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*The New Psychology Magazine*

**SUGGESTION**

**APRIL, 1905**

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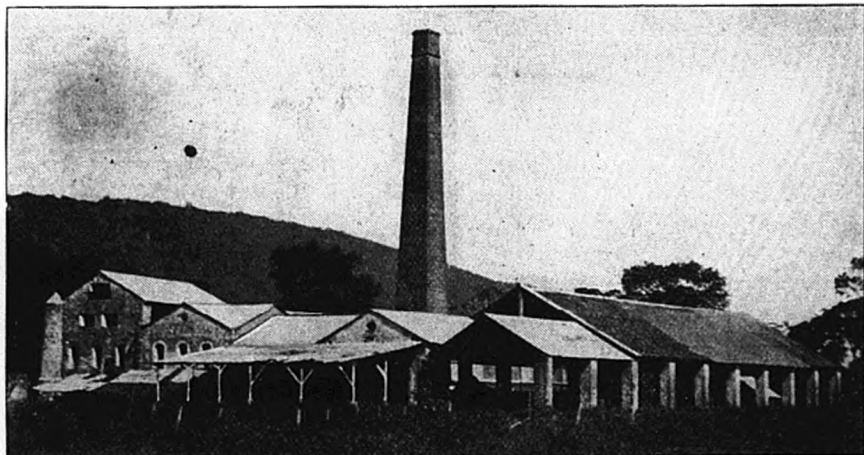
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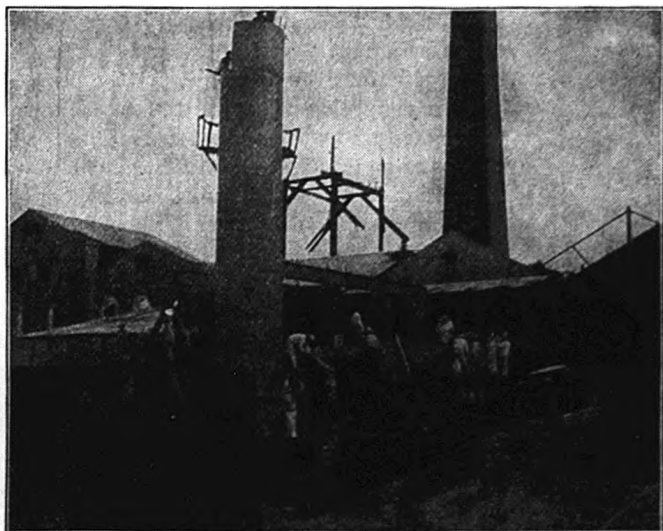
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# SUGGESTION

A Magazine of the New Psychology

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

VOL. XIV.

CHICAGO, APRIL 1, 1905.

No. 4

## Health Foods and Health Cranks.

By HERBERT A. PARKYN, M. D.

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

*(Continued from last month.)*

Among the many prominent fads practiced today by people in search of health are the following:

- The fasting cure.
- The feeding cure.
- The milk cure.
- The water cure.
- The breathing cure.
- The health food cure.
- The physical-culture cure.
- The mind cure.

Now, none of these "cures" is in itself a perfect system of treatment. They all have their good points and many patients have recovered their health while practicing one of these various fads. But each patient is a study in himself, and a fad that will benefit one patient may prove an actual detriment to another. The healthy man does not maintain his health solely by fasting, or feeding, nor solely by drinking milk or water, nor alone by breathing exercises, or physical culture, or thinking, or eating health foods. And if a healthy man does not live by practicing any of these fads, why should a person in poor health make a fad of any one of them with the expectation of securing the health of the healthy man?

Moderate fasting is good for some patients, while feeding is beneficial to others. The fasting faddist says: "Everybody eats too

much. Fast and you will get well." Now, it is not a fact that every one eats too much. Undoubtedly some persons do overeat; but the average sick person is inclined to eat too much food for the quantity of liquid he drinks. Increase his liquids for a while and his symptoms, previously attributed to overeating by the fasting faddist, will disappear and his health will return.

Similarly, the mental faddist will claim that all sickness is due to incorrect thinking, fear thoughts, etc. Undoubtedly the mind has a great deal to do in producing sickness in many instances, and it is a powerful agent to employ in building up one's health, but all the correct thinking in the world will not take the place of the life essentials—air, water and food—and perfect health can not be regained, in spite of the highest psychic development and the choicest of health thoughts, if the patient is short on any one of the three grossly material life essentials, on which depends the health of the blood, which is the tissue-builder and life fluid of the body.

Within the last ten years I have led thousands of chronic sufferers into perfect health of mind and body by simply teaching them to live as healthy people live. As I said before, each patient is a study in himself and has to be compared in all his habits of thinking and living with the normal man in order to determine definitely wherein he falls short of the healthy standard. But in the main I teach nearly every patient to practice the following simple rules, on which no one, whether sick or well, can go far astray:

#### THE LIFE ESSENTIALS, AIR, WATER AND FOOD.

**AIR**—Breathe in plenty of fresh air every day. When going to bed at night be able to say to yourself, "I have had all the fresh air today that a healthy person requires."

Practice some simple breathing exercises if you enjoy them and they do not tire you. If you know no special exercises, never mind them, simply breathe, but breathe with a purpose in mind. One breathes to get the oxygen from the air, to eliminate some of the waste products of the body and to assist in circulating the blood.

**WATER**—Drink at least eight to ten glassfuls of liquids daily—two quarts—chiefly water. You don't require more than this.

For a few weeks it will pay you to drink these fluids in small sips—say a good mouthful every five, ten or fifteen minutes. Don't go by the clock; merely sip often, and every time you take a mouthful of the liquid take it with a definite purpose in mind.

In health, the body is composed of over 70 per cent of water and a quart and a half of urine should be eliminated in the day.

In order to maintain the necessary quantity of digestive fluids in the body, the fluidity of the blood and the normal percentage of water in the blood, it is necessary to drink the quantity of liquids previously mentioned. The liquids are also required for the free action of the kidneys and other organs of elimination, such as the skin and bowels. Insufficient fluid drinking is the chief cause of constipation, dyspepsia, rheumatism, kidney trouble, headaches, painful menstruation, melancholia and a hundred other troubles depending on faulty circulation and imperfect elimination.

Then drink water and plenty of it. Get the best water you can, distilled or boiled if accessible, but drink it anyhow, good, bad or indifferent. You run greater chances of becoming sick through neglecting to drink water than from drinking the proper quantity. Get the best water you can and drink it. Drink for a purpose, Thought tends to take form in action, and, with the life essentials properly supplied, thought action becomes a power in stimulating the organs of nutrition and elimination.

Food—There can be no set rule for every one to follow in regard to the quantity of food that should be consumed daily. This should depend on the present health of the individual, his occupation, stature, etc. If the other two life essentials are properly looked after for a few weeks, the matter of digesting and assimilating the articles of diet found in the menu of any average healthy man becomes an easy matter, even to the majority of dyspeptic patients, provided, of course, they masticate their food thoroughly and begin by eating small quantities and gradually increasing the quantity as digestion improves.

In some cases of digestive disturbance, merely increasing the fluids to the normal quantity will overcome the trouble. In other cases it is frequently best to avoid food entirely for a week or ten days, and sometimes for a longer period, but the full quantity of water should be taken daily throughout the fast. The abstinence from food gives the stomach a complete rest, enables the patient to eliminate waste products that may have accumulated in the body till they tinge even the digestive secretions. After the fast, food should be taken sparingly at first and then steadily increased until the patient is eating as much food, and the same classes of foods, as a healthy man with the same general physical makeup as the patient.

Eat to sustain your strength, not to satisfy the palate. It is surprising how little food is required to sustain strength and maintain health when one drinks sufficient fluids daily.

Don't aim to get fat. Obesity is not always a sign of good health, nor even of good digestion. Having arrived at a point at which you feel that your health is excellent, eat just sufficient food to keep you at that point.

Some health foods are very palatable, nutritious and easily digested, but the healthy man does not confine his diet to widely-advertised health foods. He eats bread, butter, beefsteak, potatoes, eggs, milk and many other wholesome things on which our healthy, long-lived ancestors subsisted before distilled water and health foods were ever dreamed of. Health can not be obtained by avoiding the food upon which the healthy man depends for his health.

Masticate your food thoroughly. Eat slowly. Drink a small quantity of liquids with your meals (a glassful or a glassful and a half), not to wash down your food, but to stimulate the flow of saliva in the mouth and gastric juice in the stomach. I know some of our faddists and not a few old-school physicians will hold up their hands at this suggestion. However, the healthy man drinks with his meals, so do I, so do my patients, and somehow they get well. Try it. Results count, and, even if the favorable results themselves were not sufficient, I could bring overwhelming physiological facts to prove that drinking during a meal is not only natural but correct. Try it, I say, and tell me in a personal letter how it works.

By thinking confidently and fearlessly that your food will be digested and assimilated you can stimulate the organs of digestion

#### HEALTH THOUGHTS.

The mind is an important factor in building up the health and maintaining good health. Thoughts of health and strength promote health and strength, if the life essentials are properly supplied to the body. Thoughts of sickness and fear thoughts will produce sickness, for they interfere with the normal appetite for the life essentials, and the life essentials being neglected in consequence, the body grows weaker, and in this condition it is open to the inroads of all kinds of physical complaints and contagious diseases.

The greatest preventive against diseases of all kinds is good health, and, next to the life essentials, the greatest factor in maintaining good health is healthy thinking.

Shun anger. Shun worry. Shun jealousy. Shun fear. Shun selfishness. Shun the health cranks, and especially the person who is forever telling of his own or of his neighbor's physical sufferings and infirmities.

Be happy. Be cheerful. Be optimistic. Be generous. Be kind. Be thoughtful. Be grateful. Be helpful, and if you are forced to talk on topics relating to health, talk health, not disease.

BATHING AND EXERCISING are both useful in their places, but neither is absolutely essential to health. It is desirable to keep the body clean and sweet, of course, but both bathing and exercising can be carried to extremes and may be positively injurious to patients of low vitality. I have known patients who were forced to exercise and bathe several times daily when they should have been in bed taking a rest cure. Bathing and exercise can be employed to advantage on special, selected cases, but, as I said before, they are not life essentials, and as I have given considerable space to them in previous articles I shall not discuss them further at this time.

Healthy lines of thought can be promoted through the use of auto-suggestion (self-suggestion), and I herewith present a few auto-suggestions which can be practiced to advantage while partaking of the life essentials. They can be modified or augmented to suit individual cases:

#### AUTO-SUGGESTIONS.

This mouthful of water is one of the life essentials. I am drinking it to increase the secretions in my body and it will help, also, to carry away the waste materials. It is to increase the quantity of saliva and hereafter I will masticate every mouthful of food thoroughly. It will increase the quantity of digestive juices and my stomach will perform its work of digestion properly.

My appetite is growing better. I am hungry all the time. I am eating like a healthy man and am obtaining as much strength from food as any one. This water will make my bowels move at a regular hour every day. It is a stimulant to my liver and is forcing my bowels to move. My kidneys and skin are working perfectly.

I am bright, happy and cheerful.

I am obtaining perfect health from the life essentials. The good rich blood I am making now is carrying health to every cell in my body.

Health is my birthright. There is health all around me. I am eating it, drinking it, breathing it. I am healthy NOW.

This mouthful of water is also a reminder that I must "eat some air," and I shall now proceed to educate my lungs to breathe deeply by taking half a dozen deep breaths. I shall take a moderate amount of exercise, commensurate with my store of energy, but am<sup>g</sup>

making certain that I am appropriating more strength each day from the life essentials than I am expending. Thus I am banking on my energy.

I feel better and stronger this moment.

---

## Reflections.

By MAY L. DAVIDSON, Des Moines, Iowa.

Written for SUGGESTION.

**K**NOWLEDGE is power only when we make it a power; for the narrow, petty little soul, ignorance is bliss.

\* \* \*

"Still waters run deep," but, it is the swift, forceful, jolly, laughing waters that carry the driftwood from the stream, and, flowing ever onward, mingles its current with the ocean's wave.

\* \* \*

Years will be added to our lives, as well as health and happiness, when we stop trying to see how *long* we can live, but how *well*.

\* \* \*

Politeness is the key that opens the door to success, and perseverance the strong hand that holds it open.

\* \* \*

Nature's truest mirror is in the faces we hourly meet, for it is in them we see the reflection of our own thoughts and moods.

\* \* \*

Some one has said, "Tell me what you eat and I will tell you what you are." Better say, tell me *how* you eat and I will tell you what you are.

\* \* \*

Character is the foundation and reputation the frail timber work of the human structure.

\* \* \*

Love is the central light of the soul, and all the virtues we may possess center 'round it.

---

Right viewed, no meanest object is insignificant. All objects are as windows through which the philosophic eye looks into infinitude itself.

—J. Carlyle.

## Self-Suggestion.

By HENRY HARRISON BROWN.

THE LAW OF SUGGESTION is technically stated thus: I am that which I think I am.—In Bible language it is: As a man thinketh in his heart so is he.—In metaphysical statement it is: A person is governed by his conviction of Truth.

**T**HE real benefit of an understanding of the Law of Suggestion lies in its application to the daily life of the individual. Intelligent or ignorant, each individual obeys this Law. Consciously or unconsciously each person controls his life through obedience to this Law. No matter what the event or its results, they have been determined by the individual's use of this Law to bring it about and to regulate its effects upon himself.

This is but saying that no event occurs in life unless it is preceded by some thought-conditions. Physical effects are thoughts materialized. Thought precedes conduct, and each thought concerning one's self is a self-suggestion or, what is the same thing, an affirmation. "I can" or "I can not" precedes every effort, and this affirmation decides every individual action. Decision is self-suggestion. This fact shows the importance of this study. *I am that which I think*, is a true affirmation of myself. I am controlled by my convictions of truth. The saint and sinner, the priest and the criminal, each acts from his convictions. That which is truth to us controls our life. When our convictions change, our life changes. These convictions are self-suggestions. They are affirmations.

Instinctively from childhood we have obeyed suggestion and, not understanding the Law, have harmed as often as benefited ourselves. The great amount of suffering of all kinds testifies to the potency of self-suggestion. The many New Thought movements are all attempts to bring mankind to an understanding of the Law, so that by using it to desire, one may become Master of Fate.

*I am that which I think I am.* When this becomes a conviction, the person begins to control his thoughts. True, it is an old established fact that we must change our thoughts to change our life. No better illustration of the Law of Self-suggestion can be found than the admonition of Paul: "Whatsoever things are true, whatsoever things are honorable, whatsoever things are pure, whatsoever things are lovely, whatsoever things are of good report; if there be any virtue, and if there be any praise, *think on these things.*" It is thinking that makes the man. Humanity has known this from early times but only recently have we learned why it is that "As a man thinketh in his heart, so is he." "In his heart" means conviction. That which he really thinks, is true. Thus thought is

creative, and the world is that which we make it. Each person is to us that which we think him or her to be. Day and night, land and sea, are to us that which we think. According to our thoughts, do we use each person and thing. Experience, which is experiment, causes us to change our opinions and convictions. Hotspur's is a common experience:

Hang ye! Trust ye?  
With every moment do you change a mind  
And call him noble who was now your hate!  
Him vile that was your garland.

While we think one noble, we treat him from that thought; when we think one vile, we so treat him. He is still, to himself, unchanged; we are changed in thought toward him. We act each time toward our own creation. Our mental attitude determines our conduct. Shakespeare causes Coriolanus to reply to the people who banished him: "I banish you!" We are to take this attitude toward every unpleasant condition: "I banish you." Then, instead of being vanquished, we become the victor by merely a change of thought, by a self-suggestion.

I wish you to become convinced that circumstances change very little, but that human thought is constantly changing. Sun and sky, land and water, summer and winter, change little; but the mental attitude of individuals differ, and that of each individual constantly changes. When we feel happy, the sky is beautiful; but when we are "blue," the sky is black. Whittier, speaking in grief for the dead, says:

There seems a dimness on the day,  
Her smile no longer cheers;  
A dimness on the stars of night,  
Like eyes that shine through tears.

The external universe is therefore that which we make it through self-suggestion. The morning too bad to go to school is just right for the schoolboy to fish. The wood that is so difficult to bring into the house is light compared with the load the lad carries at play. The labor on the farm is easy in comparison with the base-and foot-ball games. What makes the difference? The mental attitude. The self-suggestion, "I love the game!" "I love to fish!" "I don't want to work!" "I don't love to study!" changes conditions in the person, and circumstances are changed. Mark Twain, like all observers, realized this when he caused Bob Sawyer to sell the privilege of whitewashing the fence.

Every day you may see evidences of this power of self-suggestion to make people happy or unhappy, and through these mental conditions causing health or illness.

When you have learned the Art of Self-suggestion, you have learned to control your life. *I am that which I think I am.* Now what shall I think? Joy! Health! Supply! Success! When shall I think it? Constantly. Never let the opposite enter your mind. Think it through Will until you think it from habit. When you have formed the mental habit of looking on the bright side, there is none other. When you have formed the habit of thinking health, there is no illness. Chronic diseases are but mental habits. Change the thought and create a new mental habit, then you are healed.—*Henry Harrison Brown, in Now.*

---

## Mind.

BY CHARLES EATON BLANCHARD, M. D., MINNEAPOLIS.

Written for SUGGESTION.

**O**H, subtle wonder of the Universe! Oh, thou mysterious product of protoplasm! Born of the chemical attributes of atoms, the maturity of feeling, the ultimate of sensation, the end product of irritation—after all what art thou?

When we know thy marvelous faculties, when we see the beauty of thy love, the terror of thy hate; when we feel the warm gush of thy tears of sympathy, when we see the flash of thy keen anger—we still marvel. When we measure the strength of thy potent reason, when we call up the pictures of thy imagination, we are prone before thy greatness—oh, Mind, the Greatest Thing in the world!

And still thou art not a thing. Thou art that which the more we use of it the more we have left, the more we give away, the greater remains, the more we bless with it, the more we are blessed; in making richer others, we are wealthier ourselves. Marvelous paradox!

Our tributes we pay, our homage we give. Mind—Mind! The tremble of a cell—the thrill of a tendron—the vibration of the brain. Pour out thy light in the dark places of Earth. Shoot the gleams of Reason's Search Light into homes made dull by superstition—into churches and schools, nunneries and monasteries gloomy with bigotry and faith. Scatter the ghosts and spirits, the myth and miracle as mist before the morning sun. Shine on thou glorious light, until every knee shall knell and every heart rejoices, and honors thee as the greatest thing in the world, even as I do.

# The Study of an Apparition.

BY DR. ISAAC K. FUNK, NEW YORK.

FROM THE WIDOW'S MITE AND OTHER PSYCHIC PHENOMENA.

[NOTE—The following account of an apparition which has been investigated by the London Society for Psychical Research, and which has been vouched for by a number of observers, is taken from Dr. Funk's book, *The Widow's Mite and other Psychic Phenomena*.]

CASE 4.—This is a case given at great length in the Proceedings of the Society for Psychical Research. Much time and labor have been given to verify it; Frederic Myers himself gave it much attention, and devotes many pages to it in "Human Personality." Miss R. C. Morton, the chief witness, "is a lady of scientific training," says Dr. Myers, "and was at the time her account was written (in April, 1892) preparing to be a physician." The Society has from six other witnesses "independent, first-hand statements."

Miss M. gives the following account of her first experience with the apparition:

"I had gone up to my room, but was not yet in bed, when I heard some one at the door and went to it, thinking it might be my mother. On opening the door I saw no one, but on going a few steps along the passage I saw the figure of a tall lady, dressed in black, standing at the head of the stairs. After a few moments she descended the stairs, and I followed for a short distance, feeling curious what it could be. I had only a small piece of candle and it suddenly burned itself out; and, being unable to see more, I went back to my room.

"The figure was that of a tall lady, dressed in black of a soft woolen material, judging from the slight sound in moving. The face was hidden in a handkerchief held in the right hand. This is all I noticed then; but on further occasions, when I was able to observe her more closely, I saw the upper part of the left side of the forehead, and a little of the hair above. Her left hand was nearly hidden by her sleeve and a fold of her dress. As she held it down a portion of a widow's cuff was visible on both wrists, so that the whole impression was that of a lady in widow's weeds. There was no cap on the head, but a general effect of blackness suggested a bonnet, with long veil or a hood."

After this, for a number of years, the vision appeared again and again. Miss Morton, who was a capital witness, not being in

the least nervous, frequently followed the apparition; if she "cornered" it, it would suddenly disappear. Many others saw it independently of Miss Morton; some who had no knowledge that the apparition had appeared to others and was expected. It was seen both in the house and outside the house in the garden. Miss M. often spoke to it, but received no answer.

Miss M., in the report published by the Society for Psychical Research, sums up the proofs of the immateriality of the apparition:

"1. I have several times fastened fine strings across the stairs at various heights before going to bed, but after all others have gone up to their rooms. These were fastened in the following way: I made small pellets of marine glue, into which I inserted the ends of the cord, then stuck one pellet lightly against the wall and the other to the banister, the string being thus stretched across the stairs. They were knocked down by a very light touch, and yet would not be felt by any one passing up or down the stairs, and by candle light could not be seen from below. They were put at various heights from the ground, from six inches to the height of the banisters, about three feet. I have twice, at least, seen the figure pass through the cords, leaving them intact.

"2. The sudden and complete disappearance of the figure, while still in full view.

"3. The impossibility of touching the figure. I have repeatedly followed it into a corner, when it disappeared, and have tried suddenly to pounce upon it, but have never succeeded in touching it or getting my hand up to it, the figure eluding my touch.

"4. It has appeared in a room with the doors shut.

"On the other hand the figure was not called up by a desire to see it, for on every occasion when we had made special arrangements to watch for it, we never saw it. On several occasions we have sat up at night hoping to see it, but in vain; my father, with my brother-in-law, myself with a friend three or four times, an aunt and myself twice, and my friends more than once; but on none of these occasions was anything seen. Nor have the appearances been seen after we have been talking or thinking much of the figure.

"The figure has been connected with the second Mrs. S., the grounds for which are:

"1. The complete history of the house is known, and if we are to connect the figure with any one of the previous occupants, she is the only person who in any way resembled it.

"2. The widow's garb excludes the first Mrs. S.

"3. Although none of us had ever seen the second Mrs. S., several people who had known her identified her from our description. On being shown a photo-album containing a number of portraits, I picked out one of her sisters as being most like that of the figure, and was afterward told that the sisters were much alike.

"4. Her step-daughter and others told us that she especially used the front drawing room in which she continually appeared, and that her habitual seat was on a couch placed in a similar position to ours.

"5. The figure is undoubtedly connected with the house, none of the percipients having seen it anywhere else, nor had any other hallucination.

"In writing the above account, my memory of the occurrences has been largely assisted by reference to a set of journal letters written (to Miss Campbell) at the time and by notes of interviews held by Mr. Myers with my father and various members of our family."

This case as proof of the reality of some apparitions, is a remarkably strong one. I regret that my space limits will not permit me to give it entire, but I urge all who are interested in these studies not to make the mistake of passing this by as one of the ordinary ghost stories.

Whoso ruleth the passions has earned the title to royalty.—*F. S. Weaver.*

\* \* \*

"Between the most opposite beliefs there is usually something in common."

\* \* \*

Life is growth and growth is life. Where growth ceases decay begins.—*C. C. Post.*

\* \* \*

Whatever I learn from any circumstance, that especially I needed to know.—*Thoreau.*

\* \* \*

Happiness consists in doing or intending to do that for which we are adapted, or in preparing ourselves for such work.—*F. S. Weaver.*

# 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, \$1.25; 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.

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

\* \* \*

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

\* \* \*

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

\* \* \*

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

\* \* \*

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

\* \* \*

EVERY subscriber to this magazine is formally notified when his subscription expires, and a renewal remittance should be made promptly. Unless a renewal order is received this magazine will be discontinued. If you wish to preserve copies of SUGGESTION in regular order, do not fail to send in your renewal promptly. It is not necessary to send the subscription price at the same time, but we must have your written order for your renewal.

\* \* \*

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



### DIED

at  
**Logansport, Indiana,**  
**February 9th, 1905.**  
**AURA L. PARKYN,**  
Beloved wife  
of  
**Herbert A. Parkyn**

**I** KNOW our friends will sincerely regret the sad intelligence imported in the notice of the death of the wife of the editor of this magazine, and I feel that every reader of SUGGESTION will deeply sympathize with Dr. Parkyn in his hour of grief.

Owing to unavoidable delays in issuing the March number of SUGGESTION and because of the death of Mrs. Parkyn, it is necessary to abridge this number in order to publish it on time. It is essential that a magazine should be issued monthly, and I know that our readers will pardon the reduced size. Dr. Parkyn has been suddenly called to Mexico for six weeks, and at the earliest opportunity we will increase the magazine to the former size.

ELMER ELLSWORTH CAREY.

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We have a few foreign advertisements in SUGGESTION, and subscribers should remember that it requires two cents for a foreign postal card, and five cents for a letter weighing one-half ounce.

The person in a foreign country receiving a letter with insufficient postage is required to pay double postage for the deficit. If you put two cents on a letter to England your correspondent will pay six or sixteen cents, according to the weight of the letter.

And foreign correspondents writing to us or to our advertisers should bear this admonition in mind.

## League of Thinkers.

**T**HERE are still quite a number of the 250,000 thinkers in the United States who have not received a copy of this magazine. If you approve of SUGGESTION, do you not think that your friend would like to see a copy? Tell him or her to buy a copy at the news stand. If the news dealer is behind the times and has not a copy, send a postal to 4020 Drexel boulevard, Chicago, and ask us to send a copy. And give us the name of that misguided news dealer, that we may show him the error of his way.

When you are talking with a thinking friend, why not mention SUGGESTION to him? Why not ask him to buy a copy?

One friend writes: "I saw an old copy of SUGGESTION and I hasten to send my subscription; I did not know that there were enough thinkers in the world to support a magazine like SUGGESTION. I am thankful that the world is progressing and that the wings of thought are unfolding. More power to your pen."

Thought tends to take form in action, and if you teach yourself to think, you are in a fair way to command health, happiness and success. It is a true saying that "as a man thinketh in his heart, so is he." Thought to be valuable must be deep, sincere, earnest, continuous.

Spasmodic thinking is of no avail; wishing and longing is not thinking. A thought to be externalized must fill one's whole nature. "As a man thinketh in his heart," says the proverb. This means that the thought must be deeply rooted and must abide with the man and direct his actions. It is important to remember this.

It will not do to repeat a lot of affirmations with the lips and then imagine that the mere repetition will change your destiny. Let the living fires of truth be lighted on the altar of your heart.

H. A. P.

---

## Thinking.

**D**O you ever think?  
Can you think about one subject for five minutes?  
Have you had any original thought today?  
Where do you get your ideas?

\* \* \*

Did you ever originate an idea?  
Do you think, or do you only think you think?  
Do you allow any one to think for you?  
Is your brain growing?

Are you increasing your intellectual powers?  
 Do you ever change your beliefs?  
 Is anything true simply because you believe it is?  
 Do you prove all things?

\* \* \*

Are you aware that an unused brain is a shrinking brain?  
 Do you know that thought is a positive active power? Do you  
 know that thought tends to take form in action?

\* \* \*

Do you know that a rational thought can be externalized?  
 Do you know what the above question above means?

\* \* \*

Do you know that thought is the impelling power of evolution?  
 Do you know that the quality of thought depends on the quality  
 of brains; that the quality of the brain depends upon the quality of the  
 blood, and that the blood depends upon air and the food, and the way  
 it is eaten?

\* \* \*

Do you know that the brain does not think, but is only a trans-  
 mitter of thought?

\* \* \*

Here are some questions to practice on:

What am I here for?

What am I supposed to do in this world?

Why am I here?

Was my mind or intelligence born with me, or has it always  
 existed?

Will my mind or intelligence die with my body, or will it con-  
 tinue to exist?

How long ought man to live?

Would I go out of my way to perform a kind act, if nobody would  
 ever be the wiser?

Am I in a rut?

Do I need a mental jolt?

Am I of any use in this world?

Am I doing anything to benefit human progress?

In the world's progress, am I a help or a hindrance, or am I a  
 nonentity?

Having read all the above questions, now what am I going to  
 do about them?

*Resolve to do what you ought; perform without fail what you  
 resolve.—Franklin.*

E. E. C.

## The Secret of Long Life.

**A**N exchange gives these ten admonitions for long life:

Worry less.	Work more.
Ride less.	Walk more.
Drink less.	Breathe more.
Eat less.	Chew more.
Preach less.	Practice more.

To these should be added:

Procrastinate less.	Do It Now.
Hate less.	Love more.
Scold less.	Smile more.
Sorrow less.	Forget more.

Here are some more good things to remember:

Less shade.	More sunshine.
Less "I Can't."	More "I can."
Less imitation.	More thought.
Less knocking.	More boosting.
Less pessimism.	More optimism.

The admonition, "Drink less—chew more," needs a word of comment. If intoxicants are meant, or if the habit of washing down foods with ice water or coffee is referred to, the admonition is good. But few persons drink enough pure water. Copious water drinking, to flush the system and remove debris, is essential to health.

It is almost impossible to drink too much water. Drink two tumblers on arising, three in the forenoon, three in the afternoon and two on retiring, and it will be easier to heed the other admonitions regarding health and longevity. If the water is very bad or if it contains alkali it is better to distill it before drinking. A little pure fruit juice—apple, grape, orange or lemon—is a valuable addition to the daily ration of water.

E. E. C.

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## Declaration of Principles.

This is a magazine of the New Psychology for thinkers. It stands for a rational system of living based on natural laws. Right living means right eating, right drinking, right breathing, and right thinking.

There are laws for the body and laws for the mind. This magazine believes that nature will cure every ill that is curable if she is given an opportunity; that drugs never cure, and that their general use is uncalled for.

SUGGESTION believes in the sufficiency of creation and that man is the highest and best effort of creative energy acting through the power of mentality; that man is not a worm of the dust, but the perfection of creative wisdom, having inherent powers of development.

\* \* \*

This magazine advocates a change in the economic systems which will allow every man to enjoy life and the freedom of happiness unhampered by artificial conditions created by inimical legislation and predatory trusts.

\* \* \*

This magazine teaches that health, happiness and success are the portions of every person if the inherent powers of being are not hampered or diverted, or strangled. Nature designed every sentient being to enjoy a happy existence. The laws of this universe are adequate for all conditions and all emergencies, and if permitted to act naturally, universal peace, good will, prosperity and health would result.

SUGGESTION teaches that facts are the result of unyielding law; that supernormal agencies do not influence or determine any earthly event; that the human intellect and will is unassailable and unchained; that the power of thought is the most potent force; that creation today is a thought externalized, and that thought rightly applied will solve any problem that now confronts the human mind.

Among many subjects of interest to thinkers discussed in SUGGESTION from a scientific standpoint may be mentioned the following:

PSYCHIC RESEARCH.

DRUGLESS METHODS OF HEALING.

NATURE CURE.

SUGGESTIVE THERAPEUTICS (psycho-therapy).

PERSONAL MAGNETISM.

ADVANCED THOUGHT.

RATIONAL HYGIENE.

MENTALITY.

POWER OF THOUGHT.

MEMORY TRAINING.

FORMATION OF CHARACTER.

AUTO-SUGGESTION.

THE LAW OF SUGGESTION.

CAUSE AND CURE OF DISEASE.

HEALTH.

HAPPINESS.

SUCCESS.

The editors want the name of every person in the United States who endorses, wholly or in part, the above declaration of principles.

E. E. C.

## The Psychic Foundation of Healing.

SOMETIMES we hear some disparaging remarks about the psychic effects of mind as a remedial and curative agent. Those who have been taught that all healing power resides in drugs are especially pessimistic regarding the ability of the body to heal itself. This magazine teaches that there are natural healing forces residing in the body, and that they may be stirred into activity by proper suggestions. This is the basis of all faith cures; in fact, all cures depend upon the amount of suggestions that are brought to bear on the subjective faculties. The stronger the faith, the stronger the suggestions, and the more rapidly the healing force develops. There is nothing mysterious or supernatural about this matter; every physician knows that the state of mind of the patient has everything to do with recovery, but every physician does not care to formulate a law from these facts, because he does not like to admit that his drugs have no therapeutic value.

Yet the most prominent physicians have stated over and over again that drugs have no healing virtues whatever. The higher the position of the physician, the greater his experience and wisdom, the more pronounced are his assertions regarding the uselessness of medicines as healing agents.

If the reader does not believe this last statement let him turn to the article on medicine in the *Encyclopædia Americana*. This article was written by Dr. William Osler, formerly of the Johns Hopkins University, who has been appointed as Regius Professor of Medicine at Oxford University, England.

The appointment was made by King Edward and the position is regarded as the most important that a medical expert can hold; at least, there is no higher authority than Dr. Osler. In the article mentioned appears these words:

"The psychical method has always played an important, though largely unrecognized, part in therapeutics. It is from faith, which buoys up the spirits, sets the blood flowing more freely and the nerves playing their part without disturbance that a large part of all cure arises. Despondency, or lack of faith, will often sing the stoutest constitution almost to death's door; faith will enable a spoonful of water or a bread pill to do almost miracles of healing when the best medicines have been given over in despair. The basis of the entire profession of medicine is faith in the doctor, his drugs and his methods."

# ✧ H A P P I N E S S ✧

SUGGESTION is a journal of the New Psychology for health, happiness and success. This department deals with the question of happiness. Many people are happy who are not healthy or successful. What is the secret of happiness?

In the February issue appeared the following:

Have you a definition for happiness?

What is your idea of happiness?

Are you happy?

Do you ever expect to be?

Why are you not happy?

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

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

Here are a few more questions to think about:

Can happiness be cultivated?

Is happiness a habit?

Is it desirable that man should be perfectly happy?

If every one were happy, would there be any effort, any progress?

What is the difference between contentment and happiness?

Is ambition a virtue?

Considerable interest has been manifested in the questions that appeared in the February issue and a number of answers have been received. Why not send your idea? Write it on a postal card. Do It Now.

---

Clever people are the best encyclopedias.

—*Dr. Stuart Robinson.*

\* \* \*

Adversity links men together, while prosperity is apt to scatter them.

—*Dr. W. F. Hunter.*

\* \* \*

Wealth is just so much baggage to carry around and to be taken care of in this world, but a cultivated brain is easy to carry and a continual source of pleasure and profit.

—*Phillips Brooks.*

## Definitions.

Here are some definitions of happiness:

D. T. NISBETT, Ardmore, I. T.: Pleasure unrestrained where natural love abounds.

\* \* \*

MISS RUBY ELLSWORTH, Springville, N. Y.: Happiness is the germ caused by exposing one's self to the desire to make life brighter for those with whom he comes in contact day by day.

\* \* \*

H. H. URDAHL, Portland, Ore.: Happiness consists in seeing only the good in all things.

\* \* \*

GEORGE D. TRIPP: Happiness is the gratification of one's desires. It may be mortal or immortal. The habitual transgressor is happy in the perpetuation of his vices while the righteous man is happy in his knowledge of the truth and his loving service for his fellow men.

\* \* \*

DR. CARL STRUEH, 240 Ashland blvd., Chicago: Happiness means contentment with ourselves and the things which concern us.

\* \* \*

PETER DESMOND, Barker Creek, Mich.: Pure thoughts, virtuous actions and kindness to all of God's creatures; this is real happiness.

\* \* \*

DANIEL ROBERTS, Delamar, Nevada: If Burns, "Man's inhumanity to man makes countless thousands mourn," then man's humanity to man makes countless thousands glad, ought to make the peace and happiness that passeth the understanding.

\* \* \*

G. M. WHITMORE, Minneapolis, Minn.: Happiness is the reward for right thinking, right living and right doing.

\* \* \*

F. A. EMMONS, East Canaan, Conn.: Happiness is a sort of cheerfulness that comes from right doing, and happiness is the result of thinking, acting and living as suggested by our best consciousness.

\* \* \*

DR. HOYT, Green Lake, Wash.: Happiness comes from within, not from without. If you would have perfect happiness seek to have perfect self control.

\* \* \*

ALICE M. CHRISTIE, Victoria, B. C.: When happiness is sought for its own sake it evades us like a will-o-the-wisp, but if the real desire of the heart is to make others happy, then in seeking their good we find our own. My definition of happiness is living for others. No joy without fruit bearing and the only fruit worth counting is the helping of other souls on the journey of life.

\* \* \*

MRS. MINNIE KEITH BARLEY, Enid, O. T.: Happiness is self-forgetfulness.

\* \* \*

C. D. SCHEETZ, Quakerstown, Pa.: Complete happiness demands natural, active and simple living.

\* \* \*

ROBERT J. JEFFS, Root and Halsted streets, Chicago: Happiness is found in performance of duty to our neighbor, providing for home and loved ones and the observance of the laws of nature.

# COMMON SENSE PHILOSOPHY

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

## Fretful Fault Finders.

[Common Sense Philosophy.]

THE world is never fond of the person who is perennial chairman of a grievance committee.

The fellow who ever has a big chunk of trouble in his anatomy goes among his fellows snarling out his woes and worries. He recalls to your mind a bear with a sore head, or a bulldog with one ear chewed off.

Emerson the Prophet of Concord said, "Do not bark against the bad, but chant the beauties of the good." The growling, carping, fault finding Brutus, the world shuns, as it does all persons who are continuously looking on the dark side of things.

Make it one of your regular habits to look at, and think of the good points of your friends, associates, as well as your enemies, and environments. If you have no good word for your neighbors and associates then you had better keep still about them, as their sins and short comings will find them out, in due season, without any help from you.

Hate, malice, envy, anger and peevishness are rank poisons, and if given free play will poison your blood, poison your food, poison your efforts, bring you failure in business, lose your friends, blight your hopes, impair your energies and greatly shorten your life.

The world has little patience in listening to tales of woe, petty troubles and disappointments. If a person becomes thoroughly soaked with the idea that everything is wrong and going to the dogs, and has no desire to arise out of that mental morass, he eclipses into dyspepsia and the blues, and soon becomes an all around nuisance.

Many persons diligently and persistently hunt for worry in the weather. They say "it is awful hot," "too cold," "too wet," "too dry," "too windy," "too dusty," too anything; while the chief cause of their discomfort is an unhappy mental make-up, supplemented by a diseased liver and stomach. You accentuate and make conditions worse by speaking ill of the weather and making it an enemy.

There are but few who can make a full measurement of their own faults, and spread the mantle of charity over others. The world has but little use for the person who is eternally on the kick—who makes it a business to hang out the soiled laundry of other people. Every community has its infliction of chronic kickers. They want everything measured by their yard-stick of opinion.

# NATURE CURE

## Pure Air and Colds.

If such advice as that which Dr. Richard H. Brown of the University of Illinois gave in an address to club women Wednesday were generally followed colds would be rare and grip and pneumonia germs would find comparatively few victims, says the *Chicago Daily News*. Sleep with the windows open, said Dr. Brown. Keep the air indoors as pure as the air outdoors. Avoid dust. Beware of the dangers to which the reckless spitter exposes the public. Do not let the indoor temperature rise above 70 degrees and be careful not to wear more clothing than is necessary to keep you comfortably warm. Take a cool, bracing sponge bath every morning.

The greater part of Dr. Brown's advice, it will be noticed, is concerned with a single subject. Most of his counsels are admonitions not to be afraid of pure air. It is a sufficient proof of the need for this advice that it is so commonly neglected, especially by the residents of large cities. There are thousands of flat dwellers who evidently believe that, provided their flats are warm, the question of atmospheric purity does not especially matter. There are many homes where a thorough ventilation of sleeping rooms at night is avoided because of the fear that the cool air from without will produce colds. Here and there it is even possible to find a believer in the antiquated doctrine that "night air" is especially injurious—on the theory, apparently, that night air is a radically different element from day air.

It would be unwise, of course, for any person not of robust constitution to go to an extreme in an effort to "harden" himself. Clothing sufficient to keep one comfortably warm is a necessity. Living rooms should be warm enough to admit of remaining seated in them without risk of a chill. Admitting all these things, the fact remains that a great number of city residents would be vastly better protected against the ills of winter if they stopped coddling themselves and resolved not to be afraid of an abundance of pure air, however low the temperature outside. The person who immures himself in an overheated, badly ventilated flat and ventures out only when muffled up to his eyebrows in wraps is a shining target for the grip germ. He is almost certain to succumb to the slightest exposure.

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In the May issue of the *Regular Medical Visitor*, a standard old time medical journal, Dr. J. A. Burnett in an article on cayenne pepper, uses the following language:

There is no stimulant in the materia medica equal to cayenne pepper, an important fact which should be remembered by all general practitioners. Many physicians are in the habit of prescribing quinine as a stimulant when this household remedy is more indicated and would give better results and do less harm to the patient.

Whiskey is often used as a stimulant in depressed conditions where cayenne pepper would give better and quicker results and there would be no danger by its use of forming a habit, or any bad after effects, such as follows the use of whiskey. Cayenne pepper will stimulate the entire body and not at the expense of the vital force as whiskey does. Glonoïn, a dangerous drug, is often used in violent attacks of diseases where cayenne pepper, a harmless remedy, would give quicker and far more permanent results.

## Contributors' Department

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

### Christian Science vs. Suggestion.

As it is the wish of the editor of SUGGESTION to be fair and as he believes in an "equal deal," and as there has appeared in the December, January and February issues of the journal articles by the editor affirming that the basic principle of Christian Science was suggestion pure and simple, we have given place in this issue to the first installment of a reply by Mr. Alfred Farlow, of Boston, Mass., who is authorized to speak for the Christian Science denomination. The article will be concluded next month.

Those interested are invited to read Dr. Parkyn's articles and then Mr. Farlow's reply. These articles thoroughly discuss this question:

Are Christian Science cures the result of suggestion?

The arguments given pro and con are from recognized authorities, capable of presenting the best points on both sides. Every one who wishes to be posted on this subject should read the entire series. Probably next to Mrs. Eddy, Mr. Farlow is the highest authority on the doctrines and beliefs of the Christian Scientists. E. E. C.

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### A Defense of Christian Science.

[NOTE.—The following article, which will be concluded in the May issue, is a reply by Mr. Alfred Farlow, head of the Publication Committee of the Christian Scientists of the United States, to articles by Dr. Parkyn which appeared in the December, 1904, and January and February issues of SUGGESTION. Mr. Farlow is authorized to speak for the Christian Scientists and his communication herewith may be accepted as a bona fide expression of the beliefs held by Mrs. Eddy's followers.—EDITORS SUGGESTION.]

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#### EDITOR SUGGESTION:

Dear Sir—In his discussion of Christian Science, beginning with the December issue of SUGGESTION, Dr. Parkyn declares that the Bible can be bought for 10 cents, but it would be necessary to pay \$3.50 for the privilege

of comparing it with the Christian Science textbook. The retail price of Science and Health is \$3.00, not \$3.50, and, furthermore, in the public libraries of our cities, including Chicago, as well as in the Christian Science reading rooms, it may be perused without money and without price. Moreover, no one is compelled to buy this book—not even the members of the Christian Science church, and it is proper to say in this connection that probably every Christian Scientist who owns a copy of Science and Health is more than satisfied with his investment and will testify that he has saved in money many times the purchase price of the book, and has been benefited morally and spiritually beyond any value which can be named from a monetary standpoint.

The gentleman's declaration that the Christian Science textbook is incapable of being understood is an admission that he himself does not understand it, and if he does not understand it upon what ground can he make an intelligent plea that its method of healing is in accord with what is commonly called mental suggestion? Does he purpose to declare that there is no method of obtaining results outside of mental suggestion? The mere fact that persons have been apparently "cured by electric belts," the "reading of a Hindoo declaration," and by various other material methods, is not a proof that there is no effectual spiritual method.

It is said: "But the results of its healing power will be just as great, even if he can not read it." Place opposite this the fact that thousands upon thousands have been healed from the thought gained in the mere perusal of Science and Health, and without treatment. The whole structure of Christian Science is based upon the teaching, "God is Spirit," and every statement contained in its textbook is consistently deduced from this premise.

Christian Science does not teach "that the senses are error," except in proportion as they are permitted to interpret things materially. Science and Health plainly states that the senses of man are spiritual. The materiality of the senses does not aid in the interpretation of spiritual truth. Man obtains his knowledge of God, not through the materiality of his senses, but in spite of this.

Christian Science does not teach that visible phenomena is unreal, but that it is not what it appears to be from a material view point. The gentleman has utterly misapprehended his subject, and, therefore, has misstated it. We would advise him to deport himself consistently with his former declaration that he does not understand the subject, and leave its teaching to practical Christian Scientists.

He declares that Christian Science "does not profess to minister to the soul." As an experienced teacher of this science I would not hope to give an adequate understanding of the subject by such a statement. It is the mission of Christian Science to overcome sin in all its various forms and thereby destroy the possibility of sickness. It is the teaching of this science that sickness and suffering are occasioned by evil, and that in order to be rid of sickness we must deal primarily with sin. Whether or not it would be proper to name this process the "saving of souls," it at least affects the salvation of mankind from evil thought and from word and deed based thereupon. A person who can stretch the meaning of the word "suggestion" sufficiently to cover every form of prayer and treatment which discards medicine, ought to have no trouble to adapt the term "saving souls" to Christian Science practice, if, by saving souls he means saving individuals from sin.

As I read our critic's statement concerning prayer, I wonder if he believes in prayer at all. One might assume that he would relegate the prayers of Jesus and his apostles to the field of mental suggestion, for he has exactly the same right to insist that they healed by suggestion as he has to assert that Christian Scientists heal by such a method. Truly, Jesus' method was mental, but it was spiritually so and has no part with mortal mind. Our critic's claim that Christian Scientists heal by suggestion seems to be based entirely upon the fact that they heal without drugs. Such a claim would apply with equal propriety to Jesus, the apostles, and the ancient prophets.

Through what method is it possible to invoke the divine aid? What is true prayer? Is it suggestion? What right has any individual to classify Christian Science with hypnotism simply because both operate mentally? Prayer has ever operated mentally. It has never been taken in liquid form. It has always depended upon mental impressions. Faith has always consisted in the attitude of the human mind, acquired or developed by whatever knowledge of God the individual may possess.

If the term "suggestion" properly applies to Christian Science—if critics insist upon so applying it, then they should be consistent and use some other name for hypnotism and those mental influences which are not entirely dependent upon God. If the term "suggestion" is broad enough to cover all forms of prayer, then let us stop quibbling over the technical meaning of the word and define the difference between Christian Science and hypnotism on another basis.

As a matter of fact, Christian Science is the direct opposite of human will force or projection, and the public have a right to know this and it is not honest to attempt to confound Christian Science with other methods of changing human consciousness. No intelligent and reasonable person would assert that a false demonstration resulting in a conviction that  $4\frac{1}{2}$  multiplied by  $5\frac{3}{4}$  equals 20, is mathematical simply because it is a pretended scientific method and involves a manipulation of figures.

Christian Science practice depends upon Eternal Truth; its every argument is based upon eternal and immutable facts of being, while hypnotic suggestions are prompted by shifting beliefs and opinions based upon matter and mortal mind. Christian Science adheres rigidly to the understanding that God, divine Mind, Spirit, is the only real life and substance and accords with the Scriptural teachings—"In Him we live, move and have our being." "It is the Spirit that quickeneth; the flesh (matter or carnal mind) profiteth nothing." Suggestion admits the reality of material manifestation, and for its results depends upon the human will.

The term "suggestion" properly applies, to the projection of the mortal mind as it assumes an ability to add to one's belief or to exchange one belief for another, while Christian Science involves no such theory or practice, but destroys the carnal mind in proportion as divine Truth floods the consciousness of the beneficiary.

While the mental *modus operandi* of prayer is needed as a "Suffer it to be so now" in order to bring about a manifestation of Truth, yet is it, strictly speaking, the remote remedy? The immediate remedy is Truth, God, which overcomes and destroys error through spiritual understanding.

Suggestive therapeutics relies on the suggestion as the remedy; assumes that health is dependent upon belief and exchanges one belief for another. It starts with a belief of life, substance and intelligence in the creature and ends with the same. The apparent harmony which it produces can not be genuine, for it recognizes no divine Principle. The only really healthy condition is the consciousness and understanding of spiritual truths. Any less God-like consciousness can not be correctly called normal or healthy.

We will grant that through a certain period, and owing to certain mental conditions, apparent mental results may be produced through the influence of error, but we insist that such results will cease in the course of time as mankind grows into a better understanding of God and error loses its power over them.

Our critic's declaration: "The restoration of health following Christian Science treatment depends neither upon Christianity nor science," is contradicted in the mere fact that those Christian Scientists who are most Christ-like and are the clearest in the understanding of this Science are invariably the best healers, and that a given individual scientist does his best work in his most Christlike moments. Another point worthy of consideration is that if, perchance, a Christian Scientist advances spiritually day by day his healing ability increases and his last days are his best days.

It should also be noted that Christian Science has not originated in any form of magnetic belief, but is a complete and direct departure from all systems of human power which were known previous to its discovery. No

system of mental philosophy recognizes the conjoined propositions of this science, that "God is Spirit," and that spirit is the only life, substance and intelligence.

As a matter of fact, Mrs. Eddy was apparently benefited by magnetic treatment previous to her discovery of Christian Science and gratefully acknowledged this fact, but her final and permanent recovery was occasioned by her implicit reliance upon God. In former years she probably believed magnetism to be a God-given power, just as she believed medicine to be God's means of healing the sick, but in after years she discovered that better results could be obtained by a recognition that the divine Mind is the only real life and substance.

Our critic loses sight of a very important point, namely the ethics of Christian Science. He will doubtless agree that it is possible for a person to be hypnotized or treated from a carnal mind standpoint without being morally improved. On the other hand, the Christian Scientist well knows that unless he can improve his patient morally he can not heal him physically.

Christian Science does not ignore sin; does not hope to dispose of it by mere disregard, but teaches its students how to grapple with and overcome evil through the understanding of the omnipotence of God. He overcomes evil with good just as light overcomes darkness. We have no desire to argue with our critic as to how mental suggestion heals, nor as to his *opinion* of Christian Science; our insistence is upon the correct statement of the science.

The proposition that God did not create matter, is not the premise of Christian Science, but a remote conclusion, the premise being the scriptural teaching, "God is Spirit." Such teaching is contrary to the evidence of the senses which declare: "I do not believe there is any Spirit, for I do not see it." If it is possible to exclude sense testimony sufficiently to believe the basic statement of Christian Science, namely "God is Spirit," it is consistent therewith to endorse the Bible statement: "In the beginning God created heaven and earth," and does not deny their existence; its contention is as to the constituency of the heaven and earth. The question is, what sort of heaven and earth did God, Spirit, create?

We have no desire to enter into a controversy concerning the efficacy of mental suggestion as compared with Christian Science. We are perfectly willing that the Christian Science church shall be known by its fruits, and that it shall be tested by experience. The multitudes who are being healed by this science should be the witnesses of its efficacy.

(Continued.)

FREDRICK WHITE, Editor *The Adept*, Markville, Minn.: What is happiness? Answer: No ambition. The above is the shortest and sweetest answer that can be given. If one is ambitious to accomplish some desire, to get wealth, honor, health, or in fact, whatever one really desires, honestly and seriously, they will be unhappy till they accomplish that desire; as soon as one has what satisfies the ambition, or desire, they are happy in that direction, all desires satisfied, they are happy, therefore, no ambition: Happiness.

The drunkard is happy when "full." The savage when he has a "full dinner pail." Rockefeller will not be happy till he has all the wealth. You won't be happy till SUGGESTION is in every home in the land. I won't till every one believes and feels that everything is for the best. If we could control our thoughts or be subject to suggestions, we would be happy.

If this strikes you wrong, throw it in the waste basket and Do it Now. SUGGESTION is one of my best exchanges.

If you have any faith, give me, for heaven's sake, a share of it!  
Your doubts you may keep to yourself, for I have plenty of my own.

—Goethe.



## Business Talks

BY THE MANAGER



The post check plan for sending money by mail should be adopted by Congress without delay. The adoption of this plan will give a great impetus to the mail order business and it will prove to be of untold benefit to millions.

It is a national disgrace that certain interested influences have prevented the adoption of this reform. What this country needs is a Congress elected to serve the people—the plain people. Our present system of national legislation seems to be adopted solely to serve anybody but the taxpayers. If all editors would demand the adoption of this the post check plan there would be some hopes of securing its adoption.

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## Healing by Thought Force.

**T**HAT thought has power to make or mar the body will be admitted by every thinking person. We all believe in the abstract, that thought has a positive influence over the various functions of the body, but we dislike to make any practical application of this principle.

As a matter of fact, 99 per cent of all cures are made by suggestion. The doctor gives a powder and says, "Now you will sleep, and tomorrow you will be much better." Another doctor, not so wise, says: "The patient will not be much better for a week," and the patient dutifully remains sick a week.

It is a reproach to the medical profession that the law of suggestion is not better known. To clear away the ignorance and superstition regarding the laws of healing, Dr. Parkyn has written a book on suggestive therapeutics. A study of this book will enable any one to understand the operation of the law of suggestion, and to apply this law intelligently.

It covers the entire ground of mental healing, personal magnetism, absent treatment, etc., and explains why cures are wrought by Christian Science healers, sacred relics, shrines, and even by patent

medicines, mountebanks, fakers, imposters, "reincarnated" prophets, false Christs, etc., etc.

If any one would like to know more about the book the information will be sent upon receipt of a postal addressed to the Chicago School of Psychology, 4020 Drexel boulevard, Chicago. Please say that you saw this notice in SUGGESTION.

E. E. C.

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THE DELUGE AND ITS CAUSE: Being an explanation of the Annular Theory of the formation of the earth with special reference to the flood and the legends and folk lore of ancient races. By Isaac N. Vail, SUGGESTION Publishing Company, 4020 Drexel boulevard, Chicago.

This book gives what purports to be a scientific explanation of the Deluge as recorded in the Mosaic account of creation and in the folk lore of many ancient races.

Professor Vail's theories and arguments are plausible and interesting. The book is of especial interest to those who wish to corroborate the biblical account of creation. Professor Vail claims that the account in Genesis is a correct statement of antediluvian events as seen by an eye witness, and that the reason that the account is not understood is because we are ignorant of the world conditions that then existed. The book has been gladly received in many quarters and fiercely assailed in other quarters.

Prof. Edgar L. Larkin, the well known astronomer and writer, says that if a world canopy existed, it must have been composed of icy particles, but this does not seem to militate against the theory.

Providing the Nebular hypothesis of the formation of the world is correct, it seems that Professor Vail's theory follows as a natural sequence. It has been suggested that the book will be of considerable interest to ministers as from its pages they can obtain scientific data to prove that the book of Genesis is not a myth, but statements of facts.

The price of THE DELUGE and ITS CAUSE is one dollar, including one new annual subscription to SUGGESTION.

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C. M. BURGESS, Council Bluffs, Iowa: It is helping to lead us to the truth, the keystone to the arch of science. It and another work by Prof. George Campbell, published by Crane & Company, Topeka, Kan., has shed a flood of light for me on Cosmology.

If it is true that "There is nothing covered that shall not be revealed," we shall soon have the truth. I want to say also, that I have been reading SUGGESTION more closely than heretofore, and am delighted with its philosophy and teaching, and hope to be worthy to be one of the SUGGESTION Family.

F. A. BARBER, City Hospital, Cleveland, Ohio: Please accept many thanks for the copy you sent me of "The Deluge and Its Cause." To say I am delighted does not express my feelings. It has thrown a flood of light on the book of Genesis which I never could solve.

G. A. EPPS, Carlisle, Iowa: I am glad of the privilege of getting acquainted with the thoughts of Professor Vail. I now understand the story of the rainbow as I never understood it before.

\* \* \*

W. K. BUTLER, 6 Millstone Lane, Toronto, Ont., Canada: I have read the book with the keenest attention and utmost delight. The canopy theory looks reasonable and feasible for an Edenic world and the Flood. The Professor's ideas are good throughout, and have thrown a sea of light across my mind. I have gained much knowledge from reading this book.

\* \* \*

C. F. HUBERT, Fowler, Adams county, Ill.: I have read with interest "The Deluge and Its Cause" and am well pleased with it. I think this "cause" will be of great interest to Bible students and cause or promote more interesting investigation.

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## Book Reviews.

We take pleasure in calling attention to a recently published book on "The Non-Surgical Treatment of Diseases of the Prostate Gland and Adnexa," by Dr. Overall of Chicago.

The author is independent enough to take a bold stand against the indiscriminate and reckless use of the knife. He maintains that the "hands take too often the place of brains." He also deprecates dosing *ad nauseum*, which is so common among doctors, guessing at the nature of the trouble, without having arrived at a correct diagnosis. Pharmacology has made it too easy for the physician and too palatable for the patient with its ever ready sugar-coated pills. The author urges the necessity of a correct diagnosis, with which physicians are so derelict.

The chapter on nervous diseases of men, impotency, etc., is especially replete with much information; here, too, the author endeavors to impress upon his readers the importance of discovering the cause, and, if a morbid condition exists, remove it without maiming the man for life with the knife, or undermining his health by converting his stomach into a reservoir for poisons. After the cause is removed he then depends upon *vis medicatrix naturae*.

The book is scientific, ably edited and we commend it to the careful perusal of men suffering with bladder, kidney and nervous troubles.

The book has 218 pages, profusely illustrated and issued by the Rowe Publishing Company, 34 Washington street, Chicago. Price \$1.00.

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THE TREND, Ned Thatcher's magazine at Anderson, Ind., will shock you if you are in the habit of thinking only as other people direct you to think. The shock will not prove fatal, however, and it may be the force which will awaken within you latent powers of thought which will afford a wider range of mental vision. If you already think some on your own account, you will find *The Trend* quite refreshing. Thatcher has a way of writing that sometimes makes people catch their breath, but the truth of his declarations is so plain that it must be admitted. You are missing a treat if you do not read *The Trend*. Ten cents the copy; \$1 a year.

**SUGGESTIVE NEW THOUGHT** for February is O. K. It is the only illustrated pocket magazine in the field. Its fight for the home has required it to attack the systems that are now undermining things. Its usefulness is unquestioned. Its make-up continues to become more attractive each month. The February number contains one article that no one can afford to lose if he wishes to understand himself. This article shows that man has ten senses instead of five and through the intelligent use of these five higher senses, man can evolve. The personal experience of this writer, who claims to have solved the disputed question of the ages—OUR FUTURE LIFE in this number—is worth more than the ten cents, the purchase price. The Company can not afford to send sample copies; therefore send ten cents, coin or stamps, to Suggestive New Thought Pub. Co., Cleveland, Ohio.

**HOW TO LIVE ONE HUNDRED YEARS** or "The New Science of Living." All people wish to live one hundred or more years, if the time can be spent in happiness; the author, Dr. W. I. Gordon of Cleveland, Ohio, professes long life can be secured if the teachings of this book are strictly followed. Dr. Gordon insists that a vegetarian diet is largely essential. "Grains, fruits and vegetables, partaken as food in their natural state," food products make people weak; to animal and mixed foods, he asserts, can be attributed either directly or indirectly most all diseases with their appalling results, namely—sin, crime and degeneracy. He has no use for dopers (better known as Medical Doctors), or for vaccine, anti-toxins, etc. The claim made for the work is that it not only teaches how to live one hundred years in health and happiness, but also how to recover from all diseased conditions through the use of nature's forces—fresh air, nature's purifier—the internal bath—water. The chapter dealing with the power of mind over matter from a scientific standpoint, showing how it aids to cure disease, is commendable. Medicine and most mechanical contrivances are declared to be detrimental to nature. It has a practical endorsement from the United States Agricultural Department. The recipes are original and show you what food to eat and how to prepare and serve them.

The publishers guarantee to refund the price (\$1.50) if you are not helped after living up to its teachings, one month. They also claim this 357 page cloth bound illustrated book, will pay for itself within a week, in the saving of the price of food for a family of three people. Make them **SUGGESTIVE NEW THOUGHT PUBLISHING CO.**, 133 Colonial Arcade, Cleveland, Ohio. Address, Suggestive New Thought Pub. Co., 133 Colonial Arcade, Cleveland, Ohio.

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**DYNAMIOPATHIC PHILOSOPHY.**—A new course of Instruction of Dynamio-pathic Philosophy Devoted to Dynamic (energy, activity) of the Vital Forces in Health and Healing; by Johannes Heiniger, Ph.D., Ps.D., 366 Kinsman street, Cleveland, Ohio.

This course is based upon the energizing influences of life by the agencies of Magnetism, Electricity, Chemistry and Suggestive Therapeutics that vibrate, stimulate and vitalize the cells and nerve force throughout the whole system.

It shows that physically the cutaneous nerve-cells receive the impressions by touches, passes, frictions, sunrays, heat and cold, and vibrate them from cell to cell throughout the system and that psychically the thoughts cause a constant vibrating influence upon the cells and according to their character create normal or abnormal condition, happiness or grief, etc. The appendix contains valuable information to promote Health and Healing and produce vigor and vim. It contains 112 pages—pamphlet.

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**THE SERMON ON THE MOUNT**, an Interpretation; by Annie Rix Militz. The Absolute Press, Postoffice Box 155, Brooklyn, N. Y. Revised edition; 146 pages; embossed paper cover; title-page in three colors; price 50 cents.

This is Mrs. Militz's exposition of this, the most wonderful discourse ever uttered upon this earth. In the preface the author says: "Believing that the divine Mind is the same today that it was in the ages past, and that it is no respecter of persons, I have applied myself to receive interpretations of all the holy words which have come to my notice and which I believe to be inspired, since they cause men to live holier and happier lives. Thus have I studied the scriptures of the Hindoos, the Chinese, the Egyptians and the Persians, as well as those of the Hebrews, and of the Christians."

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THE ART OF LIVING LONG. By Louis Corrado. Octavo, full cloth, gilt top, illustrated, 215 pages. Kay & Bros., book sellers, Springfield, Ohio. When a writer who has himself succeeded in reaching the age of 103 years undertakes to give to the world the secret of his longevity, it is certainly well for the world to pause and read his book. This is a remarkable volume, valuable in its suggestiveness to the allopath, homeopath, hydropath, osteopath, psychopath or ordinary layman. The book written in four parts by the author at the ages of 83, 86, 91 and 95 years, is in itself a phenomenon. When to this is added the descriptions of his life and hints toward health and longevity, it is not strange that the book has received testimonials such as are seldom widest range of thinkers—authors, soldiers, clergymen, physicians, statesmen, received by any modern publication. These commendations come from the bankers, merchants, actors, jurists and educators. Surely a book so endorsed should be in the hands of every reader of this journal. Price, \$1.50, sent postpaid, by Kay & Bros., Springfield, Ohio.

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#### VALUE OF VIBRATION.

It is an established fact, among the leading physicians, that vibration is fast taking the place of electricity, and the drugging of the system is giving way to the improved and more immediate action of Vibratory Stimulation. This treatment has been very ably assisted by a simple and complete little instrument, made and introduced by the Lambert Snyder Vibrator Company, 10 and 12 West Twenty-second street, New York City. It is sold at such a nominal price that no home is complete without one, you should write today for one of their booklets which will be mailed free of cost. This vibrator will give you all the benefits of a half hour's gallop on horse-back, in your own room in five minutes. It takes the place of punching bag, dumb-bells and all other fatiguing devices for physical development, without any effort. It relieves strains, bruises and all trouble arising from congestion. It is invaluable to all athletes and to those training college teams.

All of these will fully recognize the absolute necessity for deep breathing during all exercise which necessitates extra physical effort, such as rowing, running and mountain climbing. The use of the vibrator is invaluable in such cases, being the only instrument which will vibrate the lungs at the same time, that you "Deep Breathe."

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#### RAZORS AND CANCERS.

Last month I stated that deaths from cancer are steadily increasing. In England, according to a writer in *The Lancet*, the leading medical journal, deaths from cancers have increased fourfold. Some attribute the increase in cancers to the increased consumption of meat; and now I am informed that dull razors have a tendency to develop cancers. One writer asserts "that cancer is often caused by imperfectly stropped razors, because razors abrade the skin and open a way for bacilli that often make their home in the hair, shaving brushes and some shaving soaps." I do not put much faith in germ theories, but it is just as well to have a sharp razor and I happen to know that the Radiumite razor strop will do all that is claimed for it; you can read more about it in the advertisement elsewhere in this number.

While talking about shaving, I understand that there is a safety razor advertised in this issue which makes life one glad sweet song for the man who shaves. Dr. Parkyn purchased one of these razors and those who are looking for better ways should send for one. Your money back if you want it. This razor is a very acceptable present for a man. E. E. C.

### ABOUT WATER STILL'S.

There has been considerable said in SUGGESTION about distilled water; in the issue of June, 1903, appeared an article giving the testimony of Government experts from the army and navy as to the healthfulness of distilled water; and stating that no other kind has been in use in the navy for twenty years; this fact should forever silence all talk that distilled water is not healthful. This magazine advocates the daily use of eight or ten glasses of water—the best that can be had. Drink distilled if possible, but drink some kind of water. Bad water is better than no water.

Water stills are advertised in this magazine because it is one of the few publications that consistently advocates water drinking. The readers of SUGGESTION are posted on this matter. The Ralston New Process still, now manufactured at 17 Battery place, is well adapted for the family use, and produces distilled water of the finest quality. A booklet telling all about it will be sent postpaid if you say you saw this notice in SUGGESTION. This booklet tells why pure water is essential to health; often health is restored by simply drinking a sufficient quantity of water—and naturally the best water is the purest and the purest is distilled.

\* \* \*

Other firms making stills are the A. H. Pierce Manufacturing Company, 108 North Green street, Chicago, and the Adams Manufacturing Company, Hastings, Neb. The writer of this notice has used distilled water for seven years, and he ought to know something about it. E. E. C.

"Rest is not quitting the busy career;  
Rest is the fitting of self to its sphere."

\* \* \*

Such is the power of habit, that the most complex and difficult movements can in time be performed without the least effort or consciousness.

—Charles Darwin.

\* \* \*

"Into the garner of the past  
Every day has gone;  
Its work has all been done,  
Its seed been cast."

\* \* \*

Truth is within ourselves,  
And to know  
Rather consists in opening out a way  
Whence the imprisoned splendor may escape,  
Than in effecting entry for light supposed to be without.

—Robert Browning.

# Finsen Light a Natural Method.

BY GEORGE WILLIS MASON.

**D**AY after day we read lengthy magazine articles describing the outdoor treatment for consumptives and we place little or no value on them because we do not know who has been cured of consumption by this mode of treatment.

Probably the only treatment today which comes the nearest to being a natural treatment is the Finsen light.

Several years ago an unknown Danish medical student conceived the idea of overthrowing all medical ethics and teachings, by discovering some way of curing skin diseases. He was certainly sincere in his belief, but he did not dream that his later discovery would completely fulfill his expectations.

Like Columbus, he was considered "queer" because of his remarks that sunlight contained the remedy by which he would revolutionize medical teachings.

By a series of experiments he found that different colored light rays produced entirely different effects on animal life, and he proved that blue or actinic rays were certain death to bacteria. Having established this fact in his own mind he set about to discover a method by which he could get actual results and prove to the world that his theory was correct.

Experiment followed experiment until he finally perfected what is now known as the High Power Finsen Lamp. The genuine lamps are manufactured in Copenhagen under the direction of the Finsen Medical Light Institute of that city (Finsen's own institute) where every lamp tube is thoroughly tested. If found to be absolutely correct in every respect, a certificate is issued for every tube to guarantee that it has been tested and that it meets all the requirements.

For ages the medical profession has known nothing but drugs, but in the past few years we have seen practically a complete revolution in medical ethics. Diseases that heretofore were declared to be incurable even by the most heroic treatment by medication and operation are now made to yield to more rational methods.

The tendency of this age is to find rational, natural and positive methods of treatment. We have systems of therapeutics based entirely on drugless methods, as massage, osteopathy, suggestive therapeutics, vibration, hot air treatment, etc., but the latest and probably the most effective for certain diseases is the Finsen ray treatment.

Confined as it must be to the treatment of skin diseases it has a wider and more useful range as there are thousands who yearly suffer from skin affections of various natures, many who succumb to the diseases who might now be cured.

The Finsen ray treatment is by far the most successful, efficacious and reliable. It is the one treatment by which positive results may be obtained. Although it is of very recent origin it is far beyond the age of experiment. There is now no guessing, no speculation, no danger, no discomfort during or after treatment.

The Finsen ray treatment is the real nature cure, for it is simply the application of light, God's greatest gift to man, the natural sunlight. In event of its absence, the electric arc light is used.

Like many other truly wonderful discoveries, it is so simple that it has been overlooked for ages.

Nature's own methods are always simple, and the Finsen light method of treating diseases is simplicity itself.

By the genuine High Power Finsen lamps the healing power of light is applied directly in a concentrated form to the seat of the disease.

We learn about the outdoor, fresh air treatment for consumption of the lungs and we instantly recognize the fact that the Finsen light rays being brought to bear upon lupus (consumption of the skin) will effect cures in practically the same manner.

The Finsen rays being death to bacteria (which wither and die under the influence) the disease cells are destroyed, germs and bacteria are annihilated and normal action is restored to the parts. The tissue cells take on a new vitality, they are strengthened and revived by the light rays and a complete recovery is assured.

Such is the Finsen light treatment and its mission. It is for the healing of a vast army of afflicted, an army of sufferers, that has hitherto been without hope, doomed to life of misery, with a horrible death in the end.

When drugs, cutting, searing, burning, in fact, when all unnatural and ancient torturous systems are abandoned and we get close to nature's methods and powers and adopt them, then will there open a new era for humanity, and mankind will live long upon the earth. Let it lastly be remembered that the Finsen light treatment possesses those good qualities that give assurance.

It is absolutely harmless, painless and safe.

There is no healing like the healing by light.

As yet only on Institute in this country employs the genuine High Power Finsen Lamps and that is the Finsen Light Institute of America, located at 78 State street, Chicago.

The writer has recently had the pleasure of visiting this Institute where he saw many cases, also photographs of patients before and after treatment. By this he was enabled to verify their carefully compiled statistics which show that most excellent results have been obtained in such diseases as lupus (consumption of the skin), skin cancer, psoriasis, eczema, varicose ulcers and very good results have been shown in the removal of birthmarks.

There is no doubt but that as the treatment progresses and the results become more widely known, the Finsen light method will become an absolute necessity in the medical profession, and as such will create a greater demand all over the world. Its field of usefulness is unlimited and it is hoped that it will be universally adopted on account of its advantages over other methods, if for no other reason.

#### INSTITUTE FOR PSYCHIC RESEARCH.

An organization has been recently incorporated in New York City, under the name of the American Institute for Scientific Research, for the purpose of organizing certain scientific investigations while it conducts in one of its fields a system of philanthropic work. It is not to be associated with any form of teaching or propagandism, whether philosophical, scientific, or religious, but is modeled after the Carnegie institution, excepting that it will be limited to two distinct classes of phenomena.

The two fields comprehend abnormal and alleged supernormal psychology, or psychic research. It is maintained that it is high time that these fields should receive the attention of the scientific world in some other manner than mere recognition. The plan of the new institute has the endorsement of a number of the leading psychologists, nearly all of them connected with the universities of the country.

As soon as possible, the institute will see that a proper clinic for the study and therapeutic treatment of certain types of functional diseases of mind—insanity, hallucinations, secondary personality and such troubles as may be made to yield to hypnotic suggestion—is provided.—*Week's Progress*.

Character, good or bad, has a tendency to perpetuate itself.

—Prof. Van Dyke.

\* \* \*

The strongest principles of growth lies in the human choice.

—George Eliot. a



**"In One  
Ear and**

**Out the  
Other"**

# MEMORY

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

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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."

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When writing to advertisers please mention SUGGESTION.



# I CAN SAVE YOUR SIGHT

MY BOOK SENT FREE TELLS HOW

**I** CAN do this in your own home without suffering or inconvenience.

If you write I will carefully investigate your trouble free of all charge.

No matter what you have been told by others, you should seek my advice before giving up hope.

Your case may be easily cured by a Dissolvent Method.

This has been the experience of thousands in all parts of the world.

As a last resort they sought my aid and were cured.

**A**LL eye diseases are dangerous.

No matter how slight or insignificant your eye trouble may seem.

It may result in blindness unless treated now.

You will be wise if you consult me immediately.

Do not be like thousands of others who have neglected to heed the warning until too late.

My book about eyes, sent free, tells all about every eye disease, and contains pictures of and letters from hundreds who have been cured.

Some of these people may be well known to you. What they have to say will interest you.

The publisher of this paper will vouch for my reliability.

**I** DISCOVERED several years ago a method of restoring the natural circulation of blood to the eyes which is so simple that a child can apply it.

By this simple, harmless treatment I have restored sight to thousands in all parts of the world.

When this treatment is applied it immediately removes all strain on the nerves and muscles of the eye, equalizing the circulation, thereby assisting nature in restoring the eye to its normal functions.

**G** LASSES are eye crutches. You have to wear them because your eyes are crippled.

After a course of my treatment you can discard your glasses (eye crutches) just like one can discard other crutches after recovering from a broken limb.

Acting along the same lines, my treatment cures Optic Nerve Paralysis, Granulated Lids, and all other eye diseases.

By its use the eyes are strengthened, brightened and beautified.

A postal card will get my book, and I will give you my free advice if you will write me a short description of your case. Address

**DR. OREN ONEAL, Suite 277, 52 Dearborn St., Chicago, Ill.**

# JUST HOW TO WAKE THE SOLAR PLEXUS



Elizabeth Towne, editor of *The Nautilus*, is the author of a most unique and original booklet.

It is called "Just How to Wake the Solar Plexus."

This book teaches that the Solar Plexus is a

Center or Storehouse of Energy and Power.

The book gives Deep Breathing exercises of great value, and teaches how to Awaken the Solar Plexus to life and normal activity.

The book will help to Outgrow Fear, Anger, Hate, Worry, Etc., and develop Concentration, thus promoting greater Mental Strength and Poise.

Ella Wheeler Wilcox, the most famous woman author in America, says of this book: "It contains a fortune in value if you practice the simple exercises given."

"Just How to Wake the Solar Plexus" is complete in itself, and is not an introduction to or advertisement of a larger work. It contains in itself the full teachings of the author upon the subject of the Solar Plexus.

The price of this book is Only 25 cents. Send for a copy Now. Address WILLIAM E. TOWNE, Dept. 17, Holyoke, MASS.

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**Christology**, or, The Science of Health and Happiness, the greatest book of modern times, by Oliver Sabina, one of the most successful healers in the world, will be sent to you for one dollar; if not satisfied return the book in good condition and I will return your money. The book contains over three hundred pages and covers the entire field of healing, happiness and prosperity in a manner so simple and language so plain that its teachings can be easily understood and at once applied to every-day life. You need this great message of truth in your home.

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## DO YOU WANT THE EARTH?

If so, don't read further for I'm not the Boss, but if you want the latest books and courses on OSTEOPATHY, PSYCHOLOGY, METAPHYSICS, ELECTRICITY, VIBRATORY THERAPEUTICS, etc., or are in need of "up-to-date" office equipment, I can interest you. It will pay you to write me; send stamp (to prove you are interested) and tell me what you want.

**I. W. LONG, No. 27 LONDON, OHIO.**

# Stop That Pain

INSTANT RELIEF WITHOUT DRUGS

Rheumatism, Neuralgia, Indigestion, with its attendant ills, Cramps and all other aches and pains may be instantly relieved by **VIBRATION**. The simple and natural home treatment. No drugs, no plasters, no electricity; just a soothing, restful sensation, pleasanter and more effective than ordinary massage

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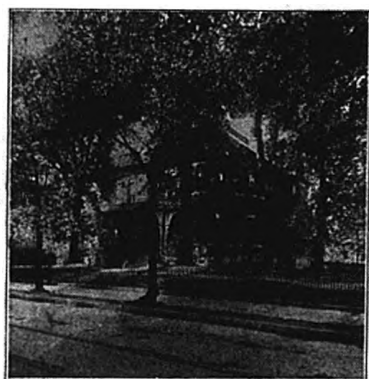
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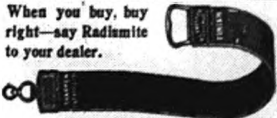
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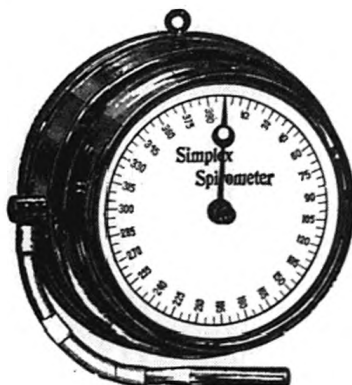
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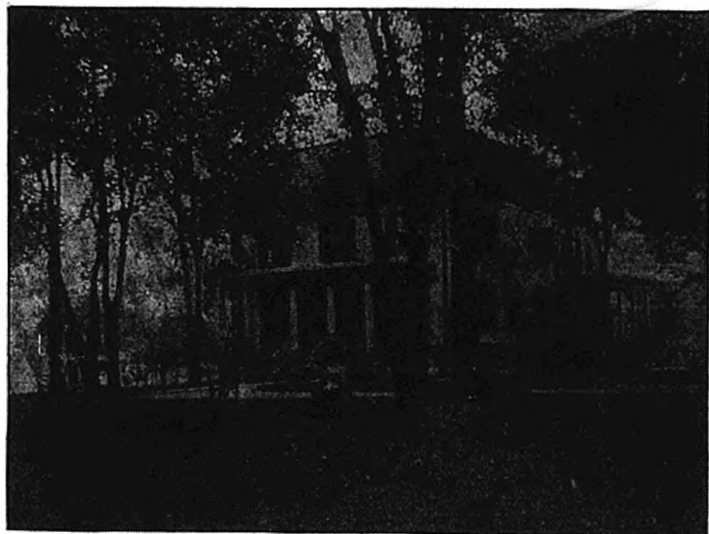
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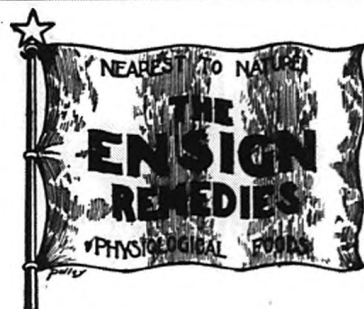
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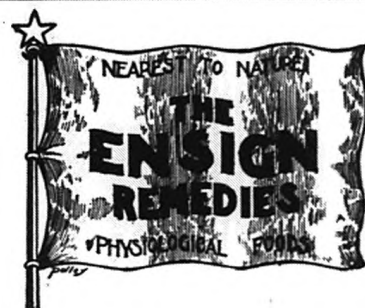
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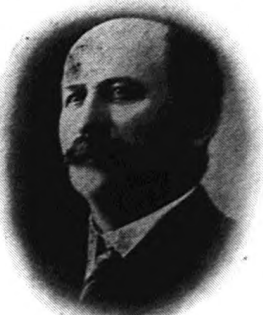
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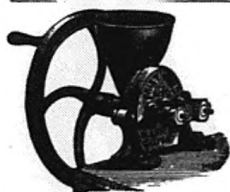
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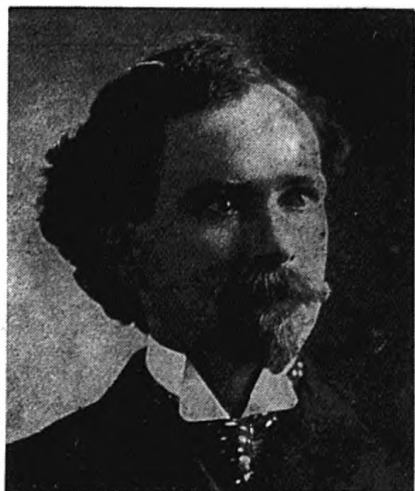
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