moments of dark doubt and despair) are like unto the luminous powers of cirri shooting out of previous rain clouds; "Gracious art thou, O Lord, and full of compassion to the children of men." Exult O my soul, for the sad rain of thy sorrow is ceasing. In the heavens of the Divine Purpose the lower gray sin masses of thy troublesome spiritual clouds are breaking. Thy rain will soon cease, O my soul.

I repeat, what if it were some sultry heat of sinful irrationalism—of impulsive, questionable desire or unwise attachment—that caused those cumulus clouds of social emotion to drift from windward, and from which fall the copious rainfall of thy griefs? I repeat, have we not *all* erred and strayed from *His* ways like lost sheep? Do not our occasional nervous disorders *prove* it? And is there any religious psychic treatment better than the words found in the orders for daily morning and evening prayer? Where shall "Suggestion" find words of greater divine comfort, O my Soul? Let us forever forget the landmarks of shame, the sight of the cliffs on the shores of our inconceivably numerous failures. Come, O my Soul, out to the Open

Sea—to the Open Sea of Divine Hope—and "come before *His* presence with a song." And, as we sing, we will note the cirri shooting from out of the tops of our rain-clouds of shame in all directions. Let us sail God's open sea! Day by day, as we magnify *Him*, O my Soul (and gaze far up into the heavens on *that* ocean), the convex symbol above us yonder shall teach us that the diurnal variation in the amount of cloud in the sky on *Thy* divine open sea is very small. Let us go our way to God's Open Sea with thanksgiving! The nervous disorder of Thy body, O Soul, is now due to thy clouds of impulse and memory; clouds of old shames; to the diurnal variation of obsessing thoughts of fear. Mental dust-storms are obscuring thy vision of God! See, O my Soul, yonder well-marked analogues of thy mental whirlwinds of fearful thoughts, in the dust storms of India, of Arabia, of Africa. Thou hast possibly forgotten—for the moment—He, "who desireth not the death of a sinner, but rather that he may turn from his wickedness and live." These are the words of those who love thee, O my Soul!



### Supplication.

*Julia Seton Sears, M. D.*

There is a calm no matter how we weep,  
 There is a peace to crown our hours of strife;  
 There is a faith so perfect and so deep,  
 That touching it, we feel the broader life.

Dear God, teach me to know the height of living,  
 My heart is broken with life's stormy way;  
 I long to know the glory of Thy giving  
 And feel thy Presence in my soul for aye.

Oh touch me now with the sweet peace of knowing,  
 That Thou art with me in my deeps of pain;  
 Oh lift me up with Thy great Love inflowing,  
 And make me feel my loss but greater gain.

# Joy, or Sorrow : Which ?

By JULIA SETON SEARS, M. D.

There is an ever insistent cry in the minds of those who are stepped in old thought ideas, that suffering is normal to human development, and to grow, must mean more or less spiritual torture.

There is no other thought to which the race clings with such tenacity, or which is so hard to be crushed out of the human consciousness.

The race has suffered so long that it instinctively turns away from the bed of down offered it by deeper understanding, and looks longingly at the old cot of thorns which has tormented it so long, through its emotionally undeveloped hours.

Suffering is now, and always has been, and always will be; a thing of individual recognition; we can suffer if we want to, and as long as we want to, and when we have had enough we can stop, and come into the deeper place of living, where there is peace that passeth understanding.

Suffering, pain and sorrow are the natural possession of the life that makes contact with the laws that produce these things. Peace, joy, and a calm, serene happiness are also the product of the life that relates with the laws that represent them.

There is a royal road to happiness, and as equally a royal one to unhappiness; we stand between them, and upon the extent of our own unfoldment depends the choosing.

There are some methods of human thinking and living that cannot help but relate the life with pain and sorrow, and if we consciously take up these methods we must take what goes with them; and when the results of our mistaken actions fall upon our defenceless head, it is then we find that our human life breaks with its load of experiences.

Humanity will continue to suffer until it comes into the understanding that there is no good, no bad, no high, no low, no loss or gain in the Real Life. All there is in the Real is, LIFE, LIFE, more LIFE.

The relationship with the One Life, and the attitude toward the things in life, measured by human comprehension, is what stamps it as good or bad. There is not a thing existing in any life but its own thinking has produced it, and has colored all its connections with the narrow or broader lights.

Happiness, and unhappiness, pain and joy, peace and despair come over their own lines; and the one who knows this, and knows that it is within his own power to produce from every cause just whatever effect he chooses, soon comes into an understanding so deep, that from every apparent pain, sorrow, disease, or loss, he brings out for himself a harvest of health and love and joy.

When we have sensed our true position, we come to look upon the things in the daily living out with a different vision; we no longer see things working against us, or for us; we simply see them working out along the lines which we, ourselves, set in motion, and if some of these things are not peaceful in their action, we assume the attitude of peace toward them; and they, being after all neutral in principle, instantly take on just that energy with which we clothe them.

Happiness and suffering are the only expression which we assume toward the laws which are daily operating in our life; and it is never the thing itself that makes us suffer or rejoice, but it is just the *effect* we allow those things to have upon our consciousness.

Human living is a great, wonderful, and even mysterious thing. Life is an open, boundless way we enter in and surge along; and as we pass each closing day, we plant the thorns and wear the crown. And sometimes we think we are getting ready to wear a crown of joy, when lo! the hidden thorn reveals itself, and we wonder how such things could come upon us.

When we understand, we take each experience as it comes with peace and

strength, neither weeping nor sighing, but with tempered gratitude for the unfoldment it brings us.

No life can live long in this world of changing events without having one or many so-called painful experiences, for it takes years of knowledge often to push the soul into wisdom, but there is no law but the one of our own making that binds our life to the memory of the old dead experiences of the past, or makes us dread those likely to come in the future; they were, and are, and will be the product of our undeveloped spirit, and we can come to look at them calmly without regret or pain. Most lives looking down their past, can see a long array of gleaming white headstones that mark the resting-place of some lived-out dream, and on it they can read in letters of flaming fire, "the end."

Those who live out in the hot harvest fields of life's desires, must forever reap what their life sows, but if they know Truth, they will look at each new headstone with a smiling face, and say from the depth of a higher experience, "Sacred to the Memory of a Growing Soul."

The great truth of all ages has been to learn to live in the Great Forever without suffering. The true growth of the soul is painless, and suffering is only the signal the life gives to the world that it has been thinking of the law of universal harmony; living with the personal, opposed to the universal.

Just as the normal physical hand passes from the child's growth to the adult size unnoticed if it is normal, and only calls the attention if it is broken, diseased or distorted, just so the spiritual body grows into fuller and fuller perfection unfolding like a glorious flower, until it bursts into heights of illumined consciousness, if it is not distorted by the pain-producing laws of the lesser understanding.

Jesus said: "I come not to destroy the law but to fulfill it," and laws always exist to be fulfilled, but we escape the lesser by coming into union with the higher. In the day we know the Truth, that deep nor high can separate us from pain as long as we sow thought-seeds of suffering—and nothing can give us pain when once we have built for ourselves a Joy Conscious-

ness, we come away from the old race-thought of groveling, and lift our life to a new place of liberty where we can really say, "I ordain myself, I am the Captain of my soul." We must walk on in human heart-break, until we see life in its completeness, and then we find that joy can grow so sweet it merges into pain, and pain so blissful that even its crushing hand is joy.

We are told by the sages of old that there are four stages of development, four states of consciousness: First, the one that seeks to know, following blindly, ground to dust and ashes under the law; second, the one who finds, and then lives bound upon the law with which he contacts; third, the one who knows and seeks to crowd his knowledge into minds not yet ready to receive it, and suffering because he cannot; and fourth, the one who seeks all, finds all, uses all, knows all, and masters all by becoming ONE with ALL.

Blessed, indeed, is the life that grows to where it can look straight into the face of Life and smile, knowing it has no power to rob him of his soul's great Harmony, feeling that he alone is master of himself, and that he has lifted his consciousness far above the law of human loss and death and pain, and stands free, ONE with the Universal Law, in which there is no suffering, nothing but wonderful human experiences, and standing there, looking calmly at life in its entirety, and "live and glory in the thing he is."



### *The Atmosphere of Mars.*

Professor Percival Lowell, the astronomer, says that the assistants at his observatory at Flagstaff, Ariz., have been able to determine that there is measurable water vapor on the planet Mars and that the atmosphere of Mars affects the spectrum in the same way, though only one-fifth as much, as does the earth's atmosphere. There has been much controversy with reference to the atmosphere of Mars and its qualities. Those scientists who disbelieve in any life on the planet have known that their point could be proved if the absence of an atmosphere should be shown.

# Physical Phenomena at a Private Circle.

By WILLIAM JAMES.

A fortnight ago I heard that, at a private circle of spiritualists in a New England town, a table had been bodily lifted from the floor with no contact but that of fingers to its upper surface. The rarity of the case induced me to make a visit to the town in question, where I have had three sittings with the circle and from whence I now write.

The circle is composed of solid citizens of the town and their wives or sisters. They have sat weekly for a couple of years, and impressed me as perfectly sincere and earnest in their quest of facts. They used a four-cornered and four-legged table of wood, thirteen pounds in weight, on the center of which a revolving disc twenty inches in diameter, bearing an alphabet, has been pivoted. The disc revolves with a minimum of friction, and an index hand, pivoted independently, points to the letters and spells messages. The sitters' fingers may be placed on the edges of the table an inch below the disc or on the disc itself. To avoid too much pressure on the rotating disc, a ring or rail of thick brass wire has been adjusted to the corners of the table, surrounding the disc at four inches' distance, on which the wrists of those present may rest while they lay their finger tips on the disc. This ring slides with a moderate friction through four brass collars which sustain it, and which themselves are sustained by brass stems screwed to the angles of the table. The disc and the ring are thus concentric. (I go into these details about the ring, for reasons which will appear presently.)

For nearly three years nothing happened at this circle but answers to questions by tipping, and messages spelt out by the disc. No one present seemed to be exclusively the medium, though one lady, absent from town at the time of my visit, was considered to have the most "power."

## I.

Of the first physical phenomenon I got only oral testimony. This was the fact on two occasions, in the autumn of 1907, of explosive sounds as "loud as a pistol shot," seeming to occur each time in the room where the sitting was being held. On one occasion the sound was repeated seven times. On the other, the sitting being held in a house a couple of miles distant from the first one, it occurred but once. It was entirely unexpected and unexplained, seems to have startled everyone very much, and all present believed that it was spiritual.

## II.

The second physical phenomenon obtained by the circle was the following: I copy the account from the diary of the circle's proceedings, under date of November 24th, 1907.

"At this meeting we at first took large center table, placed ordinary finger-bowls on table, one for each person, and partly filled with water. Mrs. M.'s bowl moved with just her fingers in the water, not touching the bowl in any way. Made intelligent movements, moving towards Mr. R. when asked. Other bowls also moved, but fingers had to be in contact with them in some manner."

The five witnesses have signed their names to this record for me. They say that the bowl "waltzed round the edge of the table," that they had tried the experiment on other evenings, but that this was the only attempt that succeeded.

## III.

The next phenomenon of the kind which happened is given in the following account which I wrote down from the oral testimony of seven of the eight witnesses, and to which all but the absent one have appended their signature, though they are willing to have these printed.

"On the night of November 19th, 1908, we, the undersigned, were having a sitting round the table used for many months in our experiments. (The table I have described above.—W. J.)

"On the occasion in question our fingertips were all resting on the top of the disc, so that they could not possibly exert any lifting force whatever on the table. The hands of Mrs. B. alone were in the air, a few inches above the center of the disc. After some of the usual tiltings of the table, with two or three of the legs off the ground, it rose gently and with all four legs off the ground to the height of six inches or more, to the great surprise of all of us, and remained in the air two or three seconds, subsiding slowly to the ground.

"Some said that the sensation of resistance to their fingers was as if the table were supported by a spiral spring.

"Immediately after this a message was spelt out, ordering Mrs. B. to join her hands above the table with those of Mr. D. The same phenomenon was then repeated twice over, the table rising the last time to what seemed to be ten inches from the floor." (Here follow the signatures.)

#### IV.

My own first visit was on Thursday, December 3, 1908. (Thursday is the night on which the circle habitually sits.) Eight persons, counting myself, were present, three women, five men.

We sat at first with our fingers on the solid table beneath the disc, and various tipplings came. Then, with our wrists or palms on the ring and our fingers on the disc various messages were spelled.

Mrs. B., whose fifth sitting it was, had her fingers automatically jerked away whenever she placed them on the disc. This had happened previously; and, during the previous lifting of the table on November 19th, she had held her hands in the air some inches above the disc. She kept them in that situation on this present occasion whenever we made attempts to have the table lifted. Such attempts were several times repeated, but with no success.

On the controls then being asked whether they could not make the disc rotate without contact, they spelt "no."

Suddenly, while we were sitting with our

wrists on the brass ring and our fingers on the disc, which turned and spelled, we perceived that the ring or rail itself was moving. It had never done this on any previous evening. The phenomenon was consequently unexpected, and seemed to strike all present with surprise.

Some one immediately suggested that all wrists should be lifted, and then, in brilliant light, and no one's hands in any way in contact with the rail, our fingers, however, resting on the disc, we all distinctly saw the rail or ring slide slowly and for several inches through the collars, as if spontaneously.

We then stuck a mark upon the ring to make its motion more obvious, and repeated five or six times the experiment, the same result ensuing, though more slightly each time. It always took the contact of our wrists to start the rail, but its motion continued when the contact ceased. This was not from its acquired momentum, for we ascertained that the friction of the collars which held the rail stopped instantly every motion imparted voluntarily by the hand.

On the succeeding Saturday and Sunday evenings, we sat again (one of the ladies being absent), but nothing but the usual tilting of the table and spelling of messages occurred.

So much for the "record," which all present have signed. It will be observed that all the phenomena reported (save the movements of the finger bowl) were unexpected and startling to the spectators. The explosions and the table's rising seem to have been eminently so, and to have made a great impression.

On December 3rd, when the ring revolved, the conditions of observation were perfect, the light (from an electric chandelier just overhead) being brilliant, and the phenomena being slow enough, and often enough repeated, to leave my own mind in no doubt at the time as to what was witnessed. I was quite convinced that I saw that no hand was on the ring while it was moving. The maximum length of its path under these circumstances was fully six inches. With this conviction that I saw all there was to see, I have to confess that I am surprised that the phenomenon affected me emotionally so little. I may add, as a psychological fact, that now, after four



days' interval, my mind seems strongly inclined not to "count" the observation, as if it were too exceptional to have been probable. I have only once before seen an object moved "paradoxically," and then the conditions were unsatisfactory. But I have supposed that if I could once see the same thing "satisfactorily," the levee by which scientific opinion protects nature would be cracked for me, and I should be as one watching an incipient overflow of the Mississippi of the supernatural into the fields of orthodox culture. I find, however, that I look on nature with unaltered eyes today, and that my orthodox habits tend to extrude this would-be levee-breaker. It forms too much of an exception.

Nevertheless, in the somewhat scandalously divided state of opinion about Eusapia Paladino, I think that every approach to similar phenomena observed anywhere ought to be recorded. It may be that the frequency rather than the quality of the records, will establish their "case."

The closing remarks as given above by Prof. Wm. James reminds the editor of THE STELLAR RAY of a seance held in the presence of President Lincoln. A number of intelligent people were assembled in a well-lighted room on this occasion when a large piano began to rise from the floor without human contact. After this occurred a number of times a skeptical gentleman remarked that he could not accept the evidence of his own eyes, and believed that all present were hypnotized, or in other words that the piano did not move. Mr. Lincoln immediately remarked: "My friend shove your toe under the foot of the piano while the instrument is moving up and down from the floor; this will be convincing evidence to you that you are not hypnotized." Preconceived opinions are the barriers which have retarded the progress of the human race since time immemorial.

Why not accept the evidence of his own senses substantiated by those of the seven others present? Preconceived opinions.

The dropping of one apple from Isaac Newton's hand proved indubitably the law of gravitation, and all the apples that have fallen from that day to this have not further demonstrated the existence of this

law. One fact properly substantiated cannot be controverted.

Franklin's kite tapped the electric currents. What stupendous results have come from that one crude experiment. Franklin would have been overwhelmed could he have realized what his discoveries have meant to the world. And may not the facts witnessed by Prof. James if demonstrating the continuity of life prove to be of vastly greater good to humanity than Franklin's experiment with the clouds?



### *Communication with the Spirit World.*

BY WILLIAM T. STEAD,

*The Famous Editor of The Review of Reviews.*

London, England, Jan. 16.—"New and wonderful letters are reaching me almost daily from my boy Willie, who died a year ago," said William T. Stead, the veteran editor, this morning. He seemed in perfect health, talked rationally and looked happy. "I have no time now," he continued, "to tell you everything, as I will leave London for the seashore in half an hour, but in the near future I will show you some of Willie's letters. They are written by my own passive right hand, which moves absolutely automatically. I exercise no will power in the matter, either to hold the pen or to move it.

"Willie's letters are simply splendid. They are exactly like him and full of his characteristic spirit. He talks with me at great length and tells me everything he sees, how he feels and what his hopes are respecting myself and other members of the family. He says that the spirit world is quite as anxious to establish communication with this world as we are with it.

"For many years I have known that spirit communications were a reality. I declared my faith to this effect at a time when I knew that the assertion would injure me in all my worldly relations. My declaration of faith did injure me. It tended to discredit me in business and placed me under suspicion among many of my friends whom I value most highly.

"The loss to me was great, but it was quite insignificant when compared with my

inexpressible gain. I would not give one of the letters written me by my departed boy for many times the worth of all we sacrificed.

"Today's general ignorance respecting spirit communications will be put to shame, just as ignorance always is. Disbelief is a characteristic of the human mind and yields only to demonstration, but the time is not far distant when it will yield respecting this matter, as it has yielded respecting so many others. In my opinion, not only experts but ordinary men will be able to communicate with those who have gone before. It is all a question of faith and of knowing how.

"The method whereby ordinary people may communicate with their relatives and friends whom they ignorantly suppose to be dead I shall shortly attempt to make plain. Undoubtedly the greatest development lying before the present century will be the bridging of the gulf between this world of change and the future world of changeless immortality."

### *The New Thought.*

*By Verne Dewitt Rowell.*

I love the golden truths that gleam  
From New Thought pages, rich in purest  
light;

I care not for the creeds that only seem  
To lead man from the soul's dark gloom  
and right.

I do not value less years that are o'er,  
With their vast wealth of inspiration  
sweet,

I only love the living Now the more,  
Her music makes the present hour com-  
plete.

Lo! 'tween their yellowed leaves that curl  
with time,

The dreary doctrines of the Past lie dead;  
The soul of man is Heaven's fairest clime,  
Where Love-springs are from cosmic  
yearning fed.

*London, Ont.*

## Department of Psychical Sciences and Unfoldment.

By J. C. F. GRUMBINE, B. D.

*Fellow of the Society of Science, Letters and Arts, London, Eng.*

A department of this nature, must be founded on no spurious basis of life. It must comprehend all facts, whether normal or supernormal, and it must accept them and treat with them because they are facts.

Since Spiritualism has received the hearty endorsement of such astute minds as Sir Oliver Lodge, Camille Flammarion, Sir William Crookes, Alfred Wallace, Lombroso, and the late DeMorgan Frederick Meyers, Dr. Hodgson, and the editor of the Review of Reviews, Mr. W. Stead, and above all others in the eyes of some, the acknowledgment that it is a fact which

can no longer be denied, from the Catholic Church, through Rev. Dr. Rupert, who comes to this country as the special envoy of the pope, the greater truth remains, how are we to reconcile ourselves to these remarkable facts, prove them for ourselves and reap the silent, potent benefits of a life lived in perfect harmony with them?

All who accept these facts admit that they constitute a revelation. Nay, more than this, it is found that they prove that each one of us is a psychic, that is, he is endowed with certain supernormal powers which relate him to the denizens of another and a spiritual world, and these powers if

cultivated or unfolded in a sane, conscious and scientific manner, will give him certain remarkable tests of his own personal immortality, of his divinity, and his ability to function on the supernormal and spiritual planes, and so see, hear and feel spiritually. Up to very recently this tremendous statement was not universally accepted by the leaders in Spiritualism and psychical sciences and research, but there is no question but that in a very short while chairs will be endowed in our great universities for no other purpose than the study and unfoldment of these very powers, and the new department will be called the new psychology, or supernormal psychology. Be this as it may, *The Stellar Ray* takes the initiative in journalism in paving the way for such reforms and innovations in behalf of the needs of a progressive humanity.

If some one should ask why such work is so important or why we all should unfold our supernormal powers, the answer is that we can best cope with our work and our life here and now. We can exercise the power to heal the sick, endure privation or poverty, stand every moral and spiritual test, understand the disadvantages of brutality, selfishness, lust, hate, anger, jealousy, fear, greed of wealth, give true comfort to those who mourn by actual proofs and messages from the immortals in another world, diagnose disease, discover the hidden secrets of nature, the metals hidden in the bowels of the earth, and make wonderful advancements in science, art, invention, religion, politics and civilization. In fact, no one can foresee all the sublime and far-reaching benefits which such a supernormal knowledge will afford.

The following recent message purporting to come from the late Frederick Meyers will help us to understand much concerning our relation to the unseen world of spirits. I will close with this quotation and in my next will give the reader some very helpful advice on the means to the realization of the supernormal life.

"Observe—if there be one grain of insincerity or deceit in the temperament of the medium, it will most certainly be drawn out and developed to a most appalling degree, possibly even unconsciously at first,

but infallibly. Therein lies the great danger, and I beg you most earnestly to lay great stress upon this fact, which is imperfectly understood and greatly ignored. On the other hand, there is no limit to the possibilities of intercommunication between spirits incarnate or discarnate, given the pure and undefiled Soul that seeks with earnest reverence and in all humility to learn whatsoever it may be in accordance with the inscrutable will of God—still, even to us here, inscrutable—that humanity may in this way learn of the things which, though unseen, are Eternal. The day has passed when mankind will seek salvation by means of the varied dogmas of warring churches—deep calls unto deep—the human craves unceasingly for final union with its Creator—the Source of Life—from which the souls of men first had birth. But creeds have had their day, except for infant races, who will find in them their first nourishment, and then, in turn developing, will cast them aside. As long as your earth lasts, so long will the cry of Abba, Father, demand an answer. \* \* \*

"But there is still the intermediate stone wall, at each side of which we and you are striving to force communication—the partition at times so very thin.

"The inevitable frauds that are blended with so much of this sort of thing are more harmful by reason of the effect they have upon earnest inquirers than upon actual skeptics—in inverse proportion—the sincere student dreading to become a victim of self-deception, goes to the other extreme, and a barrier of what I may term intensely materialistic mentality is erected. The eyes of the soul are blinded at once—for it is only when the physical is sightless that the secrets of the Spirit are revealed.

"This condition of intense passivity, so different from dull credulity, is difficult to acquire, but it is part of what is meant by developing or training the psychic gift. Then exceeding regularity, for there is a spiritual 'nervous system' somewhat akin to that of the physical body, but much more acute, therefore more intensely responsive. Perfect health, too, is a necessary concomitant. As the spirit dominates the body it will more and more purify its earthly tenement.

"It is owing to ignorance that pre-

arranged tests are generally failures, because arranged under conditions of ignorance of the laws obtaining here, which we only learn when we come and strive so earnestly to make known.

"The result of all—

—"The immortality of the soul? Yes—nothing created is ever lost—matter is disintegrated—becomes transmuted into different forces—the soul survives all change, and preserves inviolate its own separate individuality, an everlasting Ego, of infinite capacity for union with the Spirit of all things, becoming more perfect by greater extension and diversity of sympathies, until no part of it remains unblended with its complement."

\* \* \*

### Swedenborg's Method of Gaining Access to the Spirit World.

BY MRS. ANNIE BRIGHT.

*Editor of The Harbinger of Light, Melbourne, Australia; Also the Author of "A Soul's Pilgrimage."*

The following is an extract from an article by this eminent writer, entitled "Some Great Seers," in the January number of *Harbinger of Light*:

"A careful perusal of the lives of spiritual seers of every age, including Jacob Boehme and William Blake, is enjoined on all who wish to arrive at a rational view of these psychic developments. In his "Spiritual Diary" contained in "Life and Mission of Em. Swedenborg," by Benj. Worcester, of which a sixth edition was issued last year in Boston, Swedenborg says: "If we carefully attend to profound thoughts we shall find that *when we draw breath* a host of ideas rush from beneath as through an opened door into the sphere of thought—whereas *when we hold the breath* and slowly let it out we communicate as it were with the higher faculty of the soul; as I have observed in my own person times without number. Retaining or holding the breath is equivalent," says Swedenborg, "to having intercourse with the soul. \* \* \* In this

way for many years from infancy I was introduced into such breathing, especially through intense speculation. \* \* \* Then afterwards, when heaven was opened so that I spoke with spirits, I breathed so completely in this way that I did not take in a breath for the space of about an hour, only just enough air being drawn to enable me to think." It was in 1744 that the great change occurred in Swedenborg's life, when he was 56 years of age. It is referred to by himself as "the opening of my spiritual sight," "my introduction to the spiritual world." From this time he gave up all worldly learning and labored solely to expound spiritual things. He gives a detailed account of the first time a spirit appeared to him, and his whole experience attests the reality of his heavenly visions. Shortly before Swedenborg's death in 1772 he wrote to John Wesley, then in the midst of his evangelising labors in London, to say that "he had been informed in the world of spirits that Mr. Wesley desired to see him, and that he would be pleased to have him call." It is related by one present when the letter arrived that John Wesley read it with evident astonishment, and then, after a pause, read it to those present. It runs as follows: "Sir,—I have been informed in the world of spirits that you have a strong desire to converse with me. I shall be happy to see you if you will favor me with a visit. I am, Sir, your humble servant, Emanuel Swedenborg." John Wesley frankly stated that he had been strongly impressed with a desire to see and converse with Swedenborg, but had never mentioned that desire to anyone. He wrote Swedenborg that on his return to London he would call, being then too pressed to do so. Swedenborg replied that "the visit would be too late, as he should go into the world of spirits on the 29th day of the next month, never to return." This prophecy was fulfilled by Swedenborg's death on March 29th, and Wesley never met him.

---

Life is too short to waste  
In critic peep or cynic bark,  
Quarrel or reprimand;  
'Twill soon be dark.

Emerson.

Concerning Salvarona, the author of "The Immanuel Clinic of One," which appears in the pages of this issue, it may be interesting to note that—under various *nom de plumés*—he is the author of the following books: "The Case of Albert Le Baron," with an introduction by Professor William James, of Harvard, a problem in Psychic Research; published by W. B. Clarke Co., 26-28 Tremont street, Boston, Mass. "The Wisdom of Religious Passion," Mystic River Book Co., Boston, Mass. "Alma, or Otonkah's Daughter," a novel; T. S. Denison & Co., publishers, Chicago, Ill. "The Nervous System of Jesus," a plea for the psycho-therapy of the miracles of Jesus; Henry G. Walters, publisher, Langhorne, Bucks county, Pa. "Wicota," ballads of the 30,000 Sioux Indians; Standard Publishing Co., Cincinnati, O. "The Loves of Great Men," Mystic River Book Co., Boston, Mass. During the recent months of January and February, 1909, Salvarona has been assisting Herman Sandby (the Danish violinist and first 'cellist of the Philadelphia orchestra at the Philadelphia Academy of Music) in getting two Norwegian love tragedies into English. These tragedies also embody Sandby's compositions of Danish folk melodies as recently given by Herman Sandby before Her Majesty Queen Alexandria of England, at Buckingham Palace, and also before the royalty of the Danish court at the Hoidoge Palace, Denmark, and at the Imperial Russian court, under the patronage of the Empress Dowager of Russia.

\* \* \*

### *Song of the Optimist.*

*By S. D. Newton.*

There came one day a youth of cheery face,  
Singing crusades within the market place;

"When tranquil sleep its alchemy has done,  
My window opens to the morning sun,  
Who soars the earth around on golden wing  
Nor sees the darker side of anything;  
Thus would I live, whatever Fate impart,  
So it be always day-time in my heart.

A steadfast mind, and ruddy honeyed health,  
And honest friendships, bring us more than  
wealth;

All these are mine; would I not be a boor,  
Still owning them, to deem that I am poor?  
Worldly reward may pass—soon come, soon  
part;  
They bide for aye, the riches of the heart!

That one is poor indeed who trades for gold  
The satisfactions of a mind controlled;  
He traffics in a soul's banality  
Who drowns in dross his personality;  
Witlings are they who all their wits combine  
To force the world, and rear—a Frankenstein.

Nor fore-ordaining star nor iron Fate  
May conquer him who doth his fears abate;  
Having at call the living fountain-head  
He needs but ask with faith, and he is fed.  
Ah, what a thought is that! The power  
of it,  
To draw at will upon the Infinite!

Then loiter not, O Soul, the way is clear,  
The only thing thou hast to fear is Fear;  
Walking in faith, yea, more, in certainty,  
Thou wilt be what thou rightly will to be;  
Take, then, rich toll of every freighted hour  
And journey singing on the path to power.

Grant me, O God, some leisure-laden hours  
To muse upon the beauty of the flowers;  
Wherein I may, with all serenity,  
Survey the measure of thy plenty;  
Divine thy germ in bird, in brook, and fen,  
And know thy essence in the sons of men.

He's passing dull, and blind, undutiful,  
Who cavils at a world so beautiful;  
Can he not see that Life's unflinching rood  
Is transient evil, everlasting good?  
Well might he turn and learn of Wisdom's  
kin  
To ope his soul and let God's secrets in.

And why should I on petty worries brood?  
I chant the thought of never-dying good;  
The will to grow, that leads to betterment,  
The high unrest that is from Heaven sent  
Shall weave our tatters into kingly gowns,  
And mold our failures into victors' crowns.

My only creed is service unto man;  
My only vow, to do what good I can.

The world doth need me or I would not be;  
I live for men, that they may live for me.  
Enlightened selfishness the rede imparts  
That full-joyed Living's greatest of the  
Arts.

Then rise, self-mastered; Hope her wings  
will lend

To those who dare with mettled hearts  
ascend;

Seize on the things unreal and yet so real,  
And build a little room for pure ideal,  
Wherein will breathe unveiled a crystal  
shrine,

Its altar glowing with the flame divine.

Last, as the pigeon circles in the dome,  
Then wings swift flight unto its native  
home,

So shall I take of earthly joys surcease,  
And plant a pennant in the realms of peace;  
My boon will be, when ends the well-won  
race,

To greet thee, Friend and Mentor, face to  
face."

He paused, and for a moment all was still,  
Then wailed a voice from o'er a money till:  
"Who is this dreamer? Idle, harping fool,  
He talks of beauty like a girl at school!  
He prates of easy drafts and sunny morns,  
And treads our tender, theologic corns;  
Away with such unseemly devilment,  
He stands between our sun and cent-per-  
cent!"

So spake the most, but haply standing by  
Were some who look with not too fleshly  
eye

On life's affairs; a bonny maid or two;  
Of churchly shepherds, these a very few;  
A mild philosopher, whose balanced mind  
Weighed on its throne the hopes of human-  
kind;

A gentle woman, in whose hazel eyes,  
Twin sparkling wells, the truth forever lies;  
A country lad, whose sane and healthy  
sports

Had brought him safe to happy mental  
ports;

A minstrel like himself—who heard, and  
saw

The youth had voiced all minstrels' faith in  
law;

They knew, and blessed, the singing springs  
of youth;

And felt he uttered Heaven's eternal truth.

Opportunities correspond with almost  
mathematical accuracy to the ability for  
using them.—*Lillian Whiting.*

\*\*\*

### *New York Enriched.*

Devotees of the violin will be interested to learn that Ovide Musin, the Belgian violinist of world wide reputation, has decided to locate permanently in New York City, and, in view of the numerous requests from violinists who have studied with him here and in Europe, he will establish in this city his virtuoso school of violin upon the system of instruction employed by him in the Royal Conservatory of Liege, Belgium, which was made famous by De Bériot, Leonard and Vieuxtemps. Mr. Musin's association from boyhood up with the greatest musicians and artists of the epoch, the appreciation shown him by royalties, distinguished people and the press during his many concert tours throughout the world, together with the confidence and esteem of the Belgian government, which conferred upon him the post of leading professor in the great Royal Conservatory at Liege; all this evidence of his high standing, combined with the fact that Mr. Musin is now at the zenith of his powers as a virtuoso and educator, will assure him an enthusiastic welcome from the many Americans who would be glad to have talented violin students receive in their own country the training, from foundation to finishing, which so many seek abroad. A large number of advanced violinists are already enrolled, and those who wish to study with Mr. Musin this winter should apply for a hearing at *Carnegie Hall*, or 52 East Twenty-first street. Summer term for teachers and professionals.

\*\*\*

### *Almanacs.*

The origin of almanacs of modern times goes back to the age of the Alexandrian Greeks. All Almanacs were prophetic until the year eighteen hundred and twenty-eight. The earliest record dates from the twelfth century when Jarcheus published his almanac in the year eleven hundred and fifty, and Poerbach published one from fourteen hundred and forty-nine to fourteen hundred and sixty-two, and his pupil

Regionmontanus brought out the first printed almanac in the year fourteen hundred and seventy-five, though by far the most wonderful almanac maker of the Middle Ages was Nostradamus. We are indebted to the celebrated astronomer, Neri, Maskelyne, born in London the sixth day of October, six o'clock and thirty-one minutes A. M., in the year seventeen hundred and thirty-two, for the nautical almanac which he began to publish in seventeen hundred and sixty-seven. This most important almanac has been continued up to the present time by the government.



### The Evening Hour.

Written for *The Stellar Ray* by Margaret Dyke Mallory.

Again 'tis evening. And, as in many hours gone by,  
I have watched the purple shades of night descend—  
Silently, swiftly, sweetly, mantling the earth,  
Covering all the harsh outlines,  
And breathing peace to weary, sad hearts,  
Creeping with a soft tread into my room,  
Mantling with sacred hands the barrenness;  
And hanging misty draperies  
Whereon there seems to appear  
The features of loved ones  
Gone with day's decline  
Into that great Beyond.

So, while I watch the hours  
Fall like mystic emblems,  
One by one, into the Yesterday,  
I dream of you—not sadly, as in days gone by—  
But sweetly—commune with the spirit that  
could not wait for mine,  
But must go on apace  
Into those mysterious bounds  
From whence only the essence of love,  
As of dying or crushed flowers,  
Ever remains with me to haunt with its  
mysterious message,  
So faint, I can only enter the inner sanctuary  
To grasp, with what longing my heart may  
only half express

The faint, alluring hope that the presence I  
feel art indeed thou.

Ah, beloved! Heart of my heart,  
Thou art not lost to me,  
For, in this still hour, I feel thee nigh.  
Thy presence, like a white cloud, envelops  
me,  
And soothes my heart, and fills with peace  
the void  
Where only dull pain has so long been my  
companion.  
Like the breath of mountain pines,  
Or the sweet, low breath of summer rain,  
Thy love steals o'er me again,  
And I come to thy spirit's low call.  
This life, so linked with thine,  
So attuned to thy Life's melody,  
Can happiest live in the hour  
When to you my heart responds.



### Even a Clock Does Honor to Lincoln.

By *Stopping at Minute Emancipator Was Born, Induces Oklahoma Assembly to Adjourn.*

Guthrie, Okla., February 12.—A remarkable incident today startled the lower house of the Oklahoma legislature into adjournment, after it had decided by vote yesterday to ignore observance of the Lincoln anniversary. Pointing to the large electric clock on the wall of the house chamber, Representative Jones near the noon hour said:

"I wish to call the attention of the members to one of the strangest coincidences ever seen. That clock, after counting the time without interruption ever since this body has been in session, has stopped at 11 o'clock. One hundred years ago Abraham Lincoln was born, as history runs, at the exact minute at which this clock has stopped. In stopping work, this clock is showing far greater respect to Lincoln's memory than is this body. I move that we adjourn until tomorrow morning."

The motion carried without a dissenting voice. The senate remained in session.—*Detroit Free Press.*

Every noble life leaves the fibre of it interwoven forever in the works of the world.  
—*Ruskin.*

# Were You Born In the Zodiacal Sign Aries ?

In view of the modern progress which has been made in the sciences during the past twenty-five years, it is remarkable that so little attention has been given to the science of planetary influences.

On or about the 21st of March, each year, the sun passes the vernal equinox and enters the sign aries, which is the dividing line between spring and winter, at which time the days and nights are of equal length. The earth in its journey around the sun then reaches a point where the sun's rays or energy strike more vertically upon the earth—and all nature feels the quickening impulse. The grass and buds begin to show forth.

Is it not reasonable therefore, that a child born between the 21st of March and about the 21st of April, should partake of these peculiar forceful energies all through its life experience? If any one doubts these facts let them call to mind those friends and acquaintances who were born under the sign aries and see in each case the manifestation of the characteristics of this sign.

The sun in aries contributes to health and vitality, and length of life. It gives strength of will, energy, activity, self-confidence, wilfulness and to some rashness.

No matter whether he moves in a humble sphere, or a more public one, the native will be independent in manner and capable of directing others. Some kind of responsibility falls upon him either in little things or great, according to the position shown in his natal chart. He is enthusiastic, sometimes militant, and if carried to excess, intolerant of opposition. Has a tendency to travel and exploration.

Aries represents the mental genius of the zodiacal signs, giving a rare power to receive, from the intuitional sources of nature, such wisdom that they are students and philosophers even though they may have been deprived of the advantage of education.

When an aries individual says that he will do any one thing, it will be accomplished, no matter at what odds or under what difficulties. In this respect there is inclination to the fault of undertaking, at tremendous odds, to accomplish that which their better judgment tells them to be unwise (if they would listen to it).

Aries people are sensitive, proud, self-willed, but are usually well poised in demeanor and affable to friends and strangers. They make true friends, are generous and tolerant of faults in others.

---

## *Buddha.*

Esoterically associated with the planet Mercury, and signifies wisdom and enlightenment, one having attained perfect wisdom. Buddha is considered a perfect example of a divine being; this the only absolutely, bloodless religion known to modern times; liberal and tolerant, teaching universal compassion, charity and love, as well as self-sacrifice and contentment in the higher meaning of the word; no persecutions or enforcement by fire and sword have ever disgraced it; and should this

simple, humane and philosophical code be practiced by humanity, many needed reforms would come to bring peace to all mankind.

\* \* \*

## *Freedom.*

*By Verne Dewitt Rowell.*

Freedom is to do, for the love of doing,  
And to be, for the joy of being;  
Not to do or to be  
From environment, counsel or custom;  
And I think, that this freedom is  
Doing and being, as God intended.



The Advertising Department of The Stellar Ray contains matters of interest in many lines of activity, all of which are of a reliable character, in so far as it has been possible to determine. Only advertisements of a helpful, instructive and beneficial nature are desired. While the Stellar Ray cannot vouch for the special methods employed by each individual advertiser, they are all supposedly on a plane of honesty and responsibility which will bear investigation by our readers.



### *Are Saturn's Rings Going to Pieces?*

Suppose that the earth were surrounded above the equator with a system of several vast concentric rings, very broad in proportion to their thickness, and composed of an innumerable multitude of small bodies, each moving independently of all the others, like wild pigeons in a flight or like bees in a swarm (writes a science journal). And suppose, moreover, that these bodies were continually coming into collision with one another, and consequently being forced, some of them, to descend towards the earth, and others to move outwards into space. Those which descended would eventually fall upon the earth, and if their number were sufficiently great this would form a continual rain of meteorites, falling along the line of the equator. Those which were driven outward, on the contrary, would tend finally to consolidate into satellites, and thus the earth would have a constantly increasing flock of little moons attending it.

Now, this strange condition of things appears on saturn, according to the latest observations reported by Professor Garret P. Serviss. The famous rings of that planet have been well known since the time of Galileo, and they have given rise to many speculations, because they are a unique phenomenon, whose like is not to be seen elsewhere in the heavens. That they were undergoing changes has long been regarded as certain, but the evidence that they

are eventually to disappear has never before been made so clear. For the telescopic observer the disappearance of saturn's rings would be the removal of the most remarkable "show" object in the sky.

In the light of the recent observations, the rings of saturn become the scene of the most bewildering activities. This planet has ten known moons situated at various distances beyond the rings. Not only is it probable that some of the nearer of these moons have been created from the rings, but the moons, in turn, react upon the rings and distort them by tidal action.

These billions of little bodies, pouring in vast streams around the great planet, feel at the same time the strain of the attraction of the gigantic central globe, the disturbing pulls of the ten moons outside, and the infinitely varying forces that they exert upon one another. They are in a state of unending agitation. They are like a series of three or four armies marching rapidly in parallel circles, but continually in disorder internally, the members jostling, pushing, pulling, contending, and crossing the gaps between the line—a scene more disorderly than the march of the disorganized Huns devastating the territory of an enemy and struggling with one another for the booty. Such a spectacle of vast confusion, if one could watch it near by, would overwhelm the observer with dismay. It would seem to him as if the universe were in a jumble and falling to pieces.

And yet, closer observation would show that, after all, law reigns among the disorderly masses. The meteoric tides regularly swell and recede, the jostling bodies meet and part and go on their way, the greater number continue to circle in their orbits, though following crooked and staggering paths, while some continually escape into outer space to join the moons, and others travel inwards to become aerolites descending upon the planet.

Some think that the earth once had a similar, though far less extensive, entourage of rings, which long ago disappeared, leaving their marks on the one hand in the form of huge meteors found scattered over the globe, and on the other hand in the countless cavities that pit the surface

of the moon. It is a comparatively new and unexplored chapter in the history of creation.—From a correspondent of "The Advertiser, published in Adelaide, Australia.

\* \* \*

### Spry at 64.

#### *Keeps Well and Active on Postum.*

Postum does one good because it is made of clean hard wheat and contains no drug or other harmful substance.

"My husband always had his coffee twice a day—thought he could not do without it," writes a N. Y. woman. "About twelve years ago he began to have bad spells.

"His head felt queer, was dizzy and sick at his stomach. The doctor would come, and prescribe for biliousness but medicines gave no permanent relief.

"In a short time the same old spells would return. This went on for years, until we dreaded these spells and feared he would become an invalid.

"A friend to whom we told this experience said it was coffee. He had been the same way and stopped drinking coffee and got well by change to well-made Postum.

"He told us to be sure to make it right, according to directions on pkg. Now we like Postum as well as coffee, and I can't remember when my husband has had a sick day.

"Those bad spells are a thing of the past. He is 64, works every day and is as spry as a boy. We have been using Postum a year and a half and are glad to have a delicious drink which does not injure us as coffee did."

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

Ever read the above letter? A new one appears from time to time. They are genuine, true, and full of human interest.

\* \* \*

### *Fourth Step.*

Beloved, the first steps have been made, thy faith has grown strong, thy love more universal, and thy thoughts are more loving and just. I will entwine my arm lovingly about thy waist, and shield thee from cruel winds of uncertainty.

In thee, a change has taken place, and the

old self has been changed into the new; thou dost still find the new lacking in strength, but thou, beloved, hast not yet trusted thine own powers. Thy greatness must now be asserted in every unimportant as well as important event.

Art thou not one with God, beloved? Art not thou and the father one? Harken to that inner voice, ever so quietly; there, didst thou not hear? It spoke to thee then; it answered thee, by the peace that passes all understanding.

Thou must now create thoughts, stronger, broader, than thou hast ever desired. Begin now, delay it not beloved, it is needful now, this very moment, to bring thee into thine own true inheritance, which is love, peace, power, and plenty. Yes, beloved, thou hast always desired these things, but thou hast not known they were within thine own being, at thy command, and thou hast never dared to hope for them. Today thou canst stand firmly with an awakened thought, loving the world and all the good things in life, and with a great desire to let all the brotherhood of man know of the possibilities which lie within each soul.

It is a beautiful life before thee, and thou art each day growing into the at-onement with the higher self, thy loves are becoming more evenly divided, and thou shalt not always be as a house divided against itself. Thy past, unhappy as it made thee then (the steep steps which were so hard in the climbing), has now brought thee the human love; the sun in thy being began to shine when thou couldst see with sympathy the suffering of all mankind. The light burns on the altar and thou art ready to kindle the flickering lights of others. Resolve to be strong, true and love unceasingly.

\* \* \*

### *Archaeologists Find Dresses of 4,000 Years Ago Resemble Modern Ones.*

For women archaeology becomes a deeply interesting phase in the question which has been raised by Signor Mosso as to styles in dress as they existed 4,000 years ago. Signor Mosso, the eminent authority on ancient Etruria, the Roman Forum, and early Crete, has concentrated his great experience and knowledge on elucidating this

bypath of science from his Cretan studies.

The general result has been to confirm the old dictum that there is nothing new under the sun. Even the "latest fashions" are antiquated. Signor Mosso finds that 4,000 years ago the ladies of primeval Mycenae wore hats pretty much as they are seen in the showrooms of Paris today—even to the roses and ribbons and the turned up brim. They knew what crepe trimming was, had tartans before the Scots, understood the mysteries of corsets lacing in front, short wide sleeves, metal belts, and a style of dress which an imitative nineteenth century, that considered itself original dubbed Empire.

Their principal colors in robes were orange, yellow, blue and purple, which rather upsets the claim of the Phoenicians to have "discovered" purple.

\* \* \*

Prof. Henry Dickson's method of memory training has stood the test of years of practice, and hundreds of successful men and women owe their success in their various professions and occupations to his simple system which requires but a few moments of time each day.

Further particulars regarding the subject of such importance as *How to Remember* will be found in the advertising department of this issue.

\* \* \*

### *The Message of the Rose.*

*By Winogene Smith Savage.*

I discovered today, in my pathway,  
A rose some sweet damsel had lost,  
Or, caring no more for its beauty  
To the street it was carelessly tossed;  
And my heart leaped to get it and take it  
Away from the dirt where it lay,  
But I found on its beautiful petals  
The soil, the harsh touch of the clay.

Tho' I put in my little rose bowl,  
And gave it my tenderest care,  
Yet it withered away while I watched it  
And drooped, as it seemed, in despair.  
As I gazed on its beautiful petals  
They faded away from my view,  
And I read there a story of pathos,  
A lesson so sad but so true.

A cottage came up to my vision,  
All dirty, unkempt and forlorn,  
Where no message of love or affection  
E'er fell—there an infant was born;  
And there 'mid the shadows and curses,  
It grew up unloved, uncarressed,  
So fair and so frail, and yet blighted,  
Enviroined to stifle the best.

Like the rose bud, she drooped ere she blossomed,

And passed from the realm of our view,  
But I knew that her nature was hidden  
Away from the base, the untrue.  
*And thus we, with the nature of heaven,  
Perhaps may be touched by the blight,  
But the beauty, the Purity lingers,  
Untainted, untouched, out of sight.*

\* \* \*

### *Less Meat.*

*Advice of Family Physician.*

Formerly people thought meat necessary for strength and muscular vigor.

The man who worked hard was supposed to require meat two or three times a day. Science has found out differently.

It is now a common thing for the family physician to order less meat, as in the following letter from a N. Y. man:

"I had suffered for years with dyspepsia and nervousness. My physician advised me to eat less meat and greasy foods generally. I tried several things to take the place of my usual breakfast of chops, fried potatoes, etc., but got no relief until I tried Grape-Nuts food.

"After using Grape-Nuts for the cereal part of my meals for two years, I am now a well man. Grape-Nuts benefited my health far more than the five hundred dollars worth of medicine I had taken before.

"My wife and children are healthier than they had been for years, and we are a very happy family, largely due to Grape-Nuts.

"We have been so much benefited by Grape-Nuts that it would be ungrateful not to acknowledge it.

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

Ever read the above letter? A new one appears from time to time. They are genuine, true, and full of human interest.

# Books and Periodicals

## MISCELLANEOUS REVIEW

### *Good Health and How We Won It.*

By Upton Sinclair and Michael Williams.

An entirely new sort of health book, by two well-known writers, who have brought themselves by sane methods from low health and efficiency to strength and well-being. Their point of view is novel—it is that of the patient rather than of the doctor—and the book is an excellent practical guide. Some of the topics are:

The Battle of the Blood; How to Eat, According to Horace Fletcher; How Digestion Is Accomplished; How Foods Poison the Body; Health and the Mind; The Case as to Meat; The Case Against Stimulants; Diet Reform in the Family; Breathing and Exercise; Bathing and Cleanliness; Health Reform.

The authors have made a very thorough investigation of the latest knowledge on the subject. They rest their statements on the authority of Chittenden, Metchnikoff, Pawlow, Fletcher, Fisher, Cannon, and other scientists.

Sixteen full-page illustrations, including portraits, microscope views, and photographs of children raised according to the principles here advocated.

Price, \$1.20 net. For sale by THE STEL-

### *Easy Lessons in Occult Sciences*

by J. C. F. Grumbine, is a neat book containing much very helpful knowledge not found elsewhere, on how to proceed to unfold the independent psychical powers without going into a trance or becoming obsessed. It is a text-book for beginners who contemplate making the most of themselves, both in a human and a divine sense, and who realize that failure in the world is mostly due to not knowing how to lay

hold of all of one's powers which lie dormant within us, in standing in one's own bright light. There is a gold mine in such knowledge if one cares to invest the small price to learn the secret. Price 50c.

### *Psychometry*

by the same author, is a simple but profound exposition of this most fascinating subject, put before the reader in language which is both clear and dignified, and which opens the eyes to the inner spheres of the soul and the law for the expression of this soul-power called sensitiveness or soul-measurement. Any one with this book can unfold this psychometric power. Price 50c.

### *Auras and Colors*

by the same author, is a very readable book, and inasmuch as the book is now in its eighth thousand, proves its value as an original contribution on this very occult subject: How to see the aura, how to know the significance of the colors one vibrates, how to place them and the spirit who manifests them, how to catalogue all colors correctly, what colors to wear, is here briefly and concisely explained. This is a busy man's book. Secure this valuable work and you will learn the subject from one who sees auras and knows their meaning, is an expert on auras, and is not writing of what others say or think they see. It has stood the test and is receiving a larger sale and welcome than any other similar work published in years. Price 50c.

### *The Great Secret and Other Occult Tales*

by Mr. Grumbine, is a series of short stories on Spiritualism, ghost stories founded on facts, and stranger than fiction. "The Great Secret" tells prospective man or woman when to marry, how to produce children who will be angels rather than

demons, by a law which science will sooner or later recognize. The other stories are: "Ghosts in the White Tower," "The Coach and the Strange Driver," "A Bit of Old Boston," and "Mrs. Windermere's Country House." Price 50c.

For sale by The Astro Publishing Co., Detroit, Mich.

### *Strange Story of Ahrinziman.*

*Supplementing the Main Contention of "The Great Psychological Crime."*

Among the new, unusual and fascinating books in the realm of the occult, is the "Strange Story of Ahrinziman"—a work that easily takes rank among the great romances dealing with the spiritual side of life. It claims to be an "historical incident" of ancient Persia. The work was dictated by a Spirit Control through Anita Silvani, and we are recommending it to our readers as a psychological study of value. Unintentionally, the author supplements the main contention of "The Great Psychological Crime" and while written from an entirely different viewpoint, and for a different purpose, it strongly corroborates the School of Natural Science in its teachings concerning the state and condition of the evil and earth-bound after physical death. It corroborates "the Crime" in its treatment of the dangers bound up in Subjective Mediumship.

The story of Ahrinziman is fine in literary quality, and embodies a fascinating romance told with great originality and skill. We heartily recommend it to our friends and the general investigator as another remarkable "side-light" on psychological crime.

Well bound in cloth. Price, postage paid, \$1.12. Published by Indo-American Book Company, 19 N. Kedzie avenue, Chicago. For sale by THE STELLAR RAY Book Department.

**Auto Suggestion, by Dr. Herbert Parkyn, former Editor of "Suggestion,"** now The Stellar Ray, is given as a premium with each new subscription to The Stellar Ray.

### *The Nutrition of Man.*

*By Russell H. Chittenden, Ph. D., LL. D., Sc. D., Director of the Sheffield Scientific School of Yale University.*

Fully Illustrated from Photographs.

The latest word of science on the subject of nutrition. It has immediate economic and hygienic value for every human being. Professor Chittenden's conclusions are revolutionary, but authoritative.

The processes of the digestive tract; the combustion of food in the body; the sources of tissue and energy; the prevalence and the results of overfeeding; accounts of exhaustive experiments on men and animals, with vegetable, meat and other diets, are some of the subjects treated fully.

Cloth, 8vo, \$3.00 net; postpaid, \$3.30. For sale by THE STELLAR RAY Book Department. Frederick A. Stokes Company, publishers, New York.

### *Steps Along the Path.*

*By Katharine H. Newcomb, Author of "Helps to Right Living."*

Price, \$1.40 net, \$1.50 postpaid.

In this book are stated a few principles which are practical to those who desire to change from the emotional life to one that is sane and helpful. If they are willing to take the steps suggested, they will find something vital and worth while in every day.

This book is arranged under the following general heads, with appropriate subdivisions of each section into short discussions with well-chosen and forceful captions:

General Metaphysical Principles — Thought Power—Love—Service—Tone and Atmosphere—Will and Character—Doubt and Faith—Mourning—Peace—Joy.

Lothrop, Lee & Shepard Co., publishers, Boston. For sale by THE STELLAR RAY Book Department.

"It is probable that no book published this year will stir up as great an amount of beneficial criticism, discussion and controversy as this volume."—*New York Times Saturday Review.*

As the summer approaches, our lady readers should find an advertisement of the nature of the Rex Chemical Co. in this issue interesting and useful. The Stellar Ray accepts no advertisements refused by first-class publications.

### *New Thought Church.*

Every Sunday, 11:15 a. m., Belasco Theater, West Forty-second street, near Broadway, New York City. Julia Seton Sears, M. D., speaker. Residence, 1 Carnegie Hall. Phone, Columbus 1350. Public invited, seats free, music.

The New Thought Church is a Church for the People, without regard to class or creed.

New Thought teaches the creative power of the human mind, and that Health, Wealth and Love are the constant possessions of those who know the law of Conscious Union.

New Thought teaches the Consciousness of God in the human soul and that Consciousness worked out in sane spiritual living *here and now.*

### *"The Book of Death."*

By Dr. L. W. De Laurence, a Noted Adept.

This "Students' Occult Edition" contains over 400 pages, arranged for self-education and development. Teaches Clairvoyance and Mediumship, and reveals the meaning of mysteries which have hitherto been hidden, so that if the student has the courage and perseverance, he may "pass from the darkness and gloom of physical obscurity to spiritual vision."

The books of Dr. De Laurence are now being accepted as standard in every country in the world, and for those who are interested in the occult spirit powers of the soul or the sacred Hindu magic will find this "Book of Death" not one of grim and awesome portent, as its name might indicate, but instead a work both intensely interesting and instructive.

The size of the book is 8 by 5½ inches. Contains 400 pages; is bound in interlaken silk basket cloth, gold lettered. Price \$1.50.

Published by De Laurence-Scott Company. For sale by THE STELLAR RAY Book Department.

### *Worry—The Disease of the Age.*

By C. W. SALEEBY, M. D.,

Author of "Evolution, the Master Key,"

"The Cycle of Life," "Heredity,"

"Psychology," Etc.

Dr. Saleeby explains the action of worry upon our vitality and power to resist disease; upon digestion and sleep, and upon our semi-automatic powers. He shows also the physical and mental causes of worry, and their remedy; and he shows the relation of worry to the drug and drink habits, to religion, to the training of children, and to success in life.

The book is scientific, practical and fascinating. The persons who would not be helped greatly by a reading of it are few indeed.

Cloth, 12mo, \$1.35 net; postpaid, \$1.47. For sale by THE STELLAR RAY Book Department. Frederick A. Stokes Company, publishers, New York.

### *A Prayer.*

By Mary Quinlan Laughlin.

O Gaugeless Love, who molds the cosmic spheres

That roll in rhythmic rounds through endless space:

To Thee, who holds no measured time or place,

I cry across a human span of years,

Long have mine eyes been blindly bathed in tears

That dimmed the glory of thy every grace;  
Long, long have I allowed my climbing pace,

To stray with clashing creeds and groveling fears.

But now, pray lend to me, Thou Power Divine,

One atom of thy love's immortal might:

That soul, henceforth may flame with spark of thine,

And clod no longer cloud my struggling sight;

Oh pour thy balm on craving heart of mine,  
Oh! flood my soul with thy transcendent light.

The blessedness of life depends more upon its interests than upon its comforts.

—George Macdonald.

**"The New Psychology" and "Mind the Builder,"**

by A. A. Lindsay, M. D., are the two great books that make a complete practical psychology library. The New Psychology treats upon the basic principles and practical formulas in suggestion, hypnotism, telepathy; how to treat self and others for all sorts of diseases and habits.

MIND THE BUILDER is distinctly personal psychology of how to build body, mind, character and attain ideals in business, education and socially.

The New Psychology, 100 magazine size pages, cloth bound, \$1.25.

Mind the Builder, over 20,000 words, heavy fiber or paper bound, 50c; fine leather, stamped, \$1.00, postage prepaid.

Address Lindsay Publishing Co., Selling-Hirsch Bldg., Portland, Ore., or Peoples Bank, Seattle, Wash.

**"White Magic."**

The Way to Health, Happiness and Success. This course is in manuscript form and contains complete formulae and Oriental Incantations. We control it absolutely. Send a 4-cent stamp for full information by sealed mail and how to obtain a course FREE. Address Philosophical Publishing Co., Allentown, Pa.

**A Wanderer in the Spirit Lands.**

*The Law of Compensation and Retribution in the Spiritual World.*

A companion for "Strange Story of Ahrinziman," by the same author and written also under Spirit Control.

This book still more wonderfully sustains the position of the Great School on the Subjective and Independent Methods and Processes of Development.

It is a most fascinating book, beautifully written, and covers a field of thought and information in which every student and reader is vitally interested.

The two worlds of life are being brought

closer together every year, and those who are interested will find this book of special help in gaining a clearer idea of the Spiritual life, as well as of Spiritual Laws and Principles.

No matter what the reader may conclude as to the reality or fiction of this work, he cannot avoid nor resist its fascinating spell, nor the beauty and charm of its diction.

We recommend this book to our friends as we recommend "Ahrinziman," believing it contains a message of value for all who read it. It is a book you will read, recommend and give to your friends.

Bound in strong cloth. Price, including postage, \$1.10. Published by Indo-American Book Company, 19 N. Kedzie avenue, Chicago. For sale by THE STELLAR RAY Book Department.

**Which Soul Guests?**

By Allen Rosenkrans.

The demon quartette of the nethermost pit,  
Willing slaves of the Archfield are;  
On errands of blight they evermore flit,  
Winging strong from star to star.

The angel quartette of the uppermost sky  
Are Archangel's servants bright,  
On missions of blessings they evermore fly,  
Flashing space with their pinions of light.

These messengers visit this whirling sphere  
And the portal of man's soul throng,  
And clamor and knock with a summons clear  
To decide for the Right or the Wrong.

And man may admit the fiends that lower,  
And dwell in Discord and Dark,  
Or he may let in the angel four  
And to heavenly music hark.

The demons are Worry and Danger and Fear,  
And Hate with its fiery blight,  
The angels are Courage, Faith, Love, so dear,  
And Kindness, like sunshine bright.  
Penfield, Pa.

No man can be provident of his time who is not prudent in the choice of his company.—Jeremy Taylor.

Much that we think essential is merely a matter of habit.

—Thomas Wentworth Higginson.

### Spiritual Gifts.

BY ELEANOR KIRK.

"Now concerning spiritual gifts, brethren, I would not have you ignorant.

"Now there are diversities of gifts, but the same spirit.

"And there are diversities of operations, but it is the same God which worketh all in all.

"For to one is given by the spirit the word of wisdom; to another the word of knowledge by the same Spirit.

"To another the working of miracles; to another prophecy; to another discerning of spirits; to another divers kinds of tongues; to another the interpretation of tongues:

"But all these worketh that one and the selfsame Spirit, dividing to every man severally as he will."—1 Cor. xii.

There is a world of uplift and comfort and downright information in these words of St. Paul. He knew from experience what he was writing about. He had seen these spiritual gifts in actual operation. He realized his own most remarkable evidences of spiritual power. So it comes to pass that if any of his statements are worthy of belief, any of his advice worth following, the above clear and beautiful exposition must take rank with the others.

I am a willing witness for St. Paul, having in many instances recognized these diversities of gifts, and having received a great deal of joy from what I realized as my very own.

For some years in some quarters this especial Corinthian chapter has been severely snubbed. A few cults declare that while these words were doubtless true at that remote period, they are not true at present. "The day of miracles has passed," they tell us. "There are no such things as gifts or especial talents. One is as richly served as another. If it were not so there would be no justice in the world."

This is an utterly untenable position, because the majority of the inhabitants of the planet are not yet aware of any divine force in their lives. It is hit or miss, eat, drink, and die. But all the same the gift is there and must, sooner or later be recognized.

Remember, "there are diversities of gifts,

## BROOKS' NEW CURE

Brooks' Appliance. New discovery. Wonderful. No obnoxious springs or pads. Automatic Air Cushions. Binds and draws the broken parts together as you would a broken limb. No salves. No lymphol. No iles. Durable, cheap. Pat. Sept. 10, '01. SENT ON TRIAL. CATALOGUE FREE.



C. E. BROOKS, 9944 Brooks Bldg., MARSHALL, MICH.

# Eleanor Kirk's BOOKS

The Influence of the Zodiac Upon Hum in Life. Price, \$1.00

LIBRA, Or What the Stars Told Eleanor. Price, \$1.00

PERPETUAL YOUTH. Price, \$1.00

Touches the divine right to health, beauty and happiness HERE and NOW.

THE BOTTOM PLANK OF MENTAL HEALING. Price, 25c

Gives plain directions for the total elimination of Sin, Sickness and Poverty. Read it and heal yourself.

WHERE YOU ARE. Price, 25c

A book for Girls. If they know where they are they can never be lost.

PREVENTION AND CURE OF OLD AGE. Price, 50c

May be purchased of

STELLAR RAY BOOK DEPARTMENT

or of

W. F. HUBBLE of Kingston, New York

HOW deep are you going to sink in the quicksands of mysticism, while following the "cult's" advice of raising yourself by your own bootstraps?

Why not raise yourself by grasping your opportunities, and learn to know them through self-adjustment to the cause of the causes?

Would you listen to one who after seven years' wrestling with the foolish problem of perpetual motion asks humanity to reflect on the equally erroneous and wholly egotistical illusion of Free will? If a wheel is free to turn, does it turn itself? If the mind is free to choose, does that prove freedom?

Think it over and inquire how Astrology connects celestial and human dynamics.

Address, L. E. JOHNDRO, Exchange Place Bldg., Rochester, N.Y.



## ONE CASE FREE

I will heal one case in each neighborhood, no matter what the disease or how serious, free of charge. A healed case is my best advertisement. Address, with stamped envelope, Editor "OCCULT TRUTH SEEKER," Box A, Ruskin, Florida.

When writing to advertisers please mention THE STELLAR RAY.



but the same spirit; and diversities of operations, but it is the same God which worketh all in all."

The recognition of the love and power of God always discloses these gifts.

"The laying on of hands" and "discerning of spirits" are not considered orthodox by some other religionists. "Thought" is all that is necessary, and "hands off" are the instructions in healing. In other things St. Paul is copiously quoted from, but these especial utterances are contradicted and forbidden in practice.

What do these people do with these diversities of gifts and all by the same Spirit? If this statement means anything, it means that the gift of one is in the exercise of thought, in another the laying on of hands. I may not be able to cure disease in either of these ways, but perhaps I can "discern spirits," and by this gift be enabled to bring to light some knowledge which shall have its effect upon those who sit in pain and darkness.

Now, why should some sect declare that I do not discern spirits, or that if I do I have no business to do so?

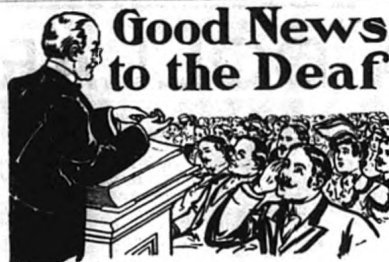
This is a question that I have persistently asked, but I have not yet received an intelligent answer.

"No doubt you *think* you do," the kindly disposed will remark, "but it is doubtless the work of your imagination."

This and much more of the same sort from those who make a business of answering most of the problems referred to them by quotations from scripture. And yet spirits cannot be discerned.

During my first acquaintance with mental and Christian Science, it became necessary for me to be present at the treatment of one of my friends. It was an urgent case and after a few moments of silence the patient asked the healer to place her hand upon the seat of trouble. The request was calmly but firmly denied. Thought was all-powerful and animal magnetism was forbidden. There was much more of this illogical stuff which did not interest me in the least. The woman was suffering tortures and my one desire was to see her relieved. I would have given her anything she asked for, on the hypothesis that her instinct about a cure was far more reliable than another's theory.

After the healer had gone my friend asked me to place my hand upon the unbearable ache. I had never recognized the



You owe it to yourself, family and friends to at least investigate the claims we make for the

Write us today, tell us **WAY EAR DRUMS**, the cause of your deafness and how long you have suffered, and we will send you positive proof which you yourself can verify that the Way Ear Drums will help your case. If you were born deaf or have become totally deaf don't write, because our drums will not help you.

But at least 90 out of every hundred cases can be very materially benefited by our wonderful invention.

The Way Ear Drums are made from a peculiarly sensitized material moulded to fit the inner ear. They collect the sound waves and centralize them on the drum so that by their aid even whispers can often be heard distinctly by people who cannot without them distinguish loud and clear voices.

They will stop instantly the annoying "head noises" from which so many deaf people suffer.

In justice to yourself, write us today about your case. Be sure and address your letter

**THE WAY EAR DRUM CO.,**  
334 Majestic Bldg. Detroit, Mich.

Sole proprietors of the original Way Ear Drum which cured the inventor of deafness after 25 years of almost complete silence.



SHOWING POSITION OF DRUM IN THE EAR

## Osteopathy in a Nut Shell

The new edition of Dr. Goetz's "Manual of Osteopathy" revised and enlarged is just out. Tells you how to treat all diseases successfully, WITHOUT DRUGS, by a series of manipulations (not massage) with the accessories of Diet, Baths and Exercise.

It is the only book of its kind on the market which gives an illustration for each movement or manipulation necessary to bring sure success.

Osteopathy is not new, but most people who do know of it have not had the opportunity of procuring a book on the subject, with illustrations and instructions simply written that anyone without previous study can apply.

### THIS IS YOUR CHANCE

Readers of this journal will find this an excellent work on the science and is written for you and others who have neither time nor inclination to take a college course.

Send for prospectus and sample pages. Your money back if dissatisfied.

**NATURE'S CURE CO.,**  
118 E. Liberty Street, CINCINNATI, O.

# A DOLLARS BRINGER

A penny saved is a penny earned."

Thus said Benjamin Franklin, the shrewd, successful, sensible business man.

Did it ever occur to you that there are many ways in which money might be saved in your business, and in your household?

There are many leaks, small in themselves, in nearly every business and every family that might be stopped and turned into money.

There are methods of conducting the simplest business transaction which will many times save money.

If you are a merchant do you know how to treat your customers always to the best advantage, so as to bind them to you?

Do you know the very best way to deal with notes, contracts, lawyers, traveling men, etc., etc.?

If you are working for another, do you know just the right things to do to make yourself most valuable and learn the most about the business?

If you are a housewife, do you know how best to deal with tradespeople and domestic help—how to get best results and protect your pocketbook?

The largest amount of sound, practical information upon these subjects, and upon all lines of business, I have ever seen collected together in one volume will be found in "DOLLARS AND SENSE."

The author of this truly great book is Col. William C. Hunter, a man who has had over twenty-five years' successful business experience.

This book contains ninety great chapters, covering every business relation and ordinary business transaction.

"DOLLARS AND SENSE" is for everybody; for the humblest employe no less than the "boss." It contains dollars bringing advice for all.

It gives help and cheer for those who are weak and unsuccessful, tells how to get rid of worry and fear, and how to do many things that will make life better worth living.

It tells you how to think, live, work and act to bring to your life most of success and happiness.

No matter who you are, this book will be your helping partner.

If you know a young man or woman starting into a business life, don't rest until this book is placed in their hands.

It is packed, crammed with vital information about business and life, and dealing with people, gleaned from twenty-five years' extensive experience in the school of life.

It will help you to make friends, to win men to your way of thinking—in short, it points out tried and proven methods to gain honest, substantial success.

I cannot recommend it too highly. Every word is practical.

Over 100,000 copies sold in a short time. You'll not wonder at this when you see the book.

Ninety chapters, 128 pages, portrait of author. Price, 25 cents. State how many Copies you want.

**Address, WILLIAM E. TOWNE, Dept. 17, Holyoke, Mass.**

"laying on of hands" as one of my gifts, but it did not take me long to strip up my sleeve and make the application. In ten minutes sleep closed the tired eyelids and a two hours' nap followed. How it was accomplished I know not, but I believe it was the faith of my friend in this method of treatment that did the work. She thinks that I am the greatest healer in the world and ought to be laying my hands upon somebody most of the time. I know that I have no drawing to such an avocation, but that I could doubtless be of service if my neighbor was in pain and had confidence in my power. You see it might be the neighbor and not the operator. At least that is the way it strikes me, but right here I have a confession to make. It is this: *I really do not know it all.* There are as many as two or three things that do not seem to hang together, but I am certain that the relations are all right and some time I shall be intelligent enough to do the sum.

There was a man in Rhode Island who possessed the gift of laying on of hands to a remarkable degree. He was an elder in the Baptist church and respected and revered by all who knew him. A cousin of

## A \$10 BOOK FOR 50c

Showing you 3,000 ways to make money with little or no capital. This book gives you formulas for making nearly all kinds of Patent Medicines. Thirty pages devoted to Toilet Articles, such as Cosmetics, Perfumes, Creams, etc. The Farm and Dairy, nearly one hundred pages of valuable receipts and formulas; how to make all kinds of Candy, Ice Creams, Extracts, Inks, Hair Restoratives, Shampooing, Liquids, Colognes, Florida Water, Tinctures, Liniments, Ointments, Salves, etc. It is impossible to give details for the full 3,000 recipes in this book, as it contains 368 pages and is worth \$10.00 to any man or woman. This valuable book sent postpaid for 50 cents.

W. F. HUBBELL, Publisher,

48 Crown St., - - Kingston, N. Y.

A FEW OF THE MANY VALUABLE RECIPES THAT THIS BOOK CONTAINS.

Jayne's Expectorant	Perfumes
Radway's Ready Relief	St. Jacobs Oil
All Kinds Ointments	Sozodont
Hair Oils and Restoratives	Lavender Waters
Hair Dyes and Bleaches	Sachet Powders
Paints and Varnishes	Insect Destroyers
To Clean Everything	Cements
Ayer's Cherry Pectoral	A Cure for Cancer
A Sure Cure for Piles	Benzoin Ointment
A Cure for Drunkenness	Soaps
Brown's Bronchial Troches	Castoria
Beef, Iron and Wine	Cathartic Pills
Davis' Pain Killer	Centaur Liniment
Hostetter's Bitters	Godfrey's Cordial
Hood's Sarsaparilla	Barbers' Supplies
All Kinds of Inks	
Hall's Honey Hoarhound and Tar	

# **F R E E !**

## **Rex Famous Complexion Powder**

the king of all beautifying powders. It is absorbent and non-irritating, and may be used where other powders are impossible. It will enhance the beauty of the most perfect complexion and render less apparent the defects of the poorest. It is endorsed by the leading professional and society people, and we guarantee every package to give perfect satisfaction. To further introduce this wonderful powder we make this special offer to YOU. Send us the names and addresses of 10 ladies and 10c in money or stamps to cover charges and we will send you prepaid a sample package of

### **Rex Complexion Powder, a sample jar of Rex Scientific Beauty Cream**

and our handsome illustrated BEAUTY BOOK. This handsome book is 32 pages and cover, and complete in detail; telling you how to preserve your beauty and create new charms. REX SCIENTIFIC BEAUTY CREAM is without a peer; we positively guarantee that it contains nothing that will produce or encourage the growth of hair or down on the face. It has more body and a better working cream than any other cream manufactured, and will not turn rancid.

By dealing with us you are guaranteed satisfaction; we will promptly return purchase price if any of our articles are not perfectly satisfactory to the user.

ADDRESS

### **REX BEAUTY SPECIALISTS**

DEPT. 38

290 East 43rd Street

CHICAGO, ILL.

mine had a swelling on the left side of her neck, which went by the name of "king's evil." It had been treated for months by the best medical talent that the state afforded. At last an operation was pronounced necessary. At this point the mother, who had heard of the magical cures wrought by the elder, concluded to give the doctors the slip and try the more benign and agreeable treatment of the laying on of hands. In two weeks the girl went home perfectly cured.

There is no imagination or exaggeration about this case. It is absolutely true.

Some years ago I had a very acute attack of neuralgia of the shoulder. This was before the days when I knew I need not have such things. Of course there were a doctor and hypodermic injections and all sorts of doses, and of course I grew worse instead of better. One never-to-be-forgotten night I had sent my young daughter to bed and commanded her not to rise until morning unless I called her. It would be hard to forget the excruciating agony of those first few hours. At last when the pain seemed intolerable my child appeared upon the scene.

"I couldn't help it, mamma," she said. "Something kept saying to me, 'Go to your mother. Put your hand upon her and she will sleep.'"

Suiting the action to the word, she sat down at the head of the bed and placed her dear little hand upon the tortured spot. It was just as she had said, relief was almost instantaneous. In fifteen minutes I was sound asleep, and did not wake till the next forenoon. This time it was not my faith in the healer, but the healer herself.

Why this cure was not effected as soon as the trouble began is another one of the things that I do not know. The hand held just as much efficacy then as at the later period. Perhaps we should not amount to much if we were not eternally kept guessing. Perhaps—this is only a suggestion—those days of suffering were a much-needed lesson, and it seems to me that I can bear testimony to the fact that some of my most crucial experiences have *afterward* been found very good indeed.

On another occasion, not long after I had become interested in the science of life, I became entangled in some of the old race meshes, in fact, I felt pretty bad, and after trying for several days to banish the condition I sent for a healer. She had

## Eyeglasses Not Necessary

Eyesight Can Be Strengthened, and Most Forms of Diseased Eyes Successfully Treated Without Cutting or Drugging.

That the eyes can be strengthened so that eyeglasses can be dispensed with in many cases has been proven beyond a doubt by the testimony of hundreds of people who publicly claim that their eyesight has been restored by that wonderful little instrument called "Actina."

"Actina" also relieves Sore and Granulated Lids, Iritis, etc., and removes Cataracts without cutting or drugging. Over seventy-five thousand "Actinas" have been sold; therefore the Actina Treatment is not an experiment, but is reliable. The following letters are but samples of hundreds we receive:

J. J. Pope, P. O. Box No. 43, Mineral Wells, Texas, writes: "I have spent thousands of dollars on my eyes, consulted the best doctors in the United States, dropped medicine in my eyes for years and 'Actina' is the only thing that has ever done me any good. Before using 'Actina' I gave up all hope of ever being able to read again. Had not read a newspaper for seven years. Now I can read all day with little or no inconvenience."

Kathryn Bird, 112 Lincoln St., Milwaukee, Wis., writes: "I was troubled with astigmatism and had worn glasses from ten years of age. I could not read or write without them; in a surprisingly short time, after using 'Actina,' I laid aside my glasses and I will never use them again."

E. R. Holbrook, Deputy County Clerk, Fairfax, Va., writes: "Actina has cured my eyes so that I can do without glasses. I very seldom have headache now, and can study up to eleven o'clock after a hard day's work at the office."

"Actina" can be used by old and young with perfect safety. Every member of the family can use the one "Actina" for any form of disease of the Eye, Ear, Throat or Head. One will last for years and is always ready for use. "Actina" will be sent on trial, postpaid.

If you will send your name and address to the Actina Appliance Co., Dept. 206-N, 811 Walnut St., Kansas City, Mo., you will receive absolutely FREE a valuable book—Prof. Wilson's Treatise on Disease.

## LET ME READ

YOUR CHARACTER—Price, 10 Cents.

Mind, a really GOOD reading, 'tis based upon your handwriting. It will please you. Many say I am the best Graphologist in the country. Send 10c today; see for yourself; money refunded if not satisfied.

G. E. BEAUCAMP,  
2583 8th Avenue, Dept. C, New York, N. Y.

## Learn to Sing at Home Correctly

LORENZ TONE PRODUCER

The only mechanical device for cultivating the voice. Gives marvellous control. For singers and speakers. Send for free booklet, Prof. H. Lorenz, 158 Cornwall Bldg., Rochester, N. Y.

## RAPHAEL'S 1909 Almanac with Ephemeris, 35 Cents

(Either separately, 25c.) An everyday guide for 1909 for nearly everything and everybody. If a business man or woman, farmer, or whatever your vocation, you need it. "The Guide to Success." 170 pages. We have an immense stock of books on Astrology, New Thought, Occultism, Spiritualism, Palmistry, Theosophy, Healing, etc. Our NEW descriptive catalogue is FREE. Send for it today. WALBOND'S OCCULT PUBLISHING CO., Dept. D6, Rochester, N. Y.

# "How to Remember"

Professor Dickson, the eminent scholar has prepared a very valuable book, entitled "How to remember" which he will send free to our readers

## A Valuable Coupon

Through arrangements made by the publishers, our readers will now have an opportunity to investigate the matter of Memory Training. The faculty to remember things, more than any one thing, has made political, commercial and social successes.

This interesting book any reader may obtain absolutely free by simply filling out the coupon below or a postal, and sending same to Prof. Dickson, 940 Auditorium Bldg., Chicago. We urge everyone of our readers to do this—it will certainly be not only interesting reading but of great value.

### PROF. HENRY DICKSON

Principal Dickson School of Memory. The Largest and Most Successful School of Mental Training in the World.

### Who is Prof. Dickson?

Professor Dickson is backed by reputation and experience as a teacher, extending over twenty years in the leading Universities and Schools of the day.

Personal contact with thousands of pupils impressed him with the fact that each one was hampered by the same deficiency—a marked absence of proper powers of Attention, Concentration, Retention, Self Control, Memory, etc.

He was one of the first educators to discover the universal and primary need of the cultivation of these faculties, preliminary to the attempted acquisition of knowledge.

He was the pioneer in the application of this newly discovered principle, that no matter what course of training the student intended to take up later, these drills of the faculties of memory were absolutely necessary as preliminary training. His students learned so much more easily and so thoroughly retained their acquired knowledge, that his method attracted world wide attention. The result was the foundation of the Dickson School of Memory.

### What Prof. Dickson has done

The fame of this school and its unique methods has spread over the country. To date over 40,000 enrollments have been recorded and successful graduates fill every walk of business and professional activity. While the weakest minds can be strengthened, it must not be imagined that this method is applicable only to this class. Many of the most intellectual men of the day have availed themselves of Memory Training. W. T. Harris, former U. S. Commissioner of Education—the late Col. Robert Ingersoll, Mark Twain and thousands of like minds have testified to the great benefit to be derived from Memory Training.

### How He Can Help You

Thousands of successful men in all walks of life gratefully testify that they owe the consummation of their highest ambitions to his teachings, and he surely can help you—no matter who, or what, or where you are. He teaches you

How to remember names and faces of people you meet.

How to focus your mind instantly, to use effectively the points of a business proposition.

How to recall small but vital details of business without burdening the memory.

How to commit a speech or toast to memory quickly, and deliver it unhesitatingly in public or private.

How to think on your feet and make an extemporaneous speech.

How to converse at social gatherings in a natural, interesting way that wins friends.

How to overcome self-consciousness, bashfulness, etc.

How to control your thinking faculties.

How to apply concentration to the subject at hand.

How to acquire the habit of easy, logical thinking.

How to memorize for studies, examinations, etc.

Fill out coupon, tear out, mail

**TO-DAY** or send postal.



Dickson  
Memory  
School, 940  
Auditorium Bldg.,  
Chicago, Ill.

Send me Free—"How to Remember."

Name.....

Street.....

City..... State.....

(AK) PRESCRIBE (AK)

# ANTIKAMNIA & CODEINE TABLETS

In  **Grippe**

## HEADACHES AND NEURALGIAS

ALSO IN  
**MENSTRUAL NEUROSES, DYSMENORRHOEA, ETC.**  
 — FOR ALL COUGHS, TICKLING OR DEEP-SEATED —

(AK) **THE ANTIKAMNIA CHEMICAL COMPANY-ST. LOUIS** (AK)  
 U. S. A.

### "HOW TO TAKE CARE OF A WIFE"

The latest of all the Keith Books. Price 50c.

**The Keith Books** tell how to Cure every known disease without the use of poisonous drugs or the knife. Not only that, but they give the Cause and Prevention as well.

There is special mention made of the following:

Consumption, Rheumatism, Paralysis, Indigestion, Constipation, Appendicitis, Female Diseases, Nervous Troubles, Insanity, Kidney and Liver Troubles, Periodical Headaches, Catarrh, Cancer, Tumors, Heart Trouble, Epilepsy, Piles, Skin Diseases, Deafness, Venereal Diseases, all forms of Fever and Diseases of Children.

The author does not take the present ways of doing things for granted, but seeks out the better—the new.

Keep in line with progress by reading these books. The knowledge they contain should be in every home. SEND FOR A COMPLETE LIST.



Melville C. Keith, M. D.

**KEITH & GINTER, Publishers BELLVILLE, OHIO**

Only  
25 Cents

## HEALTH-CULTURE

### KEEP YOUR VITALITY UP TO PAR

Every One Who Becomes Weak and Unfit is a Loser.

**HEALTH-CULTURE** considers the art of living long, healthfully, successfully and happily, and the relation to Health of Food, Air, Exercise, Occupation, Rest, Recreation, Sleep, Dress, Mentality, Marriage Relations, etc., and is the best magazine published devoted to the bodily development of men, women and children and the cure of disease without drugs by mental and physical methods.

Fully illustrated. It will help you to make

life a success by being well and strong.

Never Sick, Avoiding Drugs and Doctor's Bills. It pays to be well. Monthly, \$1.00

a year; 10c a number; for sale at news stands. No free sample copies. A

30-days' offer, "On Trial" 6 months

for 25c. Money back if not satisfied.

Health-Culture, St. James Bldg., N. Y.

Use  
Coupon

New York

return to

Address

Name

P. O.



ALBERT TURNER,  
Publisher.



W.H.C. LATSON, M.D.,  
Editor.

been trained in the Eddy school and healed solely by thought. After a short treatment she requested me to assume a different position, which I felt was an impossibility and so told her.

"Nothing is impossible with God," she remarked simply, and immediately the tension gave way and I came into a natural and restful state. For days I had crept about my room with the greatest difficulty. That night I went down to dinner and had no return of pain.

During this experience my daughter had often been able to lessen the suffering, but not to remove it.

Why could she not have been just as successful this time as the other?

Something else that I do not know. The list is getting pretty long, isn't it? Perhaps it was necessary that I should become practically acquainted with the wonderful power of thought as a healing agent.

This also is respectfully submitted. I make no claim that it is the right answer, but I do claim that out of these varied trials has come the knowledge that the Spirit of God is an astonishingly universal product and is not confined to any especial cult. It cannot be patented, bottled up, or dealt out according to a man-contrived system.

Dear friends, there is one thing that I really do know that I know, and it is—that "There are diversities of gifts, but the same Spirit, and diversities of operations, but the same Spirit which worketh all in all."

See Book Department in this issue for mention of books, by Eleanore Kirk.

## Develop Will Power

**FREE** book, 200 questions on great Power of Mind, Will, Magnetism, Thought, Influence, Vitality, Self-Control, Intellect, Culture, Leadership, Success. Creates Masterful Men, Queenly Women. Valuable, write. A. L. PELTON, MERIDEN, CONN.

## The Philomat.

Published and copyrighted by C. H. Vanhorn, is a booklet which discusses "Why we differ in mind, body and action, disposition and temperament, vices and virtues, according to the day of birth." The author claims that "every face has a reason, every day has a season," and he teaches how to guard and govern the affairs in life for success.

For further information regarding this book address, The Philomat, 441 West Fifty-Seventh st., New York.

## "Miss Incognita" Will Pay a Reward or Forfeit of \$1,000.00

If she doesn't offer to her Correspondents  
and Readers

### THE GREATEST PRODUCTION AND CREATION OF GENIUS.

of the last quarter of a century.



We can't give description here for want of space.

Write us and enclose stamp, and we will send you a beautiful

Souvenir Letter of Introduction to "Miss Incognita"

giving details.

If you do as we advise, we believe we will give you more pleasure than you can imagine—and, for the balance of your life, if you adopt the course of study our literature points out, will add to your happiness, and ennoble and elevate your character. But we can't reach you until you write us.

Won't you let us hear from you?

## The Psychic Publishing Co.,

Desk 5, ROME, GA

## FREEDOM TALKS

By JULIA SETON SEARS, M. D.

This book is an open door to life more abundant. It teaches emancipation from human limitations through development of the finer understanding of the laws of consciousness. Everyone who reads it feels at once a great benefit through the power of its message.

Price \$1.00, Postpaid.

### THE SEARS PUBLISHING COMPANY

1 Carnegie Hall.

New York City.

## The Guiding Star

This is a book of 427 pages and 28 portraits. Three tri-colored plates. Printed on fine antique paper, bound in silk cloth, with a handsome design in gold on the front cover. It was mainly written by spirit friends in visible forms or materialized, and is an exposition illustrative of life beyond the grave—being of vital importance to humanity.

Every one is accompanied by spirit guides through his entire journey of earth life, therefore read the "The Guiding Star" and learn how to come in harmonious rapport with the right class of spirits, which means health, success and happiness to you.

"The Guiding Star" will be mailed to your address, postpaid, upon receipt of \$1.50. Address all orders to THE STELLAR RAY Book Department.

# The St. Louis School of Suggestive Therapeutics.

(Incorporated and now doing business in Los Angeles, California.)



We furnish, in bound book form, a Course of Lessons completely covering the application of suggestion in the treatment of all kinds of diseases, and in the correction of habits and building of character. This complete Course of Lessons makes the pupil able to do successful practice in Suggestive Therapeutics in all its branches.

See what Mr. Hudson says about our Course of Lessons:

1028 Trumbull Ave., Detroit, Mich., Oct. 30, 1902.

DEAR DR. PITZER: Many thanks for your Correspondence Course. I have read it very carefully, and I must acknowledge that it is the best I have seen of the many now before the public. The great beauty of it is that it is easily understood, and practical to the last degree.

THOMPSON J. HUDSON, L. L. D.,  
Author of Law of Psychic Phenomena, Etc.

We furnish a complete Table of Contents of this course to all who apply for it, that they may see at a glance just what it comprehends. **Sent Free!**

We cure people suffering from all kinds of diseases by Suggestion alone and without drugs. And when they cannot come for personal treatment, we reach and cure them at their homes, in any part of the world, by purely Psychic Methods—**Mental Telepathy.**

We correct bad habits in young and old; help people to business and professional success; reform moral perverts; reclaim wayward boys and girls, and restore insane people to their reason.

No matter what your ailment, how serious your case, where your residence may be, or what you have done before, our methods succeed after all others have failed, and our Psychic methods reach you anywhere.

Booklets fully explaining Personal treatment by Suggestion and the Psychic methods we employ in treating absent patients, **Sent Free to Everybody.** All afflicted people should read these booklets. Send for them now. You will enjoy reading them.

Address **GEO. C. PITZER, M. D., 1045 S. Union Ave., Los Angeles, California.**

## Clairvoyance.

(THIRD EDITION.)

By J. C. F. Grumbine.

Since the publication of Emanuel Swedenborg's books, no more helpful, valuable work has appeared than the one entitled "Clairvoyance: Its Nature and Law of Unfoldment," by J. C. F. Grumbine. It is a system of inspired teachings concerning Divinity, especially Clairvoyance, and how to unfold the clairvoyant vision, to pierce the veil of sense, see and converse with spirits, enter at will into the spiritual world, and become a seer and an adept in this branch of mystical science.

*Recent Book Notices.*

"Mr. Grumbine has clearly and logically presented his subject in a manner at once simple and profound."—*Suggestion.*

"Your work is marvelous, epoch-making."—*Lillian Whiting, Boston, Correspondent to Chicago Inter-Ocean.*

"I consider the book on Clairvoyance a most remarkable and practical work on development. It harmonizes well with the Hermetic schools of Philosophy, in which I learned the mysteries of adeptship."—*Prof. George W. Walrond, Astrologer.*

"It is the best work on the subject of Clairvoyance thus far, and points out an alluring goal of true spiritual development."—*Mind, New York City.*

"There has recently appeared in print an important and most instructive volume on 'Clairvoyance: Its Nature and Law of Unfoldment,' from the truly inspired pen of our gifted brother, J. C. F. Grumbine, who writes as the exponent of the Spiritual Order of the White Rose. The lessons which constitute the volume are of great use and interest to all who desire to familiarize themselves both with the clearest scientific view of Clairvoyance yet presented to the reading public, and the most efficacious means of developing the faculty in themselves by means of a series of simple and very practical experiments, which many of Mr. Grumbine's students in various places have found highly beneficial in many ways, besides being conducive to attaining the central object for which they are designed. All sincere students of the psychic realm will do well to read and study this excellent volume."—*W. J. Colville.*

Published in blue and green cloth. Price \$1.50. For sale by the Astor Publishing Co., Detroit, Mich.



We call special attention to the advertisement in this issue of Prof. E. L. Larkin's important work, entitled "Radiant Energy." It should interest every intelligent reader.

*Youthful Love.*  
George W. Priest.

Is there aught to equal the grave surprise  
When the Youth sees the world through the  
Lover's eyes?

With the quiet home duties not life alone,  
And his boyhood's playmate to woman  
grown?

Gone are the dreams, and the careless play,  
And the transient sorrows of yesterday;  
And the rash is grown patient, the weak  
grown great,  
And strong to suffer, and toil, and wait.

Oh transformation; Oh mystic change  
When the toys of boyhood are laid aside!  
Oh! glimpse of Heaven, sweet and strange,  
When the life-blood flows in a throbbing  
tide,

When Thought spreads out in a broadening  
range,

And life is earnest, the world is wide!

## RADIANT ENERGY

A New Book, by

EDGAR L. LARKIN

Director of The Lowe Observaory

Echo Mountain Post Office,  
California

**T**HIS BOOK treats in a popular and comprehensive style the new discoveries in Astronomy, Spectography and Celestial Photography, profusely illustrated with 141 cuts of stellar and solar scenery, and of modern instruments. The vast subject of radiation is explained. The chapters on the sun are replete with illustrations. Photographs of the Milky Way and Nebulae are worth the cost; likewise Cosmical Tides. 355 pages. Price, delivered in U. S., Canada and England, \$1.63. Would be pleased to receive your order made payable in the Los Angeles, California Post Office.

Address, Echo Mountain, California



## Repairing The Body

Nature does that if you give her the material to do it with, in form so she can use it. All material must be prepared for use. If you were repairing a brick house, lime and sand would be of no use unless it was properly mixed with water; and a tree would be of no use until it was sawed into lumber. The food that you eat is not ready for immediate assimilation. It must be chewed and mixed with saliva, then churned and mixed in the stomach and digested with acids, then mixed with the alkaline secretions in the duodenum, and then as it passes the little mouths along the intestines, each set takes some particular part out of the mass and appropriates it for the repair of organs and to replace wornout tissues everywhere. If for some reason, like overwork, the little absorbents fail to take up the special elements they are designed to handle, then there is a shortage of that particular element. That is mal-assimilation and means ill-health. If at this time a specially prepared supply of elements is given the system, ready for immediate assimilation, so as to supply the unusual demand caused by the overwork, then the little absorbents can resume work as before, and the ill-health is gone. This is the sensible way to get rid of it. The usual way is to pour into the intestinal tract a lot of foreign substances, thus arousing the system to a desperate effort to prevent the absolute destruction of the body. This is called "stimulating" the body or certain functions, and the foreign substances are called "stimulants," "alteratives," "tonics," etc. Their so-called action is the reaction of the system against them. They are poisons, differing only in degree. Some kill at once, others more slowly, and others maim, cripple, and incapacitate. All injure, for it is a repetition of the overwork which brought on the original trouble. When you stimulate you cause the organ stimulated to do more work than it is prepared to do properly, so it is followed by depression as the system is not able to keep up the pace. Alcohol is not the only stimulant, nor the use of intoxicating liquors the only intemperance. Any element which stimulates, whether used as a food or a medicine, is intemperate, unreasonable and destructive. When your system needs help, use the elements which it uses in health, and the result will be health. Such elements are found in the Ensign Remedies in form for immediate use for repairing the body. Find out about them by reading our literature. We have booklets on General Diseases, Women's Diseases, Varicose Veins and Varicocele, The Heart, and numerous leaflets. All or any free for the asking. They will interest you.



### ENSIGN REMEDIES CO.

Department B.

Canadian Office, Windsor, Ontario

BATTLE CREEK, MICHIGAN

W.S. ENSIGN, Phys

# COMBINATION OFFER!

## Exceptionally Attractive Values

Two of the best New Thought Magazines and one of the best New Thought Books—*All at Half Price.*

**\$2.50** Worth of the Very Best Advance Thought Literature for only..... **\$1.25**

**POWER AND POISE** is one of the newer advance thought magazines. Its principal object is to teach the science and art of building health and building character; of developing well-balanced men and women of high efficiency; of building towards well-poised power—harmonious power of both mind and body.

Power and Poise makes a special point of explaining the philosophy of New Thought; the great natural laws or foundation principles underlying New Thought; underlying both physical and mental hygiene. Power and Poise shows forth the scientific reasons why the New Thought claims are justified, explaining the psychological, physiological and anatomical principles involved. It explains the reasons why the New Thought assertions are often successful, and it distinguishes between the assertions that are most efficacious and those that are less effective or useless.

Power and Poise explains how to diagnose mental weaknesses, wrong activities and insufficient activities of the mind, the consequent effects upon the body, and how to select the best mental and physical treatment for overcoming each. It shows why the mental treatment which cured your neighbor may be worse than useless for you, since the causes underlying your trouble may be altogether different from those which produced his.

Power and Poise teaches how to specialize, how to individualize, how to ascertain what is wrong in each particular case, what form of remedy to select and how to apply it. Power and Poise removes the vagaries, the uncertainties of New Thought and makes it a practical, get-at-a-ble, definite science.

**THE EDITOR** of Power and Poise is Dr. Virgil P. English, the well known writer for health, New Thought and character study magazines, and author of scientific books. Dr. English is a graduate and practitioner of medicine who has given especial study to the inter-relatedness of mind and body. His discoveries are set forth, illustrated and elucidated in Power and Poise.

If you are not a **SUCCESS**, you are a **WEAKLING**; most likely, not a complete weakling, but a weakling because you are weak in one or more departments of mind or body; because you lack self-reliance, because you are timid, diffident, bashful, over-cautious, lack courage, persistence or some other mental power, or because you lack in physical strength or efficiency; Perhaps you have weak lungs, indigestion, torpidity of the liver, that you are nervous or have some other physical weakness.

Power and Poise will teach you how to **diagnose your own case**, how to analyze yourself, how to ascertain what retards your success; and it will show you how to overcome your weaknesses, your wrong or insufficient mental activities. It will thus enable you to become strong in all departments of mind and body; to become victorious and a success.

Power and Poise is a quarterly at the present time, and costs but 50 cents a year. Beginning with January, 1909, it will be a monthly, and will cost \$1.00 per year.

**THE MIND AND ITS MACHINERY** by Dr. Virgil P. English, is especially valuable to Power and Poise readers, and all advance thought and hygienic investigators and students. It contains in one volume a clear explanation of many of the foundation principles which will be frequently referred to in the articles that appear in Power and Poise.

The Mind and Its Machinery is printed on high grade paper, is extensively illustrated, contains 200 pages and is bound in cloth. Price, \$1.00.

In a review of The Mind and Its Machinery, the Cleveland Daily World, says: "Dr. English is a Cleveland man, high in his profession."

Boston Ideas, of Boston, Mass., says: "The Mind and Its Machinery gives us one of the best pictures of the human physical organism that we have ever read. It is written by a man who thoroughly knows his ground, and also how to best convey his ideas to others. The mental scientist will find this to be the book he needs. Dr. English shows, scientifically, just what the body is, and is capable of, organ by organ and system by system. His diagrams of the whole internal structure of the body are better than any we have seen, and they are marked by an individuality that proves the doctor's honest aim to really help his readers. He makes the subject a fascinating study, a genuine, scientific study. The Mind and Its Machinery is exactly what thinkers of all classes need and will appreciate. We heartily recommend the book for its uncommon worth as a means of man's understanding better both his mind and body and their mutual relations and duties."

We have arranged a great combination offer which includes the magazine and the book described above. **THIS IS OUR OFFER:**

THE MIND AND ITS MACHINERY, PRICE.....	\$1.00	Special	<b>\$1.25</b>
POWER AND POISE, ONE YEAR, PRICE.....	.50	Combination	
STELLAR RAY, ONE YEAR, PRICE.....	1.00	Price	
TOTAL .....	\$2.50	For All	

Power and Poise is the only magazine of its kind; The Mind and Its Machinery, the only book of that kind; each is complete, yet each is related to the other; each supplements the other; Stellar Ray is the best magazine in its class—you get them all for only \$1.25, or we will send both magazines without the book for \$1.00.

If you are already a subscriber to either magazine, subscription may be extended another year.

Address all orders to **ASTRO PUBLISHING CO., Hodges Bldg., DETROIT, MICH.**

When writing to advertisers please mention **THE STELLAR RAY.**

### High Class Postal Cards.

Scenes of different villages in the famous Catskill Mountains, also those of cities and towns along the Hudson river, Newburgh, New Baltimore, Nyack, Poughkeepsie, Kingston, and City of Catskill, etc., also those of steam boats, plying on the Hudson river, between New York and Albany. This is a historical section, the home of Rip Van Winkle. Scenes of old stone houses in and around the above section, erected prior to the revolution, a descriptive catalog of the old senate house, erected 1676 in Kingston, the first state-senate met here, and four cards mailed sealed for 15 cents. Cards alone four for 10 cents. These cards are highly colored and very pretty.

W. F. HUBBELL, Pub.,  
48 Crown St.,  
Kingston, N. Y.

### Object of the Landward League.

For further information relative to The Landward League, write to the secretary, Ray G. Edwards, Elliott, Me.

It is the purpose of the Landward league to organize a great co-operative body of men and women, working as wealth producers on their own land under expert governmental instruction; to encourage individual study and practice in gardening and horticulture; to investigate conditions in the overcrowded districts of our cities, with the view of arousing a desire to own a home on the land, out in the open sun light and fresh air; to encourage the location of workshops away from the overcrowded centers of population; and to bring about better conditions of living by the dissemination of knowledge pertaining to the development of a higher and richer humanity.

#### A Neglected Asset.

One of the greatest assets the nation has is the latent physical, intellectual and moral power of a million families. But with conditions in which a million families exist precariously, imprisoned in noisome city tenements and imperiling the health of another million families in somewhat better or greatly superior circumstances, their potential power is transformed into pitiful weakness, a mighty productive force becomes an incalculable economic loss, and

the loser is the nation. This unused and neglected asset entails liabilities beyond the power of man to compute. To say nothing of the fabulous wealth (possibly exceeding \$1,000,000,000 annually) that a million families, given the changed conditions proposed by the Landward league, might produce—wealth which is now entirely lost to the nation—there is the further loss of health, of honor, of happiness, of the descent of character and the consequent ascent of crime.

The reclamation of millions of acres of land by the government should be accompanied by the reclamation of millions of human beings from the stifling morasses of the cities to a life of health, wealth, power and happiness on the land, where every child may grow up amidst the green fields and flowers, breathe the pure air and through co-operative effort with his fellows become an efficient worker in a greater republic—a home-owning citizenship. The nation approaches greatness in proportion to the opportunities provided for its citizens to own homes. Home ownings, under conditions to be developed by the Landward league, insures health, honor, happiness, education and security, and adds immeasurably to the stability of society.

"We are of opinion that this book deserves the widest circulation, that it is one which should be extensively read and discussed."—*Baltimore Sun*.

Give to a gracious message a thousand tongues; but let ill tidings tell themselves.  
—*Shakespeare*.

### A FREE HOROSCOPE, with

The ASTROLOGICAL KEY TO LIFE, as it is the KEY that unlocks the latest and most complete up-to-date BOOK on the science. Gives you a full character reading, the mentality, employment, marriage, time for action, success, etc. Send full date and place of birth. \$2 in half-leather. Inclose stamp for particulars.

JAMES D. KEIFER,  
1319 Kellam Ave. Los Angeles, Cal.

### Train YOUR SUB-CONSCIOUS SELF

SURELY TRAINED AND DEVELOPED by the POWER-BOOKS POWER FOR SUCCESS' builds PRACTICALLY. Said a lawyer! "The greatest TRAINING BOOK I know." True "You keep your feet on the ground," said a young man. No occultism TWENTY-SEVEN UNEQUALLED BOOKS IN ONE VOLUME Will revolutionize any real Worker's whole life. 6x9, 425 pp. \$10.00. Returnable five days. Send for circular, "MAGNESIA."

POWER-BOOK LIBRARY,  
Auburndale Station, Boston, Mass., U. S. A.

### ASTROLOGERS ATTENTION! The Progressive Constant Horoscope

marks the dawn of a new era in popularizing personal study of one's own horoscope. No more burdening or confusing the mind to remember the many aspects, positions, houses, etc.; no more tedious wasting of precious time and fatiguing of eyesight turning from ephemeris to chart and one chart to another. Your mind is left free from mechanical tabular details to study and judge the planetary influences in operation.

The Progressive Constant Horoscope Chart reveals to you at ONE glance without tiresome continual calculation all the following:

Your natal chart complete, sign positions, aspects, houses, etc., clearly visible.

Your progressed horoscope to date, or any date, also in plain sight; impossible to confuse with the natal, yet convenient for comparison.

Sign positions, aspects, houses, etc., of your progressed planets (by movable, celluloid, printed clip pointers for the planets).

Sign positions, aspects, houses, etc., of the Zodiacal planets among themselves, daily or oftener (movable pointers as above); also their relationship to the natal and progressed houses and planets they may be transiting or aspecting, and whether retrograde or direct in motion.

It can also be used to locate the planets and signs in the heavens.

In each sign is also conveniently tabulated the essential dignities of the planets therein, the rulers of the decanates and the nature of the sign.

This Chart is an engraved zodiacal ring printed on heavy board, 10 inches in diameter and 2 inches wide, with an ingenious and lucid internal arrangement of everything connected with one's own horoscope in plain sight; adjustable for any hour, day or degree.

It is complete, correct, concentrated, comprehensive, convenient and simple; will help you wonderfully in your personal study of astrological influences and with ordinary care will outlast your present incarnation. Can be used by anyone who understands the elementary rules of astrology.

Price, postpaid, well packed, with full instructions for use complete, \$1.00. Price does not include calculation of map.

Invented, copyrighted and for sale by

**ERNEST WYKES,**

**LOCKPORT, N. Y.**

### To a Hermit Thrush.

BY MARY QUINLAN LAUGHLIN.

Here, in the twilight of the falling night,

That turns the verdure of the forest dim;

I stand and listen, with a strange delight,

To rhythmic tuning of thy untaught  
hymn.

As soothing as the dear, outcoming stars—

Is the soft beauty of its silvered bars.

Serene and sweetly floats its every chime;

Like music wafted from a spirit shore,

By choiring hosts that send through endless  
time,

Their messages of solace, o'er and o'er.

And Oh! its fair, elusive falls and swells,

Seem scales that fluttered from ethereal  
bells.

A wondrous power is thine O gifted bird;

In all the changes of my by-gone years,  
No human voice, nor strains that I have  
heard,

Have lured from me, such floods of grate-  
ful tears.

No hidden pain, nor sorrow-laden note,

Doth mar the restful music of thy throat.

Sing on, sing on, do not so early cease

To pour thy matchless melodies along;

Sing on! my soul revives with new-born  
peace,

Drank from the chalice of thy vesper  
song.

And from the world of strife, I long to flee,

And seek such peace as haply dwells in  
thee.

### The Order of the White Rose.

PUBLICATIONS.

J. C. F. Grumbine, Founder-President.

(Instituted in 1893.)

"The Order of the White Rose" is an occult and mystic organization numbering many members in the new and old world. It is Rosicrucian, and is associated with a kindred organization on the spirit side of life. The Order on the spirit side of life assists and co-operates with the members on this side doing the work of the spirit, unfolding the psychical powers independently, consciously and with due regard to the free, sane, healthy and spiritual life of its members. Indeed, they render material, and spiritual help whenever necessary, and assist the earth members in attaining a high degree of development in spiritual force and powers.

The books published by the Order are inspired, and prove inspiration by revealing teachings which are not to be found elsewhere concerning the method of unfolding psychical powers. (The Order was called into existence for this purpose.) The proof is in the books and teachings themselves.

These teachings are original, hence have been copied and plagiarized by numerous new thought and occult writers, without giving credit where credit is due, who have claimed for their works original thought, whereas it is clear from whence they derived their garbled, unauthoritative teachings. Make no mistake in securing the original works which are the genuine and authentic writings of "The Order of the White Rose" and its representatives and evangelists on earth. Mr. Grumbine wrote the first work on the Science and Philosophy of Clairvoyance, Sensitiveness and Inspiration, ever written, and the priority of his copyrights in date of time proves this statement. All truth is inspiring and helpful, but beware of those who write to sell and not to teach.