

# THE STELLAR



A MAGAZINE FOR THE PEOPLE

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

---

THE GREAT QUESTION:

“Some are born to honor, and others to dishonor; some to wealth and others to want; some in the midst of crime, ignorance and sorrow, others environed in happy conditions.

When and where is the Law of Compensation applied to equalize these conditions, or why should these things be?” H. C. H.

Answered In

SCIENCE AND KEY OF LIFE

In Six Volumes

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PUBLISHED BY

THE ASTRO PUBLISHING CO.

DETROIT, MICH., U. S. A.

# Stellar Ray Book Department

## MONEY MAKING IN FREE AMERICA

By Bolton Hall, with an Introduction by Tom L. Johnson.

This book is dedicated "to all those who are poor, and wish to become rich; or who are rich and wish to become richer." As a business man, lawyer, speculator, landlord and reformer, Mr. Hall has had large opportunities of observation. He believes that monopoly is the main obstacle in the struggle for an assured living and a fair competence by the multitudinous millions of America. He not only points out the far-reaching effects of privilege and monopoly on our social institutions but he suggests what many consider the only remedy. Price, \$1.00.

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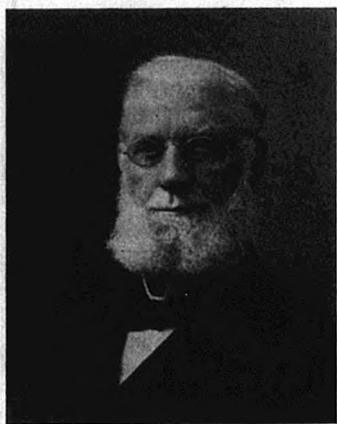
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Not the least interesting part of the work is its introduction, which serves to lift it completely above the plane of the ordinary popular works on astrology, and gives it at once a dignity, a seriousness and a dominant ethical quality that will make it appeal to earnest and impartial thinkers. \* \* \* \* It is upon the basis that heat, light, color and sound are all intimately related and all dependent upon vibratory forces for their manifestation, that the author builds his entire system of color and tone scales, which constitutes the most daringly original, interesting and fascinating portions of a book which one will not wish to put down once he has commenced to read it until he has finished its concluding chapters.—Detroit Free Press.

Henry Clay Hodges, of Detroit, Mich., has been for years making scientific study of electric and magnetic influences as caused by planetary movements and the great laws of attraction and gravitation as operating through interstellar space. The effects of different polarizations of the sun and the moon produce great effects on human life. The art of navigation is closely connected, Mr. Hodges believes, with these influences and currents in aerial space. In a new work, called "Science and Key of Life," Mr. Hodges discusses these great laws from both the astronomical and the magnetic side. Electric and magnetic phenomena are shown to be related to sidereal changes. The book is one of remarkable scope and power, on both the scientific and the psychic phases of life and progress.—Lillian Whiting in New Orleans Times-Democrat.

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

# SCIENCE AND KEY OF LIFE

## VOLUME I

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

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

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

This volume contains horoscopal figures of Oliver Cromwell and William Shakespeare, of Napoleon III., of P. B. Shelley, and Emile Zola, which cannot fail to be of great assistance and interest to students of Stellar Science.

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

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

## VOLUME II

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

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

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

## VOLUME III

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

Horary Astrology is fully elucidated.

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

## VOLUME IV

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

It is compiled in four parts.

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

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

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

From chapter two:

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

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

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

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

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

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

## VOLUME V

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

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

So may the physician evolve from the practice of an art which is at present

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

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

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

#### VOLUME VI (Now Ready)

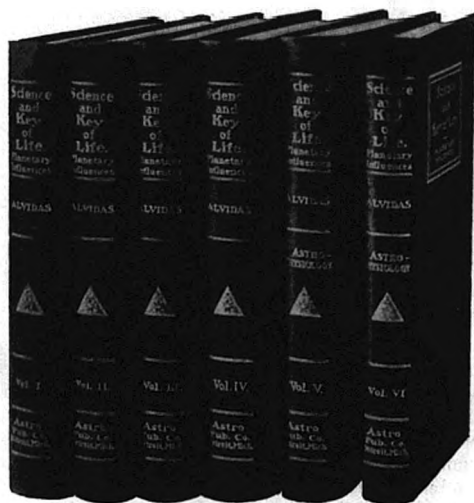
This volume is a continuation of this series, and treats of the 'Seven Great Principles back of manifested life; the significance of numbers; aspects of planets; the aura of the human body and many other subjects of interest and vial importance to students of the science of Planetary Influence.

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

Mr. Henry Clay Hodges, the compiler of this great work, has voiced the inquiries of ages of thoughtful humanity in the Great Question on the front cover page of this journal.

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# THE STELLAR RAY

A MAGAZINE FOR THINKERS

Published Monthly at Detroit, Michigan, by

THE ASTRO PUBLISHING COMPANY

HENRY CLAY HODGES, Editor

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# Glimpses of New Worlds

Some extremely curious things are happening, and some very curious statements are being made, in what is called 'The scientific world.' Most noteworthy are certain remarkable indications and deductions, not mere speculations, concerning matter and the senses. Emerson said that we are living on a 'thin and outward rind,' and this he said as a spiritual man and a dreamer; but it is literally true, and probably truer than he knew, for it now turns out that the 'thin and outward rind' has behind and within it an unseen and intangible substance to which it is difficult to give a name, but which is so tremendous a reality that our 'thin and outward rind' almost seems to be only a phantasm, and not an enclosure at all.

The question 'What is matter?' is entirely up again for judgment, and no one seems ready with an answer, though a good many clever people are furtively busy, putting away old answers into drawers. Perhaps one of the most hopeful answers is that Matter is the coming into the sphere of visibility of invisible forces; but that is inadequate because there are various grades of Matter which are not visible here, some of which, indeed, can only be expressed or indicated mathematically—and that is almost as good as saying, by treating them as outside the concrete, as thrills and not as things.

None of the senses can now follow where modern instruments and inferences lead. Sir R. S. Ball thinks it quite right to say that an eye is conceivable which could see through a solid wall; and Sir William Crookes speculates concerning a hand that could set a table on fire or pass through it without pressure. So much for the curious faculties we call 'senses'!

In the microscopic world, things are hidden through their exceeding smallness. In the occult world they are hidden because of their extreme fineness: but, in both worlds, the reality of the things is not diminished:

on the contrary, in the occult world their power and possibilities appear to be greatly increased. Even in relation to electricity, that fine and subtle force which no one can track to a genuine cause, and for which no one can effectively account, all we can do is to start it into activity on our material plane and within the limits of our material barriers. We beckon it and it comes: we do not really create it, or, if we do, the suggestion is that we are tapping a vast universal ocean of force, speculating concerning which we are led on to deeper and deeper depths, to more central and vital forces still, until we almost tremble before the startling thought, that in tracking that force home we are arriving at the omnipresent, omnipotent and omniscient God.

These discoveries, thoughts and inferences are laden with immense practical promises far beyond the interests of the physical world. The old notions about the soul are going to be as much revolutionized as the old notions about Matter, and we shall disarm the unbeliever and deprive him of his favourite plea. He says, "Show me a soul"; and, in teaching him, we shall show him that everything has a soul, or a soul thrill which is the secret of its very being—of its appearance at all in the visible world. We shall tell him to look at a spoonful of mud, and we shall prove to him that the liquid and the so-called 'solid' of it are but manifestations of the universal living soul-force. We shall remind him of what one said of a stone wall; 'The wall that stops our course or checks our sight would appear, to a person of clearer, finer, ethereal seeing, as a little cloud of dust-atoms folded about and upborne by the ethereal body (soul?) of the stone.' We shall tell him and, maybe, soon prove to him, that such an eye, finer than the dust-atoms and the soul of the stone, would be able to see through a wall just as the normal eye can see through a fine mist, and just as the X-rays can, in a sense, see through a human hand. This is a thought, or, rather, a fact which

will act as a key that will open many doors, such as the mystery of prayer, the seeing of visions, the appearances of spirits, spirit voices, the so-called 'miracles' of healing, and the boundless possibilities of unseen worlds.

Of course, the bearing of this upon our faith is obvious, and it carries with it vast promises of faith changed for sight, of hope lost in knowledge, and of understanding made virtually complete. A supremely happy thought! What we thought was an awful waste turns out to be a careful husbanding. The seeming catastrophe is really a great process of advancement. From the unseen all flows: back to the unseen all returns. There, in those spheres of the higher life, the illimitable forces are, unwasted because ever renewed; and there, under new conditions of being, the vanished wayfarers and learners are. When they went away, they only put aside the hindering body, and slipped behind the veil. Earth reared them; heaven retains them. Earth taught them the elements; heaven will complete their education. The wisdom, the generosity, the mind's music, the wit, the love of beauty, the heart's delight in love, the reforming temper, the Christ's self-sacrificing spirit, the child's affection, the mother's tenderness, the statesman's power to guide, all are there, and all are there for service—to banish sorrow, to quiet grief, to curb and convert the cruel, to cleanse the unclean, to teach the ignorant, to make heaven delightful, to empty hell. O, it is indeed a supremely happy thought, of which the poor world greatly stands in need!

But it is also a thought that should make one serious and grave. If all this is true, the real self is the inner self, and that records the actual story of the life. Not the body's seemings but the spirit's desires will survive the departure to the unseen from the seen: and we shall have only what we are. Then will the realities appear, and the judgment and the sentence will be, not another's but our own.

We may make sorrowful mistakes as to the mercy and power of God in the unseen. Swedenberg was right:—

"They are deceived who imagine that to go to heaven is only to be taken up amongst the angels, let the quality of the individual

with respect to his interior life be what it may; and thus that an abode in heaven may be conferred on any one by an immediate grace; when, unless heaven be within a person, nothing of the heaven that is out of him can enter into him, and be received."

It is a pathetic and almost tragic thought. But it may also be an inexpressibly delightful thought, for the law which fastens us down to the evil secures for us the good. The 'Preacher' of The Book of Ecclesiastes said: 'Naked shall he go, as he came, and shall take nothing of his labour which he may carry away in his hand.' But he will take himself.

All else has perished, yet the voice sounds ever,  
Clear through earth's noise and din;  
Earn what adheres, and, passing on forever,  
Cleaves to the soul within.

Truth cannot perish; knowledge has no ending;  
Love knows its home, the skies.  
He carries all things, who has love and wisdom:  
Death touches not that prize.

—From "Light," published weekly in London, England.

\* \* \*

### Thrice Blessed Detroit.

While the following summary of Detroit's advantages over the discouraging conditions existing in other cities are true, still she has one other factor, viz., The Stellar Ray, which she is sending to all parts of the world: the Rays from which are meant to encourage and cheer her readers far and near with practical knowledge based upon the immutable laws of nature that shall aid in solving life's problems:

"Speaking of the floods in Ohio—that distressing news brought by the latest dispatches—Detroit has much to be thankful for.

"Whether she really is thankful, or not, is another question.

"Perhaps she is not thankful.

"It is a solemn and important fact that in all her history, extending over two centuries and more, excluding early wars and changes of flags, Detroit has never suffered disasters—with the single reservation of

the big fire some 100 years ago, which burned up a wooden city.

"Detroit has never had a great flood, like Cincinnati.

"Detroit has never had a frightful earthquake, like San Francisco.

"Detroit has never had a tidal wave, like Galveston.

"Detroit has never had an appalling fire, like Chicago and Boston and Baltimore.

"Detroit has never had a fever scare, like New Orleans.

"Detroit has never had devastating cyclones, like Kansas City.

"Detroit has never had torrential rains like Panama.

"Detroit has never had a plague of rats, like San Francisco.

"Instead she has gone steadily on her way, year after year, quietly pushing herself forward, without bandwagon methods, brag or bluster, gaining steadily and solidly, until today she is near the half-million mark, with a happy, prosperous, home-owning people doing their individual share toward solving the many perplexing problems

that come to all American cities."—*Detroit News-Tribune*.

\* \* \*

### *The Toiler's Prayer.*

(Written for Stellar Ray by Bert Huffman)

While thy craftsman is asleep,  
God, the Builder, kindly keep  
All my good work of today  
Safe from dotage and decay;  
(What's imperfect, mean or small,  
Pray forget it—that is all.)  
While my arms retrench their power  
For the dawn's dynamic hour,  
Build thou, in my brain and heart  
Wisdom, courage for my part!  
When my eyes ope with the dawn  
May the open road lead on  
Higher, higher, than today,—  
Bowered with undreamed hopes, I pray!  
All the paltry things that fret  
May my new-born soul forget;  
All that baffled or undone,  
Melt like mist beneath the sun!  
May I, in Night's silent hour,  
Don new armor and new power  
That I answer to the roll  
New in heart, hope, courage, soul!

## Health Department

### *Instinct vs. Custom.*

(By Eugene Christian, "the world's greatest food specialist," East 41st St., New York.)

Among all civilized people eating is controlled largely by custom, convention of race habit.

Because of man's inventiveness, the human species differ from other types of animals in being governed less by instinct and more by custom or race habits. Some customs are good—some are bad—some indifferent. All told, these customs and habits, which each child learns anew from its parents and playfellows, form what we call civilization.

All wars, all political and religious disputes that have played over the map of the

world have been but the clashing of various customs. The use of written language is a custom—a good custom, for it develops the human mind, enables us to learn more, to think more deeply, and to live and love more fully. Fashions in dress are customs—for the most part senseless customs, good, so long as they please ourselves and our friends; bad, when they injure our bodies or when we use them to display wealth or allow them to occupy time and thought that could be devoted to better things.

In eating, drinking and drugging, the liability of custom to become harmful is much greater than in other human habits. Between the customs of dieting and of drugging, there is this sharp distinction: Food is necessary to human life; appetite

for food is an instinct, and conventional diet is natural instinct gone wrong through acquired custom. But drugging is wholly unnecessary—it meets no natural need and can only interfere with nature's fixed and unchangeable plan—it is an acquired habit fastened upon the human race by those who do not really believe in it, except as a means of livelihood.

The fact that a vast majority of human ills are directly traceable to man's habit of feeding is evidence that custom furnishes him no safe guide.

We are accustomed to look upon nature as perfect, and to accept whatever is as best; but this view is not strictly correct. Nature or evolution is, by natural selection, constantly approaching perfection, for the imperfect and inharmonious are continually being eliminated by her laws.

The perfection of nature is not so much in the perfection of the plan as in the adaptation of one thing in nature to fit into and work with another thing. A food chemist might plan a diet containing all the elements of which the human body is composed. His nitrogen he could get from the air, his carbon from charcoal, his sulphur from crude brimstone, and his iron from the scrap heap. But such a diet would be useless because the human body has not been adapted to digest and assimilate these elements in this form.

Science, freed from all prejudice and dogmatism, first studies the adaptations in nature, the relation of natural food to the digestive and metabolic process of the body, which for long ages has been fitting itself to subsist upon these foods. After learning from nature the needs of the body, science strives to select foods that shall most nearly conform to these processes of nutrition. For illustration; Nature presumed that man would thresh grain and hull nuts with his hands—science does it by machinery and leaves man's hands free to build aeroplanes or wireless telephones. But where science says that mills should be substituted for teeth and malt for saliva, it interferes with processes that cannot be so easily readjusted.

The man who follows custom in dietetic matters is almost sure to go wrong. If

some scissors expert, who called himself a scientist, should put all the foolish dietetic customs of man in a big book and label it "Catholiconoce" or a "Martha Washington Cook Book," the man who read it, would differ from the man who received his education on his grandmother's knee, only in knowing more wrong ways of eating.

He who learns of nature and her laws of adaptation cannot go very far wrong, for nature feels her way. She does not develop a set of teeth and a stomach to match them which can only assimilate predigested food; nor an appetite and digestive organs adapted to an anthropoid diet, with the kidneys of a vulture. He who goes first to nature and learns of her requirements and her harmonies, and then brings into play a constructive scientific mind, seeking the best material out of which to build the human body, or the most natural method of combining and proportioning food according to age, climate and work, can add the constructive forces of reason to the constructive forces of nature, and makes man, in things physical as he in things psychical, the paragon of animals.

\* \* \*

### *Perpetual Youth.*

'Tis yet high day, thy staff resume,  
And fight fresh battles for the truth;  
For what is age but youth's full bloom,  
A riper, more transcendent youth?  
A weight of gold  
Is never old,  
Streams broader grow as downward rolled.

At 62 life has begun;  
At 73 begins once more;  
Fly swifter as thou near'st the sun,  
And brighter shine at 84.  
At 95  
Shouldst thou arrive,  
Still wait on God and work and thrive.

—*Oliver Wendell Holmes.*

### Light and Health and Success.

Editor Stellar Ray, Detroit, Michigan:—I am writing from our new home in the faraway North, to express how much we owe to the Stellar Ray for Light and Health and Success. It has taught us to grasp the divine forces—the God within, and shape them into unspeakable peace and contentment and serenity.

Month by month, in the necessarily rigorous experiences of a new country and a new home, the Stellar Ray comes to us, a message of Light and Life and Gladness. We have used its virile forces for the utmost good. We can testify from actual experience that its teaching has strengthened, encouraged and enriched us beyond power of words to express. We gladly spread its gospel of Health and Cheerfulness.

We hope to see the time when fear and sickness and poverty and wretchedness will be unknown among mankind. You are rapidly banishing them through your teaching.

Cordially,

BERT HUFFMAN,

Langdon, Alberta, Canada, Feb. 27, 1910.

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### Victims of Ourselves

Written for Stellar Ray by Madame du Bois Mount Carmel, Conn.

The mind that is crippled by pessimism is very apt to function through a body that is crippled by rheumatism.

If I slay another I am punished to the full extent of the law. I ought to be. If I ruin my own body, I am punished just as surely, but I punish myself. If I am determined to do things that are contrary to all natural laws, I must suffer the result. It is the Law.

If I fill my heart with bitterness, and my mind with unwholesomeness, I cause my own ill-health. If I allow discouragement to seep into my soul; and if I cry while I eat, allowing food to slip down in chunks with every effort to "gulp" back the tears, I slay my own stomach. I may think a change of food will be good for my indigestion. Will I never learn that it is not the food, but the thought that goes with it, that causes the injury? The cure

for that kind of indigestion is optimism and the Gospel of Good Cheer.

If I place my body in any known danger, and it suffers accident, is it just for me to say, "God has afflicted me," and, "His will be done?" The shoulders of such a "God" must be broad indeed to hold all the things that we cast on them!

I once knew a man who was extremely selfish in his domestic life. He was always under foot. His wife would warn him constantly to "look out," to "move," and to "please keep his feet where they belonged." But he thought he was "it" in the home, and that she should get around him if possible, and, if not, climb over his outstretched feet. She did this for fourteen years. Finally, one day her tea-kettle slopped over and scalded his in-step. Blood poison developed, and he was on crutches for a long time. He was fond of reproaching her for her carelessness, and would tell people how his "wife scalded him." He would have been indignant if any one had told him that *he scalded himself!* But such is the fact. He had been laying up that scald for himself during years of selfish living.

I know a woman who sleeps in a tiny hall-bedroom, the only ventilation being from one window, raised to the height of a spool of thread! She is a chronic invalid, and feels that "Whom the Lord loveth, He chasteneth, and that she is especially chosen of Him to suffer. She is simply a victim of herself.

As consumption is a preventable disease, many persons who inherit a tendency in that direction, could, by natural living, and by the deep breathing of pure air, overcome the tendency. But when told of this fact, they say it is no use, their parents had it, and *they must* sooner or later. As it is a foregone conclusion with them, they will use no common-sense preventives—and die: victims of themselves, not of heredity.

A young house-keeper holds up her hands for the inspection of her friends, and cries: "See, they are just ruined by house work." In her new zeal she has neglected to properly care for her good, strong, capable hands, and their beauty is slain. It is not the fault of her work; it is her fault. Dearie, *love your hands;*

caress them. Think beauty back into them, and then work on them until it comes. It is the only pair of hands God can give you. They were created perfect, and with good care they may be kept nearly so.

Many people say they do not want to see their Horoscope. They say if they are "fated" to have certain dispositions or meet with accidents or suffer from certain diseases, they would rather not know it.

One's Horoscope is not one's "fate." One can master all adverse conditions. A Horoscope tells us many truths that we would not want to hear from either friend or enemy; but when they are told us in this manner, they cannot offend the most sensitive person. It gives us hints of ill-health or coming disaster that we may avoid by a proper exercise of will-power, perseverance and concentration. By neglecting to overcome adverse conditions, we allow things to come upon us that we may call "fate," but in reality, by our inaction and indifference, we are victims of ourselves.

Eleanor Kirk said, in speaking of certain diseases:

"All these ailments and every other known to man can be entirely dominated, and forever cast out, by those who realize that mind is the master and body the servant of mind."

\* \* \*

### *The Breath of Life.*

"Limited breathing capacity is one of the most common physical ills," says Dr. Jean Williams in *Woman's Home Companion* for March. "Poor breathers are found not only among the sick of the earth, but also among the moderately well. All chronic invalids are poor breathers, and it is quite likely that they never would have been invalids if they had been good breathers.

"Now here is the connection between good breathing and exercise. In order to be a good breather it is necessary to have sufficient lung capacity. Suitable exercise broadens and deepens the chest, gives freer capacity to the lungs and better fits them for their important task of supplying oxy-

gen to the body and relieving it of the deadly carbonic acid.

"When in the fresh air, breathing deeply, we absorb enough oxygen to saturate the blood. If we are exercising briskly at the same time, we absorb more oxygen, and are, therefore, just so much better off."

\* \* \*

### *Biochemistry.*

By W. S. Ensign, Phys. Ch., Battle Creek, Mich.

Biochemistry is the name given to a system of treatment for diseased conditions, the name indicating that only such elements as are found naturally in the human body are used in such treatments. The accepted theory is that where a person becomes ill he does so through a deficiency of one or more of the cell-salts. The deficiency comes not through a lack of supplies of these cell-salts, for the ordinary food contains them in abundance, but from the failure of the system to appropriate these salts from the food. It is a failure of assimilation of certain elements. On these points all biochemists will agree.

My own particular theory is that the secretory organs which line the alimentary tract, and which take out of the food whatever is needed as it passes, are at fault in that they are unable to prepare for assimilation. It is manifestly true that all of the food which goes through this tract is not taken up, that the organs have the power to reject as well as to appropriate, and that a great proportion of the food eaten is rejected because it is not needed. This is capable of easy proof. If the system had no power to reject, then all food would be taken up and the system would be overwhelmed, for a man always eats more than he needs. But with the power of rejection the little mouths take up only enough for the needs of the body, and the rest passes on unused. The power of rejection, in my opinion, lies in the fact that all elements which come into the alimentary-tract from flesh or plant foods, come in such large particles that they cannot enter the body until they are digested by the little mouths of the absorbent vessels. There is certainly a process by which particles are divided and subdivided until they are small enough to enter into the body of the animal. It is

understood by the reader that the alimentary canal is not in the body. It is a hole through the body only. Food which goes down the oesophagus into the stomach and through the intestines, never is in the body any more than anything applied to the skin is in the body. What goes into the body is assimilated, and that which passes on through is rejected. This is an accepted fact by all scientists. So in Biochemistry we are interested only in those elements which go into the body proper and form a part of it.

The secretory organs can be overworked, just as any other part of the body can be overworked. They can be rendered incapable of doing their full work, and when in this condition there will be a shortage in some department. The assimilation of certain elements falls to certain sets of these organs; they probably secrete one element and no more. It has been found that certain microscopic animals live entirely upon one kind of food and will consume nothing else. The farther we come up the scale of life the greater the variety of foods necessary, because of the variety of functions. And each organ has its particular function, the work of the body being divided up in the most systematic manner. If an organ is overworked and a shortage is occasioned, as outlined above, then there is the state we call disease, the kind of disease being determined by the elements lacking. A lack of potassium salts causes a different form of disease from a lack of lime salts or magnesia, or sodium, or iron, etc. So, to the experienced biochemist the element lacking is readily determined by the bodily condition. Having determined what is lacking, the cure is to be brought about by supplying the deficiency. Some biochemists make the mistake of supposing that the deficiency is occasioned by a lack of supplies. This can not be true for ordinary food supplies much more than is needed in health, and the supply is so excessive that a shortage could not arise in this manner. The lack is in assimilation. Then if the needed elements are supplied in crude form they can not be used even as readily as the supplies in foods. That is, the little secretory organs will not find them ready for assimilation, and cannot handle them any more readily than the supplies in foods. Reduc-

tion of particles must take place before the particles can enter the body, and as the organs are not able to prepare them by reduction the work must be done for them. This we accomplish by trituration. Particles can be reduced to such a point that the body cannot reject them, and they will go anywhere. Then they should be used only by advice of an experienced biochemist. Ordinarily, this point should not be reached, for doses repeated at this point will cause unpleasant effects. The lower triturations are to be preferred where laymen are to prescribe them, but they should not be down to the point of "appreciable doses," given by some. As we have shown above these doses are no better than drug effects, by exciting the system to an effort to get rid of them. They do not feed, as they cannot be assimilated.

With these elements prepared as they should be the sick will receive results which will delight them. Otherwise good results cannot come. In manufacturing our Ensign Remedies these points are all considered, and we know, from experience and reports from physicians all over the world, that they are much in advance of all other preparations of tissue salts. We sell the great bulk of our product directly to physicians, who prescribe them in their practice. We advertise in the regular medical journals, and there is a rapid daily increase in the number of doctors, of all schools, who use them. The sick people are immensely benefitted, and the doctor adds to his reputation and worldly effects and has the satisfaction of knowing that he is really doing some good in the world, and earning his money.

Biochemistry has come to stay. I have no hesitancy in predicting that within the next decade no other form of treatment of disease will be used.

### *The Soul's True Faith.*

By Allen Rosenkrans.

I am no worm that crawls the dust

Ah no! I have a finer trust,

I am the heir of the Divine,

It's treasure trove for me and mine.

My path lifts through the light-filled skies,

To goal of glory and the prize.



# Stellar Science Department

## *Were You Born in the Sign Aries?*

By H. C. Hodges.

If you were born between the 21st of March and the 19th of April, the sun was in the Zodiacal sign Aries.

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.

When an Aries individual says that he will do any one thing, it is apt to be accomplished, no matter at what odds, or under what difficulties. In this respect there is inclination to undertake at tremendous odds to accomplish what their better judgment tells them to be unwise.

Aries people are also students and philosophers even though they may be deprived of the advantage of education.

The sun in Aries contributes to health, vitality and length of life; gives strength of will, energy, activity, self-confidence, inclined to rashness.

Some kind of responsibility falls upon the natives of this sign, for they are capable of directing others, whether they move in humble spheres or more public ones, according to the position in the individual natal charts.

These people are fond of travel, are very enthusiastic, sometimes militant and should overcome a tendency to being intolerant of opposition.

Those who recognize any of the above characteristics in themselves, or friends, born in the sign Aries, may also note the influence of the moon in modifying or intensifying, or even counteracting them according to the position of the moon in the natal chart of one who was born with the sun in Aries. The moon's movements are so much more rapid than that of the sun, that it changes its position many times while the sun is still in the sign Aries.

For example, if the moon were also in

Aries at time of birth, there would be intense mental activity, increased self reliance, in fact an abundance of self conceit.

The moon in Taurus would give better judgment, more determination, fixed in opinions even to the point of stubbornness.

If the moon was in Gemini, the nature would be more expansive and stronger in mental expression.

The moon in Cancer would indicate a very finely sensitive nature, retentive in memory and although intuitional, seldom relying upon its intuitions.

The moon in Leo would give larger sympathies, philanthropic, but often too proud for their own good.

With the moon in Virgo the critical faculties would be more noticeable, giving a logical, scientific mind, inclined to use too much discrimination; and so on through all of the signs will be observed the marvelous variety of color and tone expressed in each individuality according to the position of the moon and other plants in the natal charts.

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## *Aries: "The Lamb of God."*

By Dr. George W. Carey.

March 21 to April 19.

Astrologers have for many years waited for the coming discovery, of a planet to rule the head or brain of man, symbolized in the "Grand Man" of the heavens by the celestial sign of the zodiac, regnant from March 21st until April 19. This sign is known as Aries—the Ram or Lamb.

Prof. L. E. Johndro of Rochester, N. Y., has for several years declared that a ruling planet for Aries would be discovered. Prof. Johndro has delved more deeply into the chemistry of astrology than any astrologer of the present day.

A noted astronomer has recently announced the discovery of a new planet; and at a most peculiar juncture in the religious and scientific world. Angles of planets

cause effects or influences; the Priesthood of the middle ages, wishing to control the ignorant masses, personified the influence of planetary aspects, positions or angles, and transposed the letters so they spelled *Angel*; upon this one "slipped cog" the stupendous frauds of Ecclesiasticism were built.

With the false teachings of the Church ingrained into the fibre of the brain of man, is it strange that for years before the advent of a new planet with its added *angle* (influence) that the brain cells of Earth's inhabitants should be disturbed, as the effects of the coming storms disturbs the fluids and mechanism of the weather forecasters laboratory?

The coming of Christ and end of the world has been preached from every street corner for several years, and thousands, yea, millions, are pledging themselves to try to live as Christ lived or according to their concept of His life.

No great movement of the people ever occurs without a scientific cause.

In ancient lore Aries was known as the "Lamb of God," or God, which represents the head or brain. The brain controls and directs the body and mind of man. The brain itself, however, is a receiver operated upon by celestial influences or *angels* (angels) and must operate according to the directing force or intelligence of its source of power.

Man has been deficient in understanding because his brain receiver did not vibrate to certain subtle influences; the dynamic cells in gray matter of nerves were not finely attuned and did not respond—hence sin, or falling short of understanding.

The looked for Christ has "appeared in the heavens" the "Lamb of God" (the ruler of Aries) that will give *Judgment* and understanding to the race and thus bear away their sins, of ignorance.

Contemporaneous with the startling events in the heavens and the religious systems of Earth comes the great healing movement, with Bio-chemistry as the central figure.

From the teachings of the Chemistry of Life we find that the basis of brain or nerve fluid is a certain mineral salt known as potassium phosphate, or Kali Phos.

A deficiency in this brain constituent means "sin" or a falling short of judgment

or proper comprehension. With the advent of the Aries Lord, God, or planet, cell-salt, are rapidly coming to the fore as the basis of all healing. Kali phosphate is the greatest healing agent known to man, because it is the chemical base of material expression and understanding.

The cell-salts of the human organism are now being prepared for use while poisonous drugs are being discarded everywhere. Kali phosphate is the especial birth salt for those born between March 21 and April 19.

These people are brain workers, earnest, executive and determined—thus do they rapidly use up the brain vitalizers.

The Aries gems are amethyst and diamond.

The astral colors are white and rose pink.

In Bible alchemy Aries represents Gad, the seventh son of Jacob, and means "armed and prepared"—thus it is said when in trouble or danger "keep your head."

In the symbolism of the New Testament, Aries corresponds with the disciple Thomas. Aries people are natural doubters until they figure a thing out for themselves; as Thomas must needs examine the body of Jesus before he would believe in materialization. Box 144, San Diego, Cal.

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### *The Outlook for April.*

By Frederic White.

We have arranged with Frederic White, publisher of the Adept, Crystal Bay, Minn., to furnish an outlook for the month of each issue.

Frederic White is too well known as an Astrological Adept to require any commendation from us, and his outlooks for the month will no doubt prove to be very interesting to our readers.

The New Moon for April occurs on the 9th, at 3:09 p. m. Chicago Standard time, and the full of the Moon on April 24th, 1910, 7:22 a. m. Chicago time. At the time of the New Moon, the Sun is applying to a square aspect of Uranus and a conjunction of Saturn. The first aspect will be a square of Uranus, and this is fortunate, as the effect of Uranus is not as unfavorable as of Saturn. However, the close aspect of the two planets and being close to the sun indicates an unsettled condition;

many will be more or less discontented, contemplating changes that are not at all necessary or wise to make, those who are of a sensitive or nervous nature will be effected to quite an extent and worry more or less over supposed troubles. The weather conditions will also be unsettled, and we may expect sudden changes, colder than usual in warm climates and warmer than usual in cold climates.

The business conditions changeable,\* but quite encouraging on account of the Uranus aspect, Uranus in the sign Capricorn being generally favorable for manufactures, and such as causes employment for the many.

Health conditions below the average being effected in the liver, stomach and nervous system.

The Cereal market should have considerable activity and subject to considerable strength off and on, although not as steady as it has been.

Stocks may have quite a little weakness off and on, however, the Cereal markets should be the strongest from about the 15th to 28th, weaker the very last of the month.

### The Days for April.

April 1st. Moon 23° in Sagittarius. (This position of the Moon each day is for 6 a. m. Chicago Time.) Moon is sextile to Venus at 2 p. m. a good day, ask favors, etc.

2d. Moon 6° in Capricorn; square with Mercury at 10 a. m. is active and changeable, avoid risks and changes. Sell.

3d. Moon 18° Capricorn, conjunction with Uranus at 8 p. m. is deceiving but generally good for Sunday affairs.

4th. Moon 1° in Aquarius, no close aspects, but a generally good day.

5th. Moon 15° in Aquarius, separating from sextile of the Sun, is generally good for every day affairs.

6th. Moon 29° in Aquarius, semi square to Uranus and Sun at 10 a. m. is active and very deceiving, be careful. Sell.

7th. Moon 13° in Pisces, trine to Neptune at Moon, generally good, ask favors or make reasonable changes. Buy.

8th. Moon 28° in Pisces, past aspects, is quiet but generally favorable.

9th. Moon 13° in Aries, sextile to Mars at Moon is active and generally good.

10th. Moon 28° in Aries, past aspects, but is generally good for Sunday.

11th. Moon is 13° in Taurus, sextile to Neptune at Noon, is generally good, buy, ask favors, etc.

12th. Moon 28° in Taurus, past aspects, is quiet, uncertain, be careful.

13th. Moon 13° in Gemini, conjunction with Mars at 4 p. m. is active and deceiving, avoid risks and contention.

14th. Moon 27° in Gemini, past aspects. Is quiet and uncertain, be cautious.

15th. Moon 11° in Cancer, conjunction with Neptune 4 p. m. is active, but uncertain and changeable.

16th. Moon 24° in Cancer, square to Sun at 9 a. m. is evil and deceiving, ask no favors, avoid risks, sell.

17th. Moon 7° in Leo, sextile to Jupiter 7 a. m. is very good for Sunday.

18th. Moon 20° in Leo, trine to Saturn 6 p. m. is quiet but generally good.

19th. Moon 3° in Virgo, no close aspects, a quiet day, but favorable.

20th. Moon 15° in Virgo, sextile at 9 a. m. is active and good, ask favors, push affairs, buy.

21st. Moon 27° in Virgo, no strong aspects, but uncertain.

22d. Moon 9° in Libra, leaving a conjunction of Jupiter, a generally good day, active in the p. m.

23d. Moon 21° in Libra, opposite Saturn at 5 p. m. is deceiving and uncertain, avoid risks and changes.

24th. Moon 3° in Scorpio, no aspects, but is good for Sunday.

25th. Moon 14° in Scorpio, sextile to Uranus and trine to Neptune, is Good.

26th. Moon 26° in Scorpio, no close aspects, should be a quiet day.

27th. Moon 8° in Sagittarius, leaving a god aspect of Jupiter, should be a generally good business day.

28th. Moon 20° in Sagittarius, opposite Mars late p. m. the afternoon is deceiving, the a. m. quite even and favorable.

29th. Moon 2° in Capricorn, square to Jupiter at 2 p. m. is active and changeable, good and bad by turns, be careful, avoid extravagance.

30th. Moon 15° in Capricorn, opposite Neptune at 9 a. m. is active and deceiving, not favorable for business of importance.

# Department of Psychic Research

The following incidents are extracts from the report of the American Psychical Research Society, Vol. III, No. 9.

All communications to the Society of Psychical Research should be addressed to Dr. James H. Hyslop, Tribune Building, New York City.

## *Symbolic and Other Experiences.*

The following incidents comprise an apparent premonition though symbolic in form, if they are not to be treated as undeveloped psychic experiences, and certain symbolic experiences which apparently occurred either in a trance or in the borderland between trance and the normal state. The apparition of the cross seems to have been a response to a moral need and it matters not whether we suppose it a subliminal message transmitted to the normal consciousness as a suggestion or warning of patience and calm or as a foreign intrusion from outside agencies, the psychological interest is the same. The hypothesis of subliminal suggestion to the normal mind is the more remarkable as it has fewer examples in its favor than the intervention of foreign agencies. There is no evidence of this latter in the case, but it exhibits a natural affiliation with cases that have more weight and may be assumed to be possibly a borderland instance of it. Nor is there any better evidence of the incident which is interpreted by the reporter, second hand, as a premonition of death. The incidents do not suggest their own interpretation, but the apparition of the lights, in one instance by two persons, unless it was unconscious suggestion to the lady as a child, has its interest in connection with similar cases that are more evidential, and so may again be treated as border land.

J. H. HYSLOP.

Carlisle, Mass.

Dr. James H. Hyslop:

Dear Sir—Your letter of January 2nd received. The experience you mentioned was not very recent, occurring nearly three years ago.

For some time I have had cares that have caused me much worryment, and at the time, I may have been dwelling on them greatly. I have several times dreamed, I suppose, although it did not seem to me to have some meaning, but this experience was when I was walking about attending to my household duties. I very often have, not exactly dizzy attacks, but strange feelings in my head, and it seems as if the floor sways and would fall. It lasts only a second or so, and I have thought it resulted from my eyes, not being in good condition, but I have never seen anything at any other time than the one I will tell about now. I would like an opinion of it.

While walking about, attending to my household duties, I all at once had a queer feeling come over me, as if I would fall, then I saw, in the midst of the waters, like the deep sea, at the top of the waters, but covered, by the waters, a cross, and myself clinging, seemingly by a finger, to the cross floating in the water, and being carried back and forth by the waves, and carried nearer and nearer the end of the cross, and I seemed to think come what will, I will not let go of the cross.

I do not know of any special occurrence before or after, other than it seemed to bring comfort.

I do not know as this will prove what you expected, but is nearly correct as I can recall it. At times it comes to my mind as it did when writing to Mrs. S.

I would like to write you another experience, as nearly as I can, and as briefly as possible, so that I may not take too much of your time. I must tell you a little of family matters.

When I was only a child of four years, my father went with others of the little

New Hampshire town in which we lived, to California. Some years later when I was perhaps nine or ten years of age, this experience occurred. My older brother was mother's help about the garden and mill. My uncle, father's brother, lived in another town about ten miles distant. We planned to drive over to spend the day, having a neighbor's horse. My brother occasionally went in the evening to a neighboring city, and the evening of which I write, had done so. We used to sit in the kitchen. The room in which mother, my younger brother and myself slept, opened through a short passage into the kitchen, my brother's room opening from ours, diagonally across from the kitchen door. I remember distinctly, as if only last night, my little part in the incident. I suppose, childlike, I was excited at the thought of our visit and was *perhaps* restless. Possibly there was *another* cause for my waking.

The kitchen stove was near the door leading to the bedrooms. During the night I awoke, and noticed a light in the kitchen. I asked mother if she left the light burning for brother. She said, "No, he is at home and in bed." I then said to her, "then there is a fire in the stove" and again went to sleep. The next day at my uncle's, mother was telling about it. After I called her attention to it, she said the light began at the bedroom door, about the size of the head of a nail, and went around and around, until it was about the size of a plate, then flashed all over the room. It did this three times. She did not know what to think of it, and told my uncle of it. He said, quite likely some one passed with a lantern and the curtains were up, and it shone in. Mother said that before retiring she had made sure that the curtains were down.

That night, she said, the same thing occurred, the lights three times, the third time flashing across the bedroom to my brother's door.

People all said it is a warning. As I remember, mother used to tell of it, saying that within two months of each other, my brother, father and aunt, mother's sister, died.

In her later years, when I think she had forgotten, she spoke of brother and father

dying within three months of each other, but I think the former correct. My brother passed away first.

I trust these experiences have not been tiresome to you. I have thought it very strange, and also wondered at *my little* part in calling mother's attention to it.

I do not think I would care to have my name used for family reasons.

I shall be pleased if these experiences can bring any *good*.

### Two Thirds Men.

By U. A. L.

The writer of the following would do well to read the first article in this issue entitled "Glimpses of New Worlds."

I was much interested and more or less amused in reading the story of "The Fourth Dimension Man," which my friend, Dr. Carey, gave in the February Stellar Ray.

I always claimed that when any object came into sight, from around a corner, that it came from the Fourth Dimension, and when it had performed the object of its presence, it would "slowly disappear from my vision," unless I turned my back to it, or closed my eyes causing it to disappear more rapidly, but I do not exactly understand how the Doctor could tell that the man disappeared "behind an invisible screen." Maybe he went "up the flue," or downward into the "bowels of the earth," if, perchance, the earth has any bowels.

Of course we see certain portions of the outer earth, but I do not know how we can testify as to what is internal, for, whatever is presented to the eye of man can never be internal. It becomes external the moment we open it to view. The real internal; the truly occult; that which is impossible for the mortal eyes to see—in other words, the mental concept, or the spirit of a thing, is the only understanding that I am able to grasp of that little understood term, "Fourth Dimension."

I cannot conceive how cell-salts, or salt-cells can cause any sight of a spirit, "spirits, or disincarnated souls," without materialization, for the moment that a thing is seen, it is material. I can conceive how spirit may be composed of body, but it

must be an invisible body, and no invisible body can be seen. Yet this Fourth Dimension man says "yes." I am inclined to think that he has an imperfect knowledge of the English language. I claim that in accordance with the English language it is utterly impossible for God to see around a corner, even by reflection in a mirror, for the very instant the view is extended, that very moment the vision is a view that belongs to the Third Dimension. The corner had disappeared. Occult things can never be seen. The moment they are seen they are not occult. The more we learn, the greater is the length, breadth and thickness of what we know or see. That is the trinity; that is perfection. Beyond that must be a new One, from a new standpoint, whether in the physical or the mental vision. Even so-called "spirit form" must have length, breadth and thickness, and the other side of that spirit form cannot be seen, even in a mirrored reflection, except by the law of Three Dimensions, no matter if ten thousand angles are mirrored to the vision.

We see, we feel, we taste, we smell, we breathe, we think, we live, by law of the Trinity. The instant the eyes turn from their concentration upon any one object, a new focus is required before we are able to comprehend the view. Same law in turn of thought.

The union of male and female principles, do not create an individual physical view of all sides of a cube, at one and the same time, it only creates a harmonious vision by which either of the individuals may view the same three dimensions that the other is viewing by relinquishing for the instant his view of the other side. The dead cannot be alive; the unseen cannot be seen; matter cannot be spirit, nor spirit matter, without making hodge podge of the English language. Such a conception of facts as I have given places me, according to this Fourth Dimension spook, in a class known as "only two-thirds men." Well; that is as much as I ever care to be, but I want the other third to be on the side of wisdom knowledge.

If anyone thinks, by the power of his new thought, or any other power, that he can, at the self same instant, cognize length, breadth, depth, or up and down, or

can walk forward while thinking of walking backwards, with all due respect to his belief, I would affirm that his belief is "on a tear" and should spend a night or two in the shadow of knowledge. My comments are for educational purposes, to awaken thought in slumbering minds, and would suggest to Dr. Carey that, if that Fourth Dimension man troubles him any more, just send him east, where we will quiz him a little and find out how he learned that the "Aquarius, or Air Age" "commenced in the year 1900." I never took kindly to the slogan, "New Thought." It should be "True Thought," if at all necessary to tag the world's progressive movement with any sort of a name. "The rose would smell as sweet by any other name." U. A. L.

### *Our Wills Are Free.*

No one can make my world for me;  
 No "adverse Fate" can drag me down;  
 My will is free,  
 And I can choose what I will be,—  
 A world can build up of my own.

'Tis not environment alone  
 That counts; 'tis mine to cast the die,  
 My fate's my own,  
 It's wildest pictures I can tone  
 With Virtue and Nobility.

Though we be born, in rags, we may  
 Climb up to Heaven's highest stair;  
 The house of clay  
 In which we dwell makes not our day,—  
 It is the spirit's inner air.

For, truly, that which we attend  
 With all our heart and all our soul,—  
 'Tis that doth send  
 The angels that harm or defend,—  
 What we attend to is the whole.

And here, ah, here, our wills are free!  
 To what we shall attend, we each  
 Ourselves decree,  
 And what we will, that can we be,—  
 This truth doth kindly Science teach.

—By Mary Isabel Wymore, Dubois, Illinois.

With each new subscription to Stellar Ray will be given free the first Monea lesson, which contains the foundation principles of Health, Happiness and Success. It very briefly and simply opens the door to a brighter and better plane of life for sincere seekers of real success. A lady who lives in Massachusetts writes, "I have been unusually happy since the Monea lesson came and things seem to be coming my way as never before, and I have a good will feeling toward everybody."

A man from West Virginia writes, "The first Monea lesson came duly and has benefited me greatly. It thrilled me through as I read it and began to understand it, as it seemingly unfolded itself and its wonders to me. The help is not only spiritual, but temporal and seems to be a power that brings me good all the time."

This simple, wonderfully effective lesson will be sent free with each **NEW SUBSCRIPTION TO STELLAR RAY.**

### *Is It Hard to Be Square?*

Is it really so hard to be honest,  
Is it really so hard to be square?  
Come, say, Mr. Man, when you scheme and  
you plan,  
Is it true that you cannot be fair?  
Men say it is so, that some business men  
can't  
Be honest and really succeed;  
But I'm asking you, is it honestly true  
That a lie is the price of a deed?

If this is the truth, what's the use of it all?  
Why win at so heavy a price?  
Is honor a thing that for wealth of a king  
You would barter or sacrifice?  
Is success only reckoned in dollars and  
cents,  
And riches the proof of a man,  
Is it hard to be fair, is it hard to be square,  
If you try, don't you think that you can?  
—Edgar A. Guest.

### *Evolution.*

*The following poem was written by Langdon Smith and first appeared in print many years ago. It was reprinted in "Conroe Courier," Conroe, Texas, about twelve years ago.*

When you were a tadpole and I was a fish,  
In the Paleozoic time,  
And side by side on the ebbing tide,  
We crawled through the ooze and slime,  
Or skittered with many a caudal flip  
Through the depths of the Cambrian fen,  
My heart was rife with the joy of life  
For I loved you even then.

Mindless we lived and mindless we loved  
And mindless, at last, we died;  
And deep in the rift of the Carodec drift  
We slumbered side by side.  
The world turned on in the lathe of time,  
The hot lands heaved, amain,  
Till we caught our breath from the womb  
of death  
And crept into life again.

We were Amphibians, scaled and tailed,  
And drab as a dead man's hand;  
We coiled at ease 'neath the dripping trees,  
Or trailed through the mud and sand,  
Crooking and blind with our three-clawed  
feet

Writing a language dumb,  
With never a spark in the empty dark  
To hint of a light to come.

Yet happy we lived and happy we loved,  
And happy we died once more:  
Our forms were moulded in the clinging  
mould  
Of a Necomian shore.  
The eons came and the eons fled,  
And the sleep that wrapped us fast  
Was driven away in a newer day,  
And the night of death was past.

Then light and swift through the jungle  
trees,  
We swung in the airy flights,  
Or breathed in the balms of the fronded  
palms,  
In the hush of the moonless nights.  
And oh, what beautiful years were these  
When our hearts clung each to each,  
When life was filled and our senses thrilled  
Till the first faint dawn of *speech*.

Thus life by life, and love by love,  
 We passed through the cycles strange,  
 And breath by breath, and death by death,  
 We followed the chain of change,  
 Till there came a time in the law of life  
 When over the nursing sod  
 The shadows broke, and the soul awoke  
 To a strange, dim dream of God.

I was thewed like an Auroch bull,  
 And tusked like a great cave bear;  
 And you, my sweet, from head to feet,  
 Were gowned in your glorious hair.  
 Deep in the gloom of a fureless cave,  
 When night fell o'er the plain  
 And the moonbeams red o'er the river bed,  
 We mumbled the bones of the slain.

I flaked a flint to a cutting edge,  
 And shaped it with brutish craft;  
 I broke a shank from the woodland dank  
 And fitted it head and haft.  
 Then I hid me close to the reedy tarn,  
 Where the mammoth came to drink,  
 Through the brawn and bone I drove the  
 stone,  
 And slew him on the brink.

Loud I bawled through the moonlit wastes,  
 Loud answered our kith and kin,  
 From west and east to the crimson feast  
 The clan came pouring in.  
 O'er joint and gristle and padded hoof  
 We fought and clawed and tore,  
 And cheek by jowl, with many a growl,  
 We talked the marvel o'er.

I carved that flint on a reindeer bone,  
 With rude and hairy hand;  
 I pictured his fall on the cavern wall,  
 That man might understand.  
 For we lived by blood and the right of  
 might,  
 Ere human laws were drawn,  
 And the age of sin did not begin  
 T'ill our brutal tusks were gone.

And that was a million years ago,  
 In the time that no man knows;  
 Yet here tonight, in the mellow light,  
*We sit at Delmonico's.*  
 Your eyes are deep as the Devon spring,  
 Your hair is dark as jet;  
 Your years are few, your life is new,  
 Your soul untried, and yet—

Our trail is on the Kimmeridge clay,  
 And the scarp of the Purbeck flags,  
 We have both left our bones in the Bagshot  
 stones  
 And deep in the Caroline crags;  
 Our love is old, our lives are old,  
 And death shall come amain:  
 Should it come today, what man may say  
 We shall not live again?

God wrought our souls from the Tremadoc  
 beds,  
 And furnished them with wings to fly;  
 He sowed our spawn in the world's dim  
 dawn,  
 And I know it shall not die,  
 Though cities have sprung above the graves  
 Where the crook-bone man made war,  
 And the Ox-wain creaks o'er the buried  
 caves  
 Where the mummied mammoths are.

And so, while we linger at luncheon here,  
 O'er many a dainty dish,  
 Let us drink anew to the time when you  
 Were a tadpole and I was a fish.

### *My Duty.*

BERT HUFFMAN, CALGARY, CANADA.

Where'er it seemeth best that I should  
 work;  
 Where'er it seemeth best that I should  
 be—

Whatever tempests beat, I will not shirk—  
 Whatever barriers rise, I will not flee!

But there upon that sacred spot I'll stay,  
 Until that task be finished and complete;  
 Though mean the work—lo! there will  
 come a day  
 When it will be as wings unto my feet!

Give me but strength to fill my station  
 well—

Give me a vision that looks on, and on!  
 And I will make of these dull tasks of ours  
 A stairway leading to Life's richest  
 dawn!



# Department of Psychical Sciences and Unfoldment

By J. C. F. GRUMBINE, 1890 Beacon Street, Boston, Mass.

(Questions Invited)

## *Spiritual Power Unobtrusive and Silent Sometimes.*

Sometimes students will be on the verge of giving up all further effort to unfold their supernormal powers, and to realize their Divinity, and chiefly because they have not made the progress they had hoped. In fact, while they really have made progress, they have been translating the progress into terms of certain strange and unusual phenomena, which may come only to the extremely few, who have an organism such as was or is possessed by D. D. Home, or Palladino.

The most dynamic and, we might add, most powerful spiritual manifestations, are not those which are physical or outward, but those which are so subtly interwoven into the normal life one lives, that unless one were an expert, clever at separating different states of the mind, and different thoughts of these same states one from the other, the best progress, the surest and most supernormal advance along psychical lines would be overlooked or neglected.

The spiritual power is more often very unobtrusive and silent. There is no outward push, power or show. It is frequently first seen in a clarified vision, or in a pure life. Sometimes it is observed in an exemplary life, in which love has transplanted criticism or nagging, or it is seen in one's attitude toward the poor, the blind, the deaf and the dumb, who now enlist the sympathy, because by some unfoldment within.

One may have realized that having eyes we do not see, and having ears we do not hear, and having minds we have not yet been able to speak with understanding concerning spiritual things. Hence, should one not blest with tremendous show of manifest power, find comfort in the sweet, inner, manifestations of spirit which prove, far

more than we think, the growth of the spirit.

Some have hesitated in moving forward, and courageously taking a stand for independent actions along these experimental lines, chiefly because they have feared obsessions, or have been phased by reading Thomas J. Hudson's Law of Psychic Phenomena. Obsessions are only possible among those who are not living the spiritual life, who are not in earnest or sincere, and who trifle with the holiest works of the spirit. Such have none to blame but themselves, if they enter upon the work of initiation, and not being ready or willing to live the life which such initiation calls for, fall into obsessions, largely of their own making and their own attraction.

As for Hudson's book, it can be said that whatever theory he advanced, as a theory, has already been rejected by all up to date scientists; not because it is not a splendidly written book, containing many helpful and very plausible facts, but chiefly because Spiritualism is a much greater Movement, and its facts are far more real than merely subjective, as any one can discover who attempts to unravel some of the deeper mysteries of the subconscious and the supernormal self.

The spirits must get into our world somehow, and the subjective mind is as good a phrase as any to indicate their means of approach to us, as it also indicates our means of approach to them. So far so good; but the subjective mind is only one phase of the consciousness, and not the whole self or divine consciousness, if I may use these words in this connection.

No man or woman can make great progress who will not dare to go further than his neighbor in this pioneer work of investigation. If you are in earnest, you will unfold your supernormal powers, with no

fear or thought of failure, but with a determination to make conditions that success may follow.

### *Pursuing Ever.*

By Allen Rosenkrans.

Down the wide waters day and night  
Flees a fair vision ever on  
Follow we fast in the trailing light  
Stalwart in hope of the prize to be won.

Eager in gladsome and fond embrace  
The elusive one to clasp and hold  
But ere we can look in her radiant face  
The years are dying and we are old.

For though to a far fair zone we sail  
And cast not the anchor even then  
To win for our own we forever fail  
The vision fair of the Might Have Been.

### *The Immortal Twilight.*

"Before the birth of Love," said Socrates, "many fearful things took place through the empire of necessity, but when that god was born all things arose to men."

Man through process of the ages has slowly manufactured thought moulds that represent a sum total of racial experience and though, by thought, he is unable to add an inch to his stature, he can add ages to his mental and spiritual development, and the power to think, resident and evolved from the lowest atom, is the immortal inner principle that is continually creating for us opportunities that can bring into being an embodiment of the highest ideal, noblest aspiration and heart's holiest desire.

The aura of our earth holds the consoiated results of the thoughts of the centuries. They are indelibly registered as a co-ordinate part of all experience we find vibrating the love and hopes of the race.

Above in the clouds are written those messages of hope and love that the race in its struggle to rise has ever held before its eyes. There printed in imperishable glory, in streamers of glorified love, we see the message that was woven into the meshes of the fire mists of which the world was made.

"God is Love, and he shall be called the Prince of Peace," that the souls of men are at all times in communion and that "Things are thoughts and thoughts are things and

speed themselves on bird-like wings," is told us in Ecclesiastes x-xx.

"Curse not—no, not in thy thought; for a bird of the air shall carry the voice—"

The old prophets have shown us that each age forms its own conception of the attributes of the Supreme Being, that man makes his God and good makes man. On hope, the altar, lies life's changes, the sacrifice, consumed by eternal love, the divine fire, and on and on as the centuries roll there will be seen the sweet incense of love rising in its majestic purity until it reaches the great White Throne of the Eternal God, the Father who sent "the Prince of Peace" to point out the way of life to souls of men. Into the light, from out the dark, The soul is born, Love steers life's barque, Thru currents strong, they bear the soul, Life, Light and Love, to its final goal.

H. S. LE VALLEY.

Editor "The Kankakee Telepsychist," the only telepathically projected journal in existence, Kankakee, Ill.

### *Mother-God Is Here.*

A universal Hymn, dedicated to all Earth's Children in Faith, Hope and Love by Alvesta.

Published by A. C. Scott-Browne, Brooklyn, N. Y.

The composer writes that "the hymn was an inspiration after reading the words of a woman uttered in a speech made in Washington, D. C., at a Woman's National Convention in which she said, "The Christian Religions half orphans the race. There is no Mother, only a Father." This impressed me painfully, that in ignorance we had received no recognition, no thought of that great part of great creative principles and power of the universe, and in my grief I threw myself upon my bed. Before I rose the Mother-God hymn was sung to me in my soul.

It seemed like a lullaby to the suffering children of earth, and I reached for paper and pencil and wrote the entire hymn as it was given to me. Afterward with a slight change in refrain set it to music. This occurred in March, 1891, and was not published until 1897.

It has never been advertised but it seems that the hymn has a future, for it forms a

mental treatment for sick bodies, minds and souls." The melody to which the words have been set supports the inspired thought in sweetest strains. Single copies of this hymn may be purchased at 25c postpaid. By the dozen, 10c per copy from Stellar Ray Book Department, or of A. C. Scott-Brown, 398-7th St., Brooklyn, N. Y.

### To Obtain Sleep.

There is no harmless drug for inducing sleep. In most cases it is far less destructive to the nervous system to lie awake than it is to take drugs. People say to themselves, "If I don't go to sleep I shall go crazy." It is no such thing. The proper way is to take the other attitude of mind. Stand off and say to your brain: "Keep awake, old fellow if you want to, I am resting quietly here, and when you get tired you may have some rest, too." The mind, if its owner persists in this attitude, after frisking about for a while will settle down

like a quiet child and seek rest, too. With a stomach not abused, and with a day filled with a reasonable amount of work for body and mind, sleep will come naturally.—  
"Practical Ideals."

### A Lonely Day.

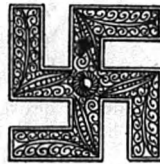
Yesterday she went away,  
Mother did, with Dad;  
All her room is cold and dark;  
All the chairs look sad.

All the pictures seem to frown;  
The bed is cold and high.  
There isn't even any lap  
Where to sit and cry.

To-morrow she'll be back again,  
Mother will, and Dad.  
When they see her face again  
The mirrors will be glad!

—Helen Coale Crew in *Woman's Home Companion for March.*

The Swastika  
For  
Success



Success Club  
All  
Seekers

April Affirmation: I demand Health, Happiness and Prosperity for myself and every member of the Swastika Success Club.

Dear friends, have you been making the monthly affirmations in faith? If you have, you have had success, or it is coming to you.

We have been enjoying Stellar Ray for a year. Let us show our appreciation by renewing at once or some will miss the May number.

If you will send your renewal to the Club address, we will send you a dozen lovely Swastika Postcards with every dollar, or a root of the beautiful Orris plant from Italy, or six White Strawberry plants.

We will give Stellar Ray a year with Life Membership in the Swastika Success Club for only \$1.50.

A year ago we expected to secure an editor for our little magazine, which we all loved, but the right one has not appeared, and as we are guided by a Higher Power, we know "It is Best." Something good is coming to us all. Never lose hope and faith. Say "Success is Mine." Sing it all the day and be joyful.

No. 1139 wrote for our help that her request might be granted in March. She wrote too late for all to be notified.

Member 1160 has written a beautiful story that will be very helpful to all who are seeking success. She wants money to publish her book to help mankind. She is an artist and has made us this splendid offer. To all who will send her \$1.50 to help, she will send one of her paintings worth \$1.50 and a copy of the book when

published. Write us a card if you will help and she will give particulars.

Members 1148, 1139, 1115, 1002, 1063, 1159, 1160, 1057, 1060, 1161, 1105, 1135 want you all to send them special help thoughts for health and success. 1135 wants change of environment.

In Jan. 1909, we became very much interested in the American Woman's League because it promised to carry out on a grand scale some plans we had in mind, such as a home and support to members in old age or affliction, help in any need, sale of fancy work, Building loans at 5%, etc. We helped a great many to join just for these benefits. The University and Mail Courses are splendid for those who need them and worth far

more than the cost. If you see where you can secure \$50 worth of subscriptions in a year or two and want to join, send us your application and we will help you.

Our Telepathic message to all Club members on March 15th is this, "Health, Happiness and Success to every member of the Club." Tell us who caught it? We will send another on the 15th of April.

We hope all of you will send us your renewal to Stellar Ray, so we will know that you wish us to continue the Club Department in it. Remember our special price to Life Members.

With best wishes for you all,  
SWASTIKA SUCCESS CLUB,  
Manassas, Va.

## Books and Periodicals

### MISCELLANEOUS REVIEW

#### *Scientific Living.*

By Laura Nettleton Brown.

Published by L. N. Fowler & Co.

Just published, a book with new ideas for prolonging the term of human life. The new Domestic Science, Cooking to simplify living and retaining the life elements in food.

This work presents new views on the health question, especially as related to food. It treats of the life in food, showing that in the preparation of food by the usual methods the life-giving vitality is destroyed; that is, the organic elements become inorganic. It also shows that food which cannot be used uncooked can be rendered palatable and digestible without destroying its food value. The reason is clearly stated and recipes and directions for cooking, with menus for a balanced diet, are given. A clear line of distinction is shown between food and stimulants or drugs, and it is a unique work on domestic science of great scope and value.

The author does more than inform; she arouses and inspires; she also enters into the practical demonstration of the new

way; food tables, recipes and menus are numerous and enlightening and will prove exceedingly helpful not only to busy housekeepers, but also to all persons who desire to get the greatest benefit and fullest enjoyment from the daily meals.

She wisely refrains from urging the exclusive use of uncooked foods, but shows what kind of cooking can be made useful. A most interesting and practical feature of this work is the clear and discriminating instructions given for the application of heat in preparing food. From the author's point of view it becomes evident that the present mode of preparing food is not only unnecessarily laborious, but that it involves great waste of the raw material and puts a severe tax upon the digestive organs of the consumer. The best thing about the new way to many minds, however, will be that it greatly enhances the appetizing qualities of the viands. It treats of the chemistry of food in a way that is easily understood and made practical. The concluding chapter of the books deals with "Associate Influences" and gives sound advice upon other health factors than diet.

The volume is thoroughly sensible and

enlightening; original without being cranky, radical without being faddish; withal, practical, plain and entirely helpful. No one who is interested in the all-important question of scientific living can afford to be without this book. It will be found of interest to teachers and students of domestic longevity. It is very carefully and thoroughly indexed, adding to its usefulness.

Twelve mo, cloth, 284 pp. \$1.00.

For sale by Stellar Ray Book Dept.

\* \* \*

### *Spiritual Healing.*

By Charles Edgar Prather,  
Editor of "Power."

The simplest and most convincing presentation of this subject from a Biblical standpoint ever published.

Henry Harrison Brown, Author, Lecturer, Teacher, says: "You have put out the best thing yet upon that subject. *Best* because it is free from all dogmatism, theology, and all attempt to convert the Bible into a set of symbols. By taking it as a record of *spiritual facts* and living persons, you have in the scientific spirit made it clearly a text-book to be used rationally, as we use Euclid, Darwin, and Spencer. I congratulate you, but I congratulate more those who shall study it. The various movements along the healing lines must ultimately come to a position so like yours that they will virtually be one as geology or mathematics is one, no matter how methods, as set down in text-books, differ. And the old Talmudic method of symbolizing the Bible has had its day. It is a *record*, as all history is, of *Principle, God* in manifestation in human lives; and as we use the biographies of Washington and Lincoln, we are to use those biographies in that library of various books of many different dates which, collected in one, we call "*La Biblia*" (The Book). The points wherein I would differ with you are so few that I can unhesitatingly recommend that you put it into book form, and give it a permanent place in literature and a wide circulation. Its first recommendation is its *freedom* from fadism and a personal desire to give something new."

Walter DeVoe, Author and Healer:

"'Spiritual Healing' is as comprehensive a book on Spiritual Healing as I have seen. It ought to be bound and placed before the public in book form so that its great possibilities for good could be known to all men."

Howard A. Colby, Esq.: "Your little book, 'Spiritual Healing,' is the best that I have ever read, and there is no binding good enough for it. All those to whom I have given it have already been greatly helped."

128 pages; Berkshire Text paper. Published in both English and German editions, uniform prices. Full Morocco binding, \$1.25; Maroon Cloth, 50c; Paper, 30.

Stellar Ray Book Dept.

An interesting and instructive address was delivered by Mme. Alice Le Plongeon recently at a drawing-room meeting, held at 3 West Park Road, Kew Gardens, says E. M. Beeby in *Health Record*. The title of the address, "Maya Land and Its People; and Their Remarkable Antiquities," was understood by those who had heard the previous lecture of this gifted lady to refer to that portion of Central America known as Yucatan.

The lectures, both based on the invaluable researches and explorations of Dr. A. Le Plongeon, and shared in by Mme. Le Plongeon, were full of interesting particulars of the natives of the land, and their customs, and, above all, of their origin. The fact that this ancient people were aware of the higher methods of curing disease, and that they practiced magnetic or mesmeric healing, is shown by fragmentary paintings on the interior walls of an ancient edifice, and this is one of the many points of extreme interest revealed by Dr. Le Plongeon's researches.

The present mode of life of the "Indians" of Yucatan and their simple and graceful dress, giving that freedom to the body so much prized by those who desire psychic culture (to say nothing of physical health), were described by the lecturer, who wore on the second occasion a Maya costume. On the motion of Mr. G. Spriggs, seconded by Princess Karadja, she was accorded a sincere vote of thanks.

When it is remembered that Dr. Le Plongeon's researches go to show the con-

nection between this people, and certain ancient inhabitants of Egypt, the great interest and importance of his work will be understood. It is to be hoped that before the return of Mme. Le Plongeon to America we may have the pleasure of listening to her many more times, for she has stored away in her mind a fund of information that it would be sad indeed to lose.

### *The Cosmos.*

By Prof. Lyman E. Stowe, of Detroit.

This is a book or pamphlet under the title of "The Cosmos," a work embodying Philosophy, Science and Theology. Combining three public lectures, entitled "Where did we come from?" "What are we here for?" and "Where are we going to?" answered from a scientific standpoint.

"The strange phenomena of spiritualism accounted for, the ground for atheism destroyed, materialism ended forever."

He builds a foundation for the Christian Church to rest upon while correcting many of its past errors.

He says in his preface to the work:

"I started out to publish one lecture but so many friends asked, "Will you mention this and will you mention that?" I concluded to give the bulk of three lectures.

I have sometimes erroneously used the term Christian Church where I meant Orthodoxy.

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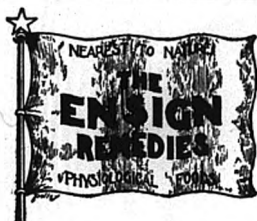
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THE ANTIKAMNIA CHEMICAL COMPANY - ST. LOUIS, U.S.A.



## You Must Eat to Live

Nothing will take the place of material food if you want to keep the material body in repair. The Creator gives the normal animal intelligence enough to feed itself and expects it to use it; otherwise the body will be destroyed. When you come to consider necessary foods, Rohe, in Textbook of Hygiene, gives: (1) Water; (2) Salts; (3) Proteids; (4) Fats or Carbohydrates. Currier, in Practical Hygiene, gives: (1) Water; (2) Salts; (3) Albumins; (4) Fats and Oils; (5) Starch and Sugars. Dr. Henry Reed Hopkins, President of the Medical Society of New York, in an article on the Mineral Nutrients, says that Air is the most important food, Water the next in importance, and Salts the third, the three constituting Class One. The reason is plain:

A person can live but a few seconds without air, a few hours without water, and a few days without the mineral nutrients. A person will die in less time when fed on food from which the salts have been largely extracted than when given no food at all.

The absence of the mineral nutrients in part, so that the necessary proportions in the animal body are disturbed, causes disease, and that kind of disease which only the restoration of the equilibrium will cure. Nature cannot heal because her supplies are wrong. She will cure as soon as she gets the needed supplies in usable form.

The Ensign Remedies are composed of mineral nutrients in usable form. Taken into the body they are readily assimilated, and are used promptly in the restoration of wasted tissues. They are foods, and the most important of all foods, where there are diseased conditions. Remember, if you have tried tissue Remedies and failed to secure desired results, that the Ensign Remedies are different from all others. Other manufacturers use twelve tissue remedies only, and are therefore greatly limited. We use over eighty different forms of salts, and all are needed in the living animal body. We cure all forms of disease, and are not limited to a few chronic ailments. What we tell you we know from experience in thousands of cases, and are neither guessing nor theorizing. If you want to know more about the Remedies, write us today for our literature. We cure all diseases. There are incurable cases, where the body has been so destroyed that it cannot be repaired—but these are comparatively few. Write us for booklets on General Diseases, Private Diseases, Women's Diseases, Varicose Veins and Varicocele. They are free to all.



**ENSIGN REMEDIES CO.**  
Department B.

Canadian Office, Windsor, Ontario

BATTLE CREEK, MICHIGAN

W. S. ENSIGN, Phys. Ch.

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## 2000 Years In Celestial Life

**D**RAWS aside the veil between the Known and the Unknown, revealing the grandest of all truths, that if a man die he will live again. The autobiography of a Greek Girl, who entered the higher life from Athens, in the year 131, B. C., at the age of 16.

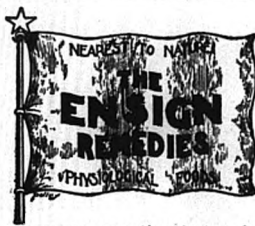
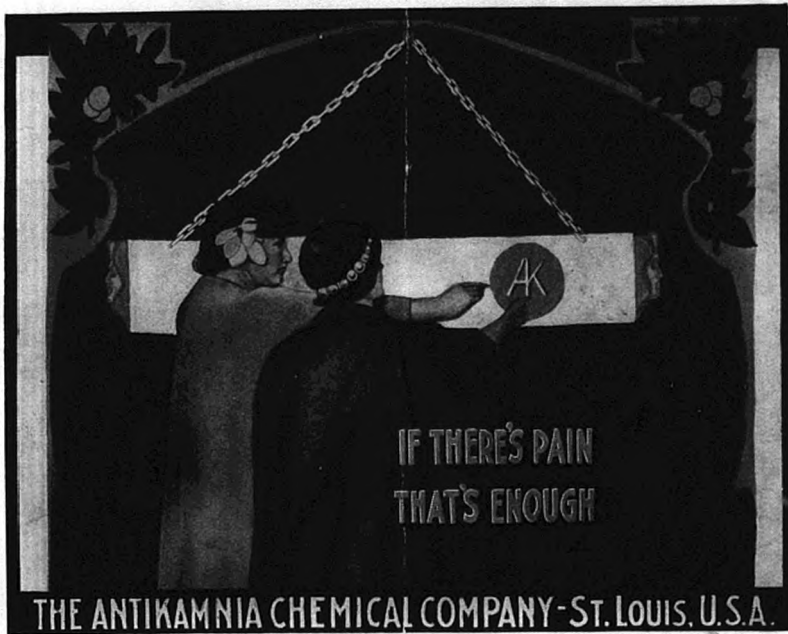
She gives her experience in passing out of the body, and her amazing revelations of the beauty and grandeur of the spirit world are inspiring and uplifting. Notwithstanding the great difficulty, in material descriptions of spiritual conditions, she tells of a life as real to them as is our life upon earth, of a home as real as the one in her native land but much more beautiful, narrating her varied and wonderful experiences during *20 centuries of existence in the Life beyond*. The object of the narrative is to establish better conditions on earth, by bringing the two worlds into closer association. No one can read this book with an unprejudiced mind, without absorbing some of its grand and inspiring truth and being made better by it.

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