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SUGGESTION

A MAGAZINE *of* THE NEW
PSYCHOLOGY *for* HEALTH
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HERBERT A. PARKYN, M. D.
Editor

ELMER ELLSWORTH CAREY
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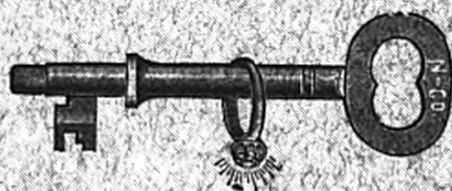
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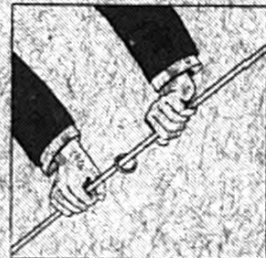
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A MAGAZINE OF PSYCHO-THERAPY

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"Man's whole education is the result of Suggestion."

VOL. XII.

CHICAGO, JANUARY 1, 1904.

No. 1.

Psychical Progress

By SHELDON LEAVITT, M. D., Chicago.

[Being a chapter from Dr. Leavitt's new book, "Psycho Therapy"; republished by special permission.]

NEW METHODS.

T UPWARD AND ONWARD TREND.
THE trend of events is continually onwards. Every experience that comes into an individual life should be looked upon as the bearer of some message to that individual soul. It is a harbinger of peace. Likewise every event is but a link in the chain of divine purpose that binds humanity to higher ideals and more elaborate unfoldment.

The course is onward, ever onward.

Look at the marvelous discoveries being made in physics and the equally wonderful adaptation of forces to the accomplishment of the world's work. Notice also, if you will, that man is continually moving into what was once regarded as the terra incognita, the vast undiscovered, the deeply mysterious phenomena of nature which at one time, to the undeveloped mind, appeared to be the very mantle of Deity.

MOVEMENT TOO SLOW.

As already pointed out, there has been an equal advance toward an appreciation of the meaning of phenomena pertaining to medical science and a moderate utilization of such knowledge by therapeutics. But, somehow, regular medicine appears to have been slower to avail itself of the discoveries and adaptations made in collateral sciences than it should have been. Wrapped in its robes of pride and self-sufficiency it has said, in effect, if not in precise terms: "I ask no extrinsic aid. I can differentiate and prognosticate even if I cannot cure." And meanwhile people have been dying who might have been saved and a wail of woe has risen to the ears of Heaven.

I quote from an editorial which appeared in a popular and well-conducted medical journal of the dominant school a few months ago:

"Herbert Spencer says that 'Life is adjustment, and as is the degree of life so is the degree of adjustment.' We cease to live as soon as we cease to be able to adjust ourselves to the destructive forces that constantly surround us. The physician's function is to direct the internal adjustment of the body so as to overcome, or pass safely, dangers to life that occur in the course of disease. Disease is a battle between the living cells of the body and various destructive agencies. The want of adjustment may mean the death of the patient. On the doctor's skill and knowledge often depends the issue of life or death. It is a most agonizing sight to see people of all ages and stations in life die around us in multitudes every day and no one able to save them. If we could only assist the body to make the proper degree of adjustment, all these precious lives might be saved. All so-called incurable diseases are only so because human knowledge has not advanced far enough to see how to make the proper adjustment. Every death of child or adult that occurs from disease, where the usual lines of treatment have been pursued, is evidence of the woeful ignorance of our age. If enough were known to be able to make the proper adjustment at the proper time such deaths could not occur. When the doctor sits helplessly by and day by day sees the life of his patient steadily losing its grip upon the various functions of the body, knowing full well that it is only the matter of a few days or a few hours when all will be over, how often will he ponder as to whom to blame for the condition of impotence in which he finds himself? The ignorant masses blame him whenever such scenes occur. The more intelligent, feeling that he has done his best, exonerate him from all blame and seldom ask themselves whether or not blame should be attached somewhere."

The possibilities of cure are undoubtedly great. But the physician and the scientist find the door of achievement wide open before them and the wail of humanity bids them enter. Old methods have certainly shown themselves to be inadequate. Then why not, in the name of all that is good, tack to them, or substitute for them, other methods which bear the credentials of reason and experience, and make tentative use of them?

ABUNDANT INCENTIVES TO STUDY AND ADOPT NEW METHODS.

"If we could only assist the body to make the proper degree of adjustment, all these precious lives might be saved," very truthfully says our editor. Not only could disease thus be cured, but thus, pre-eminently, could disease be prevented.

One disease prevented is worth ten cured.

The great English barrister, Erskine, at an early stage of his splendid career, struggling with poverty but cherishing a towering ambition, took a most audacious stand before the court in the trial of an important case in which he was engaged as a mere assistant, outranking his associates in the force and ardor of his plea and winning in the face of stout opposition. On being subsequently questioned by a friend as to the tremendous in-

centive that must have been behind his action he declared that he felt the clutch of his children's hands at the tails of his coat as he plead, and heard their piteous cry for bread.

A similar incentive should move the physician to provide the means of relief for suffering humanity. He cannot afford to stand complacently on his dignity, saying to those who point out possible aid:

"I do not like its source and I do not believe the testimony concerning its virtues."

Let him make a systematic investigation and a test of the claims, for only in this way can the value of a method be determined.

PRINCIPLES OF THE NEW METHODS.

The new methods involve certain principles that may be expressed in the propositions which follow:

First: That man is endowed with a dual mind, termed objective and subjective, conscious and unconscious (or subconscious).

Second: That the objective mind is under control of the volition and gives conscious direction to human energies.

Third: That the subjective mind has control of the organic functions, regulates the vital action, is the storehouse of energy, has comprehensive and accurate memory, is the repository of all habits and of automatic action in general. It is understood also to possess powers peculiar to itself, such as thought-transference and clairvoyance, and is supposed to be the side of mind which lies open toward the Universal or Infinite.

Fourth: That the subjective mind is amenable to instruction and direction by the objective mind, not only of the subject but of others. This effect is supposed to be wrought through the power of conscious will. The method of conveying the impression is commonly termed suggestion. When applied to self it is auto-suggestion. Suggestion is given through (1) one or more of the five senses or through (2) the mere power of concentrated thought. Distance is supposed to be no bar to thought suggestion.

Fifth: That the subjective mind, not being able to carry on inductive reasoning, but being capable of superb deductive action, is peculiarly susceptible to impressions, and by proper management can be made an obedient servant.

Sixth: That all disease has its origin in the mind, the subjective taking its cue from its environment, from the fears, the constitutional bent, the impressions received from other minds, misinterpreted sensations, etc.

Seventh: That prevention of disease consists in keeping the subjective mind under the power of wholesale suggestion; and that the cure of disease consists in the use of suggestions running counter to disease and the establishment of subconscious thoughts of health, inculcated by conscious volition.

These are the basic principles of all methods of psychic cure, though not always acknowledged or understood by those who practice them.

Triumphs in Attaining the Physical Ideal

Written for SUGGESTION.

BY MARY FRAZEE.

SO far as the race is concerned, its triumphs of all sorts are assured. For Nature set out with this purpose in the beginning, that eventually the finished article should be turned out. If Nature has told us anything since our days of cave-dom, it is this, that the goal set for us from the beginning is perfection. And although perfection is in a sense relative and progressive, and therefore elusive, so far as any ideal we are able to set up is concerned, it is absolute,—that is, it is absolutely to be reached. Whether physical or civil, social or moral, intellectual or industrial, our limitations are to be overcome. For if a race be evolved that is capable of surviving, its members must co-operate; and the factors in their lives that prevent co-operation must be eliminated.

Thus the member of the race who is not able or willing to co-operate, is doomed. The selfish man, the ignorant man, the lazy man, the sick man, must learn to play a better part or leave the stage. He and his like are making exit every day, except as they choose to become generous and well-informed and industrious and strong. Nature would not have needed to be quite so exacting, possibly, had she started out to make only an individual; but in order to create a race, there must be the highest degree of perfection in order to secure the best co-operation. We are to become strong and gentle and good and agreeable, because it is the strong and the gentle, the good and the agreeable who are to inherit the earth.

Such is the sick man's reasonable ground for hope. It is as necessary to the natural order of the universe for him to become well as it is for the ignorant to become wise, or the gross to become refined. The sick man's triumphs are as dear to Nature's heart as any other triumphs, and as indispensable. It is out of the savage man that she has made the gentle man, out of the cruel that she has made the kind, out of the bestial that she has made the chaste; and just as surely, out of the feeble will she make the strong. It is logically impossible, as well as actually out of the question, that humanity should throw off its other limitations, and remain physically incapable. The true heart and the keen head call for the strong right arm. Having evolved a Soul—we think we have, at least—we cannot use it to advantage until we can place at its disposal a body worthy of it. And what is more, it will be the death of us if we do not; for its demands are manifold.

The race, then, is to be saved physically. And it is to be saved by saving the individual, so far as he is savable. This individual is the man

who is handicapped physically, whether he be actually sick, or subject to the tendency to become so. It is to his triumphs, now, more particularly, we turn.

The word triumph implies victory, and victory presupposes conflict. The one to whom health costs no effort is not invited to participate in this discussion; for it is not the man who was born free, but the one who with a great price, if necessary, would obtain this freedom, that is to triumph. What is there to inspire him, to speed him on his way, to fill his heart with courage? Everything. This first of all, that he may rest his soul in the victory that awaits him, and count it as already won. He may hold the effort and the conflict, whatever they may be, as the small dust of the balance, and not worthy of notice, compared with the fullness of life and activity that is to be his own. And then these other facts, already implied, are his—that he may realize that in the working out of a health purpose there is victory as surely as in the working out of any other purpose; that Nature is as unvarying here as elsewhere, as absolutely faithful. To think health and act accordingly means health as certainly as to think honesty and act accordingly means honesty. Thought as surely embodies itself in the flesh as it does in intellect, or in character, or in things we make with our hands. It is these facts that open up to the sick man the highway of health, and give him his passport thereon.

Just here a sick man speaks, and says all that is good news for the race and for multitudes of other people than himself, and he rejoices in it for their sakes; but as for himself he is one of the unsavable remnant, and for him there is no hope, because his illness has been pronounced incurable. Physicians eminent and great have passed upon him the sentence of death, and there is nothing now for him except to await the carrying out of the sentence. And yet—and yet—is there a glimmer of hope?

There is. There certainly is, and there are witnesses to prove it. For there is a host of people, active and happy, filled with life, and going about their business every day, who at one time or another of their lives were under a like sentence. And there is a much greater multitude who have died for no other reason than that the doctor said they must. The doctor is a wise man, an honorable man, and he has as much right to make his mistakes as the rest of us,—but we have no right to submit to them. The verdict in many such instances means not that the patient cannot recover, but merely that the doctor cannot help him to recover. Whether this be the fault of the party of the first part or of the second, that patient has a right to give himself just as good a chance as if the opinion had been entirely favorable; he has a right to hunt for the particular agency that can benefit, and more than all, he certainly has the right to dauntlessly call out his own inherent life-forces, to throw off with courage and resolution every adverse suggestion, and to rally anew his hopes and purposes. There

lives and works in perfect health today a woman whom thirty-four physicians had at one time given up to die, pronouncing the disease incurable; and she recovered simply and solely because she determined she would,—the only means employed being suggestion in various forms and the proper use of the life-essentials. She is evidently resolved not only to take her time about dying, but to make something worth while out of living. Such instances, quite as distinct and conclusive, if not so extreme, are met almost every day; they prove, not that physicians are useless, but that their general lack of knowledge of the principles underlying the interdependence of mind and body, and their common failure to emphasize the conditions for healthful living, tend to make them so. Moreover, such cases prove that the Physical Ideal of the race is to be reached in any event—by the help of the doctor or without it, if needs be; that only to the degree the doctor can help can he as a doctor survive; and that the race is no more dependent upon the physician alone for the working out of its physical ideal than it is dependent upon the minister alone for reaching its moral ideal, or upon the lawyer alone for reaching its civil or industrial ideal.

But there are others interested in their own individual triumphing in the matter of a physical ideal, and their victory is also needed to prove the point just given. The next man says he would be certain of recovered health if only he were favorably situated, but that circumstances are against him; that the people about him fail to help him as they might, and seem to comprehend neither his efforts nor his needs; and that in his environment there are features impossible to change, and so decidedly unfavorable that there seems but little hope for him.

It is entirely possible that the speaker does not over-rate his disadvantages. It is doubtless true that even at the minimum there are depleting demands upon him, annoyances, aggravations, disappointments. It may be true, as he thinks, that those who have treated him should rather have been engaged in some good and honorable calling like agriculture, or carpentry, or the laundry business. But the question is not do disadvantages exist, but *are they surmountable*. And in our inmost soul we know the answer is yes.

For there is that within us that refuses to lie down and die merely because things do not go our way. The universe is not going to be remodeled and the millennium brought on instantly, for our benefit. We cannot expect that the people around us will be anything but just ordinary people; working out their ideals and purposes of all kinds as best they may, just as we ourselves are doing, and gradually freeing themselves from their limitations—just as we wish to do. We cannot expect them to be arch-angels, cherubim nor seraphim, on the moment. We can get well, we must get well, we shall and will get well, in spite of noisy streets, or

noisy children, or business cares, or domestic worries, or anything else under the heavens that would oppose us. Freed, certainly, as nearly as possible we should be from opposing forces, but that being done there is triumph over what remains—triumph to a degree not usually dreamed.

The third man says he has made effort faithfully to adapt himself to his surroundings, to make the best of everything, and to assert his right to health; but that just when recovery seemed within his reach there were sickening relapses, the ground gained was lost again, and in spite of every effort he has found himself, over and over, at the foot of the ladder; that if he could only go straight ahead, no effort would be too great, but that he is worn out with the making of progress that is chiefly up and down; and that it is very clear he must give up the struggle.

But not so. For Nature has planned a different outcome, and she has made it as hard to despair as to go on and conquer. The primeval buoyant forces of the life that has reproduced itself through all the countless generations back of this man press him onward, toss him upward, lure him outward. Bruised and disabled as he may seem for the moment, those forces so gather to the rescue and volunteer their services, that he finds he cannot be still if he would—he must needs rise with the rising tide of life-impulses within him. No man, normally constituted, can sit under the juniper tree very long at a time and wish he were dead; he may rest there for a spell, but what he wants to do and does do is to get up and go on.

There is perhaps no individual under the canopy of the shining heavens who more needs a helpful word, who more needs immediate cheer and encouragement, than does that one who after faithful effort to realize bodily comfort and strength finds suddenly again, through some inadvertence or untoward circumstance, the old limitations pressing heavily upon him. But for him still, no matter how sore his loss or grievous his injury, there is no direction but upwards, no stopping-place but the desired goal. To the spontaneous rallying of his own forces he will add every possible outside help, and back it all up with the grim and dogged determination to persevere everlastingly. Wasted time? Maybe so. But the seaman not willing to tack is not apt to reach his harbor. The engineer who takes his train to the top of the mountain curves and twists and doubles back and forth and in and out; he could not overcome the steep grades and the cliffs and gorges, otherwise. He takes the quickest route; and if it be a round-about route, why, that is a matter of course. If there be obstructions on the way toward physical freedom, the man travelling that way will take them as a matter of course, as part of the bargain, counting that the longest way around is the shortest way across.

There is another individual of this company, deeply interested, but he says nothing. His especial difficulty is so common-place, so homely, and so obviously of his own making, that he would fain be silent. He speaks

finally to confess that for him an ideally perfect physical condition would be within his easy grasp, if he only were systematic and persistent in the matter of proper breathing, and drinking, and eating. Disease is now his portion simply because he has neglected these things for the sake of others that seemed for the time to be more important; but he knows that his physical ideal can triumph only as he forms habits of faithfully and regularly supplying his body with its essential elements.

The next man, too, has a confession, and it is this, that in his quieter and higher hours he realizes how easily he could get well and stay well if only he had a strong and patient soul, a dauntless spirit, a happy disposition, a genuine interest in life. And this man's name is legion. For many there be of us who have found that the triumph of our physical ideal means at least to some degree the triumph of our many other ideals. It is dawning upon the stolidest and stupidest of us that if we would realize any one ideal we dare not crucify nor put to shame any other ideal; that all our best hopes and purposes and possibilities are so inextricably inter-related that to limit ourselves concerning any one of them is to be placed at a disadvantage concerning them all. In the light of this, the fussy man grows quiet, the selfish man opens up his heart, the *blase* finds a purpose and a motive. The one who over-works, the one who does not work enough, the one who knows not the meaning of sacrifice, the one who sacrifices too much, the one keyed below normal, the one keyed above,—all, as they tend to readjust themselves into frictionless harmony with the Best Way of Doing Things discover this, that the Physical Ideal is taking care of itself. For it was fore-ordained from the beginning not that we should do things in order to have health, but that we should have health in order to do things.

Live in the Present.

Much of the best energy of the world is wasted in living in the past or dreaming of the future. Some people seem to think any time but the present is a good time to live in. But the people who move the world must be a part of it. They must be a part of it. They must touch the life that now is, and feel the thrill of the movement of civilization.

Many people do not live in the present. It does not know them. They are buried in books; they live in archives, and in history, but the great throbbing pulse of the world they do not touch. They are not a part of the world; they are never attuned to it.

The young man who would win must plunge into the current of events. He must keep step with the march of progress, or he will soon be in the rear. The current of the times must run through his veins, or there will be paralysis somewhere in his nature.—*Success.*

A Phrenological Study from Life

By PROF. J. M. FITZGERALD, Phrenologist, Chicago.

Written for SUGGESTION.

ON November 26th I went to the Maxwell Street Police Station, Chicago, to make a phrenological analysis of Gustav Marx, the murderer of Detective Quinn and confessed associate in the recent car barn robbery and murders in this city. In the study of criminals we find as many types of men as there are distinct kinds of crime. I must admit that in the study of thousands of men I have never seen one who was such a pronounced type of the "dare-devil Dick" sort—the deliberate, merciless desperado. In appearance Marx is a splendid physical man—he is five feet eleven inches in height—broad of shoulders—large chest and gradually tapering to his feet—his finely developed bony and muscular system constitutes him a perfect motive temperament without an ounce of superfluous tissue.

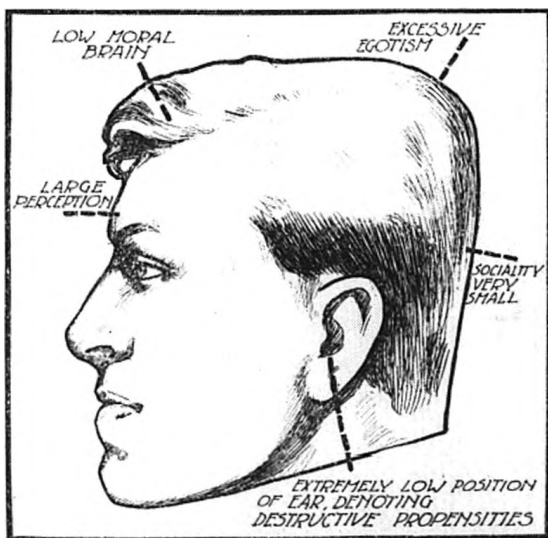
Since the brain is the seat of all emotion, feeling, will and intelligence, let us go to the head quarters to size him up. He has what would be termed a long head, rather than a broad one. His brain is very long from the ear forward to the eyebrows, but extremely short and narrow in the back head; in fact, he is not as well developed in the upper back head as many three-year-old children. In this part of the brain are located the social faculties, the domestic affections. These are of a very negative quality in Marx's character, with but little affection in his nature; human life never appeals to him as a sacred thing or a glorious privilege. As he said, in speaking of his taking chances in shooting people: "A fellow can die but once and he has to die some time, doesn't he?"

My interview with him lasted more than an hour and yet, try as I might, it was impossible for me to get one word of regret, a sigh of remorse, or an expression of sympathy from him for his family, or for those whom his monstrous actions have cruelly injured or slain—his only regret was, "my gun didn't work, or else I would have killed the other cop and then I would not be here" (meaning in jail). He is a moral and social idiot.

The brain immediately over the eyes gives perception of physical things and he is immensely developed at this point. He has the eye of an eagle in measuring distance, in taking in a rapid and accurate calculation of mere physical proportions. His upper forehead is of fair proportion, strong enough to think and plan along the purely materialistic and animal lines and necessities, but has not been developed enough to cause him to think seriously of the consequences of human action and human obligations. The moral and spiritual faculties, located just upward and slightly backward of the upper forehead, are simply incapable of a comprehensive and tenacious grasp of obedience, respect, piety and kindness.

SUGGESTION.

His skull gradually ascends toward the crown until here is the summit of his inordinate conceit. He has an insatiable love for notoriety. He would talk for hours upon his daring skill as a robber and murderer with a ferocious gleam in his small, cold, yellowish-gray tiger-like eyes that truly portrayed his satanic spirit. The auditory opening of his ears are located very much lower than those of the ordinary persons, being on a line with the tip of the nose. This demonstrates that the base of the brain is immensely developed, hence he has a vicious and uncontrollable destructive propensity. Benjamin Franklin has said, "Look at a man's eyes and a woman's mouth; they tell the natural character, the active and latent disposition."



Marx's face is of the coarsest sort; a low, receding forehead, massive jaws, small deep-set uncanny tiger eyes, a combination of the bulldog and Greek, set as firmly on his face as if a sculptor had fashioned it and set it into the jaws, a cold cruel mouth, a mere slit in his face, a cynical upper lip and a chunk of coarse inexpressive flesh for an under lip. His whole head and face is repellent and uninviting, representing only the cold, cruel and murderously vicious.

Those who may wish to read my character sketch of Marx's companions, Van Dine, Niedermeyer and Roeski will find same in the *Chicago Inter Ocean* of November 28.

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The Great Psychological Crime.

By PROFESSOR EDGAR L. LARKIN.

Written for SUGGESTION.

THE writer has this minute finished reading this immortal book, "The Great Psychological Crime." I love the unknown writer—master mind. He seems to me to be a great lawyer. He is coming to the "rescue of the perishing." The priceless volume is published by the Irdo-American Book Company, 19 N. Kedzie avenue, Chicago; price, \$2.00. Every citizen of the United States, every patriot, everyone who loves his own human species, ought to read this work and study it as they would a text book. A paper bound edition ought to be published at a very low price, so that the poor can afford it. This is a book that ought to sell by the million. It is one of the most important books on earth, and I appeal to the publishers and to its talented and distinguished editor, Florence Huntley, to get out a cheap edition at once. A thousand could be sold here in Los Angeles and Pasadena. All murders, stealings from the government, and from each other, that are going on are as sweet virtues compared to the hideous crimes laid bare to the bone by this book of the ages.

It teaches of crime now reeking everywhere, by the misuse of the beneficent power of hypnotism. This terrific crime is the lowest that has appeared in the annals of man. Hypnotism in the hands of skilled physicians is a power for great good, and many cures are affected by mild hypnosis, and severe surgical operations performed in deep lethargy. When a person is hypnotized, his mind, body, soul, all is in the possession absolute, of the hypnotist. What hideous terrors flash into one's mind at this appalling thought! Listen! Sweet innocent dear little girls are being hypnotized and thrust into brothels, to flutter a few horrid years and die. Markets are established in every city for the sale of girls; one having just been detected in Los Angeles, whose receipts were \$1,600 per month at prices ranging from \$25 to \$50 per girl.

On trains, in the streets, in theaters, parties, picnics and dances, the viper, the hypnotist is in his glory. Infernal schools of hypnotism flood the papers with brazen advertisements, offering to teach "how to hypnotize," "how to get control," "how to make people do anything you want," closing with the snaky notice, "and how to protect yourself." Lessons taught safely by mail. Thousands are taking the lessons. Just now one of the series is lying on the writer's table. Hideous instructions are to be seen in the awful sheets.

These fake schools, or perhaps not a school at all, but a set of men unworthy the name, appeal to the basest money-getting instincts of human nature. They not only advertise to teach how to influence others to

surrender their money to swindling schemers, but insinuate horrible criminal uses to which the beneficent healing power of hypnosis may be applied. No warning of danger through a wrong use is given, where recognized schools of psychology carefully instruct their students on this important point.

Since man appeared on earth no crime so horrible has developed. Is there no word in the English language that can reach the hearts of the members of the legislature, of congressmen, of senators? Tears, great drops of blood are now issuing from the bodies of little girls, locked in frightful dens, sent there by capture and hypnotism.

Can not the great railway companies issue orders to watch girls traveling alone? The conductors can save many lives. Large cities send out hypnotists to incoming trains; the fiends watch for a lonely girl; perhaps her heart is already breaking; he gives her a card of a "nice" hotel, and sits beside her. Unless she has a powerful mind she is liable to set foot on the way to living and to actual death. The writer of this article has encountered insoluble mysteries many times; here is one: Is it not better that this world end in fire now, than that lovely darling girls be torn from homes and cast into fiery death? And there are no doubt 100,000 polished scoundrels, hypnotists, selling worthless stocks in swindling companies in the United States. But these stealings by millions are as nothing compared to the life blood of one dear little household pet, a girl.

SPIRITUALISM.

Discoveries that ought to rock the United States like a baby's cradle have been made. That hideous of the hideous things—"trance mediumship" is now known to be entirely hypnotic. Infernal influences lay hold on refined women and send them to death in an average of seven years. Before they expire they die living deaths daily. Get the book, mediums, read it once, then read it again, and see how your approaching death looks. The great logician, scientist and benefactor of the human species, the mighty author of this book, has so completely made plain the horrors that await a trance-medium, that any argument is useless against him. No loophole is open for attack. Spiritualists must yield; they must give up the nameless horrors they have believed. They must not enter seances, and thus hurry the death of the medium. Oh! hear the screaming voices that curdle the brain of a medium in the last year of life in the insane asylum. Horrific and terrible influences rattle around the bedstead of the dying. Brain reels and death in its most awful form closes the scene. War and carnage are merciful beside these horrors.

LOWE OBSERVATORY, Cal., December 2d, 1903.

(NOTE.—I am afraid Prof. Larkin has slightly overlooked certain facts regarding hypnosis. He says a "hypnotized" person is in the abso-

lute possession of the hypnotist. As a matter of fact a "hypnotized" person will not do anything under hypnosis that is contrary to his idea of right and wrong. Whatever a person will do under hypnosis, he will do in his ordinary state. He is conscious of all his acts, objectively or subjectively. No hypnotist ever made an honest person commit a crime. It is true that suggestion rules the world, but an evil suggestion will not find lodgment unless the will first consents. The world is full of suggestions—good and evil. But all the hypnotists of the age could not force a suggestion on an unwilling mind.—E. E. C.)

Opportunity.

Master of human destinies am I!
 Fame, love and fortune on my footsteps wait.
 Cities and fields I walk: I penetrate
 Deserts and seas remote, and passing by
 Hovel and mart and palace, soon or late
 I knock unbidden once at every gate!
 If sleeping, wake: if feasting, vial before
 I turn away. It is the hour of fate,
 And they who follow me reach every state
 What they desire, and conquer every foe
 Save death: but those who doubt or hesitate
 Condemned to failure, penury and woe
 Seek me in vain and uselessly implore
 I answer not, and I return no more!

Geo. J. Agall.

The Tissue Salts

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

Written for SUGGESTION.

The tissue salts are the inorganic constituents of the body, and enter into every portion of it. Every cell in brain, nerve, muscle, bone, and every other tissue of the body contains these salts, and it is through them that cells are formed, discharged, and the debris gathered up and eliminated from the system. Albumen, starch, fats, etc., which form bulk and fuel, are shaped and used by the salts as a media for the expression of the energy which they create as the body batteries.

The principal salts enter into every tissue. Varieties of tissue are formed by varying the relative proportions. Thus, into bone enters a greater proportion of lime; into brain a greater proportion of potassium; while muscle fibres vary with the density, elasticity, firmness, compactness required. The proportions in each kind of healthy tissue are exact. If there is a disturbance of these proportions then the tissue is not up to standard and is correspondingly unhealthy. Thus, if a muscle lacks lime it lacks firmness and is flabby and is unable to stand the strain it was intended for. So with all other tissues; a lack of any element causes a certain inability to perform perfect work.

The working supply of salts required is very small. Of some elements the amount found in the healthy body is infinitesimal. It is the generally accepted idea among biochemists that a lack of salt is occasioned by a shortage in supplies furnished the body. This was Schuessler's idea, as well as Hensel's. But this certainly is not true. If it was, then all the members of a family, eating from the same table and drinking from the same fountain, would be ill together. The lack arises from an inability to assimilate—to take up and appropriate that which is present in all food and water in great abundance. This failure to assimilate is logically due to an inability to prepare for assimilation.

Nature is profuse in supplies. Take the seed which falls from plant and tree, and how many germs from the many thousands can grow? So with our food. We eat many times the amount actually necessary, and there must be some method by which Nature can exclude supplies when she has enough. The supplies which enter the alimentary canal are still outside the body. They are at the door of the temple—not within. If a salt is needed a tiny bit of that particular substance is seized by organs constructed for that particular work, and it is prepared to enter the citadel of the cell-life. This operation is technically known as molecular reduction. That is, the molecules, which are ordinarily too large for introduction into the inner body, are reduced so they can enter.

An inability to assimilate, therefore, must arise from a failure to

accomplish molecular reduction. That this is true is readily proven by the fact that when needed elements are supplied in assimilable form they are accepted greedily by the system, and the beneficial effect is immediately apparent; whereas, if presented in the ordinary 'crude form in cases of disease the system fails to appropriate them, no matter how badly needed; and the only effect is that produced in trying to rid the system of the encumbrance.

It must be perfectly plain to all that a return to the exact proportions of health is a return to health, and a return to health means a renewal of functional ability and activity. The system is then again able to care for itself, and should be permitted to do so.

A current of electricity passes through a tissue or proteid solution because of the salts contained therein. Without them starch, albumen, etc., are non-conductors. So with other forms of vibrant energy. The conductivity of the tissue salts alone permits their expression.

The current idea that a salt can enter the body only after it has passed through the vegetable or plant, is an error. The water we drink furnishes the best supply, and as long as we retain the ability to assimilate there is no trouble. A healthy body can go without food for an indefinite period if good water is furnished. But if, through bad habits, practices and the neglect of duty to our bodies we lose this ability, then an abnormal state is established and we are ill, the particular form of illness indicating the particular function crippled and the particular salt lacking.

Molecular reduction can be accomplished outside of the body. We do it, and present the needed salts in form for immediate assimilation. The effect of their use leaves no room for doubt, and the proof is in a single trial. This form of treatment of diseased states must not be confounded with current systems of medicine. The tissue salts are not drugs, and can produce no drug effects. They are foods for building up the body batteries, and if there is need of them that need is the greatest.

Use your brains instead of letting them use you. To let your mind run on undesirable things is to abdicate your right and let your brains run you.

Now you are greater than your brains, which are simply a bunch of habits of thought with one little tender spot where you can turn in new thoughts to form new habits or change old ones. This one spot where you can pour in new thought is the point of imagination. You can use your brains by imaging, imagining desirable statements of life. Thus you pour in new thoughts and habits which will remake your brains after a better fashion, and free them to receive still higher thought. To let your brains use you is to keep yourself in a mental treadmill. To use your brains is to express daily more and more of what you are.—*Magazine of Mysteries.*

Osteopathic Medical Legislation

WEE have received several communications calling our attention to the tendency on the part of osteopaths to ask for legislation of an oppressive, tyrannical character.

If this be not only a very short time since the osteopaths themselves were the victims of coercive and arbitrary legislation. In many states they have succeeded in freeing themselves and being recognized. This has put them in position to begin to devise legislation for themselves.

If it is claimed by many who think they know that this legislation that the osteopaths are now asking for is exactly of the same kind that had been aimed at them and against which they so valiantly fought. We were not quite sure whether this criticism against the osteopaths is well founded, so in order to gain some evidence on the subject we referred several of these letters to an osteopath in good standing, a graduate of the American School of Osteopathy of Kirksville, Mo. He promptly gave it as his opinion that there is more truth than fiction in the complaint. He said he had noted with sorrow the tendency on the part of osteopaths to desire legislative enactments which are in their spirit thoroughly un-American and tyrannical in character.

We wish to call the attention of our readers to the bill proposed by the American Medical Union. We believe that this measure devised to regulate the practice of the healing arts in all schools is fair and just, giving absolute equality to all. Any doctor who wishes more stringent legislation is either ignorant or arbitrary. This is just as true whether the doctor happens to be an allopath or an osteopath. We do not believe in any legislation that restricts the people in choosing their doctor nor do we believe in any legislation which protects one doctor and attacks another doctor.

BILL PROPOSED BY AMERICAN MEDICAL UNION.

AN ACT to Regulate the Practice of Medicine, Surgery, and Midwifery, Provide for Registration of Physicians, etc.

BE it enacted by the Senate and the House of the State of _____ in Legislative assembly that:

SECTION 11. Any person desiring to enter upon the practice of medicine or midwifery in this state shall, and they are hereby required to have their name and place of residence recorded in the office of the Recorder of the county in which they reside, in a book kept for that purpose, also a statement of the system of medical practice they propose to pursue; where and when they graduated, if graduated; and if not, when and where they studied medicine and how long, where and how long they have practiced, if at all, and such other facts as will enable the people

to judge of their fitness to practice medicine. In case a person does not administer drugs to the sick, but uses water, Magnetism, Massage, Swedish movements, Osteopathic treatment, Hypnotism, Mefatalin influence, Christian Science, or any other plan of treatment, that fact must be recorded before such person shall enter upon the practice of the art of healing, as a business or profession.

SECTION 22. Any person desiring to enter upon the practice of operative surgery in this state, shall be required to present proof of having graduated in a college of medicine and surgery which his standing with the State Medical Society of the school of medicine to which he or she belongs, and shall have such proof together with a certificate of the State Medical Society, recorded in the office of the recorder of the county.

SECTION 33. A certified copy of the registration provided for in sections 1 and 2 of this act must be hung upon the premises in the office of the physician, surgeon, or midwife, before he or she can legally begin practice, and shall remain hung up, or otherwise displayed, constantly while he or she shall continue to practice.

SECTION 44. Any person found guilty of a misdemeanor if the statement in registration shall be believed to be false of not less than \$100 nor more than \$500, and shall thereafter be debarred from the right to practice medicine in this state.

SECTION 55. Any person entering upon the practice of medicine or surgery or of healing in any way without being registered as provided in this act shall not be legally entitled to receive any pay for his or her services.

SECTION 66. Nothing in this act shall be so construed as to prevent physicians who are not registered from practicing in cases of emergency, or persons practicing in their own families, or physicians or surgeons called from another state in consultation with those of this state, nor to surgeons in the United States Army or Navy hospital service.

SECTION 77. All acts or parts of acts inconsistent with this act are hereby repealed.

THE OUNER READS.—If you prefer this bill to the medical law now in force in your state, please write at once to Dr. T. A. Bland, secretary A. M. U., 1611 S. Hoyne avenue, Chicago, and your letter will be used to secure its passage in your state.—*Medical Tribune*, September, 1903.

Every matter has two handles, one of which will bear taking hold of, the other not. If thy brother is against thee, lay nothold of the matter by this, that he is against thee; for by this handle the matter will not bear taking hold of. But rather lay hold of it by this, that thou art thy brother, thy brothermate; and thou wilt take hold of it by what will bear handling.

HEBREWS.

Roycroft Philosophy

By ELBERT HUBBARD; not Written for SUGGESTION in Particular, but Humanity in General; Appropriated from the Pages of *The Philistine* Without Recourse.

YOUR quarrel with the world is only a quarrel with yourself. Get in line with the planets!



Making men live in three worlds at once—past, present and future—has been the chief harm organized religion has done. To drag your past behind you and look forward to sweet rest in heaven, is to spread the present very thin.

The man who lives in the present, forgetful of the past and indifferent to the future, is the man of wisdom.

The best preparation for tomorrow's work is to do your work as well as you can today.

The best preparation for a life to come is to live now and here.

Live right up to your highest and best! If you have made mistakes in the past, reparation lies not in regrets, but in thankfulness that you now know better.

It is true that we are punished by our own sins and not for them; it is also true that we are blessed and benefited by our sins. Having tasted the bitterness of error, we can avoid it. If we have withheld the kind word and the look of sympathy in the past, we can today give doubly, and thus, in degree, redeem the past. And we best redeem the past by forgetting it and losing ourselves in useful work.

It is a great privilege to live.

Thank God! there is one indisputable fact: we are here!



Calm, patient, persistent pressure wins.

It wins.

Violence is transient. Hate, wrath, vengeance are all forms of fear, and do not endure. Silent, persistent effort will dissipate them all. Be strong!



It is a greater disgrace to be sick than to be in the penitentiary. If you are in the pen, it is a sign you have broken some man-made statute, but if you are sick it is a sign you have broken some God-made law.

The Higher Law

By GEORGE DUTTON, B. A., M. D.,

Author of Etiopathy, Dutton's Illustrated Anatomy, Etc. Founder of
Order of Eden, Etc., Etc.

THE law of compensation runs through all the realms of space,
And fills all souls with joy at last, when they have run the race.
To hate the evil and escape the fruit that it doth bring,
Is but to run the race for God, who loves each living thing; *
Then listen, mortals, to His word, and read its every line,
'Tis written now upon thy heart, 'tis echoed back from mine;
Thy heart in tones of agony bids every evil cease,
My heart in answering sympathy proclaims the day of peace.

Isaiah, Prophet, true of old, in vision clear and strong
Saw glimpses of the present time, saw ages roll along;
Saw truth and peace and mercy reign, saw justice all arrayed
In purple and armorial gold, saw war and havoc stayed;
Saw blood-red wine no longer flow beneath the wrathful press,
But saw the peasant gather grapes, and meet the sweet caress
Of loving arms and lips that fed on nature's store,
And drank in truth and wisdom. but poisons never more.

Then courage take, my brothers, and march ye boldly on,
Do battle valiantly for right and in thy cause be strong;
God rules above, He rules beneath, He ruleth everywhere,
He careth for His tender lambs, He careth for the poor;
He speaks in flower and savage, in Islam's untamed heart,
And works oftentimes by human means, not acts a borrowed part,
For man is God's, and his right arm when raised to serve the right
Is strengthened by Omnipotence, and wields resistless might.
The cause of temperance is God's, it's foes can not prevail;
Love may yet linger for a time, and yet it can not fail
To come at last like flame of fire, in tidal wave of flood,
And burn and flow and purify and introduce the good;
The age of peace and reason, of harmony and love,
May yet be distant for a while and tarry yet above;
But rays of light and tones of love are seen and heard today
That give us hearts to labor, and zeal to watch and pray.

Mineral Water Sermonette

By GEO. THOS. PALMER, M. D., Chicago.

"Ignorance gives a sort of eternity to prejudice and perpetuity to error."—*Robert Hall.*

The American medical man is exceedingly slow in appreciating the advantages to his therapy offered by our great variety of mineral waters. The American layman, on the other hand, is being firmly impressed that he may be relieved of many of his bodily ills, pleasantly and speedily by using these mineral waters. (That is why the mineral springs are prospering and will continue to prosper whether they are commended by physicians or not.)

The layman may be accused of accepting these mineral waters because he knows nothing about them. It is doubtless equally true that our medical men decline to accept the waters for the same reason.

To our way of thinking, the layman accepts the mineral waters because he has had quite convincing evidence of their efficiency which is attested by many of his intelligent friends. The doctor declines to accept the waters—well, heaven only knows why!

There is no doubt whatever ~~but~~ that the American people are year after year becoming more interested in mineral waters and thousands are now making their annual pilgrimages to the springs where there were but hundreds a few years ago. Our "pooh! poohs!" and "tut! tuts!" can not stem this ever increasing tide. There is no use in our trying. The layman has learned the benefits to be derived from many of our waters and he appreciates that he may regain health at the springs with more comfort than in any other way. This is a day of "elegant therapeutics" and our patients will no longer tolerate the "nauseous mass" when they learn that the sugar-coated pill will accomplish the same results.

So the layman goes to the mineral springs and is generally benefited. He prefers to go with his doctor's approval; but he will go, if need be, without it. We may argue the absurdity of the use of mineral waters, but the practical layman of today judges the pudding by the eating and his sound experience may have taught him the absurdity of our own arguments. We may tell him of cases in which the mineral waters have failed to accomplish results and he will refer us to our own case history books to remind us of the uncertainty of all therapeutic procedure.

Argue as we will, ignore as we choose, the American people are becoming imbued with the belief that mineral waters have to offer them many benefits, and this belief is increasing constantly. The United States, by its natural resources and the popular interest in the matter, is destined to become one of the greatest if not the very greatest nation of mineral

waters and mineral water users in the world. This should all come about through the agency and under the patronage of the American medical profession and the profession would gain thereby. Will this be the case, or will our patients wander away from us to use the mineral waters in a hap-hazard way, with just enough good results to keep them convinced that our attitude against mineral waters is both bigoted and wrong?

We complain in our virtuous way that the mineral springs are, many of them, conducted and advertised like patent medicine lines. There is some truth in this, perhaps. Our mineral springs are not getting the proper intelligent medical supervision, and yet they are giving ample results to convince intelligent people that they have great virtues. It will not soil our delicate hands to rescue our valuable springs from this objectionable condition. Certainly we should not be deprived of these excellent therapeutic forces on account of some ethical prejudice. The mineral springs of the country need us, but not a whit more than we need them.

No intelligent physician can deny the efficiency of mineral waters. His appreciation of the value of these waters is usually in direct ratio to his knowledge of the subject. European therapists, in whose footsteps in other lines we delight to tread, are firm believers in mineral waters. Doctors and educated laymen since the days of Hippocrates have not all been fools or victims of delusions.

We do not believe in mineral waters or we do not use them in our practices because we know so little about them. If we knew so little about opium or strychnia we would not use them either. Confidentially, our apathy in crouotherapy is merely an evidence of our lamentable ignorance of the subject—merely an evidence, in fact, of one point in which we are deficient in the education of the fully equipped therapist.

You can get along without knowing anything of mineral springs. We once got along without knowing of ether, antiseptics or vaccination. We didn't miss because we did not know what we missed. We can get along without mineral waters. It is possible that, with mineral waters, some of our patients may find that they can get along without us.

[The above is from the *Chicago Clinic and Pure Water Journal*, Chicago, October, 1903, and is republished at the request of the author. Mineral springs benefit, not because they contain "minerals," but for these reasons:

1. Because of the action of the law of Suggestion. A patient goes to the springs expecting to be benefited, and often he is—purely by suggestion.

2. It costs money to live at a mineral spring as a rule, and the sick man feels that he must get his money's worth. So he drinks two, three or four quarts of water daily. His system is thoroughly cleansed, his kidneys washed out, and every organ is benefited. His body is "flushed"

thoroughly. But if he stayed at home and drank a gallon of pure water daily, he would be flushed just as thoroughly. But there is no fun in drinking a gallon of pump water daily.

3. At the springs one has plenty of fresh air; often there are pleasant games, and the patient walks, climbs hills, and in other ways finds agreeable exercise and his food digests properly. This benefits him, but he could get the same exercise from a saw horse or an ax. But there is no fun in cutting wood for health.

4. At the springs one has a good appetite because he has fresh air and his system is cleansed. He eats and enjoys his food. He is not hurried, or worried about business. He eats in peace, and his food makes better blood than at home, where he often bolts his meals and tears after a train, car or boat.

Briefly, the above reasons explain why mineral springs help people. I really believe that the minerals in the waters are a positive injury. It has never been proven that inorganic substances are assimilated in the system. It has been proven that copious drinking of absolutely pure water is conducive to perfect health. See testimony by the Chief Surgeons of the Army and Navy Departments in June SUGGESTION. What is the moral? Unlimited quantities of fresh air, exercise, absence of worry, plenty of pure water—two quarts or more daily—abundant food well masticated—these are as good as any of the boasted mineral springs, and much cheaper—aye, there's the rub. No one wants to be healed by simple things.—E. E. C.]

A Pleasant Way

Written for SUGGESTION.

While adown life's stream you're rowing,
 By persistent care bestowing,
 Keep love's fire brightly glowing,
 And by word and deed be showing
 That in charity you're sowing
 Seed to bless some one some day;
 Then you'll find the breezes blowing
 And the current smoothly flowing
 Right along the way you're going,
 And a peace within you growing,
 And your soul the joy of knowing
 That you've found a pleasant way.

Rich Hill, Mo.

—O. SPENCER.

The New Captain of the Men of Death

THE great John Bunyan applied to consumption the name of "captain of the men of death." It is, however, an astonishing fact that, while the general death rate and the death rate from consumption have alike materially decreased during the last thirty years, the death rate from pneumonia has enormously increased during the same period. During the last winter and spring the mortality from pneumonia, as well as the number of cases, has been very large.

Reports of the boards of health do not yet rank pneumonia with infectious diseases. It rather goes in a class by itself, with consumption and other acute lung diseases. Nevertheless, the latest investigation seems to show that pneumonia is due to a distinct poison germ.

Since the year 1900 pneumonia has claimed more than one-eighth of the victims of the grisly reaper in Chicago; one-third more than consumption; forty-four per cent more than all the other contagious and infectious diseases combined, including diphtheria, erysipelas, influenza, measles, puerperal fever, scarlet fever, smallpox, typhoid fever and whooping cough; the total deaths for all these being 4,489 as compared with the total of 6,560 from pneumonia.

People suffering from colds, or who are weakened by prolonged physical or mental strain, seem peculiarly susceptible to the attacks of the microbe of pneumonia.

IS PNEUMONIA CONTAGIOUS?

There is always an element of contagious danger in pneumonia cases. People should be taught, however, not to be afraid of a patient who has pneumonia, influenza or tuberculosis, but to be afraid of lack of cleanliness about him during his illness, or failure to enforce prophylactic measures, and to be afraid to be remiss about ventilating the apartments during the season when this disease prevails.

The best doctors suggest that in the treatment of a case of pneumonia the same precautions be used which should be enforced in diphtheria cases.

The organism which causes pneumonia may live in the tissues and air passages of human beings for a considerable time without producing the disease. Every reader of this has doubtless had the germ in his tissues scores of times, and at this very moment it is in the bronchial tubes of many of us. But before pneumonia can develop in such persons, some change must take place, either in the organism or in the individual. At present those of us who are acting as hosts to the germ of pneumonia do not get the disease because there is something in us that, for the time being, renders us immune. That something is to be found in every human body in normal health and vigor. The moment the vitality becomes low-

ered sufficiently from any of the many causes to which we are liable to become subject—and no one can measure the exact time or place—then the pneumonia organism begins to multiply, to feed upon our substances and to give off a poison, and the result is pneumonia.

The element first in importance, in keeping the health up to standard is pure air. Without air no one of us can live an hour, while we may live days without water and weeks without food. An important element in the increasing prevalence of pneumonia is, doubtless, the fact that more persons are spending their lives indoors than formerly—in shops, factories and offices. Sufficient air is only obtained by living as much as possible, both day and night, in the open air.

The air in dwellings, offices, factories and shops must be kept as pure within as without. If architects and builders can not secure proper air within a building, then we must, to a greater extent, in the future do away with buildings altogether.

Next in importance to pure air in dwellings is the necessity for sunlight. No room is fit to sleep in all night that has not been flooded with sunlight all day long. Human beings need the sun and the beneficial effect it has upon the air they breathe quite as much as the vegetable kingdom needs it. The fashion of shades and shutters on the windows will be abandoned as the beneficial effects of sunlight are understood.

Less need be said of the necessity for pure water and its constant use both within the body and on its surface, for the world is now becoming awake to this fact.—*The Healthy Home*, October, 1903.

Success

'Tis the coward who quits to misfortune,
 'Tis the knave who changes each day,
 'Tis the fool who wins half the battle,
 Then throws all his chances away.

There is little in life but labor,
 And tomorrow may find that a dream;
 Success is the bride of Endeavor,
 And luck—but a meteor's gleam.

The time to succeed is when others
 Discouraged, show traces of tire;
 The battle is fought in the homestretch—
 And won—'twixt the flag and the wire!

—*Exchange.*

The Riddle of the Universe

By HERBERT N. CASSON.

It is too bad that when a great scientist writes a book he always uses such long words that most of us cannot understand him. His book might as well be written in Greek so far as the ordinary reader is concerned. The result is that a great deal of the most valuable knowledge is locked up in our libraries.

I propose, therefore, to take the best chapters of some of our best books and translate the ideas into simple every-day language—the kind of language that a daily paper uses in telling the news. We will take, to begin with, the first chapter in Professor Ernst Haeckel's book, "The Riddle of the Universe."

He opens up the subject by asking some interesting questions which will make anyone think who knows how. He asks why it is that we know so much of some things and so little of other things. How does it come about that we have made such wonderful inventions in science and machinery and so forth, while we are as ignorant as Hottentots on many other lines?

For instance, we know how to make automobiles and skyscrapers and Brooklyn bridges, yet we do not know how to prevent murders, suicides and burglaries. We can send messages around the earth with wires and even without them, yet we do not know how to abolish poverty and political corruption.

In chemistry to be up to date you must know what discoveries were made last month; but in other branches of knowledge the same things are taught that were known thousands of years ago. A newsboy who sold papers one day old would lose his customers and might even be arrested for fraud; but in some professions the oldest ideas are regarded as the best ones and all new ideas are regarded as dangerous.

The fact is that we are as yet only civilized in spots. A large proportion of the people in civilized countries are partly savage, as we can tell by their foolish superstitions, by their low habits, by their love of fighting and by their indifference to the sufferings of other people.

The cause of all this, says Professor Haeckel, is that we have not changed our system of education so as to take in all the new discoveries of the last hundred years. We have not been able to do away with the old ideas that are out of date, because so many of them are profitable. Thousands of men in every civilized country get their living by teaching old ideas which have been found out to be wrong.

If a young man wishes to become a scientist or an electrician he is taught the latest and most complete knowledge that the world contains.

But if he wishes to be a lawyer, for instance, he is taught to memorize a lot of statements from musty old books written by men who never saw a railway train or a steamboat.

It is possible for a young man to go through a public school, high school and college and come out without a knowledge of the most important truths of life. Worse still, he may be trained to be superstitious, to be a bad citizen and to be prejudiced against those who are teaching the real facts about man and the universe.

The most important fact in the world is human nature, yet how few of us know how it has been developed. We do not know how man got his body or how he got his brain. We do not know what a brain is, nor how it works.

In fact, in many respects we are not much more intelligent than the people who lived thousands of years ago, and who believed that the world was flat and rested upon the back of a turtle.—*Chicago American*.

Food and Its Relation to Health

Extracts from a paper read by Dr. J. C. Howell, of Vineland, N. J., at the Annual Meeting of the New Jersey Osteopathic Association, October 31st, 1903.

THE ancient Greeks believed that the matter of diet had a great deal to do with the shaping of our body and prescribed a certain restrictive diet for their women that they might grow tall and graceful.

It is claimed by some writers that the sumptuous life led by the ruling classes of Rome was the cause of the downfall of that republic.

It is a well known fact that a law exists in Germany today which forbids the eating of bread until twenty-four hours after it has been baked, showing the importance of diet "made in Germany."

Dr. Dewey, an M. D. of prominence, has written a book on fasting, claiming that all diseases can be cured by going without food entirely for a certain length of time. We who are familiar with the writings of medical men know what faith some of the most prominent of them put in dieting, some of them going so far as to say that the regulating of the diet is one of the greatest agencies in the prevention and cure of disease.

In typhoid fever diet is one of the chief considerations. In diabetes mellitus, Bright's disease and all other renal troubles, attention to diet is quite necessary as it is also in gastro-intestinal ailments.

The eating of meat in my estimation constitutes the cause of a great deal of mischief in the human body. A physiologist recently wishing to learn the effect of an exclusive meat diet discovered after feeding dogs

on meat alone for six months that they all suffered of fatty degeneration of the heart and kidneys. It is my opinion that the condition of the human family will be much improved if people ate less and not so often, and confined themselves to a simple diet, such as milk, eggs, cereals, nuts, vegetables, and if meat is taken at all, not until the fibre is removed.—*Atlantic Osteopath.*

Germes Not the Original Cause of Disease

THE following paragraphs are from an address by Dr. Wyman, of the U. S. Medical Department, before the Pan-American Medical Congress:

"Many people go about with virulent diplococci of pneumonia in their respiratory tract but do not have pneumonia. Why? Because their cells are vigorous enough to prevent the diplococci invading the lungs. But put such a person under bad sanitary conditions, or depress his vitality, and the microbes are not phagocytosed—they invade the lungs, and pneumonia and death follow."

"In times of cholera epidemics men go about with living, virulent cholera vibrio in their intestinal canal, yet they are not sick. Why? Because the conditions for the production of the cholera toxins are not favorable—there is no abnormal flora in their intestinal canal. But let such a person eat poor or tainted food or derange his digestion through indiscretion or evil sanitary surroundings, and the disease results."

"Many people live a long and active life with tubercle bacilli encysted in the apex of one lung. As long as they have plenty of fresh air and sunshine and good sanitary surroundings they remain well. But give such a person poor food or bad sanitary surroundings, and see what happens. The battle going on between the bacilli and the cells results in a victory for the bacilli. The cells die and the victorious bacilli spread havoc through the lungs."

"A hospital can not cleanse a poison-infested district nor diminish the constant supply of patients from an undrained and malarious locality."

"It is well to remove the weak and tempted from bad environment; better still to improve the environment."

"It is well to go down to the folk-swamp and rescue one here and there; better still to drain the cesspool, improve the tenements, prevent adulteration of food and drink, inspect factories, and compel use of devices for averting accident and disease. The wall at the top of the dangerous precipice is worth far more than an ambulance at the bottom."

Distilled Water

MEAT and vegetables are improved by being cooked; cotton, wool and flax require to be subjected to various processes before they can be turned to man's use. There is no reason why we should suppose water to be more beneficial as a raw product of Nature than after its purification by the resources of art. In fact, it is rendered much more wholesome by subjecting it to the process of distillation.

Some months ago an article went the rounds, denouncing distilled water as a poison because of its very purity and increased power as a solvent. The article had no weight because it attempted to controvert established facts as to the real value of distilled water. It has since been learned that the article in question was written in the interests of the leading German springs. The German bias is plainly apparent when we are assured that water harboring bacteria and organic impurities is better for us than that which is absolutely pure. This is in keeping with serum-therapy and like fads.

As for the dangers which appertain to the increased solvent powers of distilled water, we welcome them. The process of hardening from the increased deposition of mineral matter which constitutes old age and causes such maladies as gout, arterio-sclerosis, gravel, etc., may be deferred and mitigated by the constant use of pure, distilled water. Also, many diseases such as typhoid fever, cholera, dysentery, etc., now attributed to the use of impure water, can be, in a large measure, controlled by using none but the distilled article.

Distilled water is cheap and easily prepared in small and large quantities. Every doctor should advocate its use among his patrons. The *Brief* can speak with the authority of knowledge, backed by facts and reliable statistics, on this question. This is not the first time we have called the attention of the profession to the value of distilled water. Its constant use undoubtedly contributes to health and longevity.

The blood tends to chill and thicken as age comes on from the gradual loss of animal heat. The use of distilled water, through its high solvent power, diminishes this tendency, enabling the blood to circulate with greater freedom, promoting elimination, warding off apoplectic seizures, etc.

As to the supposition that mineral salts in the water are beneficial or necessary—quite the contrary is true. Our food supplies a sufficiency of these, and the struggle is to keep the protoplasm of our tissues supple, active, containing a surplus of water. This is the state of youth—not a saturation with earthy elements. Less food, of the right character, and an abundance of pure, distilled water, will do more to solve the problem of deferring old age than all else.—*Medical Brief*.

IS ALCOHOL A FOOD OR A POISON?

In the practical affairs of life experience has demonstrated precisely what the closest scientific investigations have disclosed, that alcohol has not only never been a real aid in performing tasks involving the severest mental and physical exertions, but that in all cases it has been an actual hindrance to the development of the highest human capabilities. Evidence of this kind meets the investigator on every hand, nor need he look to the "temperance fanatic" for the most emphatic expression of this sort of evidence. It comes from dispassionate, clear-headed, impartial men of science, whose entire lives are spent in discovering truth, rejecting everything which has not been tried and proved in the cradle of experimental evidence.

A writer on the German Emin Pasha's expedition said: "At Paringo the last bottle of cognac was consumed, thereafter we had to drink only tea, coffee, and cocoa, and it must be confessed that our health became immediately better."

Nansen's arduous journeys in Greenland, and almost to the North Pole, were made without a single drop of potable alcohol.

Helmholtz, probably the most acute thinker, and the strongest man mentally of the nineteenth century, spoke at a celebration of his seventieth birthday of the ruin wrought to brilliant minds by alcohol, declaring that the smallest quantity of alcoholic drink, dissipated all philosophic thinking and effort.

Is it not a fatal inconsistency to call any substance food which does not give increased warmth to the body; but, instead, decreases the bodily temperature; which does not protect the nitrogenous tissues from waste, but does increase their rate of metabolism; which does not give added power to the brain, but on the contrary, always decreases the quality of their product; which does not enable the muscles to contract more vigorously, but does, indeed, increase their capability for doing work?

Considering the foregoing evidence are we not fully justified in calling alcohol a poison, meaning thereby, that it is a substance inimical to the organism, producing injury in small, and death in larger quantities? Are we not moreover, by the same evidence, fully justified in denying it a place in any classification of foods or medicine, because it neither repairs tissue waste, nor protects the organism, neither is a source of organic forces?

Let us, then, continue to teach our boys and girls that alcohol is a poison; that the fact of its being oxidized in the body, if taken in small quantities, is not sufficient to constitute it a food; and that the normal man is never benefited, but rather harmed by it in any quantity.—*Alcoholical Clinic.*

SUGGESTION

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HERBERT A. PARKYN, M. D., C. M., Editor. ELMER ELLSWORTH CAREY, Associate and Manager.

COMMUNICATIONS, clippings, suggestions and articles bearing upon any subject within the scope of this publication solicited.



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SUGGESTION is a popular home review, devoted to the scientific discussion of psycho-therapy, the new psychology, suggestive therapeutics, hypnotism, natural healing, rational hygiene, advanced thought and psychic research.



IT IS THE aim of the editor to find a basis of fact on which to ground all theories regarding metaphysical and psychical processes, and to account for all occult phenomena on purely scientific lines.



SUGGESTION teaches that health is within the reach of all; that there is but one disease with a thousand symptoms; that right thinking and right living will always produce harmony in the bodily functions, the result being health; and that drugs are not necessary, and that nature cures.



EVERY subscriber to this magazine is formally notified when his subscription expires, and a renewal remittance should be made promptly. In the event that a renewal is not made at once, however, we assume that it is the subscriber's desire to have SUGGESTION continued, and our record is arranged accordingly, unless we receive definite instructions to discontinue.

This is done in order to give those who may have overlooked their renewal and those who may not find it convenient to remit at once a chance to keep their files complete. We do not wish to appear unduly lenient or to give the impression that SUGGESTION is in any way a free magazine. It takes money to run SUGGESTION, and we shall be thankful to receive prompt renewals from our subscribers.



FRIEND, when this paragraph is marked it means that your subscription has expired, and that we cordially invite you to renew the same. I do not want to lose any members of the SUGGESTION family; if a dollar is not at hand, mail us a postal asking that the magazine be continued—forward the subscription price when convenient. Why not send us the name of a friend or two who might be interested in our magazine?—EDITOR.

EDITORIAL

Dr. Parkyn's Second Series of Articles on Auto-Suggestion.

IN a recent editorial Dr. Parkyn wrote that the aim of the magazine is to make people better. That is true. It has another aim, and that is to make money. But we don't want to make money unless we can at the same time make the world better. If we take your dollar we want to give you more than a dollar's worth. We want to point the road to success—to health—to happiness—to prosperity. There is a road that leads to these desirable ends. Anyone can find it who looks for it. Success clubs, absent treatments, vibrations, and typewritten lessons, will never show the way. They are makeshifts. They do not reach bed rock. The road to success begins in a man's own heart and mind. It begins in the will. It begins in earnest desire; it is due to determination and no one can furnish us will power or desire or determination at so much per "vibration." Every man must manufacture these elements for himself.

Next month Dr. Parkyn will commence the second series of articles on auto-suggestion. He will point out the way which all must follow who would leave the fields of ease and find the road to better things. He will give aid, counsel, help. He will show you how to use your own powers; how to cultivate them and make them bring you material blessings. He will point out the great law of human endeavor and show its application to health, happiness and success. Tell your friends about this; tell them about the New Psychology that clears the minds of men of worry, fear, doubt, undecision, sloth, wretchedness and woe. There is no mystery about all this. We are sorry for some, that the better way is so simple. Some are looking for mysteries and miracles. There are no mysteries and miracles in the universe. There is nothing but law. It is our business to get in harmony with our environment. SUGGESTION points the way. Tell your friend. Do it now. E. E. C.



Some good folks forget that health comes from observing the laws of hygiene as well as the mental laws. A correct mental attitude is essential, but it avails nothing if one eats green persimmons or washes down un-masticated food with ice water. It *does* make a difference what is eaten, and it is a mistake to think one can eat anything he likes. Appetite is not always normal, and it should always be guided by reason.



Do it now.

To Our Friends.

IN the SUGGESTION office are several thousand slips, envelope size, having a few remarks about SUGGESTION on one side, and on the other the grand poem "Opportunity," by Ingalls. We want every friend to have a supply of these slips, and put one in every letter mailed. We will send a supply upon receipt of a stamped and addressed envelope. For two cents we can mail 100, for four cents we can mail 200, and ten cents will bring you 500. These amounts just cover the postage, as we do not charge for the slips.

We have received two thousand beautifully printed leaflets, kindly given the SUGGESTION Family by Elbert Hubbard, chief of the Philistines. Elbert sent them without money and without price. They are exquisite samples of the printer's art, beautifully executed in two colors on hand-made paper of the finest quality. One side contains these words:

"I believe that no one can harm us but ourselves; that sin is mis-directed energy; that there is no devil but fear; and that the Universe is planned for good. We know that work is a blessing, that winter is as necessary as summer, that night is as useful as day, that Death is a manifestation of Life, and just as good. I believe in the Now and Here. I believe in You and I believe in a Power that is in Ourselves that makes for Righteousness.

FRA ELBERTUS."

One of these Roycroft slips will be sent with every lot of SUGGESTION slips sent out; send your friend's name on a stamped envelope, with your name in the corner, and a supply of leaflets will be mailed. When he receives the grand words by Fra Elbertus they will be as sweet as incense and lasting perfume. Tender, earnest words of wisdom are the perfumes of the ages.

Friends, we want to distribute these leaflets to call attention to SUGGESTION; we want 50,000 of them sent out to carry the message of health, happiness and success to every town and hamlet in the land. Every one who sends one of these slips is doing a kind act, and kind acts never die. The man who puts a leaflet, with a beautiful thought, into every letter he mails is very near to the Power which holds the world in the hollow of his hand. Fra Elbertus is very near to that Power.

Friends, is this sermon too dry?

Let us all come up a little higher—every day let us come up a little higher. Those who know will know what these words mean.

And don't forget those stamped envelopes, and the silent perfumed messengers that will cheer and bless some brother just when cheer and blessings are needed most, perchance.

Do it now.

E. E. C.



I can and I will.

Seizing an Opportunity.

Some years ago a clerk in a small store in a western city grew tired of his bicycle and advertised it for sale. At 9 o'clock the next morning a buyer came, and the wheel was sold. At 9:30 came another inquiry, and at 10 two more. They were told they were too late.

Then the clerk got to thinking, and when two more men came to buy he did not tell them his wheel was sold. He made some excuse for not showing it and asked them to call the next afternoon. At lunch time he hurried to a newspaper office and advertised to buy a second-hand bicycle. Then came more inquirers, who were put off as had been the last two.

The next day there was a procession of sellers of wheels. With each the clerk agreed upon a price, to be paid if one day's trial proved satisfactory. And there was also a procession of buyers, to whom one by one were sold, at an advance, the wheels left for trial. Thus the clerk found himself doing a profitable little bicycle business.

Then his employer objected to the loss of his time and to having the place cluttered up with second-hand wheels. So the clerk thought some more, and at noon arranged with a boy who worked across the street, at a little ice cream stand with a shed behind it, to receive and store the bicycles and help sell them. Meanwhile the advertising went on, and presently the clerk left his place to devote all his time to second-hand bicycles.

His business grew and from dealing in old he passed to selling new bicycles. Today, according to *The World's Work*, he and his partner, the ice cream boy, own a large automobile business and are already wealthy.

The moral of this story is that there are always opportunities for those who have the wit to recognize them—those who intelligently consider the facts before them. When the clerk had once sold his bicycle it was easy for him to stop thinking. He had done what he wanted to do. But he kept on thinking.

He saw that there existed an unsupplied demand—for a man to bring together buyers and sellers of second-hand bicycles. He supplied that demand. He grasped the opportunity and made the most of it, and marched on to fortune.

Opportunities are always occurring. The trouble is that so many men do not consider the meaning of facts before them. They do one thing and stop there. They never do any real thinking and so do not recognize opportunities that strike them in the face, and go through life complaining that they "never had a chance."—*Chicago Inter-Ocean*.

The above is a better editorial than I can write. It should be printed in every school reader in the land. It shows in a practical, every day way, the valued thought. We progress no faster as a race because we do not think. Not one person in ten ever had an original thought. Friends, let us make up. Let us do some thinking during 1904.

"What am I alive for"? is a good question to ask. See if you can find an answer. "Am I making a success of life"? is another question that should bob up every few days. "Am I making the best use of my time every day"? is a fine question to pin on the wall and answer honestly every day. Let us all begin 1904 by resolving to think; if you stick to this resolution you can let all other resolutions go by the board. No man or woman who thinks can be very bad. There is a purifying, elevating power in thought that keeps us somewhere near the right road.

No success without thought, friends; nothing good without effort. It took effort to make a man out of a clam, but it has been done. Let us come up higher.—E. E. C.



Patti's Recipe for Youth.

MADAM PATTI told a reporter that she was young and frisky at sixty because she eats three times a day, sleeps at least eight hours and walks three hours daily.

Editor Von Boeckmann, of *Vim*, thereupon remarks as follows:

"Madam Patti, if you believe that your vigor is due to the explanation you have given to the press, then you do not understand yourself. There are thousands who eat three square meals a day, rest from eight to ten hours and walk several miles daily, but for some reason they are not even healthy. Look yourself square in the face and ask whether it is not your singing that has made you what you are. For years and years you have exercised your lungs several hours daily. Every one of the 725 million cells in your lungs is in perfect condition. Your blood is loaded with abundant oxygen. You breathe as Nature intended a human being should breathe. For years and years you have cultivated the action of your diaphragm. The blood circulation in your body is perfect. Why should you not be healthy and beautiful? Did you ever see a great singer who did not possess a robust physique? Stop singing for a few years and continue to take your walks, etc., and I assure you that your face will begin to wrinkle, your step will lose its present elasticity and possibly you may die of pneumonia. Sing, Patti, sing!"

Air is the most important of the life essentials, and Editor Von Boeckmann is right in ascribing Patti's wonderful vitality to abundant air; if Patti gave as much attention to the other two life essentials, water and food, she might hold an audience spell bound when 100 years had passed over her head. No one has measured the inherent, vital forces of man to regenerate and recuperate. Age is but a sign of ignorance and ages of adverse suggestion. Mankind, humanity is as old as it feels; it can be as young as it thinks, and there is no insurmountable rea-

son why youth should not be prolonged and death held at bay long past the deadly three score and ten line—the scriptural dead line.

I am threatening some day to make a few remarks about this “dead line,” which has caused more deaths than a million wars. E. E. C.



Pneumonia weather is now at hand; pneumonia is a preavailable disease, and the original cause is a weakening of the system caused by wrong eating, lack of deep breathing, close, illy ventilated rooms, too much clothing, a fear of the cold bath and a want of fresh air. The lungs become soft, weakened, and unable to withstand the attack of pneumonia germs which enter the system and a struggle ensues between the blood cells and the intruders. Pneumonia germs are everywhere—in the mouth, throat and nostrils of nearly every one, but they are harmless in the presence of health.

If doctors taught the people more about the life essentials and less about “sanitation” and “germs,” pneumonia would not cause two thousand deaths every winter in Chicago alone. Good, rich, red blood and “germs” will never mix.



Some one said that he always tried to do some kind act every day from which he would receive no actual benefit. Let us see. You walk down the street, and on the edge of the sidewalk you notice a banana peel. If you cross over and kick it into the gutter you are performing an act which may save some one from pain, and yet you can not possibly gain anything from the deed. How many of us have done this? Next time you have an opportunity to do an unselfish act, do it and see what is the result. It is very easy to do a kind act to one who can reciprocate; but how about helping the old lady from the car? She can never help you—she never will see you again—does it pay to assist her trembling limbs and faltering steps? Try it once.

E. E. C.



Our readers will please remember that SUGGESTION will club with all advance thought or hygienic publications.

SUGGESTION and any 50 cent publication \$1.00, new or old subscribers.

SUGGESTION and any \$1.00 publications, new subscribers, \$1.10; renewals, \$1.35.

SUGGESTION and any \$1.00 publication and “The Law of Mental Medicine,” new, \$1.90; renewals, \$2.15; foreign subscriptions, 50 cents extra in each case.



The SUGGESTION Family is surely growing.



Always room for one more—same is true of the SUGGESTION Family.



Do it now.

New subscribers should remember that SUGGESTION one year and a copy of "Paths to Power" will be sent for \$1.25. "Paths to Power" is endorsed by such authorities as Elbert Hubbard, Hon. Geo. D. Meikeljohn, Paul Tyner, Miss Frederica W. Trow and others.



Subscriptions to SUGGESTION will hereafter commence with the current numbers. The July, 1903, issue is out of print. Before July, 1903, eight numbers will be sent for twenty-five cents; after July, 1903, back numbers are ten cents each while they last.



A second series of articles on auto-suggestion by Dr. Parkyn will commence in the February issue and continue through the year. Any one of the articles will be worth \$5.00 to one who thinks. These articles will show how to apply the Law of Suggestion to personal matters; they will show the scientific basis that underlies auto-suggestion, and will divest the subject of mystery, guess work, and enable all to know and understand the basic principle of the New Psychology. Tell your friends. DO IT NOW!



Postal Currency Bill

H. R. bill 1976, by Mr. Gardner, of Michigan, should be passed at the next session of congress. It is of more importance to the development of the country than the Panama canal. It provides that currency can be used like a bank check by writing the name of the payee in the proper place. It does away with our clumsy P. O. order system when small sums are involved. It will greatly facilitate business, and be a blessing to all interested in the mail order business. Why the bill did not pass at once is one of the mysteries of earth; why it is opposed by any one with the brains of a rat is another mystery. Everyone who has to send small sums through the mails should write to his representative and *demand* the passage of this bill. It is of especial interest to publishers, and its passage will prove of the greatest convenience to the entire population. The bill will be opposed by the banking interests and by the express companies, as it will kill the express money order business.—E. E. C.



To new subscribers: "The Law of Mental Medicine" and SUGGESTION one year for \$1.50.



Our health and environment are in general correspondence with our more dominating states of consciousness. This being true, life is then a matter of individual responsibility, and it is up to us to so control and direct our mental activities as to make it creditable to the power that IS.

The Editor in Mexico

MOTZORONGO, MEXICO, Nov. 26th, 1903.

My Dear Readers:—

Following the plan I outlined to you last month, I left Chicago November 3 with two of SUGGESTION'S readers for a visit to the Motzorongo plantation, and arrived in Mexico City five days later.

While in Mexico City I secured the release of the magnificent Josephinas tract, paying to the Pacheco estate \$40,000 in gold—which had been intrusted to my care by the company—and I now have the release deed in my possession. This gives the Motzorongo Company absolute possession of the property, and we are now in position to make terms with the Electric Power Company that is undertaking to develop the enormous water power on the Rio Blanco a few miles above Motzorongo. As soon as we can make satisfactory terms with the Power Company, we shall have an electric line built from Motzorongo to Josephinas. This will treble the value of the Josephinas tract, and enable us to bring our produce from this property to the Vera Cruz & Pacific Railway station on our Motzorongo property. The V. C. & P. Ry. runs for thirteen miles through Motzorongo.

After a few days' sight-seeing in Mexico City we took the train for Motzorongo, which is twelve hours' ride from Mexico City. But, oh! the changes at Motzorongo since my previous visit in the spring. Fields in which I secured photographs showing the way in which the natives clear, burn and plow, are now covered with sugar cane twelve feet high, and the sugar cane which was twelve to fifteen feet high in the spring is now from eighteen to twenty feet high. Mr. Randolph, our chemist and sugar expert, assures us that most of this cane will average seventy tons to the acre, and the cane that has already been cut and brought to the mill and weighed shows that he has not over-estimated the crop.

Fields that were covered with trees and an undergrowth that amounted to a jungle, have been cleared and planted to corn, which is now being harvested.

Around the sugar mill itself, where only a few mechanics were at work in the spring, all is life and bustle.

A new tramway has been constructed from the sugar cane fields to the mill and is so graded that the loaded cane cars run in from the fields to the sugar mill by gravity alone for most of the distance. The tramway is about four miles long and many extensive cuts had to be made in the grading. It is a fine piece of work—expensive, of course, but will soon pay for itself in the saving of labor.

Even as I write the cane cars can be seen coming into the mill with their loads, and the sugar mill, which has been thoroughly overhauled

and to which new filter presses and granulating machinery have been added, began its seven months' night and day run today. When I leave here in a few days for California, I shall take with me some samples of the granulated white sugar made by the Motzorongo mill.

We arrived at Motzorongo on a Saturday morning and that evening after the several hundred laborers had been paid off, we were invited to witness their native "bila," or dance, which was held in the large drying room in the sugar mill. All the buildings—railway station, store, thirty-room administration building and the mill—were brilliantly lit by electricity, so that it was possible to watch every movement of the dancers. And how they did enjoy themselves! Only a few of the men and women wore shoes. Many of them sported sandals as their only foot-gear, but many more danced energetically in their bare feet, totally oblivious to the existence of any slivers that might have been in the floor. The music was supplied by an orchestra composed of eight native musicians, and was very good. We Americans watched the fun for an hour and a half, not caring to stay for the last dance, as we were assured they would be dancing at day-break next morning.

These dances are very orderly and are given every fortnight, the company paying part of the expenses, the balance being subscribed by the better paid employees and the natives themselves.

The expense of the "bila" is not great and it serves a double purpose. The native laborer is fond of amusement and the dance keeps our laborers from wandering to other towns in search of it; and he makes his purchases at the plantation store instead of at some neighboring town. Then at each succeeding dance the natives appear in better clothing. The number of bare feet grows less; the natives do more work on the plantation every week in order to earn more money to buy better clothes for the "bila." Thus the social interest reacts upon the industrial interest; and the laborers have increased the weekly average of work days from four to six.

Across the Motzorongo river, on the slight hill behind the sugar mill, fifty new native houses have been erected and fifty more are being added, to accommodate the rapidly increasing working force. Our manager received a telegram this morning notifying him that two hundred additional laborers were on the road to Motzorongo. This is only one item of the general growth, in consequence of which Motzorongo has become a thriving village since my visit in the spring.

The trip to Josephinas was interesting, as usual, and great changes have been made there. Huge clearings have been made and planted to corn, which has just been harvested. These clearings have been fenced in and are being made into pastures for fattening the thousands of heads of lean cattle the Motzorongo Company will purchase within the next few months.

Around the Josephinas administration building and store another picturesque village has sprung up, the dense green foliage making a very effective background for the red tiled roofs of the native houses.

The natives in this part of Josephinas had learned of our intended visit and had built arches of palm leaves for us to ride under along the road near the administration building, and they gave us the best dinner the native Aztec Indian can prepare.

At the several Indian villages on Josephinas I was warmly welcomed by my old friends among the Indians, for whom I had done the sleight of hand tricks during the previous visit, and they insisted on having them over again, appearing to enjoy them as much as ever.

I had an electric hand lamp in my pack and the night we slept at Caxtapa I produced it and showed it to the chief, Miguel Castro, without turning on the light. He examined it by the glare of the bonfire in the center of the village and asked what it was. Without taking it out of his hand I turned the end containing the bulb towards his face and "pressed the button." The light shot into his face and for a moment he fancied he had been killed. He jumped back several feet and as soon as he found he was uninjured began to laugh as only an Aztec Indian can laugh, and in a moment several hundred of his followers joined in a regular roar of merriment.

When the laughter had subsided he approached me again and handling the lamp rather gingerly, slowly lowered it till the light shone full in his face again. He had never seen any light like it, and his face became a study. We could see he was thinking deeply and we waited for his next move. Suddenly he made an effort to blow it out with his breath, and not succeeding, repeated the effort several times. Then he gave it up, saying, "No entiendo"—meaning "I do not understand it." Then an idea came to me and I passed along the line of natives, letting each one have a good blow at the lamp with his breath. None succeeded in blowing out the light until I allowed a boy about five years old to blow on it, when I took my finger off the button and the light went out.

This was too much for them. The boy became a hero at once, and although all the older natives insisted on making several more attempts to blow out the light, it would only go out when the five-year old boy blew on it. They will probably make that boy their next chief at Caxtapa.

Well, as I have predicted so many times in these columns, Motzorongo and the Motzorongo Company are booming.

The sugar mill is now grinding out dividends, two of which will probably be declared inside of the next six months. Improvements are being made all over the plantation. Rubber, lemon and orange groves are being planted—and the Motzorongo oranges now ripe are particularly fine. The Josephinas property is released. Over \$100,000 worth of stock

has been sold since October 1, and the directors at their last meeting advanced the price of stock to \$12.50 per share, the advance to take effect December 1, and it will not be long before another marked advance is made in the price.

I have urged you all time and time again to come into this proposition while you could secure the stock for \$10 per share. Many of you joined the company on my advice and many more will probably come in before the stock reaches \$25 per share. But don't delay longer if you intend joining in this enterprise. Let some one else pay for the next advance in price.

Mr. W. F. Dietrichs, of Minneapolis, who accompanied me, took 1,000 shares for himself and his family after he had inspected the property, and today he asked me to wire the Chicago office to hold 500 more shares for him at \$10 until he could arrange to send the money to Chicago. Mr. Dietrichs is in love with the climate of Motzorongo and will spend a few weeks here. He has volunteered to act as weigh master at the sugar mill, and from the verandah of the Administration building where I am writing, I can see him weighing the cane as it comes into the mill on the cane cars.

Mr. R. D. Cheetham, a banker of Williamstown, N. Y., and another old reader of SUGGESTION, also accompanied us. I had never met Mr. Cheetham personally before this trip, but he invested \$5,000 in Motzorongo on my recommendation after looking up the company and the prospects in Mexico. Mr. Cheetham returned to his home enthusiastic over Motzorongo and has requested that 500 more shares be reserved for himself and also for a few of his friends, till he could get home and let them feel some of the enthusiasm he had developed at Motzorongo.

From Motzorongo I shall go to California, but will return to Chicago not later than the first week in January, in time to prepare the first of another series of articles on Auto-Suggestion for the February number and to lend every assistance to make SUGGESTION for 1904 by far the most profitable and most interesting magazine devoted to the New Psychology.

Yours cordially,

HERBERT A. PARKYN.

The possible stands by us ever fresh,
Fairer than aught which any life hath owned.

—Jean Ingelow.

Not in the clamor of the crowded street,
Not in the shouts and plaudits of the throng,
But in ourselves are triumph and defeat.

—Longfellow.

SMILES

EVER since the delightful house-warming last month we've scarcely been able to wait to get back into this new home of ours. It being our Christmas festival last month, as well as a house-warming, we scarcely had adequate opportunity for noticing all the interesting features of this domicile. For instance, those circular alcoves—great, cosy rooms, capable of seating thirty or forty persons—they're simply sections from the *sequoia*—the giant California redwoods, you know. It required the united effort of all the California subscribers to get those sections sawed off and hollowed out and transported, ready for use. There are just forty of them, and placed, you see, so as to alternate with the big fire-places, and open conveniently from the main hall here. The huge settees, with their gay cushions, are picturesque and inviting, and do credit to their makers and donors. The South Carolina ladies made and presented most of the cushions, but the settees came from everywhere—that one from Russia, the one over there from New Zealand, this one from South Africa. They are all marvels of skill, and handsomely finished. The tiny brass plates bear suitable inscriptions, in the native language of the country from which they come. Makes one feel cosmopolitan, doesn't it, to belong to such a world-wide Family?

We've changed the decorations somewhat, you see, for this January meeting, and each country has arranged a certain space in characteristic fashion. That section over yonder—the one where the walls are draped with Indian blankets and feather head-dresses and bead-work—isn't that fine? Dr. Charles Eastman, the famous and gifted full-blooded Cherokee, designed it. The southern U. S. A. section, too—pretty as a picture with palmetto and pine branches, orange and lemon trees, cotton bolls and great cloudy streamers of Spanish moss,—it's a satisfying sight, and our southern Suggestionists spared no effort to make it perfect. The Mexican section is gay with artistically draped serapes, linen drawn-work, and native poetry. But don't overlook the Western things—those cases of minerals would do credit to any museum, and the exhibits of the great mining, agricultural and other interests of the west are worth going far to see. Just take your time to leisurely examine all these things, but be sure to go over there where you see the walls covered with fur rugs. It's the northern Canadian section, and they have everything to typify the polar regions. They've arranged it so realistically that you can see the aurora borealis gleam and shine upon the snow, and you'll want to turn

up your coat-collar,—be sure you don't take cold. They put that exhibit next the Mexicans, on purpose to heighten the effect.



If the Family will kindly come to order now, and everybody listen,—Wisconsin, please settle down—we will attend to a few matters of business.

First, let it be known that there really was ample provision of eatables on that excursion to Washington, D. C. Mrs. Ellen Goodell Smith, of Amherst, Mass., one of the waiters on the Section 78, wrote me a few weeks ago that though the rest of the Family on board had an abundance, there was little left for the waiters but the atmosphere and H₂O. Now the fact is, that if there was anything at all to eat on that trip, there was enough and to spare. There was an extra carload of refrigerators filled with substantial eatables, and it was only somebody's oversight that they were not discovered in time. Dr. Parkyn says it wasn't his fault, and Mr. Carey says it wasn't *his* fault; Dr. W. C. Hubbell, of Toledo, Ohio, Mayor Sam Jones, of Toledo, of course, Dorothy Gaze, Chicago, and George A. Wake, Salt Lake City, have one and all strenuously disclaimed responsibility; Dr. A. N. Star, Pasadena, said he didn't do it, and G. A. Epps, Carlisle, Iowa, said he didn't go to do it, and he wouldn't any more—but *he* was on another section entirely, so he must have been joking. Mrs. Smith's letter is published in the January SUGGESTION, so you can all see just how matters stand, and in what a position we are placed; but if at any time any of you feel disposed to confess, the rest of us will promise to be graciously lenient.

There was a rumor that A. H. Koontz, Uniontown, Pa., and M. D. Cram, Garden City, Mo., were slightly injured at the December Smiles meeting when they were carrying in the Yule-logs, but I am happy to say that was a mistake—they say they never felt better in their lives.

But direct your eyes now to the front—there! The curtain moves beautifully—and who are these, arranged in rows on the platform, with smiles upon their features and laurel wreaths upon their brows? They are the SUGGESTION readers who have within the last few weeks passed Dr. Parkyn's will-power test. The special honors he promised in November to all who successfully took that test, are now theirs. Their numbers will increase during the next few weeks, for although the time mentioned has now expired, an extension will doubtless be granted, and abundant opportunity be given every member of the Family to successfully pass the test, and receive the honors and emoluments thereupon resulting.



This—when the Family proceeds to enjoy itself informally—is the best of all, isn't it? Look at Uncle Si, over there—the center of attraction in that group of people.

You know we've always done ourselves proud, as a Family, in our informal entertainments. But I don't suppose any of us ever imagined anything quite so delightful as this. The big fire-places and the alcoves make just the opportunity for cosy groups, and we're all surely enjoying ourselves to the utmost. Everybody who isn't doing something else is going to gather round the fire-places now, and we'll have some corn-poppers going, and apples roasting, and we'll crack hickory-nuts, and tell stories, you know. Uncle Si will show you where the nuts and apples are—over there in the northwest alcove—just follow Uncle Si.



See that group of people there by the seventh fire-place? Mr. Austin and Mr. Browne have just had a most amicable conversation, to the edification of a large number of hearers, and they have their little difference of opinion all agreeably decided, they say,—but I haven't heard yet exactly how. But anything under the heavens could be happily settled here, you know (wonder if the Arizonian and the little Boston school ma'am think so)!

M. F.

That Smiles Excursion.

IT brings a "smile" every time I think of it. It was a "sure enough" big event. It brings to mind too my first Fourth of July Sunday School picnic. I was puffed up a bit with pride, for I contributed the biggest and handsomest cake on the table. Yes, mother made such a big loaf, and there were small ones around the edge, and a large one in the centre, and such nice frosting, and then went on the cute little "sugar drops" of all colors for ornaments, while the finishing decoration was a border of currant leaves, and the very biggest and reddest stems of currants to be found. But this "Smiles" trip was no Sunday school affair, and I never went in such a gay crowd before. And to think that but a few years ago some one told me I was "an old broken down, crippled woman, and at my age, it was time to be laid up on the shelf!" But I began to creep off that shelf, and presto! What a change, when SUGGESTION said "I can and I will *be* and *do*!" I did not then know much about suggestion, but I was a woman of WILL and knew how to use it.

I never felt more elated than when I received an invitation to join the SUGGESTION Family for an excursion, and never more surprised than to be on the "waiting committee," for such a youthful, rollicking crowd. And then to find myself right by the side of my old acquaintance, Henry Harrison Brown! Why, bless you, I'd not set eyes on him for twenty years. But he had not forgotten his visits to "Pansy Park," when he was in the early evolving stage of his remarkable attainments—an unsatisfied sort of Adam, doubtless in pursuit of "Now." We were glad to meet, on that Smiles excursion, and I reminded him of the changes

he had made, and the many times I had lost him, in his various meanderings from east to west, coming out in a new *role*, and a new coat with every move he made! Well, we only grow as we "get a move on," and he has been one of the greatest "movers on" that I ever met. But we were so busy, I actually forgot to notice if he had "store teeth," wore glasses, or had a bare-top head, and a little gray hair like other men of his age. If these milestones have not been reached he is out of fashion—or *in* fashion—which? I hope his "NOW" will make him "immortal in the flesh" if such is to be the coming fashion.

And there was Eleanor Kirk too, managing the lunch. Yes, I met her when she was evolving into many things. I've a scrap-book full of everything I could find that she wrote before she started the "Idea." She will not feel one bit vain if I tell you that I once saw her coming out of Francis Edgar Mason's church, clothed in silk and lace in such perfect blending, that she looked like a fairy queen,—fit subject for an artist's canvas!

This was the woman with aesthetic "Ideas" who looked after that Smiles excursion lunch—a dainty lunch, and quite rich enough for any one. H. H. B. & I were glad it was so dainty, because that made a minimum of work for us in clearing up, afterwards. And just let me tell you confidentially that the crowd was so large and kept on increasing so that Eleanor began to wonder if there'd be enough to go round, with anything left for the waiters. So she made us a neat little speech, on air as a food, and told us to breathe as we never had done before, while we were getting things ready. Well, we started in to serve, and all went well for the Family. We did our duty and passed the loaves and fishes, but what appetites, what appetites! We now and then whispered to the guests a suggestion to eat very slowly, and chew and chew! And "Do let me help you to more of this air"!

Well, we waiters found that when every one else had finished there wasn't any twelve baskets of fragments—not by a good deal—precious little but air and water. However, having been for some time on the "no breakfast" plan, and some of us well acquainted with one meal a day, to say nothing of an occasional fast, we made no complaint. The air just at that point on the trip happened to be filled with delicious fragrance from the autumn orchards along the way, so we really enjoyed an extremely dainty lunch,—and we're ready to go again.—ELLEN GOODELL SMITH.

[Twas just as good as if it *had* been a Sunday School excursion, Mrs. Smith! And you were exactly in your element in such happy company, and you served with all the grace and deftness imaginable. That you should meet so many old friends shows what delightful possibilities such Family affairs may afford. All that about "Pansy Park" and the H. H. Brown of twenty years ago sounds quite interesting. But my

dear Mrs. Smith! There was an abundance of goodies on that excursion train to Washington. It is to be all explained in the Smiles meeting this month. 'Twas an oversight, and we'll never allow it to happen again. Please bring a large cake just like your Fourth of July master piece, currants and candies and all, to the next Family gathering, as token of forgiveness—for *somebody* blundered! And do continue your gracious readiness to serve on committees, and act as patroness for some of our coming brilliant Family functions.—M. F.]

Child Culture

A STUDY OF ELIZABETH HARRISON'S "CHILD-NATURE."

By MARY FRAZEE.

To mothers, first, because they are the chief martyrs of the race; to everybody else, second, because into the mother's martyrdom the rest of us enter—we bear her image and superscription, her greatness is our glory, her limitations our undoing, her sacrifice our making, her love our benediction—to her and hers is this department dedicated.

THREE years ago, Elizabeth Harrison, co-Principal of the Chicago Kindergarten College, wrote a book she called "A Study of Child-Nature." To read this book is to be convinced anew that the best theory is simply an adequate statement of the truly practical. Miss Harrison is not a dogmatist, and offers no cheap and ready recipes warranted to save the parent all difficulty and turn out paragons of youthful excellence over night; but she does, in an unassuming and authoritative way, offer genuine help. She is a theorist in this sense, that she is a student, a psychologist, and that she sees with rare insight into the nature and needs of childhood. Of the practical side of child-training the average parent would probably say he has a sufficiency; and that what he most needs is a better understanding of the fundamental truths involved. That this author deals with the child from the stand-point of the educator gives to the book its greatest value, for it sets forth in a clear and helpful way certain principles that the average parent has neither time nor opportunity to work out, and that are the clews to the mastery of his problems. Because of its practical helpfulness, "A Study of Child-Nature" has attained a wide popularity, being now in its twenty-fourth edition.

Miss Harrison gives at the outset three main facts, upon which the thought of the book is based. She says:

FIRST: "THE CHILD BEARS WITHIN HIMSELF INSTINCTS WHICH CAN BE TRAINED UPWARD OR DOWNWARD."

SECOND: "THESE INSTINCTS GIVE EARLY MANIFESTATION OF THEIR EXISTENCE."

THIRD: "THE MOTHER'S LOVING GUIDANCE CAN BE CHANGED FROM UNCERTAIN INSTINCT INTO UNHESITATING INSIGHT."

That is to say:

First: It is not the caprice of the parent or the teacher, but the nature of the being to be educated, that determines what education should be.

Second: The training of the child's instincts should begin as soon as those instincts begin to be manifested.

Third: That the mother's understanding of her child's real nature makes clear her own duties; and that such an understanding will deepen and clarify her own natural instincts of training into rational convictions.

It is to such a study, and such an understanding, that the author would invite us,—not only the mothers, but the rest of us who realize that we are all yet very close akin to the Child, and that the problems of the nursery are the problems of the world.

Miss Harrison takes up in Chapter I the fact that the normal child is an extremely active creature; the meaning and value of this inborn characteristic of activity is shown, and the key to its proper training is indicated. The points are made thus:

1. *Activity is the natural means for securing physical development.*
2. *The training of the instinct of activity must be mainly positive, not negative.*

The author says:

"All little children are active; constant activity is nature's way of securing physical development. A seemingly superfluous amount of nervous force is generated in each growing child. The organs of respiration, circulation and digestion use their needful share. The rest of this nervous power is expended by the infant, in tossing his limbs about, in creeping and crawling; by the growing boy, in climbing and running, by the young girl—who must not climb or run, as such conduct is not ladylike—in twisting, squirming and giggling; thus gaining for her muscles, in spite of prohibition, some of the needed exercise. Making a restless child "keep still" is a repression of this nervous energy, which irritates the whole nervous system, causing ill-temper, moroseness and general uncomfortableness. If this force could be properly expended, the child would be always sunny-tempered. The mother's instinctive feeling that the restlessness of her child is necessary to its well-being, gives her strength to endure what would be unendurable confusion and noise to any one who has not this maternal instinct. But the wise mother who has changed this dim instinct into luminous insight, turns the riot into joyous, happy play or other wholesome activity. By this course not only does she lessen the strain upon her own nerves, but what is of more importance, often avoids a clash of will power between herself and

her child; such clashing of wills being always fraught with harm to both."

Whoever has stopped to think about these things must agree that the statements just given are true. None would be so rash as to dispute them. The child must move, and move freely and happily, if he is to be anything but a weakling, or a driveling idiot. But—aye, here's the rub—if he is to be trained above his own caprice, and if the citizens in his vicinity continue the free and happy exercise of their own faculties, that spontaneous activity of the child's must be directed into harmless channels, and trained upon constructive, not destructive, lines. The old newspaper joke of the mother who said, "Find out what Johnny is doing, and tell him to stop," yields upon analysis both Johnny's proneness to disturbing activities, and his mother's inability to direct. Such dealing with children may seem to be the easy and convenient thing, for the moment, but the outcome is calamitous, and a wiser generation than we will call it inhuman. If Johnny amounts to anything, it will be in spite of such an influence, not because of it; and if he does not, there is no need to search far for the reason. *The instinct of activity must be provided for,—by getting into mischief, if there is nothing else to get into.*

The time to begin such training is the time when the child is first gaining the use of his small body; "thus,"—as Miss Harrison puts it,—*"establishing the right activity before the wrong one can assert itself."* To teach the baby to use his tiny hands is a most fascinating amusement, and when he can wave a "by-by" or clap to "make a patty-cake," it is to the edification of all beholders. But the real value of the performance is what it means in the development of the child, and not merely the entertainment afforded admiring relatives. When Froebel wrote the "Mother-Plays" he thereby made himself one of the greatest benefactors of the race, but alas! the benefaction is all too rarely made use of. Everybody knows how intensely the child enjoys the little song that has a meaning he can even partially grasp, the rhyme he can act out; and upon such things does the child's mental and physical growth depend, to a degree far beyond the average mother's thought.

In speaking of the "Finger-Plays," the author gives one of the little songs, and then illustrates with the following bit of experience:

"Once while traveling upon a railway train, I watched for a time the vain endeavors of a young mother to persuade her restless boy of two years to be undressed for bed. Finally I went to the rescue, and began to talk to the little fellow about the queer finger family that lived on his hand. I gave him a name for each member of this family, and in a few minutes suggested that they were sleepy and that we had better put them to bed. He was delighted. Singing softly the ditty just mentioned, I showed him how to fold first one, then

another of the chubby fingers in seeming sleep. When we had finished he was very still; the pleasing activity had called his thoughts away from his capricious, willful little self; he had something to do. 'Now,' said I, 'do you think you can undress without waking these babies?' He nodded a pleased assent. The mother took him off and in a short time came back and thanked me, saying, that while he was being undressed his thoughts had been concentrated upon keeping his fingers undisturbed, and that he had dropped asleep with his hand tightly closed. She was astonished at this power of the game, yet the device was simple; the nervous, restless activity of the child was turned from a wrong channel into a right one. By many such means, Froebel would have the baby's fingers seem to him tiny people of whom he has charge."

After further illustration, the author says:

"To some these incidents may seem childish, yet underlying them is one of the world's greatest principles of development, viz.: cultivate right tendencies in humanity and the wrong ones must die out. *Build up the positive side of your child's nature and the negative side will not need to be unbuilt.*

"Let me illustrate more fully this important thought. At the age of two or three years, according to the immaturity or maturity of the child, the instinct of investigation begins to show itself, developing in various ways an appalling power of destruction; such as tearing to pieces his doll, smashing his toy-bank, cutting holes in his apron, and many other indications of seeming depravity. It is a critical period. Without this important instinct, man would have made but little progress in civilization; it is the basis of scientific and mathematical research, of study in all fields. This legitimate and natural investigative activity needs only to be led from the negative path of destruction, into the positive one of construction. Instead of vainly attempting to suppress the new-born power of the young pioneer, or searcher after truth, guide it aright. Give him playthings which can be taken to pieces and put together again without injury to the material; dolls which can be dressed and undressed; horses which can be harnessed and unharnessed; carts to which horses may be fastened at will, or any like toys. Blocks which can be built into various new forms are admirable playthings for children; the more of their own ideas they can put into the re-arrangement, the better. It is the divine right of each human being to reconstruct in his own way, when that way does not interfere with the care of property, or the rights of others. The glorious instinct of creativity * * * is also cultivated."

(To be continued.)

The Realm of Books

PSYCHIC LIFE AND LAWS, by Charles Oliver Sahler, M. D., Kingston, N. Y. This book of *Psychic Life and Laws* just published by Dr. Sahler, of Kingston, N. Y., we feel to be a distinct and valuable contribution to the thought of the day.

Dr. Sahler is a man of high aspiration, and in his own evolution has evolved a system which is original and deeply significant to the advancement of the human race.

It would seem, as people delve in their own consciousness, sooner or later they come to a substratum of thought which is generally recognized as oriental, and it would not be too much to say that Dr. Sahler is a self-developed adept.

The secondary consciousness which has become accepted as a common experience, with Dr. Sahler has deepened and developed to the vaster consciousness of a cosmic or universal sense.

While the pursuit of this consciousness has been the distinguishing characteristic of the Eastern world, it is still a matter of rare attainment in the West.

Dr. Sahler began his career as a family practitioner, and only after a large and varied experience, came into touch with the phenomena of hypnotism and discovered his own ability and powers in this direction.

Possessed of deep spiritual aspiration, Dr. Sahler quickly conceived the possibility of using this practical knowledge for the deepening and unfoldment of man's higher nature.

His efforts are allied with kindred work in this direction, such as mental and Christian science, etc., but he has grasped the occult law, underlying all these sciences, and his departure is wholly original; this he explains in part in his book of *Psychic Life and Laws*.

It is interesting to note that a man working on a simple practical basis of experience, has come to the same conclusions and been working for years on the same hypothesis that the late Dr. F. W. H. Meyers, of England, so beautifully and scientifically elaborates in his book entitled, "Human Personality after Bodily Death." Of this book Prof. Wm. James remarks that it is the most valuable work extant on these subjects, and that it deals with the unrecognized truths that will have become the commonplace of the next generation.

Dr. Sahler is about to enlarge his sanitarium at Kingston, which during its existence in the last four years has quadrupled its receiv-

ing capacity, and which can not meet the demands of constantly increasing applications.

In his personality Dr. Sahler is simple, gentle and unassuming, like all men of large natures, and has consecrated himself to the service of humanity with a single-minded devotion.



WILDWOOD PHILOSOPHY, SEVEN ESSAYS. By N. M. Zimmerman. This is a modest little volume of 114 pages containing chapters on The Acquisition of Knowledge, The Game of Love, The Road to Success, Prudence vs. Heroism, Farm Gospel, Methods of Reform, and the Ultimate Reality.

No price or publisher or address is given, but I think the little magazine called *Soundview*, Ollala, Wash., has something to do with the book.

The essays relate to success and happiness and they are along advanced thought lines, and some of the doctrines of the New Psychology are recognized; for example:

"Wherever you are, take hold of the thing that lies before you, and do it with a patient, persistent, aspiring mind, never doubting that when you are fitted for a more congenial occupation you will find it."



LULU HURST'S AUTOBIOGRAPHY. Paper, 267 pages. The Psychic Publishing Company, Rome, Ga. \$1.00. This book purports to be an explanation by Lulu Hurst (The Georgia Wonder) of the way in which she performed many seemingly marvelous feats about fourteen years ago while giving stage performances. For example, a man or a number of men would grasp a chair and while her hands were upon it they would be unable to lower it to the floor; she would grasp a cane, and one or two men could not push her backwards off her balance, etc. Often a chair would be torn to pieces by the combined efforts of four or five men who were trying to lower it.

The author also gives an explanation of table rappings. While giving the exhibitions the author did not understand the source of her apparent power. Now she gives an explanation which is rational and simple. She claims that any one can duplicate her performances. Pictures, diagrams and full explanations are given. This book should be read by every member of the SUGGESTION Family. It teaches that things are not what they seem, and how easy it is for one to be deceived; and how many investigators of phenomena are self-deceived. The book teaches us to beware of a belief in anything supernatural or super-physical.

An explanation is given regarding "haunted houses." By all means, friends, get this book. It is interesting, and furnishes food for thought. The purchase price will be refunded by the publisher if the book is not

satisfactory. Let two or three club together and buy the book—it will be good reading during the winter evenings.



“THAT WHICH WE ALL LONG FOR,” by Herbert J. Pigott, Room 6, Colton Exchange, New Orleans, La. This is a booklet of seventy-six pages, which sells for twenty-five cents. It is worth many times the price. Contents: Constipation, How to Cure It; What Shall We Eat? The “No-Breakfast” Plan; Fasting, Fruit-Fasts; Drugs; Colds; Sun and Air Baths; Our Thoughts; Suggestion; and Exercising. Every one who wants to investigate the above subjects should send for a copy of Mr. Pigott’s little book. It is sensible and not lopsided. It has ideas and is full of rational suggestions. New or old subscribers to SUGGESTION can have a copy of the booklet free as a premium by making a request for the same. Tell your friend about this offer, and if he is not satisfied he can return Mr. Pigott’s booklet and we will pay twenty-five cents for it.



COMPENDIUM OF REVEALED KNOWLEDGE. A complete system of Anthropology; Blending the spiritual and physical forces in man; occult cause of Life; its explanation; the sixth sense; Scientific Development; Psychic-Sarcology, including a new and perfect system of healing without drugs, etc. By C. H. Carson, V. D., Kansas City, Mo. 379 pp; cloth, octavo size.

This is a large volume covering a vast field; world formation, geological speculation, anthropology, social and industrial science, phrenology, psychology, healing, hygiene, etc. The first part deals with the broadest fields of human knowledge in all departments of science; part two is devoted to healing, hygiene, psychology, and the presentation of the theories of the author regarding life and being.

Dr. Carlson holds that drugs are useless and that there is an inherent power in all to heal and revivify. He mentions the sixth sense and its powers, and tells about the “Psychic Globule.” Those who delight in investigating all lines of psychic thought will peruse this book with pleasure. It is essentially an outline of a plan for natural healing. We have not had time to see if the doctor gives any attention to air, food and water, the three life essentials, and trust he has not omitted the basic principle of correct hygiene. The book shows vast research and great thought. The price is not given, but it will probably be \$2.50 or \$3.50, probably more. A postal to Dr. Carson will doubtless bring descriptive literature and definite information. The book will assist in the work of educating the people away from drug delusion and point to the better way—rational, natural living.

QUERIES

Astonishing Results from Suggestion.

DR. HERBERT A. PARKYN, Chicago, Ill.:

Dear Sir—About three years ago I bought your mail course in Suggestive Therapeutics and Hypnotism and have derived much profit and pleasure from reading it. When I bought the course I only intended using the information contained in it for myself alone, and this I have carried out with many good results.

I have studied this course as if it were a text book, which in truth it is. But the object of this letter is not so much to tell you about myself. As I said, I never expected to practice the profession at all, as I am no physician, but only to use it as best I could on myself, but circumstances seemed to compel me to try it as an experiment on another. Last spring my father, who is seventy-three years old, was taken with an attack of indigestion and a complication of bladder and other troubles; he took various medicines, patent and regular, getting temporary relief for a day or so at a time, but steadily growing weaker. After four months of medical treatment I saw it was a question of days or weeks at most when his system would collapse. All other resources having been exhausted, I mentioned Suggestion to him. He is what you call a reasoning person and looked at my suggestion as innocent and harmless, but with no confidence, and I confess I shared that opinion, but I begun the treatment, leaving off the medicines. This was five weeks ago, and though an old man and never very strong, he has picked up in strength and flesh and seems like a new man. The change is most astonishing when I remember his former mental and physical condition. His mind was getting shaky and his sight had failed so he had to sit in a dark room, where he brooded alone. The bladder trouble is much better and stomach seems as good as before he took sick. One feature, however, is not satisfactory. The first few nights after I began Suggestion he slept much better, but he is still wakeful at night. Every second or third night he can't sleep until midnight or after, then for several nights he sleeps as well as could be desired. I have given repeated suggestions to overcome this trouble, but it does not seem to yield.

The functional troubles in the organs having improved so much and all nervousness gone, I can't see why he should have this sleeplessness. Can you give me any light on this?

I would be glad if you will send me a copy of your magazine; think I will have to become one of your subscribers.

I trust the school is in a prosperous condition.

Hope to have a reply from you at an early date, and beg to remain

Very truly yours,

S. I. SHEATS.

KINGSTON, GA.

[I am delighted to learn you had such good success with suggestion and that the mail course has proved of service to you.

I wish you had been a regular subscriber to SUGGESTION, as the articles on auto-suggestion which have appeared during the last few months have completely exhausted every number of each issue and they would undoubtedly have proved of value to you. However, I expect to publish them in pamphlet form in order to supply the demand.

I believe it would be advisable to have your father eat the last meal of the day as light as possible before going to bed, or, if he eats at six o'clock and retires at ten, it would be advisable to give a very light supper before going to bed. This will draw the blood from the head and insure sound sleep. Try the experiment and let me know how you succeed.—EDITOR.]

Our Contemporaries

The Humanitarian Review, a monthly magazine of Liberal Forethought, Psychology, etc. Singleton W. Davis, editor and publisher, 852 East Lee street, Los Angeles, Cal. Single copy, 10 cents; per year, \$1.00. The December number contains the following principal articles: "Why We Oppose Vivisection," "Anti-Revelation Testimony of 'Tom Paine Methodists,'" "Hell, or No Hell?" "The Wizard of Gain" (poem), "Fundamentals of Liberalism" (scientific), Correspondence, Editorials, Book Reviews, etc. *The Review* is now 25 per cent larger than heretofore.

◆ ◆ ◆
 THE HEALTHY HOME for January, Athol, Mass., fifty cents per year, as the introductory article has a description of the famous state sanitarium for consumptives at Rutland, Mass., with incidents of a personal visit, and an outline of the special methods of treatment employed. The windows are open at this sanitarium, and the blankets are sometimes blown off the bed, but people recover from consumption. Other interesting articles are, "Appetite is Not Always a Guide," "The Interval between Meals," "The Secret of Back Ache," "An Unfashionable but Useful Medicine," "The Right Age at which to Marry," "The Raw Food Fad," and "The Lost Art of Chewing."

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The Healthy Home is credited with common sense views on hygienic matters; nearly 500 physicians write for it; and it gives the latest results of modern investigation in medicine and hygiene, in interesting and compact form.

Fifty cents a year. Send for sample copy. *The Healthy Home* and SUGGESTION will be sent to new subscribers for \$1.00; renewals, \$1.25; foreign, fifty cents extra in each case.

[Send for a sample copy of *The Healthy Home* and you will be pleased beyond expectation. *Manager SUGGESTION.*]

◆ ◆ ◆
 THE LIBERATOR, Minneapolis, Minn., fifty cents a year. Lora C. Little, editor. Seeks freedom from medical superstition and tyranny. Teaches that man may be as healthy as beast by dropping his drugs and

obeying the laws of life. Teaches those who do not know; reminds those who do. Exposes the frauds of medicine, and shows it up in its true character as a science of sickness. The January number will contain, among many useful articles, Bodily Perfection, a Christian Ideal; Benefit and Injury from Bathing; Uses of Sleep; Doctors, an Appreciation; Why Vaccination is Deadly. New subscribers can have *The Liberator* and SUGGESTION one year for \$1.00.

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Fred Burry's Journal is published at Toronto, Canada. It is an advanced thought publication devoted to the unfoldment of inherent psychic forces. Send a postal for a sample copy.

New subscribers who send one dollar for SUGGESTION can have a year's subscription to *Fred Burry's Journal* as a premium if desired. Why not?



Publisher's Department



THE VAN VALEN SANATORIUM, advertised on another page of this magazine, is one of the few institutions of its kind where truth and merit have won their way. This institution is the second one established in this country, where psychology and suggestive therapeutics are practiced. Dr. W. C. Van Valen, the resident physician, has for years been a close student and practitioner along these lines with remarkable success, so much so that a large edition is now in course of construction to accommodate the increase in patronage. Dr. Van Valen not only cures the most chronic diseases, but he is successful in curing the unfortunates of the drug and liquor habits, where everything else has failed. His booklets, either on diseases or habits, will be sent for the asking.

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The attention of the SUGGESTION family is called to the advertisement of Prof. Fitzgerald, phrenologist, in another column. Prof. Fitzgerald is thoroughly competent and can give a wonderfully fair delineation of character from a photograph. Those interested should send him a stamped envelope for some of his literature. Do it now. E. E. C.

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During the month of November a daily average of seventeen patients was treated without medicine or other material means at the St. Louis School of Suggestive Therapeutics. The list embraces asthma, rheumatism, neurasthenia, constipation, neuralgia, self-consciousness, loss of voice, stammering, cancer, dropsy, typhoid fever, vile habits, indolence, eye diseases, deafness, indigestion, chronic ulcers, liver and lung diseases, eczema, female irregularities, and nervous prostration. See the advertisement of this school on another page in this magazine.

Don't Worry Club

LET us have a Don't Worry Club, and let us at once induce all our friends to join. Let us have a few postal card sermons for the club. We will print something good every month if we receive the "copy." Everyone is editor of this department, and don't you worry if you do not see your contribution in print. Send us some ideas. D. I. N. Why not?

What's the use of worrying, anyway? "Cheer up, the worst is yet to come." Isn't that comforting to a tired soul? But souls should not be tired. Let in a little sunshine. Wake up. Grin. Laugh. Joke. Kick the cat. For heaven's sake, get out of the rut. Relax. Smile. Tell your friends you are interested in a Don't Worry Club, and hear them call you a "crank." This will brace you up, and make you feel that you are a genius. Bless our friends for calling us "cranks." A crank is a man (or woman) who is trying to climb out of the rut. The other fellows are hanging on his coat tails, or skirts.

We give this month some remarks from an editor of the *Nebraska State Journal*. Read them, and paste them in your hat, and read them to some benighted soul whenever you can without having the hose turned on you.

E. E. C.

Captain Billingsley Would Spread Gospel of Brotherly Love.

[From *Nebraska State Journal*.]

Captain Billingsley is perfecting the organization of a "Don't Worry Club" with the idea in mind that the members shall go about their daily walks making the world better, brighter and its paths less thorny.

The captain is a great student of mental science, and his perusal of the advanced works along this line has convinced him that the world is organized on too narrow a basis. He has proposed that the motto of the club shall be "Give every one an even break and don't use your hammer."

As outlined by the captain, the constitution and bylaws run something like this:

"All are eligible to membership who do not insist on doing his brother man.

"Each member is a self-appointed officer to every office in the club.

"Each officer draws a salary of one thousand dollars a minute payable in love and good-will to everybody—including Chinamen.

"Any member who thinks and says a word about trouble, or has a shadow of worry or fear—shall be banished to the Nebraska legislature, or some other penal institute.

"All subjects discussed from a philosophical point of view, from frogs to fixed stars—and from fricassed moonshine to the eternal Ego.

"The dues are payable in pleasing recognition, hearty handshake, pleasant salutation, sunny smiles, ready laugh, listening ear, and the philosophical discussion of matters of interest to those present.

"The meetings will be held at the private office of L. W. Billingsley at 210 South Eleventh street, Lincoln, Nebraska, each Sunday from 12 m. to 1 p. m.

"All are cordially invited to 'jine' who can put up the right kind of spiritual and mental goods."

A Voice from the "Stuffed Club."

Glad to see SUGGESTION climbing; the last number was a dandy. If you keep on improving as you have, there will not be any excuse for you crying out, "Somebody head us off! Gol darn our fool shins, we're running away." With the season's compliments I am,

Truly yours,

J. H. TILDEN, M. D.

December 9th, 1903.

[Ever see a "Stuffed Club"? Send 10 cents to Dr. Tilden and you will get one. The "Club" is a magazine devoted to rational hygiene and it is infested with ideas! For about \$1.10 new subscribers can have SUGGESTION and the "Club" for a year.—E. E. C.]



Dr. Parkyn is in California as the January issue goes to press, December 15th, and expects to return to Chicago before January 15th. It is expected that the first course for 1904 of the CHICAGO SCHOOL OF PSYCHOLOGY will open about February 1st, and all interested should communicate with the secretary, 4020 Drexel boulevard, Chicago. All students should register by January 15th, as the class will positively be limited.



A TINY ALCOHOL gas stove that weighs only eight ounces, and gives heat equal to a good-sized cooking stove, has been placed on the market in Chicago by The Glogau Company and is easily the novelty of the season. This unique little device, which is one of the most useful and convenient ever patented, came originally from Germany and is wonderfully substantial. While it can be carried in an overcoat pocket, it answers nearly all the purposes of a full-fledged gas stove. It does not burn the alcohol direct, but burns the gas produced from the alcohol and generates its own gas. For traveling men and women, actresses, bachelors everywhere, for all men who shave themselves, campers, occupants of apartments where light house-keeping is prohibited, hotel roomers, for the sick room and, in fact, for nearly every calling, the little stove fills a big vacuum in our former conveniences and is sure to become exceedingly popular. To add to its desirability the device is sold at such a very low price that it is within the reach of everyone and the cost would not be missed by the poorest. For further particulars see The Glogau Company's advertisement in this issue. The stove has been used by the SUGGESTION staff and pronounced "perfect."



The Elite Toilet Company requests the publication of the following: "Sufferers from an impure complexion should write to Elite Toilet Company, Danbury, Conn., for their booklet telling all about their complexion mask, which is probably the only scientific treatment to entirely restore the skin to its youthful purity and freshness."



New subscribers may have SUGGESTION one year and "The Law of Mental Medicine" for \$1.50.

Our Letter Box

WE will publish occasional letters herein from our friends—letters of comment, advice, criticism or condemnation. Friends are reminded to be brief, to use ink; don't be afraid to speak out boldly. We are watching and waiting for suggestions that will be helping to the magazine and our readers. If you have an idea, do not hide it under a barrel.—THE EDITOR.

Better than Eating

SUGGESTION PUBLISHING COMPANY, Chicago, Ill.

To whom it may concern (the editor especially): I would rather read SUGGESTION than to eat. It's the only magazine I ever saw that was filled from cover to cover with common sense.

I enclose a few names I know of persons who would be glad to receive sample copies. Tell these people I asked you to send the copies if you wish.

This act is done through your lesson on "Will Power," October SUGGESTION. I have been going to do it for some time, but this caused me to do it now. I want to get the June and July issues of SUGGESTION. How much do you want for them, if you have any copies on hand?

I intend to have SUGGESTION my monthly visitor next year.

I want to get some of my friends to subscribe with me and then you'll hear from me again.

Yours very truly,

Reading, Mich., Nov. 30, 1903.

DANNIE MURRAY.

New Treatment for Felons, Bruises, Etc.

EDITOR SUGGESTION:

In your December issue I notice you publish a "sure cure" for a felon. As I have had considerable experience in "killing felons" I thought it might be interesting to your readers to give them some of my methods. Here is one: I have practiced over twenty years and never known it to fail, beside it is less trouble than the one you published.

When a felon first makes itself manifest take a piece of blister plaster the size of your finger nail; place it as near over the seat of pain as possible and keep it there until it raises a full blister, when you will find the sack of pins that causes the trouble drawn from close to the bone to the surface under the blister and your felon is cured without much pain or inconvenience.

The new way by which I always cure felons, boils, cuts, bruises, burns, etc., on the fingers or any other extremities is this:

Suppose it is on a finger. I direct the patient to hold up the hand high and I make mesmeric passes or gently rub the hand and arm from the finger tips to the elbow or shoulder. Remove your hand every time

it comes to your shoulder and commence at finger tips again. Make these passes in contact for ten or fifteen minutes till the pain stops. If necessary rest a while and go at it again and again. It will surely stop all pain and heal rapidly. It will stop the venous flow of blood at once. Generally one can do this for himself.

I will mention a case. Some two years ago my granddaughter in playing with a companion got her fingers caught in the crack of a door, her companion pulling the door to with all her strength. I released her and found her fingers flattened to half their normal thickness and ends of two fingers burst open and blood flowing freely. I took her in my lap and treated her as above for ten to fifteen minutes, at the end of which time the blood had stopped flowing, all the pain was gone and the hurt caused her no inconvenience after. My theory is that I caused an increased circulation by causing the venous blood to move more rapidly up the arms and the arterial blood taking its place rapidly forming new cells at the same time carrying off the waste material that had been disintegrated. Be this as it may, the blood ceased to flow and the pain and soreness disappeared.

I. DEANE COMSTOCK, M. H., D. O.

ADRIAN, MICH.

Prof. Tyler's Views on Diet.

In December issue of SUGGESTION I read advice to E. V. A. concerning bladder trouble, and M. C. regarding muscular rheumatism, and while not opposing water drinking I would like to suggest a better way. I am sure they would be delighted with results which are soon to follow on adopting my suggestion.

Too much water will weaken and destroy vegetable life to a greater or less extent. Ranchmen as a rule drive their cattle to water once a day; only late in the fall, when vegetation is drying, do they water twice a day. Wild horses on the deserts of Arizona only come to streams a distance of ten or twelve miles, but twice a week. The lower animal world and the birds of the air are not known to be copious water drinkers. Health with these animals as a rule is good; ill-health the exception.

In view of my own affliction as described by E. V. A. I have this to say: Avoid the necessity of drinking but little or no water, by eating freely of fresh ripe fruit, using tomatoes as a fruit, and whenever you must drink water use distilled water instead of common or earth water. And if M. C. will adopt this suggestion and instead of eating cooked victuals, use uncooked food, cereal, nut and fruit for the period of ten days he will be convinced that he has discovered the only rational method of curing rheumatism.

BYRON TYLER.

Kansas City, Mo.

Cheerfulness is the best promoter of health, and as friendly to the mind as to the body.—Addison.