

Suggestion in the Cure of Consumption

A  
MAGAZINE

of the

New Psychology

For

Those Who Think

**SUGGESTION**

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PSYCHIC FORCES

HERBERT A. PARKS, M.D., Editor

**DO IT NOW**

JUNE

10c

1904

## Finsen Light Cure in America

**A**t the American Branch of the Finsen Light Institute we have installed the only high power Finsen apparatus imported into this country. We have Professor Niels R. Finsen's signed statement to this effect:

The picture shows one of our four lamps Finsen lamps in the strict work of curing disease operated by physicians and assistants trained under Dr. Finsen's personal direction in Copenhagen. With the same apparatus and methods we are obtaining the same wonderful results scores in the present institute.

Dr. Finsen is the first to reduce the principle of life, strength and health, in the same manner as a scientific method, working basis. His method is Nature's own way, in healing's drugless, painless and the application in concentrated form of the healing rays, the violet of Finsen rays, and the different stages. Under his influence, the germs of disease wither and die, resultate positive and permanent.

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We will send free on request an illustrated book describing the light cure with photographs, names and addresses of many cured patients to whom we refer by letter and also a copy of the official report filed at Washington by our United States Consul at Copenhagen covering his investigation of the Finsen light treatment. Do not want here?

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# SUGGESTION

A Magazine of the New Psychology

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

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## Do You Ever Think?

If any reader has a favorite quotation of less than thirty words, send it to the editor, and, if found available, it will be published in SUGGESTION. This is to be a "thought" page. Wouldn't you like to help to teach people to think? Haven't you a thought of your own worth sending to us?—EDITOR.

Think.

\* \* \*

Do something.

\* \* \*

"This one thing I do."

\* \* \*

Thinking begets thinking.

\* \* \*

"In your own self lies Destiny."

\* \* \*

The study of mind is the only wisdom.

\* \* \*

This universe is but a thought externalized.—*E. E. C.*

\* \* \*

"Certainty of victory wins battles before they are fought."

\* \* \*

When the fight begins within himself, a man is worth something.—*Browning.*

\* \* \*

I will utter what I believe today, if it should contradict all I said yesterday.—*Wendell Phillips.*

\* \* \*

Success in life is a matter not so much of talent or opportunity as of concentration and perseverance.—*C. W. Wendte.*

\* \* \*

I regard all theories as insuperable barriers to moral and spiritual progress, and have held myself strictly to facts, and regard them as the only revelations of knowledge.—*Dr. E. J. Schellthous.*

# The Achievement of Success Through Auto-Suggestion.

By HERBERT A. PARKYN, M. D., C. M.,

Medical Superintendent Chicago School of Psychology, 4020 Drexel Boulevard, Chicago.



HERBERT A. PARKYN,  
M. D.

NOT long ago I received a call from a reader of SUGGESTION, who came to thank me for the benefit he had received from reading the magazine. He is the father of a large family, and three years ago, calling on me, was in very straitened circumstances. He had married while drawing a meager salary, which soon became inadequate to maintain his family circle, which had increased with appalling regularity. The result was that after ten years of married life his health began to fail through overwork and incessant worry, for he had contracted a burden of debts from which nothing but death seemed to give him promise of relief. There was no chance of his receiving an increase in salary where he worked, and with

so many mouths to feed he was afraid to make an effort to secure a better position lest he might be thrown out of employment entirely. Besides, he had lost ambition through sickness and worry, and his mind was filled with dread and fear for the future.

As if this state of affairs was not bad enough in itself, the firm for which he had worked for years met with financial reverses, soon followed by bankruptcy, and he was left without employment.

For one month he sought a new position in vain. He answered advertisement after advertisement and called at one business house after another without success. Meanwhile his mental condition grew more deplorable.

At this juncture he met a friend who was a "New Thought" enthusiast, and this friend, after explaining to him his ideas of the New Thought, persuaded him to send ten dollars to a well-known "mental healer" for a month's absent treatment for success. At this time a ten-dollar bill seemed to him a large amount to waste on an experiment, but by hard work he managed to raise the money in a few days and sent it off post haste to the healer for his best success-thought vibrations for the month. Meanwhile he read a great deal of New Thought literature loaned to him by his friend, and became imbued with its principles.

In a few days word came to him from the healer that the treatment had commenced and would be given at a certain hour each day, that he

would henceforth be fired with new ambition, courage, hope, fearlessness, etc., and that success would be bound to follow.

Within a week after beginning treatment he felt better mentally and physically. Some of his old courage had returned to him, and he started out again in search of employment, thoroughly believing that the success thoughts being sent to him by the healer would turn his efforts into success.

As if a magical wand had been waved over him, he was offered two situations the first day he began his search under the new conditions. Neither situation promised him sufficient salary to support his family, but this measure of success gave him greater faith in the powers of his absent healer and increased his confidence in his ability to secure a good position eventually. Another position was offered him the next day, and the day following still another, which he accepted at his old salary. But the spirit of the New Thought was in him. He was enthusiastic over it, and had become confident of success and felt that the same power that had helped to put him on his feet again could be used to advance him still farther up the hill of success. In consequence he kept his eyes and ears open to opportunity and sought to make opportunities, with the result that about the middle of the second month's absent treatment, for which he had remitted another ten dollars, he was offered and accepted a position which paid him not only half as much again as his old salary, but a good commission besides, the amount of the commissions depending on his own ability and energy.

With *success* as his motto and confidence born of his recent success to back his motto, he started to work in his new position, believing that if commissions were obtainable he would certainly have his share.

At the end of the first month he had doubled his old salary, and at the end of the third month he had trebled it. But regularly every month he sent ten dollars for his absent treatment for success—dreading to stop the treatment lest the healer's power be withdrawn from him and he be thrown upon his own resources again.

Six months had elapsed since the beginning of the treatments, and six times had ten dollars been sent to the healer, when by accident a copy of SUGGESTION came into his possession, along with some additional New Psychology literature.

It so happened that the copy of SUGGESTION he received contained an editorial which showed clearly and conclusively that the success of absent treatment depends entirely on the auto-suggestions of the person requiring treatment—not on the thoughts or vibrations of the so-called absent healer. In other words, he realized for the first time that the results that had followed the mailing of the first ten dollars to the healer

had been brought about by the change of thought he had experienced; that by his own thinking alone he had aroused some power within himself which had changed his whole attitude toward the world at large and enabled him to turn failure into success.

Having read the magazine through several times, he sent in his subscription for a year in advance and bought all the back numbers with which he could be supplied.

These gave him new food for thought, and instead of sending ten dollars to his healer when his seventh month's treatment had expired, he sent five dollars for a work I have published on suggestive therapeutics, in which the operations of the law of suggestion are clearly explained.

The reading of this work marked a new epoch in his march along the road of success, for thereafter, instead of feeling that his success depended on a second person, he knew that the success he had met with had depended on a change made within himself unconsciously through auto-suggestion, and that it was within his own power to make still greater changes and make his success still more marked through the intelligent and conscious use of auto-suggestion.

From the moment he came to this conclusion he felt that he was a free man, and the practice of auto-suggestion became as important a part of his daily life as eating or drinking, with the result that his confidence in himself, his determination to succeed, his aggressiveness and his fearlessness developed rapidly.

Before he had been one year in his new position he was earning as much in one month as he had previously earned in six months; he had outstripped not only all the other employés of his own firm, but excelled those of other firms engaged in similar business.

Flattering offers came to him from other firms, but his employers, rather than lose his services, gave him an interest in their firm at a lucrative salary, and placed him at the head of one of the most important departments of their business.

It was two years after receiving this promotion that he called on me, and the two years had been years of prosperity and success.

Although he was about to take a two months' vacation with his family, he looked as if he had always enjoyed perfect health; and he informed me that since studying suggestive therapeutics he had been able to keep himself and his family in excellent health.

Now I do not claim that everyone who will employ auto-suggestion faithfully will achieve success as quickly and as markedly as the man whose case I have cited. But by learning how to employ auto-suggestion, and by using it faithfully, he can keep himself in such a mental attitude

that he is prepared to grasp an opportunity when it presents itself. But a man who has developed self-confidence, determination, aggressiveness and fearlessness by using auto-suggestion will not sit idle waiting for opportunities to come to him. Instead, he will go in search of them, and if none seem available he will make one himself.

Everyone should study the law of suggestion and learn how to employ auto-suggestion. A person who does this will never enslave himself by feeling that his health and success depend on the thought forces of some healer a thousand miles away. Instead, he will become conscious of the marvelous powers of his own mind; he will be left independent in thought and action, and can assist very greatly in making his life and success conform to his ideals.

For the benefit of any who might desire to use auto-suggestion for bringing about the mental attitude that encourages success, I will give an outline of auto-suggestions I recommend. These should be repeated earnestly to one's self many times every day. The mind should be allowed to dwell for a moment on each auto-suggestion till its full meaning is grasped. I have given only a few, but many more can be introduced to suit the individual requirements.

All auto-suggestions should be encouraging, optimistic, positive and affirmative.

AUTO-SUGGESTIONS FOR SUCCESS.

I am gaining in health by thinking thoughts of health and partaking properly of the life essentials.

\* \* \*

I am becoming a strong man in every sense of the word. I am a strong man NOW.

\* \* \*

Since my strength has increased I have more determination, more confidence in myself, and more aggressiveness.

\* \* \*

I am filled to overflowing with confidence and aggressiveness. I feel that I must go out amongst men and let them feel my confidence, my aggressiveness and my strength.

\* \* \*

I am a strong man.

\* \* \*

I am a fearless man.

\* \* \*

I am an ambitious man. I have an object now in life. I desire to be a success.

I WILL be successful in everything I undertake.

\* \* \*

I have all the attributes essential to success.

\* \* \*

I am strong physically; I have determination, kindly aggressiveness, confidence and fearlessness. With these attributes I can succeed in anything honorable I undertake.

\* \* \*

I first make sure I am right in my undertakings and then my aggressiveness and fearlessness carry me through everything.

\* \* \*

I make friends wherever I go. Everyone likes me, and when I approach a person on a business proposition I succeed because I know I am right, and my strength, determination, aggressiveness and earnestness win the day for me.

\* \* \*

I AM A SUCCESS.

\* \* \*

I work earnestly and faithfully every day to do my best during the day, and I am always on the alert to take advantage of every opportunity that presents itself.

\* \* \*

I SUCCEED BECAUSE I AM A SUCCESS.

### Misquoted Scriptures.

**I**N "Life's Problems," April SUGGESTION, we are told that Christ gave utterance to scientific wisdom when he said "as a man thinketh in his heart so is he." Now Christ never said that nor did any one else except those who make the misquotation. In Proverbs xxiii: 6-7 we read, "Eat thou not the bread of him that hath an evil eye, neither desire thou his dainty meats. For as he thinketh in his heart so is he. Eat and drink saith he to thee, but his heart is not with thee."

While on the subject there is another false quotation often heard from pulpit and press, viz., "He that runneth may read." I think the Editor of SUGGESTION used this as a quotation not long ago. In Hubukuk 2nd, 1st, we read a command to the Prophet, "Write the vision and make it plain upon tablets that he may run that readeth it." This was intended as a warning. A Los Angeles clergyman was reported not long ago as saying that Cleanliness was akin to Godliness, and saying it was from the "good old Bible." He should have said—Talmud.—A READER.



# Columbus.

BY JOAQUIN MILLER, OAKLAND, CAL.

## I.

**B**EHIND him lay the gray Azores,  
Before him not the ghost of shores,  
Behind the gates of Hercules;  
Before him only shoreless seas.  
The good mate said, "Now must we pray,  
For lo, the very stars are gone.  
Brave Admir'l, speak, what shall I say?"  
"Why say, 'Sail on, sail on, and on.'"

## II.

The men grew mutinous by day,  
The men grew ghastly pale and weak.  
The stout mate thought of home. A spray  
Of salt wave washed his swarthy cheek.  
"What shall I say, brave Admir'l, say,  
If we sight naught but seas at dawn?"  
"Why you shall say at break of day,  
'Sail on, sail on, sail on, and on.'"

## III.

They sailed, they sailed, as winds might blow,  
Until at last the blanched mate said,  
"Why, now, not even God would know  
Should I and all my men fall dead.  
These very winds forget their way,  
For God from these dread seas has gone.  
Now, speak, brave Admir'l, speak and say."  
He said, "Sail on, sail on, and on."

## IV.

They sailed, they sailed. Then spoke the mate,  
"This mad sea shows its teeth tonight,  
He curls his lip, he lies in wait  
With lifted teeth as if to bite.  
Brave Admir'l, say but one good word,  
What shall we do when hope is gone?"  
The words leaped as a flaming sword,  
"Sail on, sail on, sail on, and on."

# Practical Psychology.

By PROF. EDGAR L. LARKIN, SUGGESTION STAFF WRITER.

Director Mt. Lowe Observatory, Echo Mountain, Cal.

## PART II.

The thought comes vividly to mind that there is something now "going on" in the world, for at no period within historic times have so many engaged in the critical study of mind and research into the mighty mysteries of thought. Piles of psychic literature daily reach this observatory, and it is amazing to read the letters on psychic subjects sent to me from everywhere by strangers. They are all dear harmonic letters and actually breathe and are "vibrant" with love. It is a great happiness and pleasure to receive them. The only trouble being that not enough make the ascent of this mountain. See how the people suffer now because they will not study their own psychic natures. After the lapse of all the ages of the past, the complex, abstruse and important science—sexology is the least known of all. Everybody seems to be ignorant of the fundamental laws governing the sex relation. The anatomy and physiology of the science is known, but the greatest of all, the psychic part, is absolutely unknown, and has never been studied since Hindo psychism expired. Every enactment on our statute books is almost exactly opposite to what it should be. Training of children from the instant of conception to birth and on to maturity should be completely reversed in every method now in vogue. True child culture is totally unknown; and every psychic law relating to the infantile mind is violated continuously.

Almost everything known about our psychic natures is ignored, violated or suppressed in our present hideous methods of education. Every day minds are ruined by forcing children, especially girls, to try to learn things which their very souls loathe. Thus a natural born poet is forced to study analytical geometry; and a pure, sweet soul of a nature's artist is crammed with a year of trigonometry, positively known to be an injury. A born sculptor is forced to learn hydrostatics and a born writer is stuffed with analytical mechanics. The ancient Hindus based all training on psychic plans, and taught the souls of their pupils. Half of their education of boys and girls was based on their sexual nature. All the students loved each other and also their teachers. An atmosphere of love pervaded the classroom, and teachers taught their classes instead of fighting them.

To return to the question now propounded by advanced psychologists, namely, that thought has power, it is well to say that if the power can be utilized to transmit intelligence throughout the world, without wires or any

kind of electrical apparatus, a vast advance in civilization will be made. Strange as it may appear, the most ancient books give accounts of just such mental transmission all over India in a few minutes. And if the ancient YOGI concentration of thought on inanimate masses can be made intense enough to cause them to shift position without any physical contact, then humanity will make strides forward beyond our wildest dreams. It is known that the YOGIS for ages moved masses by thought power only, and it only remains for Western nations to rediscover the precious but long lost wisdom.

The great bibles of the world, only of late coming to be appreciated by a few in the West, are burdened with splendid psychic things. They are not understood for want of skill in interpretation of the hidden knowledge within. Thus to this day a book so common as "our" bible, that is, the old and new testaments, not "our bibles" at all, but the Hebrew's bibles, are almost completely misunderstood. Our bibles are those of our own race ancestors, the ARYAN HINDUS—the Vendas, Bhagavad Gita, Sutras, Upanishads, etc. And these are now spreading everywhere, but, of course, their hidden meaning is not explained, and will not be until the adepts of the world see fit to send out more esoteric wisdom. At present all the nations of the world are in dense ignorance concerning the true psychic meaning of their half a hundred scriptures, and are feeding on the mere exoteric husks. Thus, for an example, the book called the New Testament, of Matthew, Mark, Luke and John and the Apostles, is the chief of all psychic and occult works. Every verse teems with esoteric meaning, absolutely unknown to exponents. The writer has listened to hundreds of sermons "explaining" the New Testament, that majestic book—and not one word of the true meaning was heard. There are probably less than thirty men now in the United States that know what the splendid chapters teach, especially Hebrews and Revelations.

See what is coming, in fact, almost here; all blood religion must fall. A preacher will be simply filled with chagrin and shame if he happens to use the word "blood" in a sermon. And if he sees a woman with child in the audience, he will hasten to apologize and beg her not to think of it, so that a little scar will form on her soul or on that of the growing babe. The horrible doctrine of atonement, where an innocent being sheds his blood to pay for the "sins" of others will disappear; and the Divine, beautiful and prehistoric KARMA take its place. All religion will be reversed and become psychic. The cross, now positively known to be a mere phallic emblem of vast antiquity will go away and not be hung up in dreadful blood colors in Sunday School before dear, innocent girls and young brides. But

now we must feed on the dry "husks" known to be around psychic things, for the war has broken out. Of course, the few Hindu Adepts now living, men that possess the true psychic wisdom of all the past centuries, will not reveal, indeed can not reveal it to nations tossed in hate and war. They can not tell who Christ was when men's minds are filled with thoughts of world-wide murder. What an awful thing this world war is! What horrors are now being stored away in the souls of unborn children. It would be a blessing if each State in the Union would tax to build a psychic city, where pregnant women could go in peace and be cared for by the State during gestation. A wave of horrid suggestion is submerging the women of the world. Mothers to be ought to go to these sweet homes, where no daily paper could enter, and no word of war. Everything said to mothers should be based on known psychic principles. This war has put a stop to true Hindu religion. A race of fighters must be born—steeped in thoughts of killing, born of suggestions now being made to mothers—and die, before the adepts can reveal occult truth. Oh! let the psychologists be up and doing. And let us "genly lead those that are with child."

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### WORK.

Let me but do my work from day to day,  
 In field or forest, at the desk or loom,  
 In roaring market-place, or tranquil room;  
 Let me but find it in my heart to say,  
 When vagrant wishes beckon me astray:  
 "This is my work; my blessing, not my doom;  
 Of all who live, I am the one by whom  
 This work can best be done, in the right way."

Then shall I see it not too great, nor small,  
 To suit my spirit and to prove my powers;  
 Then shall I cheerful greet the laboring hours,  
 And cheerful turn, when the long shadows fall  
 At eventide, to play, and love, and rest,  
 Because I know for me my life is best.

—Henry Van Dyke.

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"A very popular couple—two dollars."

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Freely we serve because we freely love.—Milton.

# Subconscious Health Centers.

BY ALBERT B. OLSTON, LINCOLN, NEB.

Written for SUGGESTION.

THE physician or healer who can today discern the signs of the times as regards health and cure, may cast his mind into the near future and rejoice in the thought that the ills and bodily welfare of the world will soon be better cared for than ever before. If the observer looks out from the loftier viewpoint of our newer psychological researches, his enthusiasm will run high and his faith be deepseated. The problem of health and cure will receive a larger part of its solution from the side of *mental hygiene* than from external sanitation, surgery, or drugs.

There is today a greater need of a more rational mental hygiene than ever before. No department of human economy deserves more attention than this, nor yields greater returns for the individual effort. We welcome the growing number of active channels by which men are being taught the power of thought and something, at least, of the relation that exists between the mind (especially the subconscious) and the body. Much faulty philosophy is naturally being propounded, but in spite of this much good is being done by inducing thinking people to guard the portals of the mind against baneful influences, and to turn the trend of the mental processes in the direction of health and happiness.

We have been passing through a predominantly physical period. Drugs, surgery and manual medicine can not complain of not having full opportunity to demonstrate their genuine worth. The coast has been quite clear for these, and the great trend of the medical mind has been in their direction. The ills of the public, however, have kept along in their steady increase. Something is most certainly wrong. One will say it is the inadequacy of the healing arts of the day, while another will say that the whole blame lies with the conduct of the people. No doubt both are true. We are very thoroughly convinced that the solution of individual and national health, the era of a healthy public, will not be determined by the erudition or efficiency of the army of healers, but by individual conduct among the laity, a development of such individual personality as will give greater immunity from disease and weakness.

But is this to be had from some chemical "specific" or from some "elixir of life," obtainable at any drug store? Or, has Nature been more generous and impartial in her distribution of the wellsprings of health, making the elixir like air and water, so common and so plentiful as to forbid "corner" and "proprietary" ownership? We must certainly feel that the Wisdom that has wrought so wonderfully in the laws that have

made man what he is has placed within him the chief elements that are to determine his physical welfare.

If this be so, in which factor in man—the mental or the physical—would we look for the guiding and propelling force that directs repair and maintains the general health? Viewed from the teachings of evolution, we would place the mind as the leading factor, as everything goes to show that if there was a purpose, a design on the part of the Wisdom behind the scene in the creation of man, that it was primarily to develop a soul—an intelligence, not a temporary body. Many materialists would refute this position, but they would not be willing to be judged by their physical being, but would insist upon your recognition of the evolution of their individual mind or soul.

It is the mind, not the muscle, that is transforming the face of the globe. It is the supremacy of mind, not brawn, that rules the world today. It is mind that brings the highest price in every market of the world today. May we not soon be quite all agreed that it is to the mind that we must look for the greatest cure and care of the body? To me, psychological, physiological and histological science point inevitably toward this conclusion.

The careful student of the power of suggestion, and the relation that the subconscious mind sustains to the working processes of the body, realizes the vast importance of a more wholesome mental hygiene. He sees that health boards in a great measure look after the external sanitation, while at no period has the public mind been so full of diseasing mental states. As regards disease and bodily welfare, the vast majority of the American populace entertain more fear and trembling than ever before; because disease, weakness and disaster are presented to the mind with more power and frequency under this great advertising régime than at any previous time.

Thus we are prone to say that civilized man never lived in an environment so difficult, from the psychologist's viewpoint, as today. On the other hand, science never before offered such an inspiring and encouraging vision of man's ability to create and to rise above his environment. The public, however, is slow to realize individual privileges, and the medical profession is holding tenaciously to its established customs of thought and practice. There is a need of a vigorous and effective schooling of the popular mind, and the professional mind as well, in the direction of *individual mental attitudes, of wholesomemindedness.*

The great array of mental processes will arrange themselves upon one or the other side of the dividing line between the influences that make for health or disease, progress or decay. By our conduct and habitual thought we build within ourselves *centers of energy.* The habits of the

day, the thoughts of the hour, influence in some way these "centers" and thereby contribute to our peace or disturbance of mind, our fear or courage, our faith or doubt, our health or bodily ill.

In justice to reason we can not, as some do, deny any such a thing as human ill. Then, as every mental process passes in some degree into bodily expression, there should be rules of thought habitually exercised which lay up mental or soul capital on the side of the health center of energy. How fortunate that one is whose mental stock, especially the great subconscious self, is one great center of health and courage thought. The millions of working cells of his body perform their duties under the helpful influence of hope, cheer and buoyant spirit. Anyone who has been a close observer of the hysteric has seen examples of disease and fear centers of energy. He will have observed how dominant such ideas become. The mind in its gloomy apprehensions may become a seething caldron in which is brewed the poisons that come to undermine the very core of health.

We have recently had a powerful illustration of a public center of energy. The Chicago theater disaster, heralded through the popular press in the most fear-inducing manner, placed in the minds of tens of thousands of people such an active fear "center" as to make a like stampede more easily produced than before the grievous occurrence. This is because the public mind in reach of dailies had every phase of the matter poured into it until it became for a time a dominant activity.

The same fear center is often noticed in localities where some epidemic is in full force. Then it is that dominance of mind is made apparent to the careful observer. A contrast to this may be seen in localities where a great revival service is on in full force. Hundreds become converted, are persuaded to turn about in their conduct and religious attitude. Their centers of energy have been shifted in the right direction. They are changed men and women. The religious emotions which may have been dormant have become dominant, and we witness a newness of life.

As regards the building within one of a vitalizing health center of energy, a dominant health idea, there must be some manner of acceptable premise as a foundation. Most all are familiar with the illogical premises upon which the Christian Scientists have founded their optimism and general wholesomemindedness. Only certain people can begin an exercise from such fundamental principles. Others have something of this natural health mental fibre from their premise of divine care.

We wish to present the premise of inherent creative and curative powers that may be most actively set into operation by the individual himself and by his physician. The premise of self-sufficiency, of inherent

power to heal and make strong, is one that will be productive of stronger individuality and prolonged life. We feel that a great service will be done by revealing to man his greatest powers and thus inspire him to rise to the full prerogative of his nature. Most people prescribe too narrow limits to their nature, and reap corresponding results.

In spite of much scientific error that optimism is guilty of at present, we must welcome the various magazines and channels of print that give hope and cheer, that inspire to personal effort and self-mastery, and that lead people to rejoice in their powers and natural riches. If this magazine enters your home and gives to you a larger vision of the greatness and powers of your nature, causing you to breathe deeper and freer, to stand more erect in your hope and self-confidence, it has done you a lasting service. That which will help increase within you the health center of energy, to push fear and doubt and their kind into the background, will prove of larger service than the most powerful drug liberally administered, or the highest attenuation of the same.

As competition becomes more keen in business, effort must be increased. As the mental environment becomes more difficult, wielding the powers of suggestion to detriment, the same law must become the more active to increase the mental processes on the side of health. Knowledge concerning man's powers and opportunities must be sought with keen desire, for it is in this that we have our reasonable hope. His limitations and susceptibilities to disease have been emphasized and exaggerated. It is time we catch a glimpse of our larger nature, of our inherent powers.

The deeper student of the subconscious or subjective mind, which more recent science has revealed to us, realizes much of the vast importance of the mental attitude toward all the experiences of life. He knows that it is this larger and deeper region of the mind that lives in such intimate and mysterious touch with all the vital processes of the body; that it may be made the trusted guardian of his health and comfort, and may be directed to generate great powers and energies, to be expended in useful and pleasurable channels of activity. He knows that his conscious attitude toward the outer world and toward the organs and parts of the body determines his subconscious attitude with its powerful influence over all the workers of the body. He realizes the vast importance of "wholesomemindedness," and selects the mental food which is to determine his character with more care than the physical food to be assimilated. He directs, in great measure, the class of thoughts and experiences upon which his mind is habitually to react. He shapes the world within him and reigns over a glorious kingdom, and exclaims:

"My mind to me a kingdom is,  
What perfect peace therein I find."



# X-Ray Phrenology and Surgery.

BY PROF. J. M. FITZGERALD, PHRENOLOGIST, CHICAGO.

Written for SUGGESTION.

**M**R. H. G. (of San Antonio, Tex.), successful business man and one who was very athletic, sustained paralysis of the entire left side while asleep on the night of September 17, 1899. Was attended by the best medical skill of his native city; then under care of four neurologists in New York City, without relief, finally going to consult Dr. Erb, of Heidelberg, Dr. Jolly and Professor Oppenheim, of Berlin, the three foremost neurologists of Germany, after which he returned to America, still in quest of relief from his paralysis and its disjuncting effect upon his mind. After spending four years and three months at sanitariums, and, according to his wife, they spent a fortune without



The dotted line encloses the portion of the skull removed.

gaining any relief, he was brought to Chicago to consult Dr. Gordon G. Burdick, the noted X-ray specialist and surgeon. Dr. Burdick took a skiagraph of H. G.'s head, which showed the skull to be from one-half inch in the front and top of head to seven-eighths of an inch in thickness in the back head, or occiput. On January 9 I made an examination of H. G.'s head and found two degrees of fever in the cerebellum, one degree in the base of brain immediately forward of the ears, while the entire

**SUGGESTION.**

top and upper forehead was responsive to scalp temperature only. His mind had become shattered since his paralysis, his will power and ambition having wholly left him, and his reflective faculties were almost obliterated. He was, so to speak, a child in all of the qualities of mind and body for which he had formerly been distinguished. I diagnosed the case as one suffering from brain compression, due to an abnormal growth of canceled bone structure between the inner and outer tables of the skull, and that the inner table of the skull had pressed the brain down in the base of the skull so as to shut off all possible ideations of the higher psychical faculties of the mind; as a consequence the base of brain had been flooded with blood, thus rendering all of the functions of the faculties located therein abnormal.

He had uncontrollable amative desires, always hungry, and the perceptive faculties, located immediately over the eyes, were excessively active; he wanted to examine everything new, old or strange, asking everyone's name, business, age, family affairs, etc., and a thousand and one other questions which did not concern him. Some days he would cry for hours at a time without any apparent reason.

I advised Mrs. G. to have Dr. Burdick trephine G.'s skull, in order to permit the brain to expand, and then place him under the care of Dr. Herbert A. Parkyn for the re-establishing of the will power, ambition, reason and memory, etc.

H. G. was taken at once to Mercy Hospital, and on January 11 Dr. Burdick trephined the parietal bone of the skull. In the right side of head (see diagram), where I had formally located an injury (patient had been kicked there by a bronco when about sixteen years of age), taking out a piece of bone three and one-fourth by two and one-half inches in size, directly over the motor centers governing the arms, hands and fingers, and relieving the pressure from left leg center. At time of operation there was no pulsation visible in the upper brain.

Immediately after the operation the patient showed considerable improvement in his understanding. Also gained strength in his leg and arm; sensibility became perfect. After spending two weeks in hospital he came under my care for suggestion and physical culture (Dr. Parkyn being absent from Chicago). The first day out of the hospital he concluded he wanted to see a prize fight. He saw it, and although it was 11 o'clock at night, in a strange city, the street cars being blocked, he walked back home, a distance of about nine miles. A pretty good start for a recent paralytic. He called at my office twice a day for an hour's treatment. The first week he had very little voluntary attention, either for mental work or physical drill. However, the second week showed remarkable results in the clearing up of his clouded faculties; third week

he was able to compose a complex business letter as well and as quickly as at any time before being paralyzed. Compound interest and discount were mental gymnastics that he could perform as easily as smoking a cigar. Fourth and last week he was with me he had broken every pernicious habit (some of which I have not mentioned) and became quite companionable, going about the city with me and forming the acquaintance of bankers and business men. On February 22 he left Chicago for his home to reassume the management of his former business, feeling perfectly competent in his own mind to undertake what had been an utter impossibility during more than four years.

In H. G. we have a case that shows the futility of drugs. He has been under the care of twelve physicians, ten of whom are leading neurologists (also took treatment from two "divine healers"). His symptoms were such as to cause all of these doctors to agree that he was suffering from an ailment which he never had and as a result of their opinion he must have taken a barrel of iodide of potash and mercury.

He is a giant physically, standing six feet one inch in height and weighing two hundred and twenty-six pounds. He can be thankful for possessing a marvel of a stomach, or otherwise the foregoing medicines would have fixed him for life.

In H. G.'s case the number 13 was lucky, Dr. Burdick making the thirteenth specialist whom he had consulted and the only physician who thought an X-ray photograph might reveal something wrong with the skull or brain of H. G.

I have today (the 5th of April) received a very cordial letter from Mr. H. G., in which he states that he is feeling fine and enjoying the hospitable climate of his native city as of old. And is indeed happy in the midst of his family and friends.

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## Hygiene on the Brain.

The editor of a medical journal has found a new disease. He thinks the health faddist is diseased. "With a few foolish rules to observe, a whole lot of hygienic quirks to adjust to and a schedule of superstitious sanitary notions diligently followed by day and dreamed of by night, is a malady which begins as a mental derangement and ends in a complete physical fizzle. No room left for a spontaneous life, no place for free, joyous liberty. Not a minute's space for rollicking disregard. Everything fixed, every minute disposed of, introspections without number. Forebodings, misgivings, hovering vaguely about the mind, like flocks of carrion crows. Such a life is not worth living. One might a thousand times better go back to the reckless regime of a rough rider."

# Suggestion in the Cure of Consumption.

By DR. EUGENIE R. ELISCU, 1519 MADISON AVENUE, NEW YORK.

Written for SUGGESTION.

**I**N the rational treatment of consumption there are a few important factors to be considered besides proper food, air and surroundings.

The first step is to inoculate, not only the mind of the sufferer, but the public at large, with the conviction that consumption is a curable disease.

Second—That not the disease is to be treated, but the individual.

Third—That Mr. Optimist will recover more speedily under Dr. Altruist's care than Mr. Pessimist.

Fourth—Nature demands the survival of the fittest. And who is he? The one who fits himself with the power of will to conquer in the battle of life. Therefore success does not depend only upon what kind of food, air or exercise one uses, but upon our own desire and will as well as upon the suggestion from within, or without, the bulwark of all therapeutic systems.

In the primitive or savage state, when man led a natural life, breathing pure air, we have no reason to assume that consumption was his companion. Even if the savage passed his nights in some spacious but clean cave, probably there was no one else to pollute or share with him his rocky bed. Besides, with the dawn of day necessity drove him out to exercise his limbs and lungs in search of food, and thus kept him well. While today civilization has unfortunately driven us away from the caves of mother earth into non-aerated and sunless dens, so-called modern flats, there, *en masse*, to send us into early graves by a continuous re-breathing of foul air. These dungeons or pest holes we call human habitations, and then wonder why consumption and other diseases appear here and there to relieve the congestion, as well as to point out our great social and individual sins. In our selfish ignorance we have forgotten that you and I and all of us are our brother's keepers.

Humanity is a chained unit. If one individual link in the social structure is impaired, sooner or later one by one is doomed to undergo the same fate.

Consumption is a social problem and requires a social remedy. This cancerous growth prevails mostly among the ill-nourished, underfed lower flora of society (the victims of the crowded tenement districts), from

whence it spreads its miasmatic poison to the fauna of the upper social structure, polluting the perfume of the high-fenced roses, proving that no one is safe as long as it exists. Nature righteously takes her course and reminds us that unless man will learn to love himself as well as his neighbor he can not hope to exterminate the consumption of hearts, lungs, minds and souls. Suggestion and auto-suggestion are seldom mentioned as causes, but often observed by the general practitioner.

Now we come to the microbic cause—the bacillus tuberculosis. Previous to the era of the microscope we knew nothing of its existence, but ever since we have given it so much importance that from the micro it has grown to a giant macro and rules everything else out. No physician of repute now dares to make a positive diagnosis of consumption unless the board laboratory reports tubercle bacilli. Much less would one dare pronounce a case cured, even in the presence of all the symptomatic evidences of health, until the board says no germs are found. Bearing this in mind, we think we ought to know something of this much-scrutinized monster.

If the microbe were the chief cause, as by most believed, why by all our daily exposures do so comparatively few contract consumption? Many a consumptive dies without the tubercle bacilli being found in his organs; many a healthy man entertains the germs and still lives. This proves that the cause is not the microbe without, but the man within. Therefore, instead of hunting them down and seeking a counter-poison to kill-cure, two at one shot, let us leave the old beaten track and start anew to learn how to fortify the system against the plague.

Reviewing all the causes and the many disappointments met with in the endeavor to stamp out this disease, it is no wonder that in the mind of many a physician and of the public it is held to be incurable. Yet in the face of all the failures, man, with a bulldog tenacity of faith, hopes against hope to cure an incurable affliction.

From a psychological point of view the question arises, from whence this unreasonable optimism in our hearts? The medical profession gave it its death blow by declaring it incurable. At the same time the profession is still searching for a cure.

Tuberculosis is a culmination of working causes. Remove these and nature will help you to effect a cure. How? By constantly suggesting right thoughts, right living, breathing, eating, dwelling, schooling, marrying, child-bearing, thus curtailing the inner and outer causes. The tubercle, not finding suitable pabulum on which to thrive, will have to die a natural death.

Man's body, the finest living machinery, made up synthetically from heterogeneous protoplasm, chemically analyzable into elements, micro-

scopically known as a cellular mass, still challenges science to explain the grand processes which continually elaborate the phenomena of life-energy and the manifestation of mind. Man as a complex unit governs his body by means of the brain centers, from whence the invisible force, mind, imparts through the nerve filaments temporary intelligence into each individual cell, receiving in return information as to its condition and requirements. Thus the mind influences and controls the bodily functions. Through the knowledge of hypnotism we also learn that this invisible energy functions on two planes, the objective and subjective, and is amenable to what has been termed suggestion; particularly when the subject is in the passive or psycho-hypnotic state. Through these comes our power of healing.

Suggestion when oft repeated becomes a mental picture impressed upon the sensitive cell plates of our memorizing faculty, from whence it proceeds to manifest, as a part of us, building up or destroying according to the vividness and nature of the suggestion. Suggestion, the moral, mental, physical impetus right, accelerates or inhibits our emotions of body and mind, and thus produces changes in the tissues, organs and vital metabolism.

Often I am asked, Will suggestion or hypnotism grow a new lung? No! Man does not wait to die with both lungs gone, but anticipates that climax. The autopsy table discloses hundreds of cases of persons who reached old age though considerable portions of their lungs were gone. What suggestion does and will do is to stimulate bodily repair by addressing the mind, be it in the waking or psychic state, to direct its invisible accelerating force to the part, organ or tissue requiring help and thus check further destruction. It has this advantage over medicine: it is harmless and non-depressing. All it requires on the part of the patient is to live an hygienic, natural life, securing plenty of fresh air, proper nourishment and willingness to co-operate with the physician. The physician must not neglect the education of the patient in regard to general and thorough hygiene, otherwise it will only be doing half duty. By the aid of hypnotism we implant and impress post-hygienic suggestion, and by it help the patient to a speedier recovery.

To go into descriptive details as to methods of psychologizing and treatment would require too much time; but will briefly say that as a basis of success the operator must be an individual with strong will power, and must have a thorough knowledge of human nature, in addition to his medical training. This must be coupled with a strong moral conviction and firm resolve to do what is right, and he must learn to vividly impress upon his patient the suggestions he wishes to be realized. Of course, success largely depends upon the susceptibility of the patient

and his willingness to act in accordance with surroundings and circumstances, for suggestion will not nourish a body that lacks food or that must breathe foul air. These do not supply what the nature of a healthy body requires. Again, some operators meet with more success than others; this depends upon the individual. But suggestion and hypnotism in the hands of a skillful, conscientious operator are powerful therapeutic agents for good, not only in curing functional nervous diseases right, but also those of organic origin. To my knowledge no other physician has ever claimed to have cured tuberculosis, this being an organic disease, by means of suggestion and hypnotism. Yet I have used and am using it in both tuberculosis and mental diseases with most happy results. For years I watched and waited to see these results, in order not to prematurely hold out a hope to those poor sufferers, but after long experience I conscientiously feel warranted in bringing them before the profession, leaving investigators to judge for themselves.

## Physical Conditions for Long Life.

By L. C. WASHBURN, M. D.

**O**NE should not be too large or too small, too tall or too short, too fat or too lean.

The bones should be small and strong.

The skin should be thin, smooth and tough.

The body should be short and compact, rather than too long and loose.

One should be very large around the chest.

The limbs should be small, hard and tapering.

The veins should be large, full and distinct.

The pulse should be regular, strong and slow.

With proper hygiene one should live five or six times as long as he is in getting his full growth. Some are grown at fourteen, others not till thirty years old.

Men do not often die of old age, so people of good constitution ought to live one hundred years, and if an extra good constitution, may live to be two hundred years old.

Women who have passed the age of fifty years are apt to be longer lived than men.

Agreeable wedlock lengthens human life.—*Med. Brief.*

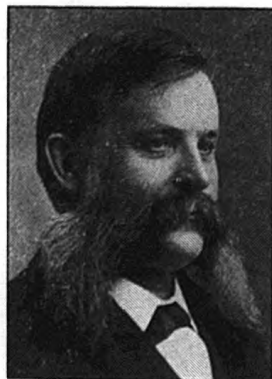
# Psychic Forces.

BY DR. C. O. SAHLER.

Author of *Psychic Life and Laws*, Kingston, New York.

Written for SUGGESTION.

**P**OWER is an expression of force in a substance, either visible or invisible. Within all substance there is force; that force is its life, and the degree of activity of that life or the ability of such force to produce changes, determine the density and the power of the substance. Man has become so accustomed to accept for a fact only such things as can be analyzed, or understood by his physical senses, that he is acquainted



DR. C. O. SAHLER.

more with substances of lesser powers than with those of greater powers. For illustration: The dense metals are more enduring, for the forces of life within them are of a lower order of vibration, so the changes are very slow, and in some instances decades are required for the manifestation of the slightest change. This gives us the more valuable minerals. But when we wish to find a manifestation of great power we must proceed in the opposite direction and get out of the visible world into the invisible. There we find forces expressing powers which are simply marvelous; as the gaseous, electrical, and other powers. In every instance we are dealing with substance, which, while it may not be seen with the

eye, or apprehended by the other senses, is still a substance, and the life forces of such substance, determine its rate of vibration, and consequent power.

So when we speak of mind expressing mental power, it seems very difficult to understand that mental power is the phenomena or action of a force which we must call mental force. But just as muscular power is the phenomena of a muscular force, or sense power the phenomena of a sense force, passing in the scale from muscular power through sense power and mental power, we see there must be one great central force, radiating itself through the various structures of the human organism, finding its expression in that which appeals to our senses or intellect, as muscular sense or mental power. Now this subtle and marvelous force, finding its expression in these various outlets of man's being, we call psychic force. It is the Essence of Life, the spark of the Infinite Creation and Intelligence, and without it no human being can come into existence, without it no human being can express physical sense or intellectual power. Thus this Divine spark we call the soul, encased in human form, with all its



various avenues of expression, is Man. To know more concerning man is to have a clearer conception of Deity. And this brings us to the consideration of psychic life and law.

By psychic life we mean that invisible, subtle force and divine expression individualized to produce physical changes in development and growth, sense changes for enjoyment and use, and mental changes for intellectuality. Hence, of a truth, we are in God and God is in us. Hence also man is an infinitesimal expression of Deity, living by divine life, operated by divine law. And here in this plane of earth existence, through intellectual expression and development recorded in his subconsciousness, he became a more refined, perfected and individualized being. All life is force, passive as understood by the sense consciousness of man, but in reality active since there is nothing in existence which is absolutely passive, even the most dense minerals, whose rate of vibration or motion is so slow that it requires years to produce visible changes. But as we proceed higher and higher to invisible substance, the vibrations are of such an order as to be beyond the intelligence of man. The demonstration of power in substance seems at first a phenomenon, familiarity with which divests of its mystery. Indeed, every step in the development or the evolution of man, physical sense, or intellectual, is a phenomenon. As we become more familiar with these steps we are prone to lose sight of the center of consciousness directing it all. The little knowledge which we actually possess concerning soul power envelops us in mystery, and we can not clear the atmosphere unless we produce some phenomena through power of the soul, which shall give practical expression of this invisible force.

To assert that the physical body, with all its organs, is void of life, feeling and consciousness, creates wonderment. But this is a fact. The great center of consciousness, the soul, with its force, merely operates *through* the intellect, sense faculties, and physical structure; so that when we say we see with the eye, we speak according to custom or usage, but do not express the truth, for the organs of sense, as the eye, the ear, the nose, have not the power we attribute to them. These senses in themselves, or the organs representing the senses, are not consciousness or intelligence, but avenues for the expression of such. The ego, or consciousness, sees through the eye, smells through the nose, hears through the ear. Now, if there were not some method of proof for this statement the reader would still cling to the customary usage of attributing consciousness and intelligence to the physical organ itself. As once years ago men thought that the earth stood still and the sun moved about the earth, which was but a vast level plain, and science dispelled this fallacy, giving them the truth, so science comes to us today, enlightening us along

these psychic lines, teaching us the real truth, which we through all the ages have believed ourselves to possess. As the physical members of the body, the hands and arms, the feet and legs, are intended for the use and expression of the ego, each member having its special privileges and powers, so the sense man is a medium of expression for the ego, each sense having its special function to perform. We maintain still further, that all the intellectual faculties do not constitute the man, nor the real intelligence, but that these intellectual faculties, as found in the nerve cells of the human organism, for the most part, in the brain, are to the ego, avenues of expression, and are not a bit more the consciousness or intelligence or the man than is the foot or the hand. From the brain, the great central station, great cables with their laterals and minute branches distribute to every organ and tissue of the body to carry messages from the ego outward, and from the environment inward, either through the physical senses or mental organism, to the center of consciousness, which is the soul or ego.

(Continued.)

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## Today.

We shall do so much in the years to come,  
 But what have we done today?  
 We shall give out gold in a princely sum,  
 But what did we give today?  
 We shall lift the heart and dry the tear,  
 We shall plant a hope in the place of fear,  
 We shall speak with words of love and cheer,  
 But what have we done today? .

We shall be so kind in the after while,  
 But what have we been today?  
 We shall bring to each lonely life a smile,  
 But what have we brought today?  
 We shall give to truth a grander birth,  
 And to steadfast faith a deeper worth,  
 We shall feed the hungering souls of earth,  
 But whom have we fed today?

—Nixon Waterman.

## What Radium May Do.

THE discovery of radium has brought to the scientist of today dreams that exceed in fantasy those of the alchemists of old. The possibilities of this wonderful element, of which at present we know so little, are almost beyond conception. Leaving the scientific and physical problems that are at present agitating the scientific world out of the question, let us consider briefly, and in plain language, the conceivable possibilities of radium in the industrial world, and its probable effect on man. Judging from the results of the most recent investigations, we have in radium a body that is continually giving off heat, and that constantly maintains a temperature of five or six degrees Fahrenheit higher than its surroundings. Here we have a concentrated energy in the smallest possible bulk that is both lasting and constant. The practical uses of such a body in the industrial world would be illimitable, and would revolutionize all known methods of locomotion and mechanics. It is probable that a few grains might provide energy to drive our locomotives, motor cars, and mechanical engines and carriages of every description. With a minute quantity of the element properly employed we may in future be able to heat our houses throughout, and keep them at an equitable temperature. The domestic cooking would be done on radium stoves, while electric generating stations for lighting and purposes of locomotion would be driven by the same energizing force.

The application of radium to motors would solve one of the chief difficulties of aerial flight, and, in fact, dreams beyond conception may be rapidly conjured up as to what radium may do.

The first great difficulty to solve is how to obtain this remarkable element in its pure state, for up to the present all our knowledge is derived from the effects of its salts or compounds with other bodies. The chief ore from which radium is obtained is pitchblende, but the quantity it contains is so small that only about three grains can be extracted from a ton of the mineral. Better methods of extraction are now being patiently studied by scientific investigators. But apart from the possibilities of radium from an industrial point of view, its effect on the body of man, owing to the peculiar rays it emits, is not less remarkable. These peculiar rays have recently been proved to have a very extraordinary action on diseased tissue.

Already three distinct kinds of rays are distinguished, namely—  
(1) Infinitely small positively charged atoms of matter, flying at great speed, which can be measured, and the result seen by the bombardment on zinc sulphide screens; (2) rays which appear to correspond to the cath-

odic rays in a Crookes tube; and (3) rays which correspond to the x-rays.

When the surface of the body is exposed to these rays a peculiar action takes place, which in healthy tissue takes the form of a burn, while in diseased tissue, as in cases of rodent ulcer and lupus, distinct beneficial effect is produced. In two cases of cancer treated in Vienna with local applications of radium, the disease is said to have disappeared, and other cases are said to be progressing favorably. In a case of lupus in Scotland, four weeks' treatment caused the disease to disappear, while in another case, more recent, of rodent ulcer, under the influence of radium the discharge soon dried up, and within a fortnight improvement was evident. But it is too soon yet to judge if these remarkable results are permanent or not.

In applying this marvellous body it seems almost incredible that it should have any action without being removed from the hermetically-sealed glass tube which contains it. Nevertheless, such is the case. There is something weird, and even awe-inspiring, in watching the action of this invisible force, which will even pass through metal over an inch thick. A tiny particle of radium-bromide weighing only the twelfth part of a grain will visibly discharge a gold-leaf electroscope when placed within a distance of six feet. Taken in a dark room, it brightly lights up the spot where it nearly touches an x-ray screen, and even when a sheet of metal over an inch thick is placed between it and the electroscope action still takes place. Another investigator has found that if a tube containing a minute quantity of radium-bromide is wrapped in black paper and brought near the eye in a perfectly dark room, the eye seems to be filled with light, which is due to a general fluorescence of all the structures and fluids of the eye. The same effect is produced even when the eyelid is closed. If the tiniest particle of radium is placed on a piece of glass and allowed to remain there for two days or so, a dark patch is produced, which is doubtless due to the reduction of the metallic constituents of the glass. This patch produced is not merely on the surface, but penetrates completely through the glass; thus a glass tube or bottle containing radium is soon darkened.

Curiously enough, some of the rays of radium are easily stopped by thin interposed substances, while other rays emitted by it have marvellous penetrative power. Its effect on man internally has yet to be investigated, although there is little doubt an extremely minute quantity even of a preparation of radium would have fatal results, and it will in all probability prove to be one of the most dangerous and poisonous substances known to man.

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Its practical application for industrial purposes only awaits some method of obtaining a more plentiful supply; then the speculations we have now indulged in will become true.—*Pall Mall Gazette*.

# Remarkable Telepathic Experiences.

By E. B. RINGLAND, M. D., HAMILTON, ILL.

Written for SUGGESTION.

[NOTE.—Dr. Ringland has placed in our hands a number of letters confirming his claim that he was able to obtain knowledge through other means than the recognized channels of perception. One of these letters was from the wife of one of our most noted generals, and known to us. Having this corroborative testimony, the editor feels that the publication of the following experience, remarkable and marvelous as it is, is justified. The editor understands that Dr. Ringland was recently stricken with partial paralysis and is not now employing his psychic power.—EDITOR.]

**T**O many people, first experiences in any new field of thought or action are both interesting and inspiring. The first knowledge I had that I possessed special psychic powers came to me October 18, 1879. On this occasion there came a gentleman from near Peoria, Ill., to our sanitarium for diagnosis and treatment. In appearance this man was so vigorous that when he came into my office I at once expressed my surprise that he should need treatment. On asking him his ailment, he replied:

"That is what I came here to learn. I have heard that you could read a man and tell him what his diseases are without asking him a question. Other physicians having failed to fathom the mystery of my trouble, I have come to you."

I frankly told him that he had been misinformed and that he must have confused me with some other physician having the ability to do such a thing; that I could do nothing of the kind, nor had I ever even thought of attempting it. The patient seemed so disappointed, and my interest and sympathies were so deeply stirred that I greatly longed to help him. So, in the usual manner of my profession, I took him by the wrist as if to take his pulse, when, suddenly and without the least expectation, his body began to appear like glass to my mental perception, the diseased portions being especially revealed to my inner vision. After a moment, looking up, I said to him:

"Well, I am astonished to say I do perceive your disease. I had no thought I could do so. I see your difficulty is an internal one. The inner muscles of the body are very much congested. From appearances the trouble must have been caused by heavy lifting, or by some severe strain put upon the muscles of this portion of the body."

Then I asked the man his occupation and recent history, but for a time he could remember nothing he had done which seemed of sufficient severity to produce the serious results discovered. Finally he recalled to mind and related the following:

"I believe now I do remember something which will prove the condition seen by you to be such as you say. In our village there is a young man about my age who was very evenly mated physically with myself.

We frequently met, and to test our strength would seat ourselves with the soles of our feet placed together, then holding a rod between us we could strive by vigorous pulling to see which could first raise the other to his feet. For a time we were evenly matched; then I began to weaken and my opponent to gain slowly and steadily upon me. Although I put forth my most intense effort I was powerless to overcome him. Now I call these things to mind I remember it was about this time I began gradually to experience the suffering and utter prostration my physicians have been unable thus far to explain."

I admit I do not expect this incident alone to be very convincing of the certainty of mental diagnosis. It was not convincing in itself to me, but it was a hint of future possibilities. While the diagnosis of disease is the most benevolent form of mental perception, it is, at the same time, the most uncertain evidence that can be offered of the genuineness of psychic power. For one reason, it is difficult to know absolutely whether your diagnosis is correct, even when you feel sure you have perceived the true condition. Another reason is that the patient may have unconsciously aided the physician by word or look; or the physician's medical education may enable him to grasp the diseased conditions from general appearances of the patient; or other things may impart information, even with both physician and patient never so honest, which will render the diagnosis part psychic, part education, and part information.

But another experience was somewhat different. A Methodist minister, who lived in a village near Springfield, Ill., was brought by his wife to our sanitarium to be treated. The true nature of the disease had not been discovered by his home physicians, even after several months of special effort. The patient being confined to his bed, I visited him in his room soon after his arrival. Without any knowledge whatever of his case, on taking him by the hand I mentally perceived a tumor which had almost closed the alimentary canal. I decided at once I would make this a test case, psychically; and, after a few generalities, I motioned the wife to follow me to my office where I gave her my diagnosis. Soon after this I asked the wife and a brother minister, with us at the time, to meet me in the patient's room. Before them both I asked the patient if I had ever placed my hand on his body; if I had ever asked him any questions about his diseased condition; if any physician had ever suggested to him or if he himself had ever suspected he might have a tumor; to all of which questions both patient and wife answered in the negative.

Then telling the patient what I had mentally discovered, I turned back the bed clothing, and immediately laid my hand on the diseased place, and had them all do the same, each one finding the distinct and fatal lump not far below the stomach.

Another and similar case came to us from Bushnell, Ill. We had had two or more cases out of the same family, and I had known this man two years before. On arriving he handed me \$400, saying he had rented his farm, and had come with his wife to stay as long as that money would last. Taking him by the hand I at once saw, as in the other case, a fatal bowel tumor. To that moment the patient had never suspected its existence, nor had I before known anything whatever of the case. To sum up briefly, surgical aid being impossible, I told him he needed his minister and lawyer more than a physician; for these he sent, made his will, and in ten days his earthly life was ended as a result of this tumor.

Another case was that of a lady from Sioux City, Iowa. She had suffered long, had had two consultations, and in both instances all the physicians had agreed the disease was gall stones. This I had been told, and was fully prepared to agree with the previous physicians, and to proceed at once to operate upon the case surgically for relief. But on taking the patient's hand I mentally perceived there were no stones, that instead the material which obstructed the channel was an accumulation of mucous. Surgical operation revealed the truth of my mental diagnosis, as other physicians present will testify. Now, I can not see how these instances which are selected from a vast number can be doubted as genuine instances of psychic discernment, pure and simple.

If there are some, however, who still doubt this form of diagnosis as genuine mental perception, let me ask them to explain another phase of psychic diagnosis, which, to me, is even more complex. This is the mental perception of the diseases of a person who is more or less distant—a hundred, a thousand or more miles—from him who discerns. This I have also done gratuitously in hundreds of instances, simply to demonstrate that it could be done. A gentleman with us for sanitarium treatment desired that I tell him the disease afflicting his wife, who was then at their home near Galesburg, Ill., distant from me about one hundred miles. I knew nothing of this woman, never having heard of her until that moment; and yet, immediately on fixing my mind upon the location in which she lived, I accurately discerned her—her form, size, and weight—and then her disease, correctly naming the origin of it as occurring in connection with a certain incident in her life. In another instance, I, at the sanitarium, mentally perceived the diseases of two children at Wilber, Neb., for a mother with us at the time. Why, I do not know, but when I sought to see the one child, specially mentioned by the mother, I mentally perceived the other instead. Later, I could diagnose the disease of the child first sought and without difficulty.

Another phase of my mental perception is that it is essential that I cast my thought toward the person whose disease I desire to diagnose.

A lady from Bushnell, Ill., who came to nurse an invalid sister we were treating, desired that I tell her concerning a relative whose home was in St. Louis, Mo. At this request I made a prolonged effort, and was surprised to fail. When I told her I could not find her cousin, she mentioned the fact that the lady was then visiting at Brattleboro, Vt. With this information I at once mentally perceived her, and correctly diagnosed her diseases.

Not only has this perception of diseases which were known to the person for whom I diagnosed them, been successful, but also, in many instances, I have succeeded where the persons requesting this be done had no knowledge themselves of the physical condition of the distant one diagnosed. A lady from Ipava, Ill., under our sanitarium treatment, received word that her little daughter at home had diphtheria. Daily, for nearly a week, I would at three o'clock p. m. discern the condition of this child for the mother, and as their records proved, did not fail in a single instance to describe correctly the child's position, whether lying, sitting, or standing; the room it was in, and the kind of clothing worn, even on one occasion describing a small check apron the child had on.

A lady with her invalid mother under our treatment was anxious about the health and safety of her husband, who was then an officer, prominent in the United States army under General Crooke, in a campaign against the Indians in Arizona. In the war in Cuba and the Philippines this officer has also ranked amongst the most honored of our generals. In a moment I mentally perceived this lady's husband, and that he was not ill but on vigorous duty. When I told the wife her husband was wearing a full beard she would not believe me until she had the statement verified by the officer himself, because, said she, "He never wore a beard since I knew him." When her husband learned I had accurately described him at so great a distance, he continued to let his beard grow until he returned to the States in order that his wife might see him with whiskers instead of a mustache, his usual custom both then and now.

These are some of my first psychic experiences, and I relate them as one who has absolutely retired from practice, both professionally and psychically; letting them go for whatever they may be worth in the way of inspiring any who have genuine psychic powers to a faithful and honest endeavor to know all they can of these as yet only partially developed truths, and to tell what they know, and only what they know, of the possibilities of so useful a gift.

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J. B. CAMPBELL, BROOKLYN, N. Y.: Please send copy of SUGGESTION to Dr. May A. Brinkman, Brewster, N. Y. She will probably become a subscriber. My compliments to you. SUGGESTION is sane, sensible, scientific and satisfactory.



## Stopped the Beating of His Heart

Mahatma Agamya Gure, Paramahansa, according to report in New York *Herald*, recently allowed Dr. S. Barnett to make a careful test as to his ability to stop the action of his heart by suggestion. The doctor used a stethoscope. This is his report: "His pulse a minute ago was full, strong and regular, beating at the rate of seventy-four a minute. Then it weakened down for about five seconds until it ceased altogether for five seconds." Taking his stethoscope he says: "I heard his heart beating normally till I told him to stop. Then it grew weaker, until there seemed to be no circulation of blood. I could hear a very faint ticking as if from a great distance all the time, but it did not appear to me that any pumping of the blood was done. \* \* \* There is absolutely no question wheatever that he did it. This is certainly a wonderful thing."

The prophet has no honor in his own country providing he has not orthodox credentials. This "wonderful thing" has been done for years right in Dr. Barnett's city by every traveling hypnotist, yet with every opportunity to investigate the average M. D. will declare the phenomena fraud. The stopping of the heart is a manifestation of the law of Suggestion. Every individual has power to inhibit the action of any organ of his body, and to inhibit pain. To the uninitiated it seems marvelous to see pulse obey command, and blood not flow when a vein is cut. Surgical operations are performed under similar suggestion as Dr. Barnett gave the Mahatma. Any good work upon suggestion will place the experiment within the power of the ordinary American. At suggestions I have had one pulse weakened and one accelerated at command, so stated by the attending M. D. who had declared it impossible and would scarcely credit his own tests in the matter. This is the principle underlying all mental healing. Mind *does* control body. Thought causes blushing or paleness. By the same law it can, when we know how to use it, completely control the circulation. Man has power over his body as he has over the earth. His greatest discovery was to learn that thought is power. Now he can use this power intelligently to build up, as he has ignorantly used it to tear down his body. Thanks to the Mahatma for teaching to ignorant M. D.'s this fact. It was not necessary that the teacher come from India. Thousands of physicians are using Suggestive Therapeutics. Every thought healer teaches that all diseases are cured by the same apparently "wonderful," but in reality the simplest of all processes, namely, by thinking. Think your heart has stopped and it will stop. Think you have heart trouble and you have. "As a man thinketh in his heart so is he."—Henry Harrison Brown, in "Now."

# 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.



WHEN WRITING to advertisers you will confer a favor upon all concerned by mentioning SUGGESTION; advertisers wish to know the amount of business secured through the different mediums used.



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.



TO MY SUBSCRIBERS: The date of the expiration of your subscription appears on the wrapper. You are cordially invited to renew your subscription. 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



### LIFE'S MIRROR

**T**HERE are loyal hearts, there are spirits brave,  
There are souls that are pure and true,  
Then give to the world the best you have,  
And the best shall come back to you.

Give love, and love to your heart will flow,  
A strength in your utmost need;  
Have faith and a score of hearts will show  
Their faith in your word and deed.

For life is the mirror of king and slave,  
'Tis just what you are and do;  
Then give to the world the best you have  
And the best will come back to you.

—*Madeline S. Bridges.*

### Train Yourself to Think.

**S**OMEONE has said:

"The reason why most men do not accomplish more is because they do not attempt more."



Everything in the Universe is governed by law; a man's life may be orderly and successful, or it may be varying and end in a wreck. Failures or successes are the result of law; the swiftly running train and the twisted, burning wreck at the bottom of a canyon are both the results of unerring law. Train wrecks are caused by ignoring laws; and an unsuccessful life is the result of deviating from fixed laws. When man learns how to use the fundamental laws of being he will not see poverty, wretchedness or unhappiness. What we want is thought, power, education, wisdom. We do not find the wisdom of today in musty tomes of yesterday. Too many men are looking backward for inspiration, guidance and education.

Let us turn about and face the sun of wisdom and knowledge. Don't borrow your ideas. Break the shell of conservatism and grow. Expand. Nothing is more invigorating than a new idea. There are millions of bright ideas floating in the great Universal sea of mind that have never been chained in thought. Stop fishing for dollars and try for an idea. Coin ideas. Train yourself to think.



I suppose this sermon is getting too long and it is time to pass the hat. But don't be afraid of the man who differs with you. Think how terrible it would be if everybody agreed with you! The only dangerous thing is the man who never changes his opinions: he is sure to be wrong in many points. Let us have the closing ode and remember:

"The reason why most of us do not accomplish more is because we do not attempt more."—E. E. C.



### New Psychology League.

**H**ERE is something to think about. Why not form a New Psychology Club in your neighborhood? Do you know two or three persons interested in the field covered by SUGGESTION? Then have a meeting; form a club; decide on a line of study; have weekly meetings; have a subject for each meeting; let every one prepare a few thoughts to be read; then have a general discussion. You can exchange books and magazines and ideas. You will rapidly increase your knowledge; your minds will expand, and your will power will develop. Ideas beget ideas.



Truth grows where two or three are gathered together. Such clubs will offer aid and encouragement to those looking for help. Meet around from house to house. Be in earnest, and your club will grow. Soon you will want a larger meeting place; you can have lectures, and your club will be a power in the community.



Why not take up this matter? Your club can discuss psychic research, mind healing—all forms—the law of suggestion; the cultivation of will power and personal magnetism, etc.; rational hygiene, and all matters pertaining to health, happiness and success.



Why not? Draw up a constitution and some by-laws; define the objects of the club; lay out a course of reading and study; adopt a motto; announce the subjects for a month ahead; appoint speakers to carry on the debate.

How many members are necessary? Well, one will do; two will form a very interesting club, and three or four or five will furnish a nucleus for a grand organization. In these matters it is not members that count. It is enthusiasm and determination. Considerable "Do It Now" is essential. We will supply all the advice that is needed, but a very small amount of advice is called for in this prescription. The main ingredient is "Get to work." Another very necessary item is "See the others at once."



Don't call on the fellow that always has a bucket of cold water ready; or if you do, be sure to take a mental umbrella to catch his cheerful deluge. Seriously, friends, the time is ripe for a great chain of New Psychology Clubs or Leagues—call it anything you want. Organize. Organize now. Send us the name of the organization, the president and secretary and the list of members. We will print them and let the world know the progress you are making.



Which will be the first organization to report?



## Confidential Remarks to Members of the Suggestion Family.

**I**S "Opportunity" to be sidetracked?



Additional protests have been registered against Ingalls' (?) famous sonnet, and several poems have been nominated as worthy to appear in our envelope slips. Well, we are always glad to have ideas and suggestions, and we are pleased to receive poems, quotations, sentences, etc.



We expect to print each month the best verses and quotations received. When the next edition of our envelope slips are printed we will let one or two other poems divide the honors with "Opportunity." By the way, have you sent in a stamped envelope for a supply of envelope slips? These slips fit an envelope; they have a motto on one side and a poem on the other. Send two, four or five cents and receive a supply. Put one in every letter you write. This is a good cure for pessimism. No pessimist ever put a kind thought or a noble sentiment in an envelope. Why not move out of the pessimistic class? Move and move *now*.



How many asked Mr. News Dealer if he ever saw a copy of SUGGESTION? Please ask him to order a copy on suspicion. Tell him he can send it back if he does not sell it. If there are no thinking people in your vicinity Mr. News Dealer had not better order a copy.

THE EDITORS take pleasure in giving the SUGGESTION readers a few words written for the SUGGESTION Family from the pen of Dr. Eugenie R. Eliscu, 1179 Madison avenue, New York.

Dr. Eliscu is a lady who is far in advance of the average doctor in true therapeutic knowledge; she is an ardent believer in the power of suggestion as a healing agent, and she will contribute occasionally to the pages of SUGGESTION.

Dr. Eliscu has made some startling reports on the cure of consumption by nature's methods—suggestion and right living. The subject of her remarks for this occasion is:

#### A STUDY IN MOTHERHOOD.

After years of observation I feel duty bound toward humanity and self to express my conviction upon a question till now lightly touched, as "Malpractice and Abortion."

It is an abominable evil, practiced almost among all classes of society, here and abroad, without regard for the consequences that it bears upon the individual, family or society. But upon close study one is almost moved to pity to see how deep are the inflicted injuries wrought upon the spiritual, mental, moral and physical segments of human existence. If thoughts are things! Why may not a murderer's deed be the latent thought expression of a non-successful motherly intended abortion? Where a nine months' pre-natal suggestion influenced the future make up of a morally dead man?

It is not nature that breeds criminals, but man in his heart and thoughts. But leaving out the moral question of foetal destruction and the right of the unborn, let us watch the results of living an unnatural life in a natural world. A world filled with the symposium of harmony, law and order, and we find that evil destroys itself.

Hospitals, dispensaries, sanitariums, are filled with crippled womanhood, and not seldom does nature request from her delinquents life's last farthing and the transgressor's return into the premature self-dug grave.

Thus the Bible saying "For your sins ye shall die!" is ever true. Therefore, it is time we shall awake to the truth and point to the righteous path of life. Ignorant, willful selfishness can breed nothing but crime, misery and sickness.

Man, an intelligent, reasoning being and not a beast, can and shall practice self-control whenever desirable or necessary; learn for his or her welfare to live in harmony with his better self and nature in order to attain and enjoy happiness and health.

With pleasure I submit this to you.



Yes, we have had quite a fair list of names during the months of April and May. We mean names of thinking people. Our friends have been very kind, and we are gradually getting together a brilliant array of names. Many have joined this SUGGESTION Family; we want all to join; we want every thinker to be with us and we want the names of thinkers wherever they are, and whoever they are. What do we do with these names? We send copies of SUGGESTION, and thus increase the membership of the SUGGESTION Family.



We don't all think alike on all subjects, but we do think; and it is immaterial whether we agree or not. The main point is to think something; next, to do something. Next, to do it now, and to do one thing at a time.

Those subscribers who have not yet made us acquainted with their thinking friends will please attend. We are very much like Oliver Twist; our cry is "More."



Did you forget to speak to the News Dealer?



### The Author of "Opportunity."

IN ANOTHER portion of this issue appears an article from Dr. Nicola Gigliotti, in which he emphatically claims the authorship of the well known sonnet, "Opportunity." The doctor gives a circumspect account of the poem, and his evidence appears conclusive. Be sure to read his statement. His letter is a valuable contribution to the current literary history, and it will be a surprise to many who have always associated Ingalls' name with the stirring words:

"Master of human destiny am I."

We trust to be able to give more information regarding Dr. Gigliotti's claim by the time the next issue of SUGGESTION goes to press; but at present there seems to be no escaping the conclusion that the real author of "Opportunity" is Dr. Gigliotti, of Erie, Pa.



We have asked Dr. Gigliotti to give us his ideas regarding the teachings of this verse; is it optimistic? Does it teach an ennobling lesson? What thought did he have in mind? Look out for the doctor's letter next month.

# A Letter from the Editor.

MEXICO CITY, April 9, 1904.

Dear Readers of SUGGESTION :

You will learn by the heading of this letter that I am still in Mexico, having prolonged my stay here much longer than I intended. Part of the time has been spent on the Motzorongo plantation, which is flourishing, and part of the time I have been looking after some valuable patent rights I hold for this country.

I returned to Chicago for a few days in February to attend the directors' meeting of the Motzorongo Company, but had no opportunity to give personal attention to the many letters of inquiry that have come to the office of SUGGESTION for me. However, I have concluded my business here, and Mrs. Parkyn and I shall leave for California one week from today.

I returned to this city a few days ago from a visit to Motzorongo, and the work that has been accomplished there since the visit I made before going to Chicago in February has to be seen to be appreciated. The 690 laborers on the plantation have cleared nearly the whole Motzorongo valley, and at present writing the land is being planted to various profitable crops as the clearing progresses. Huge pastures also are being prepared and fenced in for our herd of cattle, which is being steadily augmented by the purchase of thin cattle, which fatten rapidly in our magnificent, well watered, ever green pastures.

The sugar mill is running night and day, turning out a fine grade of white sugar, which is being converted into dividend money as quickly as the sugar can be shipped away in freight cars.

We shall spend about one month in California, returning to Chicago not later than June 1, when I intend to put more personal energy than ever into SUGGESTION and assist as much as possible in making the magazine better every month. Besides, I will reopen my suggestive therapeutic clinics, which have always been a fruitful source of instructive, interesting phenomena, and will endeavor to give our readers the benefit of my practical experience at these clinics.

Meanwhile, I want our readers who have invested in Motzorongo stock to know that the proposition is growing better every day, and that by the time they read this letter the new sugar machinery for the mill will probably be on the way to Motzorongo. This new machinery will enable the company to turn out five times as much sugar next year, and additional sugar cane is being planted to keep this additional machinery busy.

Within the last twelve months a large number of our subscribers have become stockholders in Motzorongo, but our SUGGESTION Family has been increasing so rapidly that thousands of our new subscribers have scarcely



heard of it. To these I would say: Write to the Motzorongo Company, 228 Reaper block, Chicago, and ask for a copy of their beautifully illustrated "magazinelet" on tropical agriculture. It is a fine piece of the printer's art and I had the pleasure of taking all the photographs used in the illustrations.

The stock of the Motzorongo Company was taken off the market several months ago, but another small allotment is being sold for the express purpose of paying for the new sugar machinery. So I advise any who may intend joining in this enterprise to get their stock early, before another rise in the price of stock takes place. The company will pay its first dividend in June, after which, with the prospects for the future, the stock will undoubtedly be greatly advanced in price, if not taken off the market altogether. In fact, this is probably the last month in which the Motzorongo advertisement will appear in SUGGESTION, and henceforth I shall not have another word to say in these columns about this proposition, in which the readers of SUGGESTION have already invested nearly \$200,000.

Yours faithfully,

HERBERT A. PARKYN.



[Since this letter was set in type we learn that two days before they intended leaving Mexico City for California, Dr. and Mrs. Parkyn were called to Converse, Ind., on account of the serious illness of Mrs. Parkyn's mother, who, we regret to announce, has passed away while they are on their way to her bedside. In consequence, the Doctor's visit to California will probably be delayed at least several weeks.

I am certain that Dr. and Mrs. Parkyn have the heartfelt sympathy of every reader of SUGGESTION in their hour of bereavement.

ELMER ELLSWORTH CAREY,

Associate Editor.]

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## Plants Think.

That plants have intelligence is maintained in a thesis by Professor Shaler, of Harvard University. He says: "Seeing that there is reason to conclude that plants are derived from the same primitive stock as animals, we are in no condition to say that intelligence can not exist among them. In fact, all that we can discern supports the view that throughout the organic realm the intelligence that finds its fullest expression in man is everywhere at work."

# COMMON SENSE PHILOSOPHY

## Delusive Aphorisms.

**A**n aphorism of Skakespeare that has been of immeasurable injury to the world is this:

“There is a tide in the affairs of men,  
Which, taken at the flood, leads on to fortune;  
Omitted, all the voyage of their life  
Is bound in shallows and in miseries.”

Tramps, vagrants and desperates are fond of quoting this assumed wisdom.



There is an ebb and flow of the tides of the ocean twice in twenty-four hours. The mariner who misses one ebb tide does not for that reason abandon his voyage, nor does he for that reason run his sail into a shallow; he simply wisely waits for the next flood. So it is in the affairs of men; they ebb and flow many times in a lifetime. So if there is any logic in the analogy between the two tides, the lesson is, man should be full of hope and not of despair.



Man pays great respect to musty, rusty, shelf-worn aphorisms. He is apt to regard them as expressions of fixed laws of nature and potent factors in life. A clear perception of the affairs of life should teach a man that if, through the mistakes of inexperience, vice or indolence, the first flood tide is missed, the next is equally available.



Because you have let many opportunities of bettering your condition in mind, body, spirit and finances “get away from you” years gone by, it is not too late for a new start. Even a small beginning of a good career will greatly aid in the next well-considered start.



Long before Christ “sat at meat with publicans and sinners” the old, deceptive, moldy aphorism was born, “A man is known by the company he keeps.” Small men with footrules four inches long applied their measuring rules to the Great Master. They assumed that his character was blackened by association with blasphemers and harlots.



A man who has courage and is forceful is not going to dodge “sinners” because business has cast his lot near sinners. Persons who feel

that they are great absorbers of omniscience and are constructed of unusually fine clay are fastidious choosers of friends; usually have a sad day of reckoning with most of the chosen elect. The best plan is to be considerate to all you meet, and do not wear out shoe leather fawning and cringing to the "better element," as they too often "go wrong."



The most successful man that lived on earth was the poorest and humblest. "He had not where to lay His head." Another thing of importance is the attitude of mind with which one meets misfortunes. The human mind will seldom find an aphorism containing more wisdom than this: "All seeming misfortunes are blessings in disguise."

L. W. BILLINGSLEY,  
Attorney and Counsellor, Lincoln, Neb.

## And He Sent the Money, Too.

DAVID ROSS,  
BARITONE.  
STUDIO, 32 KING ST., W.

TORONTO, CANADA, Dec. 9, 1903

*Suggestion Publishing Co., Chicago.*

DEAR SIRS.—Enclosed find the names and addresses of twenty new subscribers. They are all pupils of mine. My reason for selecting your magazine is, after looking through the various publications, yours seems the most practical, and as I use mental suggestion largely in my daily avocation I felt no better investment for the price can be had than your magazine. Wishing you continued success,

Sincerely,

DAVID ROSS.

## Fascinating Field.

The Detroit (Mich.) *Times* of April 2 contained the following: "How to Cultivate Optimism Through Auto-Suggestion," by Dr. Herbert A. Parkyn, the editor, is the most striking feature in the April SUGGESTION (Chicago). It is quite a remarkable article, too, with something of the fascination about it that hedges the whole field of the New Psychology, of which this magazine is the accredited organ."

## “Did Ingalls Write Opportunity”?

Below is a letter to the editor from Dr. Nicoli Gigliotti, A. M., LL. D., M. D., of Erie, Pennsylvania, regarding the authorship of the now famous sonnet, “Opportunity”:

### WHO WROTE “OPPORTUNITY”?

I have read with interest and surprise the poem by Ingalls, “Opportunity,” which one of your subscribers and friends, Dr. H. I. Scheid, of this city, has just handed to me, hoping that I would be able to find out whether the famous sonnet which has created such a stir among your readers was a plagiarism or not. I know well the Rossettis, from the long lamented Dante Gabriele down to Christina and William, whose two daughters have been prominently identified with the worst and most rabid anarchists of England, Germany, France, Italy, Russia and America. I don't find in the poetical works of the Rossettis anything which is similar to John J. Ingalls' sonnet. Nevertheless, I am sorry to affirm in the most emphatic way that “Opportunity” was not written by Ingalls. The paternity of that sonnet practically belongs to me. On June, 1887, I wrote a sonnet entitled, “The Fate,” which was printed in “La Sveglia,” of Naples, Italy, a newspaper owned and edited by R. De Cesare.

The same sonnet was printed consecutively in the “Mignon,” of Naples; the “Flora Mirabilis,” of Turin, and “Le Conversazioni della Domenica,” of Milan. The poem by Ingalls is for the main part, a translation *ad literam* of my sonnet, which I did not include in any of my books of poems, as “Liriche,” “Malinconie,” “Solitudine,” because I was and am not particularly satisfied with its literary polish. My poem differs from that of Ingalls' sonnet only in the conclusion, and I have no doubt that SUGGESTION subscribers would have been more satisfied had Ingalls' translation been less free.

Here follows my sonnet in Italian, which will be accompanied by a faithful translation *ad literam*:

#### IL FATO.

Arbitro io sono dell' uman destino,  
Fama, grandezza, amor mi son vassalli,  
Per campagne e città folle cammino,  
Batto a ogni porta, e corro nuovi calli.

Se in letargo, ti desta. Se nel vino  
Le cure affoghi e ti son dolci i falli,  
T'alza e mi segni. Il fato son. Meschino  
Chi non viene con me. Gli do cavalli.

Gioie, grandezza, onor, donne e piacere.  
 Tutto gli obbedirà men che la morte.  
 Vieni. Approfitta del mio buon volere.

Solo una volta io batto alle tue porte.  
 IO NON TI SEGUO—rispos' io—IL PENSIERE  
 Sol rende l' uomo avventurato e forte!

This is my poem, and hereafter follows the English translation of it, word after word:

## THE FATE.

Master I am of human destinies,  
 Fame, greatness, love are my servants.  
 Cities and fields foolishly I walk,  
 I knock at every door but once, and I run to new pathways.

If sleeping, wake. If feasting  
 You try to kill your troubles with wine and sin;  
 Rise and follow me, I am the fate. Woe  
 To whom does not follow me. I give him horses,

Gold, fame, honor, women and pleasure.  
 He will conquer every foe save death.  
 Rise; hang to the opportunity which I offer to you.

I am revengeful. I knock unbidden but once at every door.  
 I STAY HERE. "LEAVE ME ALONE," I answered, "THOUGHT  
 AND THOUGHT ALONE MAKES EVERY MAN HAPPY AND STRONG."

Despite my poor English, everybody can see more than easily to whom the paternity of "Opportunity" does belong. I am far from accusing late Senator Ingalls with plagiarism. I had the privilege to meet him and to admire his brilliant mind and his candid soul. He had—I was told by himself—the habit of making free translations of things that appealed to him, and it may be that more than one of his poems are not original, as his loving widow collected together, without discrimination, all of the things he had written, translated or arranged. My sonnet was known to Senator Ingalls. I did reprint it some years ago in an Italian paper, which I edited in Denver, Colo.,—"La Giustizia"—and sent him a copy with a rhythmic translation made by me and revised for the English part by Martin Battle, a distinguished follower of Henry George. I am sorry that I can not find at present the original of that translation.

If the information, which I give you, is what you are looking for, I will be glad to have been of some service to you.

NICOLA GIGLIOTTI.

❖ ❖ ❖

Dr. H. J. Scheid, of Eric, Pa., sends this letter:

SUGGESTION,

4020 Drexel Boulevard,  
Chicago.

In the *Mignon*, of Naples, of June 12, 1888, an Italian Review devoted to Art, Literature and Critic, I find a Sonnet by title "Il Fato," due to the pen of Nicola Gigliotti and beginning:

"Arbitro io sono dell' uman destino."

The sonnet sent to SUGGESTION is a faithful copy of "Il Fato." Not being familiar with the Italian language, I can not state whether or not "Opportunity," by Ingalls, is a translation of "Il Fato" by Dr. Gigliotti.

Respectfully,

DR. H. J. SCHEID.

❖ ❖ ❖

For the purpose of comparison we give herewith the Sonnet as it appears in the poetical works of John J. Ingalls.

#### OPPORTUNITY.

Master of Human destinies am I!  
Fame, love and fortune on my footsteps wait.  
Cities and fields I walk: I penetrate  
Deserts and fields remote, and, passing by  
Hovel and mart and palace, soon or late,  
I knock unbidden once at every gate;  
If sleeping, wake: if feasting, rise before  
I turn away. It is the hour of fate,  
And they who follow me reach every state  
Mortals 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.

## Letter From Dr. Colani.

TO THE EDITOR OF SUGGESTION: "Opportunity," by John J. Ingalls, is in my mind nothing but an unfaithful translation of "Il Fato," a sonnet by the distinguished Italian poet, novelist, literary critic and philosopher, Dr. Nicola Gigliotti, whose articles against the pessimism of Schopenhauer and the over-man theory of Nietzsche created a deep impression some years ago. On or about the first week in June, 1888, it was a few days after the death anniversary of Garibaldi, I was introduced to Dr. Gigliotti by Prof. Giovanni Bovio, the great Italian statesman and philosopher, and requested him to write for me a study on Georg Morris Cohon Brandes, the celebrated Danish writer on esthetics and the history of literature. Dr. Gigliotti has always maintained that the greatest master of literary critics the world has is the long lamented Francesco de Sanctis. At the same time I requested him to allow the *Flora Mirabilis* of Turin to reprint some of his poems, which had previously appeared in other newspapers. He kindly consented, and the first poem which we printed was exactly "Il Fato." I recollect that "Il Fato" was translated into Greek; in French, by Madame Sampson; in German, by Kadon, and in English, by C. Bourges Watson; but I can not state where the translations were published, because Dr. Gigliotti wrote me a letter, which I still possess, protesting against the publication of "Il Fato" and accusing me and others of bad faith in giving prominence to a poem which he was sorry to have written. I quote from the letter, which at the time created estrangement between us: "I am not satisfied with 'Il Fato.' It is the worst poem which I ever wrote. I don't see why my friends should persecute me to such an extent, putting continually under my eyes the horrible proof of my worst poetical sin." This declaration, I suppose, is all you need.

GIUSEPPE COLANI, A. M., Ph. D.



Dr. Colani has found the original clipping from the *Flora Mirabilis*, an Italian journal which published "Opportunity" in 1887. A note is attached which states that the sonnet had been previously published in three other Italian periodicals. Those who have some knowledge of Latin, Italian or Spanish can easily make a free translation of "Il Fato," and note that it is "Opportunity" beyond a doubt. A *facsimile* of the clipping is here given:


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## IL FATO.

*Arbitro io sono dell'uman destino,  
Fama, grandezza, amor, mi son vassalli,  
Per campagne e citta' folle cammino,  
Batto a ogni porta, e corro nuovi calli.*

*Se in letargo, ti desta. Se nel vino  
Le cure affoghi e ti son dolci i falli,  
T'alsa e mi segui. Il fato son. Meschino  
Chi non viene con me. Gli do' cavalli.*

*Gioie, grandezza, onor, donne e piacere.  
Tutto gli obbedira' fuor che la morte.  
Vieni. Approfitta del mio huon volere.*

*Solo una volta io batto a le tue porte.  
"Io non ti seguo — rispos'io — Il pensiero,  
"Sol rende l'uomo avventurato e forte!"*

NICOLA GIGLIOTTI.

Napoli, 2 Giugno 1887.

NOTA BENE — Questo sonetto fu pub-  
blicato dalla SVEGLIA, dal MIGNON, dalla  
GAZZETTA DI NAPOLI e dalle CONVERSA-  
ZIONI DELLA DOMENICA di Milano.

Fac Simile of Sonnet "Opportunity" as originally published in Italian.

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## He Has Found His Own.

LOUISVILLE, KY., Dec. 21, 1903.

EDITOR SUGGESTION:

Dear Sir—Find enclosed money order for \$1.75 for which please send to my address your offer No. 4 and mottoes.

To say I was pleased with SUGGESTION is mild; I have been looking for it for about three years.

Very truly,  
JOS. P. GAULT, D. M. T.





## NATURE CURE FOR CONSUMPTION



### Disease Not Something, But a Symptom.

**D**ISEASE is not something that enters the body; disease is not something to be fought and badgered and finally driven out. This is the old theory, and it is on this theory that drugs are often given. It is now known that disease is a symptom. By wrong thinking, wrong eating, wrong drinking and wrong breathing the body becomes weakened; then there is trouble. If you overload a wagon the axles will creak and groan; the remedy is not to poultice the axles, but to remove the cause; take off some of the load.

So when some unnatural symptom appears in the human organism we know that the body has been mistreated. The cells have not had proper nourishment; they have failed to perform their work; some tissue or nerve or muscle or organ has been repaired with faulty material. Some excretory organ can not perform its work, for it is not provided with proper nourishment. It is the old story of making bricks without straw.

As a result there is trouble. As two machines never wear out exactly alike, so two persons seldom present exactly the same symptoms. But the *cause* is always to be found in wrong living, wrong thinking, wrong eating, wrong breathing or wrong drinking. Disease (except from accidents) is never caused by any other means.



The lungs are very delicate organs. They require plenty of pure air—all the time. The lungs never were intended to be a receptacle for dust, smoke or dirt. The delicate linings of the air cells should never come in contact with vitiated air, or air laden with foul odors or impurities.

So disease symptoms often appear in the respiratory organs; a cell or group of cells becomes weakened and disintegration follows; scavenger germs at once proceed to assist nature in removing the debris, and the presence of these germ scavengers has given rise to the theory that they *cause* disease. They have nothing to do with the cause of disease, because they are found at all times in the lungs of a healthy person. So much for germs.



Remove the cause and the symptoms disappear. Those who have lung trouble must "right about, face," and change their mode of living.

Their recovery, if recovery is possible, will date from the day they do this. Often it means a complete change in occupation and methods of life. But, generally speaking, everyone can adopt new rules of living without changing the environment or occupation. The principal point is willingness and determination; there must also be a realization of the actual facts, as they exert a desire for a change.



Health is not sold in bottles or dispensed over a counter; no work on medicine has a prescription that will bring health; health is not necessarily found in climates or location, although pure, dry air is to be desired.



Health is the result of the orderly working of all parts of the human machine, and Nature is the only one that can build, alter or repair. She is quite willing to keep the machine in the highest state of perfection if given the proper material and allowed to work in peace.



Radium cures are now coming to the fore. There is no evidence that radium ever cured consumption or ever will, and any so-called "radium consumption cure" is a delusion and a fraud.

## The Origin of Consumption.

By N. J. B. BAILEY, PSYCH. D., EVELTH, MINN.

From an article by Dr. Bailey, in a daily paper, is taken the following paragraphs regarding the origin of consumption:

That consumption—tuberculosis—is contagious in the ordinary sense of the word, I most emphatically deny. Contagion (infection) which is considered to be the cause of this and other diseases, can not possibly be the primary cause of any disease whatever, since it is evident that some one person must have had this disease at first without contagion before he could possibly communicate it to another. (The opinion is prevalent that married people will contract the disease, one from another, but I disclaim such an opinion; it is rarely the case that husband and wife die of tuberculosis.) The first case of consumption, or any other disease, could not possibly, under any circumstances, have been one of contagion. Matter in the truest sense of the word is not the cause of anything; germs or bacilli can not possibly be the cause of tuberculosis. The disease exists not because of the bacilli, but the bacilli

exists there because of the disease. It is a positive fact that the true cause of tuberculosis (consumption) lies not in the material realm of being; we must look for the real cause of this disease in the mind. For all diseases (tuberculosis included) are mental or psychical before they become physical. The subjective mind (psychos) controls and governs every function of the physical body. Tuberculosis, like every other disease, is generated, developed and perpetuated by wrong habits of living, caused by wrong habits of thinking.

Should these views of the direct or primary cause of tuberculosis be sustained the question of contagion, or rather non-contagion, in a short time will no longer be disputed and then the possibility of conveying the disease from one person to another in any way whatever will be looked upon only as a medical superstition. When such a definite conclusion has been reached we will then be in a position to study rationally the important problem of prevention and treatment.

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## Self-Cure of Consumption Without Medicine.

One of the most useful books of the day is a small volume by Chas. H. Stanley Davis, M. D., entitled "The Self Cure of Consumption Without Medicine." Pages, 176; price, 75 cents. The contents are as follows: "Consumption and Its Fatality"; "What Causes Consumption?" "Heredity"; "Symptoms and Diagnosis of Consumption"; "The Treatment of Consumption With Drugs"; "How Consumption Can Be Cured"; "The Open-Air Treatment of Consumption"; "How to Breathe Properly"; "The Proper Diet for Consumptives"; "Exercise for Consumptives"; "Change of Climate for Consumptives"; "The Sanatorium Treatment of Consumptives"; "Hygienic and Prophylactic"; "The Cough of Consumptives"; "The Hemorrhage of Consumption." There are also two appendices: "The Prevention of Consumption and Other Diseases," and "Nutritive Value of Animal and Vegetable Food."

This book should be in the hands of every person seeking relief from lung troubles. It tells how to use natural methods to regain health. It tells how many have been healed without drugs. Being written by a well known doctor, who has no prejudice for or against any particular method of healing, the book will appeal to all as an authoritative work. The book is a good book for every one to read. It preaches the gospel of pure air in unlimited quantities. If you know of a sick friend you will make no mistake in recommending Dr. Davis' book. His book will be sent mailed, together with a year's subscription to this magazine, for \$1.15. If the book is not worth the price asked, return it and the money will be refunded.

## The Causes and Prevention of Consumption.

Dr. George B. H. Swayze, of 1726 North Twenty-second street, Philadelphia, Pa., contributes an article to the April *Medical Brief*, entitled "The Arrest of Consumption," from which the following paragraphs are taken :

Entirely too much time has been wasted in studying the diseased transformations that cripple the lungs themselves, instead of scrupulously analyzing and attending to the conditions of the air drawn habitually into the lungs, and with which they must work, on which they must feed, by which they must suffer. All factious theories aside, it has been conclusively discovered that the abiding for a season in a fresh, pure air environment, under sanitarian regulations, arrests the progress of pulmonary phthisis. By rational induction this fact is proof furthermore that what is the natural restorative in consumption, in said premises, is also the natural preventative of consumption.

This again brings us face to face with the fact that the prevalent cause of consumption is not a fugitive bacillus, but is the dethronement of systemic nutrition and lung tissue by the exhausting grind of toxic, deoxygenated, unsanitary breathing-air, doubtless ignorantly, but habitually inhaled by each individual victim. The bacillian ferments can only have their development in the resultant debris of diseased tissue-waste and disorganization.

Let medical men clearly comprehend and the laity thoroughly understand that the forerunner and generator of consumption is not an atom of fugitive ferment called "germ" or bacillus, but is a vitiated condition of the individual's breathing-air and blood corpuscle and nutritive process combined in the lungs and general physical system. Then will the pathological compass to the prevention and cure of consumption be sensibly leveled. Then will the dismal problem of phthisis be robbed of its mystery and fatality.

From a paper written by myself, and published in 1890: "Sanitary surroundings alone—pure air outdoors and indoors, freedom from bad drainage, and the corrosive poison of coal gas and other combustion gases in the house air, virtues of ventilation and sunlight, relief from drudgery of body and brain, plenty of food and rest—these potent agencies of health will usually prevent and cure threatened disease in general—ordinary tuberculous disease in particular—if timely and faithfully employed. Tuberculosis and cancer will yet need to find prevention and antidote in the hygiene of sanitary habits of life, and purer breathing-air indoors and outdoors, day-time and night-time, every hour of existence."

Hence, the sanitary pure air treatment for the arrest of consumption is the most rational and promising ever recognized, because it affords regenerative oxygenation and elimination and nutrition, all combined normally and savingly for the prevention, the arrest, and the cure.

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## Tent Life in the Treatment of Tuberculosis.

At the annual meeting of the Mississippi Valley Medical Association Dr. A. Mansfield Holmes, of Denver, read a paper on this subject. He stated that pure air and sunshine were two important factors in effecting a cure of tuberculosis. Tent life was the most important means of securing the advantages of these factors. The author called attention to the essentials of an ideal tent cottage, and gave rules for governing tent life. Those who had had no experience with tent life invariably entertained an exaggerated idea of its dangers and inconveniences. A short experience soon dispelled this fear, and patients were with difficulty induced to return to an indoor life. Extended experience with tent life in Colorado justified him in making the following deductions: It increased the appetite, improved nutrition, diminished cough, caused night sweats to cease, improved sleep, increased weight, decreased fever and diminished the tendency to take cold. A model of the tent cottage adopted by the Rocky Mountain Industrial Sanatorium was exhibited, showing improved methods of construction and ventilation.—*N. Y. Med. Jour.*, Feb. 21, 1903.

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## From an Osteopathic Standpoint.

Consumption in its beginning is only the interference with the blood and nerve supply to a small portion of the lung structure by some maladjustment of the body which lowers the vitality of that portion and so renders it liable to attack by the germ which finds lodgment there; while upon the other hand, if the tissues were normal and in healthy condition the germ would be killed immediately.—*Mark Shrum, D. V.*, in *Massachusetts Journal of Osteopathy*.

## 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.

### Pain in Amputated Limb.

In the April SUGGESTION I saw an article about pain in an amputated limb. Mr. L. H. Kratzer had his leg shot just above the ankle. After he came too from chloroform he complained of a very severe pain in the amputated foot, just as though some one was bending it back hard enough to break it. He inquired what they had done with his foot and was told that it was in the cellar setting upright. They went and laid it in the same position in which the leg was lying, after which it did not hurt him until they went to bury it. Then it hurt him just as quick as they handled the foot, five days after it was amputated. This is his own statement made to me.—J. H. STECKEL, MULBERRY, IND.



Concerning "Opportunity" Mr. A. W. Rideout of *Ye Quaint Magazine*, Boston, writes as follows:

I am interested in the discussion in the April number of SUGGESTION about the poem "Opportunity." I own that I never quite could understand why New Thought people should admire that poem. There is another poem also which the New Thought people, a year or two ago, were never tired of quoting, "Waiting," by John Burroughs. It was a poor month that I did not find it in from one to three of the New Thought magazines, and again, I couldn't see. A friend of mine, who was one of the most pessimistic and cynical men I ever knew, greatly admired that poem. He thought that it was an exposition of his doctrine. You see it all depends upon the point of view.

Now I am sending you a little poem which fills the bill, according to my notion. If you wish to print it in SUGGESTION, there is no reason why you shouldn't, as it is an old poem with no copyright. It was written by Martin Farquhar Tupper.

Very respectfully yours,  
A. W. RIDEOUT.

The poem enclosed by Mr. Rideout is as follows:

NEVER GIVE UP.

Never give up! It is wiser and better  
 Always to hope, than once to despair;  
 Fling off the load of Doubt's cankering fetter,  
 And break the dark spell of tyrannical Care.  
 Never give up! or the burden may sink you;  
 Providence kindly has mingled the cup,  
 And in all trial or troubles, bethink you,  
 The watchword of life must be,—NEVER GIVE UP!

Never give up! There are chances and chances  
 Helping the hopeful a hundred to one,  
 And through the chaos High Wisdom arranges  
 Ever success,—if you'll only hope on;  
 Never give up! for the wisest is boldest,  
 Knowing that Providence mingles the cup,  
 And of all maxims the best, as the oldest,  
 Is the true watchword of—NEVER GIVE UP!

Never give up! Though the grape-shot may rattle,  
 Or the full thunder-cloud over you burst,  
 Stand like a rock,—and the storm or the battle  
 Little shall harm you, though doing their worst;  
 Never give up! if adversity presses,  
 Providence wisely has mingled the cup,  
 And the best counsel, in all your distresses,  
 Is the stout watchword of—NEVER GIVE UP!

MARTIN FARQUHAR TUPPER.



DR. J. C. CLARKE, SIOUX CITY, IOWA: I have been a reader of your paper for the past three years and have seen real merit within its pages from the very first. It is getting better and better continuously, and if every home could have it as a visitor and adopt its advice the world would soon become happier. There is only one class of people that will say to the contrary, and they are certain medical doctors who resort to sordid methods in their practice.

I consider the February number alone worth more than a whole year's subscription. I recommend it to all my patrons. May it long live and ever continue in the same line of good work.

# Book Reviews.

## BOOKS RECEIVED.

A SEXUAL CREED. Louis J. Livingston, postoffice box 112, Asheville, N. C.; 25 cents; pamphlet.

HEALING THOUGHTS. Charles W. Close, Ph.D.; the Doyen-Steward Company, publishers, Bangor, Me.; 10 cents; pamphlet.

SYMBOL PSYCHOLOGY. Rev. Adolph Roeder; Hooper & Bros., New York; 204 pages; cloth.

ADVANCED THOUGHT—The Religion of Civilization. James Oliver Arnold, Dayton, Ohio; pamphlet; 68 pages; 25 cents.

THE OPEN PEARLY GATES. W. T. Lee, Comanche, Tex.; a treatise on Bible teachings; cloth, 170 pages; 25 cents.

AN INTRODUCTION TO THE STUDY OF JACOB BOEHME'S WRITINGS. By A. J. Penny; Dunn & Wright, 100 West George street, Glasgow, Scotland.

JOY PHILOSOPHY. Elizabeth Towne, Holyoke, Mass.

THE SELF-CURE OF CONSUMPTION. Charles H. Stanley Davis, M. D.; 12mo., 176 pages, cloth; 75 cents.

CONCERNING HUMAN CARNIVORISM. Rev. J. Todd Ferrier; Order of the Golden Age, Paignton, England.

PSYCHOLOGY, THE CULTIVATION AND DEVELOPMENT OF MIND AND WILL BY POSITIVE AND NEGATIVE PROCESSES. Fowler & Wells Company, New York.

RETURN TO NATURE. A. Just; published by B. Lust, 124 East Fifty-ninth street, New York; Vol. I; 309 pages.



MIND POWER AND PRIVILEGES. By Albert B. Olston, Lincoln, Neb; 406 pages; cloth; price, mailed, \$1.65. According to the author the purpose of this volume is to inspire and educate. The author had come to realize that man has latent within him powers and privileges far superior to his usual knowledge and experience. To induce the reader to appropriate and make use of his own greater self, the author has written with an optimistic spirit and with painstaking. He has sought to reveal to the reader his larger nature, and to enrich him by an acquaintance with his latent powers. This has been done with a careful adherence to the science of physiology, anatomy and histology. Some of the writer's



positions are advanced and bespeak a degree of boldness. However, the New Psychology that he teaches invites the most searching criticism. The author claims that one year before Hudson's "Law of Mental Medicine" appeared, "Mind Power and Privileges" had given to the public the histological theory of the law of suggestion in health and cure. (See chapter, Mind and\*Body.) Of the many departments in this volume, Telepathy holds an important place. It suggests a vast field of usefulness for this, the mind's greatest power.

Contents: Mind, Subjective Mind, Telepathy, Suggestion, Auto-Suggestion, Mind and Body, Practical Applications, Doctor and Patient, Physical Culture, Personal Power, Care and Treatment of the Body, Hypnotism, Subjective Training, Habit, "Christian Science," Conclusion.

A quotation: "Early in life one should learn to delight in the beauty, power and purity of the body. One should realize that every thought possesses an influence of some kind upon the body, that every living cell in the physical being is either outraged or blessed by the process taking place in the mind.

"The steadfast purpose of this book has been to inspire man with a zeal for the development and culture of the mind; to realize how intimate a relation by showing how each reacts upon the other; to strengthen the individuality until it builds a formidable barrier between itself and disease." (Page 388.)



THE MAJESTY OF SEX. By Nancy McKay Gordon; cloth, \$2, published by the author, 55 E. 36th St., Chicago.

Regarding this book a friend sends the following paragraphs:

"Do you understand it after reading it?"

Yes, I think I do. Truth, and the human body, when naked and unadorned, shock the average man and woman. That is why, throughout the ages, Truth has come down to us veiled in symbology. That is why writers on this holiest and most sacred of subjects (sex) enshroud their meaning in the veil of mystical language.

He who can look upon the human body, his own or that of another, and see only the Temple of the Holy Spirit, will see through the veils of symbology and mysticism and grasp the inner meaning of "The Majesty of Sex."

And yet there is much in the book so plainly stated that a child should understand. Could any writer give clearer expression to the truth, as she sees it, than the author has done in these sentences:

"Children should be conceived while the sun is shining. To determine sex, fill the mind with the ideal most desired."

"Change of life is not necessary. It is the result of misuse, and by doing away with the cause the effect disappears."

"The Waters of Life must be gently drunk by the loving man and woman. Gentleness belongs to creative love, suddenness to short-lived passion."

"The wise man will not enter where he is not wanted, nor be so blindly foolish as to attend the funeral of his own joy."

"It is not through bodily contact that man and woman reap the harvest of redemption, but it is by mingling the magnetic fluid; and bodily contact is but a means for this blending process."—LORRAINE.



THE CULTIVATION OF PERSONAL MAGNETISM. By Leroy Berrier; paper, 110 pages; price, 50 cents. This book was reviewed in the April SUGGESTION, and many inquiries have been received regarding the book.

The book will be valuable to all students of psychology, and to those who are cultivating will power, perseverance and who would succeed through the application of inherent forces. Those who are interested should read the review notice mentioned. Those who remit one dollar for a year's subscription to this magazine may have the book mailed post-paid as a premium.



STATE OF INDIANA; STATE BOARD OF HEALTH; INDIANAPOLIS.—THE PUBLIC HEALTH JOURNAL, published in Evansville, Ind., by Mrs. C. P. Wood, is a valuable addition to the periodicals of the United States which are devoted to preventive medicine. This Journal is ably edited by a lady whose general culture and fine literary quality shines forth in her writings. Those who have the opportunity of reading the *Public Health Journal* certainly enjoy a valuable privilege. I have pleasure in recommending *The Public Health Journal*.—J. N. HURTY, M. D., Secretary of the State Board of Health.

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Think clean, pure thoughts; they will reflect in a healthy, useful body.—*Progressive Lyceum*.

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Thought moves man to a tempest of rage or a calm of trust—so guard your thought.—*Progressive Lyceum*.

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I expect to pass through this world but once. Any good thing, therefore, that I can do, or any kindness that I can show to any fellow creature, let me do it now. Let me not defer or neglect it, for I shall not pass this way again.—*Edward Courtney*.

## More Newspaper Psychology.

**O**FTEN when a newspaper reporter wants some "copy," and he has exhausted the courts, and the society items, and the railroads, and the sporting events, and hotel gossip, he turns to the realms of the mysterious, the occult, the supernatural.

A "haunted house" is often pressed into service; then there is the "hypnotic" story about someone who committed a crime under a "spell"; there is the "trance" story about someone who slept for sixteen years; there is the remarkable "dream" story, and others which are often polished up and trotted out. But at present we wish to call attention to the story about an amputated limb that caused its former owner discomfort, etc.

When one of these "severed limb" stories appears in one section of the country you may notice quite a crop of stories of the same brand springing up in other sections. The law of suggestion works in many ways.

Lately a number of the "severed limb" yarns have been in evidence. Here is one taken from some city daily:

### FELT PAIN IN LOST LEG.

PORT JERVIS, Jan. 30.—Irving Cox had a leg cut off by a train just before the holidays, and the leg was placed in the receiving vault of the cemetery.

A few days ago Cox complained to his wife that there was something hurting his severed leg.

He became so nervous that members of his family went to the receiving vault, opened the box containing the severed limb and removed a bit of frozen sand. Although Cox did not know that this had been done, it is said that the instant the sand was removed his pain ceased, and upon their return they found him happy and free from the annoyance.

A letter was promptly sent to Mr. Cox, enclosing the clipping, as follows:

"Dear Sir.—Is there any truth in the enclosed clipping? Please return it and give a brief statement regarding the same. SUGGESTION."

Well, the clipping promptly came back, and with it the letter here given:

9 SOUTH STREET, PORT JERVIS, N. Y., March 10, 1904.

Dear Sirs—There is no truth whatever in the clipping, which was put in for the sake of a little fun by Mr. Richard, the Port Jervis *Union* reporter. I don't believe such a thing could be so, as I had my brother-in-law to cut, handle and put pins in the leg, and to try many other experiments; also, during a flood here, it has been under water for two days; but in no case have I felt any effects.

I don't see how a person can feel any pain or trouble in an amputated limb. We have given the matter a thorough test. Write me if you wish to learn more about the matter, etc.

Yours,

IRVING W. COX.

Newspapers are interesting and useful products of this marvelous age, but they do not guarantee their ghost stories. Still, there is nothing before the court to prove that sensations arising from ill-treatment to a severed limb may not be felt. Is there any additional evidence, pro or con?

## Learn By Your Blunders.

It is said that a fool can only learn by experience. In this respect we are all fools. The distance between men is that the wise one learns by his mistakes. No one has sufficient foresight and ability to make a plan and carry it out without hitches. Something is sure to be overlooked or some sudden turn of circumstances will require a change or modification. This a man must expect. Do not let it frighten you that you can not see your way clearly to the end. Just pitch in and do your best. Take right hold of the end which offers itself. To begin is the main thing. Then keep awake and on the alert. Use your powers. Observe, question and reflect. If you make a mistake, do not stop to lament, but ask yourself how and why and in what way it may be remedied. Sometimes defeat may be turned into victory if you are quick and clever.

If a man follows this course, and starts out with a capital of courage, staying power and correct principles, he is as sure of ultimate success as he is to make mistakes as he goes along. Many men are kept from assuming responsibility by the fear that they will make mistakes. This is foolish. All men make them, and they are the best teachers we have. They call out the reserve forces of character, instruct and develop the mind as no artificial teaching can do.

Learn by your blunders. Educate yourself among the realities of life. Strengthen your character by courageously meeting and rectifying the consequences of your errors.—*The Medical Brief.*

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You can never tell when you do an act,  
 Just what the result will be;  
 But with every deed you are sowing a seed,  
 Though its harvest you may not see.  
 Each kindly act is an acorn dropped  
 In God's productive soil;  
 Though you may not know, yet the tree will grow  
 And shelter the brows that toil.

—*Ella Wheeler Wilcox.*

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When that day shall have arrived fewer physicians will be needed, in proportion, and they will give more advice than prescriptions to be filled at the apothecaries; but on the other hand, they will wield a far greater influence and authority than at present, and their services will be correspondingly better rewarded.—*International Medicine.*

## Resuscitating Power of Light.

The extraordinary resuscitating power of light received a very curious illustration a few years ago in the silver mines at Laurium. A mine had been abandoned more than two thousand years, and an enterprising Briton discovered beneath the slag the seed of some poppies of a species which had disappeared for twenty centuries. When the slag was removed, in a short time the entire space was covered with the most gorgeous show of poppies. After their twenty centuries' rest they bloomed as vigorously as ever without the aid of a single drop of water or any other restorative than the rays of the sun.—*Medical Times*.

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## Treatment of Typhoid Fever With Castor Oil.

C. C. Bass (*New York Medical Journal and Philadelphia Medical Journal*, December 26, 1903) urges the use of castor oil throughout typhoid fever. The method advised is to begin promptly, regardless of the stage of the disease, with a dose of castor oil every twelve hours, continuing this treatment throughout the illness. The amount of each dose should be so regulated as to cause one or two actions.

The author used this method without a single death in seventy-nine cases taken just as they came in regular practice, some of the patients having the best of nursing, others none at all. In the majority of these cases no medicine except castor oil was given. The average duration of fever was seventeen days, counting from the first day of headache, malaria, etc., until the temperature reached normal. After that there was, in most cases, an evening rise for a few days. That there were only four relapses is attributed to the fact that the oil was continued long after the fever had subsided.

The author considers that the superiority of castor oil over other purgatives in typhoid lies in its mode of action. The saline purgatives are absorbed into the system, which is already overloaded with abnormal bodies, and these being further absorbed, their elimination puts additional work upon the liver, kidneys and skin. Castor oil, on the contrary, goes through the bowel unchanged and unabsorbed. The objection to anti-septics in typhoid is, that if sufficiently effective to prevent or materially retard fermentation and germ life, they will also retard digestion.—*Yale Medical Journal*.

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Superiority makes every man feel its equal. It is courtesy without condescension; affability without familiarity; self-sufficiency without selfishness; simplicity without snide. It weighs sixteen ounces to the pound without the package, and it doesn't need a four-colored label to make it go.—*George H. Lorimer*.

"Oats, barley, wheat and all cereals are only the culmination of man's cultivation of tall grasses, intended for bird and fowl, and are full of calcareous matter, necessary to birds, which need the lime for the shells of their eggs. Man and animals don't lay eggs. When they eat cereals, what happens? The calcareous matter, which is held in suspense in the blood, is precipitated to the walls of the arteries, especially during the sleeping hours, when the blood flows less rapidly, and causes the stiffness experienced by so many upon awakening. It also causes the bones to become more brittle, like the shell of an egg. Snakes, alligators, turtles, chameleons and other reptiles, as well as fishes, lay eggs, but they are soft shelled, and none of these reptiles can be induced to eat cereals. The higher species of apes feed upon nuts, and fruits, and leap from branch to branch, and to the ground, and never break a bone. Let a man fall off a two-foot step and he is likely to break a leg or an arm."—*Exchange*.

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What knowledge is of most worth? The uniform reply is: Science. This is the verdict on all counts. For direct self-preservation, or the maintenance of life and health, the all-important knowledge is—science. For that indirect self-preservation which we call gaining a livelihood, the knowledge of greatest value is—science. For the discharge of parental functions, the proper guidance is to be found only in—science. For the interpretation of national life, past and present, without which the citizen can not rightly regulate his conduct, the indispensable key is—science. Alike for the most perfect production and present enjoyment of art in all its forms, the needful preparation is still—science. And for purposes of discipline—intellectual, moral, religious, the most efficient study is, once more—science.—*Herbert Spencer*.

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### Never Too Late.

It is never too late to be happy;  
 It is never too late to smile;  
 It is never too late to extend a hand  
 With a cheering word once in a while.

For there's never a sorrow or worry  
 In all this green-covered earth  
 But is followed soon by a gladsome joy  
 And a generous measure of mirth.

—*Jeanette H. Carey*.