



SUGGESTION

A Magazine of The New
Psychology *for* Health
Happiness *and* Success

HERBERT A. PARKYN, M. D., Editor



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1904

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SUGGESTION

A Magazine of the New Psychology

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

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No. 4

A Corner for Thinkers.

THE POWER TO DO GREAT THINGS GENERALLY ARISES FROM
THE WILLINGNESS TO DO SMALL THINGS.



RESOLVE TO DO THAT WHICH IS RIGHT. CUSTOM WILL
RENDER THE PRACTICE DELIGHTFUL.



REST IS NOT QUITTING
THIS BUSY CAREER;
REST IS THE FITTING
OF SELF TO ONE'S SPHERE.

—Goethe.



CULTIVATE ALL YOUR FACULTIES; YOU MUST EITHER USE
THEM OR LOSE THEM.



"TRUTH IS NO STRANGER TO FRICTION."



LET US HAVE FAITH THAT RIGHT MAKES MIGHT, AND IN
THAT FAITH LET US TO THE END DARE TO DO OUR DUTY AS
WE UNDERSTAND IT.

—Abraham Lincoln.



THE MEN WHOM I HAVE SEEN SUCCEED BEST IN LIFE HAVE
ALWAYS BEEN CHEERFUL AND HOPEFUL MEN, WHO WENT
ABOUT THEIR BUSINESS WITH A SMILE ON THEIR FACES, AND
TOOK THE CHANGES AND CHANCES OF THIS MORTAL LIFE
LIKE MEN, FACING ROUGH AND SMOOTH ALIKE AS IT CAME.

—Charles Kingsley.

Physical Bankruptcy.

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

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

IN THE business world, when the expenses of an individual or an institution are greater than his income, he is said to be on the road to bankruptcy—commercial bankruptcy. But business men, through a system of bookkeeping, are able to tell from week to week or from month to month how far they are along the road to success or bankruptcy, and by giving close attention to certain parts of their business organization or by the introduction of some new ideas are able to dispense with unnecessary “leaks” or to develop any particular branch or branches of the business that have been causing a deficit.

Many a man has failed in business owing to a lax system of bookkeeping or by trying to get along without keeping a record of earnings and expenses. Good bookkeeping is essential to any business enterprise, in order that every department of the business can be closely watched. What would happen in some of our large department stores without a thorough system of bookkeeping? To the inexperienced it seems almost impossible to keep track of every little transaction that is made in one of these stores with its thousand clerks and tens of thousands of customers. Yet, complicated as such a business may seem, complicated as it is, it works like clockwork and at any time of the day its proprietors are able to tell how any branch of the business, or even the whole business, is progressing simply by referring to the figures on a few sheets of paper. A good bookkeeper is essential to a successful business.



Herbert A. Parkyn, M. D.

PHYSICAL BOOKKEEPING.

In the human body we have a business organization infinitely more complicated than the business of a department store, and this business of the body is given into the care of every human being. But how many of us spend any time studying the simplest details of our physical business? Do not the majority of us rush ahead, spending strength here and there, without any check on our various physical departments, until we are compelled to call in a physical

accountant, a physician, to help us to straighten out our various departments, only to be told, frequently when too late, that we are on the high road to physical bankruptcy, or, in many instances, that physical bankruptcy is actually upon us?

If physical bookkeeping could be universally taught and universally used, nine-tenths of the ills afflicting mankind would disappear and the average length of life would be increased by twenty years at least. And the marvel of it all to me is that the physical bankrupts and physical failures, with which we are surrounded on every hand, do not appear to be a sufficiently striking object lesson to awaken the average man and woman to the necessity for installing some system into their daily lives whereby they can insure permanent good health.

SIGNS OF PHYSICAL BANKRUPTCY.

When a person is expending more energy daily than he is appropriating, he is on the road to physical bankruptcy, and once he has met with severe physical bankruptcy it is not by any means an easy matter to regain physical affluence. Witness the thousands of neurasthenic patients that rove from one sanitarium to another, from one physician to another, in search of their lost health and strength. Neurasthenia is one of the worst forms of physical bankruptcy, and it is one of the most difficult troubles to relieve. The histories of these neurasthenic patients are nearly always alike and the trouble invades the home of the working man and the millionaire without discrimination. There is always a history of mental or physical overwork with constantly waning strength until a collapse occurs, which usually incapacitates the victim for further work for many months—frequently for many years, unless he places himself under the care of a specialist who can teach him how to conserve his energy until he is able to make a fresh start on the road to health. Medical treatment, per se, is valueless in neurasthenia; and self treatment, even by auto-suggestion, frequently does more harm than good since it tends to fasten the patient's trouble more firmly in his mind through discouragement on account of his failure to get results; for every neurasthenic, with his morbid thoughts and innumerable symptoms, is a study in himself, and the various ways in which he may be wasting his energy are not likely to be discovered by himself, and as long as these "leaks" in his vital forces continue he will not improve. For this reason, it is advisable for him to place his case in the hands of a physician who has studied not only anatomy, physiology, chemistry, etc., but health, rational hygiene, psychology, and suggestion

also, and is qualified by experience to employ what he has studied to control his patient's thoughts and teach him how to regain health by employing Nature's health forces.



There is but one source of human energy—food (in this I include the air taken in by the lungs and the liquids drunk) ; but there are a score or more ways in which energy can be spent, and it is only by stopping any needless expenditure of energy and employing the energy at hand to obtain more energy that a neurasthenic patient recovers his mental and physical strength.

USELESS WASTE OF VITAL FORCE.

It requires money to make money and it requires strength to make strength. I have known instances in which neurasthenic patients had so little energy left that they were scarcely able to muster sufficient energy to digest the food from which their strength had to come ; yet they had been ordered by their physicians to walk several miles daily, and the instructions were followed to the letter until it was seen that the patients were growing worse instead of better. A physician who will prescribe such treatment for a neurasthenic patient does not understand the disease he is attempting to treat and could derive a great deal of profit from a course in physical book-keeping.

A TYPICAL CASE.

A few years ago a woman came to me for treatment for nervous prostration. She had all the symptoms of the regular neurasthenic, including "nervous dyspepsia." I secured a quiet boarding place for her and by giving her suggestive treatment daily for two months had the satisfaction of sending her home at the end of this time perfectly well in mind and body.

I taught her how to partake of the life essentials, air, water and food—the source of all human energy—and by stopping up the various leaks she gained sufficient energy in one week to digest her food properly. From that time on her improvement was uniform. I told her that she must "bank" a certain amount of energy every day ; that there were two ways in which a man could increase his bank account, viz., by denying himself useless expenditures or by earning considerable more money than he could spend with his usual habits of living, and that I wanted her to employ both methods in storing up her strength.

Three months later she came back for treatment, some of her old symptoms having returned. She had followed my instructions

fairly well and I could not account for the relapse; but another month's treatment restored her to health. Two months later she was back again for treatment and brought a friend with her. This time she did not respond so well to treatment and the gain in two weeks was scarcely perceptible. I was puzzled. I knew there was a "leak" somewhere in her store of energy, but I seemed unable to locate it.

One morning another patient, who was taking treatment at the same time, said to me:

"Goodness, Doctor! The patient you treat after me every morning is a terror to talk. I heard her say she had nervous prostration, and I don't wonder she has it. It would give me nervous prostration if I had to sit in the same room with her for many hours at a time. She is worse than a tin talking machine and she seems to canter along over the most trivial things. I feel sorry for that friend of hers."

ENERGY DISSIPATED BY USELESS TALKING.

Here was new light on the problem that had been perplexing me. Was it possible that the leak was in the talking? I made a point of questioning my patient's friend, with the result that I found my patient was famous for her ability to talk. In fact, in her home and when among her friends it was almost impossible for any one else to get a word in edgeways. I had seen a little of her ability in this direction myself, but not sufficient to recognize it as the leak I had been looking for. So I told her friend she must return to her home in a neighboring city, on some pretext or other, so the patient could be left alone.

This course was carried out and my patient picked up at once. She was well and ready to return to her home inside of two weeks after her friend left; but before letting her go I told her what I had discovered and why the results had followed the departure of her friend. I persuaded her to remain ten days longer, and during this time I gave her daily suggestive treatments for the sole purpose of getting her to control her tongue and become a good listener instead of a good talker.

Now, I do not mean to say that every one who talks a great deal is liable to suffer from nervous prostration, but the talking was undoubtedly the physical leak in this case, for the patient seemed to throw her whole body into everything she said. She used exaggerated facial expressions, swung her head back and forth and sideways, shrugged her shoulders—in fact, all the time she conversed she was taking sufficient muscular exercise to turn a physical culture crank green with envy.

This patient has been perfectly well since her last course of treatment—nearly three years ago—and her friend, with her permission, has written to say that the change in her ability to listen instead of talk has been almost miraculous.

I have given this illustration to show what a little thing will cause an over-expenditure of energy in a person who has but little energy to call on. But think of the thousands of men and women in every city and town in the United States who, knowing nothing of the rules of health and hygiene and the necessity of looking after the life essentials, are marching along the road to physical bankruptcy for lack of a little thought, or through ignorance of some of Nature's simple yet inexorable laws.

WHY BUSINESS MEN ARE SHORTLIVED.

If we are to believe statistics, the average length of life of business men is considerably under sixty years, but this is not to be wondered at when we consider how little attention the average business man gives to his physical bookkeeping. He sticks to the business of his store or office all day, and talks about it, or thinks about it the rest of the time not spent in sleep; and even when his physical business is calling out for attention, it is so overshadowed by his commercial interests and his commercial bookkeeping that he gives it no systematic attention, except to take a few pills or other medicines, as if they could supply the deficit in physical energy or take the place of physical bookkeeping.

SYMPTOMS OF PHYSICAL BANKRUPTCY.

But how, you ask, are the first symptoms of physical decline to be recognized and how are they to be met?

As a rule, to the ordinary observer, the first symptoms appear in the stomach or bowels, or both organs may be affected. These symptoms usually follow persistent failure to partake of the life essentials properly—generally the water. The stomach and bowels are the main organs of nutrition, and as soon as they cease to perform their work properly the decline in energy begins and continues, unless marked changes are made in the habits of living; and unless these changes are made the decline in energy continues till complete physical bankruptcy occurs. It may only take months or it may take years for the final crash to come, but come it will so surely as the main organs of nutrition are not doing proper work. And during all the time the decline is going on the individual is open to the inroads of every acute and infectious complaint, so that many persons on the road to physical bankruptcy are carried off by extraneous diseases

before the bankruptcy actually occurs, their vitality being too low to withstand any serious attack of acute sickness.

NATURE'S WARNINGS.

Then there is another chain of symptoms which may be the first indications of physical bankruptcy. These symptoms generally develop in business men who are overworked or worried. There is a decline in mental application, the memory becomes poor, irritability and restlessness follows. Something seems to be wrong, but the individual does not exactly know what it is. His business may be going all right, but morbid fears for the future grow upon him, and he becomes suspicious of every one. He sees the blue side of everything and loses the ability to take enjoyment out of anything. Then he notices that his appetite has failed; his weight has probably decreased and he finds his stomach is refusing to handle food as well as formerly. This then brings him to a point where the main organs of nutrition become involved and thereafter decline takes place as in the class previously mentioned.

Chronic headaches, rheumatism, neuralgia, impaired vision, impaired memory and concentration, persistent dyspepsia, nervousness, melancholia, chronic constipation, chronic diarrhoea, loss in weight (excepting through unusual exercise), susceptibility to colds, exhaustion after slight effort, chronically cold hands or feet, are a few common mile-stones along the road to physical bankruptcy. Any of these symptoms should be a warning that the physical bookkeeping is not being given proper attention, and steps should be taken at once to find out where the failure or the leak lies.

The trouble may lie in worry or grief, which unconsciously destroys the appetite, and if less food than usual is eaten the supply of energy decreases and in time a variety of mental and physical symptoms may develop unless steps are taken to stop the decrease.

My advice to every one, whether sick or well, is to study physical bookkeeping and install the system into their daily lives. By doing this the healthy can keep their health and prolong their lives, and the sick may regain their health. But if the health is not regained promptly, I would advise that an expert physical accountant in the form of a physician be called in, not to dose you with medicines, but to discover where the failures and leaks lie and to instruct you how to eat, drink, breathe and think. To do this properly the physician must be a student of health, hygiene, suggestion and mental phenomena.

Do It Now.

If you've got a job to do,
Do it now!
If it's one you wish were through,
Do it now!
If you're sure the job's your own,
Don't hem and haw and groan—
Do it now!

Don't put off a bit of work,
Do it now!
It doesn't pay to shirk,
Do it now!
If you want to fill a place
And be useful to the race,
Just get up and take a brace,
Do it now!

Don't linger by the way.
Do it now!
You'll lose if you delay.
Do it now!
If the other fellows wait,
Or postpone until it's late,
You hit up a faster gait—
Do it now!

—*New York Sun.*

The soul of man is a sunward bird,
With wings that were made for flight,
To pierce to the fount of the shining day,
And float through the depths of night.

—*J. William Lloyd.*

The Vaccination Curse.

By R. SWINBURNE CLYMER, PH. D., M. D., ALLENTOWN, PA.

Written for SUGGESTION.

WE are again nearing the time when a great many of the Boards of Health throughout the country will urge our children to be inoculated with that deadly poison-virus in the hope that it will make them immune from smallpox.

It is not my desire to denounce vaccinators in radical terms as those deserve who would force the people to be vaccinated, even against their will as is so very often the case in late years and which can not be too strongly condemned, as it not only plays with the health of the people but also with their liberty, but to state a few simple facts with the hope that I may be able to convert someone and turn them to a surer and safer way of protecting themselves.

Vaccination is not only responsible for being the direct cause of smallpox in many cases, but it is also the means of starting epidemics. In nearly if not all instances where reliable statistics can be obtained, whether smallpox is epidemic or endemic, those who had been vaccinated were invariably attacked first, proving conclusively the truth of the foregoing statements.

That vaccination starts epidemics of smallpox will not be doubted by any one who understands the pathology of that operation; because, in the first place every case of genuine vaccination induces a genuine case of smallpox, if it "takes" and the severity of the manifestation will depend on the amount of pus to be precipitated. Cases of confluent smallpox have very frequently occurred, following "successful" vaccination. Secondly, physicians will admit that smallpox artificially induced by vaccination is equally as contagious as the genuine article. Therefore, if Boards of Health were consistent, they would isolate every case of successful vaccination. In fact, I know of one case, not far from where I practice, that this was really done, showing that this one Board was really consistent.

Dr. Alexander Wilder, possibly the greatest authority on these subjects in the world, says: "It is idle to expect to arrest the spread of smallpox by vaccination. It never did, never will, never can. Satan does not cast out Satan. Vaccinated persons are as likely to contract smallpox as others—perhaps more so. The epidemics of smallpox are apt to be severe in vaccinated communities."

This has often been proved true. At Cologne, in 1871, one hundred and seventy-three vaccinated persons were attacked with smallpox before the first unvaccinated person was attacked. At Boon, in 1870, forty-one vaccinated persons contracted smallpox before any unvaccinated persons took it. At Liegnitz, in 1871, two hundred and twenty-five that had been vaccinated were taken down with smallpox before it attacked one unvaccinated person.

Dr. J. Emerc Codere, professor of the Medical Faculty of Victoria University, and for thirty years physician to the Hotel Dieu Hospital, Montreal, reports that during an epidemic in that city, 149 persons, giving names and addresses, contracted smallpox after vaccination, thirty-five of whom died. And it is claimed that vaccination was the means of starting the epidemic. In the face of this evidence it will still be contended that vaccination affords protection against vaccination.

Of late years it is becoming very hard to get genuine statistics for the reason that they are all Germanized. That is, if a vaccinated person takes smallpox it is called something else. On the other hand, if an unvaccinated person takes measles, chickenpox, a rash or something similar, it is called smallpox. This is a fact, in one town in this State (Pennsylvania) many physicians were kept busy during the winter of 1903 attending to patients who it was said had smallpox, and yet there was not a single case of genuine smallpox in the town during any part of the winter.

Good health—coupled with clean surroundings, is the best and only true safeguard against smallpox—we should make every effort to secure these conditions. Persons not having any virus or poisons in their bodies are in no danger of contracting smallpox, neither can a healthy person infect anyone; therefore no one should allow himself to be vaccinated even in the midst of an epidemic. Vaccination plants the seeds of smallpox in the blood, and we must expect to reap that disease as a natural result.

People whose kidneys are diseased are always the first to contract smallpox. A person with healthy kidneys could sleep with a smallpox patient for any length of time and would never contract the disease. This holds good in every single case and it is impossible, absolutely so, for a person with healthy kidneys to contract the disease. Therefore, the first thing to do during the fall and winter is to see that the kidneys are in good order. A person who leads a cleanly life, not too much meat (none at all is best), plenty of fresh air, a good bath several times a week, is about as likely to

be afflicted with smallpox as he is to be hit on the head by a falling brick.

One of the worst things that we have to contend with in our work against deadly vaccination is the general belief in vaccination. The people have been taught that vaccination prevents for many years and unless they have met with some disagreeable results, they still believe in it. Whenever there is a solitary case of smallpox in a town or city it is blazoned ahead with great assiduity and the people are told that vaccination is the only preventative. People do not take time to consider that nine-tenths of the population are *naturally* immune, ninety-five per cent escaping the fiercest epidemics. Its contagiousness is exaggerated beyond truth or reason but this is necessary in order to get the people to become vaccinated.

People should be taught the truth in regard to both smallpox and vaccination. If this were done, the people would know that vaccination causes more than sixty deadly diseases, among them are cancer, tumor, syphilis, scrofula and others equally bad. They would be taught that smallpox is not in the least dangerous if treated right, and *not a single* case need prove fatal if the treatment is as it should be. It is easier to treat than the measles are, nor does it leave a single scar or pock mark if the room is kept dark and the skin bather as it should be. The cry that smallpox is so dangerous is all foolishness and is the very thing that scares the people and causes them to be vaccinated.

Smallpox is really not a very contagious disease. Dr. Wilder says: "I have spent hours with individuals having this disorder, have prescribed and administered medicine and put on clothing that had just come from a room of a smallpox patient, never apprehending danger or contracting any disease. The exposure of the virus, or infected clothing to atmospheric air is *certain* to destroy whatever contagion there may be." I myself have spent hours with patients who had the genuine disease and have never had any trouble, neither have I ever been vaccinated.

Most of the greatest authorities are against vaccination, and why? Simply because no rational theory ever has been or can be advanced to support the ridiculous assumption that vaccination protects from smallpox. One thing is certain, thousands of children have been, and are killed annually by vaccination, or its after results, and these victims of medical ignorance and cupidity are the only ones, it can be asserted with truth, that vaccination protects from smallpox. It is said on good authority, that in England alone it

was the direct cause of the death of more than 25,000 children prior to the repealing of the compulsory vaccination law.

Vaccination is an unmitigated curse, and the most destructive medical delusion that has ever afflicted the human race. I know full well that the vaccinator sows broadcast the seeds of many filthy diseases of the skin and blood, the hair and the eyes, which are transmitted from generation to generation—an everabiding curse to humanity.

The Eternal Pulse-Throb.

By FRANK A. JACKSON, METAMORA, IND.

Written for SUGGESTION.

O Soul! engirt with walls of seeming steel,
 Beating their unreal strength in hopeful rage—
 As, with worn wing, a bird assaults his cage—
 Enduring pain no meaner creatures feel;

What is that song, born of thy inmost life,
 Revives subsiding effort, jaded powers;
 Bedecks the snow of grief with laughing flowers;
 Transforms to joyful sport thy very strife?

Hold fast thy hope! Sing vict'ry in defeat!
 Brave Heart drives back disaster from the field,
 And, close pursuing, forces him to yield,
 With mighty host o'ertaking his retreat.

There is no failure; fear not; play thy part;
 These tides of life, that overwhelm thy care,
 And hope, on higher wave, anew upbear,
 Are the sure pulse-throbs of th' eternal heart.

Aspirations.

As travels this earth, her eye on a sun, through heavenly spaces;
 Radiant in azure, or, storm-clad, swallowed in tempest,
 Altering not, faltering not; traveling equal, sun-lit, or cloud-girt,
 So thou, son of earth, who hast time, goal, and force, go still onward.

Translated by Thomas Carlyle from Voss.

"The Mind a Traveler."

By MISS ANGIE L. DE SHAZO, TRENTON, Mo.

Written for SUGGESTION.

IT is a well known fact to every mortal that our minds either manufacture thoughts, or takes them from some unknown realm. The fact we have thoughts is a certainty. The question arises do the investigating mind, do we create these thoughts by some unknown process in our minds, or do we receive them from some unknown realm? The establishment of this fact is of little consequence in regard to the hypothesis I wish to deal.



MISS ANGIE L. DE SHAZO.

I make the assertion that we have thoughts; that we have different kinds of thoughts; thoughts that are as different in character as traits of people. Just the exact number of different and distinct thoughts an average individual of intelligence has, I am unable to say. I think I will find no reluctance upon the part of an individual with a reflective mind, conceding the number to be many.

I believe if my readers consider the rapidity of the mind's travel from one sphere to another, they can estimate comparatively the number a person may have.

To establish the hypothesis or ground on which we wish to work, I might say, every time we have a thought, no matter the realm of its character, instantly a person is formed representing the exact type of our thought. If we have a thought of money, instantly a person comes into existence opulent. If a thought of morality, a moral character. If a thought of debauchery, a person addicted to spirits and narcotics. Of lust, a person that devotes his entire life to such acts. Of theft, a pilfering person. Of jealousy, a jealous person; and so on throughout the entire category of adjectives, as envy, love, good, kindness, sympathy, energy, etc. If you were vested with the power of bringing a person into existence to represent the exact type of your thought, with what type would you populate your country? Would you have the country populated with dwarfed, diseased, dishonest, unrighteous, pilfering, and debauched characters or with righteous, beautiful, healthy, honest, sympathetic, energetic

and loving characters. The above depiction is a facsimile of what is going on in our minds. Our physical body represents the land on which these people we thought into existence lives. The body is inanimate to our minds, as much as is the land of this planet inanimate to us. Each planet populates itself. Each physical body represents the land and the mind populates, as it were, with thoughts in a relative ratio as this planet populates itself. Is it necessary that we guard our thoughts, and think only those we wish in our population? The skeptic may say, I have an evil thought, and it departs and I have no cognition of it afterwards; so may an evil person come into existence and the world have no cognition of them, but the fact of no succeeding cognition of the evil thought or visual observation of the evil person does not abolish the fact; each is in existence somewhere and have retrograded the onward progress in proportion to their fractional part of the whole. Each one of your thoughts is as capable of recognizing, conversing, associating itself with a thought of another person, as truly as is a person born of one woman capable of performing the above acts with that of a person born of another woman. Some people are attractive or oppressive on first sight. We have a clear solution. The analysis is the character that seems oppressive has fostered and cherished a type of thoughts that are oppressive or attractive to those fostered and cherished by your mind. Don't draw the conclusion, because some person seems oppressive they have an inferior class of thoughts; it might be the reverse. The thing to do is bar the door against thoughts other than those approaching beauty. I have seen people look at a beautiful painting and while the workmanship was perfect save one little particular, the observer would denounce the entire painting on account of the one little defect, and I have seen people observe a piece of work, that at first glance seemed unworthy of any person, but on close inspection some latent part of the workmanship was so well done as to elicit eulogy in its entirety. A beautiful flower may not attract all, but it is certainly non-oppressive to all.

Suppose Messrs. A and B upon their annual outing have frequented the same district of country. Mr. A has exercised rare caution in gathering a collection of relics that are beautiful in every respect. Mr. B carelessly appropriated relics indifferently as to their quality and attractiveness. On their return each of the men's relics are displayed in a similar manner. Which of the two would be the more attractive and admired? Each of us are passing through a mental land from the cradle to the brink of eternity. What kind of thoughts are you taking unto yourself? Are you Mr. A or Mr. B?

It is a divine law and has been given to us in a statement by the Great Master, "That whatsoever he thinketh, so is he." This is an immutable law and one that is as constant in action as is the law of gravitation. Whenever certain thoughts, I care not what they may be, are fostered, we have a condition materialistically manifested representing the thought fostered. Suppose you gave a person a beautiful collection of flowers of a varied specie, would they not be more likely to return something akin to the gift than they would if given a carelessly selected collection? Thoughts are things. If we give a person a lovely collection of thoughts, would it not be more conducive on their part, to return the same than those of a baser type? Should the above thoughts or people be so unfortunate as to become an associate of those non-conversant in the psychological realm, I trust the unconversant in the mental world will not manifest a proneness of denunciation until investigated. If you are unable to reach up to abstraction, seek instructions that will reach down, not by any admixture of error but by "precept upon precept; line upon line; here a little and there a little" until your mental rays will have cleared the mist and permit your eye to behold the "New Jerusalem."

A Rose's Residence.

Written for SUGGESTION.

By EDWARD EARLE PURINTON.

I.

The Rose is confined to a circle of sod,
Its fundamentals earthly rooted;
But through a realm airy its indwelling God
Diffuses, in perfume transmuted

II.

My body is here, in a segment of time,
The husk of a seedling supernal,
But ever my spirit with longing sublime
Soars on to the earthless Eternal.



How to Prepare the Mind ... for Success ...



By THOMSON J. HUDSON, LL. D.

[Reprinted by Request, by Special Permission of The Success Company, from *Success*, for August, 1901.]

SINCE psychology has been elevated to the rank of an inductive science,—that is to say, since the psychologist has learned to rely upon facts, demonstrable by experiment, rather than upon pure speculation, the ubiquitous charlatan has reaped a rich harvest in a congenial field. Especially since experimental psychology has, more or less clearly, revealed and differentiated two existing states of human consciousness, the success of the aforesaid charlatan has been unlimited. Taking advantage of the popular recognition of man's mysterious subjective powers, and especially of the now well recognized fact that he can be healed of his infirmities by the induction of appropriate attitudes of mind, he has assumed and proclaimed that he can mend his estate by the same process. Hence we find the advertising columns of newspapers filled with offers to "treat" the poor for "success," for "prosperity," for "wealth"; offering, in short, to convert every clodhopper into a "Napoleon of finance," and every tramp into a millionaire.

To do such advisers justice, their "treatments" do no harm, and their advice is often good. The latter may be summed up in this sentence: "Maintain, always, a cheerful, hopeful, but determined attitude of mind." But there is nothing in it either occult or new. Every bootblack has learned that is the only course by which he can get a job. Moreover, he has learned that the only way to retain a customer is by giving him a good "shine." In other words, he has learned that vitally important business axiom,—that "a cheerful and hopeful attitude of mind attracts custom, and a conscientious performance of duty retains it."

The point I wish to make is that there is nothing occult in the new psychology. It furnishes no new rules for preparing the mind for success. It does, however, explain the secret of the efficacy of the old, and by that means multiplies indefinitely their practical utility. What is of equal importance is that a knowledge of the causes which promote the efficiency of certain aphorisms or rules of conduct also reveals the fact that there are certain other popular aphorisms that are vicious to the last degree. For instance, Shakespeare has inflicted an incalculable amount of injury upon the human race by the promulgation of the following:

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

It is safe to say that this passage has produced more vagrants and tramps than has any other equal number of words in any language, to say nothing of the innumerable throng of discouraged and disheartened men and women who feel that some early misfortune has caused them to miss the flood tide of their affairs, and that henceforth "the voyage of their life is bound in shallows and in miseries" from which there is no escape but in the grave.

What light does the new psychology throw upon the causes which operate to bring about so much of misery and heartbreak from a cause apparently so slight as a belief in a popular aphorism? It shows that the soul of man is governed by the law of suggestion. His whole life is controlled, for good or evil, by the dominant suggestions that find lodgment in his soul. And the most potent suggestions to the average mind consist largely of well-worn aphorisms; for one is apt to regard them as the expressions of fixed laws of nature. Coleridge well expressed a partial truth, and builded better than he knew, when he said: "Exclusive of the abstract sciences, the largest and worthiest portion of our knowledge consists of aphorisms." This is eminently true—providing the aphorism embraces an undoubted truth. If not, it conveys a false suggestion, which, if followed, tinges one's whole life with false colors, if it does not lead to disaster.

If I were called upon to assist in preparing a young man's mind for success in life, I should begin by asking him to forget the Shakespearean aphorism; for it is as false in metaphor as it is in principle. The tides of the ocean ebb as well as flow; and they do both twice in twenty-four hours. The mariner who misses a flood tide does not abandon his voyage; nor does he deliberately sail into the "shallows," or indulge in "miseries." He simply watches for the next flood. The tide in the affairs of men also ebbs and flows many times during the average lifetime. It follows that, if there is any logical analogy between the two tides, the lesson to be derived is full of hope and not of despair. It teaches that, if, through the mistakes of inexperience, the first flood tide is missed, the next is equally available.

Having taught a young man to forget Shakespearean fallacy, I would first labor to impress upon his mind the true meaning of "success" in this

life. To that end, I should teach him that every child of God has a mission to perform; and that mission is amply discharged if he so lives that, when comes the inevitable hour, he can truly say: "The world is better for my having lived." This is success in the highest and best sense of the word. It may or may not be accompanied by an accumulation of wealth; for under this rule the millionaire may prove a dismal failure, while the humblest may achieve a brilliant success, even though it may consist in "causing two blades of grass to grow where but one grew before." The most successful man that ever lived on earth was the poorest and humblest. He "had not where to lay His head."

Another very important thing is the attitude of mind with which one meets misfortunes. The human mind never framed an aphorism containing a more important truth than this one: "All seeming misfortunes are blessings in disguise." There is but one qualification necessary to render this aphorism of universal validity; namely, one must have performed his whole duty in the premises. That is to say, if he does all that he can, honestly and honorably, to avert a threatened calamity, he will find that, if he yields not to discouragement or despair when the catastrophe comes, it will invariably prove to have been a blessing. Seeming calamities are often the result of one's having mistaken his calling; and it frequently happens that the best part of one's lifetime is spent in a vain search for the work which the Lord gave him to do. But, if courage is not lost, and his career is characterized by industry and integrity, he is sure to find it at last. He can then look back upon his past life and see cause to thank God for every seeming misfortune, as fervently as for every season of prosperity; for he will then realize that each has constituted a step in the pathway leading to his true sphere of usefulness.

The same rule holds good when one is striving to attain a coveted object of ambition or of emolument. If he does all that he can, consistently with perfect integrity, to attain the object, he may well rejoice at his own failure; for he will certainly realize, in due time, that it constituted an important factor in the attainment of the highest success possible within his legitimate sphere of activity.

All this, as before intimated, is dependent upon the attitude of mind with which one meets misfortune. To use a homely phrase, "He must not lose his grip," if he would transmute failure into success, or snatch victory from the jaws of defeat. On the other hand, the man who "loses his grip," as a result of reverses, is the one who surrenders his manhood to the "tidal hypothesis" of Shakespeare. Necessarily, all the future of his life's voyage "is bound in shallows and in miseries."

The psychological principle involved has already been stated. The trend of the life of each individual is due to the dominant suggestions

that find lodgment in his soul. These suggestions are usually in the form of aphorisms; and they are effective for good or ill in proportion to the tenacity with which they are held. If they are truthful, they are normal and encouraging; if false, they are abnormal and disheartening; for they vitiate thought and poison the psychological fountain of success.

This does not necessarily imply special providences; for it is but another way of saying that the man who lives a normal life, and performs his whole duty to his fellow men, has not only placed himself in harmony with his earthly environment, but with the Infinite Mind from which his own is an emanation. When that harmony has been achieved by man, he has discovered his place in nature and the perennial fountain of success.—*Success.*

Rider Haggard's Contribution to Psychic Literature.

Recently the novelist, H. Rider Haggard, had an unusual experience that apparently indicates the possibility of telepathy between man and the lower animals. The original account appeared in the London *Times*, with all details, certificates and corroborative testimony. The following taken from an English newspaper is a condensed statement of the facts:

The mysterious communication between two minds, often far apart, which is known as telepathy, has now come to be recognized as something more than the machination of "the long arm of coincidence." But hitherto telepathy has only been thought possible between man and man. Now, however, Mr. Rider Haggard, the well-known novelist, states that he has come to the conclusion that telepathy is possible between a human being and one of the lower animals. Mr. Haggard, in a long letter to the *Times* tells a remarkable story. On the night of July 9 he fell asleep, and was oppressed by a dreadful sense of a desperate struggle for life. He dreamed that his daughter's black retriever dog Bob was lying on its side among brushwood by water. "In my vision," says Mr. Haggard, "the dog was trying to speak to me in words, and, failing, transmitted to my mind in an undefined fashion, the knowledge that it was dying." Next day the dog was discovered to be missing, and was eventually found dead floating in a river near by, evidence pointing to the fact of it having first been fatally injured by a train. "The dog Bob," continues the well-known author, "between whom and myself there existed a mutual attachment, either at the moment of his death * * * or about three hours after that event, did succeed in calling my attention to its actual or recent plight by placing whatever portion of my being is capable of receiving such impulses when enchained by sleep into its own terrible position. * * It spoke to me, first trying to make use of my own tongue, and, failing therein, by some subtle means of communication whereof I have no knowledge, telling me that it was dying, for I saw no blood or wounds which would suggest this to my mind."

The "Miracle" Grotto of Lourdes.

IF the French government, egged on by the anti-Clerical party, carries out its intention of closing the "miracle grotto" at Lourdes and prohibiting further pilgrimages to the famous Pyrenean village on the part of sufferers who hope to be cured there by supernatural means, the results are likely to be striking. Lourdes itself probably will be ruined to all intents and purposes, and the town now grown rich as the result of its worldwide fame, is likely to fall back into the obscurity that enveloped it before the peasant girl, Bernadette, declared she beheld the Virgin in the grotto and was directed by Mary to bid Christendom come to Lourdes and be healed. To shut up Lourdes as they already have shut up the Chartreuse and Benedictine monasteries would be an overwhelming victory for the anti-Clericals, for at the moment that this famous grotto shrine is closed, Roman Catholicism loses a stronghold of thirty years' standing. But to the world generally such a fate for the "holy town" probably would be most significant as bringing to an end an annual series of spectacles which are among the most amazing to be witnessed on earth.

MULTITUDES OF AFFLICTED.

At the present time the number of afflicted folk who make pilgrimages to Lourdes in the hope of being cured miraculously by immersion in its baths is between 200,000 and 300,000 a year. They include, of course, people from distant countries, and a large number of these sufferers have been given up by their physicians. Among them are paralytics, cripples, deformed persons, people afflicted with frightful diseases of the skin, with consumption and with palsy. From all parts of France they come in trains run for their especial benefit—these being known as "blue trains," "white trains," etc., according to the sort of sufferers carried. The white trains carry supposed incurables only.

The 200 persons who make up the population of Lourdes live by catering to these afflicted creatures. Five days is the length of time that most of them stay at Lourdes, and most of them are lodged either at the Hospital of Our Lady of Dolours or the establishment of the Sisters of the Immaculate Conception. The scene of the "miracles," however, is of course the famous grotto, with its statue of the Virgin, its banks upon banks of crutches discarded by cripples who had no further use for them, its baths and its miraculous spring. Here occur some of the most extraordinary and pathetic scenes to be found in the world. Before the entrance to the grotto are rows of benches, and

these are crowded with cripples, with the deformed and with folk in bandages, all telling their beads and praying to be cured. Some of these, who can not move about, prostrate themselves on the ground before the figure of the Virgin, others kiss the rocky walls—which are actually being worn away by such kisses—while others press their rosaries to the rocks to consecrate them. All are in a perfect ecstasy of hope and faith.

BERNADETTE'S VISION.

Just here it was that, in 1858, Bernadette, the peasant girl, believed that the Virgin Mary appeared to her. The girl who was only 14, and the daughter of a miller, was passing by the mouth of the grotto, with its nearby spring, one summer's afternoon when she declared she beheld the Virgin, robed in white, with a girdle of blue and feet bare of any covering, who blessed her and bade her come again. Eight times, according to the girl's story, she came, when finally the Virgin begged her to ask the priests to build a church near the spot, where the sick of all the world might drink and be bathed in the waters. Of course Bernadette's fate is well known. At first shunned and reviled, then almost worshiped, she finally was practically forced into a nunnery, where she died when slightly over 30. The story encircled the world, and immediately thousands of sufferers were eager to start for Lourdes. The first pilgrimage to the shrine took place at the end of 1872, under a special blessing from the pope, and was so successful that during the following year 250,000 persons journeyed to the Pyrenean village.

The baths at Lourdes which are supposed to perform the miracles, furnish perhaps the saddest sights of all. In the little marble rooms, three for men and six for the women, a staff of attendants rapidly undress the faithful and souse them into the ice water which flows into the large tubs directly from the spring above. As the water is changed only twice daily, it is anything but pleasant to the sight or smell, but although consumptives, persons with scrofulous diseases and sufferers with almost everything else follow each other rapidly, the nurses claim never to have known of a patient taking away from Lourdes a disease he did not bring there.

Three minutes is allowed each bather, so while still dripping wet he is hastily wrapped in his clothes and passed along to make room for the next prayer-mumbling applicant. Since prayer during the bath is considered most essential, each patient never ceases his supplications and when some sufferer, unaccustomed to the shock of cold water, dies from shock and excitement, the incident is charged to divine will and soon forgotten.

The two churches near the grotto are filled with thousands of gifts left by grateful supplicants who have received benefit from the healing waters. All strangers to Lourdes seem to be struck by the same feature—the sincerity of the faith exhibited by the supplicants. Invalids who have made a score of pilgrimages to the spot come back with their belief stronger than ever, and no matter how near to death any of the pilgrims may appear, none was ever heard to express anything but hope “that the good Virgin would heal him.”

Has the sacred cure any real virtue? Here is what a Protestant, clear-headed English woman saw not long ago. A young man, named Gargan, formerly a mail clerk, had been thrown from his postal car in an accident, and after being given up by his doctors, was taken to Lourdes. For nearly two years previously he had lain in bed taking food through a tube. Both legs were paralyzed. With hundreds of others he was given a place on the line of march over which passes daily the processions of patients able to walk, led by priests bearing the holy images. As the host passed him Gargan struggled to rise from his stretcher and with the help of friends about him finally got upon his legs. Then, stimulated, no doubt, by the excitement to an extra effort, he managed to totter five steps before falling back into the arms held out to catch him. That night the man slept, next morning he took solid food and in a few days walked as well as his nurses. It is said that 1,000 miracles of this sort happen in Lourdes every year.

It is difficult to find a shop in Lourdes today which does not deal in some “object of piety.” The sacred water put up in special bottles and cans is sold just outside the grotto while rosaries, medals and images abound.—*Special Correspondence to Oregonian (Portland, Ore.), from Paris.*

The thinker need not look without
 To find Creation's plan;
 The life, the form of all the worlds,
 Prefigured, dwells in man.

—*Thomas Lake Harris.*

If the world's a vale of tears,
 Smile till rainbows span it.

—*Lucy Larcom.*

Giant Strides of Modern Science.

By PROF. EDGAR L. LARKIN.

TO keep up with modern scientific progress an article ought to be written at least once every three hours. At this writing the most intense activity prevails in the laboratories of the world. The sciences that are in the forefront just now are electricity, radiation, psychology, electro-chemistry and astronomy. The advances in electricity now made daily seem to prefigure and forecast the fact that the habits, customs, mode of living and civilization of mankind will all be changed by the common use of electricity. Perhaps it is not wild to say that three-fourths of the work of the world will be done by electricity—the writer believes in nine-tenths, but will say three-quarters.

UNKNOWN ENERGY.

All railways, at least, will be run by the still unknown agency. We say unknown, for, although the chief scientific men of the world believe that electricity is composed of Thomsonian corpuscles, rigid mathematical proof is not yet made. The building of electrical railways is now going on at a rate so rapid that one can not follow the details. No such colossal movement of capital, advanced by the leading financiers of the world, in so short a time has appeared in history. Southern California is simply being covered by a network of almost perfect electric railroads. The Huntington system is not surpassed in the United States. Ohio is being traversed in all directions, and Massachusetts.

The gigantic tunnel under the Hudson River from Jersey City to New York is gradually nearing completion after thirty years of toil. Electricity only will be the motive power for the cars. The immense underground railways under the City of New York will all be actuated by electric currents. Steam railways are being turned into electric in many parts of the world where water power is plenty.

If a buzzsaw is in rapid motion it seems to be at rest. And this idea may apply to progress, for it is so rapid that the observer is dazed and confused, and the panorama, so far as he is concerned, might as well be quiescent—he fails to comprehend.

GREATEST ENGINEERING FEAT OF THE AGE

Since old King Sulphis put up his big pyramid no such feats of engineering have been consummated. The new bridge between New York and Brooklyn is one of the most sublime works ever

wrought by human hands. In fact, the vast city, New York, is now one great center of magnificent engineering. This bridge took seven years to build, and every cable, bolt, brace and stone was first in the clutch of mathematics. One sight of the formulas of the higher analysis in computing the strength of materials, strains, pressure, pushes and pulls is enough to cause one's brain to whirl. The genius of man was called into play to swing the enormous cables. Vast anchors were buried deep into the earth in New York and Brooklyn to keep the cables from sagging. They alone—the anchors—cost \$1,570,000, the total cost of the bridge and land terminals being over \$20,000,000. Its length over the river between towers is 1,600 feet, and the width of the floor is 118 feet. Two steam railroads, four electric, two roads for horse carriages and two for foot passengers fill this elevated aerial street.

A system of running railway cars at great speed at low cost has just been devised in Berlin. The problem seems to have been solved in this case by means of alternating currents at high pressure, which can be transmitted on a small wire at lower cost than direct low pressure. Vast and worldwide changes will be made in electrical railways the moment that alternating currents can be sent directly into the motors under the cars without the present expensive cost of transformation of low direct into high alternating. Really, it will change the transportation problem of the world.

Another gigantic work of engineering is that of the Edison Portland Cement Works. He crushes stones in the great rollers that in many cases weigh five tons each. The use of Portland cement in our giant buildings is rapidly on the increase.

RADIATION.

In radiation the world is continually being startled with the discovery of new waves of many varying lengths that issue from almost every object. In fact, it is now thought that energy waves emanate from every phase of matter. The difficulty so far has been to make apparatus delicate enough to detect them and measure their lengths. Waves that are set up by the human body and brain are easily detected at present. The wave question is now immense; for one brain devoting all the time can scarcely follow the rapid strides. Wireless telegraphy is intricate enough to take the entire attention of anyone desiring to know how daily papers, printed on steamers in midocean, receive the news.

The lengths of the waves of electric disturbance, ordinarily used in wireless transmission, range from 460 to 3,600 feet. The length of sound waves commonly employed in music vary from two-fifths

of an inch to thirty feet. The shortest wave of light that can be seen by the human eye runs 64,000 to the inch and 33,000 for the longest.

Radium, Röntgen and Blondlot waves are still shorter than the shortest waves called light. The Blondlot are the N-rays, which have been found streaming forth from the human body.

PSYCHOLOGY.

Psychology, the science of mind, is now attracting the attention of many of the most intellectual men of the world. Its study is spreading faster than that of any other science, except electricity. The human mind is now known to be an engine of the most intricate complexity. Its labyrinths are now being explored hourly in this country and in Europe.

Astronomy is expanding. Sounding lines of mathematics are being sunk into the most appalling depths of space. Here is one of the things dragged from the deep. The star Antares, the red star now in the southeast at sunset, in Scorpio, has been weighed by Astronomer Gore, of England. It contains 88,000 times more matter than our sun, and it contains 333,000 times more than is in the earth. By multiplying one can find how many worlds like this earth could be made out of the giant sun Antares.—*Chicago American.*

Realization.

Written for SUGGESTION.

I vex me not with things I find I can't control.
 I keep the faith that springs from an undoubting soul,
 I strive to never see the spawns of error's brood—
 It is enough for me to realize the good.

—*Susie M. Best.*

An imperturbable demeanor comes from perfect patience. Quiet minds can not be perplexed or frightened, but go on in fortune or misfortune at their own private pace, like a clock during a thunderstorm.

—*Robert Louis Stevenson.*

The soul of all improvement is the improvement of the soul.

—*Horace Bushnell.*

Personal Magnetism.

BY LEROY BERRIER, DAVENPORT, IOWA.

Written for SUGGESTION.

NEARLY every one has viewed the simple exhibitions of the magnetism of the common horse shoe magnet. We have also watched the needle of the compass as it persists in getting its point as near the magnetic pole as possible. Undoubtedly we ask ourselves what is the nature of that silent and unseen power that seems to emanate from the pole of the magnet and attracts the bits of steel, drawing them or causing them to move of their own desire. Or we have asked where is the power that causes the needle point to draw as near the magnetic pole as possible? We place our hands between the pole and the needle point, but we feel no power and still the needle retains its position and will immediately swing back to it if we turn it by force to some other position.

In answer to our questions comes the reply, that power is magnetism, it is magnetic power that does the attracting. But you ask, what is the nature of magnetism? I know not what the answer of others may be, my answer is that it is the primal form of all power, it is the power of attraction which the atom possesses. Every atom and every combination of atoms possess it. The term magnetism may be used in other senses, but its broad and general meaning relates to attraction. Every form of being from atom to the highest form of organized life, possesses in some degree the power to attract and is therefore a magnet. All forms of force are primarily attracting power or magnetism. We sometimes term it love and sometimes the will of God. That power makes possible all combinations of atoms. I believe that the latest scientific conclusions relating to the primal form of substance, is that it is a magnetic center, very, very small. Thus it is that the primal form of substance is the primal form of energy also and we designate it magnetism.

It is safe to say, I repeat, that every form of being in the universe is primarily and fundamentally a magnet. It is magnetic attraction that gives cohesiveness to combinations of atoms and molecules. It is magnetic attraction that draws other atoms and molecules to existing combinations. The magnetism of the amoeba attracts from its surroundings all that sustains it. In every form of vegetable and animal life from amoeba to and including man, it is

magnetism in some form of its manifold aspects that does all the attracting.

Yes, every creature is primarily a magnet, and whatever it attracts comes in response to its magnetism. That silent and unseen power is the attracting power, the very life of every faculty and quality power. It makes no difference through what faculty or set of faculties man attracts into being that which meets his desires; it is that silent and unseen and ever present magnetism that is drawing, continually drawing. On this plane we term it personal magnetism.

Man is indeed a wonderful magnet, whose magnetism emanates and attracts in a thousand ways. All of us are familiar with some of his means of wielding magnetic attraction, but none of us fully understand all the emanations and attractions of his silent and unseen magnetism, which is operating just as the magnetism of the steel magnet is. We attract associates, mates and companions, or the friendship and love of those at a distance, through our personal appearance, through our manners, through written and spoken words, through deeds, thoughts, and all productions of hand and brain.

We desire a palace and beautiful grounds; that desire manifests magnetic attractions in mind and forthwith through faculties and abilities of man the palace and grounds have been attracted from not being into being. It is the silent and unseen magnetic draw or attraction that brings friends, mates, homes, raiment, food, art and music. One man is a financial or dollar magnet, another a steel magnet, and another a railroad magnet.

But I hear someone say, "there is no such power as personal magnetism; all of man's attracting powers consist in and is constituted in other qualities." After years of careful observation of the phenomena of magnetic attraction on all planes of existence, I have arrived at the following conclusions, viz.: Every faculty and quality that man possesses and that enable him to attract all that he desires has been developed for the express purpose of utilizing his magnetism. On lower planes of life the aspects of magnetic attraction are very simple, but as we reach higher planes of life simplicity passes into complexity, differentiation has taken place. It may not be clear to the casual observer that all of man's attracting powers are differentiated aspects of the primal and simple magnetic attraction of atoms, but to my way of thinking, it is so. On these premises one's personal magnetism consists of all attracting qualities, faculties and powers.

No thinking person will deny the existence of these attracting propensities. It is true that some persons possess them to a greater extent than others, and just in proportion to their presence do we attract all that satisfies our desires.

Many hold the idea that the possession of personal magnetism is wholly a matter of inheritance, but some of us now know that to be a mistake. We all inherit that power to some degree, and we now know that it can be cultivated and increased. No application of human culture is more remunerative than the cultivation of personal magnetism. I arrived at this conclusion years ago when I first published my book, "*The Cultivation of Personal Magnetism*," and I have never had cause to change that opinion. It is my aim in considering the subject to clear away the mystery that has so generally surrounded it, and point out the underlying law. In all the testimonials that have come to me from those who have been in some way benefitted by putting into practice the systems of the book mentioned, the one favorable comment is, "your systems are definite and I therefore consider the book ahead of any treatise that I know of."

In future contributions to SUGGESTION I will consider other aspects of the subject and present cultivating systems.

The New Psychology of Shakespeare.

SELECTIONS BY DR. ADELIA H. CONNOR.

I CAN easier teach twenty what were good to be done, than to be one of twenty to follow my own teaching.

—*Merchant of Venice.*

FORGET ALL UNPLEASANTNESS.

Let us not burthen our remembrances with a heaviness that's gone.

—*The Tempest.*

THE BEGINNING OF HABIT.

How use doth breed a habit in a man.

—*Two Gentlemen of Verona.*

DOUBT DAGGERS DECISION.

Our doubts are traitors, and make us lose the good we oft might win, by fearing to attempt.

—*Measure for Measure.*

THE POWER OF MIND.

For 'tis the mind that makes the body rich.

—*The Taming of the Shrew.*

All places that the eye of Heaven visits,
Are to the wise man ports and happy havens.

—*King Richard II.*

EVILS OF FEAR.

Fears make devils of cherubims.

—*Troilus and Cressida.*

MAN IS MASTER.

Men at some time are masters of their fates;
The fault, dear Brutus, lies not in our stars,
But in ourselves that we are underlings.

—*Julius Caesar.*

DO IT NOW.

Let's take the instant by the forward top; for on our quickest
decees the inaudible and noiseless foot of Time steals ere we can
effect them.

—*All's Well That Ends Well.*

Delay no time; delays have dangerous ends.

—*Henry IV.*

DON'T WORRY.

None can cure their harms by wailing them.

—*King Richard III.*

BE STEADFAST.

A flighty purpose never is o'ertook, unless the deed go with it.
From this moment, the very firstlings of my heart shall be the first-
lings of my hand.

—*Macbeth.*

ALL IS GOOD.

There is nothing either good or bad,
But thinking makes it so.

—*Hamlet.*

MOURN NOT THE PAST.

Things past redress are now with me past care.

—*King Richard II.*

MEET THY FATE WITH CALMNESS.

Are these things then necessities?
Then let us meet them like necessities.

—*King Henry IV.*

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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.



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EDITORIAL



Vain it is to sit scheming and plausibly discoursing; up and be doing! If your knowledge be real, put it forth from thee; grapple with real Nature; try thy theories there and see how they hold out. Do one thing; for the first time in thy life do a thing; a new life will rise to thee on the doing of all things whatsoever.—
Thomas Carlyle.

Mental Science vs. Hygiene.

"I can eat anything, so long as I think right."

This is often heard from persons who are just learning to think. They have discovered that the mind has a positive influence over the body, and they jump to the conclusion that if they "think right" they can with impunity defy all hygienic laws.

It may seem strange that it is thought necessary to combat this idea, but as thousands of well-meaning persons adhere to the belief that mind is everything it may not be amiss to call attention to another fact.

The subconscious centers have charge of the control, building, repair and preservation of the body. It is quite true that the aggregate intelligence of these centers, called the subjective mind, has power over the cells of the body. A suggestion given to this subjective mind will often be carried out.

Weak organs have been strengthened; lazy cells have been spurred to action, and by means of intelligent suggestion much can be done to preserve and increase the bodily vigor.

Let us take an illustration. A mason is building a house. He is directed by the architect; the mason is executing a plan; he is obeying orders; he works fast or slow; he needs intelligent supervision. He may become indolent and neglect his work. So he must be looked after.

Suppose the mason is given faulty bricks and poor mortar. Can any amount of supervision on the part of the architect overcome the weakness of the structure? Poor bricks mean a poor edifice; it may look, apparently, like other edifices, but it will sooner crumble.

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Applying this illustration to the body, it is easy to see that the mason corresponds to the building cells; the architect is the subjective mind. And the bricks and mortar? Oh, there is the point. What corresponds to the bricks and mortar? The nutritive material in the blood. This material is made from the food we eat, the water we drink and the air we breathe. All the thinking in eternity will not take the place of water—pure water. Thought will not supply pure air; thought will not supply natural and proper food; thought will not masticate the food nor mix it with saliva. Mastication is required. Before pure, perfect and life-giving blood can be made for the building department we must furnish the digestive organs with the proper materials.

Green persimmons or French cookery will never provide a pure blood stream. A person who lives on sloppy, mushy foods will never have abundant health, notwithstanding that he uses a thousand affirmations daily and thinks according to the best formulas of the mental science or Christian Science brethren.

Mental Science is good; but commonsense must be mixed with everything. These remarks apply with equal force to those who say, "Eat anything you love." Of course, in the English language you can not "love" food, but these friends also are wrong. If you happen to be fond of the foods nature intended you to eat, all right; but if your tastes are artificial, cultivated and perverted, I would suggest that you guide your appetites into more hygienic lines. The opium fiend "loves" his pipe; the drunkard "loves" his tippie and the smoker "loves" his pipe; but the most rabid Mental Scientist will not try to defend opium or whisky or tobacco.

Still, to be consistent they should.

LEARN TO LAUGH.—A GOOD LAUGH IS BETTER THAN MEDICINE. LEARN HOW TO TELL A STORY. A WELL TOLD STORY IS AS WELCOME AS SUNSHINE IN A SICK ROOM.



For men in earnest have no time to waste in patching fig leaves for the naked truth.

—Lowell.

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What are You Going to Do About This?

HOW do you like this number of SUGGESTION? If you think it is an interesting number, why not tell your thinking friend? Have you a thinking friend? Why not tell him about SUGGESTION?

* * * * *

If you know about a good thing, why not tell others? Did you ever hear of the fellow who hid his light under a bushel?

* * * * *

New yearly subscriptions received this month will run to January, 1906. Why not tell someone?

* * * * *

Do you ever exercise your will power? Do you know that mental power is increased by exercise as well as muscular power? Why not think about this for a few moments?

* * * * *

Success depends upon mental vigor; mental vigor depends upon the right use of your faculties; use makes them more powerful. Only the thoughtful succeed; do not let your brain atrophy; do not let your brain freeze. Do not let it ossify. Do not let it petrify.

* * * * *

After I remark that new yearly subscriptions received this month run to January, 1906, I will remark that few have petrified bodies, but you will meet persons every day who have petrified brains. At least their brains might as well be petrified as far as original thought is concerned. Don't be a clam, or have a petrified brain.

* * * * *

A magazine grows through its friends. If you want to see this magazine increase in power and usefulness you should do your part. We want the names of intelligent persons who may take an interest in the field covered by SUGGESTION. Why not speak to your particular friend? If you are interested, send a postal for a few combination envelopes and coin carriers. This is a plan we have devised by which you enable your friend to receive three issues of SUGGESTION for a dime.

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Now here is something for the members of the SUGGESTION family to think about. Go over in your mind carefully the names of all your friends and settle on one that you think will be the most likely to subscribe for SUGGESTION. Then set down (Do It Now) and write us a letter, inclosing the name and address, with your name. If you put in 4 cents in stamps we will mail you four cardboard mottoes, each 6x9 inches. The postage on these mottoes is 4 cents. How many will attend to this?

* * * * *

Dr. Parkyn is receiving patients for consultation and treatment at 4020 Drexel boulevard, Chicago; 'phone Douglas 687.

* * * * *

Subscribers often send the names of friends who should be interested in SUGGESTION. To any such receiving this issue of the magazine it may be of interest to notice that new, annual subscriptions received this month will extend to January, 1906.

* * * * *

Some people have a horror for "night air." What kind of air can you breathe after sunset except "night air"? As a matter of fact you can not have too much air, day or night. Open your windows as far as possible, breathe, and breathe deeply.

* * * * *

When possible sleep outdoors; sleep on the veranda. Incipient consumption has been cured by sleeping on the porch—even in the depth of winter. Try a little more fresh air in your sleeping room. Learn something about the effects of a bountiful supply of pure air. See how much you can get rather than how little.

* * * * *

A new subscription received this month will run to January 1, 1906.

Editorial Chat.

H. H. Bridgewater, 16 Huntington avenue, Boston, Mass., suggests that a SUGGESTION critic should be appointed to "review the articles and bring the contributors within the line of all ascertained truth while they seek the unknown."

He says that "Professor Larkin, Professor Elmer Gates and

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Christian Scientists and others are not justified in believing that dreadful thoughts, rage, anger, evil ideas and bad things in the mind at once deteriorate the blood. Such statements are *too hurried*—insufficiently qualified by other considerations. Besides, careful observation shows that the most loving, the gentlest, kindest, often dies in a family, while the turbulent, quarrelsome, 'dare-devil,' malicious ones kick out and survive—that the face does not always show the kind heart and generous nature of the man. I have known the most lovable men—true as steel—to be so hopelessly homely that I can not accept Larkin 'that wicked and dreadful thoughts will finally make their impression on the face' if the rule is to be applied both ways. But I have also observed (limitedly) that a beautiful molded face, glorious eyes, sweet, rich voice in a woman capable of no end of viciousness."



Mr. Bridgewater's idea is worthy of notice. The pages of SUGGESTION are open to the views of all when the discussion relates to matters within the field covered by this magazine.



We do not deal with theological questions, or questions of religion, or questions relating to the Scriptures, or questions regarding sociological problems, or purely abstract metaphysical propositions not of practical interest.



This magazine is devoted to drugless healing, particularly that branch known as suggestive therapeutics, or psycho-therapy; to occult and psychic research; to scientific matters pertaining to the origin and conservation of life; to problems relating to the development and use of man's inherent forces along psychic lines; to rational hygiene and nature cure; to the practical features of the New Psychology, especially those which have to do with health, happiness and success; to a discussion of the proper use of the life essentials, air, water, food, exercise, sunshine, sleep, mental attitude, etc.



The editors welcome discussion and criticism touching any matters relating to the above subjects.



Letters must be short, concise and to the point. Omit all introductory matter; go right to the point; omit non-essentials; be

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brief; omit the closing remarks. If your contribution relates to a matter of unusual interest we will ask for further details.



Here is a bit of business advice:

1. When you write and expect an answer ALWAYS inclose a stamped and addressed envelope.
2. Always write your orders for the business department on one sheet of paper, with name and address.
3. Write matter for the editorial department on another sheet of paper, with name and address. Each sheet goes to a different department. Send lists of names and addresses on a separate sheet.
4. Write change of address on another sheet. These sheets go to the different departments, and if you write everything on one sheet it is not unreasonable to suppose that some item may be overlooked.
5. Write on one side of the paper.
6. Use ink.
7. Do not be afraid to write your name and address on each sheet.
8. We have several letters containing money, but no address was given.
9. When you write, give us the name of your thinking friend, who, of all your acquaintances, will be most likely to be interested in SUGGESTION.
10. If you think SUGGESTION is an interesting magazine, why not tell your friend?
11. SUGGESTION is for those who do not use pre-digested thoughts.
12. Cultivate the right kind of a brain and it will attract ideas as the pole attracts the needle. Ideas are the foundation of success.

H. A. P.

Regarding Christian Science.

In the next issue of SUGGESTION the editor expects to publish an article from Mr. W. Stewart, of the Christian Science publication committee for Illinois. This article will present the views of the Christian Scientists regarding therapeutics and the healing of the sick. All readers of SUGGESTION should read this article.

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To January 1, 1906.

New yearly subscriptions received this month will run to January 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."

From the Borderland of Knowledge.

IN science, as in all lines of human endeavor, there are those who are too ready to accept impressions for facts. In the dim borderland between truth and the great unknown dwell fantastic shadows, sometimes accepted as evidences of unseen realities. In psychic research and the new realm of radio activity these shadows appear on every hand; as the light of truth penetrates further and further into those mystical realms it is found that these ghostly fancies often "fold their beds like the Arab and as silently steal away."

Paris has been the source of many startling statements regarding alleged discoveries, on this far borderland of human knowledge, and naturally the most attractive of these stories relates to questions regarding the origin, nature and manifestation of life, mental force and brain energy. Such subjects are always interesting to those who make newspapers, and sensational reports are preferred to sober recital of established facts. The human mind likes to speculate, and so writers gravely discuss on such questions as, "Was the world once a comet?" "Is there danger that the sun will lose its heat?" "What will happen in 90,000,000 years?" etc.

The daily newspapers recently printed a dispatch from Paris as follows:

WORKINGS OF MIND WATCHED BY PARIS SCIENTIST.

PROFESSOR BLONDLOT'S EXPERIMENTS WITH THE NEWLY DISCOVERED N-RAYS RESULT IN SOME AMAZING DEMONSTRATIONS.

PARIS, June 18.—All scientific Paris is discussing the recent remarkable researches made by Professor Blondlot, and especially the extraordinary results of his experiments with the newly discovered N rays.

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With the aid of these the professor has demonstrated that it is actually possible to look into and through the skull of a human being and witness the workings of the mind.

It is a matter perfectly simple, the instrument employed being nothing more complicated than a small rectangular piece of pasteboard, the size of a playing card, one end of which is spread with a paste of phosphorescent sulphate of calcium. This substance, it appears, is made luminous by the presence of rays of the "N" description.

When such a card in a darkened room is applied to a man's head it does some very remarkable things. The person under experiment is told to talk, and keeps on talking, while the bit of pasteboard is brought into contact with various parts of his cranium. It shows no change until a certain area on the side of the head is reached, when, suddenly, the luminosity of the paste becomes greatly increased. And why? Simply because this is the area of brain service which controls vocal speech. In working it gives off a flood of N-rays which cause the sulphate of calcium to shine.

But this is not all. Professor Blondlot has found that by passing the card slowly over the head and watching the variation of the luminosity he can outline with perfect accuracy the speech area of the brain surface.

When, about a century ago, Beichenbach, a scientist of high reputation, claimed that he could sometimes see a sort of aureole or halo about the heads of people in the dark, it was suggested that he was the victim of an hallucination, but it is possible that the phenomenon was due to an emanation of X-rays, which may, under certain circumstances, become visible to the eye.

The editor of SUGGESTION called the attention of Prof. William James, of Harvard University, to the above dispatch and asked if in the present state of scientific knowledge any importance should be attached to such statements.

Professor James, in his answer, remarked:

"It would be safe to wait till Blondlot's N-ray results are corroborated. I believe they have not been so far."

From Professor Goodspeed, of the University of Pennsylvania, came the following letter:

HOPKINTON, N. H., August 17, 1904.

EDITOR SUGGESTION:

Dear Sir—Your note asking about the Paris clipping on N-rays has followed me here. You ask, "Should any attention be given to statements such as are found in the attached clipping?" In answer I will say, *by no means*. The clipping displays the usual inaccuracy of newspaper science. The second paragraph is, of course, absurd, and the rest unintelligible.

The "Belchenbach" referred to was Reichenbach, doubtless.

Very truly,

ARTHUR W. GOODSPEED.

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QUERIES

Suggestive Anaesthesia.

Editor SUGGESTION:

I have become very much interested in Suggestive Anæsthesia and would like to know if you have ever used it in obstetrical cases. It seems to me that it ought to afford relief in such cases, though have not tried it.

Colorado.

J. D. G.

Suggestion is of great service in obstetrical practice and many physicians throughout the country are taking advantage of the assistance it affords and are having remarkable success with it. Reports have been given from time to time in different medical journals of these results, and a few years ago some reports were printed in SUGGESTION.

Years ago when I was devoting more attention to general practice than at present, I employed suggestion to excellent advantage in my obstetrical work. There are a great many physicians on the subscription list to SUGGESTION, and many of them are employing suggestion successfully in their practices. I wish some of them would send me reports that can be published in SUGGESTION of the results they have obtained through the use of suggestion in their obstetrical work.—EDITOR.

Locomotor Ataxia.

Editor SUGGESTION:

What treatment would you suggest for locomotor ataxia in its early stages?

Do you think the dissolving or absorbent methods for treatment of cataracts better than the old method of cutting?

E. A. E.

Massachusetts.

(1) Locomotor Ataxia is constituted an incurable disease, but suggestive treatment employed to build up hope, courage and determination of a patient and stimulate the organs of nutrition to handle the life essentials will do a great deal towards relieving distressing symptoms and checking the advance of the complaint.

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In fact, I have seen three patients who were said to have had locomotor ataxia completely cured by suggestive treatment, and although the diagnosis in these cases had been made by several well-known specialists, still, the question has always arisen in my mind, whether or not the cases cured were genuine locomotor ataxia; for, although the results obtained in these cases were very satisfactory, I have given the same treatment to other patients believed to have locomotor ataxia without obtaining such perfect results.

I will say, candidly, however, that I believe as much or more can be done by suggestive treatment in the early stages of locomotor ataxia than can be accomplished by any other system of treatment.

(2) If I had the cataract myself I should have it operated upon as soon as my condition warranted. I have no faith in any dissolving or absorbent method, for I have known patients to undergo such treatment for years without being benefited the slightest.

If you or any other reader knows of a method of absorbing cataracts that will bear critical investigation, I should be glad to have further particulars about it.—EDITOR.

Editor SUGGESTION:

In your valued February number of SUGGESTION under "Notes and Comments" you state your "old friend, Anna Eva Fay, is fooling the public in Ohio." Miss Fay has recently closed a three weeks' engagement in Cleveland and I regret to say I have been fooled five times. Three days before she left here a Cleveland paper printed an expose, claiming the names and questions were obtained by means of a few cardboards filled with carbon sheets. At the three subsequent entertainments, to prove the falsity of this statement, no cardboards were allowed to be used at all, the audience having to write their questions as best they could. On the last evening, which I attended, they would not lend you a pencil to write with, as it was rumored the trick was in the pencil. However, at these last entertainments, the names and questions of well known persons were called out as rapidly and accurately as upon any previous evening. I was very skeptical myself at first, examining a cardboard every evening, one of which I have now. Each evening, as well as through the papers, the public were urged to write their questions at home. An average of probably forty names and questions were called each evening, many of the persons I knew, and a good proportion were not written on the cardboards at all.

Miss Fay called the names and questions in a very rapid, nervous manner, while blindfolded and covered with a sheet, apparently utterly unlike the mental control necessary for a carbon paper, memory or speaking-tube scheme.

Miss Fay is no friend of mine and I never heard of her before, but if the last part of her program is not a genuine exhibition of telepathy, or the like, there are a host of Clevelanders who would like some wise one to explain the trick.

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The cardboard scheme is plausible, but by no means accounts for all the facts. If some explanation is given in any of the back numbers of SUGGESTION, I shall be very glad to send for them if you will kindly advise.

Ohio.

C. F. P.

Several years ago I published in SUGGESTION a long explanation of the methods Miss Fay employs in giving her entertainments. However, there are none of these back numbers on hand and as the subject is one which should prove of interest to thousands of our new subscribers, I take pleasure in reprinting a synopsis of the explanations previously published.—EDITOR.

Anna Eva Fay and Her Methods.

I will give a description of the entertainments given by Miss Anna Eva Fay, who has been before the public of this country and Europe for the past twenty years. She has made thousands believe that they have witnessed spiritualistic phenomena, mind reading and clairvoyance. If Miss Fay simply stated that she gave an evening's entertainment, like any other sleight of hand performer, I would have nothing to say, but when she allows the impression to go forth that her work is performed by occult forces and psychic power, she is entering the field to which this magazine is devoted, and I feel compelled to state what I know and do what I can to prevent her wilfully deceiving the credulous and those who are honestly investigating occult phenomena.

Well, the chief part of Miss Fay's performance—the part the audience goes to see—consists of reading and answering questions which have been written on paper by persons in the audience.

After a few preliminaries, including an introduction to Miss Fay, the people in the audience are requested to write questions on pieces of paper and to hold these pieces of paper in their hands. Slips of paper and *hard lead pencils* are handed around by ushers, to oblige those who have neither pencil nor paper. This is very generous of the managers, of course, but their generosity does not end here; they even take the trouble to *pass out innocent looking writing pads with the slips of paper*, ostensibly to facilitate the writing of the questions by giving a good backing to the slips of paper. *These pads are collected after the questions have been written and are apparently deposited on the platform.* But the pads

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placed in view on the platform *are not the pads distributed among the audience.*

It is strange that Miss Fay, with her wonderful occult powers, does not answer the questions at once, but I suppose she has to let the spirits perform when they are in the humor for it, and, strange to say, they insist on performing every evening right after the pads have been collected.

The spiritualistic manifestations take place in a cabinet (similar to the one a Chicago audience of 6,000 people tore to pieces for Miss Fay in 1887), but, while clever and amusing, remind me very forcibly of the Ghost Establishment of the Geo. S. Williams & Co., of this city.

Take a piece of soft paper having a smooth finish, place a sheet of thin paper over it and write a question with a hard lead pencil. Examine the under sheet and you will see indentations have been made in it. You may even be able to tell what was written on the upper sheet. But don't waste time in doing this. Next take a knife and make a fine powder by scraping the point of the lead pencil. Collect this powder, dip your finger in it and rub it over the indentations on the soft sheet of paper. Immediately the paper will turn black wherever you touch it, excepting where the indentations occur, and your question will appear as clearly as though you had written it with white ink on black paper.

Miss Fay appears to have but two or three persons in her company, but "The Baldwins," who give a performance identical with Miss Fay's, are said to have bought thirty railway tickets for their company, although while giving their entertainment they appeared to have but two or three performers. Miss Fay, also, has a large number of assistants, some of whom are distributed among the audience to hear and see what they can, and in this way discover many of the questions not written on the pads, and occasionally get a glimpse of one written by a person before going to the theater. It is for this purpose that those who write notes are requested to hold them out in their hands.

Other members of the troupe are busy behind the scenes with sheets of glass and printers' ink. The ink is rolled out into a fine film on a sheet of glass and the pad is dropped face down on this. Then it is lifted off, deftly, and the questions appear in white, the balance of the paper being covered with ink. Sometimes three or

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four questions appear on one pad, it having been passed along from one person to another when the questions were being written. While the "printers" are busy behind the scenes with this part of the performance, Miss Fay is entertaining the audience by allowing her spirit assistants to indulge their regular evening and matinee habits.

A few years ago, at the request of a number of friends, I gave an entertainment similar to Miss Fay's, in Minneapolis, before an audience of several hundred persons who were interested in occult phenomena. I had a few assistants in the audience, and one of them, a lady, discovered the question which a Mr. S. had written on a piece of paper taken from his own pocket. Mr. S. was suspicious of the pads and believed he wrote so no one but himself knew what his question was. He had written: "Will you request someone to play the tune 'Flow Gently, Sweet Afton' on the piano." I received other questions and answers from my assistants, who obtained them from persons in the audience, and my "printer" developed many questions from the pads which had been used by the audience. Having answered all the questions but the one written by Mr. S., I called out his name from the stage and asked him to go to the back of the hall. A long piece of cord was procured and one end of it was tied around his head and the other around mine. I then asked him to think of the question he had written, and, after two minutes of apparently great mental effort on my part, I told him to rush toward me and take hold of my hands. I ran to meet him, grabbed his hands, dragged him all over the room and finally stopped before the piano. I seated myself on the piano stool, ran my fingers over the notes for a few moments and gently broke into the air of "Flow Gently, Sweet Afton." Mr. S. was astounded. He had never been a believer in telepathy, but told the audience afterwards that the test had convinced him that telepathy was a fact.

After the entertainment was over I explained to the audience how I had performed the feats, and my explanations were printed in the Minneapolis papers the following day.

Miss Fay's assistants are prepared, with encyclopedias, histories, geographies, newspapers containing current sporting events, etc., to answer many of the questions asked, and the services of several persons who know all about the city in which the entertainment is being given, are secured. These assistants are able to furnish much information about the best known people in the city, and are well posted on current municipal events. Carriages are in waiting, and

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sometimes a remarkable answer is given to a question asked by some well-known person, by driving in mad haste to a part of the city in which the information is likely to be obtained.

Occasionally Miss Fay manages to give a startling answer which may enable a mother to trace a long-lost son; or some article of value, which has been lost for years, is located. These answers create a sensation. Of course they are not given very often, and are out of the ordinary, but, needless to say, the answers are discovered by accident or are worked up by assistants or the "press manager."

In one city in which an entertainment was being given, a well-known man had lost a valuable instrument. It had been accidentally carried away by a certain person, but was supposed to have been stolen. The gentleman who owned the instrument was urged to go to the entertainment to ask to have it traced. His question was answered; the number of the house and name of the street in which the house was situated in a distant city were given. The instrument was recovered at the place named, and all the details connected with it were exactly as they had been told from the stage.

The answer created a profound sensation at the time, for the circumstances concerning the loss were public property and the owner of the instrument was well known. However, I knew the son of the owner of the opera house in which the entertainment was given, and he told me how the question happened to be answered so correctly. Word had come to my friend, through other friends, that the instrument had been located. He was told where it was and how it had been carried off. Seeing a "good thing" in this bit of information, and having ascertained the fact that the owner of the instrument had not learned of the discovery, my friend arranged to have him attend the performance. His question was answered correctly, of course.

This same friend told me that the hardest work he had done in years was during the three weeks' mind-reading and clairvoyant entertainment, for he was kept busy from morning till night helping the assistants to obtain answers to the questions.

Miss Fay cannot answer all the questions asked in a single evening, so those who are disappointed are asked to come again. In the meanwhile answers are secured to the different questions asked and are answered the next time those who asked them are

present. If the question answered the second night is not the question written on that night, the writer is told that he must have written the question answered on a previous night and that the operator answered what was really in his mind. Frequently the second question is answered on the same night.

Well, after Miss Fay has had her seance with the spirits, she is seated in a chair in front of the audience and covered with a sheet. It would be too much to ask Miss Fay to commit all the questions and answers to memory, even if the spirits allowed her time to do so; accordingly, all the questions and answers are neatly written or typewritten on paper, and she is able to read them off at her leisure under the sheet, without this part of the performance being observed by the audience. Then there are other ways and means of conveying questions and answers to her, even after she has been covered with the sheet. For instance, the old speaking-tube method and the rod method, by which messages are given verbally or shoved up to her on pieces of paper through a hole in the platform under the seat.

When Miss Fay is covered up, her manager requests those who have written messages to hold them in their left hands. (This frequently enables the assistants in the audience to see what is written.) In a few moments Miss Fay calls out, "Is Mr. So and So here?" On being answered in the affirmative she reads his question, which is then handed to an usher, who takes it to the master of ceremonies on the platform for verification. The usher frequently asks the writer of a question to tell him certain things, which he, in turn, communicates to the master of ceremonies, when handing the question to him. Then the master of ceremonies reads the question aloud again, and makes some remarks to Miss Fay. When addressing her in this way he gives her any information obtained by the usher, through a verbal signal code.

Some questions are answered correctly. Some asked by confederates, are answered in a way that astounds the audience, and the confederates always affirm that every word of the answer is correct. Other questions are answered by guess and many can never be verified. For instance, one lady I know asked, "Who stole my husband's watch?" The usher asked the lady in a whisper when it was stolen and what style of watch it was. He was answered truthfully, but when handing in the question was seen to communicate something to the director. The director then read the question

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aloud and passed a few remarks. The medium then said: "Your husband's watch was stolen by a professional thief with a large, red scar on his face. It was a gold, open-face watch, and was stolen six years ago. You will never recover it." The usher had given the information about the style and the time it was lost to the director, and he conveyed it to the medium under the sheet by using the verbal "second sight" code, similar to that employed by the Zancigs and taught by George S. Williams & Co., of Chicago.

Frequently the usher has a number of these questions in his hand at the same time, having received some of them after the name only has been called. In this way he is sometimes able to convey a question, and frequently the answer, to Miss Fay through the director, provided he has asked the writer some questions beforehand.

If the work of the printers is not very good, or if the person who uses a pad does not press firmly enough with his pencil so that his writing can be easily deciphered when developed, Miss Fay will call out "Mr. Hemitt" for "Mr. Hewitt," and T. E. Jones will be called F. E. Jones—mistakes that occur in the reading or writing of a question, but not in thought transference. Again, if the writing is very poor Miss Fay will confuse the "striking of a nigger" with the "striking of oil," which is not more confusable as a mental process than as a fact. The "nigger" may come in a question referring to striking oil on "Nigger Hill."

DEAR FRIENDS:

I find that the September issue of SUGGESTION is exhausted and we have orders for 1,000 magazines. Any one who can return a copy in good order of that issue will be credited with one month's subscription. How many copies can I get? Don't all speak at once.

EDITOR.

Dr. Parkyn may be seen at his office, 4020 Drexel boulevard, Chicago, daily for consultation or treatment.

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COMMON SENSE PHILOSOPHY

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

Fear and Deep Breathing.

A LARGE majority of people in this world fear themselves, fear their friends, fear their enemies, fear God, fear the devil. The greatest devil in the universe is fear. Is it any wonder people have a regular fear devil habit?



At home, at school and in the church, children are regularly taught to fear the past, the present and the future. The greatest problem of the human race is to teach man how he can get rid of fear.



There is no greater robber and thief than fear. It robs men of their health and wealth. It takes away peace of mind and gives worry on the enforced trade. Just watch the effect of one fear on your body; it can make you shrivel, cringe, sigh, blue and curl up.



One of the best preventatives of fear in the world is deep and regular breathing—because it gives tone to your nerves, vigorous and inspiring oxygen and ozone to the blood. These elements are great vitalizers to the billions of cells composing the human body.



Intelligent breathing through the nostrils gives you forceful will power, and bars out fear. All fearless folks breathe freely. Fear breeds slavish thoughts. Intelligent breathing is essential to a well balanced body and mind. Deep breathing keeps millions of cells in healthy motion.



By scare-thinking we develop the habit of half breathing. The human race as a whole, has the habit of half breathing; yes, the female side of it gets along on about a third breathing. Those that jump on chairs to escape a mouse, are only quarter breathers. Kate Shelly, who crawled over a bridge on a stormy night to flag and save a passenger train, was a full deep breather.

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Many women cultivate fear, and cut off healthy breathing, by lacing themselves into straight jackets. Thus they dwarf and stifle the solar plexus, the great radiating center of life and vitality. The devil never invented a greater infernal machine than tight lacing. Deep breathing breeds wholesome thinking and dauntless courage. The timid, weak, sick, asthmatic, consumptive, nervous folks try to get along without breath, as that is their habit of thought for years; deep breathing would cure most of them completely. They prefer to gasp, gurgle, whine and bewail fate.



Just before rising in the morning inhale for six seconds, hold the breath five seconds and exhale in four seconds; take seven such breaths, then repeat these exercises at an open door or window soon after arising, and fully a dozen times during the day, and will your breath generated power in a chosen ideal. Depressed man or woman, persistently practice this daily and drink fully two quarts of water and you will evolve into health, happiness and harmony. The Yogi of India accomplish wonders by the elaborate system of breathing, but Americans haven't the patience to do that.

Advanced Thought

The New Thought Defined.

THE uninformed will tell you that New Thought people are a lot of cranks, faddists and the like; but ask those same people what New Thought really means and they will give you some unintelligent answer or branch off into a dissertation on Dowie and "Dowieism," or Mrs. Eddy and "Christian Science," while as a matter of fact neither of the above come under the heading of New Thought.

The New Thought may be spoken of as being "the broad and comprehensive term given to the new method of treating social, scientific and economic questions." As one writer puts it, in other words: The new method of doing things—which in reality is no

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new method at all, being as old as the oldest hills and as ancient as civilization itself. "As a man thinketh in his heart, so is he," was New Thought in the time of Solomon, and is New Thought today.

The wise old Chinese philosopher, Confucius, preached New Thought when he said: "What truly is within will be manifest without." He believed man to be possessed of a mental and spiritual nature—one susceptible of almost unlimited unfoldment, and Confucius believed and preached these things long before Christ appeared upon earth.

New Thought is a belief in our oneness with God and all nature, and of the omnipotence and omnipresence of man's mind and the uplifting of the soul through right conduct here upon earth.

It teaches right living, right thinking, right being. It is optimistic, healing and soothing, just as old thought is pessimistic—full of superstition and unscientific. "Thoughts are things," says the student of the New Psychology. Recalling the beautiful words of Sir Edwin Arnolds:

Thought in the mind hath made us. What we are
 By thought was wrought and built. If a man's mind
 Hath evil thought, pain comes on him as comes
 The wheel the ox behind.
 All that we are is what we have thought and willed:
 Our thoughts shape us and frame. If one endure
 In purity of thought, joy follows him
 As his own shadow—sure.

New Thought teaches love as being one of the most beautiful, ennobling and uplifting attributes of the soul. It does not recognize hate.

When it is believed in and rightfully lived up to by the masses this world of ours will be a much happier place to live in than it is today—cranks or no cranks.—*Robert E. Durley in The Adept.*

THE GROWTH OF HIGHER FEELING WITHIN US IS LIKE THE GROWTH OF FACULTY, BRINGING WITH IT A SENSE OF ADDED STRENGTH.

—George Eliot.



A preacher's business is not to tell you anything new, but to get you to *do* what you already know.

—*Rev. Campbell Morgan.*

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NATURE CURE FOR CONSUMPTION

How to Get Oxygen Into the Blood.

THE best way to get oxygen into the blood is to walk a mile uphill two or three times a day, keeping the mouth closed, and expanding the nostrils. This beats all other methods. During such a walk every drop of blood in the body will make the circuit of the lungs and stream, red and pure, back to its appointed work of cleansing and repairing worn-out tissues.

All do not live in hilly sections, but art can devise means to apply the principle involved. Earthwork or stone, so constructed as to furnish a gradual steady ascent would prove of great benefit to the health of those who might make use of these walks.

Health boards, we are glad to see, are beginning to take up commonsense methods of caring for the health and preventing sickness. Recreation piers are coming into use at seaports, and people are being advised to use balconies and fire escapes in the fresh-air treatment of consumption. The up-hill walk, as a prophylactic and curative measure in many chronic ailments dependent upon a weak condition of the heart, lungs and blood-vessels, would prove invaluable.—*Medical Brief.*

Consumption a House Disease.

Consumption, says Dr. Flick, in an address read at the Maryland Tuberculosis Exposition, January 26, 1904, may be well termed a house disease. Without the house it can not exist. It depends upon the house for its implantation, propagation, and for evolution of all its phenomena. The house is the place where the tubercle bacillus lies dormant in wait for its host; it is the place where the new host gets his implantation; it is the place where the tubercular subject gradually becomes a consumptive, and it is the place where the consumptive dies.

In studying the progress of civilization in the light of modern science one is struck with the egregious blunders into which man has

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been led by his desire for privacy and comfort. He has built his house to keep out his enemies, to protect himself from heat and cold, and to screen himself from the curiosity of his neighbor. He has sought to make his home his castle, but in reality he has made it the place wherein he courts death.

If a man desires to free himself from the great white plague, he will have to retrace his steps from some of what he considers advanced points of civilization. He will have to learn, among other things, that fresh air is God's greatest gift on earth, and that whatever shuts out fresh air shuts out health and happiness. In house infection he will find the key to the entire problem of stamping out tuberculosis.—*Exchange.*

CONSUMPTION AND RHEUMATISM. By George Dutton, B. A., M. D., price \$1.00. For sale at this office.

This work is devoted to the natural cure of consumption. Rheumatism is a very *common* complaint, and consumption is both *common and fatal*. By the dissemination of such knowledge as is contained in this volume, one-half the ravages of this fell destroyer may at once be stayed, and by proper regulations, which might easily be adopted for the good of all by an enlightened populace, consumption may be almost wholly prevented.

Many people ignorantly suppose that these common forms of disease are well understood by medical men, and that their victims are generally scientifically treated, and die simply because the disease is inevitable and incurable. Nothing is farther from the truth.

The usual medical treatment of consumption only hastens the end; doctors, with few exceptions, use drugs which are harmful; when the disease has progressed to a dangerous extent, the patient is told to go south or west—anywhere so that the doctor will not be bothered with a case he can not help. Doctors who give drugs to consumptives should be punished for malpractice.

Regarding the book, the author has written:

"Tuberculosis is a technical name for what was once called consumption. It is the great destroyer of civilized life, carrying off prematurely one-fifth of the entire population. It is a form of disease that has baffled the profession for centuries. Remedy after remedy has been announced, tried, and proved delusive.

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"Reputations have been built on a false basis; the people have trusted, and been deceived.

"Within the last few years a new branch of so-called science—bacteriology—has been added to the medical curriculum, and the germ theory has been accepted by the profession at large as the cause of many forms of disease. In accordance with this theory it was announced by Professor Koch, in March, 1882, that the cause of consumption is the tubercle bacillus. This set the world agog. The cause of consumption, the great destroyer, had been found! The next thing was to find a germicide (germ killer); something that would arrest the ravages of this microscopic foe to human life. The microscope became at once an important instrument to the profession, and experimentation went on for years. Various germicides were tried, but all were found more or less injurious to the human organism. Nothing but the great need of what the reader may find in this volume has induced its early publication. It was intended when first written as a part of a more complete work on Etopathy (nature cure), or Way of Life, or the double Art of Living and the Art of Healing; for a knowledge of the healing necessarily includes a knowledge of the art of living, and *vice versa*. The Author of all being has not given us two sets of rules or codes of government, one for sickness and the other for health, but one code only, beneficent and universal.

"It is for all people in all times and places; and this code, in its perfection and its simplicity, as it relates to health and disease, it is the desire of the author to make known."

IT MAY BE PROVED, WITH MUCH CERTAINTY, THAT GOD INTENDS NO MAN TO LIVE IN THIS WORLD WITHOUT WORKING; BUT IT SEEMS NO LESS EVIDENT THAT HE INTENDS EVERY MAN TO BE HAPPY IN HIS WORK. IT WAS WRITTEN: "IN THE SWEAT OF THY BROW," BUT IT WAS NEVER WRITTEN: "IN THE BREAKING OF THY HEART."
—John Ruskin.



We all dread bodily paralysis and would make use of every contrivance to avoid it, but none of us is troubled about a paralysis of the soul.
—*Epictetus*.

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Open Camp for Consumptives.

The first open-air camp for the treatment of consumption ever established in Illinois and the Central West has just been opened at Ottawa, Ill., and thirty phthisis patients are to be received.

On this "camp" and its success will be based the campaign of next winter for State assistance in establishing the open-air fight on consumption on an extensive scale.

The "camp" at Ottawa is a tent camp, not unlike the tents of a military encampment. A large tent, screened with netting, will be used as an open-air dining room. The cooking, too, will be done on the premises, the "camp" being located on a strip of land which residents of Ottawa have donated, rent free.

Many of the thirty patients to be received will have the means at hand of making their own living. The cost to patients will not exceed \$18 a month, and in this way, too, the "camp" will be self-supporting.

The "camp" is the direct creation of Dr. J. W. Pettit, of Ottawa, who has the support of the Illinois State Medical Society.—*Daily Paper.*

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.

HEALING CURRENTS FORM THE BATTERY OF LIFE. Teaching the doctrine of the positive and negative mind of God, and of the Lord Jesus Christ as the mediator between the two states of being; revealing how the truth awakens the soul to its natural inheritance as an immortal co-worker with God, giving it dominion over sin, sickness, poverty and death. By Walter De Voe. Published by the College of Freedom, Woodlawn, Chicago, Ill. Cloth, 182 pp.

THE CULTIVATION OF PERSONAL MAGNETISM. A treatise on human culture, by Leroy Berrier. Published by Leroy Berrier, Davenport, Iowa.

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TELEPATHY. What it is and how it is done. By R. Dimsdale Stocker.

A DREAM OF THE SOUL. By Flora Hazelton Bailey, San Diego, Cal. A poem on realization; pamphlet; no price mentioned, probably 25 cents.

HOW TO CARE FOR THE HAIR AT ALL TIMES. By Juliet Marion Lee. Price \$1. The Juliet M. Lee Co., 27 West Twenty-fourth street, New York City, N. Y. Cloth; 125 pages.

WORRY, HURRY, SCURRY, FLURRY; CURED. By the Blissful Prophet and William E. Towne. Published by William E. Towne, Holyoke, Mass.

FUNK & WAGNALL'S STANDARD DICTIONARY. Being a comprehensive dictionary of the English language, enlarged, revised and printed from new plates, in which every word is classified, analyzed, defined, compared, and when necessary, illustrated.

This work is a cyclopedia as well as dictionary, and every field of science, art and literature is fully covered. This volume contains the condensed information of a thousand volumes. The Standard Dictionary is authoritative in every line, and those who wish to reach the fountain head of linguistic knowledge will naturally turn to the Standard.

Edited by Isaac Funk, D. D., LL.D. and published by the Funk & Wagnalls Company, New York.

HEALING CURRENTS FROM THE BATTERY OF LIFE, by Walter De Voe, The College of Freedom. Regarding this book a recent reviewer wrote the following:

"To the teachings of this little volume, which intersperses with its lessons showing the how, philosophical discussions of the why, no one can object. The materialistic physician, who relies solely on his drugs and his antitoxins, is not spurned. His medicaments are shown to be useful. The Christian Scientist need find no fault with a book that teaches that all is mind and all is good; albeit this book avoids the pitfalls of bad logic and worse philosophy into which "Mother" Eddy is oftentimes led. The mind healer, the faith curer, find their claims allowed, and the clairvoyant and healer by spirit power strike no discordant note in the pages under review.

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"There is one exception to be noted to the universal acceptance which should be claimed for the doctrines of this book, and that is the pessimist. No pessimist should dare to look into its pages. Should he be so bold, he can not lay down the volume until he has read it all, and if he does that his doom is sealed. He will rise an optimist, and with wonderment at his ever having held any other belief."

VACCINATION; A BLUNDER IN POISONS. By C. F. Nichols, M. D. Boston. Pp., 69. Second edition. Published by the author. 1903.

In the searchlight of statistics it would seem impossible to justify statutes of coercive vaccination. A leader of present thought and an investigator whose subtle honesty is recognized, Alfred Russell Wallace, thus prefaces "The Wonderful Century": "Vaccination will undoubtedly rank as the greatest and most pernicious failure of the century; this conclusion is no longer a matter of opinion, but of science."

The most recent national health reports are from our army. The report of the Surgeon-General of the U. S. Army, up to June, 1901, records for the year 246 cases of smallpox with 113 deaths, a mortality of 46 per cent! During the three years preceding there were among the recently vaccinated 705 cases of smallpox, with 220 deaths. "Yet every enlisting soldier is vaccinated at the time of being recruited, and revaccinated, not only on entering the U. S. Army, but also as often after as seems advisable to the army medical authorities. In the two years preceding June, 1900, 13,811 cases needed hospital treatment on account of vaccination." The large death rate includes conspicuously, blood poisoning and erysipelas.

These are the opening sentences of this brochure on "A Blunder in Poisons," and it is filled with similar statistical quotations from official sources, thus making it a very conclusive document against the evils of compulsory vaccination. Surgeons, physicians and laymen recklessly inject septic matter of which they know nothing, into the healthy tissue of an innocent child to prevent a disease that may never occur, and from the effects of its use the child may never recover. It required an act of parliament in Great Britain to prevent smallpox inoculation, and it may require similar measures ere this relic of superstition and barbarism be uprooted. It will pay to read this book.—*The Medical Advance*.

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Psychic Research

Premonitions.

A majority of women have premonitions, says the *New York Press*. One clever matron, speaking of the Chicago holocaust, said: "I have been in three theaters that burned down, and on each occasion had a forewarning of what was to happen. There was something in the air. A cold breath, as if a draught had suddenly been created, indicated to me that there was approaching danger. I quietly withdrew long before there was any suggestion of flames. My mother was often influenced in the same way. Some people call it 'a rabbit running over one's grave.' It is an uncanny feeling. Whenever mother felt it she would tell us that someone was about to die—some friend or acquaintance. I never knew her to be wrong."

Most of us have experienced that mysterious wind. God was in it, perhaps, when the "still small voice" spoke to Elijah on Mount Horeb. It does not blow, however. The lightest feather is not disturbed by it. Yet we feel it. A chill sensation creeps over us, much like that which one feels on entering a cold storage vault, except that it seems to affect the mind, heart, soul and all the senses, as well as the outer cuticle. If there are spirits in the air it may be their aura which affects us. At sight of ghosts we feel the same identical sensation—whether they be nightmares or some fantastic vision of a disordered brain. There is unquestionably a psychic influence; something not exactly definable, but mesmeric, clairvoyant, hypnotic and somnambulist.

At the time of the Brooklyn horror, the Kate Claxton "Two Orphans" hecatomb, the first man to leave the theater remained out. "What's the matter?" said an acquaintance; "don't like the piece?" "Very much," was the reply, "but somehow or other can't feel comfortable. I feel like a haunted house. If I were superstitious I'd believe something bad is going to happen around here—an explosion, a railroad disaster, a shipwreck or that sort of thing." He must have felt the speaking wind that never blows but always forewarns.—*Progressive Thinker*.

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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.

From a California Pessimist.

CHANNING SEVERANCE, LOS ANGELES, CAL.—“There is no God but Nature; no destiny but Fate.”—Zeno. While there may be something catchy about this much printed production of Ingalls (Opportunity) for surface readers, there is really nothing in it, and a more senseless assumption was never made than in the claim that opportunity to “reach every state mortals desire and to conquer every foe but death” comes once to every mortal man. There is no such time or period in any man's life, and the great majority of human beings are born in obscurity, live in obscurity and die in obscurity. They are simply nobodies and can not be anything else, for fate has so decreed. Hope, as Ingersoll once remarked, is an inveterate liar, and hope tells every human being as long as they live, that the future has better things in store for them, though it often has worse. Great minds are the natural inheritance of but very few people, and only those to whom Nature has given such minds and the power of concentration that goes with them rise above their fellow mortals to great heights and impress their individuality on the world. An ancient Chinese proverb says: “Great minds have wills; others only feeble wishes.”

The world is full of people always wishing for better conditions and hoping they will reach them, but they lack the will power to work for their attainment; and as wishing alone brings nothing but a chance to wish again, most lives are forever devoid of success and the realization of unusual results. The history of the human race is confined to an extremely limited number of individuals, and the time will never come when it will be otherwise. for by no possibility can or will the masses reach the great elevation attained by the favored few. I used to read and to think that Nature had no favorites, but if giving a few great powers that insure great possibilities is not mak-

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ing such "favorites," what is it? Most of us could practice feeding ourselves on auto-suggestions until the arrival of the undertaker, and that event might be deferred for a thousand years, and we could never develop into Ingersolls, Voltaires, Shakespeares, Cæsars or Napoleons. To every man that exists is given the groove in which he shall run, and I fully endorse the words of Thomas Carlyle: "It is not in man that walketh to direct his footsteps." A man's desires drive him to action, and we do not all have the same desires, hence do not act alike. Conditions in which we find ourselves at birth decree our fate in a general way, and we do from day to day what circumstances compel us to do, until the last day of our existence, when the sum total of these daily acts makes a human life.

Mortal man is Nature's puppet, and free will to act was never given to human being. Man is compelled to think as he does and to act as he does, and he has no more to do with shaping his own destiny from a voluntary standpoint than a weather vane has in choosing the direction it will point. Force of circumstances and natural inclinations (which are inherent and independent of the will) account for all that any man is or what he does. Because a man pursues with untiring energy a certain object in life, and attains it, proves nothing for those who claim they shape their own destiny, for that man was compelled by force of desire to do just what he did do and it was not of his power to do any different, for that dominant desire would not give him a moment's rest until its gratification was assured. We are all slaves to ideas, for which we are compelled to work and to live in conformity with, and forever and at all times, we are what we are from necessity.

Though the world is fed on affirmations, evil declared a myth, and to be sick a crime, the general order of things will never be much different, for we have the history of the race behind us to show what lies before us, for as our old friend Solomon said, "the thing that hath been is that which shall be." Nations rise and fall, civilization and barbarism alternate, and when we get about so high, down we go to come up again. Still, I have no objections to seeing those who think the use of suggestions will revolutionize the general order of things continue their work, but they should be more modest in their claims for ultimate results.

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Gems of Thought

THE following sentiments and quotations have been selected by the readers of SUGGESTION. If you have a favorite verse, quotation or motto, submit it for publication; the editor will be pleased to receive any selection expressing the thoughts and aspirations of the New Psychology. Always send the name of the author when possible.

WHOEVER LIVES TRUE LIFE, WILL LOVE TRUE LOVE.

—E. Browning.



WE MUST CARRY THE BEAUTIFUL WITH US, OR WE FIND IT NOT.

—Emerson.



MAN IS CREATED FREE, IS FREE, EVEN IF HE WERE BORN IN CHAINS.

—Schiller.



MARBLE, GOLD AND GRANITE ARE NOT REAL—THE ONLY REALITY IS AN IDEA.

—Wendell Phillips.



TRUTH IS AS IMPOSSIBLE TO BE SOILED BY ANY OUTWARD TOUCH AS THE SUNBEAM.

—Milton.



OPINION IS NOT TRUTH, BUT ONLY TRUTH FILTERED THROUGH THE ENVIRONMENT, THE DISPOSITION, OR THE MOOD OF THE SPECTATOR.

—Wendell Phillips.



GO BEFORE NO MAN WITH TREMBLING, BUT KNOW WELL THAT ALL EVENTS ARE INDIFFERENT AND NOTHING TO THEE. FOR WHATEVER IT MAY BE, IT SHALL LIE WITH THEE TO USE IT NOBLY: THIS NO MAN CAN PREVENT.

—Epictetus.



THE THINGS THAT ARE FOR THEE GRAVITATE TO THEE. OH BELIEVE, AS THOU LIVEST, THAT EVERY SOUND THAT IS SPOKEN OVER THE ROUND WORLD WHICH THOU OUGHTEST TO HEAR, WILL VIBRATE ON THINE EAR. EVERY PROVERB, EVERY BOOK, EVERY BY-WORD THAT BELONGS TO THEE FOR AID OR COMFORT, SHALL SURELY COME HOME THROUGH OPEN OR WINDING PASSAGES.

—Emerson.

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Suggestive Principles.

By THOMAS W. BICKNELL, PROVIDENCE, R. I.

Written for SUGGESTION.

Human life is a rich, a sacred, a divine gift.



A short life is a thing of immense worth.



A long life is a treasure of inestimable value.



The highest product of life is character; the outward expression of which is conduct.



All things in life that tend to nobler character building are to be desired; all that injure or destroy true character are to be shunned and deplored.



Possessions that minister to the growth of the highest qualities of body, mind and soul are worthy of man's ambitions; all other properties are not real, nor valuable, but are impediments in the paths of progress and life.



Real worth is the power of right living, which is the promise and potency of long life.



The measures of a good life are:

First—Longevity; an hundred years is a short life to a man who inherits good physical and spiritual endowments.

Second—A proper use of all of one's powers without disuse by disease, idleness, or premature decay.

Third—The acquisition of such physical, mental and moral power as will enable one to be of greatest service to humanity.

Fourth—The full enjoyment of God's good gifts, the power to work, unselfish service, friends, society, books, property, life.

Fifth—The possession of faith, hope, love—the consummate fruits of "the true, the beautiful and the good," in any and all life.

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Business Talks

BY THE MANAGER



The Breathing Corset.

The attention of the ladies of the SUGGESTION family is called to "The Corset that Breathes," advertised by the Wade Corset Company. The old-fashioned corset is the prolific source of most of the ills and discomforts suffered by women and has received deserved condemnation. And yet the present style of feminine apparel makes the wearing of a corset almost an unavoidable necessity. The Wade corset is radically different from the old rigid stays. It is built upon a new principle, which allows perfect freedom of the vital organs of the body and yet gives to the figure that graceful outline so much admired by man and woman. It is a big improvement—a long step forward—and every woman of the SUGGESTION family should investigate the Wade corset. Send for full particulars, 78 East Thirty-first street, New York.

HIAWATHA, a 16-page magazine of New Thought, Physical Culture and Single Tax. Postal brings sample. Adolph E. Schmitt, Meriden, Conn., editor.

ELSEWHERE IN this issue will be found a page advertisement of the book which is of unusual interest to those studying spiritualistic and psychical phenomena. This book is an autobiography of the Lulu Hearst who some years ago was known as the Georgia Wonder. She visited all the large cities of the United States and mystified everyone who saw her apparently wonderful powers.

This book explains the apparent mystery in her case and shows how easily people may be led to erroneous conclusions regarding very simple manifestations. The book is illustrated with cuts and diagrams and the explanations are so simple that anyone can understand them, and the author states that her performances may be easily duplicated.

For a good, clear complexion, cleanliness and the Elite Complexion Mask, worn during sleep, will work wonders.

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Every lady recognizes the necessity of a good monthly protector. The New Victoria is simply perfect, making it impossible for the flow to penetrate through it and soil the adjacent underwear. It is thoroughly hygienic and made of the strongest rubber material, etc., easily cleaned.

WILLIAM DICKINSON, of Cedar Rapids, Iowa, some time since, had about 500 small stones removed from his gall bladder and he is selling a little booklet for 25 cents telling about this operation and other matters. Read this story; it may prove valuable.

Inhalation.

It is now proved by science and the medical profession that to cure diseases of the respiratory organs inhalation is often beneficial and sometimes absolutely necessary, this being the only practical method by which the air passages of the head, throat and lungs can be reached, i. e., by direct application, instead of the old round-about method of stomach medication. The Stevens Pocket Vaporizer, also known as the Century Inhaler, easily stands at the head, which is proved by its unusual popularity among all classes—due, in turn, to its superior merits. It combines the advantages of the best instruments for the treatment of nose, ear, throat and lungs, and yet is so simple that it can be carried in the pocket or used continuously without interfering with other employments. Its manufacturers claim that it employs no injurious narcotic or irritating drugs, but only those volatile, essential oils which are natural germicides and the most valuable of all curative agents in the treatment of catarrhal affections.

This vaporizer, together with the pine balsam extracts, has met with remarkable success for the reason that it is a dry-air germicide. This treatment is ordered by scores of sanitariums and health institutions. The Balsam Extract prescription was formulated by the physician-in-chief of America's largest sanitarium (Battle Creek). No person suffering from nasal catarrh, throat ailments, consumption, bronchitis or chronic ear disease due to catarrh should be without this outfit.

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