

*The New Psychology Magazine*

**SUGGESTION**

**MARCH, 10c.**

Auto-Suggestion  
Psychic Research  
Drugless Healing  
Nature Cure  
Personal Magnetism  
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HERBERT A. PARKYN, M. D., Editor, 4020 Drexel Boulevard, CHICAGO

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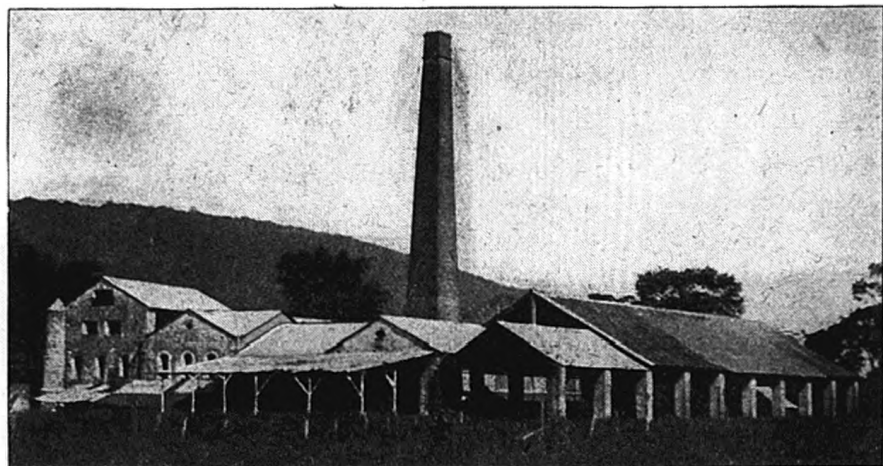
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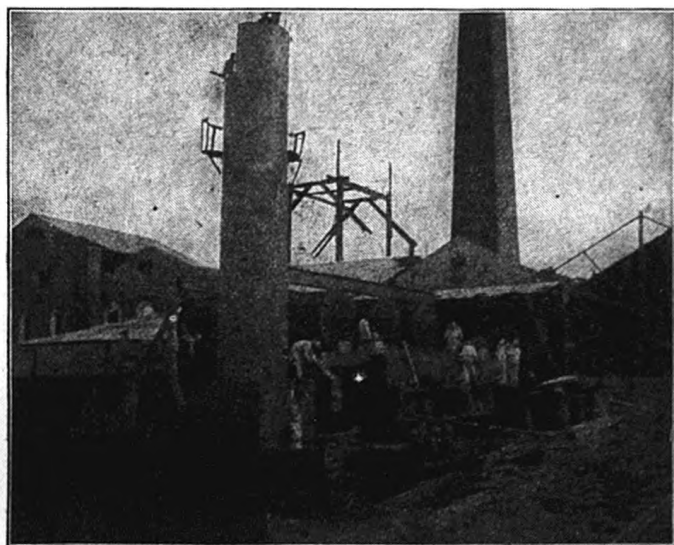
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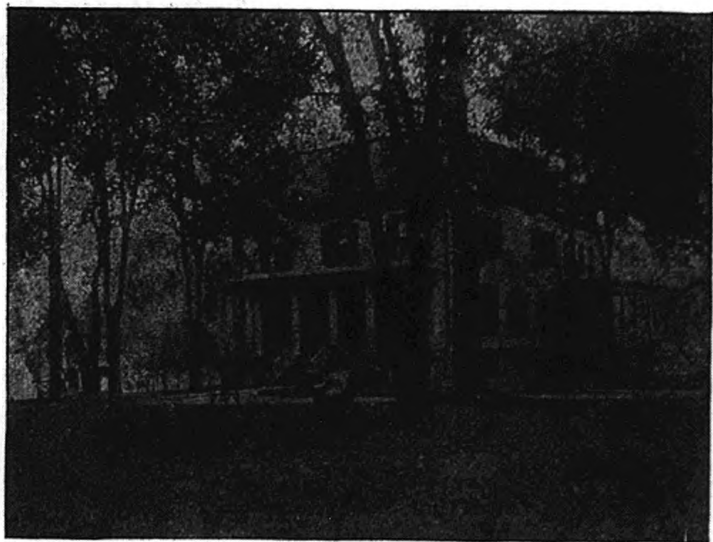
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# SUGGESTION

A Magazine of the New Psychology

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

VOL. XIV.

CHICAGO, MARCH 1, 1905.

No. 3

## Health Foods and Health Cranks.

By HERBERT A. PARKYN, M. D.

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

**T**HERE is a growing tendency at the present time for the average person in search of health to become a "health crank."

He subscribes for all the magazines devoted to the New Thought, physical culture and health, and reads every article in each of them, little realizing that many of them are written by people who themselves are in search of good health. If he were qualified to discriminate he might select a few valuable ideas from each source of information and regain his health by putting these few practical, sensible ideas into practice. Instead, as a rule, he becomes a "health crank," afraid to think the thoughts of a healthy man lest they injure him; afraid to eat the food of a healthy man, because he has read that to keep healthy one should eat only fruits, nuts and whole-wheat bread; afraid to breathe except while practicing the latest monthly physical exercise contortion, lest he fail to inflate his lungs properly; afraid to drink anything but distilled water or fresh rainwater, lest he imbibe something which might carry him to an early grave.

Now this is not an exaggerated description of the health crank. You have all met him. He can give you advice by the hour, yet, as a rule, he himself is in search of health.

I have found many of these cranks among my patients. They could give me cards and spades on physical culture exercises, best health foods, best thoughts, best still for distilled water, etc., yet

I have brought them into perfect health in a few weeks by getting them to discard their exaggerated notions and live the simple life of the healthy man, with its plain, wholesome, all-round diet, its eight to ten glassfuls of liquids per day, its rational method of breathing and its diversion through useful, healthy pursuits, in contrast to the ever-present self-conscious fear thoughts of sickness that lurk in the mind of the average health crank whose chief diversion is discussing some new fad for regaining health.

The health crank is a bore to society, for he is forever telling people how to live, what to eat, when and what to drink, the best health food, how food should be masticated, how to bathe, how to sleep, how to dress, etc.—advice which, if followed by a healthy man, would soon make an invalid of him.

I am not a disbeliever in hygiene, nor do I underrate the value of good water, good food and fresh air—the life essentials—but the use of these life essentials can be so circumscribed by exaggerated hygienic ideas that they appear to be robbed of their health-giving properties. And, after all is said and done, there can be no life and no health without partaking of the life essentials. A curious thing is that a healthy man will partake of these life essentials and keep his health, while a sickly man may not regain his health although he partakes of them daily. The difference lies in the mental attitude each bears toward the life essentials and the way in which he partakes of them accordingly.

A man in perfect health drinks about two quarts of liquids daily. To be sure, the average healthy man does not realize that so much of his health depends upon this habit of correct drinking. He has probably picked it up from imitation through his parents. A child usually eats and drinks like his parents, and if their habits of living are correct he follows in their footsteps. But watch the habits of living of a healthy man, and you will find that without any design he *does* drink about two quarts of liquid a day, or eats foods largely composed of water.

If a man does not drink sufficient water his elimination becomes poor and he may suffer in consequence from constipation, headaches, rheumatism, biliousness and many other complaints. His secretions, also, will be stunted until there is insufficient gastric juice and other digestive juices with which to digest his food. Every time he attempts to eat like a healthy man he suffers from digestive disturbances, and consequently concludes that the diet of the average healthy man is fit for dogs only, and turns to the "health foods"—



foods for invalids. He finds these foods agree fairly well with him and believes he has found the secret of health. But, somehow, he does not gain much in strength, although he tries all the various health foods advertised, masticates them thoroughly, and drinks a little distilled water after his meals—never with his meals.

The reason the health foods seem to agree better with an invalid of this class lies in the fact that he does not relish these health foods as well as ordinary articles of diet, and in consequence he eats less, and this small quantity of food is handled fairly well by the stunted digestive secretions. But there is not sufficient digestive fluids in his body to enable him to digest enough food to bring him the health of the healthy man, and he continues to remain a semi-patient—living on this patient's diet. He believes his digestion has improved through the use of these foods, whereas he has merely run away from the food which keeps the healthy man in good health. He becomes a crank on health foods, and it is only a step for him to become as cranky over physical culture exercises and distilled water; then another step and he becomes a regular magazine contributor on health topics, although, with all his theories, he has not himself become a strong man. Such a contributor to a magazine can do a great deal of harm by filling his readers' minds with fear thoughts toward what they eat and drink.

If you have good health at present, study your present habits of partaking of the life essentials and stick to them. Your good health should be an accident no longer. It is yours today merely because you were brought up in a family in which correct habits of living were unconsciously practiced, and it will pay you to study these habits, for worry or grief or change of environment might unconsciously change your correct habits of living into incorrect habits, but if you will learn why you have good health now, you will consciously preserve your correct habits hereafter, no matter what may befall you.

If you have poor health, study the habits of living of a healthy person and endeavor to imitate them. You will never regain perfect health by living forever on foods prepared for patients only. You may not be able to plunge at once into the hearty diet of the healthy man, but by eating moderately at first, masticating your food thoroughly, partaking properly of the other two life essentials and thinking healthy thoughts you will slowly, perhaps, but surely, regain your health and strength, till every organ in the body is again working vigorously and you can call yourself a perfectly healthy man.

Don't be a health crank.

Don't practice any special system of eating, drinking, breathing or thinking until you have a good, sound reason for adopting the system—a reason based on common sense and sound scientific principles. Good health is an easy thing to maintain, and if lost it should not be a difficult thing to recover if one will live like a healthy person. However, it becomes difficult if we resort to all kinds of foods, fads, fluids and foolishness that play no part in the habits of living of healthy persons.

(Continued.)

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## The Power of Mind.

The power of the mind over the body is a theme that, during the past few years, has aroused almost universal interest. The various "sciences" which take as a working hypothesis the biblical statement, "as a man thinketh in his heart so is he," have, through the extensive publication of their ideas, popularized the study of this "new" psychology. Innumerable leaders and prophets have sprung up like mushrooms in a single night, each claiming to be "the discoverer of the law." But, apart from all the mild fanaticism of these new schools, their influence has been decidedly for good. The numerous "don't worry" clubs and leagues have shown that most of us are in this strenuous age more or less victims of mental intemperance to a deplorable degree. Herbert Spencer, in describing the process of "mentation," intimated that fear, anger and worry actually cause the destruction of tissue and bring about pathological changes in the cell structure of the brain. Prof. Elmer Gates, who is one of our most progressive investigators, has demonstrated by extensive experiments in his laboratory, that his discoveries verify the theories of Spencer. It is impossible, within the scope of this discourse, to enter further into this most fascinating field of research, except to note that the actual effects of intemperate worry, fear or anger, are far more demoralizing than the over indulgence of any natural or acquired appetite. It is conceded by most intelligent persons that thought is an actual force of infinite potency. We all have this force at the command of our will. Waste of force is intemperance. Dissipation of the mental and nervous energies should be fought against as openly and vigorously as some of our misguided "temperance" reformers carry on their laudable crusade against the drink evil. The salvation of the race depends upon the acquirement of mental and spiritual poise.—*Norman H. Nesbitt.*

# Auto-Suggestion.

By WILLIAM E. TOWNE.

**N**OTWITHSTANDING that much has been written in the past few years upon this subject, very many people are asking "how it is done," "how the suggestions are made," etc.

We are constantly receiving suggestions from without, and the decisions which our conscious mind makes regarding these suggestions is accepted and acted upon by the sub-conscious mind. These suggestions play a most important part in the lives of nearly all people, although few are conscious of it. The majority of suggestions, received unconsciously from without, are of a negative character, it is needless to say. For instance, you are in an environment of poverty. Conditions seem to be pushing you to the wall. Instead of gaining ground you seem to be losing a little day by day. Each morning when you arise your conscious mind naturally seeks the familiar channels, and you speak for yourself the word of failure instead of success. You look at the obstacles which seem to oppose you and decide that you can not overcome them. Each day this decision is a little more emphatic. Each day you feel a little less hope, and each day the suggestion thus given to your sub-conscious mind sinks into it more deeply, and you are thus brought more and more into the permanent vibrations of failure when you will not make the effort and take the steps which would bring you success. Of course you do all this unconsciously, but the effect is the same as if you daily injected some poison into your veins which would kill hope, create fear and discouragement and paralyze all effort. You allow yourself, unconsciously, of course, to become hypnotized by the IDEA of failure until it becomes real to you in place of success.

Now this process may be reversed. As you have fed yourself on thoughts of failure, now suggest to yourself daily that YOU ARE SUCCESS. The best time to do this is just after retiring at night. Whatever thought you hold in mind just before you lose consciousness in sleep will be more readily taken up by the sub-conscious mind and acted upon than will a similar thought held in mind when you are wide awake. We often see proofs of this in the way that names and dates are brought to mind while we are asleep. The other day I tried very hard to remember a certain individual's name. Try as I would it eluded my grasp. I went to sleep thinking about it, and the next morning it seemed to come up clearly in my mind without



effort on my part. I dismissed the matter from my mind and went about my work, but an hour or two later the name again came up in my mind and I saw that in the morning my remembrance of it had not been quite correct, one or two letters in the spelling of the name having been incorrect. Now my sub-conscious mind had been at work on that problem ever since the night before. At first it presented to the conscious mind what appeared to be an answer to the question, but an hour or two later this answer was corrected, without any direction or suggestion from the conscious mind. Doubtless nearly every one could relate many similar experiences if they would take the time to call them to mind.

Now if you suggest success to your sub-conscious mind in a positive manner just before going to sleep, it will act upon it in the same way my mind acted in response to my desire to remember the name. You will awake in the morning with a little more hope than you had the previous day. You will meet your problems with a little more courage, and little by little you will be able to stem the tide of adverse suggestions which you have been harboring and replace them with good ones.

It takes time and patience and persistence, above all PERSISTENCE, to turn the mind away from the grooves and channels in which it has long been accustomed to run. With some people it takes more time and greater persistence than with others, of course, just as some people make better hypnotic subjects than others. You have got to make up your mind to stick to it. A few weak, wishy washy suggestions made once or twice will have no perceptible effect. Make your suggestions positive, and then think and act at all times as if you expected nothing but good. Make the most of every opportunity. Expect success. Drive out the thoughts of doubt and fear as you would a robber from your house.

I do not believe it is wise to follow any set forms of speech in giving yourself suggestions, and I have purposely refrained from offering any in this article. Formulate your desires in simple, brief, direct form, and then drive them into your sub-conscious mind by positive affirmation. Be sure you lie in an easy position, with body relaxed while doing this. Try to feel that you are LETTING these suggestions permeate you and work themselves out through you as a medium. Remember, as you go quietly to sleep, that your sub-conscious mind is still acting upon these suggestions as my sub-conscious mind was acting in response to my effort to recall that name. Your conscious mind is to simply rest after having given the suggestions,

and has nothing further to do with results, except to refuse to entertain unwelcome guests in the way of negative thoughts.

A little careful training along these lines will make you much better fitted to grapple with the problems of life, and you will begin to see an actual improvement in your affairs from day to day. You will put more careful, earnest, hopeful effort into your work, and your reward will be correspondingly greater. You will gradually build around your ideal a structure of the real. You will gradually replace doubt with hope and faith, fear with courage, weakness with strength, failure with success.—*The Nautilus*.

---

## From the Crucible of Being.

By GEORGE W. CAREY, West Summerville, Mass.

(Arranged for SUGGESTION.)

**T**HERE is no reward in the eternal plan for doing good or right thinking. Good is relative. We recognize good only by contrast with something unpleasant to us. But that which one calls good, another calls evil.

\* \* \*

The time was, and not very long ago, when the recognized scientist believed that there were about seventy-four elements indivisible, separate and distinct. But the alchemical iconoclast, with his hammer of truth, has pulverized the fallacy and remorselessly hammered and pounded the seventy-four faces into one countenance, until, "clothed with the oneness of being, we acknowledge dominion of Soul."

\* \* \*

For a long time hydrogen gas, the negative pole of water, was supposed to be indivisible beyond all question, but the present-day chemist knows it is only an expression of yet more subtle molecules, back of which "standeth God, within the shadow, keeping watch above His own."

\* \* \*

From the materialistic and individual concept of life and its operations it is pitiable and pathetic to view the wrecks along the

shores of science. It is only when we view the apparently sad failures from the firm foothold of the unity of being and the operation of wisdom that we clearly see in these frictions, and warring elements, and temporary defeats and victories, the chemical operation of Eternal Spirit, operating with its own substance, its very self. It is only through the fires of transmutation that we are enabled to see that all life is One Eternal life, and, therefore, can not be taken, injured or destroyed.

\* \* \*

Principle is not changed because this or that has been written about it and printed in a book. Nothing can be made right or wrong by legal enactments. Principles are eternal verities or truths, and, therefore, not subject to the whims and changes of human laws or statutes. Each Legislature or Congress repeals or sets at naught the so-called sacred laws of former lawmaking bodies. Thus do they render null and void, by putting into circulation another counterfeit, composed of the same base metal, bearing a different inscription. Law can not be made; it eternally exists; its name is Wisdom, or God, and, patient as the sea, waits for recognition.

\* \* \*

Back of every dark age the investigator finds indubitable proof of buried civilization, and the evolutionist searches in vain for primitive man from whom he can claim his descent.

\* \* \*

The Pharaohs of capital are fearful that the Israelites of labor are about to start out for the desert and Red Sea and leave the Napoleons of finance to do their own work. If Moses would only appear!

\* \* \*

The world is not getting better; it is proceeding. It has always been doing the right thing, at the right time, in the right place.

\* \* \*

The human body is the result of a certain chemical formula. Disturb this formula—the chemical combination that materializes blood and tissue—and disease is the result.

\* \* \*

The different symptoms manifested in disease to which so-called medical science has given names in Latin and Greek without end are produced by the same identical cause, namely, a deficiency in some of the chemical constituents of blood.



# Do It Now.

By CARL WILSON, Worthington, Ind.

Written for SUGGESTION.

**I**F you've got a thought that's happy,  
Tell it now.  
Make it short, and bright, and snappy—  
Tell it now.  
Tell it to a friend that's near,  
Tell it, full of hope and cheer;  
By and by the world will hear—  
Tell it now.

If you've got some word or other—  
Say it now.  
For a struggling, friendless brother,  
Say it now.  
Start him out, this bran new year,  
With a hand shake; let him hear  
Words of sympathy and cheer—  
Say it now.

If you've got a job of work—  
Do it now.  
Yesterday's the day to shirk—  
Do it now.  
Do it now, and when you're through  
Tackle something else to do.  
"Do it's" my advice to you—  
Do it now.

---

The ancestor of every action is thought.

\* \* \*

"He never fails in his pursuit who maintains a joyful countenance."

\* \* \*

"When men are rightly occupied their amusement grows out of their work as the color petals out of a fruitful flower."

# The New Psychology.

By PROF. EDGAR L. LARKIN, Echo Mountain, Cal.

**T**HAT vast science, the new psychology, now about twenty years of age, has already become majestic, sublime, complex. Indeed, even now it is more intricate by far than astronomy.

The discoveries now being made in the great psychological laboratories of the world are of the highest possible interest. The leading psychologists now assert that the only difference between the minds of the lower animals and man is merely one of degree only. That is, minds of men are of the same kind as those of all other animals, but many times stronger.

Careful and long continued experiments have demonstrated that even low types of animals have reason that differs only from that in man in degree.

All organic beings are mere colonies of cells—i. e., cities of individual living entities. At present it is unknown what life is, but each cell is a center or source of life. Ganglia are nodes or collections of cells into smaller communities; and in the human brain different combinations of the same kinds of cells may produce different faculties of mind. For differing associations of the same kind of ultimate corpuscles—there is but one kind—give rise to all the phases revealed by ordinary chemistry, and by the spectroscope. The universe is made up of varying combines of life corpuscles into infinite diversity; and variations in thought, from late analyses of mind and brain, seem to be caused by varying clusters together of one kind of brain cells in ganglia.

Mind is now known to be a product of brain cell activity—that is, mind is a result. Mice, birds, insects have been known to be possessed of reason. Animals learn by experience and store this experience in memory for long periods of time. Love, affection, veneration, love of the beautiful, gratitude, conscience, consideration, contrition, sorrow, trouble, care, mercy, pity and many other attributes for long deemed to be human only are now known to be possessed by animals, in many cases to a high degree.

Several books giving thousands of instances are published. The most rigid scrutiny made by careful and conservative scientific psychologists during the last twenty years has been totally unable to detect any trace in body or brain or find any analogy in nature concerning the existence of what is popularly called the soul. Blood cells build flesh, stomach cells digest and brain cells evolve mind.

Psychologists are incapable of finding any difference between the three processes. In the present state of psychic science it is not known what mind is, but whatever it may be it is known that it is caused by the action of brain and nerve cells. When this activity ends all traces of mind come to an end. Cells that originate mind are far more complex than those that perform the office of secretion in glands. The secretion of mind is of greater complexity than the secretion of bile or gastric fluids. But all are developed by the work of cells.

Perhaps the world is now ready to receive this generalization, thus: The human mind contains no faculty that can not be found in the minds of animals, in less degree; and in some cases in higher degree. Hence, the latest researches in mind confirm the fundamental law of nature—evolution.—*Chicago American.*

---

## Thought.

Every thought  
That is wrought  
In the workshop  
Of the brain,  
Should be  
In quality  
Noble, strong,  
To ease the  
World's pain;  
To right  
Its wrong;  
To help make  
Life to all  
A joyous song.

—*Marie A. Watson.*

---

The day can offer nothing so valuable as a new thought.

\* \* \*

There is only one cure for public distress and that is public education.—*Ruskin.*

# The Decay of Brain Power.

By PROF. J. M. FITZGERALD, Chicago.

Written for SUGGESTION.

## A STUDY IN PHRENOLOGY AND PSYCHOLOGY.

**C**HARLES DARWIN, in his memoir, has called attention to the loss of certain faculties in his own mind due to the want of exercise. He says:

"When a young man I was an admirer of Shakespeare, very fond of music and deeply interested in religious thought, but for many years I have had no liking for those things, in fact they are unendurable. My mind devoted to scientific thought so many years, has formed itself into a machine for the grinding out of natural laws. Undoubtedly, the brain centers which preside over the faculties of music, poetry, etc., have atrophied and the loss of these powers may have to some extent warped my moral judgment. Were I to live my life over, I would find some time each week for the cultivation of those higher and finer things."

Those are not the exact words of Darwin (since I quote from memory) but they embody the substance of what he said. Surely this frank confession should make us pause and examine the warp and woof of our mental garment to see if any of its threads are worn thin through over use, while other parts remain untouched. Phrenology claims that there are at least 42 faculties of the human mind and that these faculties are divided into seven groups, viz.:

- (1 and 2). Perception and reflection located in the forehead;
- (3) Social in back head.
- (4) Selfish propensities in lower side head about the ears;
- (5) Aspiring in crown head;
- (6) Esthetic in upper temples and upper side head;
- (7) Moral in top head.

The perceptive faculties are purely objective in function; the reflective faculties partake of the nature of both the objective and subjective functions of the mind. Roughly estimating the normally proportioned brain, about one-fourth of it functions the intellect proper, the remaining three-fourths serve as the organs of the sentiments, feelings and emotions. There is then grave danger in over using some one or more of the latter faculties resulting in a derangement of its organ, finally centering the mind at that point so firmly as to narrow the range of intellectual interests and if persisted in



for a prolonged period without interruption it frequently ends in insanity. The constant use of an emotion or feeling, means an over stimulation of the organ presiding over such an emotion or feeling by too great a supply of blood being directed to that part of the brain thus causing pathological changes to take place in the cells of that particular organ or group of organs.

Mrs. A. M., aged 50 years, during the past fourteen years had suffered from terrible pains in her back head, and side head, back of left ear; while never free from pain in those parts of her head, they would become so pronounced for three or four days at a time as to make sleep and even work impossible; accompanying these pains was a desire to commit suicide against which she fought with all her might. Medicinal treatment was of no avail. Upon questioning her as to her mental habits, she said, "I haven't read anything solid for more than twenty years; for many years it was impossible because I had to take care of my children. Then my husband was an invalid for four years and I had to earn the living for us all and during the last fourteen years my head hurt so and when I tried to read I would fall asleep in a few minutes; I just couldn't fix my attention on it at all."

An X-ray photograph was made of her head; it showed that the upper frontal brain had shrunken considerably, and plainly indicated a congestion of blood in the back head and a great want of circulation in the front brain. Mrs. M. was given editorials (from newspapers) upon abstract subjects to read; she was advised never to tire her attention to the point of fatigue, but to read a few lines and then think about the thought conveyed in those lines. She had a certain amount of work to do each hour and as her attention became stronger she was given more work to do. She had progressed so well by the end of the sixth week that she began the study of Emerson's essays; at the close of the third month she was able to read Emerson, Epictetus, and Bacon's essays for half a day at a time without becoming exhausted. She was directed to take up Gregg's system of shorthand, which she did, competing favorably with girls younger than her daughters. Her headache has gradually diminished, though (only seven months having passed since she began to re-establish the activity of her intellectual faculties) they have not left her entirely; they are, however, of shorter duration and endurable; the impulses for self-destruction having completely subsided and life is again enjoyable because she feels her self-command and realizes that she is on the royal road to perfect health. The cause of Mrs.

M.'s terrible condition was in her complete abandonment of thoughts, intellectual, and her over-powering absorption in her domestic relations, supplemented by an abnormal sense of fear for her sick husband and that her children would not get at least a high school education—a thing denied her. It may occur to the reader that the conclusion arrived at is unwarranted from the citation of a single case, for they undoubtedly know of many women who live as narrow a life as did Mrs. M. for twenty years and that those women are of sound mind, with good health. The writer will grant the truth of the observation, but the fact that some men and women can defy every law of physiology is no reason why it is not wisdom for the average person to obey physiological laws. And in the same sense it is prudent for the average mortal to make a study of psychology and thus to understand the practical functioning of all of the faculties of the mind, if they wish to maintain perfect mental poise, growth of mind and freedom from the mental ills which beset so many people, and if nothing worse, practically fill their lives with the gloom associated with a funeral.

Suite 1405, 126 State Street.

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## Little Lessons From Life.

Men are righteous, men are bad,  
According to the meal they've had.

Pursuing things we think will bless,  
We lose the blessings we possess.

How can life be reckoned sweet  
By him whose new shoes pinch his feet?

Whether the world is kind or cold  
Depends upon the job you hold.

Tolling's useless or worth while,  
According to your store of bile.

The future's drear and dark or bright  
To match the dreams you had last night.

—S. E. Kiser, in *Chicago Record-Herald*.

# Vibrations.

MABEL GIFFORD, B. H. Ave., Mattapan, Mass.

Written for SUGGESTION.

**N**ATURAL foods, grains, fruits, nuts and vegetables, contain all the materials needed for body-building, combined in the most wonderful way; a way that the highest skill of man can not approach. These foods are not only pleasant to the palate, but as soon as taken into the mouth begin to have a beneficial effect, and as soon as swallowed the difference in their effect on the body from other foods is very noticeable; there is refreshment, buoyancy, a clear mind and a satisfied appetite. There is no "hankering." And the natural liquids, water and fruit juices, satisfy all demands, which are very small, as natural foods supply nearly all the liquid that is needed, and but little thirst is experienced. Fruits and nuts we all can eat just as nature provides them, but grains and vegetables many of us are not yet equal to without some cooking, though a goodly number of people in this country are eating grains simply softened.

It is the vibrating life stored in the natural foods that nourishes the body; in artificial combinations made by man, the proportion is destroyed, and the vitality dissipated.

And why is it that a change of climate will "cure" one sufferer and fail with another? In the one case the mind vibrations are changed from a disorderly condition to a normal condition; in the other case the change of place has not changed the mental condition. One could as readily get well at home if the mind could as readily be changed. To get the benefit of the right physical conditions and things, the higher planes must harmonize with the physical, or they will pervert and neutralize the physical, as the higher is always a greater power than the lower.

A man may become so fortified with pure vitality that nothing that entereth in can harm him, neither medicines, foods, nor the inharmonious vibrations of others; he assimilates only the good, and the rest is cast out. His body chooses right because his mind chooses right. Only that which cometh out of the mouth defileth the man or harms him, for that which cometh out is the life quality of the man. It is the thought and feeling the man holds that determines the effect of anything he takes into his system or his mind, and also determines the extent that he is affected by others.

No amount of air, dieting or breathing will cure you of your

inharmonious conditions, but the attitude of mind with which you practice these things, and the extent of your faith in the power of vibrating life to manifest through them. That which inspires you with the greatest faith will be of the greatest help to you.

The right proportion and variety of natural foods requires no study; to eat more of the sweet foods and starchy foods in winter, and more of the juicy and acid foods in summer, a moderate variety at one meal, thorough chewing of food, not to over-eat and to take liquids slowly is nearly the whole story. One soon finds out by experience what amount is best suited to his individual needs.

It is a question whether we need material food every day, but there is no question about needing the food of life every day. If each one would store up a supply every morning before beginning the day, life would be a new world to him with ever increasing light and beauty. It is feeding the mind on the kind of life one desires that works the transformation. Perpetual youth and immortal physical life come not because of any special kind of material food or mechanical exercise or manner of living, but by feeding the heart and mind on immortal life and passing it along to the physical.

For ages man has been feeding his soul on the hope of eternal life after leaving the physical body, and feeding his body on disease, sorrow, trial, old age and death. Pure air, raw grains, fruits nor any other kind of material food is not what is doing so much for the earnest seekers of today as are the thoughts with which these seekers are feeding themselves in combination with their food. Through their convictions of the power of material foods and practices they are getting the higher vibrations of life. They will progress much faster when they seek the etheric vibrations direct.

Man and animals lived on pure air and pure vitalized foods long before our day, and they are all physically dead. He who appeals to Ceasar, to Ceasar must he go. If he appeals to the physical things to the physical things he will have to submit. But he who appeals to the Infinite direct will be freed from the physical bondage; he will not depend upon the physical but will use it in order to cooperate on the physical plane. Some appeal to the life vibrations through drugs, some through water and some through foods, others through mechanical breathing and exercises. There are those who neglect the physical body and life while seeking to dwell above it. This stops circulation and assimilation, and body and mind suffer starvation and neglect, and become deformed and diseased.

It is a grand step in the right direction to eat and exercise and



breathe and work with thoughts of life instead of death, as has been the old way; to live on the physical plane in harmony with life assists the mind out of its old ruts when it is making the effort to establish new vibrations. Each acts and reacts on the other. Those who attempt to attain the higher life while continuing in the artificial, destructive physical life, meet with little success and have painful experiences, for they have a divided mind and are pulled in opposite directions, and what they do on either plane is destroyed in the other. Make up your mind before you start which master you will serve; the one that more and more enslaves or the one that more and more sets free, and then go at it with your whole heart.

Whatever you do, whether it is eating or anything else, it must be done with a good conscience; the conviction that it is the best you know. To doubt, or to believe it is wrong, makes it an injury to you. "Whatsoever Adam called the living creatures that was the name thereof." Man gives names or qualities to every vibration of life, and such it is to him. He may seek to know the true names the Creator gave them or he may invent names; the invented names lead into all delusions and disorders; real names bring unadulterated, unperverted vibrations of Infinite Truth and Love.

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## Credo.

By ALICE SPICER, Colorado Springs, Colo.

Written for SUGGESTION.

God reigns,  
Not devil;  
Good obtains,  
Not evil.

All is well,  
We shall find;  
Toll it, bell,  
Down the wind.

Darkness shrinks  
Out of sight,  
When one thinks,  
"All is Light."

## Ghost of a Living Person.

[The following is taken by permission from a very interesting book entitled, *The Widow's Mite and Other Psychic Phenomena*, by Dr. Isaac K. Funk, published by Funk & Wagnalls, New York.]

**I**N the following incident

### A GHOST OF A LIVING PERSON APPEARS.

The next incident I take from Mrs. Sidgwick's paper published in the "Proceedings of the Society for Psychical Research." Mrs. Sidgwick, it will be remembered, is the sister of the present English prime minister, Balfour, and was wife of the late Professor Sidgwick, of Cambridge University. This case is also given by Frederick Myers in "Human Personality." The account was sent to Col. Thomas W. Higginson, an associate of the American branch of the Society of Psychical Research, and by him transmitted to the Society:

"On October 3, 1863, I sailed from Liverpool to New York on the steamer City of Limerick, of the Inman line, Captain Jones commanding. On the evening of the second day out, soon after leaving Kinsale Head, a severe storm began, which lasted for nine days. During this time we saw neither sun nor stars, nor any vessel; the bulwarks on the weather bow were carried away, one of the anchors broke loose from its lashings and did considerable damage before it could be secured, and several stout storm sails, though closely reefed, were carried away and the booms broken.

"Upon the night following the eighth day of the storm the tempest moderated a little, and for the first time since leaving port I enjoyed refreshing sleep. Toward morning I dreamed that I saw my wife, whom I had left in the United States, come to the door of my stateroom, clad in her night dress. At the door she seemed to discover that I was not the only occupant of the room, hesitated a little, then advanced to my side, stooped down and kissed me, and after gently caressing me for a few moments quietly withdrew.

"Upon waking me I was surprised to see my fellow passenger, whose berth was above mine but not directly over it—owing to the fact that our room was at the stern of the vessel—leaning upon his elbow and looking fixedly at me.

"'You're a pretty fellow,' said he at length, 'to have a lady come and visit you in this way.'

"I pressed him for an explanation, which he at first declined to give, but at length related what he had seen while wide awake lying in his berth. It exactly corresponded with my dream.

"This gentleman's name was William J. Tait, and he had been my roommate in the passage out, in the preceding July, on the Cunard steamer Olympus; a native of England and son of a clergyman of the Established Church. He had for a number of years lived in Cleveland, in the State of Ohio, where he held the position of librarian of the Associated Library. He was at this time perhaps fifty years old, by no means in the habit of practical joking, but a sedate and very religious man, whose testimony upon any subject could be taken unhesitatingly.

"The incident seemed so strange to me that I questioned him about it, and upon three separate occasions, the last one shortly before reaching port, Mr. Tait repeated to me the same account of what he had witnessed. On reaching New York we parted and I never saw him afterward, but I understand that he died a number of years ago in Cleveland.

"The day after landing I went by rail to Watertown, Conn., where my children and my wife had been for some time visiting her parents. Almost her first question, when we were alone together, was:

"'Did you receive a visit from me a week ago Tuesday?' 'A visit from you?' said I; 'we were more than a thousand miles at sea.' 'I know it,' she replied, 'but it seemed to me that I visited you.' 'It would be impossible,' said I; 'tell me what makes you think so.'

"My wife then told me that on account of the severity of the weather and the reported loss of the Africa, which sailed for Boston on the same day that we left Liverpool for New York, and had gone ashore at Cape Race, she had been extremely anxious about me. On the night previous, the same night when, as mentioned above, the storm had just begun to abate, she had lain awake for a long time thinking of me, and about 4 o'clock in the morning it seemed to her that she went out to seek me. Crossing the wide and stormy sea, she came at length to a low, black steamship, whose side she went up and then descended into the cabin, passed through it to the stern until she came to my stateroom.

"'Tell me,' said she, 'do they ever have staterooms like the one I saw, where the upper berth extends farther back than the under one? A man was in the upper berth, looking right at me, and for a moment I was afraid to go in, but soon I went up to the side<sup>s</sup> of your berth, bent down and kissed you, and embraced you, and then went away.'

"The description given by my wife of the steamship was correct in all particulars, though she had never seen it. I find by my sister's diary that we sailed October 4th; the day we reached New York, 22d; home, 23d.

"With the above corrections I can very willingly subscribe my name.

S. R. WILMOT."

By Mr. Hodgson's system of questions and answers this incident seemed well verified. It is only one of a large number which indicates that the spirit has an existence independent of the body, even while it is in this life.

In this case hallucination seems excluded, as three separate persons participated in the affair. If we in the body had power thus to project ourselves it will become much easier to believe that spirits out of the body have power to make their presence also manifest. But if these appearances are actual outward presentations of one's self to another, it would account in some cases for spirit materializations, for the medium would have the power to make herself visible outside of the cabinet and at the same time be physically present in the cabinet. This itself would be a most startling psychological fact, should it be found to be really a fact.

But it is not sure that these appearances are not wholly in the mind—are not wholly subjective. If one can so, telepathically, impress another at a distance as to cause an hallucination, this might explain many cases.

"Learning without thought is labor lost; thought without learning is perilous."

\* " \*

Virtue is not left to stand alone. He who practices it will have neighbors.—*Confucius*.

\* " \*

It behooveth a man to receive instruction, although the advice be written on a wall.—*Saadi*.

\* " \*

"The only possible measure of relative validity among our beliefs is the degree of their persistence in opposition to the efforts made to change them."



# Insomnia and Nervous Prostration.

W. S. ENSIGN, Phy. Ch., Battle Creek, Mich.

Written for SUGGESTION.

**A**N article on insomnia in the November number of SUGGESTION, has led the writer to a consideration of the physiological state which produces or permits insomnia.

We consider insomnia as the chronic or persistent form of sleeplessness. A sleepless night may be caused by a cup of coffee, or as the effect of another narcotic or drug, or from a sudden crisis or strain, but this is not insomnia. Insomnia runs over many nights, often at first without any apparent cause. You simply can not sleep.

It is agreed that sleep is an involuntary function produced by the reduction of the amount of blood entering the brain. This is a brief statement of the fact. The withdrawal of blood from the brain is accomplished by the contraction of the arteries which supply the brain. It should be understood that the walls of the arteries are muscular and composed of tissues which are elastic and contractible. The power of dilating or contracting the arteries resides in the involuntary system, and is operated according to the natural law of supply and demand. Thus, when the stomach is filled with food, the arteries leading to the stomach are distended with the increased amount of blood carrying supplies required in the act of digestion. When the body is exposed to chilling winds, a greater amount of blood, carrying supplies, is sent to the surface, and the face glows ruddy therewith. When the brain is in special use, as in study or deep thought, an increased supply of blood is drawn there by the increased need. Thus everything is adjusted, in bodily health, to the actual demand, and there is no deficiency.

But when, through some excess, long-continued demand, or disregard for nature's laws, one arrives at the state where the tonicity, contractibility and elasticity of the blood vessels is impaired, then we approach the condition known as insomnia. By the inability of the arteries leading to the brain to contract to the extent required for sound sleep, the sleep becomes unsound, dreamful; and as the arterial deficiency increases it becomes restless, then fitful, and then is lost. This is insomnia.

The effect of the relaxation of the walls of bloodvessels is also felt in other parts of the body. There is no longer power to transfer a blood supply from one part to another; so when the stomach

is filled the supply of blood is insufficient for digestion and we have indigestion. There is no ability to send the extra supply to the surface to overcome atmospheric changes, and the surface remains cold. Every organ and function of the body is necessarily affected.

Another effect of the continued supply of blood to the brain, on account of the inability to control it, is that the brain is given no opportunity to repair losses properly, and the blood has no chance to accumulate material for the brain, as it certainly does during sound sleep. Hence the brain is but half fed, waste accumulates, producing a weak condition of mind, rendering the patient restless, anxious, apprehensive, fearful, impatient, timid, tearful and depressed. The restless, irritable state finds expression in almost constant motion. It is the external representation of that internal commotion caused by the constant effort of the system to supply demands here, there, everywhere, which is rendered largely inefficient by the lack of control over its means of supply. With wide-open, flaccid arteries the flow is sluggish despite the increased efforts of the heart to keep it moving. Restless; fagged and worn in body; starved, exhausted, sad in mind; assailed by evil forebodings and persistent ideas which he knows to be foolish, unreasonable and untrue, the victim is now driven to the verge of desperation and hopelessness. This is known as nervous prostration. And of all diseases this brings the victim nearest to a conception of Hades.

Like the wireless telegraphic instrument the human mind must be attuned to the impressions it receives. And it will only receive such suggestions involuntarily as are in accord with it. The victim of nervous prostration can no more "brace up, old man," than he can fly. There is no foundation for him to stand on. He is like the enterprising gentleman who only needed a lever and a place to stand to move the world. He is starved. The thing he needs is the substance which gives elasticity, tonicity and contractibility to his arteries. Then nature will take care of the case promptly.

---

Self-culture is the acquisition of that which adds to our happiness by enlarging our environments.—*Helen Wilmans.*

\* \* \*

What's brave, what's noble,  
Let's do it, and make death proud to take us.

—*Shakespeare.*

# Silence an Aid to Health and Happiness.

By ROBERT BRYAN HARRISON.

President Atlanta Psychological Society, Atlanta, Ga.

Written for SUGGESTION.

**H**AVE you ever considered the wonderful power of silence? It is a well-known fact that the unseen and silent forces are the strongest in nature. Light penetrates hard substances like glass and travels with more than lightning rapidity, yet it makes no noise. Day breaks without noise, and the nightfall is a silent adieu. A silent fall of snow in the night causes no alarm, but it has a tremendous power for good or evil. While its white covering may enrich the earth and increase the harvest for the tiller of the soil, the destruction to life, property and traffic is at times appalling.

A mountain rivulet spatters and sputters over the rocks with a noisy rush, but the deep undercurrent of the mighty river flows noiselessly on its way to the sea, and woe be to the object that attempts to stay its progress.

The electric current that flashes messages across the continent or from one country to another under the ocean is a silent but swift messenger, only surpassed by the wonderful Marconi system of wireless telegraphy, whose steeds are waves of ether. Yet the silent but powerful thought currents, passing from mind to mind, are still more wonderful than all of these.

The power of silence in the desert is so graphically described by Balzac that to read it is to feel the weight of loneliness that surrounds the unfortunate man left without companions on the trackless plain.

As it is with Nature, so it is with Man. The silent forces are the strongest. It has been the practice of many cults and divers people to go into the silence when it was desirable to obtain spiritual growth or physical repose and rest. It is in the silence that we can get in harmony with the Universal Spirit, the source of all power and all good, and which enables man to draw from that invisible fountain the supply of spirituality or health he desires. It was into this silence the perfect man went while in the Garden of Gethsemane to obtain strength to enable him to endure the crucifixion.

Pope says:

Silence! coeval with eternity

Thou wert, ere nature self began to be;

'Twas one vast nothing, all and all kept fast in thee.

And Richard Flecknoc:

Still-born silence that thou art,

Floodgate of the deeper heart,

Offspring of a heavenly kind.

Mrs. Hale says:

The temple of our purest thoughts is silence.

And Shakespeare:

Silence is the perfectest herald of joy;

I was but little happy if I could say how much.

Then how beautifully Emerson expresses the thought when he says:

Let us be silent, that we may hear the whispers of the gods.

Among the many cruel devices used by Russia for torturing enemies of the czar nothing surpasses the horror of the prison of silence to which political offenders are sent. From the time the unhappy convict enters its portals, leaving all hope behind, until his death he never hears the sound of human voice nor sees a living being. His food and water are passed silently into his cell, and it takes but a few brief years to take him into the silence of eternity.

While some of the uses of silence may be harmful, far more are helpful. In what way can we be benefited in soul and body by silence?

When any one attempts to get you into a controversy, be silent. When you hear a scandal, close your ears, if possible; if not, be silent. When your husband or wife is quarreling, be silent. When you are tempted to speak ill or slightly of any one, be silent. When you hear others speaking evil of their neighbors, be silent. When you are attempting to masticate your food, be silent.

At least once a day every one should be alone for at least half an hour. It is better for ladies to take this half hour along in the middle of the day. Not necessarily go to sleep, but to get into a perfectly comfortable position, either sitting or reclining, and closing the eyes make the mind as perfect a blank as possible and find sweet rest and strength.

I have a friend who lived by me for many years who practiced this with wonderful results. She was the wife of a German shoe-



maker who settled in Georgia sixty years ago. Once every day she went into the silence for half an hour and no one was allowed to disturb her. They were energetic people, and while the shoemaker was driving home the pegs the good wife attended the garden, milked the cows and looked after her children. She had four sons, who all occupied prominent positions in business life, and six as sweet daughters as any man would wish to see. This good lady is now eighty-two years of age, hale, hearty and happy, strong in body and vigorous in mind. She says the half hour of perfect silence brought her long life, health and happiness. May she live to be an hundred years young!

It is through the power of silence that cures are made by absent treatment. The patient goes into the silence, becomes passive and receptive, and the health currents directed to him or her by the healer hit the mark with unerring certainty.

Why should we want for anything with this great source of supply open to us? Learn to get connected with the Great Source of All Good, and you will find that "Ask and Ye Shall Receive" is not only a scriptural truth but a psychological fact.

---

## Roycroft Recipes.

Recipe for having friends:

BE ONE.

Recipe for educating your children:

EDUCATE YOURSELF.

Recipe for securing love:

LOVE.

Recipe for perpetual ignorance:

BE SATISFIED WITH YOUR OPINIONS AND CONTENTED WITH YOUR ATTAINMENTS.

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Mind, fixed on some achievement, makes its accomplishment possible.—*Mrs. Eddy.*

\* \* \*

By lowly listening we shall hear the right word.—*Emerson.*

\* \* \*

Place your self in the middle of the stream of power.—*Emerson.*

# SUGGESTION

A JOURNAL OF PSYCHO-THERAPY

PUBLISHED MONTHLY AT 4020 DREXEL BOULEVARD, CHICAGO, ILL.

ENTERED AT the Chicago, Ill., Post Office as Second Class Matter.

SUBSCRIPTION price, \$1.00 per year; IN THE CITY OF CHICAGO, \$1.85; foreign subscriptions, 6 shillings per year; single copies 10 cents. Subscriptions may commence with any number.

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

ELMER ELLSWORTH CAREY, Associate and Manager.

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

\* \* \*

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

\* \* \*

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

\* \* \*

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

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

\* \* \*

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



### Just Paragraphs.

**A** DISPOSITION to doubt is the first sign of an awakened mind.

\* \* \*

The history of the evolution of the interrogation point is the history of mankind's awakening.

\* \* \*

Nature holds a cure for every ill.

\* \* \*

The man with an idea is always the pioneer in human advancement.

\* \* \*

If you think it is fun to write short paragraphs like these, that the printer will not throw in the waste basket, just try your hand at a few.

\* \* \*

Don't dig your grave with your teeth.

\* \* \*

Tolerance is a kingly virtue.

\* \* \*

An unused brain is like an unkept garden.

\* \* \*

Keep the garden of your mind well trimmed and watered if you expect any flowers of thought.

\* \* \*

Count it a blessing that fresh air and sunshine can not be monopolized and sold in bottles.

\* \* \*

When two tasks present themselves together, always attend to the most disagreeable one first.

\* \* \*

Health, happiness and success will come when you empty your mind of all obstructive ideas.

\* \* \*

If you would be wise, first cultivate childlike simplicity in thought.

\* \* \*

The truly wise will halt before a fact, no matter how humble or common.

# The New Psychology.

The principles of the New Psychology will be found in a book by Thomas J. Hudson, entitled, "The Law of Psychic Phenomena." Every student and investigator of the mind should read this book. Without the knowledge here given one only gropes in the dark.

If you have not read the book, don't let the sun go down again till you have determined to get a copy. The price is \$1.50 and for \$2.00 we send the book post paid and forward SUGGESTION one year to a new subscriber.

\* \* \*

The New Psychology teaches a practical system of living; it deals with the here and now and shows how man's inherent power may be developed to bring health, happiness and success.

\* \* \*

The New Psychology tells how to banish worry, fear, distress, doubt, sickness and to hold even death at bay. The New Psychology tells one how to make the most of life.

\* \* \*

The New Psychology explains the operations of the laws of mind which make or mar our existence. It tells how to cultivate optimism, personal magnetism, will power, cheerfulness and self poise. It has a remedy for the ills of life. It recognizes the grandeur of man and the infinite spirit within him. The New Psychology has a message for the world; it teaches that Nature has provided for all the wants of man and that by obeying the laws of Nature, man will be in harmony with the foundation plans of creation.

\* \* \*

The New Psychology teaches that it is possible for mankind to live in peace, love and happiness without wars, executions, bloody laws, greedy monopoly and the sweat shop. Every advanced thinker will recognize in his belief many of the teachings of the New Psychology. The teachings of the New Psychology place the power of mentality above all things on earth, and strive to show that the study of mind is the most important subject that holds the world's attention.

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Dr. Parkyn may be seen for consultation or treatment daily from 9 to 12 in the forenoon; at other times only by appointment. Office, 4020 Drexel Boulevard, Chicago. Telephone, local and long distance, Douglas 687.

## Where Are the Thinkers?

The fact that you are reading this magazine is sufficient proof that you are a thinker.

\* \* \*

People who have no thought factory drop this magazine like a hot potato.

\* \* \*

We estimate that there are in the United States about 250,000 thinkers. These thinkers use no predigested thoughts. Most of us get our ideas ready made; canned ideas; ideas from the tailor, or butcher, or doctor, or lawyer, or minister. The world has been using second and third hand ideas for many centuries. It is time to change our mental diet. There is plenty of raw material all around that will make capital thought food. There is a reason for everything. Why is a clear night colder than a cloudy night?

\* \* \*

After this little introduction about thinkers I will declare myself. We want a few more names. We reserve 1,000 copies monthly for new names; we want 1,000 new names for this issue. You can help us, help yourself and help your friend by sending us his name—if he is the right sort. There are thousands of persons in this country hungry for SUGGESTION. Every day we receive letters:

"I didn't know there was a magazine in the world like SUGGESTION."

"I have been looking for it for years."

"Oh, if I could only have seen a copy five years ago."

"Why didn't I hear of your magazine sooner? It would have saved me hundreds of dollars."

"I saw a notice of your magazine in our daily paper and I send a dollar; it is just what I need."

"God bless you for what SUGGESTION has done for me."

"I send you the names of six thinkers and am glad to assist so deserving a publication."

\* \* \*

Well, don't you think your friend would thank you for a copy? Send us his name and we will send a copy with your compliments.

We don't want the names of persons

Who never think;

Who know it all;



Who shy at new ideas;  
 Who never change their opinions;  
 Who have solved all the mysteries of this world and the next;  
 Who are not open to conviction;  
 Who like to pour cold water;  
 Who are veterans in the army of pessimists;  
 Who are afraid of Miss or Mr. and Mrs. Grundy;  
 Who do not love animals;  
 Who are men-haters;  
 Who are women-haters;  
 Who believe that the wicked shall burn for ever and ever;  
 Who believe that man is a worm and a mistake anyway;  
 Who are righteous on one day and something else on six days.

E. E. C.

## Those Who Know.

There is one order that has members in all lands in every corner of the earth. No ritual; no regalia; no pomp or ceremony is found in this order. But there is a password, and there are grips, passwords and signs of recognition. And women are members on equal terms with the lords of earth.

This is the order of THOSE WHO KNOW. When you read this you will know whether or not you are a member. You will know that your comrades and brothers and sisters are here, there and everywhere.

How do new members join this order? They grow into it. They evolve. They unfold. May I become a member? When the time is ready, you will awake some morning with a calm consciousness that you belong to the order. The how or the why you will never know.

When it fell asleep it was a bud, in the morning a rose greeted the king of day. But the rose can tell you nothing; nor can you tell the steps that brought you into the order of THOSE WHO KNOW. Would you like to join? Would you like to be joined to the order?

Evolve.

Unfold.

Let go.

Fear not.

Be at peace with the world.

This is an order of the mental realms, and the qualification for admission are mental, intellectual; it deals with the subjective and the psychic.

ELMER ELLSWORTH CAREY.

## The Reign of Law.

MISS GERTRUDE MUHL sends us an interesting account of the healing of MISS VERA HERTZLER, of 404 North Washington street, Bloomington, Ill.

MISS HERTZLER was seriously ill, and her friends claim she was marvelously healed; she herself claims the healing was the direct result of divine interposition. At all events the evidence shows that she was hopelessly sick, and her recovery was not thought possible; and that suddenly her strength and health returned. No healers of any kind were in attendance.

Being religiously inclined, the young lady attributes her recovery to faith and divine assistance. The case shows that there can be healing without drugs, prescriptions or material agencies. Those who believe that nature's law, unchanging and irrevocable, rules the universe, will see in this cure, as in many similar, the results of certain psychic forces and laws which are often invoked intelligently for the cure of disease, and yet which at times seem to be put in operation without any subjective assistance that can be discovered.

Suggestion is a subtle force and its action cannot always be traced, nor do we know all the secret avenues by which the subjective mind may be aroused into activity. In our ignorance we often bow the head and say, "It is a miracle."

There are no miracles in a universe of law; and if there is any one fact more deeply anchored in human experience than another it is the fact that all events occur because of an impelling cause operating through universal and unchanging laws.

To say that any event is a miracle, or is caused by supernatural influence, is simply to acknowledge our ignorance of the natural causes.

ELMER ELLSWORTH CAREY.

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"The stone that is fit for building will not remain long in the road."

\* \* \*

Behold, I point you out a man as he now stands, nothing but a seed, and even yet an imperfect seed until, by his intelligent comprehension of the law of his being, he has made the atonement; and I tell you that the possibilities of growth folded within him, as compared with those folded in the acorn, are as an ocean to a globule of dew.—*Helen Wilmans Post.*

## QUERIES

### Water Drinking.

EDITOR SUGGESTION :

I see by your writings that you advocate drinking water freely. Please tell me how much water a person should drink in twenty-four hours; also if you advise every one to drink distilled water. Won't boiled water do as well as distilled water?

Since reading what you say about water drinking I have been drinking a great deal more than ordinarily. Something has certainly made me feel better lately and I am willing to give the credit to the water, for I don't know what else it could be.

T. D.

Washington.

(Drink about two quarts of liquids daily—eight to ten glassfuls. Distilled water is the purest water, but boiled water is probably more accessible, for not everyone has a still and distilled water comes expensive if one drinks nothing else and has to purchase it.

Read my article on health cranks, printed elsewhere in this number and govern your water drinking accordingly.

If you are traveling around it is not always convenient to get boiled or distilled water without making trouble for yourself and others, and if you are so cranky that you won't drink water unless it is distilled or boiled the chances are that you will frequently deny yourself the liquids your body demands; in which case you are more likely to suffer from sickness than if you drank your full ten glassfuls of water even if it were not boiled or distilled.

About a year and a half ago a leading Chicago daily newspaper printed the following notice for several days between almost every paragraph of news, even on its telegraphic page:

**DON'T DRINK THE CITY WATER UNLESS IT IS BOILED.**

**BOIL THE WATER.**

**THE WATER IS BAD AT ALL STATIONS.**

**BOIL THE WATER.**

No doubt this was done with the best of intentions to protect the health of the public, but in spite of these warnings the number of cases of typhoid fever almost doubled within the next few weeks while sickness in general increased at almost the same rate.

I have never claimed the gift of prophecy, but at the time these notices to boil the water were being printed I was giving a course

of instructions in Suggestive Therapeutics to a class of students at the Chicago School of Psychology and I took pains to call my students' attention to the printed warnings and predicted that the persistent notice to boil the water would be followed by a marked increase in the percentage of sick people in the city.

That my prediction came true the official records in the Chicago City Health Department will show and a significant fact is that the greater increase in cases of typhoid fever and other complaints did not occur among the poorer classes in our crowded sections of the city, where thousands never even read a newspaper and care nothing about boiled water, but they visited the homes of the wealthiest families on our boulevards and finest residence streets.

Readers of this Chicago paper became afraid to drink the city water with the result that in waiting till an opportune time to drink boiled water or distilled water they failed to drink their accustomed quantity of liquids daily. This neglect brought them into a physical condition favorable for the inroads of sickness—a condition in which a glassful of impure water is likely to prove harmful; whereas if the proper quantity of the city water had been consumed daily it would have no injurious effects.

EDITOR.)

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## Malnutrition.

### EDITOR SUGGESTION:

I have suffered with chronic headaches and chronic constipation for many years. Medicines sometimes give me temporary relief, but I have to take them habitually to avoid the constipation. I have tried magnetic healing, Christian Science, absent mental treatment and osteopathy and although at times I have seemed better, the improvement was never very marked and has not been permanent. Can you give me any advice that will help me or am I doomed to suffer for the rest of my life? I am not as strong as I used to be and I notice that my eyesight is failing.

Would auto-suggestion benefit me? If so, how shall I proceed?

Wisconsin.

S. J. A.

(Your case is what I call a "typical case" of mal nutrition. I could name many other symptoms you probably have, such as cold hands and cold feet, poor memory, poor concentration, nasal catarrh, probably poor digestion, inactive kidneys and a dry skin. These among many others are some of the symptoms of a typical case of mal nutrition and all your troubles can be overcome within a short time by partaking properly of the life essentials.

Your headaches are likely caused by failure to thoroughly eliminate the waste products from your body and the constipation is the result of insufficient glandular secretion following stinting of the liquids.



Read the instructions given in my regular article in this number of SUGGESTION—follow them carefully; stop all medicines and I predict that within a week you will be having normal movements of the bowels; that within one month your headaches will disappear for good and you will feel better mentally and physically than you have felt for years.

Pay special attention to sipping water during the day and with every sip think earnestly of the conditions you desire to bring about. Fasten in your mind the hour at which you desire the bowels to move and in a few days you will be surprised how they will obey your auto-suggestion even to the minute.

Breathe from the abdomen and besides your ordinary diet eat fruits, such as oranges, prunes and apples. (EDITOR.)

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## How to Get to Mexico?

DR. HERBERT A. PARKYN,  
EDITOR SUGGESTION:

I am a reader of SUGGESTION and have become greatly interested in the Motzorongo Company as an investment. The illustrated prospectus they send out is a gem and I enjoyed it all the more knowing you, yourself, took the photographs used in the illustrations. I believe I shall make a heavy investment in the company, for I like the way its business is being conducted and am satisfied its work is being done on the plantation, not on paper. But I can get away in a few weeks for a holiday and would like to visit Motzorongo in person before making the extensive investment I am counting on. Will you kindly tell me what railroad to take to get there, how long it will take and what it will cost? What accommodations have they for visitors to the plantation?

Wisconsin.

T. P. J.

Am glad to learn you intend joining us in this great enterprise—the largest and best of its kind in Mexico.

I shall leave for the plantation in a few days with several readers of SUGGESTION who, like yourself, contemplate an investment in the company, but I return to Chicago in February. I have letters from several readers who want to go to Motzorongo a little later and if, on my return, another small party can be made up, I will accompany it to Motzorongo in March. Write to the SUGGESTION office when you will be ready to go and your name will be put down as a member of the party. I will be notified and you in turn will be informed when the party is completed and the date of departure arranged. You will arrive at Motzorongo in good time to see the new sugar mill in full blast turning out dividends for its stockholders.

The round trip from Chicago to Motzorongo and return will



cost not to exceed \$150, including Pullman sleeper, meals, hotel bills—everything in fact. The accommodations at Motzorongo are as good as can be found in any city in Mexico. In fact, we have the best living quarters in the tropics and can accommodate a large number of guests at one time. You will be at no expense during your stay at Motzorongo, where you will be a guest of the company.

Now, regarding the best and quickest way to get to Mexico City. This route is 19 hours' shorter than any other route and after leaving St. Louis there is no change of cars till you arrive in Mexico City. It is known as THE LAREDO ROUTE.

From Chicago to St. Louis,

TAKE THE WABASH;

From St. Louis to Laredo,

THE IRON MOUNTAIN and connections, i. e. *Texas and Pacific, International and Great Northern.*

#### FROM LAREDO TO MEXICO CITY.

##### THE NATIONAL RAILWAY OF MEXICO.

You can purchase one ticket taking you over all these lines. The round trip fare from Chicago to Mexico is \$87.75; Pullman, about \$30.00 extra.

If you want further information concerning the Laredo route, write to Mr. Ellis Farnsworth, agent Iron Mountain Railway, 111 Adams street, Chicago, Ill.

Mr. G. R. Hackley, 111 Adams street, Chicago, will give you additional information about the National Railway of Mexico.

Mr. Keeran, 97 Adams street, Chicago, of the Wabash, will tell you about the connections of the Wabash with the Iron Mountain.

The trip from this country to Mexico City and Motzorongo over the Laredo route is one of the most picturesque and interesting in the world, and you will enjoy every moment of the journey.

The fare from Mexico City to Motzorongo and return is about \$10.00, and is made over the Mexican Railway to Cordoba; there you change to the Vera Cruz and Pacific, which takes you to Motzorongo in two and one-half hours. The scenery on this trip is conceded to be the most magnificent in the world.

If you know of any others who would like to make the trip in March I shall be glad to hear from them. It takes three days to make the trip from St. Louis to Mexico City; one day from Mexico City to Motzorongo.

EDITOR.

# COMMON SENSE PHILOSOPHY

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

## Simplicity of Life.

Great souls free themselves from the superfluous things of life. They lay aside petty demands and time exhausting details. They find this essential to make mental and spiritual advancement. They find that much of life and energy can be absorbed in strivings about what we shall eat or wear.

\* \* \*

To become healthy, happy and sane, people find it best to release themselves from minor perplexities, that tend to divert them from high planes of thought and action. This end can only be attained by simple and direct modes of thought. You can't think about anything and everything that comes along, and let your thoughts ramble around at will, and amount to much as a thinker.

\* \* \*

Pursue some definite line of investigation and go to the bottom of it. Look at it from different points of view, and make deductions that can be sustained by logical reasoning and convincing facts. Another essential, in obtaining simplicity of life, is to cut yourself loose from the exactions of an artificial code of social obligations, and emancipate yourself from empty formalities, tiresome pretenses, and meaningless nothings.

\* \* \*

Simplicity in life saves a vast amount of friction and waste of energies. It strengthens us in direct thinking, and sincere action. As the race advances in refinement and mental attainments, it leaves out many of the vulgar displays of wealth, and sensuous enjoyments. We see recently a marked advancement in our food supplies. We are turning with weariness from elaborate menus that once were deemed essential to variegated appetites. We eat far less and more simple and healthful diets. We give heed to the chemical action of foods. We realize that the thoughts we have while eating is a matter of vital importance.

\* \* \*

Lighter and more simple menus save the incurring of needless expense and the waste of valuable time. This great point is reached

by thinkers, that the furnishings and food of the table hall express refinement. The evolution in our apparel is of slow growth. Yet jewels have left the ears, and heavy badges of servitude the wrists of ladies. "Rings and things and fine array" are less in evidence. Rarer and fewer gems are replacing the resplendent and vulgar displays of other days. Refining taste still has much work in hand, in toning down the gorgeous plumage of walking show windows.

\* \* \*

Good taste is now demanding fewer garments, richer in quality and better adaptability, to individual characteristics, as to color, fabric and form. In refined homes is observed the absence of unnecessary furniture and commonplace bric-a-brac. These are replaced by rare works of real art. Reposeful and restful places are finding greater favor in homes. Petty cares, trivial demands, artificial claims are disintegrating, as we journey on the higher path. We find the best results in life are obtained by sane, sensible and simple living.

## NATURE CURE

### The Simple Life a Cure for Tuberculosis.

**T**HE best treatment for tuberculosis is a natural life. Live out of doors, rest in the sun, breathe all the cold air you can get, and take all the cold water you can stand, says Dr. J. H. Kellogg in an editorial in *Good Health*. A Swedish doctor some fourteen or fifteen years ago, succeeded, by a very crude method, in curing patients who had been given up to die. His practice was first of all to rub the patient three times a day with a towel wet in very cold water. A little later he put the patient in a tub of water at about 60°, rubbing him vigorously for about a minute, and later, as the patient became better able to endure the cold water, he was plunged into a tub full of ice water. This was done three times a day. Think of those poor consumptives! Nevertheless, they got well. The cold water, with the rubbing following, produced such a powerful reaction that the whole body was stimulated to increased vital activity, and recovery followed.

Live a healthful, natural life in the open air, and sleep out of doors, summer and winter. Even in this climate one can sleep out of doors in winter if he chooses. A young man in New York who was getting ready to go to the Klondike, went into practice, to convince his friends that he would not freeze to death. Out of a large buffalo robe he made a bag, pitched a tent in the back-yard, and slept in the tent in the buffalo bag all the winter, without suffering any injury from the cold.

A cultured lady in New Jersey who made up her mind that she needed a little hardening, slept out of doors all last winter. She had her bed put out on the second-story veranda, and an awning put up, with a net around it to keep night hawks away. Plenty of clothing was provided, a cap worn to keep the ears from freezing, and she got along so well that she slept out of doors the entire winter.

A doctor in Denver some time ago made some experiments with consumptives. A tent colony was established a little way out of Denver, and the patients progressed fairly well during the first part of the winter. But by and by there was a blizzard, and the thermometer went down to 20° below zero, and then they began to improve very fast. One woman did not seem to improve at all until the temperature reached this mark, and then she improved rapidly. She had before had no appetite, but that 20°-below-zero weather gave her an appetite, which was an indication that the body was beginning to work naturally, that the assimilative processes were being resumed, and from that time she kept on improving.

At Boulder, Colo., and at Gaudalajara, Old Mexico, are sanitariums where persons suffering from tuberculosis are treated with the greatest success. But it has in recent times been discovered that it is not the climate so much that cures people; it is the outdoor life—the pure, cold air, and the sunshine. Colorado is an especially good place for the outdoor life, because fresh air and sunshine can be had there all through the year.

In New York City, consumptives are building little huts on the tops of the houses, and are recovering. Outside New York, Boston, and other large cities, tent-colonies, where consumptives can live out of doors, are being established. Every city ought to have outside it a camp where tubercular patients can live and get well. The air inside the city is not so good as it is outside; but on the tops of the houses, where the sun can shine, it is a great deal better than it is in the damp dirty buildings in which most city people live.

Tuberculosis can be suppressed. It is not necessary for a person



to die because he has consumption. Thousands of men and women have been sacrificed who might have been alive today if only the right procedure had been adopted. That which is necessary for the mastery of this disease is to return to nature—to live naturally in the fresh air, develop the lungs, and eat proper food.

Tuberculosis is a low-level disease. People are not subject to it until their tissues have become vitiated, and their whole bodies weakened. It used to be thought that a man could not have tuberculosis if only he exercised his lungs. A man who had this disease went to a professor in Vienna for advice. The professor said, "You had better get a horn and learn to play it, to exercise your lungs." "Alas, professor," answered the man, "I am a bandmaster now."

To live a natural life is the only safeguard against tuberculosis. One climate may do as well as another if only you live out of doors, get plenty of cold, fresh air, bathe the body with cold water several times a day, and take as much exercise as you can.

A NOVEL WART CURE.—According to a Russian physician, it is the easiest thing in the world to cure warts. Take an ordinary sun glass and focus the rays of the sun on the wart thirty seconds. Do this two or three times a day, and the wart will disappear in a week or two.

This same treatment is also good for lupus growths, and epithelioma, which is sometimes called skin cancer. Indeed, any affection of the skin in which the Roentgen rays or the Finsen light is supposed to be beneficial will be benefited by focusing the rays of the sun upon the spot with an ordinary sun-glass. Any magnifying glass will do.



## HYGIENE

### Rice and Muscle.

Rice is commonly supposed to be deficient in muscle-making qualities, and yet the Japanese, whose chief and almost only food is rice, are noted for their physical strength, and in the later advance on Peking outstripped the armies of Russia, Germany, England, France and America. Also, note the same marvelous energy of the Japanese in the struggle with Russia. For an explanation of these



facts the Rev. H. S. Chubb, of the Philadelphia Vegetarian Society, applied recently to the agricultural department. His letter was referred to Prof. S. A. Knapp, who has just been investigating the rice industry in China, Japan and the Philippines, and the explanation proved to be very simple. The Japanese and other rice-eating nations do not polish the grain except for export. In the mills the outside coating of the rice kernel is rubbed off. The other husk and the bran just within it are removed, and then the kernel is rubbed to remove the rough protein surface. This is called polishing, and the process not only removes one of the most nutritious substances in all cereals, but deprives the grain of about three-fourths of its flavor.

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## Edison's Rule of Health.

"I keep my health by dieting; people eat too much and drink too much; eating has become a habit with most every one; it is like taking morphine, the more you take the more you want. People gorge themselves with rich food," he said, earnestly. "They use up their time and ruin their digestions and poison themselves. Diet is the secret of health. I eat almost nothing. I eat less than a pound of food a day; three meals, and just enough to nourish the body.

"It is not the laborer who has gout. A man must eat according to his work. A laborer needs more than a man of intellectual pursuits. My diet consists of meat, vegetables, eggs; in fact, anything that I want, but in small quantities. I don't really care whether I eat or not; it is not my pleasure. One soon gets out of the habit of caring much about his meals. If the doctors would prescribe diet, instead of drugs, the ailments of the normal man would disappear. Of course, if the body is not all right, if something organic is the trouble, that is different; but half the ills come from over-eating; then drugs, so that people can eat more. Half the people are food drunk all the time. I never had an outdoor recreation. Diet is the secret of my health. I have always lived abstemiously. It is a religion with me. My father before me practiced dieting and he instilled the idea into me. I am hardly what you would call an outdoor man."—*Thomas A. Edison in Outing.*

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Harmony with the creative force means life, health, strength and all good things.—*C. C. Post.*

# Psychic Research

## The Human Aura.

The theories of ancient occultists have received some remarkable corroborations from high authority. Scientists are now asserting that the human body gives off emanations which are not electrical or magnetic, but which penetrate any substance, and which may be made manifest by suitable arrangements; these have been called etheric waves.

The scientific world has not yet accepted the N-rays, as these emanations have been named, but it is quite possible that some form of invisible energy will be recognized as issuing from a living body, and it is quite likely that instruments for recording and interpreting these rays may some day be constructed.

The operations of the wireless telegraph have caused a modification of the commonly accepted view regarding matter and energy.

In this connection the following cable from London will be interesting:

### HUMAN RAYS.

*The Lancet* publishes a letter from Dr. Hooker on the results of three years' experiments with the Blondlotz N-rays emitted by the human body. Dr. Hooker says he has established the fact that these rays differ in color according to the character and temperament of a person, and also that the rays are not merely heat vibrations, as he proved by passing rays from his own hand through the forearm of a corpse to a prepared screen, which immediately showed increased luminosity. In reference to the differing colors of the rays, Dr. Hooker says:

"Rays emanating from a very passionate man have a deep red hue. One whose keynote in life is to be good and to do good throws off pink rays; an ambitious man emits orange rays; a deep thinker throws off deep blue; a lover of art and refined surroundings, yellow; an anxious, depressed person, muddy brown rays; a devotional, good-meaning person, light blue; progressive minded, light green, and physically or mentally ill person, dark green rays."

Dr. Hooker admits that his statement may be received at first with a smile of incredulity, but he is confident it will sooner or later be accepted as a fact. He further says he has proved that N-rays are not only given off by the human body, but by objects which have been in contact therewith. He obtained this impression from a letter thirty years old, which proved that the rays are radioactive and retain their power on the paper on which writing is made.

# Advanced Thought

## Compensation.

**W**E can not part with our friends. We can not let our angels go. We do not see that they only go out that arch-angels may come in. We are idolaters of the old. We do not believe in the riches of the soul, in its proper eternity and omnipresence. We do not believe there is any force in today to rival or recreate that beautiful yesterday. We linger in the ruins of the old tent where once we had bread and shelter and organs, nor believe that the spirit can feed, cover, and nerve us again. We can not find aught so dear, so sweet, so graceful. But we sit and weep in vain. The voice of the Almighty saith, "Up and onward for evermore!" We can not stay amid the ruins. Neither will we rely on the new; and so we walk ever with reverted eyes, like those monsters who look backward.

And yet the compensations of calamity are made apparent to the understanding also, after long intervals of time. A fever, a mutilation, a cruel disappointment, a loss of wealth, a loss of friends, seems at the moment unpaid loss, and unpayable. But the sure years reveal the deep remedial force that underlies all facts. The death of dear friend, wife, brother, lover, which seemed nothing but privation, somewhat later assumes the aspect of a guide or genius; for it commonly operates revolutions in our way of life, terminates an epoch of infancy or of youth which was waiting to be closed, breaks up a wonted occupation, or a household or style of living, and allows the formation of new ones more friendly to the growth of character. It permits or constrains the formation of new acquaintances and the reception of new influences that prove of the first importance to the next years; and the man or woman who would have remained a sunny garden-flower, with no room for its roots and too much sunshine for its head, by the falling of the walls and the neglect of the gardener is made the banyan of the forest, yielding shade and fruit to wide neighborhoods of men.—*Ralph Waldo Emerson.*

## Our Letter Box

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

### Lest You Forget.

The editors are always pleased to receive letters from this department. Write with black ink, on one side of the paper; make your letter short. We prefer to print two or three short letters rather than one long letter. Learn to concentrate and condense. Write your letter out roughly, then go over it and boil it down. We want ideas; our readers will elaborate them. Send suggestions for improving the magazine; for obtaining names of thinkers; for obtaining new subscribers; for awakening an interest in practical psychology and mind culture.

### The Mind a Traveler.

THE EDITOR: Your contributor, Miss Angie L. De Shazo, in her article under the above heading in your October issue, makes just the same mistake as do thousands of others. On page 285 she writes: "It is a divine law, and has been given to us in a statement by the great Master, that 'whatsoever he (a man) thinketh, so is he.'"

The great Master uttered no such statement. The whole of the article written is based on the mis-statement. The statement correctly given is: "As a man thinketh in his heart, so is he." There is a great difference between the two conditions. Every man and every woman thinketh thousands of thoughts that never, never materialize, never take shape at all, and just as inactive as they can be, simply because they are what are called "passing thoughts." They fall away, do and are done with. But when they are "heart thoughts" then they "become things," because they are sent out with force and power, and have an effect, whether on persons, animals or things.

How often do we hear the remark, "The man was not likely to succeed because his heart was not in his effort." There was no

force or power, consequently, like the "passing thought," his effort died away.

For much the same reason so few make a success of suggestion. They commence a study of the subject, work on for a time and their interest fails, their effort dies away. Why? Simply because "their heart force was absent."

And in every subject or phase of life, unless OUR HEART is in the work little or very little will be accomplished.

The two next articles in your October issue, viz., "How to Prepare the Mind for Success," by T. J. Hudson, and "The Miracle Grotto of Lourdes" are splendid illustrations of what can be accomplished or attained when "the heart thoughts" are in active exercise.—*W. Yates*, 218 East Thirty-first street, Chicago.

EDITOR SUGGESTION: My Dear Sir—This is to voice my deep appreciation of SUGGESTION. It has been of vital thought-stirring interest to me. Your plane and principles are most unusually well held. The marked virility of tone is not the least of SUGGESTION'S merits.

I pass my copies on to friends, thus earning gratitude for myself while making new friends for this publication. I append hereto a list of names that may prove of value to the subscription department. No need to wish you success—you attract, command, will succeed. I am,

BUFFALO, N. Y.

Very truly yours,

CLIFFORD BALCOM.

Suggestion Publishing Company, 4020 Drexel Boulevard, Chicago.

Gentlemen—Pardon my delay in acknowledging receipt of your textbook, Suggestive Therapeutics, and permit me to thank you kindly for same.

I have perused the work carefully from beginning to end and find in it a mine of valuable information for the practitioner.

Dr. Parkyn has, indeed, an exceptionally interesting and instructive way of presenting the subject of Suggestion to members of the profession who care to avail themselves of the knowledge of so valuable an adjunct to medicine. Upon perusal I am confident that every physician will join me in a hearty indorsement of this work.

Yours very respectfully,

C. EDWIN GOODELL, M. D., M. E., Ph. B.



## IS THERE MORE THAN ONE TIDE OF FORTUNE?

Editor SUGGESTION: I am a regular reader of your magazine, in which I take a great deal of interest. I had the pleasure of reading on page 206 of the October number the article—"How to prepare the mind for success," by Thos. J. Hudson. He quotes from Shakespeare, "There is a tide in the affairs of men." I am very glad to see that a man of his standing looks at this passage in the same way that I have been looking at it for years and that is that it is certainly one of the most pessimistic, unreal and damaging aphorisms to prevent the progress of man that I have ever read.

I have taken the great liberty, probably sacrilege (?) of reconstructing and making this passage optimistic instead of pessimistic and it is certainly more in accord with conditions as we actually find them. Men have chances to make fortunes frequently. In other words, fortune certainly does knock at the door more than once in a man's lifetime.

J. M. SHALLER, M. D.

Denver, Col.

Here follows Dr. Shaller's idea:

## THE GOLDEN TIDE.

By J. M. SHALLER, M. D.

There is a tide in the affairs of men,  
Which, taken at the flood, leads on to fortune;  
Omitted, there shall come full many a tide  
As strong, which will surely last as long,  
To carry men to those golden shores  
Where they can o'er and o'er pluck good fortunes  
E'en better than those which they may have lost  
In omitting to take the first tide that came.

\* \* \*

STELLA STUART, Brooklyn, N. Y., writes as follows:

Recently, while hedged in by environment, manacled by apparently insuperable obstacles and blinded by the stygian darkness of despondency, there flashed upon me a suggestion from Supreme Intelligence which you will find enclosed, and which may help some reader of your valuable periodical:

Behind me is infinite Power,  
Before me is endless possibility;  
Around me is boundless opportunity—  
Why should I fear?

To many these will be but printed words. To me, they were so powerful and inspiring as to be almost audible, and they flooded my darkened pathway with divine radiance.

\* \* \*

FROM PROF. ALLEN HADDOCK, 1020 Market street, San Francisco, Cal., the veteran editor of *Human Nature*, a journal of advanced phrenology:

"I am very much in love with your magazine SUGGESTION, and propose to call particular attention to it in H. N. I always keep a copy in sight, on or near my desk."

\* \* \*

FROM PRESTON C. NASON, 80 Essex street, Boston, Mass.: Your reply to E. A., of Milwaukee, regarding the remarkable skill of the magician, Keller, is frank, square and to the point. Keller's work upon the stage is "worth the price" even to one who knows beforehand exactly how each mechanical trick is performed.

I believe I am familiar with the various modes of operations of all classes of entertainers, from the crude work of the spiritualistic imposter to the refined, highly artistic and delightfully entertaining skill of the best professors of ledgerdmain before the public during the past half century, of which Keller, because of his consummate mastery of himself, and an adoption of the quintessence of scientific research and mechanical evolution, is without a peer in his specialties.

I would, by the kind permission of SUGGESTION, suggest that E. A. and all others interested in a plain black and white solution of stage legerdemain and illusionary problems, send ten cents to Munn & Co., New York City, and ask for the special issue of the *Scientific American Supplement* treating upon such specific feature as they may desire. All of Keller's, and hundreds of others, have been illustrated from time to time in the *Scientific American*, and in the *Supplement*.

\* \* \*

From HENRY PITTOCK, Lincoln, Neb.—I first saw SUGGESTION at a barber shop. I read a little, wanted more, bought a copy, liked it, subscribed for a year, have read for six months, like it better than ever.

I send herewith the names of a few thinkers who I think would become subscribers should you send them sample copies.

\* \* \*

From CHAS. W. OTIS, Santa Rosa, Cal.: I would like to see some articles on prenatal suggestion for the benefit of prospective mothers. This is a very important field of thought when it is considered that the desired traits of children may be placed in the mind before birth, by thoughtful and intelligent mothers. The importance of this knowledge to the race is beyond estimate.

A mother, an acquaintance of mine when a prospective mother, determined that she would not take a needed nap in the day time though urged to by her friends. When dozing off to sleep she would suddenly rouse herself, determined not to be so indolent as to sleep in daylight.

Her child showed the same determination and led the parents a merry time the first year or so. Every effort to get sleep to close its tired eyes seemed futile. It would dose off a few moments and then rouse as did its mother. Had the parents known the benefits of prenatal suggestion, months of weary work would have been saved. Nor is that all; any desired habit of mind might have been impressed on the subjective mind before birth.

103 Waite Street, Malden, Mass.

\* \* \*

Editor SUGGESTION: I write to inform you that the New Psychology Magazine, SUGGESTION, is not on sale in the Sullivan Square Terminal of the Boston Elevated, Charlestown, Mass.

I also enclose a name and address of a man who thinks, and I hope he will become a subscriber.

And I also wish you to know I have gained strength mentally and physically since I became a member of your SUGGESTION family. Your little motto pages scattered around catch my eye as I pass in and out of the rooms and spur me on to quicker action, and your work on Suggestive Therapeutics is unsurpassed for its good, common sense teachings.

No member of the SUGGESTION family values drugless healing more than I, as I was the victim of a very serious malpractice some two years ago. My recovery is something phenomenal and physicians and surgeons tell me there is not a case on record like it. I was a student of the New Psychology at that time and for a long time previous. Perhaps I helped them a little. Kindly send me your best thoughts occasionally that I may gain more strength and inspiration and courage to speak out to the public the thoughts that bother me so night and day.

EMMA M. NUTTER.

\* \* \*

From ALICE CHRISTIE, Victoria, B. S.: SUGGESTION suits me better than any of the New Thought magazines I have as yet subscribed for, because I feel it is in the same quest I am myself—for the truth and nothing but the truth. You are not afraid to expose fraud, hoping thereby to benefit humanity; but humanity as a rule does not thank its benefactors.

Don't you think the majority of New Thinkers follow the calf path, and are only too ready to follow the lead of any new prophet that springs up, provided he is not orthodox? If his teaching is so "absolute" that they fail to understand his depths, why he must be all right, and progressive, so

they all run and take his private lessons, then they know it all. It makes me so weary; it is either dogmatism in the church, or dogmatism outside of the church, and love, real love—and self-sacrifice is only a dream. Filthy lucre is the main point, though they try to cover their tracks by the name of Love.

No person's teaching comes home to abide with me, unless it strikes the chord of my inner being, and my soul responds and says, "this is truth." But I find myself a lonely seeker, my real companions are only found in books, and they make me think the world is a good place to live in after all; but I expect were I to meet the writers of those same books, I would not find in them my ideal, as it is so much easier to teach than to practice.

I was deeply interested in the "Widow's Mite;" like SUGGESTION, it showed a real desire for truth; the book is honest through and through, though I am afraid Dr. Funk, like all investigators in Spiritualism, will finally become entangled in its meshes, and be converted to its philosophy—then good-bye truth, and the unbiased judgment.

\* \* \*

1203 Elden Avenue, Los Angeles, Cal.

Editor SUGGESTION: Your magazine is a source of inspiration to me, always containing some word or suggestion, seemingly written for me. Mind is the only power; I realize it more each day. Through this realization that the power to control lies within myself, I have overcome poor health to such a degree our family physician is fairly staggered.

I am learning to banish each thought of worry, doubt or fear, as it enters my consciousness, and to replace such thoughts by those of peace, love, content and faith. The result is worth the effort a thousand times over.

I enclose a few lines, which you may be able to use. They may assist others as they have me, to live only in the great ever present "NOW."

I have naught to do with yesterday,  
It is a thing of the past to me.  
I exist in the living present,  
For it is all that I can see.

Do your deeds of kindness now,  
Not dream them all day long;  
Speak your words of truth and love,  
Making life one grand sweet song.

Cordially yours,

MRS. ALICE PEARSON LOGAN.

## This Man Knows.

EDITOR SUGGESTION:

Dear Sir—I have just finished reading the October number of SUGGESTION and enclose \$1.00 for a year's subscription. The October number alone is worth \$1.00. Send copies to the enclosed list of names.

I have sent names of people whom I am sure will be interested in SUGGESTION; they are all thinkers. All thinkers will be interested in your publication.

I have written to each of these persons asking them to read carefully the sample copy they receive.

Louisville, Ky.

Sincerely,

J. A. YOUNG,



## 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.

### Book Review.

This department is open for notices of books dealing with subjects of interest to students of psychology, hygiene, nature cure, advanced thought, psychic phenomena, suggestive therapeutics, etc. Authors or publishers are invited to send new books with a short statement of the ideas presented, which will be published without charge.

All books mentioned may be ordered through this office; special clubbing rates for new subscribers.

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Among the new magazines making their appearance with the new year, *Thought*, published by Magnum Bonum Company, 4665 Lake avenue, Chicago, at \$1.00 a year, is worthy of special notice. It contains thirty-two pages of excellent matter from the pen of Dr. Sheldon Leavitt, author of "Psycho-Therapy," and fills a gap in New Thought literature. Its editor and sole contributor bring to bear upon the efficacy and methods of mental medicine a wealth of experience and ripeness of judgment that will be felt. Believers in psychic methods will do well to send in their subscriptions.

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*Soundview* is a magazine published at Olalla, Wash. It is a progressive booklet, for people of advanced thought. People who know should send 10 cents for a copy; others, please don't. I have given you the pass word; pass it on.

\* \* \*

The February issue of the *Phrenological Journal*, 24 East Twenty-second street, New York, contains: The Utility of Phrenology; Character in the Face and Head; What Shall I Do With My Boy; Hygiene; Phrenological Reminiscences, etc.

\* \* \*

Cyrus L. Topliff, P. O. Box 991, New York City, is the author of a pamphlet which discusses the cause and cure of consumption. The articles in this pamphlet appeared in the *Scientific American*. Mr. Topliff will send a copy on receipt of five cents. Investigators should get a copy.



*How to Heal Yourself.* By James R. Kern.

An observing friend sends the following regarding this little book:

"This is a plain, practical, common-sense book about the healing powers of the subconscious mind or soul.

"It tells how to treat yourself by suggestion on going to sleep, and at other times, and how to assist nature in keeping mind and body harmonious.

"It explains the soul's true office as the keeper, restorer and repairer of the physical body, and shows how the conscious mind interferes with this office, and what the results of such interferences are and how they may be avoided.

"The figure used in likening the mind and soul to a husband and wife keeping house will be found very novel and interesting.

"The book contains formulas for self treatment by suggestion, and altogether will prove a useful companion to any one interested in self-healing."

*How to Heal Yourself* is nicely printed on the finest egg shell finish paper and sells for only 25 cents.

Address the publisher, William E. Towne, Dept. 17, Holyoke, Mass., and tell him you saw it in SUGGESTION.

Faith is the bright golden sunlight  
Sparkling o'er fresh morning dew;  
Doubt is the cloudist night-time with  
Guiding stars hidden from view.

—May L. Davidson.

\* \* \*

We often accuse others of deceiving us, when in truth we have  
only deceived ourselves. —M. L. D.

\* \* \*

It is not the troubles we have that cause us worry so much as  
the ones we are afraid we will have. —M. L. D.

## Psychic Life and Laws.

A few words commending Dr. Sahler's book, *Psychic Life and Laws*:

A science healer says: "Oh, do tell Dr. Sahler for his encouragement that after reading his book it is the very best practical work, on the subject that I have ever found. I have recommended the book to four physicians, friends in Denver, Chicago and Massachusetts. After reading the one loaned to me, I purchased one for myself and am now loaning it to other physicians so as to keep the doctor's good work going on."

From a physician: "I have read PSYCHIC LAWS with much interest. It is logical and scientific. The matter is not new to me as I have been thinking on the subject for some time, but it is so clearly put and so admirably arranged the book cannot fail to help any reader of it whether the subject be new or old to him. I envy Dr. Sahler the power to do good. It is a great gift to be able to apply this knowledge of the laws which govern life so far as they are yet understood for we are entering on the threshold of the revelation. \* \* \* I have for a long time been desirous of meeting some one who understood these things from a scientific standpoint and one in whom I could have confidence." \* \* \*

\* \* \*

THE FOLLY OF MEAT EATING, a reply to an editorial of the *New York and Chicago Evening American*, by Otto Carque, 16 pages; postpaid 10 cents. Kosmos Publishing Co., 765 N. Clark street, Chicago.



During the last few years Mr. Arthur Brisbane, the well-known editor of the Hearst papers, has repeatedly attacked and ridiculed vegetarianism and although he now admits that meat eating is a hideous thing, he still believes that for the present we must eat meat. The arguments presented by Mr. Carque, are designed to be a refutation of the editor's assertions which, according to Mr. Carque, can not stand in the light of modern chemistry and physiology. A very valuable table is produced giving complete analysis of the 12 mineral elements in various foods. The chemical and physiological actions of these elements and their relation to health and disease is explained. The sufficiency of a diet of fruits, nuts and well prepared vegetables is clearly and convincingly demonstrated while the fallacy of the still prevalent idea that our body needs a comparatively large amount of protein daily is shown. Vegetarians and meat eaters alike will find much new and interesting information in the pamphlet which contains within its pages as much sound argument and conclusive proof as would suffice many writers to spread over a large volume.

New subscribers to SUGGESTION can have a copy of this pamphlet without charge by making the request at the time their subscription is sent in,

\* \* \*

FAITH BUILT ON REASON; A Survey of Free and Universal Religion: By F. L. Abbott, Boston. James H. West Company; Cloth, 82 pp.; 56 cents, postpaid.

This book aims to show that the great ideas of God, Freedom, and Immortality, which have been from time immemorial the inspiration of the noblest and most beautiful lives, have a solid basis in human intelligence because they have a solid basis in the known facts of the world.

Hitherto these ideas have been frequently supposed to rest only on blind feeling, or doubtful tradition, or on the abnormal revelation of some book, person, or institution. But this book tries to show that they really rest on the warrant of universal reason itself, applied soberly in the great field of religion just as the sciences apply it in their own narrower fields.

\* \* \*

FIGS OR PIGS? Fruit or Brute? a text book of the Vegetarian Philosophy. By James Madison Allen; pamphlet, 25 cents. Published by J. M. & M. T. Allen, 651 South Grant street, Springfield, Mo.

*Soundview*, that snappy, fearless little magazine from the Pacific coast, announces some interesting features for 1905. Mechanically it proposes to be the clearest, neatest, tastiest, up-to-date publication on earth—its January number is a good specimen of the printer's art. Already it is the only magazine on earth pencilled, printed, proof-read, published, pasted and posted on the country amid the "wildwood."

The January number contains the first of a series of articles on the sex problem, which will run through the entire year. The contributors to this series will be men and women who have given the question years of study, and whose reputation as fearless thinkers and able writers is world wide.

Send 10 cents for a copy of *Soundview* to Olalla, Wash.

\* \* \*

HOW SHOULD WE BREATHE? A PHYSIOLOGICAL STUDY. By G. H. Patchen, M. D., Pamphlet, 48 pages; price, including postage, 25 cents. A popular exposition of the mechanism, object and effects of respiration. It clearly demonstrates that there exist other indispensable uses for respiration besides that of supplying air to the lungs, and also shows how this important function may be used remedially for the cure of many severe and obstinate forms of chronic disease.



## Business Talks

BY THE MANAGER



### A Talk with the Readers of Suggestion.

**P**ERSONS and firms who advertise in this magazine wish to reach people of thought and intelligence. This issue will reach from 80,000 to 100,000 such persons. Our advertisers would like to talk personally with every reader, and the only practical way of reaching all is by means of an advertisement.

\* \* \*

Now an advertisement is simply a one-sided conversation. The merchant or dealer tells you his side of the story. If you are interested in any way, tell him so. Send him a letter or postal. Say "I saw your advertisement in SUGGESTION, and I would be pleased to hear further from you concerning the same." You will soon receive a reply and you can determine from the information received whether or not you care to continue the correspondence. Answering an advertisement does not put you under any obligation.

\* \* \*

Without advertisements no magazine can prosper. Some persons object to advertisements. Such persons never owned a magazine. Don't quarrel with the advertisements. Every one can obtain ideas from advertisements. Nobody knows everything.

\* \* \*

If you feel that an advertiser has not dealt fairly with you please let me know. During the last two years there have been no complaints received at this office that have not been speedily adjusted.

\* \* \*

If any reader wishes private information about any advertisement send a stamped envelope and I will be pleased to answer.

\* \* \*

Sometimes a friend objects to a certain advertisement such as the Antikamnia advertisement, or the advertisement of the Ensign Remedies, and similar advertisements. As I have explained in these pages Antikamnia is a drug for the relief of pain—not for the cure

of disease. If relief from aches and pains is desired, an antikamnia tablet is as good as anything; and I see no harm in using them in a reasonable manner. True, it is far better to so live that pain will not be in evidence. Drugs are unnatural and not to be generally recommended.

\* \* \*

Certain firms are advertising in SUGGESTION what are known as the "biochemic cell salts," or "tissue remedies," or "physiologic foods." These remedies are not drugs for they produce no symptoms; they do not poison the system. They are the inorganic elements found in the body, ground so finely that it is claimed that they can be assimilated and used by the blood cells in building tissue. I am not prepared to assert to this but I know this: Those cell salts are perfectly harmless; they can be taken by any one, in any state or condition, without danger; many remarkable cures have been reported from those who have used these preparations. It is claimed that these salts are true foods, and are used by the system just as any food is used. So there can be no objection to the advertisements mentioned.

\* \* \*

We do not take advertisements of investment companies unless we are assured that the proposition is fair, the company reliable, and the affairs of the company are honestly administered.

In answering advertisements always mention the magazine containing the same. Sometimes the same firm will have different advertisements in different publications; mention the publication where you saw the advertisement, then the advertiser knows just what you want.

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## The Editor in Mexico.

Several readers of SUGGESTION, accompanied by our editor, Dr. Parkyn, left Chicago February 25th to visit the Motzorongo plantation, in Mexico, to inspect the new sugar machinery just installed at Motzorongo.

Dr. Parkyn has taken a prominent part in promoting the success of Motzorongo. Knowing the interest he is taking in the enterprise, the readers of SUGGESTION have subscribed for over \$250,000 worth of the stock of the company, and although the management of the company is in excellent hands, Dr. Parkyn takes the greatest interest in watching the progress of every department and his visit to the plan-

tation at this time is to see for himself how things are progressing there so that he can make a personal report to our readers who are interested in the company to assure them that their interests are being carefully handled.

Having lived in the Philippines and Hawaii for several years, I know that great profits are made from tropical farming, especially when good transportation and ready markets are available. Nowhere in the tropics is richer soil to be found than in Mexico and Motzorongo is not only situated in the heart of the most fertile spot in Mexico, but has a railroad and market at its very doors for the Vera Cruz and Pacific Railway runs through the Motzorongo plantation for 13 miles and has two railway stations on the property.

I like the Motzorongo proposition as an investment on account of the transportation situation and the natural advantages of the property. I like it on account of the personnel of its management and the keen interest its officers take in its development. I like it because so many of our readers are interested in it and because Dr. Parkyn is untiring in watching their interests, not only in this country, but in Mexico, at great personal sacrifice. But those of you who know Dr. Parkyn personally, know that he looks carefully before he leaps, and that when he takes hold of a thing he never acts half-heartedly. He has visited the plantation four times in the last two years, spending several weeks at each visit and he told me before he left this time that he had received several inquiries from our readers who would like to visit the plantation a little later in the year with a view to making an investment in the company if they were satisfied with their visit to the plantation. To these he replied that if they or any reader already interested in Motzorongo would make up a party some time in March, he would return to Chicago about the middle of February to arrange a date on which they could all leave for Mexico, and he would accompany them.

March is a fine month in which to visit Motzorongo and the new sugar plant will then be running full blast. If those who contemplate making the trip in March will write to me personally, I will tell you how to make up the party—about the railroads and what points to make connections so you can all go together.

This is an age requiring co-operation for many purposes and I like the spirit of co-operation and fellowship that pervades the Motzorongo proposition. It is a solid proposition in the hands of capable, honest men, and is bound to prove a winner.

It will pay everyone to look into this investment. The com-

pany's real estate holdings are worth more than the total capitalization of the company. This guarantees the safety of the money invested, and it is better to invest money in a solid, going thing like Motzorongo, which will pay big dividends to its stockholders, than to keep it in a bank drawing a paltry 3 per cent. interest so that others may use it to make from ten to twenty per cent.

Some of our subscribers had their money in banks in Iowa, drawing 3 per cent. interest. Forty-eight banks failed in Iowa the year 1904 and some of these people have written to say that they now wish they had put their money into Motzorongo when Dr. Parkyn advised them to.

Write to 228 Reaper Block for Motzorongo literature and let me have the names of those who would like to accompany Dr. Parkyn to the plantation in March.

ELMER ELLSWORTH CAREY.

4020 Drexel Boulevard, Chicago.

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## Suggestive Therapeutics and the Law of Suggestion.

**U**NIVERSAL interest is now being manifested in various forms of mental healing—faith cure, mind cure, prayer cure, mental science cure, absent treatment, etc., etc.

\* \* \*

All these forms of healing are embraced under the term "suggestive therapeutics." The basic principle is the law of suggestion, knowingly or unknowingly applied. The law of suggestion is one of the most potent, most subtle, most far reaching of all the laws of human action with which we are acquainted.

\* \* \*

Its effects are seen every day, everywhere, in all forms of human activities. It is the foundation of business success; it controls health and disease; it is the controlling power of intellectual activities; it provides the only method by which the net work of subjective personalities and entities may be reached, and in all forms of psychic research this never failing law may be traced, and its operations noted.

\* \* \*

The physician, healer, investigator, scholar or teacher who does not thoroughly understand the action of the law of suggestion is



only groping in the dark. Did physicians understand the law they would be more successful; did people understand there would be no quacks, no patent medicines, no fakers posing as healers, prophets or apostles. If the reader wants to know more about suggestive therapeutics, and the law of suggestion, send me a stamped envelope and I will put him in possession of the desired information.

ELMER ELLSWORTH CAREY.

4020 Drexel Boulevard, Chicago.

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## Tropical Agriculture.

A great deal of money is being made from tropical agriculture in Mexico. There are many successful American plantation companies operating in Mexico, but the largest is doubtless the Motzorongo Company, which is virtually a co-operative Company. It owns 165,000 acres of fine, tropical lands in the State of Vera Cruz. It has a new 750-ton sugar mill, and 735 acres of sugar cane ready for the mill this year. Next year there will be 1,200 to 1,500 acres of sugar cane ready for the mill and the following year 2,500 to 3,000 acres.

Besides sugar, there are cattle, timber, and real estate, any one of which will earn a good dividend; also coffee, pineapples, rubber, bananas, etc.—everything that will grow in the tropic, and these all help to swell the yearly profits.

Write to 228 Reaper Block and receive an illustrated booklet which will tell you all about Mexican agriculture and the Motzorongo proposition.

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## Cancer Cures.

Deaths from cancer are steadily increasing and any one claiming to have a cancer cure awakens interest in many unfortunates.

The Finsen Light has been used successfully in certain forms of cancer; the Finsen Light Institute of America, 78 State street, Chicago, will send information on this matter, and I would recommend that persons suffering with cancer visit this institute if the management so recommends, and if such action is convenient.

There has just been brought to the attention of the publisher of SUGGESTION another cancer cure.

It is claimed that this cure never failed, and an advertisement has been sent to this office to be inserted in our advertising section. Until I have some direct and definite testimony, I will not print the advertisement but will make the following offer:

TO THOSE SUFFERING FROM CANCER.

Any one having a cancer or cancerous growth can send \$25 to this office and obtain a receipt therefor. The party having this cancer cure will be notified and he will send his remedy with directions. If the remedy is unsuccessful in fifteen days notify me and the money will be returned; if the remedy is successful the money will be forwarded to the proper person. There is no risk in this matter, as the person depositing the money is to be judge, and no questions will be asked.

This allows any one to try the cure without cost, providing it is unsuccessful. If I had a cancer I would certainly avail myself of this opportunity.

ELMER ELLSWORTH CAREY.

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There is no defeat except from within. There is really no insurmountable barrier save your own inherent weakness of purpose.—*Emerson.*

\* \* \*

For when the power of imparting joy  
Is equal to the will, the human soul  
Requires no other heaven.

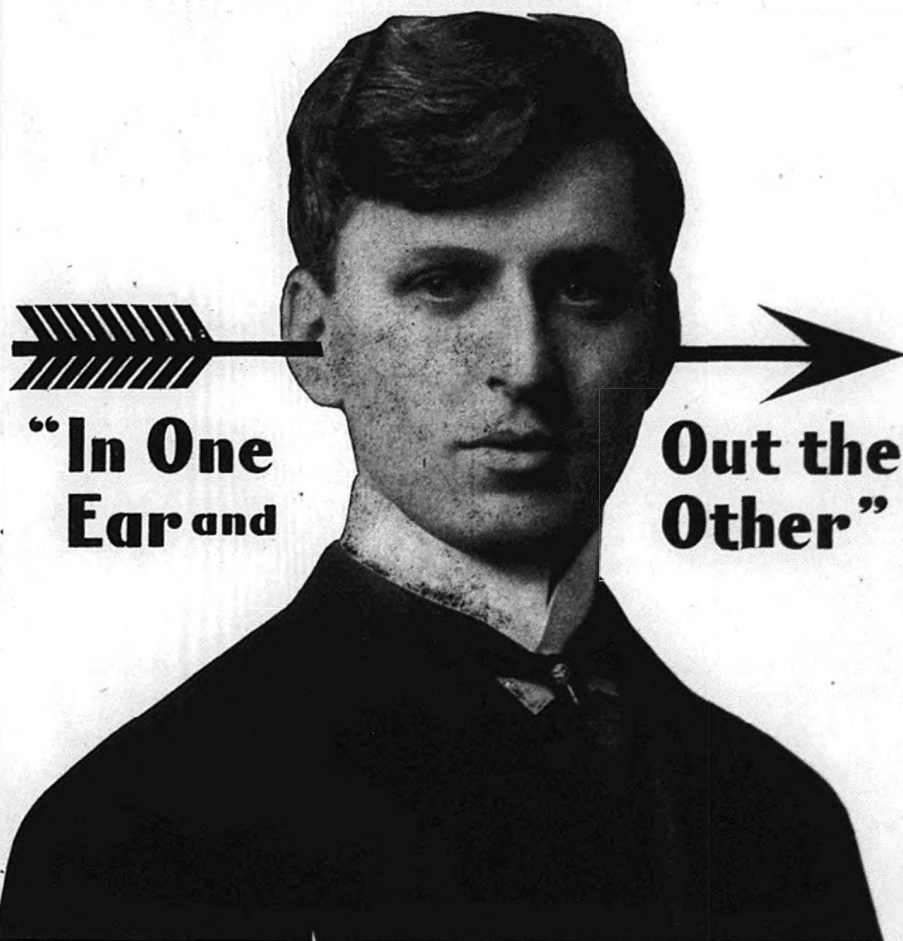
—*Shelley.*

\* \* \*

Desire held to, or thought centered upon, one purpose produces harmony in the unorganized forces surrounding us and conduces to success, even makes success certain if long persisted in.—*C. C. Post.*

\* \* \*

However untenable may be any or all the existing religious creeds; however gross the absurdities associated with them; however irrational the arguments set forth in their defense, we must not ignore the verity which, in all likelihood, lies hidden within them.—*Herbert Spencer.*



**“In One  
Ear and**

**Out the  
Other”**

*Slips of memory often mean the sacrifice of success, happiness—and even life itself.*

**The Secret of Certainty in Recollection.  
PLAINLY STATED; SIMPLY TAUGHT.**

THOUSANDS of testimonials have been received from pupils all over the world acknowledging the great benefit they have derived from the course of lessons received from the **Pelman School of Memory**. These testimonials are from men and women in every walk of life.

**W. T. STEAD**, Editor of the *London Review of Reviews*: “The improvement that can be effected in the memory by taking pains is so immense and so little realized that I consider Mr. Pelman one of the benefactors of the human race.”

**FREE**— Mr. Pelman's book “**Memory and What Can be Done to Improve it**” sent absolutely free upon request. Write for one to-day, and suggest to your friends that they write for one. It is worth reading, and worth asking for.

**PELMAN SCHOOL OF MEMORY,**

**967 Whitehall Building, NEW YORK, N. Y.**

LONDON, 4 Bloomsbury St. W. C.

PARIS, Ave. de Neuilly 109.

MUNICH, Mozart str., 9.

MELBOURNE, G. P. O. Box 402.

DURBAN, Natal, Lynn Bldg.

When writing to advertisers please mention **SUGGESTION**.

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

**T**HIS 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.

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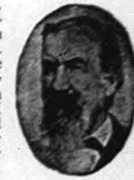
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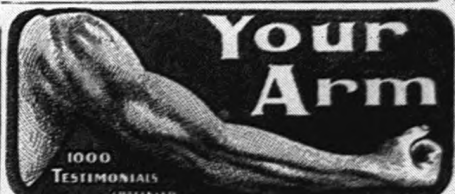
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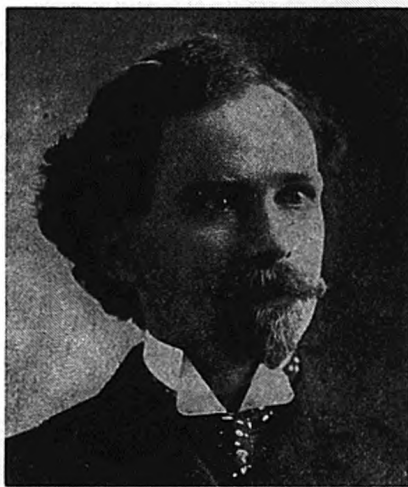
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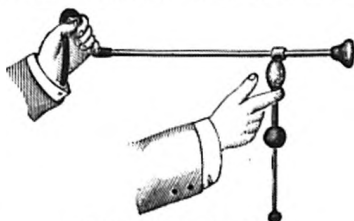
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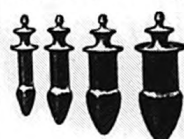
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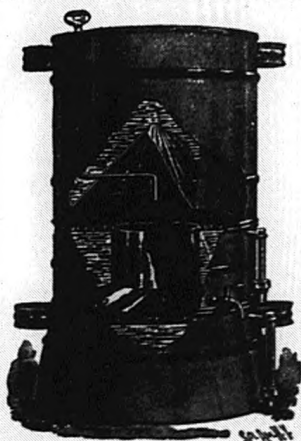
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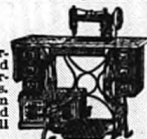
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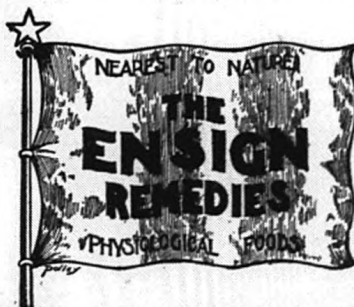
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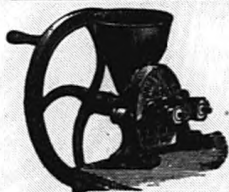
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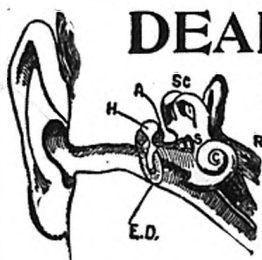
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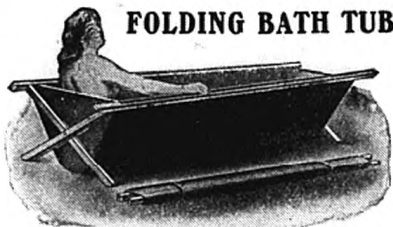
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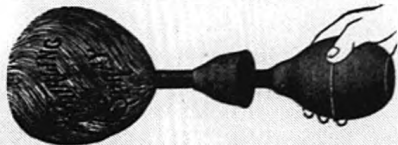
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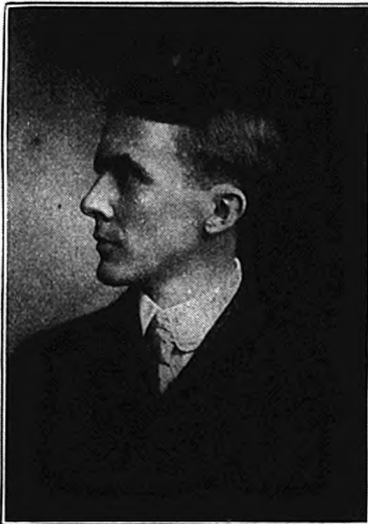
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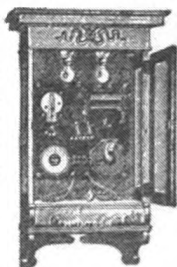
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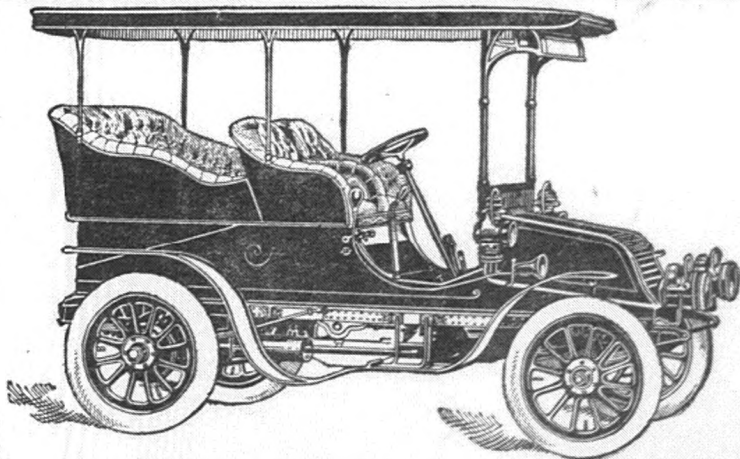
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