

SUGGESTION

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1905



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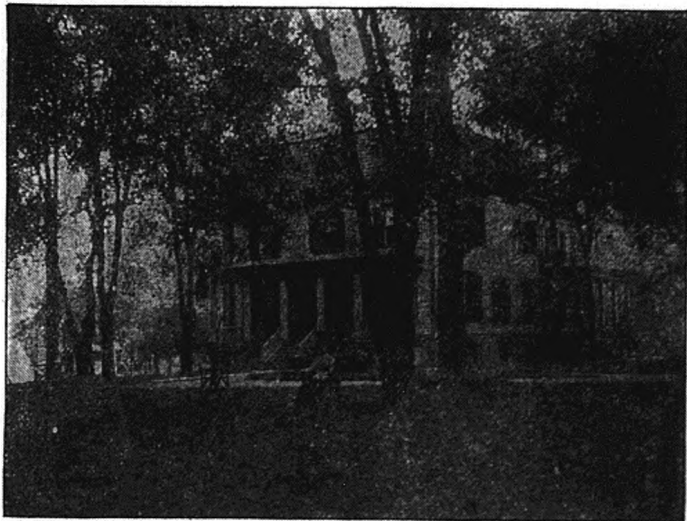
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SUGGESTION

A Magazine of the New Psychology

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

Vol. XIV.

CHICAGO, FEBRUARY 1, 1905.

No. 2

Suggestion the Basic Principle of Christian Science Healing.

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

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

PART III.

BEFORE I leave the subject of Christian Science and hygiene let me tell you about a few cases of the hundreds I have cured after Christian Science treatment failed.

Mrs. S., an old lady about 65, had taken six months' Christian Science treatment for deafness from one of Chicago's best-known Christian Science healers. She had all the faith in the world in Christian Science, for a cousin who lived with her had been relieved of a chronic nervous trouble after treatment by the same healer; but the Christian Science treatment had no effect on Mrs. S.'s hearing. Having learned that I had cured several patients on whom Christian Science had failed, she came to see me. After questioning her carefully I examined her ears and found them filled with cerumen (wax) from the drum to the outer opening. I used an ear spud to remove as much of the wax as possible, and then, by means of a syringe, washed out her ears with a warm medicated solution. She heard distinctly after the first treatment and was overjoyed: I washed out her ears daily for a week, and, after instructing her to keep her ears henceforth in a hygienic condition with soap and water, I dismissed her perfectly cured.

Does the reader think that all the Christian Science healers in

the world could have removed that wax by their absent or present treatment? Does not this example show that the laws of hygiene must be observed?

DOES MRS. EDDY IGNORE NATURAL LAW?

Query: Are Mrs. Eddy's teachings in accord with the laws of hygiene and health? Does Mrs. Eddy ignore natural law? What do you think of a system of philosophy or science (?) which teaches that the natural laws of our being can be set aside? Where is the "science" in such doctrines?

Mrs. R. had suffered from dyspepsia for nearly four years, although previous to that time she had enjoyed fairly good health. Before coming to me for treatment she had taken nearly ten months' Christian Science treatment and had carefully studied "Science and Health, with Key to the Scriptures," daily. Under Christian Science treatment she had become reduced in flesh to a shadow and was so weak she could scarcely come to my office. She would have continued Christian Science treatment till she died—"hypnotized" by it, in fact—if a sister of hers, a reader of SUGGESTION, had not visited her in Chicago, and, taking matters into her own hands, forced her to come to my office for treatment.

On examining the patient's teeth I found she had not a single molar tooth left, and in consequence was unable to masticate her food.

I sent her to a dentist at once to have a suitable set of false teeth made, and until she was able to use her new teeth successfully I prescribed foods which did not require thorough mastication. The patient began to improve at once. Her stomach digested what she ate, and in three weeks, by which time her false teeth were ready for use, she had gained eight pounds. In the following six weeks she gained eighteen pounds more—twenty-six pounds in two months—when I dismissed her cured, with better health than she had enjoyed in ten years. The teeth enabled her to eat like a healthy woman. Christian Science can't grow new teeth nor make a set of false teeth.

WILL CHRISTIAN SCIENCE TAKE THE PLACE OF TEETH?

Will any rational person claim that Christian Science can cure dyspepsia in a person who has no grinding teeth and who can not properly masticate food? Will Christian Science take the place of teeth? Yet we are taught that the laws of health and nutrition can be ignored if the directions in Mrs. Eddy's key to the Bible are followed.

Query: Is Christian Science rational and scientific? Or does it ignore the simplest laws of our being?

Mrs. T., a young woman whose home was several hundred miles from Chicago, had suffered from nervous prostration, dyspepsia and constipation for several years and was urged by her husband to come to me for treatment. She was accompanied to Chicago by a friend who had been healed by Christian Science, and this friend, instead of bringing her directly to me, took matters into her own hands, and, after securing a boarding house, called in a Christian Science healer. I knew nothing of what had been done till I received a letter from the patient's husband, telling me what had occurred and requesting me to call at the boarding house to look after his wife.

I found her confined to bed, suffering from several severe bed sores. Urged on by the Christian Science healer, she had kept on her feet till nature could stand it no longer and she was simply forced to lie in bed. Her bowels had not moved in over two weeks. Her pulse was 130, temperature $103\frac{1}{2}$, breath very offensive, persistent vomiting, intense headache. Her mind was in a very confused state and she talked incoherently about Truth, Spirit, Error, Immortal Mind, Chemicalization, etc.

I discovered she had not drunk over three glassfuls of liquids per day since coming to Chicago, seven weeks before I saw her. I immediately summoned a trained nurse, gave the patient a drink of laxative medicine and emptied the impacted bowels by using large enemas of warm water with glycerine. I left instructions with the nurse for dressing the bed sores and insisted that the patient should drink large quantities of water to flush out the whole system.

Next day I found the temperature reduced and the pulse down to 100 beats per minute; the nausea had ceased and the patient looked better and seemed brighter. She had slept very well and the headache had departed. I gave her a suggestive treatment every day for three weeks, and the change in her mental and physical condition was marvelous. I had taught her the necessity of looking after the life essentials, and she must have gained greatly in weight during the three weeks I kept her in the house, for when the three weeks had passed she was able to visit my office and I found she weighed 106 pounds. After daily treatment at my office for five weeks, she left for her home, a perfectly sound "cured" woman, and on the morning she left she weighed 123 pounds.

I could give example after example of cases of this kind, in which Christian Science has failed, because it ignores some of Truth's, Nature's, God's inexorable, common sense laws.

TYPICAL CASES.

A few days ago one of Chicago's most noted Christian Science healers—a pillar in the church—died from dropsy, the result of fatty degeneration of the heart. He was an abnormally stout man, and probably ate three times as much as he required. But the Christian Science healers were powerless to aid him, and he died.

Restricted diet, rational hygiene, judicious exercise and sensible suggestions would have saved this man's life and accomplished more than the "Immortal Minds" of Mrs. Eddy and a thousand Christian Science healers combined.

A few years ago I called at a residence in this city, and before I left was asked to step into a room to see a sick man who had been under Christian Science treatment for three weeks. He and his wife were Christian Scientists, and some of Chicago's best known Christian Science healers were supposed to be treating him. It appears that a pet parrot had bitten him on the hand three weeks before I saw him, and nothing had been done for him excepting to request the Christian Science healers to heal him.

I found his hand and arm swollen to three times their normal size, his pulse 160, and I should judge his temperature must have been 105. The case was undoubtedly a hopeless case of blood poisoning. I called his wife aside and told her to call in her old family physician without a moment's delay, but instead of doing this she summoned her Christian Science healer and they telegraphed to three other Christian Science healers—one in San Francisco, another in New York, and another in Boston—requesting them to give the man absent treatment. But the patient grew steadily worse, and after losing three days more in meddling with The Error—Christian Science—his wife called in her old physician, who immediately called in four or five of the best surgeons in Chicago for consultation, but they decided the patient had been neglected too long for them to be of any service, and in a few hours the patient was dead—dead because he and his wife had been so hypnotized by Christian Science that common sense and hygiene had been thrown to the winds.

"I HAD KILLED THE PATIENT."

A Christian Scientist who heard me tell about this victim of The Error promptly declared that I had killed the patient by allow-

ing my Mortal Mind to think he would die. I know this is a common excuse for Christian Scientists to offer when a patient dies after a physician has been called in. But can any good, consistent Christian Scientist imagine my poor little Mortal Mind overcoming and vanquishing the All Mind, God, Spirit, Truth, operating through the four "powerful" Christian Science healers and the victim's wife? What—Mortal Mind, Error, Devil, vanquishing God, Spirit, Soul, Life, Truth? Nonsense.

The victim of The Error—the imponderable Christian Science Therapy—was a well known inventor of railroad improvements and was too valuable a man to lose through such criminal negligence. Just before his death he had taken out a patent which is now in common use in every well equipped passenger train.

The Chicago papers published an account of his life and his inventions, and said he died from blood poisoning following a parrot's bite. The papers did not say that if a little hygiene had been used at the time the bite was received, or if hot fomentations had been applied as soon as there was the slightest sign of septic infection, his life could have been saved. But such is the Truth, and I believe the man would be alive today if it had not been for the baneful, pernicious, hypnotic influence of so-called Christian Science—The Error, as opposed to Wisdom—Wisdom, which God, Spirit, Truth, has revealed to man.

MR. FARLOW AND HIS STATEMENTS.

And now let us see what Mr. Farlow has to say about Christian Science and suggestion.

In the first place he virtually admits what every student of suggestion knows, i. e., that Christian Science cures are made by suggestion; but he goes a step farther and intimates that the quality of the suggestions used by the Christian Scientist is superior to the quality of the suggestions used by the average suggestionist.

I fail to see wherein suggestions like the Christian Science suggestions, founded on Error, can be of as good quality as suggestions founded on Common Sense, Science and Truth, such as the suggestions employed by the intelligent practitioner of Suggestive Therapeutics. Mr. Farlow should have studied the law of suggestion and watched its effect in the treatment of disease before making such a statement. There may be a certain emotional class attracted to Christian Science on account of its religious garb (and this class is very fickle), but, thank goodness, the great bulk of the people who

require to be healed do not belong to this class and will follow something built on sound, common sense when it is called to their attention, in preference to following a superstition, even if they are at first attracted to the superstition because they have not been given a simple, rational explanation for the apparent miracles wrought by the superstition.

In the next place Mr. Farlow says the "cures" made by Christian Science are "genuine and permanent" because they have a spiritual basis, while the cures made by suggestive therapeutics are "unscientific, unreal and counterfeit."

I have already shown the absurdity of qualifying a cure; but even granting that there are different classes or degrees of cure, is Mr. Farlow qualified to speak authoritatively on the subject of cures by suggestive therapeutics? Has he ever compared them with the cures of Christian Science except in his imagination? And what basis of cure can be more spiritual than a basis founded on Truth—Fact—Wisdom (such as the cures that follow treatment by Suggestive Therapeutics through the Self, Spirit, Mind, within the man), which is called on to heal the body after man has supplied the materials through which the Self, Spirit, Mind manifests itself in the flesh of the body, and which is used to heal any diseased part of the body. Unscientific suggestions, such as are used in Christian Science, do not become more effectual or more spiritual because they are associated with a few scriptural quotations, whose meanings have been perverted to bolster up The Error.

Again Mr. Farlow says "It may be admitted that apparent results are effected through all sorts of mental suggestion, but we assert that the stability and character of the results are always in exact accord with the character of arguments employed in producing the results." In this I heartily agree with Mr. Farlow, and it is for the reasons he has advanced that the results produced by Suggestive Therapeutics, intelligently employed, are so far ahead of any other system of masked suggestion, including Christian Science.

Again, to quote Mr. Farlow, "A discordant bodily condition is the result of an erroneous mental state, and if the mental process by which the cure is attempted consists in merely exchanging one belief for another, we can not hope for the same permanent results which may be effected by imparting the truth which destroys the procuring Error."

THE CAUSE OF DISEASE.

I must disagree with Mr. Farlow in the first part of this statement, for disease is not always the result of an erroneous mental state. The diseases cured by Christian Science are undoubtedly the results of erroneous mental states, but this is why they are susceptible to cure by Christian Science or any other system of purely mental treatment. However, there are diseases, arising from other conditions, in which the erroneous mental state follows the disease, instead of preceding it, but Christian Science, alone, can not cure these cases. For example, a man is in a desert and is unable to obtain water. The lack of this life essential produces certain physical conditions and if he is compelled to go without water for several days, his physical condition becomes so disturbed and his blood becomes so abnormal, that "erroneous mental conditions" (delusions) develop.

Now, of what avail will Christian Science be to a case of this kind? The laws of health and hygiene demand that this man be given water, and if he be given water in small quantities at a time, he will recover physically, and a little later the erroneous mental state will leave him.

Christian Science teaches that mind alone would cure this man, or, if he wants water to let him take what is put before him. Here again, rational hygiene demonstrates its superiority over Christian Science, for if a man who has been deprived of water till he is delirious be allowed to drink till his thirst is satisfied, he will probably die.

There are millions of patients whose erroneous mental conditions have followed a decline in health caused by failure to partake properly of the life essentials—air, food and water. But I agree with Mr. Farlow that we can not expect that an attempt to cure a disease by merely exchanging one erroneous belief for another will produce the permanent results that are effected by imparting the Truth which destroys the procuring Error.

For example, if a man be healed by making him believe that his disease, which he has always attributed to Divine Providence, is produced by Mortal Mind, the Devil (the Christian Science theory), is his cure likely to be as permanent as when he is restored to health by being taught the Truth, through suggestive therapeutics, that disease is the result of ignorance in transgressing God's inexorable laws, and that health follows and is maintained by right thinking, right living, and the proper direction of the Divine power within himself?

Mr. Farlow has emphasized this point nicely for me in the following manner, and it is in connection with this that he qualifies cures:

"One who believes that four plus four equals nine, might be cured of that belief by being persuaded that four plus four equals ten, but he would have another and greater error in the place of the first; whereas, if it be demonstrated to him that four plus four equals eight, he is permanently cured of this error. The former cure is unreal, unscientific and temporal; the later is real and permanent. The cure which is founded on divine, spiritual basis is genuine and lasting, while a cure based upon materiality or human will is unscientific, and therefore, counterfeit."

Just one more quotation from Mr. Farlow:

"It ought not to be difficult, however, to decide that the method which gives most power to God and least to human sense and reason, is most Christian and most desirable."

HOW MUCH "SCIENCE" ABOUT THIS?

It is a well known fact that Christian Scientists claim remarkable results in treating dogs, horses, plants and trees, as well as human beings. If this is the case and Mr. Farlow's contention be true, then all a Christian Science farmer would have to do to secure good crops, would be to treat his land to bring forth good crops. It would not be necessary for him to plant any seed, and his Divine Mind would kill out the weeds by denying their existence. Or, if the Christian Science farmer planted his seed he would not find it necessary to weed or cultivate. He would merely have to deny the existence of the weeds, and harvest a bumper crop. Would not this be leaving things to God with a vengeance?

But it seems to me that God gave man "human sense and reason" for a purpose, and expected him to use them. If he expected him to use them to keep his crops and orchards healthy, surely he expected him to use them to keep himself, his children and his neighbor as healthy as possible.

I think we can tell pretty well what would happen to a farmer's crop if he set aside human sense and reason, and expected God to look after it for him. And we have many awful examples set before us daily of the sad results of the Christian Science method of setting aside human sense and reason and relying wholly on God to heal their sick and suffering.

Mr. Farlow's argument reminds me of the story of the old Scotch lady whose husband occasionally had some distress in his

stomach from overeating. At these times it was his custom to groan with pain and pray to God in a loud voice to relieve him. During one of these attacks his wife said to him: "I dinna see why ye bother the dear, busy Lord wi' yer groans and prayers, when a pinch o' soda will relieve yer distress."

In conclusion, let me say that the only truth in Christian Science lies in the fact that it does make some cures among certain classes of diseases, but this Truth is the law of Suggestion, and the cures are made by the operations of this law.

After thirteen years' experience with suggestive therapeutics, in which I have received over ten thousand patients for treatment; after ten years' observation of Christian Science as a religion and system of healing; after witnessing the results of Christian Science treatment in hundreds of cases, and after making a careful study of Christian Science, I have no hesitation in publishing the results of my research and the conclusions to be drawn from them. Here they are:

IN CONCLUSION.

The percentage of cures among people who seek treatment by suggestive therapeutics is far greater than the percentage of cures made among people who seek Christian Science treatment.

The percentage of deaths under Christian Science treatment is greater than under suggestive therapeutic treatment. Let me say with respect to this point that although I have been practicing suggestive therapeutics for thirteen years, I have yet to sign the first death certificate, although, as a licensed physician in Illinois and several other States, I am fully qualified to issue a death certificate if called upon.

Under suggestive treatment results can be duplicated and repeated with certainty in similar cases—something that can not be accomplished by Christian Science.

Patients healed by suggestive therapeutics are not prone to relapses like patients treated by Christian Science.

The cures that are made by Christian Science are really made by Suggestive Therapeutics, unintelligently, unwittingly and unscientifically employed.

Suggestion is one of the natural forces of the universe, given to man by a superior intelligence to be employed for the education, uplifting and healing of man of every race and color the world over; that through it man might "have dominion over the fish of the sea

and over the fowl of the air and over every living thing that moveth on the earth." In fact, "suggestion moves the world."

I don't believe that Mrs. Eddy, even in her wildest flights of imagination, ever thought or expected that Christian Science would ever be anything more than a system of healing; but her followers who have been healed by it, not realizing that a simple attribute of their own minds is the source of all the healing powers manifested in or credited to Christian Science, have gradually made a religion out of it, because it appeared to them to be "a way that *seemeth* right."

[This concludes Dr. Parkyn's article. Mr. Farlow has been asked to reply, and his communication may appear in the following issue.]

The Primal Truth.

Written for SUGGESTION.

If from my consciousness I blot
 All images unsouth,
 And see but Beauty, shall I not
 Behold God's primal truth?

—*Susie M. Best.*

It will not do to be saints at a meeting and sinners everywhere.—*Beecher.*

* * *

"Only live fish swim up stream."

* * *

"No man is a failure who tries to succeed."

* * *

Delays have dangerous ends.—*Shakespeare.*

* * *

"The laws of thought are the laws of the universe."

* * *

A good intention clothes itself with sudden power.—*Emerson.*

Occult Power.

By R. H. COLBY, Ph. D.

NO question has called the scientific student to more thoughtful and thorough study of the occult powers of nature and of mind than that of power to treat disease and to drive out demons of habit and insanity. We can not deny that "Christian Science," "divine healing," as practiced by Schlatter, Shrader, Dowie, Moernons, and a great host (including the power of St. Ann's bones), has manifested to the thoughtful a power somewhere (hidden from the uninitiated), which does cure those whose faith lays hold of the suggestion that once is certain.

The parties and things named have proven efficacious in thousands of instances. Now let us look for a turn-key to the whole matter, without applying to the miraculous or supernatural. There are forces in nature when the right spring is touched (consciously or unconsciously), which respond in a nature cure, whether touched by a priest or an idiot, by prayer and anointing, or by a person of the world.

Healing by the occult forces of nature, inherent in man, as revealed today through the psychic power of the mind, has been brought into a science, with laws just as fixed as the laws of mathematics. There can be no doubt, as results show from the testimony of thousands, treated even from a distance, through the law of suggestion.

Mental Science is a study in psychic therapeutics, requiring the closest application and much time and patience; but the reward is glorious, as it not only enables man to know himself, but to cure himself. Christ and His Apostles possessed a power beyond any of the so-called healers of any day since. He used His power as Maker as well as Master.

There is now no science or faith that touches the border of Christ's Almighty power. With a word He cured the withered arm of the paralytic. But Professor Vyndel, of Dowie's college, carries a withered arm by his side as a flag of defiance to the power of John Alexander and all of his Zion. How soon would Peter or Paul have relieved one as useful as Zion holds this professor to be?

I am not questioning the sincerity of all these pretenders. They unconsciously touch the potent power and succeed in curing some diseases, and call it a miracle. It is no miracle. It is nature's mind or soul cure.

Every blessing is the gift of love. "God is Love." So the gift of healing, "like the early and the latter rain," is God's gift, and like the sun "shines upon the just and the unjust alike."

It is no sign of piety to possess the power to heal disease, but it is a sign that the right spring has been touched, the right suggestion made and received. It is a natural and not a supernatural power. A power to use and control the mental faculties as thoroughly revealed by the close and thorough study of Mental Science. A greater interest should be awakened in behalf of suffering humanity.—*Suggestive New Thought.*

When we know how to appreciate a merit we have the germ of it within ourselves.—*Goethe.*

* * *

There is no evil we can not either face or fly from, but the consciousness of duty disregarded.—*Webster.*

* * *

A firm faith is the best divinity; a good life the best philosophy; a clean conscience the best law; honesty the best policy and temperance the best physic.—*Charron.*

* * *

On all hands there is the announcement, audible enough, that the old empire of routine is ended; that to say a thing has been is no reason for its continuing to be.—*Thomas Carlyle.*

* * *

The world is not so bitter,
But a smile could make it sweet.

—*Tennyson.*

* * *

Humility is the sweet plant from which most virtues spring.

G. A. M.

* * *

Life is but a little gleam of time between two eternities.

—*Carlyle.*

* * *

God we must search for in ourselves alone; if He exists, the human heart's His throne.

—*Voltaire.*

Do It Now.

By PRESTON C. NASON, Boston, Mass.

Suggested by SUGGESTION.

IN the laboratory
Of the earth
There's something doing
That appeals
To the minds
Of thoughtful ones;
And likewise
The heaven above
Is a wonder
With its millions
Of problems
Yet unsolved;
And the air, too,
Is full of
Unaccomplished marvels,
Awaiting
The magic Touch
Of YOU and me;
Then why not
Let us all
Cut asunder
From the anchors
That bind us
To the past
And place our names
Upon the banner
Of greater progress,
By doing something
Worth the while,
And—DO IT NOW?

The calm sunshine and repose of a virtuous soul is ever wanting
to the profligate. —G. A. M.

* * *

Whether touched by happiness or sorrow, wise persons never
appear elated or depressed. —Buddha.

The Power of Thought.

STRANGE EFFECTS OF THE IMAGINATION IN CAUSING DEATH
AND DISEASE.

From the *London Express*.

A REMARKABLE case of death caused by imagination was recorded recently. A young girl at Cincinnati, depressed through ill-health, drank what she supposed was a bottle of carbolic acid, and begged to be taken to a doctor. Despite all medical efforts, however, she rapidly sank and died. A post-mortem examination showed no traces of poison, and the bottle of carbolic acid was found untouched, while the bottle from which she had drunk the contents was proved to have contained only a perfectly harmless mixture.

"Fancy can kill and fancy can cure" is a proverb which, whether in that form or in the saying of the North Country, "Conceit can kill and conceit can cure," is quoted far and wide wherever the English language is spoken, and it has a fundamental foundation in truth which brings it in into contrast with many other proverbs.

"Fancy can kill!" More than that, fancy, "conceit," imagination—call it what you will—has killed strong, healthy men, and where it has not killed them it has given them disease of an unmistakable kind or has produced effects through the action of drugs exactly opposite to those which the drugs ordinarily induce.

How "fancy" can kill, how it actually destroyed life, was demonstrated by the physicians of Montpelier at the time when they were in the habit of having delivered to them every year two criminals whom they vivisected in accordance with the custom which had been handed down to them from Rome. One day they determined to see what effect the mere expectation of death would have on a man who was perfectly healthy.

They, therefore, took such a subject and told him that they would kill him in the easiest way by opening his veins in warm water. They got a bath of warm water, into which they put his feet. Next they blindfolded him and pricked his feet with the point of a lancet, but without drawing blood. Then they began talking to each other as if the man was bleeding to death. In a little while they removed the bandage from his eyes. The man was dead, killed by fancying that he was bleeding to death.

THE FATAL BATH.

Only a year ago there was a young artillery recruit at Douai who was a perfectly healthy man, but who labored under the belief

that if he had a bath he would die. His comrades laughed at him, and to demonstrate how absurd was his belief, they stripped his clothes off and put him into the bath. When they took him out of the water he was dead. It might be urged that he was suffering from some organic disease and the shock of the water killed him. A post mortem examination was, however, held, and no disease was discovered.

How "fancy," which is, after all, only another name for the influence of the mind, can produce a disease which will ultimately cause death was most strikingly shown in a case which has often been quoted.

In a certain prison there was a case of smallpox. The fact was known, as, in some inscrutable way which the authorities would probably find it difficult to explain, such facts always do get known to the prisoners. One of them, a perfectly strong, sound, healthy man, showing no symptoms of weakness, was moved into a cell in which he was told a prisoner suffering from smallpox had died. The statement was inaccurate, for there had never been a smallpox case in that cell at all. In a day or two the man complained of being ill. In a few days more he exhibited every symptom of smallpox. As a matter of fact, he had smallpox. He said he was convinced he was going to die. He did die—killed by "fancy" and smallpox which he acquired merely by "fancy."

SAVED BY "FANCY."

In striking contrast with his case was that of another prisoner. He was put into the cell in which the original smallpox patient had died. He was assured that no one had died there or had ever had the disease in it. Although the room must have been swarming with the germs thrown off by the man who had died there only a short time before, the second prisoner did not get smallpox or anything else, and remained perfectly healthy during all the time he was kept there and afterward.

It is no doubt because they never "fancy" they have a disease that doctors on the whole preserve such an immunity from sickness, as, no doubt also, because their patients never trouble their heads as to what was the last case the doctor has come from, that they, too, fail to catch disease. It is a fact well known to everyone who has had any experience of hospitals that, whatever may be the custom today, the students often used to leave the wards and go down to see fever cases in the room set apart for all diseases of a suspicious nature, and go back to work in the ward without car-

rying infection with them, having taken no other precaution than that of washing their hands.

On the other hand, it is equally well known that in the earlier days of his medical career every student suffers acutely from the disease about which the professor of medicine happens to be lecturing at the time or the student himself happens to be reading. Indeed, there are many women who, of a friend says she is suffering in such-and-such a way, at once get every one of the symptoms mentioned.

PILLS AND IMAGINATION.

It has been said that "fancy" can pervert the ordinary action of drugs, and so produce unlooked-for results. One day a poor woman went to a doctor. Her youth belonged to the time before the Board school, and she was therefore ignorant of many of the facts with which the young people of today are thoroughly well acquainted. She was suffering from insomnia, and in order to produce sleep the doctor ordered her some opium pills, but did not tell her the reason for which he gave them.

The woman knew nothing of opium, and, indeed, she did not read the prescription, which was made up for her in the ordinary way at the dispensary. It was impressed upon her that she was to take two pills at bedtime. The only pills with which she was acquainted were the ordinary antibilious ones which are to be had at two for a penny at every chemist's. She took the two opium pills, and although by every law of therapeutics the action of opium is exactly opposite to that of antibilious pills, the woman was so convinced in her mind that the action of all pills was the same that the opium pills produced as powerful an effect as if they had been of the antibilious variety, but without making her sleep.

On another occasion the house surgeon at a hospital gave some colored water—only that and nothing more—to a hundred different patients. "Good heavens," he said when the last one had swallowed the draught, "I have made a mistake. I have given you all a strong emetic." Within a few minutes eighty of the hundred became violently sick, merely as the result of "fancy."

Jaundice is a disease which is supposed to be produced by certain internal disturbances, yet Sir Samuel Wilks has recorded one case which was clearly due to the effects of mental emotion, a potent influence over "fancy." This is also a potent cause for dyspepsia from which so many barristers suffer at the beginning of the assizes at which they have to appear, as it is of a similar complaint in many other professions and callings.

Much has been written and more has been talked of late about cancer, the primary cause and origin of which is being sought by, it would be difficult to say, how many scientific men scattered throughout the length and breadth of the world. Few people would believe that "fancy," the influence of the mind, could produce it, yet Sir George Paget once wrote: "In many cases I have reason for believing that cancer had its origin in prolonged mental anxiety."

Dr. Murchison also wrote: "I have been surprised how often patients with primary cancer of the liver have traced the cause of this ill health to protracted grief or anxiety. The cases have been far too numerous to be accounted for as mere coincidences." While Dr. Snow, writing in the *Lancet* in 1880, says: "The vast majority of cases of cancer, especially of the breast and uterine cancer, are due to mental anxiety," and mental anxiety is often closely akin to "fancy."

(NOTE.—Since the mind has power to produce such important and far-reaching effects as shown in the above article, would it not be wise for mankind to study the mental and psychic forces and understand the basic laws of our existence? This magazine is devoted to a study of the foundation law of human endeavor, THE LAW OF SUGGESTION, which law fully explains all the mysteries of the above article and many other mysteries now supposed by many to be caused by extra-mundane influences. All facts rest in simple, natural law, and whether or not we can find the law, analogy and common sense teach that the law is nevertheless there. There is no reason to look beyond the reign of natural law for the explanation of any present or future fact. As the world becomes more enlightened the circle of superstition becomes smaller and smaller, and when perfect knowledge obtains, there will be no thought of referring any matter or fact to the agency of super-normal powers.—Editor SUGGESTION.)

"It is the rough sea that makes the smooth pebble."

* * *

Moral perfection consists in the living each day as though it were our last; serene, sincere, cheerfully performing the duties that await us.

G. A. M.

Are Thoughts Things?

[Thesis Read by Capt. L. W. Billingsley, Attorney, Before the New Psychology Club, Lincoln, Neb., October 25, 1904.]

Arranged for SUGGESTION.

THE CHARACTER and quality of one's thoughts experience a change by every person they associate with. In thought elements you are a different man each day, caused by the suggestions, information, experiences, material and other environments that come to you each day. Each thing grafts on a quality or shade of thought. Thoughts all springs from and rest in consciousness. A dead man has no thoughts because consciousness has departed. Thoughts have spiritual chemicals that have attractions or repulsions; positive and negative affinities and combinations. If your associations are with evil minded persons, then you attract that kind of elemental mind stuff, and through thought chemicalization with their's, you too will become weighed down with their vicious thoughts.

The old trite aphorism, "evil communications corrupt good manners" is founded on truth. If our associates are pure, refined and intellectual, then we grow in the same mental qualities. Let a refined, pure woman come into the company of the degraded and all pass to a respectful recognition, with vice put in the background. Whatever weakens the mind weakens the body and enervates the power of thought. Many noble souls, through constant contact with spirits saturated with gross, lower natures are physically and mentally sick thereby. Innumerable people lose vigor of body and decay because they continually think over daily the same round of thoughts. Your thoughts should be varied as your food, otherwise you will have much unrest, uneasiness and other forms of bodily disease.

Thought is as much food for your spirit, as bread is food for your body. One of the great causes of senility is looking back and dwelling on the events of the past. To keep fresh, hopeful, buoyant, and optimistic is to live resolutely in the ETERNAL NOW, and not keep looking back. Some dried up mentally and physically old men, and women, are ever looking back into the past, and talking of what occurred years long ago—and measuring up things by the decayed and warped mental yardstick of the past.

"I die daily," says Paul, by which we may infer that the thought of yesterday is dead today, and thrown aside like a worn out coat. We cast off old thoughts from our minds, and millions

of old cells each day from our bodies. Happiness is all a matter of thought. Some can be happy in a dungeon, while others will be miserable in a palace. All impure thoughts are harmful to one physically, mentally and spiritually; they are rubbish, garbage, rags and carrion around the mental premises. Some men at times have given expression to lofty sentiments like Robespierre and Mirabeau—yet most of the time were the entities of inordinate passions, defects and vices. They often soared to sublime heights, yet their known lives were low, groveling and coarse. All intellect abounding in richness of thought and visions of grandeur and beauty of life's possibilities, give expression to thoughts that harmonize with their plane of life. Take a man like Emerson, Beecher, Gladstone, Talmage and others whose spirits were opulent with great thoughts; they had to give to the world those thoughts in rich profusion. They lived in a thought atmosphere far above the ordinary level. They were ever and anon inspired by their thoughts. They all possessed what we call "magnetic influence"—that secret, intangible, invisible attraction that one person often has for others. Poets, artists, sculptors and orators work under such thought inspiration. We find the same secret attraction working in the world of business, and of all grades from the highest to the lowest.

We are all parts of a great whole in the mental world, but we live on different levels. We live in an ocean of thought forms, thought elementals and thought stuff—from very crude material to strong and beautiful thought forms. Thought forms of strength have been photographed repeatedly on delicate plates as easily as the X rays and N rays are used. Scientific journals have in the last few years given well authenticated accounts of many such phenomena. This has been done in Paris, Washington and San Francisco. These pictures have been taken in this wise. A person, say of strong concentrating powers, takes a seat to be photographed—he makes in his mind an image, say of three friends, one on his right, one on the left and one behind him—when this group is well fixed in his mind, the signal is given, then the photograph takes the impression—the person and his three thought imaged friends, are distinctly taken in a group. This demonstrates that thoughts are things, though invisible and intangible to mortal eye or touch. What that substance is that makes up thought, no one knows, any more than one knows what composes electricity, force, gravitation, attraction, magnetism and many other things in nature. We see their phenomena and manifestations in innumerable ways. We sim-

ply go up against the impenetrable wall of the unknown—we will not say, unknowable, as some agnostics say; for, some time, man may penetrate the mystery and know the essence of some of these things. It is not wise to put a limitation on man's tireless investigations and researches. Thousands of minds every hour are sounding and dragging the deeps of the unknown—and from time to time treasures of knowledge are brought up and made manifest to humanity. With some, ideas are organic. They are creators as well as absorbers of thought. Such persons try to live up to their highest ideals, and in the greatest variety of life and occupation. When one has such inspiration and mission in life he feels an urgent necessity of bringing to himself all that is best in the universe that he is able to appropriate. He absorbs the spirit of all about him. He weaves into his spiritual fiber, and gives it out again, colored with his individuality. The flames in a series of lamps may be of the same character and color—but we have lights of as different colors as there are globes stained of different colors. So in a series of individualized persons, though each is fed of the same spirit, yet each reflects a peculiar light of his own.

“We can be creative and original as we absorb of any thought and make its expression original.” We can assimilate thoughts of others with our own. This is as it were an actual chemical operation of unseen element. There is a combination of other thoughts with your own resulting in the formation of a new element. The more unselfish and purer your own thought and motive, the greater the rapidity of such combination, and the more original and striking your thoughts. By such means are many thoughts born in you.

The qualities of justice, unselfishness and other high ideals, are themselves elements and scientific factors in such birth. The man who is steeped in selfishness and greed does not hesitate to steal the ideas of others bodily. He knowingly appropriates the thoughts of others, without crediting them to their rightful owner, or with any credit. He is a mental poacher from the thought estate of his superiors. But the time will come when he will find himself in a desert place, with no chance to appropriate; dependent entirely upon his own resources; then he will find himself poor and crippled in mentality; because the bad habit he formed has dwarfed his faculties and made him helpless by habitually appropriating the property of others and branding it as his own—though he only has mental mavericks.

(Continued.)

The Law of Success.

By B. F. AUSTIN, B. A., ROCHESTER, N. Y.

Written for SUGGESTION.

ONE OF the prime requisites in gaining success is a recognition of the fact that success and failure in life are under the law of cause and effect. One of the great difficulties in starting young people on the road to success is the prevailing idea in the popular mind that success and failure in life are, to a large extent, the result of chance; of good or ill luck. One's heredity, environment and the conduct of others, may together form a factor in life's product which seems entirely outside our own effort, and appears to be the result of fortuitous circumstances, but these are, at best, only one element and, in most lives only a very fractional element, of life's success or failure. The statement *life is what we make it* is substantially true of all. One's character may be changed, one's condition in life reversed and the attitude of our fellow-men changed from hatred to friendship.

So long as a person believes that fortune, fickle goddess, is opposed to him and, therefore, his efforts are vain, or that fortune smiles upon him and, therefore, his efforts are useless, so long will he drift, the victim of circumstances, and fail to summon his soul forces to that supreme effort which makes so-called fate and leads to the heights of success.

The law of success is a fixed principle in nature, and as unchangeable as the law which governs seed time and harvest. *Success as inevitable follows a certain line of thought and action as effect follows cause.* If we sow the seeds of success in right thought, sentiment, will and act, the harvest follows as naturally as the ripened wheat follows the spring sowing of wheat.

True success is the outcome of personal development. Successful lives grow from within. Every man is rich in thought, purpose, desire and will before he becomes so by his own effort. There is, there can be *no true success* which is not the natural outgrowth of mental and spiritual unfoldment.

Our present character and environment being the direct, natural and inevitable result of our own thoughts and the thoughts of our parents, we must learn the mighty potency of thought power—not only over our own lives but over nature. We must learn that thought has magnetic power to attract to the thinker the good desired or the evil feared. As these thought forces operate according to laws

of the mental realm we should study diligently these laws that we may control and direct these mighty thought forces.

To realize one's self is the first necessity of every life. Self-knowledge is the road to power because it leads men into channels of universal law. When a man realizes himself he finds he is related to all the universe and, as each atom serves a universal end, so he must live for the universal good. Broad aims, noble altruistic purposes and an earnest spirit bring a man into touch with all nature and cause streams of power to flow into and through his being from the four quarters of heaven.

Every soul must come to realize that the greatest talent, power and wisdom man has yet attained, await discovery and use within his own being. Every man should destroy his belief in his own limitations, expel his doubts and fears, and cultivate the mood of success. He should cease all wasteful expenditures of soul force in hate, worry and anxiety and cultivate the love element of his nature. He should live happily and believe in Nature's evident intention to make him happy and prosperous. He should develop the occult powers of the soul by inner calmness and repose and cherish lofty ideals.

A Case of Double Consciousness.

Dr. Albert Wilson: The patient was a girl, 22 years of age. She suffered from some affection that may have been meningitis, but this is not known positively. She then developed acute maniacal excitation. During this illness the patient presented some remarkable changes of personality—such as are seen in hysteria. The author does not term the curious manifestations by this name, but describes some nine or more different varieties of personality manifested by the patient that are quite interesting. Thus the patient had spells of blindness, deafness, paralysis, etc. The most interesting of these manifestations, because the least easy to explain, was the patient's ability to draw the full figure of a nurse, etc., during her spell of blindness. To convince himself that this was the actual case, the author held a book between the patient's eyes and the sheet of paper on which she was drawing, or put his hands before her eyes while she was drawing, without in any way interfering with her drawing. Her sense of touch was highly sensitive during that period; she could detect a line drawn across her draw-

ing paper, dates written at the top of her drawing paper, merely by touching the paper where the intruding lines had been drawn. Plates of the drawings are given. During her normal state the patient could never draw, either before or after the illness.—*From the Journal of Mental Science*, October, 1904.

A Medical Expert Approves of Suggestion.

Dr. William Osler has accepted the Regius professorship of medicine at Oxford, England. He will assume his duties next spring, after completing the school year at Johns Hopkins University. The appointment has been approved by King Edward.—*Journal of Medical Association for August 20, 1904.*

PROFESSOR OSLER is regarded as the very highest authority on medicine. He wrote the article on Medicine for the *Encyclopedia Americana*, the new and most excellent encyclopedia published by the Scientific American Company. In that article he makes this magnificent tribute to the worth of Suggestion:

“To these (trained nurses, diet, out-of-door exercises) might be added a fourth, which in some sense is the most natural of all, for it has been practiced in ages more remote by many thousands of years than the suspicion of either of the others, and by savages almost at the bottom of the scale, that is, some form of Suggestion or hypnosis. * * * The psychical method has always played an important, though largely unrecognized, part in therapeutics. It is from faith which buoys up the spirits, sets the blood flowing more freely and the nerves playing their part without disturbance, that a large part of all cure arises. Despondency, or lack of faith, will often sink the stoutest constitution almost to death’s door; faith will enable a spoonful of water or a bread pill to do almost miracles of healing when the best medicines have been given over in despair. The basis of the entire profession of medicine is faith in the doctor, his drugs and his methods.” (See article on “Medicine” in *Americana Encyclopedia*.)—*Now.*

“Destiny is not about thee, but within.
Thyself must make thyself.”

* * *

“Plant as if you expected to live forever. Live as if you expected to die tomorrow.”

Pure Water.

PURE WATER is composed of two gases, Hydrogen and Oxygen, in the volumes of two of Hydrogen to one of Oxygen, nothing more. If anything else has crept into the water it is accidental and should be expelled. These proportions are fixed by an all-wise Father and can not be changed or improved. The more nearly we obtain these elements in this proportion or volume the purer and nearer to nature is the water. Water is pure as it is formed in the clouds, but in its fall to the earth as rain it may absorb from the air dust, smoke, soot, floating germs, etc.

Rain water is soft and being free from all impregnations, at once dissolves everything soluble with which it comes in contact. When it enters the earth it may be filtered of much that it receives from the air, but, being a powerful solvent, it readily dissolves and absorbs minerals, vegetable and animal poisons and disease germs in the course of its percolation through the soil, and when it emerges again in spring, well or stream, it may be clear and sparkling, but loaded with poisons and death. Typhoid and other bacteria, themselves transparent, may swarm in it, and, if it could be magnified, every drop would be seen to sustain ugly looking monsters, able to consume the body and multiply into millions every hour, so that one would be reminded of the song of Rum's Maniac:—

"In this foam Destruction rides
And in this tide doth Ruin swim,
Perdition at the bottom hides
And Death is dancing 'round the rim."

Minerals are also held in solution in the water just as sugar is in tea. Neither boiling nor filtration will remove both of the most dangerous elements—disease germs and lime. Lime makes water hard, and when drank for many years produces paralysis, wrinkles, white hair and old age. The body becomes encrusted with lime, just like teakettles, when hard water is used. No person past middle life should drink hard water.

Filtration strains only—clarifies but does not purify. Fire is the great purifier. To distill is to boil water and condense the steam. In this process the Hydrogen and Oxygen are driven off and form pure water and the refuse is left in the teakettle.

As water only is desired, this process is strictly in accordance with nature's plan. The condensed steam is pure H₂O, exactly like the water in the clouds.

Thoughts well guarded bring happiness.

—*Buddha.*

HERBERT A. PARKYN, M. D.

4020 DREXEL BLVD., CHICAGO

HOURS, 9 TO 12 A. M.

Feb. 1, 1905.

Dear Friends:--

Since my letter to you last month, several hundred members of the SUGGESTION FAMILY received a present of Prof. Vail's book, THE DELUGE AND ITS CAUSE, by securing a new annual subscriber for SUGGESTION. The majority of these readers sent in the new subscription with their own renewal, and next month I intend to let them tell you in their own words what they think of their present.

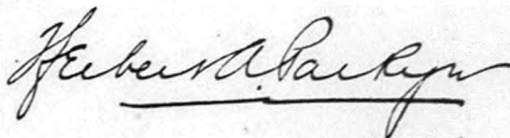
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I want you all to WAKE UP and get a copy of THE DELUGE AND ITS CAUSE. It will force you to re-adjust your thinking cap after reading the first few pages. I am confident you will all want a copy of it sooner or later, but I want you to have it 'sooner.' I want you to have the book, for I know you will enjoy it and I want that new \$1.00 subscription also from your friend. He will get the magazine for a year and you will get a present of a book which is already making a stir in religious and scientific circles. It is making all classes as well as the 'Man up the tree' do some tall thinking and not a little reading and investigating.

Get that new subscriber, please, and you will receive the book by return mail and do some thinking on your own account.

Yours faithfully,

4020 Drexel Blvd.,
Chicago.

A handwritten signature in cursive script, reading "Herbert A. Parkyn". The signature is written in dark ink and is positioned to the right of the typed address. Below the signature, there is a horizontal line that appears to be a signature separator or a decorative underline.

Pure Water.

PURE WATER is composed of two gases, Hydrogen and Oxygen, in the volumes of two of Hydrogen to one of Oxygen, nothing more. If anything else has crept into the water it is accidental and should be expelled. These proportions are fixed by an all-wise Father and can not be changed or improved. The more nearly we obtain these elements in this proportion or volume the purer and nearer to nature is the water. Water is pure as it is formed in the clouds, but in its fall to the earth as rain it may absorb from the air dust, smoke, soot, floating germs, etc.

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Minerals are also held in solution in the water just as sugar is in tea. Neither boiling nor filtration will remove both of the most dangerous elements—disease germs and lime. Lime makes water hard, and when drunk for many years produces paralysis, wrinkles, white hair and old age. The body becomes encrusted with lime, just like teakettles, when hard water is used. No person past middle life should drink hard water.

Filtration strains only—clarifies but does not purify. Fire is the great purifier. To distill is to boil water and condense the steam. In this process the Hydrogen and Oxygen are driven off and form pure water and the refuse is left in the teakettle.

As water only is desired, this process is strictly in accordance with nature's plan. The condensed steam is pure H₂O, exactly like the water in the clouds.

Thoughts well guarded bring happiness.

—*Buddha.*

HERBERT A. PARKYN, M. D.

4020 DREXEL BLVD., CHICAGO

HOURS, 9 TO 12 A. M.

Feb. 1, 1905.

Dear Friends:--

Since my letter to you last month, several hundred members of the SUGGESTION FAMILY received a present of Prof. Vail's book, 'THE DELUGE AND ITS CAUSE', by securing a new annual subscriber for SUGGESTION. The majority of these readers sent in the new subscription with their own renewal, and next month I intend to let them tell you in their own words what they think of their present.

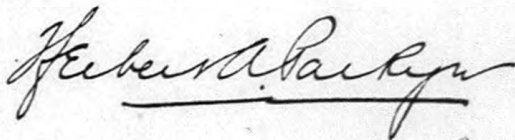
I have 5,000 of these presents to send to our old subscribers. All I ask is a new subscription from a friend along with your own if you are renewing, or just one new subscription if your own subscription does not expire soon. We do not send the book with a renewal.

I want you all to WAKE UP and get a copy of THE DELUGE AND ITS CAUSE. It will force you to re-adjust your thinking cap after reading the first few pages. I am confident you will all want a copy of it sooner or later, but I want you to have it 'sooner.' I want you to have the book, for I know you will enjoy it and I want that new \$1.00 subscription also from your friend. He will get the magazine for a year and you will get a present of a book which is already making a stir in religious and scientific circles. It is making all classes as well as the 'Man up the tree' do some tall thinking and not a little reading and investigating.

Get that new subscriber, please, and you will receive the book by return mail and do some thinking on your own account.

Yours faithfully,

4020 Drexel Blvd.,
Chicago.

A handwritten signature in cursive script, reading 'Herbert A. Parkyn', with a horizontal line underneath the name.

SUGGESTION

A JOURNAL OF PSYCHO-THERAPY

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

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



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



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



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



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



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

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



TO MY SUBSCRIBERS: The date of the expiration of your subscription appears on the wrapper. You are cordially invited to renew your subscription. I do not want to lose any members of the SUGGESTION family; if a dollar is not at hand, mail us a postal asking that the magazine be continued—forward the subscription price when convenient. Why not send us the name of a friend or two who might be interested in our magazine?—EDITOR.



EDITORIAL



What Is Happiness?

Have you a definition for Happiness?

What is your idea of happiness?

Are you happy?

Do you ever expect to be?

Why are you not happy?

Try to answer the above questions; try to be honest in framing the answers.

Send us your definition of happiness; the best definition is the shortest.

Here is a definition of happiness sent by a thinker, F. S. Weaver, of Coe, Indiana:

"Happiness consists in doing, or intending to do that for which we are adapted; or in preparing our self for such work."

Can you write a better definition? Try.

To Correspondents and Writers.

The editor has a large amount of manuscript on hand, and articles must appear in turn. So it occasionally happens that an article which has been accepted may not appear for one or two months.

Another point: All copy for the printer except the advertisements goes to the printer forty or fifty days in advance of the date of issue.

For example, the copy for this issue went to the typesetting machines (linotypes) December 20th.—EDITOR.

Several thousand names have been received from our friends and sample copies of SUGGESTION sent to all; if you know of some person that thinks—that will not shy at an idea—please send name and address at once.

We want the names of every thinking person; the names of every one that is seeking for facts, and who is not afraid of an idea. Send to 4020 Drexel Boulevard, Chicago.

Wine is a Mocker; Strong Drink is Raging.

FOR thousands of years people have been defending the moderate drinker and for thousands of years a warning cry from the four corners of earth has echoed and re-echoed, has gathered force and volume and emphasis, the cry that echoes the admonition that "Wine is a mocker, strong drink is raging, and whosoever is deceived thereby is not wise."

* * *

It is the custom to excuse drinking and to claim that alcohol is a food, and that a little stimulant is beneficial, etc., etc.

Well meaning persons are apologizing for the moderate drinker, and well meaning (?) ministers are saying nice things about saloons if they happen to have a soda water attachment.

But at last there has spoken in no uncertain tones the spirit of hundreds of thousands who have been deceived and who were not wise; at last we have an argument that will stop forever more the apologists for alcohol; at last the truth has been declared and none can gainsay it.

* * *

The moderate use of alcohol beverages shortens life.

* * *

This is not said by any temperance crank or by any friend of teetotalism. It is the voice of the dead that speaks. The insurance actuaries have reluctantly been forced to make the statement that a moderate drinker is a doomed man; that moderate drinking means an untimely death; this has been shown by the record of thousands of cases taken from the mortuary statistics of the insurance companies.

* * *

These figures show without bias or prejudice or sentiment or any desire to favor one side or the other that alcohol, even in moderate amounts, means death.

* * *

Here is the proof, taken from the *Chicago Tribune* of December 4, 1904:

DRINKERS ARE A BAD RISK.

Life Insurance Experts Agitate for a New Policy.

TEETOTALERS LIVE LONGER.

Figures to Show That Abstainers Would Get Greater Profits.

NEW YORK, Dec. 4.—(Special.)—Actuaries of leading life insurance companies declare that investigations carried on here and abroad show that drinking men are such hazardous risks that a new form policy should be adopted governing their case.

In thirty-six years the deaths number 57,891 drinkers, as against 46,956 abstainers of men between the ages of twenty and seventy. The conclusion of the actuaries is that teetotalers, as a class, live from 20 to 50 per cent longer than moderate drinkers as a class.

GIVE VALUE OF ALCOHOL.

There has been during the last year an unusual amount of discussion by leading physicians in England and France on the value of alcohol as a drug and its dangers as a beverage, and there is now on record a voluminous mass of testimony on the question which is not only of the highest scientific character but also free from the prejudice which stultifies most of the prohibition literature. These conclusions may be summed up thus:

In certain bodily conditions and when carefully administered alcohol is a valuable drug, but at present it is used much too freely, and consequently with harmful results. Its use as a daily beverage in any form is pronounced to be dangerous, physically and morally.

VIEWS BASED ON STATISTICS.

It was found that the death rate even among moderate drinkers of the first class is much larger than among total abstainers. This finding was reached from statistics covering 125,000 lives in a period of sixty-one years. In insurance phrase, however, it was found "non-abstainers are good average lives, generally equal to the best accepted standards," but "total abstainers showed marked superiority throughout the entire working years of the life of both sexes."

Thus from the age of forty to that of fifty, which is regarded by insurance men as the "prime of life," there were 6,246 deaths among total abstainers and 10,861 among moderate drinkers, an excess of 74 per cent in one decade. Between the ages of twenty and thirty the excess was 11 per cent, from thirty to forty it was 68 per cent, from fifty to sixty 42 per cent, and from sixty to seventy 19 per cent.

ABSTAINERS' PROFITS GREATER.

During the three decades from thirty to sixty years of age is the time when most persons carry life insurance and when the profits are being earned and accumulated. It is evident, therefore, say insurance experts, that those in the total abstinence department, where losses are so much smaller, stand a better chance of profitable returns. In other words, with what the total abstainer saves in money by not drinking and gains in insurance it is clear that he is far better off financially than his brother of the moderate drinking class.

Treatment by Suggestive Therapeutics.

Patients desiring to meet Dr. Parkyn for consultation or treatment should make an appointment in advance; by telephone, if they live in Chicago, otherwise by letter. Hours 9 to 12, a. m. Phone, Douglas, 687.

Address, Herbert A. Parkyn, M. D., 4020 Drexel Boulevard, Chicago.

Anna Eva Fay and Her Tricks.

In answer to a query in *SUGGESTION* for October, 1904, I told in detail how Anna Eva Fay gives her performance in apparent mind reading and clairvoyance. Since the exposure I have received a score of letter from readers, who have witnessed the performance, giving me "Hail Columbia" for attempting to explain such spirituelle phenomena on such materialistic grounds. Some said I was jealous of Miss Fay's psychic powers, others said that my explanation might account for some of the apparent mind reading, but gave their own experiences which they declared could not be accounted for on the grounds of trickery as I claimed.

I have not published these letters, nor have I answered them by giving further explanations to cover the individual experiences. A man does not like to be told that he has been fooled and that no matter how careful and cunning he thinks he has been, he has revealed his secret question to an accomplice of the performer in an unguarded moment.

In the past I have occasionally endeavored to explain to a correspondent how his secret might have been stolen from him, but I invariably received a "warm" reply to the effect that my correspondent was not born yesterday; that no matter how smart I thought myself in detecting fraud, I had overstepped myself in endeavoring to explain his experience; that the explanation I gave was not only ridiculous, but an insult to the intelligence of a person who claimed to possess even a particle of common horse sense.

It has always been my policy in *SUGGESTION* never to expose an apparent psychic phenomenon unless I knew what I was writing about, and although my attitude toward some apparent psychic phenomena and some public entertainers has lost us many friends and not a few subscribers, still I will continue along the same path, and whenever I find a public performer claiming to give an exhibition of genuine psychic phenomena, when I know he is using trickery to obtain his results, I will not hesitate to tell my readers how the trick is worked if I have accurate information at hand. *SUGGESTION* is published to help humanity, not to deceive it. It is published in the interests of truth and science. It encourages the investigation of all psychic phenomena, but endeavors to deal a death blow to anything bogus that is handed out to the public in the guise of genuine psychic phenomena.

Not later than a week ago Miss Fay's performance was closed by the district attorney of Pittsburg, where she was arrested for con-

spiring with her manager and "assistants" to deceive the public. She was held in \$500 bail to appear at the March term of court to answer the charges against her.

In this issue will be found an account of Miss Fay's last exposé from one of the Pittsburg papers, which will probably interest all my readers, excepting the few who criticised my exposure so scathingly after being duped by Miss Fay.

From this it will be seen that my description of the methods used in the Fay performances tallies exactly with the confession of Miss Fay's manager.

But the number of letters of criticism I received after the exposure of the Fay performance is small when compared with those received since my exposure of the Zantzig's. Besides many rebukes from the readers of SUGGESTION, I have received a long letter of condemnation from the Zantzig's themselves, who have returned to the United States after a long tour around the world in their fake telepathy entertainment. I have these letters on file and will keep them there for ready reference, for it is not unlikely they will make entertaining reading before long, especially if the Zantzig's appear in Pittsburg or in some other cities where there is another wide-awake district attorney or an official like Mayor Stewart, or if they can be induced to give their performance where the investigating committee is made up of persons who know how to impose perfect test conditions.

It is utterly impossible for any person or any two persons to give a public performance of genuine mind reading or telepathy with the precision and success that attend the performances of such entertainers as the Zantzig's and Anna Eva Fay. If these performers simply advertised their performances as a mystifying entertainment for the public, well and good; but when they charge admission for a performance in which they claim to give a genuine exhibition of mind reading or telepathy, or other occult powers, they not only deceive the public, but actually obtain money under false pretenses, and when our district attorneys, as a body, awaken to this fact, many so-called occultists will be forced either to seek other means of earning a livelihood or to come out frankly and advertise themselves and their performances for what they really are—clever, professional tricksters, giving a mystifying entertainment of bogus mind reading or telepathy.

HERBERT A. PARKYN.

The world will accept truism in the next generation what it regrets as a paradox in this.

—Grant Allen.

This, Too, Shall Pass Away.

The poem "This, Too, Shall Pass Away," which appeared in the November SUGGESTION as anonymous is from the pen of Mrs. Ella Wheeler Wilcox.

A clipping containing the poem was received at this office, no author being mentioned, and inadvertently it was marked "anonymous."

One of Mrs. Wilcox's admirers wrote to her about the matter, and she called our attention to the error.

The mistake is regrettable, as the poem is one of peculiar strength and power and Mrs. Wilcox is entitled to all possible credit for presenting the world with these beautiful words which contain lessons of deep import.

E. E. C.

Editorial Chat.

OUT in Denver abides our friend, George Loarts. He is State agent for the DesMoines Life Insurance Company, and sent the names of his agents so we could forward sample copies of SUGGESTION. He publishes a monthly bulletin for the benefit of his company in particular and humanity in general. We quote a line or two:

Don't spend a dollar's worth of time to find a lost penny.

Courage, then forward!

Cultivate cheerfulness, it is a valuable asset.

Absolute confidence in yourself, your company, and the people will assist you materially in closing business.

Don't frown. Don't look down hearted. If you ever feel that way, don't attempt to sell life insurance.

Put up a bold front. Wear clean collars even if you have to turn them several times. Your socks likewise.

Don't worry about tomorrow, today has its cares.

Regarding SUGGESTION, Brother Loarts soliloquizes:

"You can say that SUGGESTION is a power in the hands of salesmen who read it and apply its teachings; it's better than any \$1,000 library I ever saw."

QUERIES

Pure Trickery.

DES MOINES, IOWA.

EDITOR SUGGESTION:

Was at an entertainment the other night where a so-called medium gave an entertainment. Would like to have you explain through your columns how a couple of his tricks were done.

His wife would hold out at arm's length a newspaper and he would stand clear across the stage. He called the trick setting fire to paper by the power of his will, which he positively did three or four times. First there would appear a brown spot, then it would turn black and then flames would consume the paper. The paper was held over a tub of water so that the fire could fall into the tub. He gathered the papers from the audience in a wooden box painted black on the inside.

The other trick is about as follows: Three slips of paper folded with names of spirit friends among about thirty or forty blank folded the same way were put in a hat and shaken up and he picked the slips out one by one and he wouldn't stop until he came across a slip with a name on; then he would give a clairvoyant (?) reading, describing the person and finally give the name; then pass the slip to the committee, of which there were eight in number, taken out of the audience. Yours respectfully,

W. C. COLLIDGE.

ANSWER TO "PURE TRICKERY."

Such tricks are among the very simplest described in the books devoted to an explanation of stage tricks. A certain chemical substance will cause the paper to burn; a bit of sodium dropped in a basin of water will burn furiously. A steel watch-spring burns fiercely in a jar containing oxygen, etc.

Send to the George L. Williams Company, 7145 Champlain avenue, Chicago, and you will receive a catalogue in which all the tricks of mediums are listed. Many are more impossible (?), apparently, than the ones you mention. There is a vast underground world in the stage business as carried on by mediums, tricksters and performers with which the general public has no knowledge.

If the ordinary reader could see these "underground" workings a thousand and one clairvoyants, etc., would have to go to peeling potatoes for a living.—EDITOR.

A good man is always serene; a bad man always in fear.

—Confucius.

NATURE CURE

Valuable Rules for Consumptives.

ADOPTED BY THE NEW YORK BOARD OF HEALTH.

NEVER sleep or stay in a hot or close room.

* * *

Keep at least one window open in your bedroom.

* * *

Have a room to yourself, if possible; if not, be sure to have your own bed.

* * *

Avoid draughts, dampness, dust or smoke; dust and smoke are worse for you than rain and snow.

* * *

When indoors remain in the sunniest and best ventilated room, preferably without carpet.

* * *

Do not wear chest protectors.

* * *

Keep your feet dry and warm.

* * *

Go to bed early and sleep at least eight hours.

* * *

If you have to work, take every chance to rest that you can.

* * *

Take half an hour's rest on the bed before and after the principal meals.

* * *

Avoid eating when bodily or mentally tired, or when in a state of nervous excitement.

* * *

Eat plenty of good and wholesome food. Besides your regular meals, take a quart of milk daily, from three to six fresh eggs and plenty of butter and sugar.

* * *

Keep your teeth in good condition; use a toothbrush after every meal.

* * *

Do not smoke and do not drink liquor, wine or beer, except by special permission.

Drink plenty of good, pure water between meals.

* * *

Do not talk to any one about your disease except your physician and nurse.

* * *

Do not kiss any one upon the mouth.

* * *

Shave your beard or wear it closely clipped.

* * *

In the treatment of your disease, fresh air, good food and a proper mode of life are more important than medicine.

* * *

Stay in the open air as long as you can—if possible, in the park, woods or fields.

* * *

Do not be afraid of cold.

* * *

Be hopeful and cheerful, for your disease can be cured, although it will take some time.

* * *

Carefully obey your physician's instructions.

Nature Cure.

Consumption spares the natives of the Calmuck steppes on the border of Asia and southern Russia. Lung diseases of all sorts are remarkable by their absence, so much so that Russian physicians undertook to ferret out the cause of the immunity and gave to the world the drink known as koumiss, or fermented mare's milk. That beverage of the steppes, they thought, must have something to do with the sound lungs of the native. But the actual connection of cause and effect has been plausibly explained as follows: The elevated tablelands, east of the Volga, are almost treeless; fuel is scarce and, as the winter climate is rather severe, nine-tenths of the population make clothing supply the deficit of stove heat. In their cool, airy tent-cabins lung-microbes get no living chance, but whenever a Calmuck cattle baron accumulates a surplus of rubles, he is apt to drift to one of the neighboring cities and cough as much as the rest of his civilized fellow men.—*Exchange*.

Psychic Research

Dr. Funk's Position Regarding Spiritualistic Phenomena.

In a recent communication to this office Dr. Schellhaus referred to Dr. Isaac Funk as a spiritualist.

A copy of the letter was sent to Dr. Funk with a request for him to explain his position. In reply the following letter was received:

DR. FUNK'S LETTER.

MR. E. E. CAREY, 4020 Drexel Boulevard, Chicago, Ill.

My Dear Mr. Carey—You must pardon me for my long delay in answering your kind note of the 9th inst., but I have been literally so overwhelmed with correspondence that has grown out of "The Widow's Mite"—this in addition to our large holiday business—that I have not been able to even look at much of the psychic correspondence that has crowded my desks.

In reference to your question concerning Dr. Schellhaus' reply, permit me to say that I have seen no reason to change my agnostic position toward spiritualism that I expressed in my recent book, "The Widow's Mite and Other Psychic Phenomena." There is much very careful investigation to be made before we will be able to discriminate between what goes under the names of telepathy, clairvoyance, secondary personality, etc., and communications from what may be called foreign intelligences; and after we have succeeded in establishing points by which we will be able thus to discriminate, we then have a probably much larger task before us—that of discriminating between these foreign intelligences in the way of establishing the identity of the spirits communicating. These are very large questions. I can not go into them now, but must refer those who care to know my views or lack of views on these subjects to my book.

Thanking you for calling my attention to this communication of Dr. Schellhaus, I remain,
Yours very truly, I. K. FUNK.

Telepathy.

Some friends object to our remarks about Anna Eva Fay and the Zancigs, and affirm that these parties have great occult power, etc.

If a person really had the power of reading minds do you not think that he could convince the world of the fact in twenty-four hours?

If a person really could read minds, all he would have to do to be famous in a day would be to go to the White House and get a few messages from the mind of the President, and members of the cabinet and give them to the reporters. Then the President and the

cabinet would begin to ask questions and the newspapers would do the rest.

Why, a fleet of air ships would not cause half the commotion that this feat of mind reading would do.

No, friends; telepathy for commercial purposes, is a myth.

Our psychic friends may deceive themselves, and their friends, but the fact remains that they can only "demonstrate" under certain conditions which preclude a scientific test. And when a scientific test is proposed, there is a silence. If any one has telepathic powers, why not come forward and demonstrate it to the world?

It will be very easy to arrange experiments under test conditions so that the truth or the falsity of the claim may be demonstrated.

Who will be first to propose such a test?—EDITORS.

This Looks Like Telepathy.

A friend sent to the office of SUGGESTION the following clipping:

TELEPATHIC TIDINGS FLASHED 825 MILES.

MOTHER AND BROTHER AT ST. LOUIS AWAKENED AT HOUR OF DEATH
IN JERSEY HOME.

"Plainfield, N. J., Oct. 1.—While neither had previously given a thought to things occult, Thomas Muir and his mother, of this city, are now converts to the theory of telepathy.

"When they went to St. Louis a few days ago all members of the family at home were in the best of health.

"Shortly after midnight of their second day in St. Louis, Muir awoke with a start, found himself in a nervous and apprehensive state of mind, and was not able to return to sleep.

"Referring to the matter at the breakfast table, he was informed that his mother had passed through an experience similar to his. They had awakened at precisely the same moment.

"Before they had left the table a telegram was handed to Muir informing him that his brother had fallen from a ladder the day before and that he had died at the very moment when the pair at St. Louis, 825 miles away as the crow flies, had been aroused from sleep by some subtle warning of ill tidings."

Upon receipt of the clipping mentioned above, it was sent to Mr. Thomas Muir of Plainfield, N. J., with a request for a short statement regarding the truth of the article. Mr. Muir replied as follows:

"The facts of my experience as contained in the clipping you sent me are true. My mother and myself left Plainfield on September 7th for an extended trip through the West. On September 10th, my sixteen-year-old brother, a healthy boy in every sense of the word, fell from a trapeze in an amateur circus, breaking his neck. He lingered until 4 o'clock Monday morning, September 12th, when he died.

"Although his body was completely paralyzed from the shoulders down, his brain retained its normal activity and he called continuously to those about him, to summon his mother and brother, then in Des Moines, Iowa. This was particularly the case just before the end came, almost his last words being, "O, I wish Mamma and Tom were here so that I could say good-bye."

"At 2:53 on the morning of September 12th, I suddenly awoke in the Des Moines hotel, with a sense of oppression and with the thought that I had been awakened by the nearness of some person. I arose and turned on the light and though there was nothing strange about the room, I was too uneasy to return to my slumbers and remained seated in a chair until 3:30. When my mother and I met at breakfast that morning (she having occupied an adjoining room to mine) I spoke of the incident and was surprised to have her say that she had also been awakened at 2:30 or thereabouts and that she had been so restless that she did not return to bed again. At noon that day the telegram came announcing the death of my brother.

"I attribute the circumstance to some form of telepathy but as I am not nor never have been a student of the subject, I can not discuss it with you. This information, however, I furnish you cheerfully, and trust it may be of some use to you."

Sincerely yours,

THOMAS MUIR,

105 North Avenue, Plainfield, N. J.

It will be noticed that when it is 4 o'clock in New Jersey it is about 3 o'clock in Iowa; so Mr. Muir was awakened at just about the time of his brother's death. If this case was the only one that has been reported, the element of consciousness would prevent any

serious consideration being given to it; but as thousands of similar cases have been noted, and as his mother was also awakened at about the same time, there is a strong probability that some kind of message traversed the space between Plainfield, New Jersey, and Des Moines, Iowa.

Electrical impulses are now being sent by wireless telegraphy; why may not mental impulses, under certain conditions, be also transmitted through space and recorded in the secondary consciousness?

Since the wireless telegraphy and telephone have been demonstrated, it seems reasonable to suppose that thought vibrations may also travel from mind to mind. A French scientist has asserted and continues to assert that the human brain sends out vibrations which correspond in intensity to the volume of thought, and while the scientific world refuses to believe in these N-rays, yet they may exist, and eventually vibrations caused by mental action may be registered as wireless telegraphic messages are. In this age—the age of radium—it is not well to be too dogmatic; the line between the possible and the impossible is shifting and changing, from day to day, and the beacon of knowledge is penetrating today farther and farther into the mists of the unknown and it will be a bold prophet who can say what lies just beyond.

EDITOR SUGGESTION: One year ago last March a medium took my photograph for spirit mediums. When completed there were three faces on it besides my own. One was my father's mother, who passed away, as nearly as I can tell, twenty years ago, in England, and who has sent me many messages since and before, and the other was an Indian chief, Tecumseh. Since it was taken it has never been for one instant out of my possession, and about ten months after it was taken there appeared to be a blur or spot coming on the picture. It kept on developing till at last my mother's face appeared plainly. She passed away in England forty years ago. I have seen several photographs of her, though I have not now or ever had one of my own. I am prepared to make affidavit to the truth of all these statements. DR. R. E. DECLARK.

GRAND FORKS, N. D.

You have not fulfilled every duty unless you have fulfilled that of being pleasant.
—Charles Buxton.

Anna Eva Fay Exposed.

[Anna Eva Fay was arrested in Pittsburg, Pa., last December, and in self-defense her manager explained that she was simply a common trickster, with no psychic powers whatever. An explanation of her methods was printed in the issue of SUGGESTION of October, 1904.

As many thought this explanation unjust and faulty, an article from the Pittsburg *Leader* of December 29, 1904, is here given. Miss Fay was arrested for violating some law regulating the operation of fortune-tellers. Still, notwithstanding this article and numerous exposures, and the positive statements of Miss Fay's manager that only trickery is used in her exhibitions, many people will contend that Anna Eva Fay is a "psychic." The article referred to is given below.]

HOW MISS FAY DID HER WORK.

Her Clever Manager the Inventor of an Ingenious Secret System.

SPOTTERS WERE USED.

Their Duty Was to Identify Folks and to Discover Questions.

TONY AND THE TUBE'S PART.

George H. Pingree, manager of Anna Eva Fay, and W. D. Grimes, assistant district attorney, had a long talk today over the prosecution of Miss Fay for fortune telling. At the conclusion of it Mr. Grimes declared that the bill against Miss Fay would be sent to the grand jury and if she is indicted she will be tried. He declared that there will be no settlement of the case.

The trial, however, can not proceed unless Miss Fay is in the court room when it is called. She is now under \$500 bail to appear at court. She will leave Pittsburg this week for Baltimore and will continue her tour of the country. When her case is called next spring there is no expectation that she will cancel her theatrical dates for the purpose of returning to Pittsburg to be tried, particularly when at the most only \$500 is involved. That amount would hardly pay her expenses back to Pittsburg and her counsel fee, to say nothing of the risk she would run to be either fined or imprisoned if a jury should happen to declare here a fortune teller.

JUST PLAIN TRICKERY.

During the talk Mr. Pingree had with Mr. Grimes the act of Miss Fay was thoroughly discussed and Mr. Pingree admitted that there was no telepathy, no mind reading, no second sight, no clairvoyance nor nonsense of any kind about it. It was merely an act arranged to deceive and mystify the people.

The first requisite for the successful performance of the act is to obtain knowledge of the question any person desires to ask. Next it must be gotten to the stage and conveyed to Miss Fay. A successful performance required that these two things be accomplished without detection and that they were hundreds of persons will testify. And in doing so they give strong testimony as to the cleverness of Mr. Pingree, for he is the man who devised the ways and means.

All the persons in the audience see is Miss Fay on the stage covered with a sheet. This sheet serves a double purpose. It gives the minds of the credulous ones in front a turn toward the supernatural and it, it is said, conceals a speaking tube that is run up from underneath the stage to the

ear of Miss Fay. It will be recalled that at the Avenue theater Miss Fay sat on a temporary platform erected beyond the line of the footlights. At Old City hall she sat on the stage. The platform at the Avenue had to be erected because there was not room under the stage for one "Tony" and his assistants to work. They had to utilize a recess that was made under the stage for the piano used in the theater. The piano was moved slightly to one side for the engagement. At Old City hall, "Tony" and his men worked under the stage and it was a hot, close place. He used to come out covered with perspiration.

WORK OF "SPOTTERS."

"Tony" was the person who got the questions when they came from the front of the house and read them off through the speaking tube to Miss Fay. These questions were gotten in various ways from persons who firmly believed that they were the only living ones who knew them. Sometimes they were conveyed to "Tony" through a slit in the stage platform and at other times they were hustled around under the stage by messenger.

At the door of each performance it is claimed there were spotters employed by the management whose duty it was to write down the name of every person they knew. In the theater were other spotters and cappers who were there to keep their eyes and ears open and learn who was asking questions and what they were asking. Spotters were at work outside preparing for performances to come, picking up all they could hear of persons who were talking of going to the theater to ask Miss Fay certain questions. The management, it is said, had unsuspected sources of information, and all that was gathered was made available by the ingenious system that was invented by Mr. Pingree. All of the information collected beforehand was in charge of "Tony" and on a tip from the front he could in a moment spring any part of it through the speaking tube that connected with Miss Fay's ear.

One instance was related to-day: A certain distinguished soldier of high rank is interested in some old Mexican mines. He was preparing to go to Mexico to see about the development of them. He had talked to many persons about his trip and about the mines. He told some of them that out of curiosity he was going to see Miss Fay and ask her about his trip to the South. He wrote his question on a letter head of the Duquesne hotel and showed it to several persons before he went to the theater. Among those who saw it or heard of it was one of the spotters in the employ of the manager of Miss Fay. As soon as the soldier entered the theater word was sent back to "Tony" under the stage that he was there and that he had written on a Duquesne hotel letter head a question which read: "Shall I take a trip to the south?"

When Miss Fay's act came on she soon "saw" in the audience this soldier, and she called out his name. She answered his question that he was going to the South, that he was going to see about his Mexican mines. She related the history of the mines, how they had been worked for centuries by the Mexicans and Indians and that under the management of the soldier it would pan out rich.

The consequence of that answer was that the soldier began feverish preparations for his trip to Mexico and is now more firmly convinced than ever that he has a rich thing in his mine.

CLEVER TRICK AND DECEPTION.

At his conference, with Mr. Grimes to-day Mr. Pingree was asked about this answer and how he obtained knowledge of the question. He merely smiled and said that the fact that the question was answered proved the cleverness of Miss Fay. He said that the soldier had gotten just the sort of an answer he wanted and that he undoubtedly had full faith in his mine before he went to see Miss Fay. Mr. Grimes held that such an answer might make a man go into unsafe and injudicious investments, but Mr. Pingree contended that that man had so much faith in his mine that he would have gone ahead without any word from Miss Fay.

Mr. Grimes then mentioned the case of an old man and his daughter who were awaiting the distribution of an estate in court. They were told that the estate would soon be distributed and that they would get a good sum of money out of it. He held that this old man might be led into the expenditure of money based on this information, which he and his daughter regarded as supernatural and hence reliable, and that he might be plunged into debt and the estate might not come up to his expectations. He said great harm was done in this way. Mr. Pingree answered that the old man probably knew how much money he was to get from the estate and that as for his belief that the act of Miss Fay was supernatural, he was sure that nine-tenths of the persons who went to the performance went only to be amused and knew there was nothing about the show but a clever trick and deception.

"UNDERGROUND" METHODS OF COMMUNICATION.

County Detective Robinson says the speaking tubes under the stage were supplemented by a building telephone system and Mr. Grimes ventured the opinion that a couple of men armed with powerful telescopes were hidden high up in the building and read the questions as they were written by persons down below. To these theories Pingree merely smiled. He answered that there was deception practiced, and that the persons who asked the questions unconsciously aided in it, but he would not go into an explanation of his methods for the very good reason that there would be numerous Anna Eva Fays on the road with a copy of the act. In fact there are now two persons touring together as "The Fays." They are said to be the son and daughter-in-law of Miss Fay, who is married. Mr. Pingree says they are no relation to her and are merely giving a poor copy of her act.

While Mr. Pingree would not give any light on his methods he tacitly admitted to Mr. Grimes and to a *Leader* reporter that the first requisite for a successful performance was to get the names of persons asking questions and their questions. And, as stated, the next was to get them to "Tony" under the stage. How this is done is his secret, which he is entitled to keep since it is his stock in trade and since he distinctly disavows any supernatural work, mind reading or other mystic attributes for Miss Fay.

WHY DELAYS ARE NECESSARY.

There are times during the performances when delay is necessary to get possession of the answers. A common method is familiar to all who attended Miss Fay's show. She would say:

"I see Robert Smith. He wants to ask a question. Mr. Smith, now keep your mind concentrated on your question. Don't think of anything else. Think of it alone and I will come back to you."

Then she would see Peter Jones and Michael Robinson and William Brown and a lot of others and would answer some questions previously sent to her through the tube by "Tony." All this time Robert Smith, if he were a credulous person, would have his mind concentrated on his question, perhaps one of great importance to him. He would be thinking of nothing else and noticing little else except that Miss Fay was going ahead answering questions of others. He would be impatiently awaiting his turn. While in this state of mind Mr. Pingree or some other person connected with the show would by hook or crook get to know what the question of Robert Smith was. The information would be sent to the stage by the secret method of Mr. Pingree, and by and by Robert Smith's question would be answered, to his intense astonishment. He would at the same time be willing to swear that the question was never out of his hand all the time. Probably it wasn't, but in some way he had revealed it to the slick Mr. Pingree.

The Fay people made use of the old trick of the pad and the carbon paper. The pad was used as a desk for persons to write their questions on. Concealed in it so that it could not be discovered was a piece of carbon paper. Another impression of the question was made without the knowledge of the person asking it. This one was sent to the faithful "Tony" under the stage and by him transmitted through the speaking tube to Miss Fay. But this is

a clumsy device at the best and one that did not find much favor with Mr. Pingree. He had other methods and a better system based on the work of spotters and cappers and a knowledge of human nature.

"I want to say," said Mr. Pingree this morning, "that Miss Fay never in her career gave an answer that was designed to cause trouble in a family, to cause any person loss or to lead them into trouble of any sort. She invariably gave that kind of an answer that the person asking the question most desired, a good and favorable answer. She tried to heal up family disputes and often answered questions so as to undo the mischief already done by fortune tellers, mind readers, mediums, phrenologists and persons of that kind. Women have asked her about the faithfulness of their husbands and have said they were told by some of these charlatans that he was paying attention to another woman. She always told them to pay no attention to such nonsense; that while their husband was absent from home he was at his club, was attending to some business or was with men who were his close personal friends, or something of that sort for the purpose of relieving the husband of the suspicion and setting at rest the mind of the wife.

"NOTHING SUPERNATURAL ABOUT IT."

"Our show was for the purpose of entertaining the public. Only a few who came took the answers seriously. The rest were puzzled as to how it was done. All were warned that there was nothing supernatural about it. If some believed there was in spite of this it was merely a tribute to the cleverness of Miss Fay.

If Mr. Pingree had said to the "cleverness of Mr. Pingree" he would have stated it more correctly. With Mr. Pingree's system any person who can talk intelligently and repeat what "Tony" sends up through the speaking tube could do just as well as Miss Fay in the act. The "system," the tube and "Tony" does the work, and Pingree is the "system."—*Pittsburg Leader*, Dec. 29, 1904.

Telepathy or Coincidence.

A peculiar incident was brought to my notice the other day, which I attribute to transmission of thoughts. The facts in the case are as follows:

Two young ladies (sisters) were occupying the same bed; the younger sister had occasion to arise earlier than the older, and had been up and finished dressing when a piece of black ribbon belonging to the older sister struck her fancy, and she proceeded to appropriate it for a belt. As she was placing the ribbon in position the sleeping sister spoke to her, saying:

"You leave that ribbon alone—it's the only one I have and I don't want you wearing it."

The younger sister was positive the older one was sound asleep and noticing the peculiar tone of the other's voice went to her bedside and asked her what she was talking about, but received no response and it required some shaking to arouse her, and when awakened she declared she had said nothing about the ribbon.

Kane, Pa.

C. M. MAHOOD.

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.

A Letter From Mr. Farlow.

BOSTON, MASS., Nov. 3, 1904.

EDITOR SUGGESTION:

Dear Sir—In your editorial mention of my article, which appeared in your issue of November, you do injustice by declaring "He virtually admits the chief claim of our contributor that Christian Science cures are made by the operation of the Law of Suggestion."

It should be understood that the cures in Christian Science practice are not produced by an operation, but by a remedy. It now appears that you construe the word "suggestion" in a manner to make it strictly synonymous with the word impartation. I assume your admission that you would classify faith and the act of imbibing truth as a form of suggestion; in other words—you have made for yourself a definition of suggestion which is broad enough to include the prayers of Christian Scientists and all other Christians. In so doing you have virtually taken possession of prayer and faith in the name of suggestion, coining a meaning of that term suitable to your purpose, after which you insist that Christian Science is identical with suggestion. In doing this you depart from the real issue. It is not our purpose to quibble over the technical meaning of the word "suggestion," which you have adopted, but to contend for the distinct individuality of Christian Science. Thousands have been cured by the mere perusal of the Christian Science text-books, many of whom had no thought of deriving benefits therefrom. They were cured by simply imbibing the truth of Mrs. Eddy's Science and Health with Key to the Scriptures.

If you insist that the *modus operandi* by which they obtained their benefits is properly named "suggestion," then you virtually claim that all Christians who are healed of sin and sickness by laying hold upon God through faith or by becoming impressed with the Divine presence of power through reading His word, have been healed through suggestion. To make it appear that Christian Science and hypnotism are identical is both misleading and detri-

mental to the public welfare. It should be distinctly understood that Christian Science heals through its firm reliance upon God as the only power, while what is commonly termed "mental suggestion" relies solely upon the suggestion itself.

Your sincerely,

ALFRED FARLOW.

(REPLY TO MR. FARLOW'S LETTER.)

In this letter Mr. Farlow again virtually admits our contention, that the Christian Science cures are made by suggestion, but he shows clearly that he has given very little if any attention to the investigation of Psychic phenomena. He classifies hypnotism and Suggestive Therapeutics as if they were identical, whereas they have nothing in common except that, like Christian Science, their phenomena depend upon the operations of the Law of Suggestion.

But Mr. Farlow says the cures in Christian Science are not produced by an operation but by a remedy. This Universe and everything within it are run by the operations of God's laws, and any phenomena that occur or are witnessed by man are the result of the operation of these laws. Now, if Mr. Farlow wants to attribute the cures of Christian Science to some agent outside the pale of God's power—some remedy other than the remedy provided by God's inexorable laws, I suppose he is entitled to do so. But if the Christian Science cures are not made by the operation of God's laws "the remedy" must be provided by something apart from God, which, according to the Christian Science theories, themselves, must be Error—the Devil. Of course I do not pretend to believe that these are the conclusions Mr. Farlow intended us to draw, but his attempt at a play upon words instead of sound argument provokes the temptation to turn the Christian Science logic upon himself.

Mr. Farlow's letter shows, also, that he has not yet awakened to the full realization of the scope of the Law of Suggestion, nor to the many phenomena that follow the operations of that Law. I disclaim taking possession of prayer and faith in the name of Suggestion or of coining an unusual meaning of the term Suggestion. I *do* claim, however, that the Law of Suggestion antedates prayer, faith and Christian Science; all of which are only phenomena of the operations of this law.

I have never contended that Christian Science had less of a distinct individuality than a wooden idol or an electric belt. In fact the individuality of each is quite marked, but the cures made in

people who adopt, wear, pray to, or approach any one of the three, in an attitude of expectancy, are identical and are produced (or the remedy is produced) by the operation or operations of the Law of Suggestion. The cure or remedy does not lie in The Electric Belt, or Christian Science or the hideous wooden idol. It lies in the mental attitude of the sufferer who approaches them, viz., in his expectancy or auto-suggestion.

I have no doubt that a big idol would apparently have more potency in it than a small idol, but the potency would really be in the difference of strength of the auto-suggestion produced in the mind of the sufferer.

If the Christian Scientists recognize this fact and attempt to produce the highest degree of expectancy, then they recognize the force of suggestion and attempt to employ it. But the fact is, that very few Christian Scientists recognize or realize this cardinal attribute of the human mind, and it is for this reason that the practitioner of suggestive therapeutics, by intelligently securing the highest degree of expectancy in every patient, obtains so much better, greater and more permanent results than the Christian Scientists.

In my continued article on Christian Science, to be found elsewhere in this number of SUGGESTION, I have touched on the cures made by reading "Science and Health with Key to the Scriptures," and if Mr. Farlow's argument that the cures that follow the reading of the book are due to the imbibing of Truth, then Mr. Farlow will have to admit that the patients who are cured by wearing an electric belt or by praying to a wooden idol also imbibe The Truth from these objects. Now what is this Truth which brings about these cures by such apparently different objects of faith? Surely Mr. Farlow or anyone else can see, with half an eye, that it is Auto-Suggestion.

Mr. Farlow says that Christian Science heals through its firm reliance upon God as the only power, while mental suggestion relies upon the suggestion itself. If Mr. Farlow will investigate the matter a little, he will probably not be so dogmatic in his assertions. He may *believe* that the Christian Science cures follow a firm reliance upon God, but he will also discover that the same cures will follow a firm belief in anything else, whether it be a physician, a drug, an idol, a book, a talisman, an electric belt, a shrine, a mineral water bath or a magnetized handkerchief.

It is a demonstrable fact that cures have followed a belief in

any or all of these things. It is also a demonstrable fact that the cures made have been identical and are identical with the cures made by Christian Science. It is also a demonstrable fact that the cures made by belief in all the things I have named, including Christian Science and "Science and Health With Key to The Scriptures," are made by the same natural law or remedy—suggestion.

This leaves Mr. Farlow with a difficult proposition—the negative side of the question.

I wish Mr. Farlow would devote as much attention to a study of the Law of Suggestion in general and to Suggestive Therapeutics in particular as he appears to have devoted to Christian Science. I believe he intends to be fair. He is certainly loyal, and after he has studied the Law of Suggestion and taken a broad, rational view of the subject, I believe he will become a loyal adherent to Suggestive Therapeutics regardless of his actual religious views. Christian Science was conceived as a system of healing, not as a religion, but its followers have endeavored to make it a religion also.—EDITOR.]

"Science and Health" for \$3.18.

EDITOR SUGGESTION: I have missed receiving the November issue of SUGGESTION.

I note your article on Christian Science and the statement that "Science and Health" costs \$3.50. It has been \$3.18 for years. To be effective your criticism should be accurate.

Yours truly,

B. W. CHILD.

41 PARK ROW, NEW YORK CITY.

The Golden Rule.

"Do It Now" is a very practical and useful motto to which I give heed in my affairs, but I want to send you a motto which covers all the rest of them, and is all of the moral law, viz., "Do Right." I think you could use the Golden Rule for a motto if it were stated in the negative form, as Confucius put it, and not as Jesus gave it: "Do not unto others that which you would not that others should do to you." The popular form of this rule is wrong. It does not look right to tell others to do as you do.—*George Rice Jones.*

HYGIENE

The Passing of the "Germ" Theory.

It has often been declared in the pages of SUGGESTION that germs are not the cause of disease, that disease is caused by wrong living, and that germs are but effects. This fact is known by all authorities, and yet so firmly is the "germ" theory implanted in the public mind, that health boards will probably be fighting germs for the next fifty years. Fighting germs is as ridiculous as fighting raindrops. The germ theory has caused untold thousands of deaths, as the *real* cause of disease has been neglected in the battle against the "germ wind-mills." We are told that we must kill the germs and disease can not enter, and so the market is full of germicides and germ eradicators, and germ traps of all kinds, while nothing is really being done to save people from death. There is a great hum and cry about pneumonia and consumption germs and all the while these diseases are destroying thousands upon thousands of lives. Much of the fearful slaughter is directly due to the germ theory, and those who advocate it. It is with pleasure that the following paragraphs, from an editorial in the June issue of the *Dietetic and Hygienic Gazette*, are given to SUGGESTION readers:

Man's rich with little, were his judgment true;
Nature is frugal, and her wants are few;
These few wants answered, bring sincere delights;
But fools create themselves new appetites.

—Edward Young.

* * *

I would recommend to every one that admirable precept which Pythagoras is said to have given to his disciples: "Pitch upon that course of life which is the most excellent, and custom will render it the most delightful."

—Joseph Addison.

* * *

If we would have health, we must live for it.

Ellen G. White.

* * *

The origin of most disease is fear of fresh air, and no fear of what goes in the mouth.

—Dr. Page.

* * *

Diet, as at present used, is often the product of a vast amount of ignorance; it is the cause of a hideous waste of time and money; it produces mental and moral obliquities, destroys health and shortens life, and generally fails to fulfill its proper use. Health may be defined as a satisfactory condition of nutrition, strength, and power of endurance.

—Alexander Haig, M. D.

A natural appetite is a relish for plain food.

—Sir Henry Thompson.

* * *

Infection, autoinfection and autointoxication—much abused and but half understood terms, are practically synonymous, and all three result, oftener than from any other cause, from constipation. It is fashionable and orthodox to ascribe all forms of infection to the invasion of one or another species of the germ family. Various germs—mostly harmless and helpless specks of microscopic life, primal, omnipresent—are found within the body during an "attack" of disease, whereupon we immediately charge them with having caused the disease. This charge is beginning to be questioned as both illogical and libelous. Every form of life originates in germs. No organism, speck of earth, globule of water or cubic centimeter of air escapes the constant presence of living and actively multiplying germs. Even the so-called pathogenic varieties are constantly present in every corner of the earth, in the heavens above and the waters beneath. True, they are not lined up for roll call nor taken into account until their tenant's condition has suffered a certain degree of deterioration and disarmament which invites their at least necessary, and doubtless, in a broad sense, friendly mediation. Facts are constantly accumulating that make the thinkers question whether they are not concomitants rather than causes of disease. And when all the facts have been revealed they may possibly no longer be called pathogenic, but prophylactic, evolutionary, a legitimate stage in the biologic cycle.

If the recent purveyor of health-science in one of the daily papers had modified his assertion "Life is a battle with germs from start to finish," so that it would read, "Life is a battle from start to finish with countless germs as constant allies," he would have been much nearer the truth. All life originates in germs, is nourished by germs and could not continue without their momentary and persistent aid.

In the face of current professional teaching and almost universal belief this is a species of heresy. Its acceptance would wrench the crown from Lister, and make germicides a laughing-stock of logical physiology. But if facts already patent warrant the statement time will ultimately prove its truth, no matter what a majority of us now believe. Tubercule bacilli, as we know, swarm everywhere, and it is evident that if capable of the disease-producing power ascribed to them the human race could not survive for a single generation—in fact, would have long since become extinct. The deadly diphtheria germ is present in thousands of healthy throats—perhaps in every throat, during an epidemic of that disease; yet only the disordered throats and run-down systems tolerate or suffer from them. Already these facts are staring pathologists in the face, and at least some pathologists are beginning to ponder them.—*Dictetic and Hygiene Gazette*.

Those "Do It Now" Coupons.

All interested in these coupons should carefully read this:

Subscribers are to sign their names in the blank space, with address.

Do not send us the coupons. Send them to thinking friends.

Some have not followed these directions and trouble follows.

If you wish to call the attention of some inquiring friend to SUGGESTION, send him a coupon; write your name and address on it first.

Is it worth while?

Is anything worth while?

Why are you alive?

A Remarkable Cure by Suggestion.

Many of the leading newspapers of the country last November published articles regarding the cure of a little son of Mrs. Marion Foster Washburn, of Elkhart, Ind., by suggestion. The healing suggestions were given by Mrs. Washburn, and the following is a specimen of the various accounts which appeared:

A NEWSPAPER ACCOUNT.

ELKHART, IND., Nov. 26.—(Special.)—A mother's devotion, supplemented by earnest prayer, has accomplished in this city what all the learning of some of the most noted specialists of the country had failed to do, and a child, given up as incurable and apparently doomed to sink into imbecility, is now well and strong, mentally and physically. The woman who has performed the remarkable cure is Mrs. Marion Foster Washburn, the wife of a prominent Elkhart physician, a member of the State Federation of Women's Clubs, and once the corresponding secretary and afterward president of that organization. The child whom she has restored to mental and physical strength is her six-year-old son.

Mrs. Washburn is not a Christian Scientist, though she is a firm believer in the efficacy of prayer. But in the case of her son she prayed not for his cure so much as for a way by which he could be treated successfully. When Chicago specialists, who examined the child, said that he was past medical aid and would degenerate into imbecility, she did not lose heart. She said she believed that there was a way to reach his trouble and she prayed to be directed to this way. Her husband's library, one of the most complete in Elkhart, was resorted to every day, but all works on the subject ended with the same conclusion, and that was in accord with the verdict of the specialists who had been so freely consulted. The child had fallen down stairs several years ago and had received an injury to the skull at the base of the brain. An operation, she was told, would be certain death, and life promised nothing but suffering and gradual degeneracy of mind and body. As a result of the fall the child became paralyzed on the left side and could walk but a few steps without falling.

HOW THE CHILD WAS CURED.

It was at this point that Mrs. Washburn determined to try suggestion as means of cure. She spent one entire day explaining to the little fellow what she proposed to do and was much gratified to find that he at least comprehended enough to be of some assistance to her. That night she sat by his bed and tried to regulate his breathing by putting her mouth close to his ear and gently uttering her commands. There was less restlessness when she was talking to him and after a while his breathing became less labored and he slept peacefully. Night after night she sat by his bed and talked to him while he slept. "Now you feel better," she would say. "Now my little boy is resting easy;" "no, no, don't breathe that way; breathe this way," and she would suit her actions to her words and the child would go off into tranquil slumber.

For the first two weeks there was some but not marked improvement. The child slept better and was apparently gaining strength, but it seemed slow indeed to the anxious mother. Then came a period of great effort, evidently of the boy's own powers, and his physical condition began to improve. He could walk further without falling, his utterances became more distinct and the mother was greatly encouraged. But she did not relax her vigils. Every night found her at his bedside and the least movement which indicated suffering was met with some encouraging expression and normal

slumber at once resulted from the effort. The child is now well in every respect and appears as strong mentally as he did before his fall down the stairway. He no longer coughs, his throat is clear, his breathing natural, his eyes are straight and his mental grasp as strong as any child of his age.

After receiving a number of clippings from interested friends containing articles relating to the case, Mrs. Washburn was asked for a statement. The lady sent the following letter:

LETTER FROM MRS. WASHBURN.

ELKHART, Dec. 5, 1904.

Dear Sir—The enclosed copy of a letter sent Bishop Fallows in regard to the treatment of our son by suggestions explains the case quite fully.

Very truly yours,

MARION FOSTER WASHBURN.

STATEMENT BY MRS. WASHBURN.

ELKHART, IND., Nov. 23, 1904.

MY DEAR BISHOP FALLOWS:

I hardly know how to tell you about John's cure, it is such a long story. The newspaper account was far from accurate. The whole thing took place over three years ago, but I suppose the fact that John has stayed well so long, and not only stayed well but got quite appallingly strong, is only added proof to the thoroughness of the cure.

He was hurt by falling downstairs and striking the base of his brain when he was only three years old. He was paralyzed on one side—the left—so that he could only walk a few steps without falling. His left eye rolled in under his nose. His tongue and throat were paralyzed so that his speech was very thick, and swallowing so difficult that it often produced vomiting. We suppose that a blood clot was formed and pressed upon the pneumogastric center in the brain, because he had a terrible cough, like whooping cough, often protracted until he vomited blood or blood spurted from his nose. His breathing was bad at all times—that is, irregular and difficult, but very much worse at night when it was stertorous, like that of a person in apoplexy. It could be heard down two flights of stairs. At night, also, his throat had a trick of contracting spasmodically after every third or fourth breath, and then he would struggle frightfully for air.

As the newspaper account says, we called in the best counsel obtainable. We had Drs. Billings, Bower, Lyman, King, Patrick and others, including oculists like Allport and Fuller. All of them—except Dr. Fuller, who saw him after he was on the road to recovery—said he could not live a year. Some called it tuberculosis of the brain; others a brain tumor, but all said he must die. My own father prognosed a spread of the difficulty, brought about by the enlargement of the tumor or clot, which was evidently involving greater and greater areas. In that case I had to expect blindness, deafness and finally feeble-mindedness and death.

One night, in utter despair, after helping the poor boy to fight for his breath hour after hour, I just prayed the Lord hard that John might die; the torture was too terrible. I suppose the dear Lord knew what I meant, that I wanted relief for the child so intensely that I was willing to give him up that he might find rest; and so He answered what I meant instead of what I said. For immediately after praying I fell into a deep sleep—even John must have slept, for I was not roused, and his slightest stir always roused me. And when I awakened in the morning the whole plan of treatment was clear as crystal in my mind. The elements of the idea had been there all the time, because I had read with my husband, and had seen him do wonderful things with suggestion. But the notion of applying it to a case of mechanical injury to the brain, like John's had never occurred to either of us. Now, however, I remember an article by Prof. Elmer Gates, who said that under suggestion he had known sound brain and nerve cells to move over and take the place of injured ones.

I began with John's breathing, because that distressed him the most, and threatened many times a night to end his life by suffocation. So I made him look at a silver dollar, so held that it reflected the light of a candle straight into his eyes. Then I kept repeating: "Now you are going to sleep; but no matter how sound asleep you are, you will hear mamma and do as she tells you." This was when he went to sleep at night. During the day I had explained to him that he had two brains, an upper and a lower, but the lower one was sick, but the upper one was all right, and that I was going to teach the upper one to take care of the lower one while he was asleep just as I took care of him while he slept. He agreed heartily and was eager for the new performance.

Well, he soon went to sleep, of course, and then I put my mouth to his ear and ordered him to breathe just as I breathed. When he got out of time with me, I roused him by tapping him sharply on the shoulder.

"You are forgetting," I said, sternly. "You are to mind Mamma, no matter how sound asleep you are. Breathe now."

He was not used to sharp speech, and sometimes he would murmur:

"Are you speaking cross to me, Mamma?"

"No, dear," I would answer. "Not to you, just to your brain."

Sometimes he would slip from my control and I have had to dash water in his face to rouse him, and then use my silver dollar and put him to sleep all over again. It seemed to be just natural sleep, sometimes very profound, but just sleep, with fixed attention. He was never cataleptic at these times, though once, in the day time, I induced this state. But I did not want it. My idea was to utilize natural sleep, to keep everything as near the normal as possible. As you see, I discontinued the treatment, simple as it was, as soon as I could with safety and comfort. Along the line of that attention I believe the nervous energy flowed, and where it went cell growth and proliferation were increased and new tissues built.

From eight at night till two in the morning—at which hour he always grew quieter—I regulated his breathing like this, kneeling beside him, my mouth at his ear. I kept this up for two months. At the end of that time he was so far cured as to be perfectly comfortable, though his left side was still weaker than his right, his eyes were a little crossed, and he still had spells of terrible headache, relieved by a nose-bleed. From that on we just built up his general health with no more special treatments, and our moving here into the country finished up the cure. Now at ten years of age, he is as strong as a young ox on both sides, and weighs 118 pounds. His eyes are perfectly straight, but he wears glasses for schoolwork, as the oculist says his eyes did not develop during the time he was so ill—nearly three years altogether—but that he will catch up by the time he is grown and have as good eyes as any one. As for his mind he is unusually bright and competent. But then he always had a superior brain. That is why I could manage him so well.

You say you are much interested in all forms of mental cure. Are you writing a book on the subject? Perhaps you would be interested in one or two papers of Dr. Washburne's in which he takes up these forms of treatment? If so, I am sure he would gladly lend them to you. He is on a case in a neighboring town just now, so I can not ask him.

My love to Mrs. Fallows, and believe me

Faithfully yours,

MARION FOSTER WASHBURNE.

Like a beautiful flower, full of color but without perfume, are the fine but fruitless words of him who does not act accordingly.

—Buddha.

It is hardly necessary to comment on the above. Unquestionably the cure was due to an intelligent use of suggestive therapeutics, and the account is remarkable because the most ardent advocates of psychic healing would not consider the case as one in which suggestion would be entirely efficacious. It will be noted that the husband of Mrs. Washburn, who is versed in the uses of suggestion, did not consider the case as one which could be reached by mental influences and incidentally the narrative also shows the value (?) of expert testimony.

Truly, we little know the power of mind, or the far-reaching effects of suggestion when intelligently and persistently used. If you have a friend who is skeptical concerning the value of suggestion as a healing agent, let him read this account. In all the voluminous literature relating to mental therapeutics, there can be found no stronger testimony than that given in Mrs. Washburn's account.

It is in thy power whereon thou shalt choose, to retire into thyself; for nowhere, either with more quiet or more freedom from trouble, does a man retire than into his own soul, when he has within him such thoughts that by resting upon them he becomes immersed in perfect tranquility.

—*Marcus Aurelius.*



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.

Authors are invited to send a copy of any book or pamphlet dealing with advanced thought topics, together with a brief statement of the aims and purposes of the book, with cost, where published, author, etc. This statement should be ready for publication and will be inserted without charge.

The Phrenological Journal, 24 East 22d street, New York, is one of the leading phrenological magazines and is recommended to all interested in phrenology and character reading.

Books Received.

THE UNCONSCIOUS MIND, by Alfred T. Schofield, M. D., author of "Springs of Character." New York. Funk & Wagnalls Company; cloth; 800; 438 pages.

This is a book for advanced students of the New Psychology. The preface says:

"The object of this work is to establish the fact of an unconscious mind in man, and to trace in brief some of its powers and the various ways in which they are exhibited. We shall hope to show that this mind is the seat of character and of conscience and the spirit-life; the source of conduct, of instinct, of tact, and the thousand qualities that make us what we are; the home of memory, the ultimate governor and ruler of all actions and functions of the body, and in every way a most important factor in our psychical and physical life."

The book covers the entire ground of the mental realms and shows the operation of the subjective mind in all its various phases; its action on the body; its action in health and disease, and its agency in the so-called faith cures of all kinds.

Every doctor should read this book and if wise he will study the principles of psycho-therapy and prevent many of his patients from falling into the hands of quacks.

Every minister should read this book, and also those who believe in Christian Science.

CONFESSIONS OF AN M. D. Being a series of semi-humorous letters from a doctor to his son; published by the author, Elmer D. Barber, D. O., 405 Hall Bldg., Kansas City, Mo.

This book consists of fifteen "letters" showing in an entertaining way the difference between the osteopathic treatment and the methods of the drug doctors. For example, in the fifth letter:

"The doctor has a word to say on the digestive tract and systemic circulation. He also traces a dose of colchicum through hidden paths and devious ways from the stomach to the feet of a gouty patient, and discovers that it was distributed indiscriminately throughout the entire system. Soliloquizing, he wonders what would happen if that part which was switched off in the vitals got tired of loafing around, hunting for a chance to dissolve urate of soda, and started in softening up the brain, working on the heart or rusting off the hinges from the liver."

This book will be interesting to those who want to find out what

osteopathy is without reading the standard works on the subject. Any one interested in hygiene or health will read the "Confessions of an M. D." with interest and profit.

This book is attractively bound, and will be sent to any address for \$1.15. Books may be ordered through this office or from the author.

LIGHT ON THE PATH TO MAGIC POWER, by Sarah Thacker, S. D., Applegate, Cal.; pamphlet, 10 cents. This little pamphlet has some directions about breathing, eating and exercise.

HEALING LEAVES FROM THE TREE OF LIFE, by Sara Thacker, S. D., Applegate, Cal.; pamphlet, 25 cents. This pamphlet tells about mental treatment for health.

SOULS, by Mary Alling Aber and Sara Thacker. Cloth and gilt; 250 pages; \$1.50. Published by The Logos Fraternity, Applegate, Cal.

In the first part of this book the author tells about Souls; gives her idea of what they are, where they come from, and how they can leave the body, etc. She teaches reincarnation, and tells things that would put her in an asylum if she was ever examined before a medical board. In the second part Sara Thacker gives some of her experiences. Those who want a basis of fact for their beliefs will not care for this book; those who are ready to believe that any one's soul can fly about the universe on a picnic at will may care to read it.

From the view point of the New Psychology these soul experiences are but subjective ideas, caused by previous suggestions and beliefs, and are brought about by the unusual activity of the subliminal mind. This mind is very easily influenced by suggestion, and having no reasoning powers it at once carries out the suggestions received. When a hallucination reaches a certain point of vividness it often seems a reality, and many wonderful "experiences" are but the vagaries of an ill-nourished brain. The cure is to drink plenty of water and eat nourishing foods.

A thorough knowledge of the laws and operations of the subjective mind and the Law of Suggestion would prevent any one from writing such a book. See "The Law of Psychic Phenomena," by Thompson J. Hudson.
E. E. C.

WOMAN'S SOURCE OF POWER; by Lois Waisbrooker; pamphlet; 25 cents. The Alliance, Denver, Colo.

In this pamphlet the author declares that there can be no enduring civilization until the sanctity of the home is secured, and to

this end she demands the absolute freedom of woman, and that all the institutions of society be adjusted to such freedom, and she claims that genuine purity can never be secured by legal enactments. This booklet is far up at the head of the procession of "advanced thought" publications, and the orthodox reader will probably be startled at the ideas of the 80-year-old author who thinks for herself.

The December issue of *The Philistine*, Elbert Hubbard's magazine, East Aurora, N. Y., is a good number to read; 1. If you are not afraid of an idea; 2. If you do not use predigested thought; 3. If you do your own thinking and do not shy at a new idea.

If you are qualified as above send ten cents for the December issue and enjoy a treat. But please don't send if you have any pet beliefs that you keep wrapped up in cotton. *The Philistine* is for men and women who fear not, and who believe nothing just because it is in a book or because some one says so. I have given fair warning, but I hope you will stand the test and can read *The Philistine* without making a wry face.

I understand that SUGGESTION and *The Philistine* will be sent to the same or separate addresses for \$1.50 per year.

The Talisman, Harrogate, Yorks., England, is now *The New Thought Journal and Occult Review*. The price is \$1.00 per year, including foreign postage. It has articles on suggestion, will power, theosophy and osteopathy. Those who want the English view on these subjects should read *The New Thought Journal*.

HOW TO READ PEOPLE'S MINDS, or the MYSTERY OF MIND READING REVEALED, is the name of a book by H. J. Burlingame, just off the press. While no end of mystery attaches to the exploits of mind readers, a knowledge of their most difficult feats is so easily acquired as to almost challenge belief.

Take, for instance, such tests as Brown, Bishop, Johnstone, and other noted men in this line have been subjected to, and ordinary performances of mind reading pale into insignificance beside them, while as a matter of fact, the simplest rules of procedure apply to the seemingly most difficult performance, and are readily within the comprehension of any one perusing the above book. Neither is it necessary for the student to give months of hard study to this subject in order to become thoroughly familiar with the rules governing this intensely interesting branch. Possessing the knowledge contained in this book and you can mystify your friends in private, or entertain

the public for profit. This book tells what has been done by leading mind readers for years past, and explains how to do these seemingly wonderful feats. It also explains the best known method teaching any clever dog to become a Mind Reader and Mathematician, eclipsing the performances of the world famous Bozzie who puzzled scientists.

An important feature of the book is the space devoted to a full elucidation of the tests given Miss Maud Lankaster, the English Mind Reader, by the editor of SUGGESTION, and Mr. William Walker Atkinson, and her complete program.

Although sufficiently technical to serve as a text book for those desirous of adopting Mind Reading as a profession, does not treat of Mind Reading as a species of occultism, or as a strictly abstruse subject, but furnishes good reading matter for the layman.

Price of book 25 cents, postpaid; for sale by George L. Williams & Co., 7143 Champlain Ave., Chicago, or at this office.

UNCOOKED FOODS AND HOW TO USE THEM; published by the author, Eugene Christian, 61 Fifth Avenue, New York; cloth and gold, \$1.00.

Regarding this book a friend writes as follows:

"Millions of learned people admit that you can no more build good specimens of men and women out of poor material than you can build good houses out of poor material. They admit that the quality of a man, like the quality of a house, a ship or a machine, depends absolutely on the kind of material used in his construction, but they have given the world but few hints as to what that good material is.

"This book points out that the building of the human body, the methods of changing disease into ease and health, and making the best blood, bone and brain, is a task eminently worthy of advanced thought and intelligence and vastly more important to the human family than studying stars or digging the ground for a buried Nipur.

"It contains instructions from the standpoint of a naturalist in regard to the kind and quantity of food that should be eaten to develop the highest degree of strength and vitality of which the body is capable. It discusses and endeavors to show the effect of certain foods upon the mind, especially upon the mind of the mother and the child. It shows that all diseases are mere expressions of violated natural law and that obedience to those laws will effect a cure. It shows that all stomach and intestinal disorders are caused by INCORRECT EATING, therefore THEY CAN ONLY BE CURED by eating correctly. In other words, it shows that all cures MUST BE FOUND in the

field of causes. It suggests and teaches the most advanced thoughts in reference to building the highest form of animal life from materials called food."

THE DEMONISM OF THE AGES, SPIRIT OBSESSIONS SO COMMON IN SPIRITISM, ORIENTAL AND OCCIDENTAL OCCULTISM; by J. M. Peebles, M. D., A. M. Published by The Peebles Medical Institute, Battle Creek, Mich. Cloth, 382 pages.

This is a book by a well known spiritualist, who claims that persons can be influenced and controlled by evil spirits. He believes that certain persons are "obsessed"; that is, that a disincarnate demon is in control of their mind. He thinks this undesirable condition can be removed, and the author states:

"Those believing themselves troubled, obsessed by those spirits of moral darkness, should rectify their daily habits in regard to hygiene, associations and trains of thought."

In this sentence the good doctor tumbles his own castles of "obsessions" to the earth. No healthy person was ever "obsessed"; no one who was properly fed, who drank sufficient water to keep the fluids of the body in proper condition, who breathed pure air night and day, who cultivated the mental habits, ever had a hallucination, for "obsessions" are simply vivid hallucinations.

A drinking man is "obsessed" when he sees snakes.

"Obsessions" simply mean a diseased mind, caused probably by a diseased body. Suggestive treatment has cured thousands of cases of dementia, hysteria, hallucination, nauresthenia, incipient insanity and even cases of "obsession," which only means a well developed case of hallucination along certain lines. The subjective mind with its curious power to accept any suggestion offered, is the real center of "obsession."

Show me a case of "obsession" and I will show you a person who does not know how to eat or drink or breathe, and who is easily influenced.

E. E. C.

Love and courage are the spirit's wings, wafting to noble actions.

—Goethe.

* * *

Know ye: This is Peace:

To conquer love of self and lust of life;

To tear deep rooted passions from the breast—

To still the inward strife.

—Edwin Arnold—"Light of Asia."



Business Talks

BY THE MANAGER



Lawson's Frenzied Finance.

Probably every reader of this magazine is reading Tom Lawson's articles on "Frenzied Finance" which are being published monthly in *Everybody's Magazine*. These articles should be read by every citizen of this great republic if he would learn how the millions of dollars that are juggled with daily in Wall Street come from the pockets of the common people only to be used to still further fleece these same common people.

Mr. Lawson has shown how, in one single transaction, \$39,000,000 was fleeced out of small investors and how the money used to carry out this scheme came originally from the pockets of those who were afterward to lose almost every dollar they invested in the scheme after it was floated.

In these days of bank failures and frenzied finance (the former depending to a great extent upon the latter), the man with a few hundred dollars to invest should be careful where he invests it. In Iowa alone there have been forty-two bank failures within the last year and in these failures the earnings of thousands of wage earners have been swept away, although they were receiving only 3 per cent interest on deposits.

Investments in city real estate are precarious, and mining and oil investments give a man only four chances in a hundred to get returns on his money, to say nothing of other ninety-six chances he runs of losing his principal.

The safest investment to be found today is in a good farm, even if the profits from the farm average only \$8.00 per acre. But farm land in the United States which will yield this profit is valued at from \$40 to \$60 per acre. What would you think of an investment in land valued at \$7.00 per acre which will yield a profit of from \$100 to \$500 per acre? Would it not appeal to you as an excellent investment?

Supposing, instead of giving up your present occupation to work a farm, you could join with a number of others in raising sufficient

funds among yourselves to purchase one of these farms costing \$7.00 per acre and yielding from \$100 to \$500 per acre; would you not favor forming a coöperative society at once to purchase such a farm and appoint a capable manager to manage the same and return the profits to the society to be divided amongst its members? Would not this be a fine investment, especially if you found the land the society purchased was increasing in value rapidly and had over a half million dollars worth of permanent improvements on it; and one thousand acres of very profitable growing crops?

CO-OPERATIVE SOCIETY.

There is a coöperative society in this country now doing this very thing. The society employs two salaried officers to look after its business, and the members of the society divide the profits according to the amount they have contributed.

In fact, the readers of this magazine, SUGGESTION, have already contributed over \$250,000 to this society. The society owns over 165,000 acres of land, has over 1,000 acres of growing crops, large pastures for cattle, a new \$350,000 sugar plant, a main line railroad runs through the farm for thirteen miles, and the society has another railway of its own to bring the crops from the fields to the factories and store houses; there are 125 houses for the laborers on the farm, two fine stores and a large dwelling house for the manager and visiting members of the society, etc.

The society has over 1,200 members already but the membership is to be increased to 1,500. The members of the society are all on the same footing and the farm is owned and controlled by them absolutely.

They are increasing their membership for the purpose of making further improvements, which in turn will yield very large profits.

This is a gilt edged investment for the small investor, for the value of the society's large holdings of farm land alone, which is increasing in value every day, is of sufficient value today to guarantee that the principal invested is safe for all time, while the products from the land and the raising of cattle gives him handsome annual profits on his money invested. It is an ideal arrangement. There are no very large investors among the members of the society and the farm is ideally located and admirably conducted. The members of the society meet once every year to appoint eleven capable persons from their number, whose duty it is to conduct the affairs of the company for the ensuing year. The members appointed receive no salary,

but devote their time to the society's interests for the honor there is in holding such a position of responsibility and to make their own investments yield the greatest possible returns; for in making returns in their own investment they make similar returns in the investment of every other member of the society.

Dr. Herbert A. Parkyn, the editor of this magazine, is one of the most active members of the society. He has been on the board of management since the society was first organized. He is a member of the auditing committee of the society, a member of the executive committee, and has spent many months on the farm at different times; he has given his unqualified endorsement to the society time and time again during the last two years, frequently through the pages of SUGGESTION.

INVESTIGATE THIS.

It will pay any one who has a little money to invest judiciously to look into the coöperative work being done by this society, and if you will send your name and address to The Motzorongo Company, 228 Reaper Block, Chicago, full particulars about the farm and the society will be sent to you in a handsome booklet fully illustrated by photographs taken on the farm by Dr. Parkyn himself.

Three hundred more members are required to increase the membership to 1,500 and the money received from their investment will go to advance the development of the farm and increase its profit earning powers.

ELMER ELLSWORTH CAREY.

For heating water quickly and conveniently Glogau's alcohol gas stove is a most convenient article. It is safe, clean, smokeless; it weighs eight ounces and will boil a quart of water in a few minutes. Read the advertisement in this issue and remember that this little stove will do all that is claimed for it.

For muddy complexions, freckles, etc., try the Elite Complexion Mask, worn during sleep. It is especially recommended for all skin blemishes.

The Van Valen Sanitorium of Atlanta, Ga., is one of the few institutions of its kind that has stood the test of time and is steadily growing. Patients needing this drugless treatment seek this institution from nearly every State and as far away as Canada. Their advertisement appears elsewhere in this issue.

What "Suggestion" Readers Say About Dr. Parkyn's Mail Course in Suggestive Therapeutics.

THIS mail course consists of 42 lessons, and although originally issued in pamphlet form and sold for \$25.00, the lessons are now illustrated and handsomely bound in one large royal octavo book of 400 pages, the price being within the reach of all.

Dr. Herbert A. Parkyn needs no introduction to the readers of this advertisement. Suffice it to say he is the editor of this magazine, SUGGESTION, and the lessons are written in the practical, readable, common-sense style that always characterizes his contributions to SUGGESTION.

Dr. Parkyn's mail course is the result of his fourteen years' practical experience in treating mental and physical troubles by suggestion and rational hygiene. It is very practical and goes thoroughly into the operations of the law of suggestion as applied in health and to sickness. It tells exactly how to proceed to relieve different classes of mental and physical ailments in one's self and in others, and it gives, also, a clear insight into many remarkable psychic phenomena. It is different in theory and practice from anything published along advanced thought lines and tells the whys and wherefores of things. It is the result of observation and practical experiences, gleaned from the treatment of over 11,000 patients, treated in private and clinic at THE CHICAGO SCHOOL OF PSYCHOLOGY, and was written especially for students who could not come to Chicago to take the personal course at the school.

If you are interested in the field work and thought covered by SUGGESTION you can not afford to be without a copy of this course. It has been indorsed by the conservative medical press and by students, thinkers in every walk of life. We append a few of the hundreds of unsolicited testimonials from all over the world.

CONVINCING EVIDENCE.

THE MEDICAL WORLD.—A hasty glance through these lessons gives us an impression that here is an educated, candid and honest man, in a field that has in the past so largely been occupied by cranks and ignoramuses. Ridiculous claims are not made, and the subject is presented in a plain, straightforward, practical sort of way. The lessons are interesting reading, and will be practical and valuable to the student who wishes to take a course in this line of study.

THE AMERICAN MEDICAL JOURNAL.— * * * The subject is handled in a masterful manner.

* * * **Dr. Parkyn** certainly stands at the head of the list as a teacher of Suggestive Therapeutics and Hypnotism and he offers through his Mail Course an opportunity for every physician to qualify himself upon these important subjects. We can not too strongly recommend this work to the favorable consideration of every physician.

I. M. GARD, Palmer Lake, Colo.— * * * "I am in receipt of your 'Mail Course' in Suggestion, and I must say that I am more than pleased with it and consider that it far excels anything I have yet read on the subject of healing."

ADOLPH S. LEVI, St. Louis, Mo.— * * * I learned more by your Mail Course in the short time of three weeks than in other mail courses I followed in three years.

RICHARD d'AILLY, Memphis, Tenn.—I am very much pleased with the Mail Course and especially so as it strictly adheres to scientific methods and deductions, entirely leaving out all dreaming, taffy and speculation, mysticism, etc., and by so doing places the subject on a sound scientific basis.

THOMAS MORGAN, Youngstown, Ohio.— * * * I have, as before stated, read numerous works on Hypnotism and for over eight years been trying to investigate Spiritualism, Spiritism, Mysticism, Occultism and kindred phenomena.

I like your course best because you "have succeeded in making it simple." That is it exactly, its grandeur exists in simplicity and ease of comprehension. May success always follow your efforts.

CHAS. E. LE GRAND, Salem, Mass.—"I have read many different publications on the subject of Suggestion and Hypnotism, and I find your course one of sound reasoning and so simple that a child can almost comprehend it. Why is it that most writers on the subject try to make it so hard and mysterious for the student to comprehend? Why do they not do the same as you, and put the thing into plain English language?"

REV. RUDOLPH RUPPERT, Boerne, Tex.—I have thoroughly perused and studied your excellent Mail Course. I found the treatises on the different subjects superb.

C. D. WALKER, Macon, Ga.— * * * "I have completed your Mail Course and find it to be clear and concise in every particular. I have taken several mail courses, but must say yours is far superior to them all. It is undoubtedly the best work on Suggestion I have ever seen. I cheerfully recommend this course to anyone interested in Suggestive Therapeutics."

PERCY DE STANLEY, Ph. D., Coshocton, Pa.— * * * No other book which I have read on the subject approaches it in plain common sense and lucid explanation.

For detailed information, full table of contents, indorsements, etc.

H. A. FYLER, Secretary.

The Chicago School of Psychology, 4020 Drexel Boulevard, Chicago, Ill.

SUGGESTION MOTTO PAGE.

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Smile.

From SUGGESTION.

.....



What Have You Done Today?

From SUGGESTION.

.....

Cut out the above mottoes at the dotted lines; paste on colored cardboard with generous margin and hang where they will do the most good. What is a good motto for this page next month?

When writing to advertisers please mention SUGGESTION.

THE LAW OF Psychic Phenomena

By THOMSON J. HUDSON, LL. D., The Father of the New Psychology.

The Law of Psychic Phenomena explains all the facts relating to spiritualism, mind reading, telepathy, clairvoyance, apparitions, the subjective mind, the law of suggestion, faith cures, Christian Science, magnetic healing, and absent treatment. Read this book and understand dual personality, mysterious disappearances, catalepsy, premature burial, trance, etc.

Read **The Law of Psychic Phenomena** and you will understand all about occultism, witch doctors, subjective visions, and the mysterious happenings of the ages. **THE LAW OF PSYCHIC PHENOMENA** throws light on the mysterious realms of the psychic world, and clearly shows the basic law of human consciousness, clear, simple, and to the point. Any one can understand the book; written in lucid English; it is the standard text book on the New Psychology; nearly 100,000 copies have been sold.

All Seekers after psychological truth should read this book; it points the way, and makes your path clear. It gives a working hypothesis to explain all psychical manifestations of whatever nature. It covers the ground. It shows that natural laws govern the psychic as well as the physical realms, and gives the death blow to superstition, charlatanism, relic cures, and many vagaries now masquerading as system of religion and philosophy. Money refunded if asked.

By an arrangement with the publishers of this book and **SUGGESTION**, we are enabled to make the following offer:

The Law of Psychic Phenomena,	- - - - -	\$1.50
Suggestion, one year,	- - - - -	1.00
		\$2.50

Send \$1.75 and receive the above combination; old subscribers to **SUGGESTION** may renew by sending \$2.00 for the above offer; foreign, 50 cents (two shillings) additional in each case; in the city of Chicago, 25 cents additional in each case.

SPECIAL:—Old and new subscribers by adding 30 cents to above offer will receive Elizabeth Towne's magazine **Nautilus** for twelve months; foreign, one shilling extra.

Send all orders to

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so you are able to treat any disease according to the Schaefer Electropathetic System. I also sell you the best Electro-Medical Apparatus on the market, also



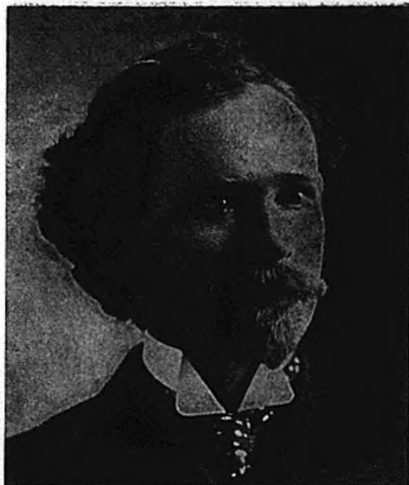
the best Vibrators to give Vibratory Treatments, and the rights to use the Schaefer Healing Apparatus in your locality. Any lady or gentleman can find a paying profession in treating the sick by the Schaefer Method. Most every disease is curable by this new invention. I refer you to a few persons using the Schaefer System of

Healing: Mrs. DeLanty, 2610 West 7th St.; Rev. A. H. Gunnett, 664 West Jefferson St., Los Angeles, Cal.; Mrs. G. Lane, Alva, Okla.; Mr. Geo. Bauer, 412 Good-year Ave., Buffalo, N. Y., and many more, make it pay well. You can do the same. Write for further particulars to the inventor

DR. GEO. SCHAEFER

2002 Peach Street

ERIE, PA.



This is **J. M. FITZGERALD**

The Phrenologist who has taught more than 5,000 Chicago people how to win success. Success is the result of talent working in the right line. Advice can be given by mail.

Call or write for booklet to-day.

Suite 1405-8, 126 State St., CHICAGO.

RALSTON NEW PROCESS WATER-STILL

Do You Care

whether the water you drink is filled with impurities or whether it is as pure as the laws of nature prescribe it should be?

You are the judge; give the matter a moment's thought the next time you're thirsty. If you believe in pure water, you'll find profit in owning a Ralston New-Process Water Still because it is the simplest method of producing absolutely pure water.

The Ralston Still gives 22 per cent. more pure water than any other still and costs no more—two points that ought to impress you.

Perhaps our little booklet "Plain Facts About the Water Question," may help you to an intelligent understanding of this important subject—we'll send it for the asking.



The American Water Still Co. Successors to The A. E. Bailey Mfg. Co. Dept. "S" 1218 Broadway, New York. Responsible Agents Wanted.

Alfalfa Honey For Sale.

In 5 Gallon, 60-Pound Cans, \$4.00 Each.

I make a specialty of fine honey for table use. Alfalfa honey is now considered the very finest of all honeys. No eastern honey can compare with it. My apiaries are located in some of the most extensive alfalfa fields in the United States, and customers can depend on receiving the very best honey to be had. Can furnish strong testimonials in favor of my honey from all parts of the country. Small samples by mail for a 2-cent stamp.

Address

A. F. Stauffer,

—PROPRIETOR—

DELTA APIARIES,

DELTA, - - - COLORADO.

Any information in regard to honey, transportation rates, etc., gladly furnished.

The new year is moving along and I find myself still soliloquizing about some of the problems that I ought to have settled.



A System of Education
In Practical Philosophy,
Psychology, Human
Nature and Logic as
Applied to Commerce
and the Professions.

Education for Business

is one of the things that I have thought of a number of times and I believe that I ought to investigate the matter because my intelligence, my reason and judgment tell me that **education** is the bed-rock upon which all business success is founded.

There must be a System that tells a man

What he ought to be and how to be it;

What his fellow man is and how he may know it;

Why facts should be stated in a certain order and how to so state them;

What the human mind has to do with this problem of business and how to cultivate it.

As I think the matter over now, I see quite clearly that **personality** is the thing that counts most for success in life, whether in business or out of business, and there is something that necessarily must be back of personality and I would like to know what it is.

Again, whatever is back of the thing that is back of **personality** must be invaluable and I believe I would like to know what these underlying things are.

I do not want anything to do with a System of Education that does not prepare me specifically for my increasing success in business.

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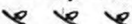
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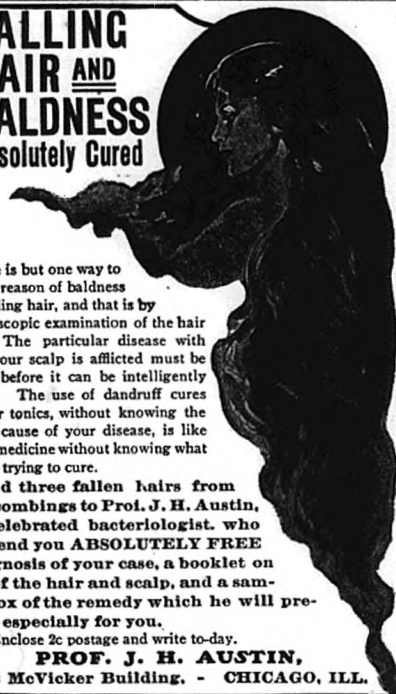
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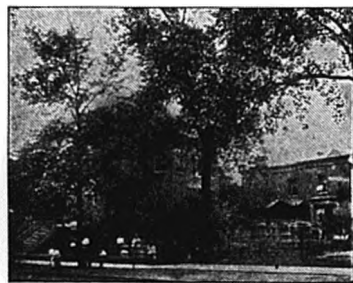
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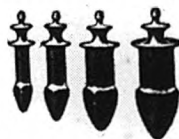
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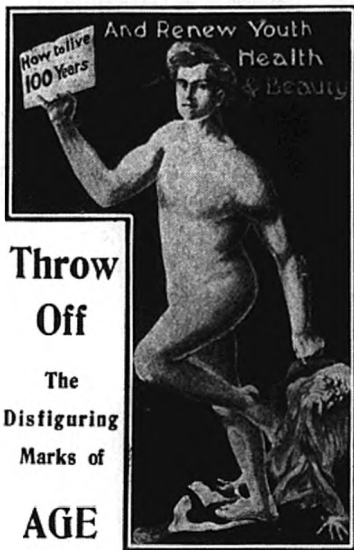
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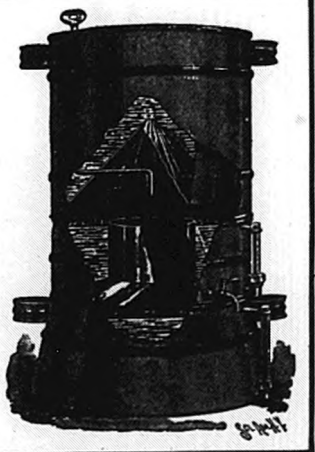
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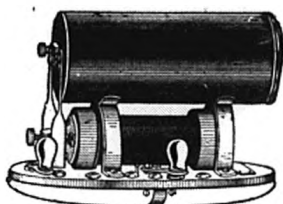
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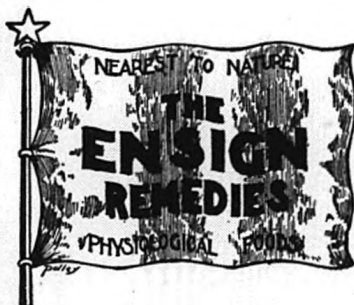
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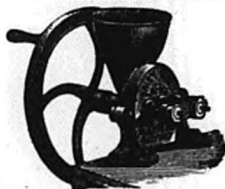
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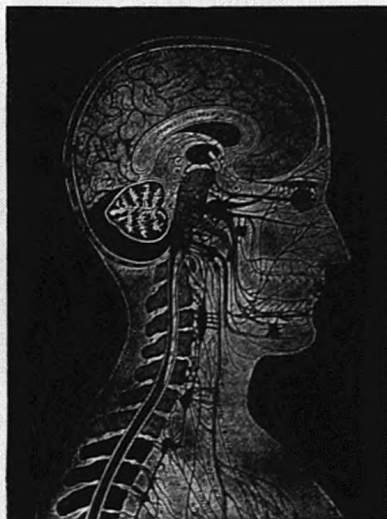
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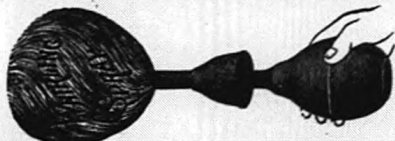
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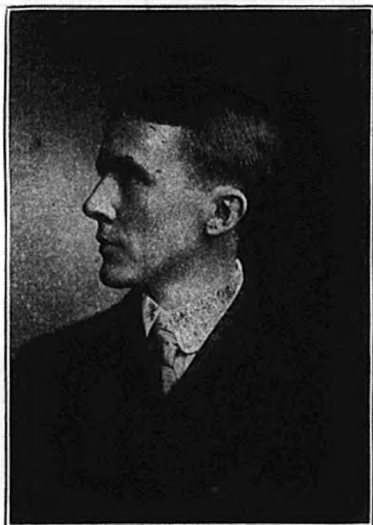
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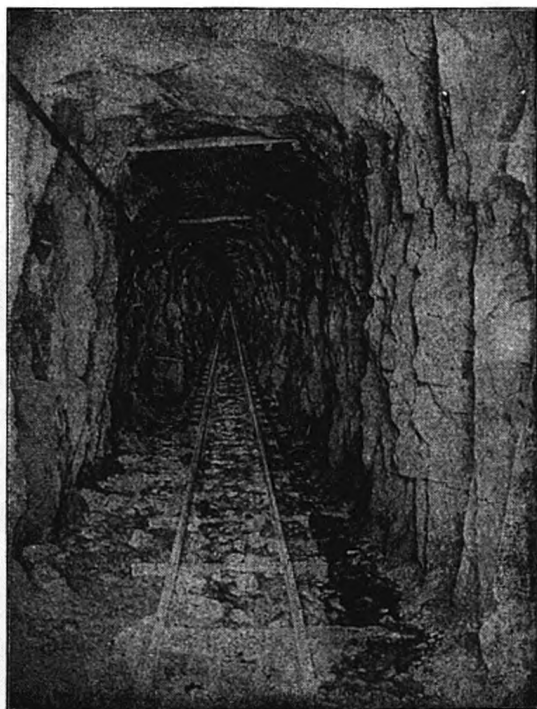
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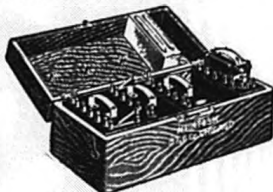
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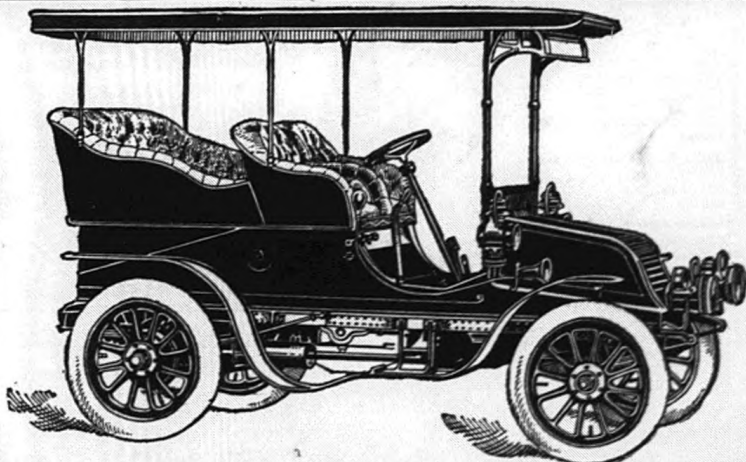
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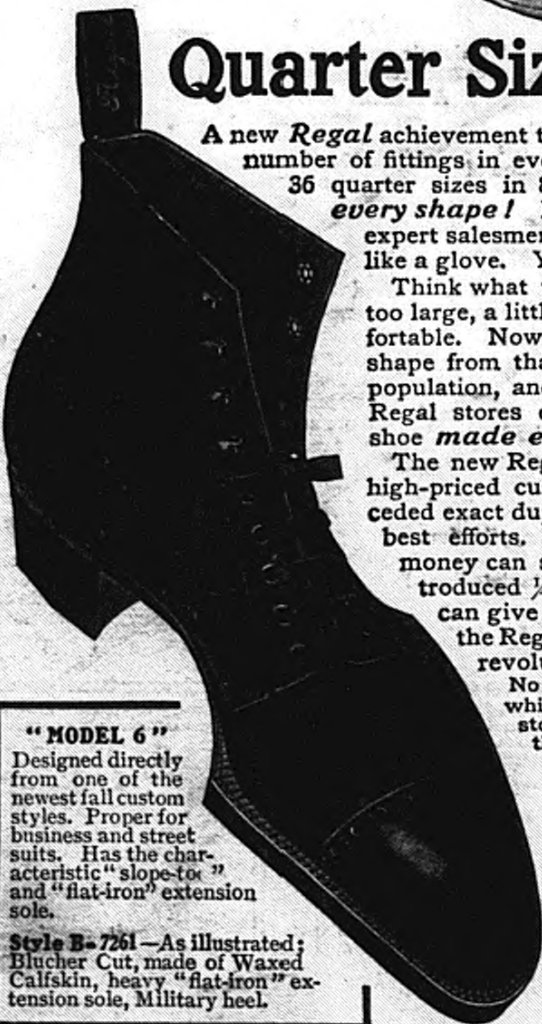
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