

A New Psychology Magazine

# SUGGESTION

SEPTEMBER, 1904



TEN CENTS

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THIS MAGAZINE



HERBERT A. PARKYN, M. D., Editor  
4020 Drexel Blvd., Chicago

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# SUGGESTION

A Magazine of the New Psychology

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

VOL. XIII.

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No. 3

## Why Not Think for Yourself?

THE BRAIN is an instrument for receiving and recording impressions from the universal storehouse of mind; when these impressions are formulated they are called thoughts. A clear brain will receive clearer, sharper impressions than a dull brain. Keep your brain active.



THE STUDY of mind is the only wisdom.



A LITTLE thinking now and then is a good mental tonic.



IT IS better to lose all in the search for good, than to be content with the worst.—*Henry Van Dyke.*



NAPOLEON used his inherent powers to command success; everyone has at his command powers which, rightly used, will make him a Columbus or a Napoleon. Let us all wake up.



"Think for thyself! One good idea  
But known to be thine own  
Is worth a thousand gleaned  
From fields by others sown."



MANY GOOD things have been said, but remember that much better things remain to be said in the future. Who will say them?

# Auto-Suggestion and Rational Hygiene.

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

**I**T IS a little over a year since I began to publish my series of articles on Auto-Suggestion, and since the first contribution appeared, I have received hundreds of letters of various descriptions called forth by the different articles. Many of these were letters of encouragement from readers who have been able to benefit themselves by following the instructions given from month to month.



Herbert A. Parkyn, M. D.

Others were from readers who had been able to assist themselves up to a certain point, but required a little assistance, or some explanations to help them to overcome their troubles; while still another class claimed they had endeavored to apply the auto-suggestions faithfully, but could not get the desired results and wanted me to account for the failures.

It is impossible in a few pages of printed matter in a monthly magazine, to give full instructions how to overcome the various mental and physical ailments that can be cured by suggestion or auto-suggestion, and I found that many of those who had failed had not read the first few contributions of the series in which the theory and practice of auto-suggestion were explained at length. Others had failed through lack of persistent effort, having failed to grasp the necessity for using the auto-suggestions many times daily, every day in the month; or they lacked application and determination and only resorted to their self treatment when they had nothing else with which to amuse themselves. Others, again, were working earnestly to overcome mental troubles without giving any attention to their physical condition, having failed to recognize the fact that a brain to be normal and to do good work must be properly nourished. Still another class of correspondents were treating themselves for troubles for which neither auto-suggestion nor suggestive treatment by another offers relief.

Some of the letters in which the writers told of the heroic efforts they were making were pathetic in their call for assistance. But the result of the correspondence for the main part serves to corroborate what I have previously said in these columns many times;

that in order to secure the best results from suggestive treatment or auto-suggestion, the treatment should be given personally by a physician who understands the mental and physical conditions found in the human body, in health and sickness, and knows from experience how to direct the thoughts of his patient and prescribe the auto-suggestions that should be followed. Not two patients in a hundred are alike mentally and physically, and it requires the discerning eye of the experienced suggestionist to determine the best mode of procedure in each case, and the auto-suggestions to be employed. The physician assumes the role of counsellor and teacher with his patients, and by his sympathy, encouragement, watchfulness, and daily counsel, produces results that the majority of patients practicing auto-suggestion unaided might not accomplish in years.

During the year in which the articles on auto-suggestion have been appearing, thousands of new readers have come into the SUGGESTION fold, and in answer to many inquiries received asking if suggestion can overcome physical troubles as well as mental troubles, I would call their attention to the fact that in the nine years the Chicago School of Psychology has been in existence, over three-fourths of the ten thousand patients that have received treatment within its doors suffered from physical troubles, and in the majority of cases these physical troubles yielded to the suggestive therapeutic treatment employed.

By way of illustrating the variety of physical troubles that will yield to personal suggestive treatment, I herewith present the results obtained in a few cases:

CASE 1.

Mrs. —, age 52. Applied for treatment for habitual sick headache, which had recurred every two weeks for over thirty years. Always confined to bed for two days. Attack followed by great exhaustion. Had taken various treatments, and a specialist had pronounced her headaches incurable two weeks before applying for treatment.

Questioning elicited the fact that she had always suffered from constipation, and required laxatives three times a week. Her diet was limited to a few articles. She was afraid to eat anything but very light food lest a headache might ensue. Eyesight impaired; hearing a little defective. Kidneys very inactive—about one pint of urine being voided in the day. Patient was tall, thin and anemic. Great depression of spirits and worried greatly over her spoiled life.

Examination showed her breathing to be very shallow. She was

not eating sufficiently to keep a small child alive, and drank one pint of liquids daily. This patient received one month's suggestive treatment, during which time she had no recurrence of the headache. Her bowels moved normally on second day, and continued to move freely each day during the month's treatment. She gained six pounds in weight, and was able to eat all ordinary articles of diet without fear. Was stronger, brighter and happier than she had been in years when the treatment was finished.

This patient was free from headaches for nine months after treatment, when a slight one occurred. She returned for a few treatments and I found she had neglected to look after the life essentials as usual. She had been a little careless. Ten months have elapsed since the last and only attack she has had in twenty months. The patient considers herself entirely cured. The treatment consisted in daily suggestive treatment; the suggestions being directed to forming correct habits of eating, drinking, breathing and thinking. In this way nutrition and elimination were stimulated.

#### CASE 2.

Male, age 38. Complained of muscular rheumatism in right shoulder and right hip. Trouble was of two years' standing. Patient said he was quite well in other ways. He had used nearly one hundred bottles of medicine, which had been prescribed by different physicians, druggists and friends. He had also taken osteopathic and electric treatment, but nothing had given him permanent benefit.

Questioning brought out the fact that his memory was poor, his eyesight was failing and glasses were required. Suffered from headaches occasionally. Required laxatives to move his bowels and acid foods or fruits of any description produced dyspepsia. The patient took but little exercise. Had never had his attention called to the proper mode of breathing. Drank one quart of liquids per day and was afraid to eat much meat.

This patient was given full instruction about the life essentials, and suggestive treatment administered three times a week for one month. Bowels moved normally day after the first treatment, and have continued to do so ever since. The pain in muscles gradually grew less, and completely disappeared about middle of third weeks' treatment. Patient was dismissed at end of month's treatment, his general health having improved greatly.

#### CASE 3.

Male, age 34. Was a victim of the morphine and cocaine habits. Was taking twenty-two grains of cocaine daily when he first came

for treatment. Contracted the habit five years before when in very poor health. He had been seeking good health in vain for a number of years before beginning the morphine, but, under its use, he found relief from the physical troubles, although they were all greatly aggravated when he came for treatment. He had taken so-called cures for morphine habit, but all had failed, for his old troubles always remained after the drug was withdrawn.

For years before contracting the habit he had suffered from headaches, constipation, dyspepsia, neuralgia and general poor health. However, this patient had a great deal of self-control and will power, and the result of the suggestive treatment was remarkable. From the first his habits of eating, drinking and breathing were corrected, and even while the drug was being withdrawn he picked up steadily in weight and spirits. The drug was entirely withdrawn without substitution at the end of sixteen days. The patient had suffered but little, and had gained nine pounds in weight. His organs of nutrition and elimination were working perfectly, and he left for home at the end of one month's treatment, having gained thirteen pounds in all, and declared he was in better health and spirits than he had been for fifteen years. Five months after he was treated here I received a letter from him in which he said he was doing satisfactorily in every way, including business, and that he had gained over twenty pounds since leaving the clinic.

This excellent result I attribute to the correcting of the life habits, thus giving the patient the stimulation which comes from thorough nutrition, to replace the stimulation of the drugs as they were withdrawn.

Besides stimulating the organs of nutrition and elimination, suggestion was employed to control the nervousness and the withdrawal pains; to encourage natural sleep, strengthen the will, instill courage and determination, and make a man of him in every sense of the word.

CASE 4.

Miss ———, age 22. Complained of painful menstruation, nervousness and lack of energy. Had tried several different forms of treatment, including medicine, Christian Science, and dilatation of the neck of the uterus. Nothing had given her permanent relief, although two almost painless periods had been passed after the operation for dilatation.

Found the patient had no idea of the correct habits of living, and was evidently suffering from general deterioration. At sixteen

she weighed 160 pounds. When she came for treatment she weighed but 114 pounds. Enjoyed good health till her seventeenth year, when she began to fret over the death of her sister. Her health declined rapidly, she lost weight and soon menstruation became painful.

Questioning showed her to have suffered from her seventeenth year from constipation and dyspepsia. Her eyesight was impaired, she lacked ambition and strength. Her appearance bespoke anemia, and her cold hands were sufficient in themselves to indicate the treatment to be followed. The patient was drinking about one and one-half pints of fluid daily, and was eating less than one-half the amount ordinarily consumed by a healthy young woman of her age.

Suggestions were directed to the necessity of eating, drinking, breathing and thinking like the healthy woman, and she was assured that as her general health picked up every organ, including the uterus, would be properly nourished and would perform their functions normally and painlessly.

In four weeks' treatment this patient gained eight pounds and the first period was less painful than usual. The constipation was relieved inside of the first week, and at the end of two weeks she was able to eat heartily and digest all food. The case was dismissed at end of a month's treatment. She reported still less pain after second menstrual period, and the third and subsequent periods have been passed without pain.

#### CASE 5.

Mr. ———, age 33. Suffering from nervous prostration and insomnia of three years' duration. His mind was filled with dread of impending danger, and he had been unable to attend to business for two years. He had taken several different treatments without success. The symptoms present, were loss of memory, extreme nervousness, inability to concentrate the attention, headaches, weak vision, nasal catarrh, facial neuralgia, easily fatigued, shallow breathing, obstinate constipation, dyspepsia, cold hands and feet. He was afraid to eat more than one or two articles of diet, owing to the dyspepsia, and was drinking but little more than a pint of liquid per day. His weight was twenty-five pounds below what it was when he considered himself in good health.

This patient was entirely cured after two months' suggestive treatment. The constipation disappeared inside of first week of treatment, and the dyspepsia inside of the first ten days. The patient gained in weight rapidly after the first treatment, weighing at the end of the second month seventeen pounds more than when



he began treatment. He is still in perfect health and had regained his old weight.

The treatment consisted of daily suggestive treatment; special stress being laid on the life essentials and the standard of health found in the normal healthy man.

CASE 6.

Mr. ———, age 54. Suffering from severe melancholia and suicidal intent. Various medicines had been prescribed, changes of scene had been made, several of the leading specialists on mental and nervous diseases in the United States had been consulted, but none had brought relief up to the time he attended the clinic here. The trouble was of two years' standing.

I found the patient taking double the quantity of food necessary and exercising but little; constipation had been present for years, also occasional attacks of dyspepsia; memory was poor and thoughts very melancholic. Had not laughed in a year. Kidneys inactive. Patient taking about one quart of liquid per day. Breathing was shallow. Occasional attacks of rheumatism and headache.

The patient was dismissed at the end of one month's treatment in excellent mental and physical condition. His bowels were moving regularly, and all the organs of nutrition and elimination were doing satisfactory work. As the physical condition improved and the brain received a normal quality of blood, the melancholia disappeared and the patient was found to have a very jovial disposition.

Treatment was entirely suggestive. Attention was directed to the life essentials, curbing the appetite, stimulating the organs of elimination and inducing happy, cheerful lines of thought.

"Let man learn that he is here not to work, but to  
be worked upon."—Emerson.

My hope for the human race is bright as the morning star, for a glory is coming to man such as the most inspired tongue of prophets and of poets have never been able to describe. The gate of human opportunity is turning on its hinges, and the light is breaking through its chink, possibilities are opening and human nature is pushing toward them.—Emerson.

# ACHIEVEMENT.

Written for SUGGESTION.

Inscribed to Dr. Nicola Gigliotti, author of "Il Fato."

Maker am I of opportunity,  
And lord of fate beside. Naught hems my view  
Or bars my way. I leap the bounds of blue;  
I level mountains; bridge the lashing sea;  
I sift the ores of twinkling worlds. To me  
The whirling systems, twilight eons through,  
Bring tribute vast—yet nothing ever new;  
For ere they were I am—shall after be.

Such are my realm and reign: my throne is Man.  
- I make him god, to know both good and ill;  
To taste all fruits, but choose the higher still.  
I, aimless never, patient work my plan,  
Till of my stuff his final self is wrought—  
His will the tool, but I the master, Thought!

*Alvin B. Bishop, A. M.*

Waterloo, N. Y., July 28, 1904.

## The Cause of Disease.

BY ARTHUR R. REYNOLDS, Commissioner of Health, Chicago.

**T**HE organism which causes pneumonia may live in the tissues and air passages of human beings for a considerable time without producing the disease. Every person here present has doubtless had the germ in his tissues scores of times, and at this very moment it is in the bronchial tubes of many of us. But before pneumonia can develop in such persons some change must take place, either in the organism or in the individual. At present those of us who are acting as hosts to the germ of pneumonia do not get the disease because there is something in us that, for the time being, renders us immune. That something is to be found in every human body in normal health and vigor. The moment the vitality becomes lowered sufficiently from any of the many causes to which we are liable to become subject—and no one can measure the exact time or place—then the pneumonia organism begins to multiply, to feed upon our substances and to give off a poison, and the result is pneumonia.

It may come to pass that a simple, direct method of preventing pneumonia will be discovered, but until that is done our efforts must be directed toward keeping our bodies in condition to resist and challenge the invasions of pneumonia. Whatever measures are taken to this end will apply with similar force to all other infectious diseases.

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

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

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

dows will be abandoned as the beneficial effects of sunlight are understood.

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

With reference to food, no general rules can be laid down for all; but it is safe to say that the average adult person in the United States, who lives chiefly indoors, eats very much more than he requires to nourish his body; the extra amount becomes a burden upon his digestive powers, clogs the excretory organs and accounts for most of the malaise, headache and instances of premature breaking down.

While pneumonia may be induced by the bad air, bad heating and bad lighting of dwellings, a more fruitful source of the disease is probably found in places of public assembly, such as schools, theaters, churches, street cars, etc. Greater attention must be paid in the future to the cleansing, not only of the floors of such places, but of the air. What the American people seem to need is not more and better food, but more and better air. Overwork, overindulgence, excess, all lower the vitality and render one a fit subject for pneumonia.—*Michigan State Board of Health Bulletin.*

**Faith steps forth on seeming void,  
And finds the solid rock.**

## Do you Masticate your Food Thoroughly?

Without GOOD TEETH there can not be thorough

MASTICATION.

- Without thorough mastication there can not be perfect

DIGESTION.

Without perfect digestion there can not be proper

ASSIMILATION.

Without proper assimilation there can not be

NUTRITION.

Without nutrition there can not be

HEALTH.

Without health what is

LIFE?

Hence the paramount importance of the teeth.

Mrs. M. W. J.—*Southern Dental Journal.*

## Psychical Research.

By SIR WILLIAM CROOKES.

*From an address before the British Association for the Advancement of Science. Reprinted from the Annual Report of the Smithsonian Institution.*

**T**O incident in my scientific career is more widely known than the part I took many years ago in certain psychic researches. Thirty years have passed since I published an account of experiments tending to show that outside our scientific knowledge there exists a Force exercised by intelligence differing from the ordinary intelligence common to mortals. To enter at length on a still debatable subject would be unduly to insist on a topic which does not yet enlist the interest of the majority of my scientific brethren. To ignore the subject would be an act of cowardice.

To stop short in any research that bids fair to widen the gates of knowledge, to recoil from fear of difficulty or adverse criticism, is to bring reproach on science. There is nothing for the investigator to do but to go straight on; "to explore up and down, inch by inch, with the taper his reason"; to follow the light wherever it may lead, even should it at times resemble a will-o'-the-wisp. I have nothing to retract. I adhere to my already published statements. Indeed, I might add much thereto. I regret only a certain crudity in those early expositions which, no doubt justly, militated against their acceptance by the scientific world. My own knowledge at that time scarcely extended beyond the fact that certain phenomena new to science had assuredly occurred, and were attested by my own sober senses and, better still, by automatic record. I was like some two-dimensional being who might stand at the singular point of a Riemann's surface, and thus find himself in infinitesimal and inexplicable contact with a plane of existence not his own.

### SOCIETY FOR PSYCHICAL RESEARCH.

I think I see a little farther now. I have glimpses of something like coherence among the strange elusive phenomena; of something like continuity between those unexplained forces and laws already known. This advance is largely due to the labors of the Society for Psychical Research. And were I now introducing for the first time these inquiries, to the world of science I should choose a starting point different from that of old. It would be well to begin with *telepathy*; with the fundamental law, as I believe it to be, that thoughts and images may be transferred from one mind to another without the agency of the recognized organs

of sense—that knowledge may enter the human mind without being communicated in any hitherto known or recognized ways.

I will confine myself to pointing out the direction in which scientific investigation can legitimately advance. If telepathy take place we have two physical facts—the physical change in the brain of A, the suggester, and the analogous physical change in the brain of B, the recipient of the suggestion. Between these two physical events there must exist a train of physical causes. Such a sequence can only occur through an intervening medium. All the phenomena of the universe are presumably in some way continuous, and it is unscientific to call in the aid of mysterious agencies when, with every fresh advance in knowledge, it is shown that ether vibrations have powers and attributes abundantly equal to any demand—even to the transmission of thought. It is supposed by some physiologists that the essential cells of nerves do not actually touch, but are separated by a narrow gap which widens in sleep, while it narrows almost to extinction during mental activity. This condition is so singularly like that of a Branly or Lodge coherer as to suggest a further analogy. The structure of brain and nerve being similar, it is conceivable there may be present masses of such nerve coherers in the brain whose special function it may be to receive impulses brought from without through the connecting sequence of ether waves of appropriate order of magnitude. Roentgen has familiarized us with an order of vibrations of extreme minuteness compared with the smallest waves with which we have hitherto been acquainted, and of dimensions comparable with the distances between the centers of the atoms of which the material universe is built up; and there is no reason to suppose that we have reached the limit of frequency. It is known that the action of thought is accompanied by certain molecular movements in the brain, and here we have physical vibrations capable, from their extreme minuteness, of acting direct on individual molecules, while their rapidity approaches that of the internal and external movements of the atoms themselves.

Confirmation of telepathic phenomena is afforded by many converging experiments and by many spontaneous occurrences only thus intelligible. The most varied proof, perhaps, is drawn from analysis of the subconscious workings of the mind, when these, whether by accident or design, are brought into conscious survey. Evidence of a region below the threshold of consciousness has been presented, since its first inception, in the Proceedings of the Society for Psychical Research, and its various aspects are being interpreted and welded into a comprehensive whole by the pertinacious genius of F. W. H. Myers. Concurrently, our knowledge of the facts in this obscure region has received valuable additions.

at the hands of laborers in other countries. To mention a few names out of many, the observations of Richet, Pierre Janet, and Binet (in France), of Breur and Freud (in Austria), of William James (in America), have strikingly illustrated the extent to which patient experimentation can probe subliminal processes, and can thus learn the lessons of alternating personalities and abnormal states. While it is clear that our knowledge of subconscious mentation is still to be developed, we must beware of rashly assuming that all variations from the normal waking condition are necessarily morbid. The human race has reached no fixed or changeless ideal. In every direction there is evolution as well as disintegration.

A formidable range of phenomena must be scientifically sifted before we effectually grasp a faculty so strange, bewildering, and for ages so inscrutable as the direct action of mind. This delicate task needs a rigorous employment of the method of exclusion—a constant setting aside of irrelevant phenomena that could be explained by known causes, including those far too familiar causes, conscious and unconscious fraud. The inquiry unites the difficulties inherent in all experimentation connected with mind, with tangled human temperaments, and with observations dependent less on automatic record than on personal testimony. But difficulties are things to be overcome even in the elusory branch of research known as experimental psychology. It has been characteristic of the leaders among the group of inquirers constituting the Society for Psychical Research to combine critical and negative work with work leading to positive discovery.

It has been said that "Nothing worth the proving can be proved, nor yet disproved." True though this may have been in the past, it is true no longer. The science of our country has forged weapons of observation and analysis by which the veriest tyro may profit. Science has trained and fashioned the average mind into habits of exactitude and disciplined perception, and in so doing has fortified itself for tasks higher, wider, and incomparably more wonderful than even the wisest among our ancestors imagined. It has ascended to a point of vision far above the earth. It is henceforth open to science to transcend all we now think we know of matter and to gain new glimpses of a profounder scheme of Cosmic law.

An eminent predecessor in this chair declared that "by an intellectual necessity he crossed the boundary of experimental evidence, and discerned in that matter, which we in our ignorance of its latent powers, and notwithstanding our professed reverence for its Creator, have hitherto covered with opprobrium, the potency and promise of all terrestrial life." I

should prefer to reverse the apothegm, and to say that in life I see the promise and potency of all forms of matter.

In old Egyptian days a well-known inscription was carved over the portal of the temple of Isis: "I am whatever hath been, is, or ever will be; and my veil no man hath yet lifted." Not thus do modern seekers after truth confront nature—the word that stands for the baffling mysteries of the universe. Steadily, unflinchingly, we strive to pierce the inmost heart of Nature, from what she is to reconstruct what she has been, and to prophesy what she yet shall be. Veil after veil we have lifted, and her face grows more beautiful, august, and wonderful with every barrier that is withdrawn.

"Oh, be humble, my brother, in your prosperity! Be gentle with those who are less lucky, if not more deserving. Think, what right have you to be scornful, whose virtue is a deficiency of temptation, whose success may be a chance, whose rank may be an ancestor's accident, whose prosperity is very likely a satire?"—**Thackeray.**

A real seeker after truth has always an open mind, a mind open to conviction.—*Emerson.*

Every impure and selfish thought that you send out comes back to you in your circumstances in some form of suffering. Every pure and unselfish thought returns to you in some form of blessedness.—*Emerson.*

The high prize of life, the crowning fortune of a man, is to be born to some pursuit, which finds him in employment and happiness—whether it be to make baskets or broadswords, or canals, or statues, or songs.—*Emerson.*

Let today open our minds to new views, new methods, new friends and new thoughts; this is the way to progress, prosperity and happiness. A man who is afraid of a new idea does not cut much figure as a factor in the growth, expression and progress of these blessed days.—*Emerson.*



## Sparks from Life's Forge.

Written for SUGGESTION.

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

**H**E who seeks happiness or success through others is a failure.



All the affluence from the external world is as a lick from a baby's spoon to the hungry lion. The more he swallows the hungrier he is. Whereas one grain of confidence and inner contentment overbalances all earthly wealth.



The most fortunate man is he who found the hidden treasures of self within self. The most useful one who exploits them for the benefit of others. But the noblest of all is he who not only finds himself but leads others in the self search.



Man often frightens at his own image, when the prism of truth reflects some new coloring thought with an unaccustomed hue.



There was no rain before Adam, but ever since we need more than dew to clear up the dust of superstition from the eyes of man. Thus before God went into the business of cradling mankind upon this earth He prepared the solvent waters below and above to wash away the solidarity of human ignorance.



Do you seek the center of circling worlds? Find it in your heart. Do you wish to square up with the world? All measures are within your brain. But if you wish to know the result of your life, examine the motive lines of your actions and see how many right angles are drawn in the triangle of your deeds. The summit of the spiral whole vouches forth the result.



True love is such a rare jewel that the majority satisfy themselves with an imitation.



If Nature has a purpose, then nothing is purposeless. Man came into the world purposeful. He was to be by being. Let us rejoice in this blessed evolving privilege.

## For the Breath Is the Life.

By HENRY HARRISON BROWN.

**D**EEP breathing is an absolute necessity to strong and vigorous health. Few people know or even practice deep breathing; if they did, and had energy and persistence enough to regularly carry out the practice, they would soon find a decided improvement in their conditions, mental and physical—not to speak of the evolving within of a more serviceable Spiritual Grace. The first manifestation of physical living is breath. When we cease to breathe we cease to live as physical beings. It follows logically, then, that to live as much as possible we should breathe as much as possible. It will be no exaggeration to say that the majority of diseases arise, as far as the physical cause is concerned, from lack of breath. Few breathe properly. The cause is mental. Fear is the great cause of all disease, and fear at once affects respiration.

To counteract this we must will to breathe and breathe fully. Think breathe and we shall breathe.

Therefore practice deep and slow breathing—that is, controlled breathing—until deep breathing becomes habit. There is nothing in the fact of breathing more than that it is the one way the soul has of maintaining itself in the body. To breathe is to live. Nothing mysterious about the fact that by deep breathing—controlled breathing—more than that he who breathes long and deep controls his breath, becomes in all matters self-controlled, for by breathing he controls his life. Therefore put your will upon your thought and breathe deeply. Materialize your thought into cell and tissue by breathing with the thought. Thoughts of health, happiness and success can be breathed into bodily expression.

The first requisite is that the lungs be filled. Few half breathe, all the rest have less than half the requisite breath for health and happiness. Then all breathing should be from the abdominal muscles. The "Solar Plexus," about which so much is said just now, and its awakening, is only the natural nerve center for breath, digestion and circulation. Therefore, when one does not breathe deeply and from this center, there is a lack of all the requirements of health, and consequently all the attendant mental states. Mental states come first, and the breath is shortened by fear and laziness. Most people are too lazy, lack the necessary mental energy, to breathe properly. They breathe without putting the will upon the breathing function. They relax their will from the lungs and abdominal muscles and let the instinctive automatic action get what breath it can, impeded by these thoughts of fear, pain, weariness, etc.

Now, it is so simple that few realize its truth and importance, THAT ALL we have to do when in fear, weariness, pain, discouragement, and

similar states, is to sit down, relax and draw deep, long, controlled breaths to find rest, strength, peace and power. Now try it. No textbooks, no directions are necessary—just breathe with a sense of Mastery and the Mastery is yours.

Whenever you catch yourself holding your breath or breathing short, at once put the will at work and draw a deep, natural breath. This will soon become the habit, and you will not find the fear, tired condition, doubt or pain afflicting you, for you have given the Infinite Life the opportunity for Expression, by taking breath.

A few good exercises for you until you can originate others are as follows: Stand erect, head thrown back, place arms akimbo and draw breath through your nose till you feel the lungs are full; then exhale through mouth, first a few times naturally; then with more force; then with all the force you have; then open the mouth wide and let it out as slowly as possible. Any good book upon elocution will give you breathing exercises. All the needed change is that you are to *Think* while at the exercise, that *You are Mind (or Spirit) and are manifesting power over all conditions as you breathe. You are taking power into manifestation.* With this thought, no matter in what form, you will find power. The student of elocution is after a specific form of power, you are after POWER that you may use in all its forms as you may desire.

At first you may find yourself, after a few inhalations, getting dizzy. The sooner this comes the more you need the practice, for it is a demonstration that you have ordinarily very little oxygen in the lungs and are taking now enough to overstimulate, to intoxicate you. Therefore stop, when this condition comes, and try again, each time gaining until you find no unpleasant condition, but do find LIFE more abundantly yours than ever before. In the morning stand by an open window, or out of doors, and breathe. Breathe from the solar plexus, but remember *it is the thought that determines the result.* Breathe in love and love will bless you. Breathe in joy and joy will follow you. Breathe in courage and you will know no fear. Breathe with the thought of infinite life and health will be yours. Choose some affirmation from NOW and hold that thought as you by breathing build it into bodily texture; for remember, your body is only your emotions and thoughts materialized. Therefore, by consciously breathing thoughts that you wish to have manifest, you will build a structure that will instinctively so manifest when you have ceased to consciously suggest the purpose of breath.

Have at all times, night and day, fresh air.

Never live in a close room. Pure air and deep, courageous breathing

will cure all the ills man is heir to, be they of body, purse or reputation.  
For

“ ’Tis life, wherefore our lives are scant,  
’Tis life not death for which we pant;  
More life and fuller that we want.”

And there is only one way to have more life, and that is to breathe more. When we learn never to stop breathing we shall never die. When we learn to breathe properly we shall never be sick, or weak, or poor, nor discouraged. Therefore we must put a thought on guard, and whenever we find that we are holding any thought that is impeding respiration, we must put our will to work at once, and draw deep breaths and resume control of life's expression. By thus willing we change mental conditions and become master, where before we were slave.

Any gymnastic or physical culture drill is good *if taken with these thoughts*, but if taken with thoughts limited only to body, as many teachers limit us, they are bad. Remember at all times that, *You are soul* and that *body is the creation of soul and at all times subject to the conscious will*. Then all exercise is good and tends to Self-Mastery. This Mastery should be the end and aim of all our thought and labor.—*Now*.

### THE BEGINNING OF PROGRESS

**I**F I read history rightly, the victory of reason over unreason, and the whole progress of our race, has generally been accomplished and achieved by such poor fools as ourselves rushing in where angels fear to tread, till at length the track became beaten, and even angels are no longer afraid.

—Max Muller.

Nothing can bring you peace but yourself. Nothing can bring you peace but the triumph of principles.—*Emerson*.

Let us then be what we are, and speak what we think; and in all things keep ourselves loyal to truth and the sacred professions of friendship.—*Emerson*.

# The Surgery of Light.

BY GEORGE WILLIS MASON, CHICAGO.

Written for SUGGESTION.

**T**HE attention of the scientific world is today turned toward the source of Life. Men are investigating the origin of energy and power, and while rapid strides are being made in these directions the medical investigators are developing new theories for the cure of disease.

The tendency of the age is to find rational, natural and positive methods of cure. This is truly an age of drugless healing and we have our methods of massage, osteopathy, suggestive therapeutics, vibration and other equally as curative methods, and last, but by no means least, among these we can not and must not overlook the Finsen Light Treatment, which in the past six years has developed wonderfully surprising results.

Everybody knows that there is health, strength and healing power in the sunshine. It has been proven that certain rays of light produce different results, and it devolved upon an obscure but sincere young Danish doctor to develop the fact that the healing power of light came with the violet, and the invisible ultra-violet rays.

These rays are now known as the Finsen Rays, because Dr. Finsen was the first to demonstrate their curative value in certain diseases. As a drugless method, the Finsen Light Treatment, or treatment by the Finsen Rays, is by far the most successful and reliable. It is the one treatment by which positive and permanent results are obtained, and its future is already an assured fact.

There is no speculation, no danger, no discomfort, no bad after-effects. The healing begins from the first treatment. The Finsen Light is found to be "Nature's own cure," for Light, the greatest boon to mankind, is the motive power of it. It is so simple that it has easily been overlooked for ages. So was electricity overlooked until Franklin with his kite and key drew from the clouds that wonderful power. See what electricity has developed. Think, then, what is in store for the future of the Finsen Light Treatment.

At first Professor Finsen applied his efforts by the use of a hand glass and colored water; now improvement has followed improvement until now we have the high-power Finsen lamps, such as are used at the Finsen Light Institute of America at 78 State street, Chicago. (These, I understand, are the only ones in this country.

In brief, the Finsen lamp is this: Originally the light of the

sun was used, but as it is not always able to get sunlight every day, strong arc-electric lights of intense capacity and strength are utilized.

Depending from this arc lamp is the concentration apparatus, four of which are attached to each lamp. This concentration apparatus consists of quartz lenses, framed in two brass tubes, which are movable the one into the other, like a telescope.

Quartz lenses are used because they allow the ultra-violet rays of shortest wave length to pass through, and it is these ultra-violet rays that have the greatest bactericidal effect.

At the end of the tubes near the arc lamp two lenses are inserted. The divergent rays from the lamp are here concentrated and pass through the tube, at the opposite end of which they must meet again with two quartz lenses. Between these latter lenses there is distilled water, which cools the light by absorbing the intensely heating ultra-red rays, but which allows the blue, violet and ultra-violet rays to pass through to the surface to be treated.

By this method the healing power of light is applied directly, and in concentrated form, to the seat of the disease. It is found that this treatment has proven wonderfully effective in germ diseases especially, and rapid cures are reported in cases that had lingered for years under the belief that they were incurable. The Finsen Rays penetrate beneath the skin and diseased cells are destroyed, germs and bacteria annihilated and normal action restored to the afflicted parts.

Think what it means. Lupus has heretofore been absolutely incurable. The surgeon's knife proved useless and no specific was known, yet I have seen and talked with patients lately cured of this dread disease at the American branch in Chicago.

Thus has a hitherto insignificant unknown, sickly Danish doctor given to the world a remedy, not for lupus alone, but for various forms of skin diseases and certain internal maladies. Facial blemishes of all kinds are made to disappear and the skin is left in a clear and healthy condition.

**C**AST forth thy Act, thy Word, into the ever-living, ever-working Universe; it is a seed grain that cannot die; unnoticed to-day, it will be flourishing as a banyan grove after a thousand years.—Carlyle.

# The Treasures of Mind.

BY ELLA WHEELER WILCOX.

We know not what lies in us, till we seek.  
Men dive for pearls—they are not found on shore.  
The hillsides, most unpromising and bleak,  
Do sometimes hold the ore.

Go dive in the vast ocean of thy mind,  
O man! far down below the noisy waves,  
Down in the depths of silence thou shalt find  
Rare pearls in hidden caves.

Sink thou the shaft into the mind of thought;  
Be patient, like the seekers after gold.  
Under the rocks and rubbish lieth what  
May bring thee wealth untold.

Reflected from the mighty infinite,  
However dulled by earth, the human mind  
Holds somewhere gems of beauty and of light,  
Which seeking, thou shalt find.

—*Chicago American.*

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## Who is the Author?

In the *Saturday Evening Post* of May 14, in an article on Jay Gould, appears this paragraph:

Perhaps their answer is in the life motto of Sarah Bradford, a dear old maiden lady—yet a good deal of a pagan, withal—who died a few years ago in England. Carved into her mantle were the following words: "I shall pass this way but once. If, therefore, there be any kindness I can show, or any good I can do to my fellow human beings, let me do it now. Let me not defer or neglect it, for I shall not pass this way again.

Who is the author of the quotation given above?

## The Diet Question.

BY AMOS WOODBURY RIDEOUT, EDITOR QUAIN'T MAGAZINE, BOSTON.

Written for SUGGESTION.

I WANT to say right on the start that I do not believe that *what* to eat is as important as how to eat it and how much. Of course, it goes without saying that an absolutely ill-balanced dietary would be bad, but with real hunger this sort of thing would not long obtain. The call of Nature for the right food would be so loud and clear as not to be disregarded. No hungry man will be satisfied with a meal of ice cream and lady fingers. As I have said before in these columns, I believe two meals per day for the average person is the proper thing. These I would take in this way: breakfast an hour or so after rising, if possible, and dinner (the heaviest meal of the day) after the work and cares of the day are over.

I would always have fruit at breakfast, and I would have something in the way of vegetables with the dinner, preferably something green, especially in the warm season.

I am not going to enter into the question of whether we should eat meat or not.

If you *do* eat it, however, there are several things you can bear in mind with good results. Know that meats and fish corned, smoked, pickled, salted, etc., were the makeshifts of a primitive time when steam and electricity had not brought the markets of the world to your door and ice machines had not been thought of.

Just to the extent that foodstuffs have been treated in this way they have lost their nutritive value. They are also more difficult of digestion. We have no need of such things, and yet we eat them more than we ever did. What a waste of time, labor and health!

Let your food be as fresh from the hand of Nature as possible. Better a simple meal of cold slaw (raw cabbage), bread and cheese, than the most elaborate menu that could be gotten up with these canned, corned, deviled and devilish contrivances. I do not claim that canned—or as our English friends call them, “tinned” goods—are without virtue, but where circumstances and the purse make it possible it is better to avoid them.

I believe we have come by slow degrees to eat too much beef. Madame Leppel, the diet specialist of London, says that beef makes one old. It makes me tired—to see some people stow it away; sirloin steak for breakfast, roast rib for dinner, cold roast for supper. Beef is very apt to be tough unless it has the “age,” and I suppose you know what that means—that it is on the point of putrefaction.



Chicken is good—much better than turkey, that bird without which we can not give thanks to God. Goose is good and duck is delicious if properly cooked. The poor porker has been much maligned. Raised under proper conditions, pork is as proper and desirable as any other meat.

It is not at all remarkable that it has fallen into disrepute when we know how it is commonly housed and fed. Given a proper chance the pig is one of the cleanliest animals of the farmyard. He should be given a clean run and clean water to drink, the same as any other animal. He "roots" in the ground with his snout hunting for tender rootlets, ground nuts, etc.

He is very fond of acorns, and when he has a run where he can find them gets fat on them in the fall. Our vegetarian friends, please take notice. He does not, however, want his nuts "emulsified"—the life cooked out of them.

Drinking with meals is apt to be carried to an extreme. With natural hunger and a proper dietary there will not be much desire to drink while eating. It sometimes happens, however, that we take into the mouth something sweet and rich, or highly seasoned and salt. In this case Nature will send out a call for drink—and she knows what she wants. Hard and fast rules and hobbyish extremes are always to be avoided.

Now having acquired a few rational principles as to what and how to eat, let our metaphysical friends give you a few points.

After having elected what you *will* eat and disposed of it, think no more about it.

Your digestive apparatus quotes a well-known vaudeville classic and says:

"You mind your business and I'll mind yours."

Company at meals is not such an important factor as we have been led to believe. The only thing is, when we eat alone we are more apt to be in undue haste and also, strange to say, eat too much. I like to eat in a crowded cafe where nobody knows me. My sense of companionship is satisfied and I can think without having to talk.

After you have finished your desert, eat some air and plenty of it. (I take it that the good Mrs. Towne has no copyright on this expression, so I use it.) Like the food, it should be as fresh as possible.

A lung full of oxygen is a thousand times better than a pellet full of pepsin as a digestive assistant. In fact, digestion can not go on without it.

"Truth is not wholly truth until it is expressed in a Life. Energy is idle until it is transformed into work. Character is not character until evidenced in Conduct."

—Paul Tynes.

EVERY real thought on every real subject knocks the wind out of somebody or other. As soon as his breath comes back he very probably begins to expend it in hard words. These are the best evidences a man can have that he has said something it was time to say.

—Oliver Wendell Holmes.

## What To Be.

Be cheerful, optimistic,  
Be willing to forbear  
With every kind of trouble  
And never to despair.

Be free from all suspicion,  
Seek no motive for the act,  
Accept all things with kindness,  
Judiciousness and tact.

Be kind to every mortal,  
But yet select a few  
To bear the name of friendship  
And tread the road with you.

And you will find that living  
Is not a dreary bore,  
And life has many blessings  
You did not know before.

—Henry Bartlett Morrill in *Boston Brown Book*.

## Are Your Lungs White or Black?

By HERBERT N. CASSON.

**I**F you ever have a chance to go to the museum in connection with the Edinburgh University, at which Andrew Carnegie is Lord Rector, or Chief Ranger, or something of the sort, you will see some strange objects in a glass case that will do more to teach you the value of fresh air than all the books that were ever written.

Last year a professor secured the lungs of an Esquimau, a Londoner and a coal miner. He has had them preserved with some kind of a chemical process, and they are now side by side in a glass case. The Esquimau's lungs are pure white; the Londoner's lungs are a dirty brown; and the coal miner's lungs are *jet black*.

The Esquimau had kept his lungs clean, not because he knew more about breathing than the Londoner or the coal miner, but because he lived in a land of snow fields and spent his time in the open air. It is a curious fact that every Esquimau who is brought to our large cities dies of consumption in a few years.

All of us that run up and down in the skyscraper canyons of Chicago or New York or Boston have no chance to breathe the dustless, germless air of Greenland or Alaska. The whitest pair of lungs in an American city will be at least a shade darker than the hue of a lily.

In a large city our fresh air, like our fresh eggs, might be fresher. Therefore it is much more necessary to make the best use of what we have. When our fresh air is stale, what must our stale air be?

There is a young man in a clothing house who takes his watch regularly, once a year, to a jeweler's, so that it will always be in good condition. Yet this young man is in the first stages of consumption, and he is not taking any steps to escape from the deadly "white plague."

He could buy another watch with a week's salary, but in two years he will need a new pair of lungs, and all the money in the world will not buy them.

You need not think that this young man is an unusually stupid specimen. The fact is that he is like half of the men and women in our cities—he pays less attention to his lungs than to his watch or his piano or his bicycle.

To breathe stale air is just as bad for the wonderful machine which we call the lungs as it would be to drop a pinch of dust into your watch, or to empty the button bag into the piano, or to throw a spadeful of ashes over a bicycle.

Some of the greatest men in the world have had consumption, but most of them have had the sense and the will power to cure themselves. Na-

oleon, Goethe, Von Moltke, Emerson and Cecil Rhodes are five cases of cure.

Now, it is easy for a doctor or a writer to say, "If you have weak lungs go to the mountains or live outdoors all day long." But it is not so easy for others to take this advice. In thousands of cases it is impossible.

There might just as well be a fresh air trust so far as some wage workers are concerned. The only chance they get to walk in the open air is when they lose their jobs, and then they are not usually in the right frame of mind to enjoy the walk.

But there is one thing that every one can do—*keep the windows open at night*. For eight hours a day you sleep. If you keep your windows open a few inches and let a current of air blow through your bedroom you will be doing the right thing for at least one-third of the time.

In fact, Professor Biermer calls consumption a "bedroom disease." As long as people live and sleep in egg box tenements, with all the windows shut tightly against the air that feeds them, there are no doctors and no writers and no medicines that can cure them.—*New York Journal*.

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## Definitions.

Written for SUGGESTION.

YOUTH—A bundle of Tendencies.

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MAN—A bundle of Habits.

◆ ◆ ◆

WOMAN—A bundle of Sentiment.

◆ ◆ ◆

LIFE—A bundle of Opportunities.

—*Thomas W. Bicknell.*

**For as he thinketh in his heart, so is he.**

*Prov. 23:7.*

## The Sense and Nonsense About Radium.

By CLEVELAND MOFFETT, IN THE APRIL *Success*.

**A** SOMEWHAT startling article on radium, written by Cleveland Moffett, appears in the March *Success*. Mr. Moffett presents some very telling facts to prove that the mysterious metal will not accomplish one-half the wonders that are being claimed for it. Mr. Moffett went to Paris especially to study radium, and was a pupil of M. and Mme. Curie. He certainly should know what he is writing about. He says in part:

Oddly enough, these failures to "make good" seem only to stimulate our willingness to believe. We are like gamblers who reason that the red must turn up soon, and each new message from the laboratory—anybody's laboratory—finds a cohort of zealous believers, especially if it be a message of healing to the sorely afflicted. There are the sadness and the wickedness of it, for sufferers by tens of thousands put vain trust in these hasty announcements, these deceptions of half knowledge, and believe that now, at length, they are to be rid of their ills. Think of the man whose wife is stricken with cancer, and who is assured, on the authority of distinguished names (and this happens daily), that radium will cure cancer, and then finds that there was some mistake: the writer misunderstood what the doctor said, or the doctor was over-sanguine, and the fact is that radium will only cure *some* cancers—*sometimes!* Think of the consumptives, millions of them who are told (as they have been told), that radio-active air will conquer their malady! It seems very simple: radium kills germs, hence radio-active air taken into the lungs must destroy a germ disease. But again investigation leads to disappointment; there is need of more experiments; there is lack of radium, and anyhow the thing is doubtful. Radium may cure consumption some day, or it may not; it certainly will not now, and the man who has the disease wants to be cured now—or let alone.

I speak thus positively about the cure of consumption by radium because I know of at least one shrewd speculator in human misery who proposes soon to start a sort of radium consumption farm, where he will advertise to do wonders for affected lungs by means of radio-active air—and handsome fees. No doubt, if he sets up his establishment in Colorado or the Adirondacks, his patients may be benefited—with the radium or without it. Eventually the radium may do good, for the theory may prove sound, but people should know that thus far there is an entire lack of evidence from reputable physicians to show that radium has actually cured cases of consumption. Years must pass before we can have any

certain knowledge on the subject. There must be a massing of evidence from many hospitals, and time to take note of relapses. Think what a slow, insidious disease consumption is! Remember the Koch consumption cure which did not cure! Remember what the X-rays were to do for consumption, but did not do!

Even should it ultimately be shown that consumption may be cured by the use of radio-active air, there still remains the problem of finding a sufficient supply of radium to bestow these precious properties upon the air. Great quantities of this air would be needed—think of the army of consumptives!—and there is very little radium in the world—only an ounce or so of the highly purified product, and that is enormously expensive. To be sure, we read of radium deposits in various parts of America, and we are told that soon, with better processes of refining, the price will fall from a million dollars a pound, or thereabouts, to something reasonable. As a matter of fact the price of radium has been steadily advancing for the past six months, as is shown by figures which I have from the largest radium importer in New York, who informs me that a quantity of radium (ten milligrams) which today sells for \$200, would have cost only \$75 four months ago, and only \$60 six months ago. This is because the Austrian government has refused to export any more of the pitchblende refuse from its uranium mines in Bohemia, and this refuse is practically the sole supply of radium in the world. The radium deposits elsewhere, as in Saxony, Cornwall and Colorado, are far inferior to these, and, furthermore, America is far behind France in the practical business of refining radium. The Frenchmen have worked at this for two years or more, and have learned by patient experiment to produce radium of an intensity of 1,500,000, whereas our best result, so far as I can learn, is radium exactly one thousandth as powerful—that is, of only 1,500 intensity.

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If thou desire to see thy child virtuous, let him not see his father's vices; thou canst not rebuke that in children that they behold in thee; till reason be ripe, examples direct more than precepts; such as thy behavior is before thy children's faces, such commonly is theirs behind their parents' back.—*Quarles*.

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**Companionship is harder to find than gold. It eludes the one who craves and merits it, while gold comes to the one who pays the price.—*The Solar Plexus*.**

## The Coming Race.

Let others sing the worn-out thoughts of old,  
That o'er and o'er for centuries have been told,  
And made a trade to grind them out for gold,  
While 'neath the ban

Of gross injustice, tyranny and wrong,  
The People, who have borne and suffered long,  
Wait for some tongue to sing in burning song  
The right of man.

But these are not my theme. There hangs for me  
A harp within the future. Breezes free  
Blow, and there comes a wild, sweet melody  
Adown the wind.

The promise of that Future I will sing,  
That it from present want and suffering  
May rise with balm and healing on its wing  
For all mankind.

I sing the Common Race, the Time To Be,  
When earth is happy, and when men are free,  
When Liberty born of Fraternity—  
That later birth

Of freedom—among men its lots shall cast,  
And shine above the wrecks that strew the past;  
And Universal Brotherhood at last  
Shall bless the earth. —Anon.

The voice of the Almighty saith, "Up and onward  
for evermore."—*Emerson.*

# SUGGESTION

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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



BY a process as constant and immutable as gravitation, the ideal is ever in transmutation into the actual; mind indexes itself in body; thought builds itself into action; and the human imaging faculty erects its own mansion, stately or otherwise, and dwells within.—Henry Wood.

### Possibly This May Not Interest You.

This issue of SUGGESTION is sent to many thinkers upon requests from our regular subscribers.



I want all such to become members of the SUGGESTION Family. I want more thinkers. More thinkers means more ideas. I want more ideas. I want thoughts, contributions, suggestions, criticisms, mottoes, quotations and ideas.



Those subscribing now for one year will receive SUGGESTION to Jan. 1, 1906. Please attend to the matter now. If you like to think you will like SUGGESTION. You may not believe everything in it—I don't—but you will get some new ideas.



We do not serve "predigested thought" in SUGGESTION. We want everyone to wake up and join the ranks of those who think for themselves. Of course, everyone thinks he thinks for himself. But few do. We get our ideas ready-made from our grocer, our tailor, our doctor, our minister, or favorite newspaper, or from some friend. Your tailor says the style is so and so. You acquiesce. Your grocer says

that "Have-a-chunk" is good, and you have one; your doctor says you are in a bad fix, and you believe you are; your minister says you will be damned if you do not believe him, and you are damned, for you know you can not believe all he says; some Democrat or Republican or Populist or Prohibitionist furnishes you political ideas. So where do you get your original thoughts from?



Isn't it time to think for ourselves? The grocer and baker and candlestick maker may be right, but we ought to find some better proof of the correctness of their views than their unsupported word. Doctors differ; preachers differ; politicians differ; so somebody is mistaken—somebody is wrong. To believe anything because someone says so is to follow the "calf path." We have too many "calf paths" in this world. Now this sermon will come to a close, and I thank you all for your attention. Do not forget to keep in mind the injunction in my opening remarks, I have almost forgotten myself what I was writing about, but it was something about Jan. 1, 1906, and a dollar.

H. A. P.

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## A Reminder.

I will be pleased to have my friends speak of the inducements to new subscribers printed in several places in this issue. For \$1.00 new subscribers will receive SUGGESTION from the present issue to Jan. 1, 1906.

This offer certainly is liberal enough to attract the attention of those interested in practical psychology. I trust every reader of SUGGESTION will kindly mention this offer to a friend. Will you please do so today?

H. A. P.



New yearly subscribers will receive SUGGESTION to Jan. 1, 1906, for \$1.00; subscriptions will commence with the current issue. This means sixteen issues for \$1.00. Would you object to mentioning this to a friend today?



New subscribers for 1905 will receive SUGGESTION from now to Jan. 1, 1906, without additional charge; in other words, you will receive SUGGESTION from the current issue to Jan. 1, 1906, for \$1.00. Why not tell someone about this offer? Or will you forget all about this in eleven minutes?

New yearly subscriptions received now will run to Jan. 1, 1906. SUGGESTION is the leading journal devoted to the New Psychology. SUGGESTION is for those who think. Would it be consistent to mention this to a thinker? Let us give you a definition of a friend. A friend is one who will do something for you TODAY. All the friends of SUGGESTION will please take notice.

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## To Jan. 1, 1906.

New yearly subscriptions received now will run to Jan. 1, 1906. SUGGESTION deals with the practical features of the new psychology from a scientific standpoint. SUGGESTION is interesting only to thinkers. Every member of the SUGGESTION Family is acquainted with one or more thinkers; why not tell them? Here is a suggestion; when you see your friend with the investigating turn of mind you will think, "Now, I must tell him about SUGGESTION."

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New yearly subscriptions will run to Jan. 1, 1906.

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New yearly subscriptions received now will run to Jan. 1, 1906.

◆ ◆ ◆

Happiness is a habit; acquire the habit.

◆ ◆ ◆

New yearly subscriptions will run to Jan. 1, 1906. How many month's subscription for \$1.00? Figure it out and send your dollar.

◆ ◆ ◆

Tell your friends.

◆ ◆ ◆

Tell your friends who think.

◆ ◆ ◆

Tell your friends about "predigested" thought.

◆ ◆ ◆

Tell your friend's friend.

◆ ◆ ◆

While you are acquiring a habit acquire a good one.

◆ ◆ ◆

We don't break our bad habits because we don't wish to.

◆ ◆ ◆

Excuses and apologies are easy to find.

## For Honest Folks.

Occasionally it is wise to devote some time to introspection, to self-examination. Self-examination should be done wisely and in the proper spirit, and during those periods when we have put ourselves on the witness stand do not forget the things of most importance. The next time you feel like holding an auto-examination, suppose you try a few of these questions on the witness :

1. What am I here for?
2. Of what use am I?
3. What is success?
4. Am I a success?
5. Why not?
6. Do I cumber the earth?
7. Did I ever have an original, useful thought?
8. Who does my thinking for me?
9. Am I in a rut?
10. What is my personal opinion of myself?
11. What do my friends think of me?
12. If I should die tonight, would anyone remember me in kindness in six months?
13. Did I ever add to the sum of earth's happiness?
14. Is my disposition agreeable?
15. Do I ever try to improve my character?
16. Am I better or worse than last year?
17. Am I progressing intellectually?
18. Are my habits of life such that I can recommend them to young people?
19. Am I a hypocrite?
20. Have I the courage of my convictions?
21. What is my weak points?
22. Do I overeat?
23. Do I control my appetites, or are they my masters?
24. Do I control my temper?
25. Am I fit to control anything?
26. What has the future in store for me?
27. Would I go out of my way to do a kind act if I knew I would never receive any benefit therefrom?
28. Have I wit enough to intelligently care for children?
29. Do I know enough about my body to take proper care of it?
30. If my body was a machine, could I pass an examination as engineer to take charge of it?
31. Do I dare to answer the above questions truthfully to myself?

Get yourself in a corner and admit honestly and fairly that you have a bad habit or a fault, and it will be easy to exterminate the same.



Learn to say, "I was wrong."



The world needs more initiative. Hubbard says that initiative is doing the right thing without being told, and that the next best thing is to do the right thing when told *once*.



Do you belong to the Great Army of Cold Water Pourers?



Members of this great army are armed with a dipper and a bucket of ice water. Their occupation is pouring water down the back of anyone who shows the least symptoms of originality. Members of the Dipper Brigade are everywhere with their little dippers. You know them. Do you know of anything more depressing than a cold water pessimist?



Man's troubles often are caused by a surplus of mother-in-law; but more often they arise from lack of thought or a surplus of whisky.



We are always pleased to read some sharp saying that applies to Brown or Jones, but the caustic or reproving line has yet to be written that has the slightest reference to ourselves.



Everyone would like to have health, but everyone also wishes to keep all his pet dietetic vices and appetites, with which health is impossible.



The only way to escape the Dipper Brigade is to never utter one note that does not agree with the music of the multitude. Do not breathe one thought unfamiliar to the mind of the masses. In other words, if you have an idea keep it to yourself. A thousand years ago you would have been roasted if you had an idea; today you will be



attacked by the Dipper Brigade, and you will also be called a "crank" or a "faddist," and a yelping pack will be at your heels.

Respectability covers a multitude of sins.



Medical superstition threatens to be as dangerous as the Inquisition. There is talk of a vaccine to prevent tuberculosis of the lungs and when some benefactor of mankind announces such a discovery (?) the medical world will demand compulsory inoculation. A large number of physicians, probably 30 per cent of the total number registered in the United States, are positively opposed to compulsory vaccination. If a vaccinated person is free from smallpox, why compulsory vaccination? Those who believe in vaccination will get vaccinated; according to the medical creed, vaccination insures against infection; then what harm can unvaccinated persons do, except to themselves?



There should be no attempt made to interfere with personal liberty in matters of religion or hygiene. Each one has a right to be a Baptist, atheist, a Republican, or an unvaccinated sinner if he so chooses.



Tyranny commences in small things; no one should be allowed to dig around the foundations of the temple of personal liberty, even with a vaccine point.



Dr. Parkyn has returned to Chicago and is receiving patients for consultation and treatment at his office, 4020 Drexel boulevard, Chicago, Ill.

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## Those Envelope Slips.

Many members of the SUGGESTION Family are now enclosing envelope slips in their letters. We have issued the third edition of 25,000 slips and will send a supply upon receipt of a stamped envelope or a two-cent stamp. For ten cents a set of New Psychology mottoes, on cardboard 5x9 inches, will be mailed, including a lot of envelope slips.

This edition contains five mottoes and five selections that have appeared at the head of the editorial department from month to month. They are worth the stamps.

## Home Again.

**W**ELL, the much postponed trip to California is a thing of the past, but the delights of the trip through that glorious holiday country still haunt me. My one regret is that the time for our visit was so limited—four weeks. Four weeks may seem a fair holiday to an eastern man, but four weeks slip away so rapidly on a trip through California that it seems but a day and a night filled with a panorama of pleasant dreams; each dream more delightful than its predecessor. First, the Golden Gate City, San Francisco, the Chicago of California, with its “crookedest railway in the world” up Mount Tamalpais; then Oakland, then Palo Alto with its Stanford University; then San Jose, Santa Cruz, Watsonville, Monterey and Del Monte the Beautiful, Santa Barbara, Pasadena, the winter home of millionaires with its Mount Lowe Scenic Railway and the observatory from which our friend, Prof. Edgar Larkin, regulates the movements of the sun, moon and stars, while four thousand feet below him in the city live Prof. I. N. Vail, working out his annular theory of the earth’s formation, and Dr. A. N. Star, one of SUGGESTION’S oldest and most enthusiastic readers. Next, Los Angeles and Catalina Island, the Mecca for anglers.

I like the spirit of the Californians. For them there is only one State in the Union—California; and they tell you with pride that California is destined to be the holiday resort of the American continent and that their population will increase one hundred per cent within the next ten years, and I believe them.

So much has been said and said so well about the beauties of California and its delightful climate the year round, that I shall not attempt it again here, but if any of our readers contemplate a visit to California, or would like to know more about it, buy a copy of *Sunset Magazine* at any news stand and write to the Information Bureau, care of the Southern Pacific Railway, San Francisco, Cal., and you will receive some of the handsomest illustrated literature published in the Republic.

If you go to California don’t fail to take the “Coast Trip”, over the Southern Pacific Railway between San Francisco and Los Angeles, with stop-over privileges anywhere along the line. You can also obtain information from the Southern Pacific offices in any large city. Over the lines of this railway you have the chance of two routes to the Golden State.

It was our intention to spend several months in California

and arrange to meet the majority of SUGGESTION's readers in the State, but our unexpected return to Chicago in April and the importance of being in Chicago to attend the annual stockholders' meeting of the Motzorongo Company, on July 18th, necessitated a flying visit. But I shall never be satisfied until we have paid a longer visit to California, and next time I want to arrange in advance to meet our hundreds of readers scattered through the State.

While in Pasadena we had a delightful six hours' visit with Professor Larkin at the Mount Lowe Observatory, and after viewing some of his heavenly pets through the great telescope and being lost in a maze of figures that ran into the billions and trillions of miles, we accompanied the Professor to some of his quiet nooks along the trail on Echo Mountain and indulged in some good, old-fashioned metaphysical arguments and a few love feasts.

Dr. A. N. Star, a Motzorongo and California enthusiast, would not allow us to leave Pasadena until we had driven all through the city to see its rose covered cottages, its bungalows and the fine homes of the one hundred and eleven millionaires who spend their winters in Pasadena.

In Pasadena, also, we spent two of the most delightful and profitable evenings of our trip in the study and library of Prof. I. N. Vail. I have frequently told our readers about Professor Vail's annular theory and have urged them to send for his work, "The Waters Above the Firmament." The book is a feast in itself, but the personal visit with the author gives one an incentive to know more about the work to which he has devoted his life, and since returning to Chicago I am re-reading the book with renewed interest.

I arranged with Professor Vail to publish a smaller book of his entitled "The Deluge and Its Cause," and I want to see our readers exhaust the first edition of the book as soon as it is printed. I agreed to publish it because I wanted to give our readers something good, something that will make them think. So watch for the announcement that the "Deluge and Its Cause" is ready for mailing. We shall probably offer it as a premium with a year's subscription to SUGGESTION for \$1.00. Meanwhile, if you want a practical, intellectual treat, send Professor Vail \$2.50 for a copy of his large illustrated work, "The Waters Above the Firmament," and if, after reading it, you don't think you have received full value for your money, send it to me and I'll pay you full price for it, for I should like to have a few extra copies to lend to my friends.

California is the Mecca for those who want a home in the land



of perpetual summer. A two-acre farm in California will support a family in comfort; such farms will cost from \$150 to \$500, according to quality of soil, location and improvements. Those who want more information about California farms should write to the Information Bureau given above.



At Watsonville we were entertained by Mr. Adolph Tschumi and Dr. A. W. Bixby, two old friends of SUGGESTION, and large stockholders in Motzorongo also. Dr. Bixby, it will be remembered, was one of the excursionists who visited Motzorongo with us a little over a year ago and after his return from Mexico increased his holdings in the company as a result of his three weeks' examination of the property, till he is today one of the largest and most enthusiastic Motzorongo stockholders.

On the return trip to Chicago we spent two days at that wonder of wonders, the Grand Canyon of Arizona, descending the trail to the Colorado River at the bottom of the canyon.

But here we are. Home again, busy attending to the treatment of suffering humanity, and I want to say to those who have written during my absence, inquiring about treatment for themselves or friends, that I have resumed active practice again and shall be glad to renew my correspondence with them or to receive them for treatment at my office.

HERBERT A. PARKYN.

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## Too Much of a Good Thing.

An old writer says: "When men lived in houses of reed, they had constitutions of oak; when they lived in houses of oak, they had constitutions of reeds." This is a very fine, picturesque description of the injury which may come to us from fine houses too closely sealed to keep out the fresh air, and too heavily curtained, preventing the entrance of sunshine, which is almost or quite as important as air. But it is not at all necessary to have our fine houses unhealthful, and it only requires intelligence and thoughtfulness to render a house of oak as promotent of health as a cabin. Fresh air will come into a well-ventilated oaken house as well as through the open cracks in a house of reeds, and sunlight through a window in a palace as well as in a hovel.—*Health.*

# COMMON SENSE PHILOSOPHY

By CAPT. L. W. BILLINGSLEY,  
LINCOLN, NEBRASKA.

## Predigested Thought

[COMMON SENSE PHILOSOPHY.]

**W**HEN a person's stomach is feeble, unable to assimilate the ordinary food given it, then the nurse or physician prescribes a light or predigested diet—that is, food artificially digested. Thereby the glands and other digesting organs are relieved of much labor.



If one's leg is broken or diseased, crutches are called into use to aid locomotion. In the thinking world we find all about us feeble thinkers, who habitually use mental crutches, in the form of predigested thoughts. That is, others have from mental material thought out things, and presented them to the world for use. They are predigested thoughts for ready use by timid minds.



Most people are too lazy to undergo the labor of thinking out and framing up independent, original thoughts. Shoddy thoughts, shelf-worn thoughts, worm-eaten thoughts, any kind of old thoughts are good enough for them, as they save mental labor. What sickly gangling thoughts they have, travel on the path of least resistance, where there are no big stones or rugged hills. They are fond of the nice, level, smooth, paved thoughtway.



Such people shy around a new opinion, or novel hypothesis, as though it had the smallpox. Innumerable folks say, "The religion of my fathers is good enough for me; they lived and died happily in that faith. I'll run no chances on any new-fangled theories." On that subject such persons have no more need of a mind than an oyster. They stuff their minds with tradition, precedent, hearsay and opinions, musty and rusty with respectable, hoary age.



Predigested thought in limited quantities is wholesome in all stages of man's development, but as a regular and only mental diet, it is ever followed with weakness, disease, and mental dyspepsia. In

religion, politics, business, and in all that goes to make up our experiences in life, we find people who feed on mental pabulum prepared by Dick, Tom and Harry. On the sea of thought there is room for every sail. Progress is born of courage and independence. Civilization is the child of forceful thought. Prejudice and fear are the children of ignorance.



The poorest bargain a man can make is to swap his thinking individuality for what is called respectability and authority, to be on the side of the big majority. There is nothing more subversive of the world's progress than the hobbling of honest, independent thought. Mental slavery is a copartnership with mental death. The great handicap of the past was people bowed down to what was called authority. They revered tradition and precedent because they were old.



If such mental servitude had ever prevailed, liberty and progress would have been blotted from the world's record; we would today be living in caverns, plowing with a stick, living on berries, clothed in skins of animals. The earth would be the center of the universe, and plagues, earthquakes and eclipses be placated with the prayer of fear. As the centuries pass, the mental horizon of the world widens, because ideals grow grander and more wholesome.



It is the duty of each to dare, to be true to the divine "I," to stand up for what we think is truth, and not be claquers and repeaters of what Jones or Smith says. Our salvation can only be brought about by keeping our minds full of our own wholesome thoughts. Open wide your own spiritual eyes of Truth. They can do more for your real self than all the papers, books, sermons and associates in the world.

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Feel yourself strong in the mighty torrent—the symbol of good deeds; feel yourself calm under the vaults of heaven—symbols of sublimity; feel yourself beautiful as the tender moss or the blue-eyed gentian—fit symbols of purity, of perfection; feel yourself light-hearted as the fuzzy down which blows from thistle tops—glad symbols of hope; feel yourself great, firm and steadfast as the mountain at whose base you stand—grand symbol of poise of calm restful certainty.—*Augusta T. Webster.*

# NATURE CURE FOR CONSUMPTION

## Another Cure (?) for Consumption.

The editors of SUGGESTION take pleasure in reprinting an article from the July issue of the *Medical Summary*, a standard old-time medical journal, full of drug advertisements, and containing articles recommending this or that drug. When such a medical journal prints an article like the one from Dr. Doane, it ought to set people and physicians to thinking. Note the doctor's remark:

"Think of using rotten blood and water to cure anything!"

Yet that line fitly describes all serums, vaccine matter, and applies to all serum junctions.

Remember that the expression is by a regular M. D., in a regular drug journal.

Dr. Doane's article in full is as follows:

### ANOTHER CURE FOR CONSUMPTION.

#### *Editor Medical Summary:*

Cures for consumption are as numerous as the leaves of the forest. Every doctor has a new one. We have serums, powders, and solutions; medicated air, and in injections; liquid air, oxygen and balsams. Professor Marmorek, of Paris, France, adds still another to this long list. Just listen to him.

"First, get some Koch bacillus, cultivate them in calf serum, with the white glöbules of a guinea pig and the gelatinous-essence of the calf's liver. This mixture secretes a toxine which is injected into horses and again injected into the consumptive."

Think of using rotten blood and water to cure anything! I think the majority of consumptives would prefer to die rather than undergo a treatment made up of calf's liver, guinea pig, and water.

Serums are of no use in consumption. Medicated air and hygiene are the proper treatment. With air we reach the lungs more quickly. I have just received a paper from Dr. J. M. Swetnam, of Phoenix, Arizona, one of the noblest and best of men, and I want your readers to know what he thinks. He speaks with candor and truth.

The patient should have a reasonable amount of exercise, always

short of fatigue, every day, and if the weather will permit, he should be kept almost constantly in the open air. He should have a sponge bath with water moderately cold, unless the disease is far advanced. at least once each day. His surroundings should be made as cheerful and comfortable as possible. He should be advised to discuss neither his disease nor its symptoms with anyone, except his physician, and the latter should always speak encouragingly when the disease is under consideration, for a brave heart and determination wins half the battles. The patient often says to his physician: "Now, I want to know the truth. If I have consumption, I want to know it; you need not hesitate to tell me, it will not affect me in the least." But, generally he is mistaken. He does not want to know the truth, and if the physician tells it to him, however tenderly though he may attempt to hide it, he is sadly depressed. Though the profession knows that a large percentage of tuberculous patients recover under proper treatment and surroundings, the laity believe the disease to be almost surely fatal. Every physician should be honest, both with his patient and himself, but he is not bound to tell all the truth, and there is usually a way to do these things that will enable him to clear his conscience of all deceit, inspire and hold the confidence of the patient, and save him from the depressing effect of a certain knowledge that he has tuberculosis.

#### EVIL EFFECTS OF DOSING.

In the medical treatment of these cases, the emunctories of the body should be kept in as healthy a condition as is possible. The alimentary canal should be kept aseptic; the stomach should not be filled with creosote, guaiacol, or the many oily emulsions that are crowded upon the attention of the profession by interested manufacturing houses. A large per cent of the victims of pulmonary tuberculosis suffer from indigestion, not as a result so much of the disease as the miscellaneous substances that are poured into the stomach. As the digestion becomes impaired, the vitality is lessened and the disease steadily advances and the patient's chances of recovery are lessened, therefore anything that will strengthen the recuperative body can be used safely. As to climate, Dr. Swetman speaks of Arizona, and calls it a natural sanitarium. It is indeed ideal, but there are others.

New York City.

L. G. DOANE, M. D.

## How Consumptives Get Well by Living Out of Doors.

It is truly an easy and enjoyable way of getting well for any one who is a lover of nature, for, as has been stated, the main principle carried out is to get in touch with that which is out of doors,—to be amid the trees, continually breathing the air purified by natural processes, to exercise and eat and sleep, if possible, with the sky for a canopy. The medical man of the olden time would indeed be shocked if he could visit one of these places, to see so-called invalids hard at work in the forests making their camps, lolling about in hammocks in summer with heads uncovered, and lying muffled in blankets and furs in the sunlight in the dead of winter, with no shelter but the blue sky above them. But these are only some of the ways in which health is sought. Patients who are able to stand the exercise amuse themselves by clearing away the snow from the verandas in the winter,—even the women handling the broom and shovel and enjoying it. Coasting on the hillsides is another strange recreation for those whom we call consumptives encouraged at the Massachusetts institutions. Physical culture is one of the requisites for those who are able to attempt it, and daily a dozen or a score of patients are put through the simple movements, under the guidance of perhaps one of their number or a member of the medical staff. The tent life is a part of the routine of the women in summer as well as of the men, and it is an actual fact that in Massachusetts some of the women have erected their own camps for winter, decorating the walls with posters and photographs, and converting them into miniature clubhouses, where they occupy themselves in conversation, reading, sewing and various games.

These camps are unique in many respects. The buildings are composed of but three sides, that facing the south being left open. They are simply sheds, having a floor to prevent the dampness from the ground affecting the inmates. Some forest trees are used for posts, and the walls made of planks or boughs fastened to them. If the temperature is too low for comfort, it is moderated by the use of a small stove, sometimes an open fire. Draught is furnished by digging a tunnel through the earth beneath the shed, terminating in a length of clay pipe. When a fire is started the air is sucked through this conduit, and that keeps it burning brightly.—From "The Out Door Treatment of Tuberculosis," by Day Allen Willey, in the *American Monthly Review of Reviews*, for June, 1903.

## The Cause of Tuberculosis.

The following is from the pen of Dr. George Gould, editor of *American Medicine*:

Believing, as I do, that with proper hygienic living, especially in youth, with right lung expansion and development, no person need have pulmonary disease, I must express my conviction that had Koch succeeded in discovering a cure for tuberculosis he would have harmed the human race more than all diseases combined. Had tuberculin possessed the power he fondly and foolishly hoped to find, the race would quickly have degenerated into appalling weakness and morbidity. For, of course, the lungless would have bred the coming race, and in perfect oxygenation of the blood would have not alone chests contracted, but every other organ and function of the body, not the least those powers we call mental and psychic. What a multitude of other diseases are also directly or indirectly traceable to the same source! It is not the comma-bacillus we need to kill, but the nidus it finds in poor lungs. Nature is under the necessity of sacrificing both lungs and their pitiable possessors. Civilization can only cure and prevent disease by undoing the evil of non-ventilation, overcrowding, indoor life and non-exercise, and by exercise and active labor developing the vitality and strength which successfully resist the tuberculous bacilli now and always in all our lungs, and preventing them from becoming pathogenetic.

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## 365 Days in the Year.

DURING A PERIOD of twenty-seven years of active practice I have had my full quota of tubercular subjects. I have followed untiringly the new leads of every novel idea that has been promulgated. I think I can safely say that I have never cured a solitary case of tuberculosis by the action of drugs. Some of them, it is true, have recovered—not on account of, but in spite of, treatment.

Any climate that will permit life in the open for 365 days in the year, whether it be hot or cold, will do more to assist nature in overcoming the infection than all the sanitary and therapeutic measures which can possibly be enforced.—*From an Address by Dr. J. L. Wiggins Before the Southern Illinois Medical Association, Marion, Ill., November 6, 1903.*



## REVIEW NOTES



AUTHORS OR PUBLISHERS of books dealing with subjects within the field covered by SUGGESTION are invited to send short review notices (with copy of book) which will be inserted in this department.

### BOOKS RECEIVED.

REINCARNATION; or, the Doctrine of the "Soul's" Successive Embodiments Examined and Discussed Pro and Con by Dr. J. M. Peebles vs. Dr. Helen Densmore and W. J. Colville. Published by The Peebles Medical Institute, Battle Creek, Mich.



DEATH DEFEATED; or, the Psychic Secret of How to Keep Young. By J. M. Peebles, M. D., Ph. D., author of Three Journeys Around the World, Seers of the Ages, etc. The Temple of Health Publishing Co., Upton Court.



RECORDS OF THE PAST; Evincing the Civilization of the Ancients and Establishing the Doctrine of the Cyclical Progression of the Race, with Some Incidental Remarks on the Origin and Antiquity of man. By Joseph Ruhomon, author of "India; the Progress of Her People at Home and Abroad." Printers: "The People" Newspaper, Ltd., New Amsterdam, Berbic, British Guiana; 1904; pamphlet, 48 pp.; price, 6d.



HOW I WAS CURED OF STOMACH TROUBLE.—This is a modest little pamphlet, written by William Dickinson, 900C Avenue West, Cedar Rapids, Iowa. Mr. Dickinson was troubled with a very stubborn stomach case of chronic indigestion and dyspepsia, etc. After several years of pain and suffering, the physicians concluded that his sickness was caused by gallstones. An operation showed that the gall bladder contained 512 stones, the average size being about that of a grape seed. Those who are interested should send 25 cents for the copy of the booklet and obtain further information on the very remarkable case. Mr. Dickinson thinks that these stones caused his trouble, but the permanent cause of his trouble was something else and an inquirer would naturally ask, "What caused the formation of MIND AND BODY; Suggestion and Hypnotism Applied in



Medicine and Education. By A. C. Halphide, A. B., M. D., B. D., etc.; President of Chicago Society of Anthropology, Professor of the Theory and Practice of Medicine, etc., etc. Handsomely bound in cloth, gilt top; 231 pages; \$1.00 net, postpaid.

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SCIENCE OF THE NEW THOUGHT. By E. Whitferd Hopkins; 312 p., illustrated. A text book of mental science and healing, setting forth its laws and principles. It is the result of the author's researches and practice for half a century, giving an up-to-date exposition of the science which he claims makes his book a safe guide to a thorough knowledge of the subject. In a note from the author he states that: "The chapters on soul faculties treat of the various psychic phenomena hitherto little understood, but which are in this work simplified and made plain to the common reader. These subjects are still further elucidated by the chapters on the laws and principles of vibration, letting in a flood of light on the mysterious action of mind over mind, and mind over matter, in thought transference, mental telegraphy, and absent mental healing. What it is that heals, and how, is explained in the chapters on self-help for self-healing."

Published by the New Thought Book Concern, Bristol, Conn. Price, \$1.25 by mail.

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JOURNAL—PUBLIC HEALTH, is a monthly devoted to public sanitation, health reforming, hygienic education. Those interested in the prevention of disease and premature death should send 50 cents for a subscription or send for sample copy to Columbia, P. Wood, 108 Powell avenue, Evansville, Ind.

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## The Eleventh Commandment.

U. S. SENATE,  
WASHINGTON, D. C.

Gentlemen: Enclosed find \$1.00 for SUGGESTION one year; also premiums, *The Nautilus* and *How to Concentrate*, as per offer in your February number. Please begin with March number.

"Do It Now" should be the eleventh commandment.

J. E. HARRIS.

## Contributors' Department

Matter for this department should be short and terse. Don't waste words. Don't send long communications. Boil them down. Open to all.—EDITOR SUGGESTION.

### Coincidence or Cure, Which?

E. W. Black's article, in the July SUGGESTION, on witch cures, wart cures and kindred topics is right in line with a personal experience of mine that may be of interest to the SUGGESTION family. I am over fifty years old and do not remember having "warts" among the ailments of early life, yet some three or four years ago my right hand, on and near the third and little fingers and along the outer edge, literally blossomed out with warts, twenty-two in number, of all possible degrees and dimensions.

During their visit of over two years' duration they were far more obtrusive than ornamental and it was a source of wonderment among my friends that of all the multitude of wart cures with which every community is familiar, I had given none a trial. My reply invariably was that when I really got ready to part with them I could and would do so in a manner of my own choosing.

I purposed all along to test the mind, or suggestion cure upon them, but I found great difficulty, on account of the insignificance of the matter, to get down to business. It seemed too much like using a cannon to shoot jack rabbits—applying vast powers to trifling purposes. One day, however, I subjected them to a thorough inspection, with the result that they one and all appeared to be in an exceedingly healthy condition and likely "through cloud and sunshine to abide with me" indefinitely. Here was "opportunity" without question; now for methods and results (?).

I began treatment by lying upon my back—I'm not lying now, in any shape or manner—and relaxing physically and mentally as completely as possible, with "attention" directed toward the region of manual embellishment and witnessing in imagination the warts being gradually absorbed, atom by atom, and carried away in the blood currents. This picture was held in mind throughout the entire course of daily treatment, in which I quite often fell asleep.

The second day—I am simply stating this because it happens to be a fact and not that I expect to be believed—I could distinctly recognize a changed appearance, each individual wart, large and

small, being surrounded by a pinkish halo. Every succeeding day produced its changes until at the end of six weeks every trace of the warts, with one exception, had disappeared, and here is an interesting feature of the experiment. One wart, located near the tip of the fore finger and removed at least a finger length from the main colony, was never included in my mental survey of the field while treating the general group, and that wart remains today as obdurate as ever, though fully six months have passed since all traces of its companions became invisible.

Though the mountainous aspect of my right hand was a standing joke with the family and friends, not a single person noticed the change until I surprised them one day when my warts were alluded to by challenging them to find a wart upon my hand. I had no difficulty in concealing the remaining offender on my fore finger by pressing my thumb against it. I sometimes contemplate offering up special sacrifice for the extinction of this survivor, but the game does not seem to be worth the candle.

Now, the removal of these abnormal excrescences at that particular period may have been a mere coincidence, or it may have been due to suggestion, witches, spirits of health or goblins damned; but, of course, a cure is a cure, so "warts" the difference?

Guysboro, N. S.

M. H. DAVISON.

## Live and Help to Live.

Is it not time to discard "Live and Let Live" and adopt "Live and Help to Live?" The life that is lived on so narrow and tyrannical a plane as that described by "Live and Let Live" can not be a sunny, happy life. Living helpfully to others is the secret of human happiness and of divine benedictions.

JAMES P. EASTERLY.

Bartlesville, Ind.

There is a transcendent power in example. We reform others unconsciously when we walk uprightly.—*Madame Swetchine.*

# Psychic Research

## Psychic Laws.

By H. A. REID, M. D.

**A**S LONG ago as 1886 that greatest statesman of the world, Hon. William E. Gladstone, said: "I regard psychical research as the most important work in the world, by far the most important."

I seem to have been born with what medical men would term the "psychical research diathesis." As a boy I was given to asking serious questions of my Sunday School teachers about things in the Bible, and was often told, "You musn't ask such questions; they lead to infidelity." But that did not relieve my inward questionings a bit. In 1851-52 I was a Methodist theological student in Cleveland, Ohio, and as such read Dr. Thomas Dick's lectures on "The Philosophy of a Future State." This was the first thing that gave me any satisfactory help on the Bible teaching as to the actuality of a psychical body and a consciousness remaining to man after the fleshy body dies, and also as to the problem of miracles. From the study of that and other permitted works I developed a little "theological system" of my own. As fast as I arrived at a conclusion which I felt sure of, I would formulate it into a dogma, and here are some which I framed for my own inquisitive mind to rest upon in confidence and peace:

1. Whatsoever is naturally and scientifically true can not be theologically false.
2. In all God's universe there is nothing too inscrutable or too sacred for man's reverent but most searching inquiry.
3. The laws of nature, so-called, are simply the mode of God's direct and-directing energies in creation and providence.
4. Laws of the spiritual realm are just as really natural laws as those of the physical realm; they are alike parts of the divine economy in relation to man.

From such premises it was not far to conclude that we are "in eternity" today just as much as we ever can be. We are in "God's presence" today just as much as we ever can be. So-called miracles are just as likely to occur in our day as in any former days, for the laws of nature have not changed. Seeking proofs and evidences to substantiate these logical conclusions soon launched me upon the great wide sea of psychical research. In 1857-58 I was secretary of a phrenological society in Davenport, Iowa; read Dr. John Bovee Dodd's lectures, delivered before members of Con-

gress in Washington on "Electrical Psychology"; and our little society made just such investigations and experiments as are now called "psychical research." I continued it while a theological student at Meadville, Pa., in 1858-59-60. Later, from 1878 to 1883, I served as executive secretary of the State Academy of Science at Des Moines, Iowa, and made special studies and developments in the doctrine and the facts of evolution; and here psychic phenomena became necessary factors in the solution of many problems.

In 1899 I became an associate member of the London Society for Psychical Research (international), and formed a small local co-working society in Pasadena, California. For two years we have been pursuing special investigations in regard to what is called spirit-photography. We have made test trials, and have collected facts, incidents, testimonies upon the matter sufficient to convict a man of capital crime before any court in our country. And thereupon I undertake to say, we have settled beyond peradventure this fact at least: That so-called spirit-photography has occurred and does occur as phenomena, under some as yet unknown natural law, without any trickery or secret manipulation by the photographer or medium. Our work has been, first of all, to verify the fact; and in doing so to accumulate data from which the natural law of the occurrence may be ultimately worked out by some of the (thirty or more great universities and colleges in our country which are now studying and teaching the "New Psychology," out of which grew the "New Thought."

I am too old a digger in the mines of free thought to get excited over any new strike. And I have been greatly amused in these recent developments, at the trembling fear some people had that our spirit-photograph results would prove "spiritualism" true. But when I had gathered five well authenticated cases in which the face of a living person not present (in one case a thousand miles away) appeared as an "extra" on the plate, those timid, small souls who have no use for science but to beat or boost some pettyism, took courage and comfort in saying, "Well, that proves, anyway, that spirits haven't anything to do with it!"

Are they correct?—*Psychic and Occult Views and Reviews.*  
Pasadena, Cal.

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### More About the Mathematical Wonder.

#### EDITOR SUGGESTION:

Dear Sir—While looking through your paper I noticed on page 250 an article on a mathematical wonder. I would like to say that while in Kansas City, Mo., I ran across, I believe, the same man of whom Dr. E. K. Suhl wrote about. This man lives close to Kansas City on or near the Rock road. He claims that

God gave him the power. He solved a problem for me for ten cents. I did not know the answer myself, but when I proved up on him he was correct. I will tell you a little story about him which I can vouch for. It seems that most people take him for an idiot, but you can judge for yourself if the following proves him to be one:

A business man, who lives in the same neighborhood, got this man to exhibit himself on the stage. He was to tell the time, figures problems, etc. The event was well advertised, and the hall was crowded to see the wonder. Mr. \_\_\_\_\_ arose and introduced the star of the evening as follows:

"Ladies and Gentlemen—I have the pleasure to introduce to you, Mr. \_\_\_\_\_ Mr. \_\_\_\_\_ can work any problem instantly, tell you the time of day to the minute, etc. Notwithstanding the wonderful mental power he shows in doing all this, he is an idiot in all other ways."

He no sooner said that than Fields, if that is his name, left the stage with the expression that he was no d— fool, and no persuasion or threat could bring him back. The money had to be refunded and Fields has never placed himself under anyone else, and he can make enough to live on at ten cents a shot. I was talking to him last August in Kansas City. Yours, etc.,

BERNARD HOPKINS.

CHICAGO.

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### Hypnosis Said to be Produced Telepathically

SHREVEPORT, LA., Oct. 29, 1903.

DR. HERBERT A. PARKYN, CHICAGO, ILL.:

Dear Doctor—I have just read November SUGGESTION and I have been watching for three months for some comment on a letter I sent you about that long ago. I shall not try to reproduce that letter, but will give one experiment that I performed with a subject some two years ago, and that I think demonstrates that telepathy can be used by an effort of the will, and also that a subject goes to sleep. My sister, who was living with us at the time, was what you term a somnambule. One evening my sister was reading to my little girl in the back part of the house. My wife and myself were seated in the parlor. I remarked to my wife I was going to try an experiment. I then closed my eyes and gave mental suggestions to my sister just as I would were I going to hypnotize her. I continued this for two or three minutes and then asked my wife to go with me to the back room and see the result, and I was even surprised myself to meet my little girl coming to meet us, who said, "Papa, what is the matter with Aunt \_\_\_\_\_? She went to sleep reading and I can't wake her up?" My wife tried to wake her, but could not, and I have often thought that my wife thought I had put up a job on her, for she sprung it on me many times afterward when she knew I had no chance to make arrangements to fool her, but I always met with the same success. Now, remember, no word was spoken by me to the subject, or anywhere that there was the least possibility of the subject hearing it. I am sorry I have not the time and as good a subject so I could give you some more experiments. No doubt you are right that there are many frauds in the business and that people are often imposed on, but the above experiments seems to me to prove that telepathy by an effort of the will is a fact under right conditions; and also that a subject goes to sleep, for, remember, I had not told her to go to sleep except mentally.

Very truly yours,

ELIAS PETTS.

## HYGIENE

THIS department will prove valuable to the thoughtful reader. Only items containing practical and rational ideas will be inserted, and while the Editor does not necessarily endorse all the opinions given, still the intelligent investigator will prove all things and hold fast to the good. Only by thinking, studying, comparing and testing can any real advance in hygienic knowledge be obtained. If satisfactory results follow the use of any suggestions made in this department we will be pleased to hear of them.—EDITOR.

FROM the January number of the *London Practitioner*, a well-known medical journal of the old school, is taken the following paragraphs by Dr. McRae regarding the methods used for the treatment of typhoid fever in the Johns Hopkins Hospital, Baltimore:

### WATER TREATMENT IN TYPHOID FEVER.

"The need of giving to patients large amounts of water is too often forgotten. Constant emphasis is laid on this and a minimum of two and one-half quarts per diem is the rule in this clinic. The endeavor is always made to give larger amounts. Many patients take five or six quarts. The delirious patients are pressed to take it every hour at least. Those who are rational have a supply constantly by the bedside which they are encouraged to drink in addition to the regular feedings. To make sure that a typhoid patient is getting enough water requires constant effort on the part of the physician and nurse. The amount of urine passed is a very valuable guide. We consider that too much importance can not be given to this. Probably typhoid fever patients suffer more from lack of water than from any other thing. 'More water' might well be the motto inscribed in all our typhoid wards. Do not let us forget that our patients will do perfectly well on water alone for some days.

"Milk whey, egg albumen and large amounts of water comprise our usual dietary. Two rules in regard to feeding are well to keep in mind, 'too little food rather than too much' and 'more water.' Those who use this simple method do not need to be told of its value; to those who have not used it a thorough trial can be strongly advised."

It is gratifying to see that the therapeutic value of water is becoming recognized.

SUGGESTION has consistently advocated the liberal use of water in health and sickness. A few decades ago water was never given to the sick and even today many practitioners fail to appreciate the life giving qualities of pure water.

It is strange, indeed, that this element, so necessary to all life, should be overlooked.

SUGGESTION has called air, water and food the *life essentials*. When these essentials are properly used health follows; when one or more are neglected there is a disturbance in the bodily functions, which becomes more and more pronounced as the neglect continues. When long continued disease results. So the modern healer will first see if there is a proper regard for the life essentials. He will then see if there is a proper mental attitude. When these points have been looked after Nature does the rest.

We are pleased, indeed, to see that doctors are being taught the value of water. It is one of the most powerful healing agents in Nature; get it as pure as possible and use it internally and externally, and you don't have to shake it before using and you don't have to pay the druggist for it. If your well or faucet does not yield pure, soft water, get a still and distill liquid health. But while waiting for the still, drink the best water you can get. And don't forget to sleep with the windows open.

It is gratifying, indeed, to see that the medical profession has discovered water. All doctors should read the article on WATER in the United States Dispensatory.

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#### A Champion for Carnivorism.

Dr. Brockler, of Vienna, has made an onslaught on vegetarianism. He attacks it in most emphatic language, and there are five points in his indictment:

1. Vegetarians tend to lower the birth rate of countries.
2. They do not survive the fourth generation.
3. They become bald early in life.
4. They suffer from defective eyesight.
5. They are deficient in physical courage.

It is a pity that a qualified medical man should write such nonsense and make statements that can so easily be refuted. His points may be briefly answered as follows:

1. The people increase and multiply to an alarming extent in eastern countries where rice is the staple food of the majority and where flesh food is seldom eaten.
2. The Burmese nation have been abstainers from flesh food for 3,000 years. The Japanese have a similar record.
3. There are hundreds of vegetarians of from twenty to fifty years' experience in Europe and America ready to disprove this by publicly removing their hats.
4. It is comparatively rare to find a vegetarian wearing glasses. My personal experience is as follows: When I gave up flesh eating nine years ago I was wearing spectacles for astigmatism all day, and they were absolutely essential to me. For the past five years I have been able to discard them altogether, and I can now read small print for hours.
5. The Spartans, Turks and Sikhs prove this to be an inaccurate utterance, and it is, apparently, wilfully made to mislead the public.—*Herald of the Golden Age*.



## Osteopathy.

**T**HIS is a branch of medical treatment that is not thoroughly, or even fairly, understood by the medical profession. The majority class it the "rubbing" practice of medicine. No, it is not a practice of medicine, as no medicine is used. But it is the science of adjusting bones, tissues, nerves, etc., that get twisted or out of place. This is done by pressure, pulling, movement and other various methods known to the accomplished osteopath. Accomplished did you say? That is what I said and what I meant. I have had quite an experience with students who have attended from two to four terms at osteopathic schools and find them better posted on anatomy and physiology than students coming from any other school where those two branches are taught. If all the medical schools of the land would drill their students as thoroughly in the above named branches as the osteopaths do what a wonderful change for the better would take place in the knowledge of the human body by the M. Ds. that are annually turned loose on the dear people. A thorough understanding of the anatomical structure and physiological functions of the various bones, ligaments, tissues, nerves, blood vessels and organs of the human body is the only safe foundation upon which to build a medical education. If the student of medicine gets to know the normal or natural function of the things just enumerated he can then *readily* recognize any departure from this normal standard. And then if he has had the proper training in adjusting, pulling, twisting, movement and stimulating a part by "rubbing, kneading, etc.," he will succeed in giving his patient the desired relief. A muscle gets slipped out of place or put on a stretch, an articulation has slipped out of its place and makes great pain and suffering for the patient. The ordinary doctor *looks, thinks and shoots* at the pain. The osteopath looks for the *cause* of the pain, readjusts the muscle, nerve, ligament or whatever is wrong and stops the pain in that way. Many patients have suffered for years because their family doctor did not understand anatomy and physiology sufficiently to recognize the cause of the pain. Many patients have spent fortunes in trying to get the relief that their doctor ought to have been able to give them in a few minutes had the doctor thoroughly understood the human structure.—*Medical Arena.*

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The woman whose mind is occupied with great themes has no room in it for petty and corrosive ill-temper, or anxieties, or jealousies, or bitterness.—*Ex.*

## How Long Do You Chew Your Food?

Much attention is being paid by hygienists to "mouth digestion." More complete mouth digestion is accomplished by more care in chewing. It is stated that Mr. Gladstone required his sons to execute at least forty movements of the jaws in masticating each morsel of food. An eminent English physiologist mentions an observation made upon a very old man who was remarkably well preserved. He gave him a bit of bread to eat and noted that he executed, in chewing it, 120 movements of the jaws, thus giving ample time for that thorough preparation to enter the stomach, which is the best guarantee of good digestion.—*Healthy Home*.

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## Patent Medicines are Deadly Decoctions.

REV. M. A. MATTHEWS, Seattle, Wash.—Some idiot has said that the patent medicines are the poor people's doctors. The facts are that the patent medicines are the poor man's enemy, his pocket-book's highway robber and his home's eternal nightmare. A large percentage of the patent medicines now on the market, destroying the lives and characters of fathers, mothers and their children, are composed of from 16 to 40 per cent of alcohol. Here are a few of the deadly concoctions and their percentages of alcohol:

	Per cent.
Greene's Nervura .....	17
Hood's Sarsaparilla .....	18
Schencke's Sea Weed Tonic .....	19
Brown's Iron Bitters .....	19
Kaufmann's Sulphur Bitters .....	20
Paine's Celery Compound .....	21
Burdock's Blood Bitters .....	25
Ayer's Sarsaparilla .....	26
Warner's Safe Cure .....	35
Parker's Tonic .....	41
Hostetter's Stomach Bitters .....	44

## This, That and the Other

### Outdoor Sleeping.

In the May issue of *Physical Culture* appears an article describing a method of sleeping out-of-doors which can be followed by anyone. A small iron bed is arranged so that a portion projects through a window, and the sleeper rests with the head outside of the house. The plan is an excellent one for those who can not enjoy real outdoor life, and all interested are recommended to get the May *Physical Culture* (New York) and study the illustration.

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Conceal all thou canst of things unsightly,  
Compare thine own lot with those who have less,  
Think of thyself seldom and lightly,  
Live that thy life some others may bless.

—Mary E. Schaub.

### Los Angeles, Cal.

The New Psychology Club of Los Angeles has been recently organized, and the following is the list of charter members: Dr. W. J. Harvey, president; Dr. C. S. Clayton, Mrs. C. S. Clayton, William Harvey, L. L. Fish, G. W. Stanley, Herbert Milligan, Belle Burns, Belle Jackson, Mildred Fix, M. B. Shoup, and Mabel Fix, corresponding secretary.

All friends living in Los Angeles or vicinity are requested to correspond with the president or secretary as to place of meeting, etc. There are enough thinkers in Los Angeles to furnish a membership for a large and thriving club.

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In the July issue of the *Humanitarian Review*, Los Angeles, Cal., there is an article by the editor, Singleton W. Davis, entitled "Psycho-therapy, or Mind Cure," in which the author seeks for an explanation of all forms of religious and faith healing. Mr. Davis shows that suggestion is at the basis of all cure, and that cures are made by natural powers inherent in every one.

This power can be awakened by suggestion. There are many

ways by which suggestions can be given—by prayers, affirmations, by drinking of holy water, by touching shrines, relics, etc.—but the underlying cause of cure is always the same.

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## The Building Power of Thought.

It is all mind—all a matter of mind. The muscles really have a secondary place. If you lift a pair of dumbbells a hundred times a day with your attention fixed on something away over in Cambridge, it will do you very little good. If, however, you concentrate your mind upon a single muscle or set of muscles for three minutes each day and say, "Do thus and so," there will be immediate development. The more you waste the more you make. A man with strong concentration of mind will develop quicker in quality of his muscle than will he who can not concentrate upon the matter. The whole secret of the system lies in concentration of mind, which will develop quickly in knowing just where one is weak, and going straight to work bringing that particular part up to the standard of one's best feature, for there is a best feature in every man as there is also a worst. The secret is to "Know thyself," as Pope says, and, knowing one's weakness, to concentrate the mind and energies upon that weakness with a view to correcting it.—*Eugene Sandow, in Leslie's Magazine.*

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### Take the Initiative.

In the good old days of our school we used to have copies sent us, and the best scholar was he who could imitate it the closest. Today, not only in school, but out of it—certainly out of it—there is small room for the copyist. The world is filled with people who can do good work with their eyes fixed upon other good work. Surely, this has to be done to an extent, but the crying need of the world today is for men who will take the initiative! Those not only brave enough to do so, but who are intelligent enough and have sufficient executive force to enter upon new fields, and who will undertake pioneer work. Very appropriate to this thought is the following verse, whose author I do not know:

"The busy world shoves angrily aside  
 The man who stands with arms akimbo set,  
 Until occasion tells him what to do.  
 And him who waits to have his task mapped out,  
 Shall die and leave his errand unfulfilled."

At the beginning of his career a young man should decide where in the world's work he belongs: whether in the ranks of the copyists, or

among those who can stand alone and work out independently their own problems, and incidentally those of others. If he is but a copyist his achievements in this world will never be great, nor his fame wide; but one who is possessed of the faculty of originating, that one's ambitions may soar infinitely.—*The Business World.*

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## How to Eat.

Mr. Horace Fletcher, in his admirable work, "The New Glutton," has called attention to a method of gratifying the sense of taste which is wholly legitimate, while at the same time affording the highest possible degree of pleasure. This consists in the thorough mastication of the food, which means the insalivation of every morsel of food taken into the mouth, whether solid or liquid. Solids must be retained in the mouth until they are reduced to a liquid state. Every particle must be dissolved before the food is allowed to enter the stomach. In the meanwhile the nerves and muscles of the throat will be so educated that they will refuse to swallow food which has not been properly prepared. Liquids of all kinds, with the exception of water, must be retained in the mouth until so mixed with saliva that the flavor is very materially diminished by dilution. This method stimulates the sense of taste to the highest degree, since the food is treated in such a manner as to extract from it every particle of its sapid substance, and the "Fletcherizer" thus secures the greatest possible amount of gratification from a given quantity of food; whereas the man who eats hastily, swallows without appreciating the greater portion of what he eats, the food not being retained in the mouth long enough for the taste-buds to be brought in contact with the sapid substance which it contains. Thus a greater amount of enjoyment may be derived from the thorough mastication of a given quantity of food than from twice the quantity eaten hastily. This is the legitimate use of the sense of taste.—*Modern Medicine.*

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Motherhood is price  
Of God, at price no man may dare  
To lessen, or misunderstand.

—*Helen Hunt Jackson.*



## **Business Talks**



BY THE MANAGER

The Motzorongo Company decided some time since to withdraw their advertisement from SUGGESTION, but it appears that the advertisement was still bringing inquiries, many having noticed this advertisement in back numbers of SUGGESTION. As a result the company has another announcement in this month's issue. The company is responsible, and all interested should investigate the opportunity offered.

Upon receipt of a postal card you will receive some very interesting literature regarding Mexican plantations and the vast commercial possibilities there open to capital and enterprise. Anyway, the general information regarding the agricultural features of Mexico are worth reading.

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When it is necessary to give a drug for the relief of pain, probably nothing is more harmless than Antikamnia Tablets. Antikamnia quiets pain, and no unpleasant after effects follow and there is little danger of fostering a drug habit. It should be remembered that drugs for the relief of pain should not be administered except as a last resort.

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### **Educated People Read Suggestion.**

SUGGESTION is a good advertising medium. And I have been struck with this fact: Illiterate people do not read this magazine; or, if they do, my ad. has failed to attract their attention. Every letter I have received regarding my ad. in SUGGESTION has been from an educated person. (The ad. is not keyed, but inquiries almost invariably mention the publication in which they noticed it.) Your magazine, in this respect, stands in marked contrast to most of the so-called "new thought" journals—and it is a distinction of which you should be proud. Very respectfully,

ABBOTT, TEXAS.

WILLIAM MACKEE.

The Perfection, a douche (syringe) invented to quickly and thoroughly flush the vaginal passages, is a scientifically constructed outfit, recommended and prescribed by hospitals, sanitariums, the medical profession and nurses. It is easy to use, consuming only a few moments' time. Its use with hot or warm water is particularly soothing to those suffering with inflammation and congestion. Pain is quickly alleviated. This syringe (see advertisement) is highly recommended in all cases of leucorrhœa, metritis, endometritis, and vaginismus.

The Stevens Pocket Vaporizer combines the advantages of the best instruments for the treatment of the nose, throat, lungs and ears, and yet is so simple that it can be carried in the pocket or used continuously, without interfering with other employments. Let our readers obtain literature and information on any of the above articles by sending to the Physicians' Standard Supply Co., Philadelphia, who advertise in this magazine.

## \$10 Worth for 10 Cents.

PHILADELPHIA, PA., July 15, 1904.

HERBERT A. PARKYN, M. D., Chicago, Ill.:

Dear Doctor—While walking up Columbia avenue, this city, this evening, I stopped at a news stand and found your magazine—new to me, yes, very new. I bought it, brought it home and had a feast, a real mental feast of *good things*, and all for the small sum of ten cents. Why, my dear Doctor, I got ten dollars' worth of good, practical information from between its covers! As a consequence I now take my seat to write you with an enclosure for one year's subscription for SUGGESTION, beginning with the September number.

How much happier would our lives be if we would really practice the advice given by the various contributors to your magazine! This dear, old, wicked world would take on new habits; the sun would shine with higher rays, the flowers bloom fairer, the birds sing sweeter, and our hearts would sing with love and gladness and we could say "Amen" to the following:

We come into this world naked and bare,  
We go through the world with trouble and care,  
We die—we go—God knows where,  
If we are all right here  
We'll be all right there.

Very kindly yours,

1423 North Seventeenth Street.

I. MILTON SMITH.

## Pure Water.

Two quarts of pure water taken daily, with several cubic yards of pure air, will greatly aid in preserving or restoring health. Water charged with lime, iron, earthy salts and various minerals is not pure water and the use of such water hastens the advent of old age.

By distilling "hard" water, pure, healthful water is produced. Those who wish a cheap, effective still should write to the Dr. Adams Still Company, Hastings, Neb., and mention SUGGESTION. This firm manufactures a still that is sold for \$2.00, and it will make two quarts of pure water per hour. It is attached to any teakettle and will commence distilling liquid health without any delay. Don't you want it to distill some for you? Did you ever notice the lime deposits on the inside of a tea kettle? How would you like to have all that dirt in your system?

No inorganic mineral substance is ever assimilated; such substances when taken into the body only clog and bring on disease. This sermon on health costs you nothing, but it is worth the price of this magazine for eighty years.

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### Me and Pat McBride.

STRETCHING away on every hand,  
A fair domain you see—  
A part belongs to Pat McBride,  
A part belongs to me.

I own the golden light of morn,  
With all the tints that play  
Upon the springing grass and corn—  
Pat owns the corn and hay.

I own the catbird, thrush and jay,  
The larks that sing and soar;  
Pat owns the barnyard fowls that stay  
About the stable door.

And when the shadows on yon stream  
Are changing every hour,  
I own the right to float and dream,  
Pat owns the water power.

Mine is the murmur of this rill,  
Whose sweet tones never cease,  
But all the air with music fill—  
Pat owns that flock of geese.

I own yon creamy summer cloud  
That o'er the meadows floats  
Like some pure angel in a shroud—  
Pat owns the Berkshire goats.

So Pat does me a world of good,  
While I do Pat no harm—  
And on these terms well understood,  
We both enjoy the farm.

—Commercial Advertiser.