


Who Does Your Thinking?

SUGGESTION

The New Psychology Magazine

August 10c. 1905



Auto-Suggestion
Psychic Research
Drugless Healing
Nature Cure
Personal Magnetism
Advanced Thought
Will Power...Health
Happiness...Success



DO IT NOW



The Dr. E. O. Sahler Sanitarium

INCORPORATED



A PRIVATE SANITARIUM where the systematic use of PSYCHIC MEANS OF CURE are employed for the treatment of Mental, Nervous and Functional Disorders.

Correspondence solicited with physicians having patients whom they desire to place in homelike surroundings, provided with every facility necessary for their proper care, and where they can receive individual attention.

Splendidly located, retired and accessible.

WRITE FOR DESCRIPTIVE BOOKLET

The Dr. E. O. Sahler Sanitarium

KINGSTON-ON-HUDSON, NEW YORK

When writing to advertisers please mention SUGGESTION.

Who Does Your Thinking?

SUGGESTION

The New Psychology Magazine

August 10c. 1905

**Auto-Suggestion
Psychic Research
Drugless Healing
Nature Cure
Personal Magnetism
Advanced Thought
Will Power...Health
Happiness...Success**



DO IT NOW



USE THIS PAGE AS A POSTER NEWSDEALERS are requested to tear out this page at the dotted line and display the same.

SUGGESTION

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 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 not called 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 supernatural 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.

POWER OF THOUGHT.
MEMORY TRAINING.
FORMATION OF CHARACTER.
AUTO-SUGGESTION.
THE LAW OF SUGGESTION.
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.

A sample copy of SUGGESTION will be sent on receipt of postal; address, CIRCULATION MANAGER, 4020 Drexel Blvd., Chicago, Ill.

[THE EDITOR requests every subscriber to tear out this page and mail it to a thinking friend.]



TABLE OF CONTENTS



AUGUST, 1905

Are You a Drifter?.....	388
Paragraphs	392
Invictus	393
Light as a Curative Agent.....	394
Let Us Be Glad.....	395
Psychic Laws	396
Cause of Disease.....	397
Suggestion—Law of	399
The World's Greatest Man.....	401
Legal Standing of Mental Therapeutics.....	402
Make This a Day.....	404

DEPARTMENTS

EDITORIALS—QUERIES—NOTES AND COMMENTS—COMMON
SENSE PHILOSOPHY — NATURE CURE — PSYCHIC RESEARCH —
HYGIENE—COMMUNICATIONS—WHAT IS HAPPINESS?—REVIEWS
—SUCCESS—ADVANCED THOUGHT—EXPERIENCES—ETC.

AK

SAFETY — CERTAINTY — CELERITY

(NO DRUG HABIT—NO HEART EFFECT)

Antikamnia Tablets

(OPPOSED TO PAIN.)

A POSITIVE RELIEF

For All Headaches, Neuralgias,
Cold-in-the-Head, Indigestion, Women's Aches and Pains and All Nerve Pain
ADULT DOSE: Two Tablets Every Three Hours

"Antikamnia & Codeine Tablets"

For Tickling Coughs, Hacking Coughs, Night Coughs, Consumptives' Coughs, Deep-seated or Other-
wise, let one dissolve on the tongue every two hours.
Particularly effective in the relief of all Ovarian and Pelvic Pains, Colic, Stomach
and Bowel Complaints, Etc.

ADULT DOSE: One or Two Tablets Every Three Hours

THE ANTIKAMNIA CHEMICAL COMPANY

ST. LOUIS, U. S. A.

At all Druggists by the Dozen or in Original Packages

AK

AK

When writing to advertisers please mention SUGGESTION.

A Profit-Sharing, Co-operative Society



MR. BAGNALL IN
SUGAR CANE.



GIANT SUGAR
CANES.

FOR two years we have been telling the public about the Motzorongo Plantation Company, a co-operative society, the affairs of which are managed by the shareholders. This society owns 165,000 acres of land in Mexico worth at least \$1,500,000 today, not including a new 750-ton sugar mill and other improvements worth over \$500,000. The association has its own plantation railroad equipped with locomotive and cars, and a government railroad runs through the plantation for thirteen miles, with two stations on our property.

This month we present a number of photographs illustrating incidents in the recent visit to Motzorongo of Mr. Wm. Bagnall, a successful business man of Pittsburg, Pa., one of the readers of this magazine, SUGGESTION.

Direct, positive testimony, especially of the nature of Mr. Bagnall's, is certainly worth careful consideration and Mr. Bagnall has given his testimony briefly but eloquently, although he reiterates only what scores of other visitors to Motzorongo have said.

MR. BAGNALL'S LETTER:

Pittsburg, Pa., May 14, 1905.

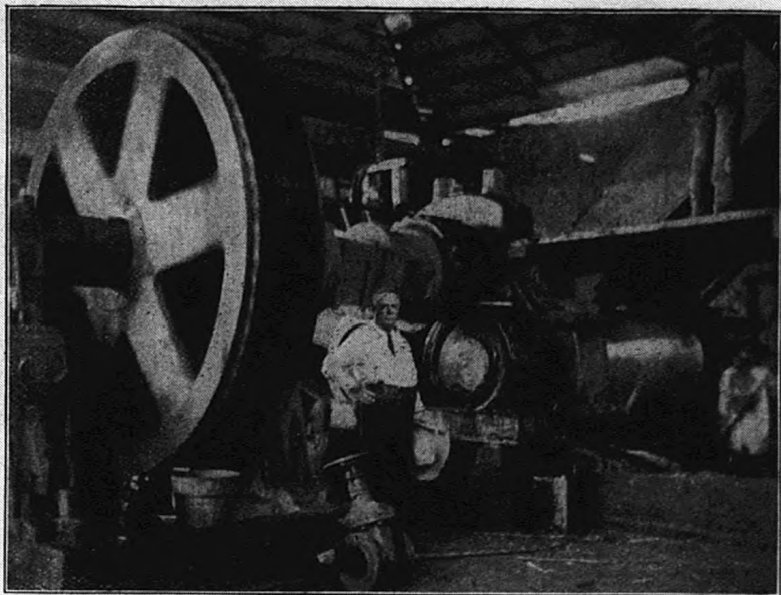
The Motzorongo Co., Chicago:

GENTLEMEN:—I have just returned from a visit to your properties at Motzorongo and am delighted with the new sugar plant and everything I saw there. I found everything fully up to representations. I was the owner of several hundred shares of your stock before visiting the plantation and since I have seen the enterprise for myself I now take pleasure in enclosing a check for an additional 600 shares.

I am telling all my friends about the enterprise and have no doubt they will be sending for several hundred shares. I intend to make up a party among my friends as early as convenient, possibly next fall, to show them the solid, successful



HAULING SUGAR CANE TO PLANTATION RAILROAD FOR TRANSPORTING TO SUGAR MILL.



MR. BAGNALL WATCHING THE 750 TON CANE CRUSHERS EXTRACTING JUICE

business enterprise with which we are identified. I became interested in Motzorongo Company through your advertisement in Dr. Parkyn's magazine, SUGGESTION, and had the pleasure of seeing the plantation in the company of Dr. Parkyn who does not expect to leave Motzorongo for a week or ten days.

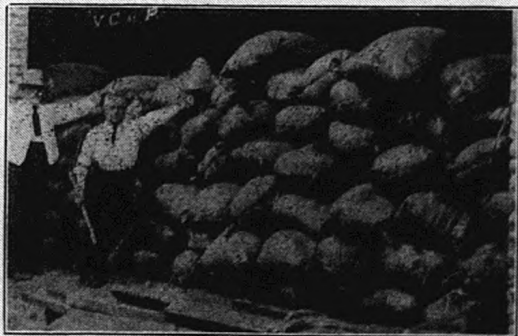
The large new sugar plant is working perfectly, converting the cane into sugar as fast as the cane can be brought to the mill by the two lines of railway.

Yours truly,

WM. BAGNALL.

P. S. In a few days will send you a letter for Bulletin.

Motzorongo is a going, paying enterprise now, but more money is required for the judicious development of its various departments and this is the only reason why the invitation is still extended to you to join in this great co-operative enterprise and to join in the profits.



MR. BAGNALL INSPECTING HIS DIVIDENDS. THE SUGAR IS SHIPPED IN SACKS HOLDING 250 LBS. EACH. IN BACKGROUND IS SEEN THE FREIGHT CAR OF THE VERA CRUZ AND PACIFIC RAILWAY.

The company has 1,000 acres planted to sugar cane and will start to harvest this crop by January 1, 1906. This crop alone will yield handsome dividends on the total capital stock of the company—\$1,250,000.

The company has cattle, timber, rubber, coffee, cocoa, corn, rice, tobacco, bananas, oranges, pineapples, lemons, vanilla and real estate. In a few years the profits will be enormous.

Don't keep your money in



BACK VIEW OF MOTZORONGO SUGAR MILL. NOTE THE RAILROAD SWITCH RUNNING INTO THE MILL AND THE FREIGHT TRAIN STANDING IN FRONT OF STORE AND STATION IN THE DISTANCE.

a savings-bank at 3 per cent. when you can put it into a gilt-edged investment like this. This is not a stock-jobbing scheme, but a going, producing and paying investment today.

Things to Remember

This company is a mutual co-operative society constructed for the benefit of all shareholders.

* * *

Every shareholder has a vote in the management of the association.

* * *

No trust companies, millionaires, or large capitalists have anything to do with the management of this society.

* * *

The profits in tropical agriculture are enormous, the United States alone importing over \$1,000,000 worth of tropical products daily.

There are 365 growing and grazing days in the year at Motzorongo.

Motzorongo can be found on every map and railway folder of Mexico.

* * *

Although the Motzorongo Company is the largest and best American plantation company in Mexico, it is capitalized for only \$1,250,000—less than the value of the real estate holdings. It is virtually a co-operative company, and nearly \$300,000 worth of its stock is held by readers of SUGGESTION, whose editor is a director in the company.

The company is highly commended in the last official report of the sugar industry of Mexico.

* * *

If the statements in this announcement were not true the editor of this magazine would not allow them to appear.

* * *

There is no better or safer investment offered to the public today than an interest in the business of this co-operative organization.

* * *

Your investments are guaranteed by 165,000 acres of the finest land in Mexico, which is easily worth from \$10 to \$25 per acre.

* * *

Every shareholder has an undivided interest in every acre of the plantation, which is ample protection for his investment.

* * *

Let us tell you all about Motzorongo in our illustrated booklet on tropical farming—send address today to:

The Motzorongo Co.

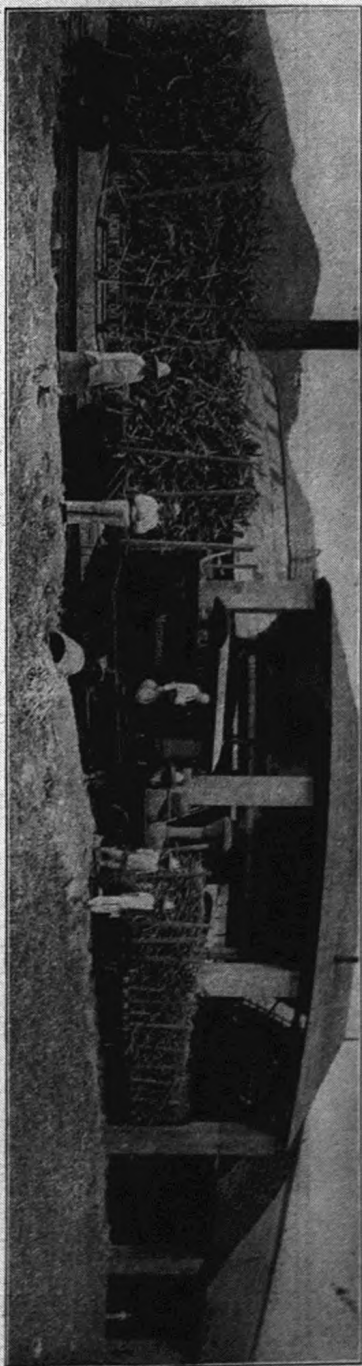
228 Reaper Block

CHICAGO, - - ILL.

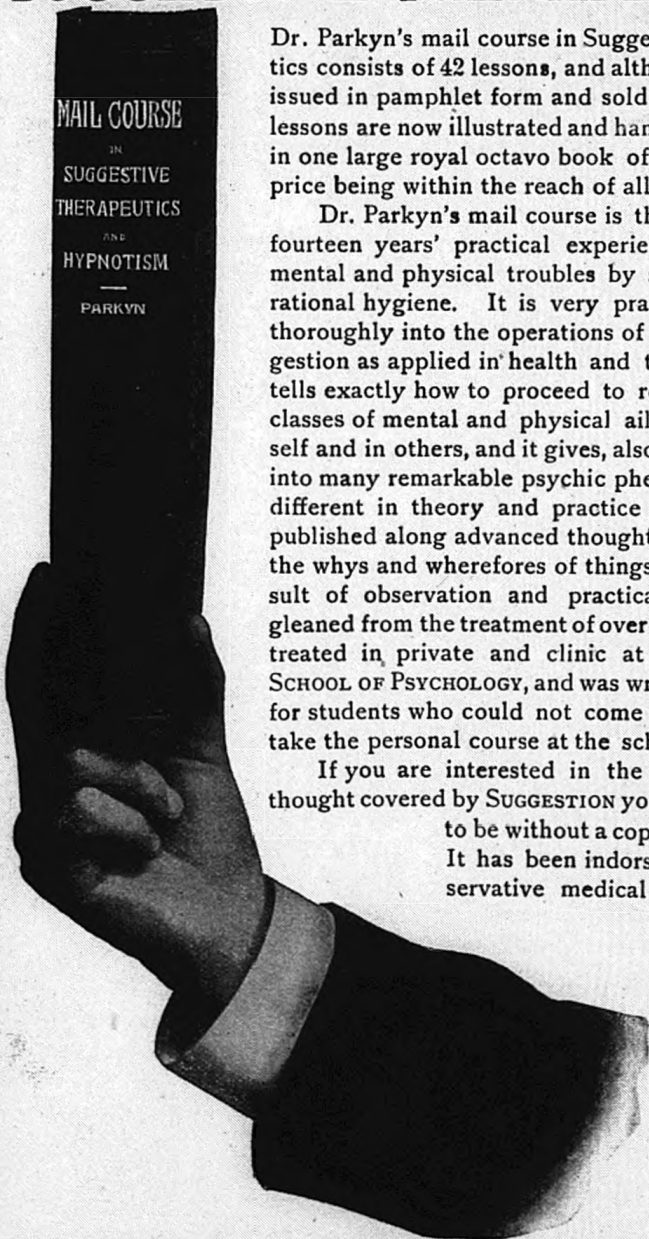
(The Editor of this magazine vouches for the truth of the above statements.)

When writing to advertisers please mention SUGGESTION.

MOTZORONGO LOCOMOTIVE BRINGING LOADED CANE CARS TO THE MILL. MR. BAGNALL IS STANDING IN DOORWAY OF ENGINE CAR.



SUGGESTIVE THERAPEUTICS



MAIL COURSE
IN
SUGGESTIVE
THERAPEUTICS
AND
HYPNOTISM
—
PARKYN

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

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

If you are interested in the field work and thought covered by SUGGESTION you can not afford to be without a copy of this course. It has been indorsed by the conservative medical press and by students, thinkers in every walk of life.

Send postal today for table of contents, description, testimonials, etc.

CHICAGO SCHOOL OF PSYCHOLOGY, 4020 Drexel Blvd., CHICAGO

SUGGESTION

A Magazine of the New Psychology

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

SUGGESTION PUBLISHING Co., 4020 Drexel Blvd.

Vol. XV.

CHICAGO, AUGUST 1, 1905.

No. 2

Are You a Drifter?

By HERBERT A. PARKYN, M.D., C.M., Medical Superintendent
Chicago School of Psychology, 4020 Drexel Blvd., Chicago, Ill.

THOUSANDS of persons drift along from day to day, week to week and month to month, without making any perceptible advance towards accomplishing the things they have expressed a desire to accomplish. In a vague way they know what they would like to do, but the time seems never to come when all the circumstances and conditions are favorable for them to grasp and clinch their opportunities.

Still they wait and wait. Wait for what? Wait for something to happen that will bring a change in their fortunes and enable them to satisfy their indefinite ambitions. Millions of these dreamers have come and gone, waiting and dreaming till the end.

The trouble with most of these drifters is they have no well-defined ambitions. They really have nothing definite to accomplish except to live, yet they would feel insulted if you told them they were without ambition. Pin them down and you will find they are really waiting for an indefinite something to happen that will show them what they are best fitted for or bring them ease and luxury without working for them.

Some of them may apparently develop an ambition today and tell great tales about what they intend to do, but it all ends in the telling, especially if in realizing the ambition concentrated effort

would be required, and then they drift and dream again until some other ambitious idea comes into their minds for a few days, only to be dismissed or forgotten. They are worse than the proverbial ship without a rudder, for not only are they minus the rudder, but their sails are not set, nor are they striving to reach any particular port.

There has been only one Christopher Columbus, but even he used sails and a rudder—one for progress, the other for steering. One man in a million who drifts aimlessly may manage by luck alone to escape the rocks and shoals and bump into some rich harbor, but the other nine hundred and ninety-nine permit themselves either to be bumped good and hard on the rocks, or continue to drift if they do not sink meanwhile.

WHITHER ARE YOU DRIFTING?

Are you a drifter? Now be honest with yourself. Have you really a well-defined, reasonable, creditable ambition, and is your mind riveted on the port you desire to reach?

If not, make a strong resolution NOW that today will be an epoch-making day in your life; that today you will earnestly consider what you desire most to accomplish and that tomorrow's sun will find you with full sails set and the rudder in hand, sailing straight for a fixed port. You may find it necessary to tack occasionally and you may be becalmed now and again but with your attention riveted on your haven you will arrive in due season.

It requires an effort of the will to break away from the drifting habit, but a great deal has been accomplished when one fully realizes that he has been a drifter and honestly desires to make a change.

HAVE AN AIM IN LIFE.

The next step is to get some laudable, definite aim in life, and this aim must be kept before the mind constantly and backed up with determination.

With the definite aim in mind it will be surprising how many opportunities will present themselves from time to time which will enable you to move closer to the fulfilment of your desire, but it is the failure to take advantage of these opportunities that prevents so many from attaining their ambitions, and the failure to grasp the opportunities can nearly always be traced to lack of will power or the neglect to exercise it.

It requires will power to make an effort of any kind, and conscious effort exercises and strengthens the will just as a muscle is strengthened by use. If will power is allowed to lie dormant, it is difficult to arouse it when necessity for its use arises, and by the time it is fully aroused the opportunity may have passed.

Many so-called "new thought" people really believe and teach that all that is necessary to attain an ambition is to keep the attention on what is desired; the mind itself in some mysterious way not only moving apparently unsurmountable obstacles from one's path but actually drawing the object of your desire to you.

As a matter of fact, the mind never drew anything to anyone, but attention is a motive power and if riveted intently on an object tends unconsciously to take you towards your object, but, if there are obstacles in the way, it requires an effort on your part either to go around them or move them, and this effort requires will power.

MUST ACT AS WELL AS THINK.

No, it is not sufficient merely to sit down and think, if you desire to accomplish something, and you would be in danger every moment of falling into the drifting and dreaming habit. Thinking is all right in its place, for, as I said before, it tends to strengthen and stimulate action; but will power must be used to make this tendency express itself in action every time the tendency is felt.

How common it is to hear a man say:

"Oh, I know what I should do but I don't feel like doing it."

He might truthfully express the same thing in these words:

"My mind prompts me to do certain things that should be done, but I have not sufficient will power to make the necessary effort."

Effort is required to accomplish the most simple act, from walking across a room to the climbing of a mountain. It requires more effort to climb a mountain than a flight of stairs, and more effort to climb a high mountain than a low one. Similarly with one's ambition, the higher the ambitions the greater the effort required to attain them.

So the absurdity can be seen in a man's entertaining high ambitions unless he is able and willing to use sufficient will power to make whatever efforts may be called for.

An ambitious man should have good health and if his health be poor he should make good health his first ambition and concen-

trate on it till he gets it. An ambitious man should be a healthy man and a healthy man should be an ambitious man.

NECESSITY OF IMMEDIATE ACTION.

Now then, drifter, if you really desire to make a success of your life your first ambition must be to develop sufficient will power to force yourself to act whenever you know there is something to be done. Acting merely when you feel like it avails nothing. It is acting and acting immediately, when you see something to be done, that develops will power, and the harder and more unpleasant the task the stronger becomes the will power. You should systematically curb your inclinations and force your disinclinations, keeping yourself doing things that if you followed your inclinations would be left undone.

If you will follow this plan systematically you will form the habit of using your will power, which will grow stronger every day, and in a few weeks you will make such progress that efforts which today seem very hard will be made almost without a thought.

By this systematic exercise of will power you will find yourself accomplishing more in a week than you accomplished formerly in a month, but best of all, if you have a well-defined ambition you will be in a position to grasp every opportunity that comes along leading to its fulfilment. In fact, you will enjoy making an effort to make opportunities for yourself if they are not coming fast enough.

Remember, it will not do to make strenuous efforts this week and slack off next week. Persistent effort and determination are required till the habit of acting at once is formed, and if you slack off in your efforts before that time you are on a fair way to join the drifters again.

"Very simple and practical," I hear some of you say, "I'll start at once to leave the drifters."

ARE YOU IN EARNEST?

Do you really intend to? Very well! Keep your ambition prominently before you, but don't sit there dreaming.

Did I not hear you say a while ago you had something to do? Oh, you put it off, did you?

Well, don't put it off another moment, but develop your will power, leave the dreamers and drifters and start along the road to success by acting at once.

DO IT NOW.



LOVE truth, but pardon error. The mortal who goes astray is still a man and thy brother. Be wise for thyself alone; compassionate for him. Achieve thine own welfare by blessing others.



Having it clearly in your heart that all men are equal, and in your head that the exterior distinguishes them, you can get on very well in the world.



Most men die without having lived.



Controversy never convinced any man; men can be influenced by making them think for themselves, by seeming to doubt with them, by leading them as if by the hand, without their perceiving it.



We are in this world only to do good in it.

—Voltaire.



Invictus

By W. E. HENLEY.

OUT of the Night that covers me,
Black as the pit, from pole to pole,
I thank whatever gods may be
For my unconquerable soul.

In the fell clutch of circumstance
I have not winced nor cried aloud;
Under the bludgeonings of chance
My head is bloody, but unbowed.

Beyond this vale of wrath and tears
Looms but the horror of the shade;
And yet, the menace of the years
Finds and shall find me unafraid.

It matters not how strait the gate—
How charged with punishment the scroll;
I am the master of my fate—
I am the captain of my soul!

* * *

EDITOR'S NOTE: Some months ago the above poem appeared in SUGGESTION credited to Mr. Henley. In a recent issue of "Notes and Queries" the authorship was ascribed to Dr. Hoffman, and the verses appeared in the July SUGGESTION so credited.

The poem is again printed in response to the following letter. Mr. Dodge sends a corrected version, and we trust that the authorship and language are now authoritatively given.

Here is Mr. Dodge's letter:

St. Louis, June 28, 1905.

EDITOR SUGGESTION:

Would you not, in the interest of a great and well-known poem, and in justice to a great poet, now dead, publish in the next issue of your magazine W. E. Henley's "Invictus"?

The horrible paraphrase, "I am master of my fate," in your current number, is enough to discredit your magazine with all honest people. I enclose the correct version of the poem, which has been so diabolically misprinted.

Yours sincerely,

LOUIS DODGE.

Then welcome each rebuff
That turns earth's smoothness rough,
Each sting that bids not sit nor stand but go.

—Browning.

Light as a Curative Agent

By J. K. RICHARDSON, D.M., Kiowa, Kansas.

SUNLIGHT is the most powerful agent in Nature for the prevention and cure of disease. The sun bath, when administered in an air-tight cabinet with the head outside, causes a profuse perspiration, removes the harmful toxic products, tones up the nervous system, stimulates the vascular system, increases the physiological resistance, restores harmony, vivifies and vitalizes the entire organism.

By the use of colored screens in the cabinet, the different color rays can be utilized, and the effect they produce differs widely from that of the white light, or a combination of all the colors. By the application of the different colors we can produce the effect of a tonic, stimulant, sedative, laxative and in fact almost any effect that can be produced by the use of drugs, and without the bad after-effects.

Sun baths can be taken in the open air and much benefit derived from them, but the eliminative effect is not nearly so good as when taken in a cabinet. Sun baths can be used with good results in all cases where there is not too much fever.

By the use of the proper instruments sunlight will cure cancer in its early stages, goitre, tumors, wens, birthmarks, warts, moles, and corns. In every home there is a window that the patient can be placed in front of for an hour or so at some time during the day and receive the direct rays of the sun, and every physician should avail himself of this opportunity to use the most powerful therapeutic agent at his command.

When the public learns to appreciate sunlight, fresh air and pure water, then the health problem will be a great deal nearer solved than it is at present.

'Most anybody can do a thing he feels like doing but it takes a true man to do a thing when he doesn't feel like doing it.—Sam Jones.

* * *

Victories that are easy are cheap. Those only are worth having which come as a result of hard fighting.—H. W. Beecher.

Let Us Be Glad

By ELIZABETH CLARKE HARDY, Red Cedar, Wis.

Written for SUGGESTION.

Let us be glad with an infinite gladness,
And let us take courage whatever befall;
There is no need of supping with sorrow and sadness
When hope, with a smile, brims her cup for us all.

And no vain regrets from the past let us borrow,
But live in the fulness and joy of today;
For all of our weakness, our sin and our sorrow
With yesterday's failures are hidden away.

And ever around us are hearts that are glowing
With love and good fellowship, kind and sincere;
Let us give love for love with a heart overflowing,
And let us be lavish of kindness and cheer.

For the currents that flow from Omnipotent sources
Are laden with blessings unmingled with alloy,
And keeping in tune with the Infinite forces
Insures to the soul its full measure of joy.

And the opulent earth is a storehouse of treasure,
A largeness of bounty, undreamed and unknown;
And entering into her grace and her favor
We may make all her fulness and plenty our own.

And the spirit of life and of light is within us,
Transfusing our souls with its forces divine:
And ours is the God-given joy of existence,
And ours is his bounty of corn and of wine.

Then let us be glad and rejoice in our blessings,
And worthy our princely inheritance prove;
And let us with joy enter into the Kingdom
Of Peace and of Plenty and Infinite Love.

Psychic Laws

By C. B. WADE, 435 Sargent Ave., San Diego, Cal.

THERE is an invincible law that acts throughout all the realms of nature. It is no respecter of person or place. It is like the sun that shines equally upon the just and the unjust.

If we live with this law we prosper and are happy and content. If we live in opposition to it we are always in trouble of some kind or other for this law is Harmony, or to put it another way, that like produces like and never anything else.

If it were not for this ever-acting law suggestion might sometimes fail. But it never does, for "as a man thinketh in his heart so is he." And when anyone begins to realize that he can think as he chooses then has he come to the place where he can accomplish anything he really sets out to do. For instance, take an invalid who ardently desires health; not only will his whole thought be of health and how delightful that condition would be but he will put forth his every effort to live in a healthful way. And just so surely as he does so, health eventually will be the result. It may come slowly or suddenly. But it will come if one will only work faithfully.

"Everything is possible to him who will." Everyone can prove this to his own satisfaction if he will only persistently keep at it. And this applies to everything else as well as health.

"No chance, no destiny, no fate,
Can circumvent or hinder or control
The firm resolve of a determined soul."

There are few things more beautiful than the calm and resolute progress of an earnest spirit. The triumphs of genius may be more dazzling; the chance of good fortune may be more exciting; but neither are at all so interesting or so worthy as the achievements of a faithful, steady and fervent energy.—Dr. Tullock.

* * *

There is an idea abroad among moral people that they should make their neighbors good. One person I have to make good: myself. But my duty to my neighbor is much more nearly expressed by saying that I have to make him happy.—R. L. S.

The Cause of Disease is Deformity

By DR. S. M. LANGWORTHY, Cedar Rapids, Iowa.

NINE out of ten of my readers will think what a crazy notion, what lack of common sense. But wait a minute. I reiterate that the cause of disease is deformity and just so sure as chiropractic principles are well founded just that sure is my statement true.

While all parts of the body are subject to deformity, it is in the spine and pelvis where the deformities especially exist which cause a large per cent of organic and functional disease and it is here the skilled Chiropractor does the greater portion of his work.

You may say, "I have a functional or organic disease but my spine is not noticeably deformed." There is just the point; your spine is not noticeably deformed to the eye or even to the touch of your family physician but remember he is not a spine specialist. The medical profession does not believe in the presence of such deformities.

However slight the deformity may be the skilled Chiropractor is able to discover it. This is his specialty. He has been taught to reduce these deformities by unique and technical movements.

He must find them and reduce them, for until he does so he has no control over disease as he has no temporary means such as morphine at his command. He is like a detective without a clue and must search for one. In so doing he develops a sense of touch peculiar in locating these slight deformities as keen as that of the blind man in deciphering raised letters. This sense of touch cannot be developed in a few weeks or a few months and without this development he is like a carpenter with no material at his command.

Let us examine the spinal column and see why these vertebral slippages or deformities are the cause of disease. The spinal column is composed of twenty-four true vertebrae piled one on top of the other. These vertebrae are so constructed that small half-round notches on each side match with corresponding notches on the contiguous vertebrae forming small circular openings through which the spinal nerves and vessels pass carrying life-producing and life-sustaining elements to all organs of the body.

These little openings are well filled with nerves, vessels and areolar connective tissue; there is plenty of room but none to spare

when conditions are normal. It therefore takes but a slight slip-page beyond the normal limit of a vertebrae to change the size and shape of these little openings and bring pressure upon their contents thus causing abnormal conditions in the part of the body supplied by the nerves and vessels involved.

This change in size and shape of the intervertebral openings is a true deformity, slight, to be sure, but extremely important when considering the welfare of its possessor. His back may seem perfect in the eyes of and to the touch of the untrained, when at the same time there really exists in his spine one of these slight but very important deformities which is causing diseased conditions in a remote part of the body.

For years I have been proving the existence of these deformities. The proof is such that no investigator has been able to deny it, for I am removing these deformities and their removal is followed by the cure of all manner of diseased conditions.

[The above article is published to give our readers an idea of the claims of the Chiropractic school of healing; this school claims to be an improvement on osteopathy, and professes to cure by removing deformities as above explained.

The worthy doctor does not tell what causes the deformities; may not the primal cause of disease be one step farther back, or several steps farther back?—Editor SUGGESTION.]

Sensation is a personal impression caused by the motion of thought. Sensation is identified because through practice the mind has learned to attribute a certain sensation to a certain cause.—Lilian Searle, in "Magazine of Mysteries."

* * *

To live one day at a time, hoping, believing and endeavoring to grow more pure in thought, more spiritual in life; this, and following our intuition in expressing our own individuality cannot fail of results.—Lilian Searle, in "Magazine of Mysteries."

* * *

Little minds are subdued and tamed by misfortunes, but great minds rise above them.—Washington Irving.

* * *

Happiness is not the end and aim of life but a knowledge of the truth.—Geo. D. Tripp.

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.

THE DEFINITION of Suggestion is, "Whatever causes me to feel or think."

What causes me to think, or whence come suggestions to me? Without the senses there would be no feeling; without feeling there would be no thinking. It follows that the universe which through the senses causes one to feel, is to that one, suggestion. It is necessary to understand this, would we understand the foundation of mental science. The primary source of all feeling, and consequently of thought, is the external universe, which by some of its many vibrations, causes sensations. Later, through Memory, the Law of Association, and Imagination, one may become Cause to himself. But these are awakened into expression by external suggestion. When one shall grow independent of suggestion, he will have reached the plane of self-suggestion (or affirmation), which is the plane of self-mastery.

Since the external universe is suggestion it follows that one cannot free himself from suggestion. It is an ever-present factor in life. Feeling and thought are constantly stimulated by suggestion.

Conduct is regulated by the acceptance or rejection of the suggestions of the moment.

This is the key to self-mastery. One can choose how every suggestion shall affect him. He can accept or reject any suggestion. He can ignore any suggestion, even to the extent of closing any one or all of the five senses to it. One need not feel, see, hear, or know, any suggestion which he does not wish to. This possibility of ignoring any suggestion makes this study the most valuable of any man has yet begun. Upon this fact rests every system of mental healing, or mental culture. Unconsciously, it is to the doctor, minister, teacher, parent, and salesman, the one possibility that makes their professions realities. Upon this possibility of the individual to refuse, to accept, or to become impervious to, any suggestion, rests the whole culture of the race. To understand the import and use of suggestion is to become able to use the most potent force in nature intelligently, for the good of self and the race.

Suggestion is the cause of thought; it is the absolute life impressing itself upon the individual life, and calling that individual life (the I AM) into expression. The individuality of the I AM is expressed through its choice, will. Suggestion is the same to each one. Rain and shine, cyclone and war, fire and ice, night and day, moon and star, flower and bird, tone and color, are the same externally to each. So far as any feeling is awakened it is identical in each. Fear and joy, pain and hope, anger and revenge, differ in degree. They are one in kind. These are the manifestation of the absolute life. But there is a difference between every two persons in the thoughts stirred into expression by these feelings, and in the thoughts that can awaken them. Thus in thought lies individual power. The only question one need to ask that he may possess health and happiness is, "What thoughts shall I allow as the result of suggestion?" Having decided what thoughts to think, and thinking them, he has attained self-government, the acme of character-building.

Through the art of suggestion it has been demonstrated that every condition in which the human soul ever manifests can be artificially reproduced and thus studied. The concentration of the bookkeeper, the absorbed mental state of the poet, the absent-mindedness of the inventor, the reverie of the reader, in all of which the external universe is shut out, all its suggestions unnoticed, can be reproduced at will. By a suggestion from the operator, the whole body may be made insensible; the hearing closed; the eyes, though wide open, do not see; the power to taste is removed, so that sweet and sour, pleasant and unpleasant, are one. This fact demonstrates the possibility of each person so to cultivate this ability as to feel or not to feel, to hear or not to hear, at will.

The operator says to the subject: "Now, you will not feel when I prick you!" and all sensation is removed. This demonstrates the fact of control of sensation by the will of the individual, and there is logically no limit to that control. It may be carried to the control of every function of the body. In this simple phenomenon lies the possibility of overcoming disease, and the necessity of passing through the sudden transition of death, by gradually spiritualizing the body, thus lifting it from the lower to the higher vibrations. The power to control one part of the body includes the power to control the entire body when one shall fully understand the law of suggestion. What takes away sensation when the operator says: "You do not feel"? The affirmation of the subject, "I do not feel,"

has power to say either yes, or no, to the operator's suggestion. When he denies, he will retain sensitiveness to pain. When he agrees, which is affirming, "I do not feel!" he has no sensation.

Here lies the key to self-control. Through self-suggestion one can develop this power, and thus find every circumstance an opportunity for development and happiness. Mastery lies in the conscious use of this knowledge. One can choose how any circumstance shall affect him, and thus through thought can control his life.—Now.

The World's Greatest Man

The most useful man in America today is Horace Fletcher, who is devoting his time to teaching the importance of the common sense way of living. Mr. Fletcher is not a college man, but many of the greatest institutions of learning have accepted his doctrines, and are making experiments to prove the truth of his theories of diet. Mr. Fletcher hasn't millions of money, like John D. Rockefeller and Andrew Carnegie, but he is doing more good than both of these men put together.

In a nutshell, Fletcher's ideas are: 1. Don't eat without an appetite; 2. Don't swallow food as long as you can taste it, nor until it becomes a liquid in the mouth; 3. Don't become mentally agitated before or after a meal; 4. Think of the food before you eat it, and satisfy your thirst an hour before you eat a meal.

This is simple common sense. Mr. Fletcher teaches no great theories about the Uplift, or the Higher Life.

Now if he will add a department telling of the importance of industry, simplicity, honesty, fairness, usefulness, etc., Mr. Fletcher will accomplish more than all the great teachers put together.

Mankind knows so many things that are neither true nor important. It wastes so much time with foolish theories, and neglects so many simple truths that are important. Pick out a few simple truths, and, after testing them, and finding them reliable, live by them.—*Atchison Globe*.

Every being that can live can do something. This let him do.—Carlyle.

* * *

Truth remains true; the fault's in the prover.—Browning.

Legal Standing of Mental Therapeutics

NOT LEAST among the many straws indicating the direction of the wind of public sentiment is a recent decision of the Federal Supreme Court involving the right to advertise and practice psychic treatment, even the much-derided absent treatment first introduced by Christian Scientists.

In rendering the decision Judge Peckham said: "There can be no doubt that the influence of the mind upon the physical condition of the body is very powerful. * * * Just to what extent the mental conditions affect the body no one can accurately say. * * * How can any one lay down the limit and say beyond that there is fraud and pretense?"

Gradually mental medicine is working itself to the front and the day is not distant when many of its opponents will become its enthusiastic supporters.

Is there good reason for a rational person being denied the liberty to treat disease with any remedies that may commend themselves to his choice, if he can find willing patients, whether such remedies be derived from the juices of plants, from bacterial inoculation, from chemical synthesis, from variously modified animal fluids and organs, from assumed divine interposition or from the imponderable, though potent, action of mind on mind? People usually choose their physicians, as they do their husbands and wives, because of whims rather than from logical convictions; and they ought not to have the right to do so taken from them.

Moreover, medicine and theology are closely related, and the state should not attempt to bolster up any theories or practices of either. To be sure, civil laws ought to insist on defining and interdicting immorality and injustice, and they should likewise forbid acts which may unnecessarily jeopardize human life, for both these are essential to maintenance of the social order. But a particular method of treating disease should not be stigmatized as peculiarly hazardous on the mere dictum of a rival, no matter how aged and experienced that rival may be. To be controlled by an illiberal spirit is seriously to handicap improvement. Until such time as orthodox medicine is capable of curing at least a fair percentage of cases that, without treatment, would proceed to a fatal termination, new methods of treatment will be arising, and in the interest of humanity they ought to be encouraged. Both legislators and physicians are often poor judges of the value of new medical ideas—

the former from lack of special knowledge and the latter because of strong bias.

The people have a right to their own opinions and practices. One of the greatest perils to our present form of government is found in a tendency to closer restriction of individual rights. We are in danger of overlegislating. Our statute volumes are loading book shelves to the breaking point. The very intolerance from which our progenitors sought escape among the wild animals and wilder red men of our forests is rearing its hated form in our midst and by our own sanction. It is time to call a halt, and our judiciary are to be congratulated in the people's name when they give a liberal interpretation of a citizen's rights.

As a people we should beware lest we be found fighting against Truth, for Truth is God and cannot be subdued.—Dr. Sheldon Leavitt, in "Thought."

How the Tippling Habit Is Formed

Many people pour into their mouths and into their systems a quantity of unknown drugs which have in them percentages of alcohol, cocaine and opium that are absolutely alarming. A mother who would hold up her hands in holy horror at the thought of her child taking a glass of beer, which contains from two to five per cent of alcohol, gives to that child with her own hands a patent medicine that contains from seventeen to forty-four per cent of alcohol to say nothing of cocaine and opium. I have seen temperate women, who raved at the thought of whisky, take bottle after bottle of some "bitters," which contained five times as much alcohol—and compared to which sherry, port, claret and champagne were as harmless as the pink lemonade at Sunday school picnics. I have had women rage in letters to this office because this magazine advertised a certain root-beer, with really no alcohol in it at all, while all these same women were swallowing bottle after bottle of "Lydia Pinkham's Vegetable Compound," containing by volume, 20.6 percentage of alcohol, and allowing "Boker's Stomach Bitters," with 42.6 percentage of alcohol, by volume, to be advertised on their barns.—*Edward Bok in Ladies' Home Journal.*

Doubt of any sort cannot be removed except by action.—Carlyle.

Make This a Day

MAKE this a day. There is no gain
In brooding over days to come;
The message of today is plain,
The future's lips are ever dumb.
The work of yesterday is gone—
For good or ill, let come what may;
But now we face another dawn.
Make this a day.

Though yesterday we failed to see
The urging hand and earnest face
That men call Opportunity,
We failed to know the time or place
For some great deed, what need to fret?
The dawn comes up a silvery gray,
And golden moments must be met.
Make this a day.

This day is yours; your work is yours;
The odds are not who pays your hire.
The thing accomplished—that endures,
If it be what the days require.
He who takes up his daily round,
As one new armored for the fray,
Tomorrow steps on solid ground.
Make this a day.

The day is this; the time is now;
No better hour was ever here—
Who waits upon when and how
Remains forever in the rear.
Though yesterday were wasted stuff,
Your feet may still seek out the way.
Tomorrow is not soon enough—
Make this a day.

—W. D. N., in *Chicago Tribune*.

Censure is the tax a man pays to the public for being eminent.

—Jonathan Swift.

* * *

The secret in success is to do all you can without thought of fame.—Addison.

* * *

Our grand business is not to see what lies dimly at a distance but to do what lies clearly at hand.—Carlyle.

* * *

What you can do or dream you can begin. Boldness has genius, power, and magic in it.—Goethe.

* * *

Our greatest glory is not in never falling but in rising every time we fall.—Goldsmith.

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,
8 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



Where Drugs Are Useless

Many cases are reported of hydrophobia in human beings being caused by fright; the term "hydrophobia" is used for want of a better expression, but it is evident in these cases that the trouble is purely psychical, caused by fright (suggestion).

A deep and overpowering fear will turn the hair white in an hour; it will at times cause death; and it is not unreasonable to believe that great terror inspired by the attack of a dog will produce physical derangements in which every symptom of hydrophobia will appear, and death may also follow.

To show how fright will cause curious physical disturbances note the following dispatch taken from the daily press:

"A SCORE OF MEDICAL MEN ARE PUZZLED.

"San Francisco, May 22.—A peculiar case is interesting the physicians of two hospitals of this city, twenty medical men at one time having been in consultation over the patient. Some months ago Dorothy Feeney, aged 10 years, living at 233 Walter street, was knocked down by a large dog of the mastiff breed but was not bitten. Recently the girl developed symptoms of hydrophobia and was removed to the children's hospital, where unmistakable indications were manifested of the dread disease. The child was then removed to the French hospital where noted specialists were called in, without avail. The barking of the girl finally reached such stages that other patients were disturbed and she was returned to the children's hospital. She is now in a comatose condition and death is expected. The doctors attribute the disease to the great nervous shock resulting from the attack of the dog."

In such cases the drug doctors are useless; relief can only be obtained by the intelligent use of suggestion by which the patient is calmed, the terror and fright removed, and a natural condition of the subjective consciousness produced.

Only by a knowledge of suggestive therapeutics can such cases be benefited or cured, and the physician of today who has not an

intimate knowledge of the law of suggestion is not in a position to best serve his patients.

Let Me Do It Now

Some time ago the editors called on friends for information regarding the authorship of the following:

"I expect to pass this world but once. Any good thing, therefore, that I can do, or any kindness that I can show to any fellow creature, let me do it now. Let me not defer or neglect it, for I shall not pass this way again."

These words are inscribed on the tomb stone of Edward Courtney, who has been thought the author. Their authorship has also been ascribed to Wm. Penn, Emerson and Drummond.

The authorship is uncertain: Mrs. E. L. Knapp, New Orleans, La., says the words are carved in the mantel of Miss Sarah Bradford, a dear old maiden lady who died a few years ago in England; this information is given in the "Saturday Evening Post" of May 14, 1904, but there is nothing to show that the words were original with Miss Bradford. In a book of proverbs published by the Dodge Publishing Co., New York, the quotation is credited to Mrs. A. B. Hegeman.

In a letter to one of our readers, Mr. J. Latham, the Dodge Co. state that the quotation was copied from an English source, and they know nothing more of the matter.

The paragraph in question is a very good paragraph to remember. Why not say "living creature" instead of "fellow creature"?

Directory of Metaphysical, Advanced Thought, New Thought, Hygiene, Psychological, Astrological and Occult Publications

In this issue you will find a directory of advanced thought publications; this list is not complete but nevertheless it is the most extensive list of such publications that has ever appeared.

Friends interested can assist by sending information regarding journals which should appear in the list. We have to draw the line somewhere, and some journals may not be admitted when apparently they are entitled to mention. The ground that we wish to particularly cover is embraced in the terms hygiene, psychological,

phrenology, occultism, new thought, metaphysical and advanced thought. This would exclude publications dealing with matters of religion, pro and con, spiritualism, temperance, social and industrial reform, etc.

Readers of this magazine will be interested in a special offer regarding the new book on Auto-Suggestion; see announcement in book department in this issue.

Sensational Stories

Every day we read of some story in the daily press based on psychology, occultism, hypnotism, or some other ism. Some times the story is about a boy that can see through the human body; sometimes it is a wonderful cure; sometimes it is concerning some wild, blood-curdling experience that harrows mind and soul; sometimes the story narrates a case of "obsession" or "vision" or premonition or clairvoyance, etc.

These stories are often given in the most circumspect manner; all the names and addresses are set forth; the names of neighbors and physicians, etc., are mentioned. It may be news to many readers that 90 per cent. of these stories are yarns—dreams of some reporter or correspondent who is trying to earn his salary or who is paid by the column for his work. We receive many clippings containing stories such as have been mentioned, and in every case when addresses are given, we send a letter asking for a confirmation. We get few confirmations. Occasionally we receive a letter confirming the story; often our letters are returned with this notice:

NO SUCH PERSON KNOWN.

Frequently the person addressed denies the story altogether.

When any mysterious and unusual story is published, do not attach very much importance to it. If you are interested, send a letter and enclose a stamped and addressed envelope for a reply.

One of the newspaper stories recently investigated by SUGGESTION is as follows:

NO SLEEP IN TWENTY YEARS AND WORKS EVERY DAY.

PASSIAC, N. J., Oct. 12.—Jacob Casteline, sixty-seven years old, declares he has not closed his eyes in sleep in twenty years. His neighbors bear witness to his wakefulness and physicians he has consulted to relieve his strange condition declare his case phenomenal.

Dr. Frank M. Stagg, who has attended Casteline for several months, says without question his is one of the strangest cases that has ever come to light.

"I know positively that Casteline has not slept a wink in more than a year, and I am forced to believe his statement, however improbable it may seem, that he has not slept in twenty years."

Dr. Richard Terhune, who attended Casteline ten years ago for intervals of three years, agrees with his brother physician.

"I tried every remedy possible to give the man relief without avail. It doesn't seem to impair his health, but it wearies and worries him. His case is surely a problem for the scientific world," he said.

Similar statements are made by other physicians here, all of whom have attended Casteline at various periods. At first they were interested in him, but continued absence of results made them give his case up in despair.

Casteline's wife, an invalid, is primarily responsible for his present state of unrest. He has had frequent doctors' bills to pay and began to worry about meeting them until his sleep was permanently destroyed.

"Each night when I went to bed," said Casteline, "I would toss about for an hour or more unable to sleep, thinking of the bills I had to meet. My condition grew worse until, in my forty-seventh year, I experienced for the first time what it is to lie awake during the entire night."

Since that time Casteline says he has never slept even for the slightest period. Casteline is the foreman of a gang of laborers employed on the waterworks. He works every day.

A letter to DR. FRANK M. STAGG, Passaic, N. J., brought the following:

"In reply to your query, I would say that four years ago I treated the man's wife, but not him. At that time I visited the home and occasionally saw him in bed (in the day time) and asleep. Would say I *never gave any statement to any paper or person.*"

Thus endeth the chapter.

In the book department in this issue is an announcement regarding a new book on Auto-Suggestion by Dr. Parkyn. Read the notice and you will want to read the book.

Either Honest or Crazy.

It is said that a large drug store in Chicago displays prominently the following sign:

PLEASE DON'T ASK US

"What Is { ANY OLD PATENT MEDICINE } Worth?"

You embarrass us, for our truthful answer must be

"IT IS WORTHLESS!"

If you intend asking,

"What Do You Sell It At?"

That is another proposition entirely.

"The lucky man is the man who sees and grasps his opportunity."

Notes and Comments

It Might Have Been a Miracle

The following is from the "Pittsburg Gazette":

New York, March 19.—After a lapse of more than 20 years, during which time she has never spoken a word above a whisper, Miss Mabel Penny, of 19 West One Hundred and Third street, has within the past fortnight completely recovered the use of her vocal chords and now speaks with perfect distinctness and freedom.

"There's no reason that you shouldn't talk just as much and just as loud as any other young woman," a physician told Miss Penny.

Under the physician's instruction Mrs. Banta, Miss Penny's mother, massaged her throat and chest freely every day and the young woman made constant efforts to speak aloud, with the result that she gradually regained her voice. The doctor says the young woman accomplished the feat purely by her own volition.

Suppose Miss Penny had read an advertisement of some patent medicine which claimed to be a "cure all;" suppose after taking the medicine she had recovered her speech; would not she have thought that the patent medicine had done the work?

Suppose she had been treating with some faith cure or Christian Science healer and she recovered her voice; would not the faith healer or Scientist have claimed a wonderful victory?

Suppose some good soul had been praying for her recovery, and speech returned; would not some say that the "miracle" was the result of prayer?

Suppose she had touched some relic or charm or worn some kind of a tin tag about the neck and a cure followed; would not another wonderful cure have been claimed for the relic or charm or tin tag?

Fortunately, the case was in the hands of a sensible doctor, and he knew the cure was caused by natural means; probably he does not know that his suggestions hastened the cure through faith by arousing the psychic centers which control the vocal chords. Many today are invalids (?) who only need a few strong health suggestions when they will arise and walk. Such was the case of the paralytic who jumped over a fence when frightened by a bolt of lightning which struck near him.

Our good friend and subscriber, Mr. John Lepper, Auckland, New Zealand, objects because the editors of this magazine hold certain views regarding so-called spiritualistic phenomena.

When indisputable evidence of spirit return is given I will be glad to receive it. Belief is not evidence. Many persons believe in a burning hell, but there is no evidence of such a disagreeable place. Dr. Funk knows as much about spiritualism as any living man, and he says spirit return is not proven. He would be overjoyed if it were proven. He has seen strange phenomena—phenomena that he cannot explain; neither can he explain wireless telegraphy; neither can he explain how the lily grows.

Here is a copy of a portion of a letter sent to Mr. Lepper from this office:

"You must admit that 999 out of 1,000 spiritualists know nothing of psychology, telepathy, law of suggestion or the theory of the subconscious mind, and you must admit that many so-called spiritualistic phenomena have nothing to do with any supernatural matter.

"Now, as science has explained many things formerly thought supernatural, is it not fair to believe that more scientific knowledge will explain those things that now appear supernatural? The trouble with you spiritualists is this: As soon as you find a fact that you cannot explain by physical laws you at once jump to the conclusion that the fact is caused by departed spirits. I will admit the facts—all the facts ever chronicled; the same phenomena can be duplicated in the laboratory. If anybody wants to believe that any fact is caused by spirits, there is no objection.

"A thousand years ago wireless telegraphy would certainly have been attributed to spirits. A thousand years from now all the phenomena of spiritualism may be commonplaces like the telephone and the instrument that now reproduces your handwriting at a distance.

"My dear sir, believe anything you want, but let us all have our own opinion. In legal matters the testimony of an interested party is never allowed; in deciding regarding psychical theories, the man who has made up his mind is useless; he is not open to conviction. I would be pleased indeed to learn if spirits return and I can give some simple tests which will go far towards solving the problem.

"Open a book in a dark room and place a card in the opening; close and seal the book. Take this to all the mediums this side of eternity and ask them to name the pages between which the card is resting; tell them that the cause of humanity and the progress of civilization depend upon proper consideration being given to the matter, and implore the spirit kindly to tell you the answer.

"When you get the correct reply, you can count on me to take an interest in spiritualism. I fearlessly state that you will never get the right reply; furthermore, no medium will attempt the test; they will say that it is an insult to the spirits to doubt them, and you will get a lot of lofty talk about skeptics and unfavorable conditions and other things. Some mediums will confess that spirits don't know any more after death than before; that they would have no way of ascertaining the number of the page, etc., all of which is virtually a confession that the guiding hand in all spiritualistic information is purely human; subjective and mysterious, but having possession of no knowledge not human."

I dare do all that may become a man,
Who dares do more is none.

—Shakespeare.

* * *

Socrates used true philosophy as well as deep piety in the prayer,
"Ye Gods, give me the inner beauties of the soul."

All About Mind Reading

A. J. Randall Brown is giving exhibitions of "mind-reading" and in the Bridgeport, Connecticut, "Telegram," of March 21, is an article headed, "Demonstration of Telepathy," in which it is told how J. Randall Brown wrote the numbers of a watch, known to one of the committee.

The "mind-reader" held one end of a wire and the committee-man the other. All these wonderful (?) performances are not mind-reading, but what is known as "muscle-reading." Without the wire connection or some kind of a connection with the committee-man, J. Randall Brown could not do anything in the mind-reading line.

There is a little book published by the Geo. L. Williams Company, 7145 Champlain Avenue, Chicago, for 25 cents which tells exactly how J. Randall Brown does his tricks. Anyone can do the same with a little practice. The book will be sent upon request to new subscribers or renewals, when no other premium is taken. The request for the book must accompany the subscription.

* * *

James R. Randall, Augusta, Ga., states that he found complete relief from excruciating pains of neuralgia (which tormented him for eighteen years) by drinking before breakfast a teaspoonful of table salt in a tumbler of water. He also states that the salt water drinking emancipated him from dyspepsia. He continues daily to drink salt water and thinks it has greatly benefited his physical condition. This is given as an interesting experience, but it would be very unwise for any one to commence drinking salt water expecting to be benefited in like manner. Sometimes obstinate diseases of many years' standing disappear with no treatment. Sometimes such diseases are about to disappear when some alleged remedy is tried. Naturally the remedy is given all credit when it may have had nothing whatever to do with the cure. All stories of wonderful cures should be taken "with a grain of salt." Personally, I think the water and not the salt was the important feature in Mr. Randall's case. Water before breakfast is always good. Water is good any time; the purer the better. Salt is always questionable.

E. E. C.

Character is centrality, the impossibility of being overthrown.
—Emerson.

QUERIES

Personal Magnetism

Editor SUGGESTION:—I read your article on Personal Magnetism, which appeared in the June number of SUGGESTION, with profound interest. No article in any magazine was ever so helpful to me before and if you ever publish it in pamphlet form I want you to count on me to take at least 100 copies to distribute among my friends for I know it would be of the greatest service to many of them. Speaking for myself I can say the article has awakened me to a new view of life and my treatment of my fellow men.

I am busy now going over the auto-suggestions you recommended, but I would like to know more about auto-suggestion. I have an idea what it means but there must be some theory for its use.

What books would you advise me to read to get more light on the subject?
T. A.

[You have certainly made a good beginning towards developing personal magnetism, and your letter shows it. A kind word or a word of appreciation costs very little to the giver but it may mean a great deal to the recipient. Speaking for myself, I know your few kind words have helped me and encouraged me.

Keep on as you have begun; a kind, helpful word here and there and you will never lack true friends nor will you require many auto-suggestions to increase your personal magnetism.

There have been very few books written dealing with the theory and practice of auto-suggestion and I believe my book entitled "AUTO-SUGGESTION; WHAT IT IS AND HOW TO USE IT FOR HEALTH, HAPPINESS AND SUCCESS," goes into the subject more extensively and more practically than anything else yet published.

A review of this book appears in the book department in this issue, and you will find further information given there. Send a new yearly subscription for SUGGESTION and you will receive a copy of the book, cloth bound, postpaid.

—Editor.]

* * *

Improper Elimination

Editor SUGGESTION:—I suffer with sick headaches every two weeks and am constipated all the time. Medicine occasionally gives me a little relief but does not cure me. I am thirty-eight years old and have been bothered with these troubles for nineteen years. What would you advise me to do?

Ohio.

A. E. P.

[You are not giving proper attention to the life essentials—air,

water and food. Your constipation is a sign that you do not drink enough and the headaches show that this is the cause. The sick headaches come because you do not eliminate the waste products formed in the body and the failure to eliminate by the skin, kidneys and bowels is the result of drinking too little.

You require at least two quarts of liquids daily and nothing will take their place.

I would refer you to a query along similar lines to which I replied in SUGGESTION for June.

By increasing the liquids you drink the constipation will probably disappear within one week but it may take two to three months before you are entirely relieved of the headaches.

Let me hear how you get along.

—Editor.]

* * *

Materialization Seances

Editor SUGGESTION:—I attended a spiritualistic seance a few evenings ago and saw at least twenty so-called spirits materialize. Personally, I believe the forms were produced by trickery but I should like to know how the trick is worked. Do you know and will you tell me?

Pa.

E. G. B.

[I have attended a great many materializing seances but know that trickery was used in every instance and I am of the opinion that all so-called phenomena of this nature are fraudulent.

I cannot devote sufficient space in this magazine to tell the various methods used to produce the materializing effects, but the book "Spookland" will give you the information you desire. It can be obtained from the SUGGESTION office. Price 50 cents.

—Editor.]

* * *

Coffee and Whiskey

Editor SUGGESTION:—I am a professional writer,—a newspaper man. Some years ago I found I could not do as good work as formerly and began to drink strong coffee before I attempted to put my thoughts on paper.

This helped for a while but seemed to lose its effect after I had been trying it for a year. Then I took a six months' rest after which my work improved greatly but inside of four months I had to resort to the coffee again.

Since this lost its effect I have been taking a drink of whisky before I start in to write. This helps me better than the coffee but I find it is necessary from time to time to increase the amount I take in order to get the best results.

Would you advise me to continue my present practice or what would you recommend?

Colo.

H. P. ^a

[You are certainly playing with fire and I would advise you to

drop the stimulants at once. You are either overworked or your general health is below par. More likely the latter.

You are spending more energy daily than you are appropriating from the life essentials. The fact that a six months' rest enabled you to regain your strength indicates the trouble and the treatment you require.

A properly nourished brain should work without much effort and the effort increases as the nourishment becomes poorer.

Alcoholic stimulants and coffee increase the blood supply to the brain and for this reason your mind worked easier after taking a stimulant; but stimulation of this nature is false stimulation and the after-effect is that the brain is more tired than ever and in consequence demands more of the stimulant to produce the desired effect.

Take another six months' rest if possible and insist on getting at least one month. During this time look after the life essentials carefully. See that the stomach and bowels work perfectly. Form correct habits of living and practice these habits after you return to work.

Keep regular hours and follow this rule.

Be certain you appropriate more energy each day than you expend.

—Editor.]

* * *

Auto-Suggestion is a very fascinating and practical subject; it is fully treated in a book by Dr. Parkyn entitled, "Auto-Suggestion; What it is and how to use it for health, happiness and success;" see review of the book in the book department in this issue.

When a man lives with God, his voice shall be as sweet as the murmur of the brook and the rustle of the corn.

* * *

What is put into the first of life is put into the whole of life. Start right.—F. W. Robertson.

* * *

He that finds God a sweet enveloping thought to him never counts his company.

* * *

Evil is wrought by want of thought as well as by want of heart.—Hood.

COMMON SENSE PHILOSOPHY

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

Mental Attitudes

The poorest, most enervating mental attitude known to man is fear, then anger, then ill will, then revengeful or unforgiving thoughts. There is in and about our bodies a natural healing power, common to all, a general universal fund of power. If some ill falls upon you and you are in doubt—don't grow alarmed, simply relax, keep quiet, like the animals, and give nature a full and free opportunity to restore you to normal conditions. But few of us can wait patiently for nature to heal us, when we meet with an accident. All of us fight more or less against inherited physical troubles. It is of vast importance what kind of will power and opinion we put into sensation and desire at the beginning of our physical troubles.

Ill health and disease is largely made by man out of simple conditions from which nature would have freed him, if he had only given Infinite Energy an opportunity. As a thinker, man is lazy and a pleasure-loving animal. He shifts the burden of thinking for himself, until he learns that his success in life depends upon the development of individuality, and of individual thought. The day finally comes to many when they comprehend partially the situation—that there is a battle on between the higher, rational, and spiritual self, and the lower, animal, impulsive self. The time comes when we must realize that there is no escape from the law of cause and effect, neither mental or physical; this period is the turning point for the man who wants to travel the higher path. The great majority will still excuse themselves and in their mental inertia lull themselves into a belief that the day of reckoning may be postponed.

But for the experiences of the past we could not stand where we do today. Your thinking of this day will largely govern your experiences of tomorrow, and of all future time.

Our freedom depends upon our moving with progress, not against it. This question should intently address itself to the Immortal Self at least once each day: "Am I misusing my powers and opportunities? or am I good to myself, by unfolding the best within?" It is easy to pass judgment on ourselves, for we never

fail to suffer the results of our unwise conduct. Suffering is ever a good friend to us, to point out our mistakes in body, mind, or spirit. The old one-horse shay could not think or suffer, so when it got a rude jolt, it went all to pieces in a second. Timely warnings enable us to patch up, or mend our ways.

Herbert Spencer in his volume of "Social Statics" says: "To the mass of people nothing is so costly as thought. The fact that taking the world over ninety-nine people out of a hundred accept the creed to which they were born, exemplifies their mental attitude toward things at large. Nearly all of them pursue mechanically the routine to which they have been accustomed, and are not only blind to its defects, but will not recognize them as defects when they are pointed out." From which we are prompted to say that any theory, hypothesis or postulate, relating to the invisible world, that is counter to the general trend of the ethics and theology taught, people without any investigation of it, and knowing little or nothing of it, will scorn it, ridicule it, ignore it, or deny it.

Only Now Is Yours

Written for SUGGESTION.

Listen to SUGGESTION's pleading—
Take its motto—DO IT NOW;
When this lesson you are heeding
Lines of care will leave your brow.

Many days begin in worry
With tasks left from yesterday;
You may save both time and flurry
Doing now what comes today.

Counting now your richest treasure,
Store it well by present use;
Well we know that future pleasure
May be lost through now's abuse.

You can not from future borrow—
Now and only now is yours:
Wait not for the tide of morrow—
Launch your boat and ply its oars.

Franklin, Indiana.

CORDELIA HARRIS.

HAPPINESS

PROFESSOR EDWARD B. WARMAN, Los Angeles, Calif.:

1. Happiness is the consciousness of doing good. 2. Our greatest happiness is reflex; it is that which comes back to us from the joy we have given others.

S. L. ROBERTS: Happiness consists in loving God supremely and our fellow men as ourselves; this is to do good.

MISS BEULAH M. BUNDY, Kansas City, Mo.: I want to answer your questions on Happiness in the editorial of the February number of SUGGESTION, but before doing so I want to tell you that I never read a magazine that I enjoyed reading so much and derived so much benefit from as SUGGESTION.

Happiness is a state of mind and body, whereby every nerve is electrified, and the very soul is thrilled, by the ever present thought and feeling,—I am glad to live.

My idea of happiness is to have perfect health, faith in God and humanity, a clear conscience, and the power to realize and appreciate, to the very fullest extent, all the blessings that are showered upon me, right now, while they are still mine.

I am happy.

MARY J. SCOTT, Buffalo, N. Y.:

Happiness is the housekeeper in Love's Mansion.

Happiness is the sunset of Good and the soul of well doing.

Happiness is everywhere—claim it.

Happiness is a fruit of the soul, not attached to seasons; but everywhere growing.

MRS. MARGARET BOUGHTON, Rome:

No such thing as happiness exists. The world in its blind gropings under that Eternal misery of Why, When and Where deludes and cheats itself, as best it can with some "ism" or "ology" that best fits the intellectual status: Religions, Philosophies, Ambitions are but playthings of time to help them forget; the Nobler souls use work and the tenderer ones Love for their sedatives. But no one, who has thought, outside of Sensation, can see, feel or believe in Happiness. But a few souls have courage to stand upright to so bitter a Truth.

GEO. S. HOYLE, MAJOR U. S. A., Retired—Atlanta, Ga.:

Happiness is to look at the clock and find it is half-past three, when you thought it was only about two;

And—

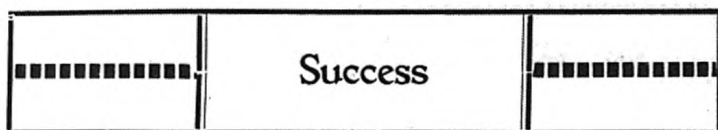
Unhappiness is to look at the clock and find it is only two, when you thought it must be at least two-thirty or three.

LAURA L. THOMAS, Terre Haute, Ind.: Happiness is love and faith, and the power that these two give to all of human kind.

FRANK B. ODELL, Watertown, N. Y.: Happiness is another name for the continuous approval of the conscience.

JOHN E. AYER, 1725 Belmont Ave., Seattle, Wash.:

Happiness is the consciousness attending the normal harmonious vibration of one or more of the seven sensory organisms. It is complete where all the senses are being harmoniously exercised to the full degree of their capacity, and such perfect exercise can only be experienced through interaction with the corresponding senses of human reciprocals. These seven systems of sensory glands or electrodes (telepathy, smell, sight, hearing, taste, touch and gender) are not only the evidence of all conscious happiness, but their conscious process is the only evidence by which we ever gain real knowledge of outer things or intelligence. We only get impressions—not knowledge—from books or teachers.



This magazine is an exponent of the natural laws of psychology which underlie health, happiness and success. This department will be devoted to matters that relate to success in the material things of life. We invite friends to send clippings, rules, poems and contributions which will be helpful to the general reader.

We ask discussions on the following subjects:

1. What is success?
2. Are there rules of life which will bring success if followed?
3. Can a person buy success from a "success club"?
4. What are some good rules to remember in our business relations?
5. What is the best motto for a young man or woman?
6. What is the price one must pay for success?

BARON ROTHSCHILD'S GUIDE TO SUCCESS

Baron Rothschild, the great financier, attributed his success to an observance of the following rules of conduct:

- Shun liquor.
- Dare to go forward.
- Never be discouraged.
- Be polite to everybody.
- Employ your time well.
- Never tell business lies.
- Pay your debts promptly.
- Be prompt in everything.
- Bear all troubles patiently.
- Do not reckon upon chance.
- Make no useless acquaintances.
- Be brave in the struggle of life.
- Maintain your integrity as a sacred thing.
- Take time to consider; then decide positively.
- Never appear to be something more than you are.
- Carefully examine into every detail of your business.

SUCCESSFUL TALKS—REMEMBER THESE POINTS

In writing for any of the departments of this magazine please bear in mind:

1. Make your letters brief.
2. Write on a postal card if possible.
3. Write with ink; write plainly.
4. Write on one side of the paper.
5. Spell your name plainly; editors ought to be mind-readers, but they are not.
6. Place the name and address of a thinking friend on a separate sheet, so a sample copy of the magazine may be sent to him.
7. It is a physical impossibility for editors to reply to one-tenth of the general letters received.
8. You will do a kind act by calling the attention of a friend to this magazine.

R. Kuepper, 78 Woolsey St., Cleveland, O.:

We have received in our office from the printing firm of Ward & Shaw a card as follows:

"... The evolution of Man from the Childhood of Doubt and Timidity into the Manhood of Courage and Determination:

"I can't.

"I wish I could.

"I hope I can.

"I believe I can.

"I CAN.

"I WILL!"

I have never seen this before; if it is new to SUGGESTION you may use it—it is certainly a good idea. Your magazine has been a great encourager and inspirer to me and I would not like to be without it.

Read Dr. Parkyn's new book on Auto-Suggestion and learn the secret of health, happiness and success.

To be trusted is a greater compliment than to be loved.

—Macdonald.

* * *

We know what we are, but not what we may be.

—Shakespeare.

* * *

The world always listens to the man with a will in him.—Marden.

Experiences

I have a friend J. (girl of barely twenty) who, without study or training, or any special effort along these lines, possesses what seems to me more than common ability of an intuitive and telepathic nature. She has an intimate friend of whom she "keeps track" very accurately.

When in the same town near her friend, she can, without effort, "look in upon" her at any moment and "see" just what she is doing. When at a distance this requires more effort, but without any attempt to do so she can always tell if any unusual event occurs in her friend's life or if any trouble or sorrow comes to her. She can also "find" her friend if she goes on a journey or changes her abode.

J. and myself are near neighbors and she transmits messages to me very readily as a rule. I sometimes get her call and the message almost instantly and as vividly as though she had spoken verbally; and occasionally I get a momentary mental picture of her as she is at the time of sending the message—the place where she sits or stands and her occupation.

One evening as I was about to drop to sleep, I became suddenly impressed with, and startled by the thought of fire, and so vividly that it dispelled all thought of sleep. I had been ill for a time and was unable to leave my room. There was no one within call.

I called mentally to J. and tried to impress her with the thought of fire and the necessity of getting up to see about it. She is an especially sound sleeper, but she told me next day that she kept waking the night before with the thought of fire, and jumping up in alarm to see if there was fire. She did not realize where the impression came from.

On comparing notes we found that at the exact time when I was impressed by the thought of fire, a stove-pipe at J.'s home had burned out, and just for an instant at the moment of discovery she had been startled by it.

She has a natural prescience of coming evil. When but a child a neighbor's building burned. For weeks before she had suffered in her dreams from a nameless horror of some approaching disaster. I believe in case of an incendiary fire or any crime being perpetrated in her immediate vicinity she would be able to detect the criminal intuitively, with no other clue.

J. L. B.

East Hardwick, Vt.

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.

BOONVILLE, IND., Oct. 13, 1903.

HERBERT A. PARKYN, M. D., Editor SUGGESTION:

My Dear Doctor—A friend of mine (this friend, by the way, is a spiritualist) handed me the October number of SUGGESTION, which is a good magazine, and I see by reading it that you don't believe in spiritualism. If you have ever investigated along this line you surely went to a medium only partially developed and not getting good results, think there is nothing in spirit return. Or if you have never investigated you simply come to those conclusions by guess work. Each and every investigator will have to investigate for themselves in order to be convinced. That these manifestations that take place at spiritual seances, as some claim, are caused by the subjective mind is all bosh. For example, how do they account for a chair being moved across the room, no one touching it? Now those persons that think along the line of subjective and objective mind claim that the subjective mind of one of the persons present moves that chair—that is their idea about it. Take for example, a materializing seance, where fifty or sixty spirits materialize in a single seance, no two alike, small children to men six feet tall. They write on tablets at the rate of five hundred words in a minute and on the typewriter sometimes over two hundred words in a minute. They draw life-size portraits in less than a minute, so elaborately executed as to require a mortal artist at least a day to do the work. These portraits are exact resemblances of relatives and friends. I know or I believe you will say all this is a fraud. If you doubt this, or any of your readers, all I have to say is, if they will attend the materializing seances of Mr. Wm. Aber, No. 3425 Tenth street, Kansas City, Mo., you will see these things verified. You might write E. J. Schenckhaus, M. D., No. 3125 Bell street, Kansas City, Mo. There is no mist or vapor about the materialized spirits. Their features are natural.

The spirit forms when materialized have the appearance of natural persons. The males dressed in up-to-date style at the time of their transition. The ancient Egyptians, Greeks, etc., according to their respective style. Thomas Paine in his colonial dress, but Bob Ingersoll, Abraham Lincoln and other moderns in the prevailing style in which they lived. The females, both ancient and modern, invariably appear in dazzling white. The cabinet is a dark curtain stretched across one corner of the room enclosing space just sufficient to hold a chair in which the medium sits in a profound trance that continues during the entire seance, and sometimes after. The material matter is the emanations from the circle chemically combined with those of the medium and from the atmosphere. Dr. Reed, the spirit control, understands spirit chemistry and so combines these elements as to make the matter visible to mortals. The spirits take this on and thus appear visible to mortals.

I am not a reader of your paper. This is not written in an offensive manner, but in a friendly way. And I hope you will publish it for the benefit of yourself and readers, and I will say this to you, my dear doctor, for your special benefit: Just take a trip to Kansas City, Mo., and see for yourself. I will make the above in the way of a suggestion. The seance room is darkened to about a dim twilight. All in the room are visible. The spirits regulate the light themselves. Sometimes they make it so light that one can see the figures or print on the carpet.

Fraternalty yours,

GRANT NEWTON, M. D.

E. GUY TALBOTT, Pasadena, Cal.: Once the writer met a man in Los Angeles, a graduate of a college in Nebraska, who was conducting a school of "Theological Psychology" in that city. His philosophy embraced everything from the cosmogony to mental therapeutics, and he included it all in his curriculum.

I talked with this man about the application of his teaching to the cure of disease. I maintained that it was impossible to cure a structural disorder, such as lesion in the lungs in a case of tuberculosis, by purely mental processes. He took issue with me and said that the mind had almost absolute control over the body and that even structural changes could be restored. Now the doctor had an impediment in his speech—one that would necessitate a surgical operation to remove. So I said: "Destroyed lung tissue can no more be restored by mental therapy or spiritual power than can that defect in your voice." The argument was over; he had no more to say in support of his theory. He was a living example of its falsity.

The old proverbs: "Physician, heal thyself," and "Practice what you preach," were brought home to me very forcibly. Sometimes we who advocate the principles of the new psychology become too rash in our statements and make assertions not in accordance with well proven facts. In doing this we are placed in a false light and are misjudged by exponents of the old school of psychology. Above all things let us beware of preaching and teaching doctrines not in harmony with our practices. Remember the old adage, "Practice what you preach," and honor and prestige will crown your work.

[NOTE.—Mr. Talbott thinks structural disorders cannot be cured by mental (psychic) powers. How are cuts, wounds, burns, etc., healed if not by psychic means? Surely the objective mind has nothing to do with the repair of the body for this repair goes on when the objective mind is absent as in the case of idiots, insane, etc.]

On further consideration, I think Mr. Talbott will observe that all healing is done by psychic action, and it has been proven that the involuntary mind can be influenced by suggestion. The limit of the power of the involuntary mind has not yet been discovered, and no one can say how little or how much the body may be changed by psychical means.—E. E. C.]

* * *

S. BENNETT DAVIS:

In the Templed Mansions of a Noble life dwell the gilded forms of many little things.

It is better we strew our roses on the walks of the living than save them all for the graves of the dead.

Live each day as if you expected to live forever and intended the blessings of all future years to depend upon it.

* * *

HOMER DARLING TRASK, Keene, N. H.:

A man's health is in his pocket-book. Education is theory, experience is knowledge.

Search the soul of all creeds and accept only that which appeals to your "feelings." The highest type of true culture is charity, sympathy and love toward all classes and conditions of humanity.

* * *

LEWIS D. SYESTER, Attorney-at-Law, Hagerstown, Md.: I am satisfied, speaking empirically, that much of the human suffering to which the average man is subjected, given a man of normal organic health, is due to a failure to set the proper value on the mental control.

When I say mental control I mean to train oneself to think in proper channels at the right time. All advisers properly caution the abandonment of thoughts of business and care at meal times, the creation of environments of cheer and light and good-will about the table at all meals and a period of rest, whether reclining or sitting, for some time after eating. The truth of these admonitions I cannot gainsay, but am constrained to add my unqualified endorsement of them. And yet, it is not here alone that the leash to mental activity and control should be loosened.

I believe that mental activity directly affects and influences, either for good or ill, the entire nervous organism. Disposed to nervousness all my life I find an hour's time given daily to absolute calmness, rest of mind, even without sleep, entire relaxation, a surrender of the mental grasp as it were, upon all activity, most helpful to the whole physical make-up, a tonic better than the waters of Carlsbad, or any other I have ever heard of.

Postal Card Sermons

Under this heading will be printed short sermons and editorials by our readers on topics relative to health, happiness and success. Write on a postal card or on one side of a sheet of note paper. A fine editorial can be written on a small sheet.

As an example of a fine sermon in a small space, note the remarks of one friend, Maude Lesser, as given below. It consists of but five sentences, and yet it expresses the condensed wisdom of the ages. Try to write a short editorial.

MAUD L. LESSER, Syracuse, N. Y.:—

Let us quit judging others. We often think we know things of which experience proves us to know nothing. Many a logical and beautiful theory is a complete failure in practice. Our opinions too often are a proof of our inexperience. None but those who face the difficulty know its full extent and when we criticise another we too often "condemn ourselves" as inexperienced, uncharitable, and narrow-minded.

In the May issue there appeared the following:

A most impressive sermon can be written on a postal card. We ask our friends to send us postal card sermonettes. If a number are received we will be pleased to print them for the benefit of the SUGGESTION Family. A postal card is large enough. Write about anything that you think may instruct or entertain the SUGGESTION Family.

* * *

1. What is needed in the United States?
2. What could Rockefeller do to advance the world's progress?
3. What can every one do to help humanity?
4. What can we do to reach a larger number of readers?
5. How can people be taught to think for themselves?
6. What is the best motto for a young person?
7. Name the ten most helpful mottoes or proverbs.

Below are given some postal card sermonettes from our readers. Why not try your hand?

SETH WINQUIST, Los Angeles, Calif.:

1. Less crowding towards the cities; less college and more learning of trades.
2. Not much. Might establish hospitals for consumptives (rather ranches) in every state and province. Might loan money or rather sell land to home makers (small farmers) at low rates of interest and long times. Of course, buy land in large tracts and sell on these conditions.
3. Be kind.
4. Advertise and give a big rounding dollar's worth.
5. Search me—excuse slang.
6. Don't know, but would coin one: work hard (mentally or physically—or both, as the case might be).
7. No room on this postal.

* * *

PROFESSOR SAM E. VERTREEZ, East View, Ky.:

What is needed first of all in the United States is more thinkers; mental freedom and more men for principle instead of party—then, and not till then will the voice of the people be the voice of government.

. . . . The best motto for a young man is: Thought produces action, action produces habit, habit produces character, and character produces destiny either for good or bad.

HYGIENE

Cause and Cure of Old Age

THERE is a growing feeling among investigators that old age is a disease easily prevented; and many scientists hold to the opinion that there is no inherent reason why one should not live to be 150 or 200 years old.

* * *

Today a person is old at 70 or 80; but there is good reason to believe that this is an unnatural condition—a premature state—brought on by two reasons:

1. Psychical.
2. Hygienic.

We are old because we expect to be. It is customary to abandon active life at 70 or 80 and to vegetate in a corner thereafter. We try to act like old people; we pass into the aged class and do and act as aged persons are supposed to act. By suggestion we bring on old age. We think we are old and so we are. If this psychic factor were eliminated; if birthdays were forgotten; if the activities of life were continued, we would be young and fresh at 80. And as this idea became popular the world over, we would see the dead line of old age retreat until the "three score and ten" delusion would trouble us no more.

Physiologists state that elderly persons eat themselves to death. After the body is fully formed, surprisingly small amounts of food will keep up the daily balance between loss and repair. Probably sixteen ounces of food, exclusive of water, is sufficient for a grown person not engaged in manual labor; certainly an elderly person requires very little food. The craving for food often found in elderly persons is an abnormal appetite; a person may have a craving for food just as one may have a craving for opium or alcohol.

Certain foods contain uric acid, lime, earthy minerals in excess; such foods should not be used by the aged. Roughly speaking, foods suitable for elderly persons are milk, eggs, corn products, fresh fruits, nuts and vegetables; all foods and the milk to be thoroughly mixed with saliva before swallowing. When teeth are missing they should be replaced by false teeth, as there can be no health without a full set of teeth.

In this connection the following articles will be of interest:

CAUSE AND CURE OF OLD AGE.

Old age is due to changes which take place in the arteries. The most important of these are a general contraction of the blood vessels, a thickening and loss of elasticity of their walls, and especially a shrinking in the size of the pulmonary artery. In consequence of these changes the blood supply of every organ is to some extent diminished.

Recent observations have shown, however, that the arteries which convey the blood to the brain retain their natural size, taking on these changes much later than other parts of the body. Hence it is that the brain maintains its integrity to a more advanced age than do most of the organs. This very fact shows the value of exercise in delaying the approach of old age. The average brain does more work as years advance, while the average body does less. It is only the brain that has been accustomed to constant systematic activity that is exempt from the senile changes that occur in other parts. A habitually inactive brain always gives early evidence of mental decay.

These degenerative arterial changes which take place in old age result in the loss of the transparency of the tissues as well as in the loss of suppleness and elasticity. Live and highly vitalized tissues are transparent, or nearly so. In advanced age the skin has a muddy appearance. The eye loses its natural luster, owing to the dinginess of the sclerótica and the diminished transparency of the humors of the eyeball.

In the museum at Stockholm there is a very interesting collection of eyes taken from human beings at different ages. They are cut across in such a way as to exhibit plainly the internal and the external eye. In these specimens it is easy to observe that the eye of the young child is as transparent as water; that of the youth is a little less so; in the man of thirty the eye begins to be slightly opaque; in the man of fifty or sixty it is decidedly opaque; and in a man of seventy or eighty it is dull and lusterless. This gradual development of opacity is due to the increase of fibrous tissue and the deposit of waste matters in the eye.

The degeneration of the eye is simply illustrative of the change that takes place in the whole body. There is the same loss of transparency in the muscles, the bones, the glands, the brain. It is due to the imperfect action of the eliminative organs, giving rise to the accumulation of debris in all parts of the body. In early life the pulmonary artery is larger than the aorta. This facilitates the circulation of the blood to the lungs, and secures perfect aeration and purification of the blood. With advancing age the pulmonary artery diminishes in size, becoming smaller than the aorta, and thus the blood is less perfectly oxygenated than in youth, and the tissues are less highly vitalized.

The blood vessels have muscular fibers in their walls. When the individual begins to grow old, this muscular tissue begins to disappear, and fibrous tissue to take its place.

Ultimately the small arteries become withered, until the blood cannot get through at all. This withering of the arteries results in the shrinkage of all the organs of the body; the lungs contract; the heart becomes smaller; the kidneys are shriveled; the skin undergoes a sort of fibrous change and loses its bloom; the fibrous tissue becomes calcareous, or chalky.

The right kind of exercise, however, can do much to modify and delay all these changes. It counteracts better than any other agency the tendency of the skin, liver, kidneys, and other eliminative organs to become inactive. It arouses the heart to increased activity, thus pumping the blood vessels full of blood, distending them to their utmost capacity, and thereby antagonizing the process of shrinking.

But the old person's heart being weak, when he undertakes too violent exercise, that organ cannot send enough blood to the muscles, and the latter quickly become fatigued. The lungs and kidneys, not being able to work so vigorously as in early life, are unable to eliminate the ordinary waste products as they are formed in the body; hence an excess of tissue-poison is always present in the body of the old man, so that a smaller quantity of the peculiar poison resulting from muscular overwork is sufficient to produce such a degree of auto-intoxication, or systemic poisoning, as to cause fatigue and shortness of breath. Therefore the exercise of old people should be of the most moderate character. All straining and violence must be avoided, and all such exercises as produce palpitation of the heart or breathlessness.

Walking is an excellent exercise for the old, because a large amount can be done without causing immoderate excitement of the heart and lungs.

We are learning more and more to reckon age, not chronologically, but

physiologically. By rational exercise, careful diet, and suitable occupations, the man who is chronologically old may preserve a physiological middle age long past the time when he is ordinarily considered superannuated.—J. H. Kellogg, M.D., in *Modern Medical Science*.

Nearly a quarter of a century ago there appeared in "Harper's Bazaar" an article dealing with the cause and remedy for old age. Mrs. Anna C. Waterloo sends a fragment of the article, which is reproduced herewith:

"Moreover, every organ of the body is gradually clogged by ossific deposits, consisting chiefly of phosphate and carbonate of lime, with other calcareous salts. The heart becomes partially ossified, and the arteries blocked with limy deposits which hinder the free passage of the blood, resulting in imperfect nutrition and circulation.

"Now seventy per cent. of human beauty, symmetry, and grace, continues Science, or seventy per cent. of the bodily weight, which comes to the same thing, is simply water! This water, a necessary ingredient of every tissue, holds certain salts in solution some of which is being continually deposited, notwithstanding the continual elimination. By and by these increasing deposits declare themselves in the creaking joints, pallid countenance, unrepaired tissues, lack-lustre eyes, thinning locks, dry skin, which are the outward habit of senescence.

"Old age, therefore, is simply excessive calcareousness, so to speak, and to postpone this relentless ossification is to have found the true elixir vite. Now these disastrous earth salts are part and portion of the blood. But the blood is what the food predetermines. The obvious condition of perennial youth is therefore to eat intelligently and to abstain conscientiously. As the cereals are richest in earth salts, they are to be sparingly used from the period when we begin to forego white feathers, close-waisted wraps, and narrow-soled shoes. Bread must be reckoned an indulgence proper to spring-tide, but, like pale pinks and blues, a rare indiscretion after forty-five. Nitrogen, in fact, must be given up, with other pleasant vices, to nimble youth. Fruits we may eat in abundance, not only because they lack nitrogen, but because their acid removes impurities. Fish and poultry are comparatively harmless, nor do lamb and veal invite speedy retribution. But beef and mutton are not for the new Ponce de Leon. From their age they are of the earth, earthy-salty. More necessary than selection even, is moderation in food. Large eaters invite ossific deposits by taking into the stomach more food than can be absorbed or eliminated, and thus induce rapid obstruction of the circulatory and nutritive systems.

"To perpetuate the flower of one's youth then, or at least the fullness of one's prime, it is necessary merely . . . to retard the process of ossification, and, as far as may be, to dissolve the deposits already made. The accredited agents, besides a careful regimen, are distilled water and diluted phosphoric acid. Distilled water is not only rapidly absorbed into the blood, but keeps soluble the already existing salts, thus preventing their excessive deposit, and facilitating their excretion. It is the office of the acid to prevent undue accumulation of earthy salts, and to increase elimination, while its great affinity for oxygen forestalls the oxidation of fibrine and gelatine. Ten or fifteen drops, therefore, in a tumblerful of distilled water, taken two or three times a day, must, logically and physiologically, 'age and wrinkled care deride.'"

Remember that the above was written long before modern hygiene, nature cure or modern systems of cure were known; and yet the researches of today have demonstrated the correctness of the ideas advanced so long ago. But it is now believed that fresh fruit and apple juice, lemon juice, orange juice, grape juice, or grape-fruit juice, will answer far better than the phosphoric acid mentioned above. Some claim that natural sulphur water has power

to dissolve earthy deposits in the system, but surely no one can object to distilled water and unfermented, natural fruit juices as a health-giving, youth-giving beverage. Distilled water has the power to dissolve minerals and calcareous deposits in the body, which cannot be done by ordinary water as it is already saturated with lime, etc., and it can dissolve and hold in suspension no more material; hence ordinary water can but feebly assist in carrying minerals from the body.

DISTILLED WATER.

A peculiar experience, says *The Clinic*, is related by a physician who has practiced for nearly thirty years in a California valley. The hills upon one side of this valley were of granite formation, and the water was consequently "soft." Upon the other slope the rocks were limestone, and the water from all the wells and springs was "hard." After nearly a generation's practice, this physician suddenly awoke to the fact that his practice was growing more upon the limestone slope than upon the granite side. He found that the people who had drunk the "hard" water died of Bright's disease, and were crippled with chronic rheumatism, while upon the other slope the people lived generally longer and were free from these diseases.

Progressive physicians are awakening to the fact that pure water means water not only free from any decaying animal or vegetable matter or disease organism, but also free from any lime. The only way in which to obtain such pure water is by distillation.

The person who drinks distilled water avoids the possibility of any experience with typhoid fever. No filthy mass of disease germs will be swallowed at each gulp of what may appear to be clear, sparkling water. Boiling kills these bacteria, but it is not pleasant to think that you are swallowing their carcasses.

"Hard" water was pure originally, when it fell from the clouds, but now it is full of particles of dissolved stone. These particles are not like the organized lime found in cereals, which may enter into our bodies and add to their strength, but, on the contrary, it is stone partially dissolved, and produces irritation in the kidneys, aids in the formation of renal calculi and gall stones, attaches itself to the walls of the arteries, to the valves of the heart, and causes chalky deposits in the joints. Everywhere it does harm and no possible good.

If a person is as "old as his arteries," a person who drinks distilled water will be a long time growing old. And then there is a delight in raising a glass full of delicious distilled water to one's lips, and thinking that in this age of frauds, substitutions and adulterations, you may know you are taking something into your stomach really pure.—*The Dietetic and Hygienic Gazette*.

The above extracts show very clearly why disease and old age fasten upon the human frame. Mineral substances from food and drink accumulate in the body, there is a deposition of lime, etc., which causes the dimness of the eye and the stiffness of the muscles. By drinking an abundance of pure water (soft or distilled water) the calcareous deposits are eliminated, as soft water has the power to dissolve all earthy matter and deposits found in the system.

The moral is plain: Avoid food and water containing an excess of inorganic minerals; drink soft water; use pure fruit juices freely; eat fresh vegetables: spinach, celery, lettuce, etc., which contain organic salts and certain vegetable acids that assist in eliminating refuse minerals from the system.

E. E. C.

Psychic Research

The Miracle Grotto of Lourdes

The following letter is from the Rev. L. F. Schlathoelter:

Troy, Mo., Jan. 28, 1905.

Editor "SUGGESTION." Dear Sir: A few months ago you had a short article in your much esteemed journal SUGGESTION, by some one on the cures in Lourdes. When I read the article I was somewhat filled with indignation and resolved to send you a few lines about my own experience in Lourdes. That article, although seemingly written with a good intention, contained many false statements. After a time I dropped the matter, thinking, *cui bono?* But now resolved to write the following. I do not wish to impose my views upon anyone, but then there is a great satisfaction in telling the truth to some one who has not known it, even if the words of truth fall upon barren ground.

Six years ago I made a trip through Europe and my way through south France brought me to Lourdes. Having read a great deal about Lourdes I concluded to stop over at that place and "take it in." I went there not as a pilgrim, but for mere curiosity and pleasure. In order to be unknown and to be more free to investigate I took off my Roman collar and no one knew that I was a priest. The place around the Grotto and the church is very beautiful and attractive. When I saw the earnestness of the devout pilgrims in their prayers I was carried away with overwhelming devotion myself and I could understand how it is that people, who go there with the intention even of ridiculing all about Lourdes, soon are changed into humble and devout Christians.

The waters are carried from the big fountain to the bath house and before the pipe reaches that place you may draw water from ever flowing four or five faucets, connected in the pipe. There were very few pilgrims at the place the day when I was there. So, when standing in front of the bath house and seeing no one around the thought struck me to go in and take a bath. I suffered very much at the time with sciatic rheumatism and I had a desire to get rid of that trouble. A priest was standing at the entrance of the bath house talking with some one. I went up to the priest and asked him how much it would cost to take a bath. He said to me:

"You can not take baths here for money. People bathe here out of devotion." Fearing that he would not let me in I told him that I wanted a bath of devotion also, and I inwardly tried to change my mind, thinking that I would go in for devotion, trying to get rid of my rheumatism, instead of bathing for curiosity. The priest asked me if I had a towel, and when I told him that I had none, he gave me a towel and pointed to the room for men. There is another for women. In this little room I found a marble bath tub half filled with the clear water and a big stream of water running into the tub, so that instead of the tub containing dirty water, as that article said, referred to above, it was as though a small river was running through the tub.

When I drew the curtain and found myself alone in the little room I was awe struck by the thought that here it was where so many had sought and found relief. I quickly undressed and took a short sitz bath of a few seconds in the icy water. I could dress without any pain and by moving my limbs I found that there was no trace of rheumatism left. Leaving the bath house I told the priest who was still standing at the entrance, that I had been cured of rheumatism. I was very much surprised that he made nothing of it, but told me that I could go, if I wished to do so, over to the house and have a talk with the physicians. He pointed to a large building near the bath house, where I found three doctors in a

large office, one of them being from England, the others being French. I introduced myself to them as a traveler from the United States, who had come to Lourdes out of curiosity. Asking them if ever any miracle had been performed, they showed me some photographs of patients cured, the photographs being taken before and after curing. I tried to argue with them saying that modern science by means of the law of suggestion could perhaps perform the same cures.

"Here, I have a photograph," one of the French doctors said, "which shows a cure that can not be explained by science." The case was that of a girl who had been treated by the famous Professor Bernheim of Nancy by hypnotic suggestion. Her neck was bent to one side, as shown by the photograph, and when the doctor failed to cure her, he told her that her trouble was organic and could not be relieved, that the bone of the neck was suppurated. She went to Lourdes and came out of the bath or several baths with a straight neck. Bernheim, hearing of the cure, said that he simply made a mistake in the diagnosis, that the girl's trouble was of a nervous origin and the bone had been in sound condition. A year afterward the girl was killed in an accident and a post mortem revealed the fact that a new piece of bone in the shape of a chisel had set in between the two suppurated ends, as the second photograph showed.

After some more talking I told the doctors who I was and related my experience in the bath, telling them that my rheumatism had left me. I told them they could make use of the fact of my cure if they desired to do so. But they smiled and said:

"We never take notice of such unimportant things, for your cure may have been produced by excitement (suggestion). Besides," they said, "your trouble may return and then it would be no cure." The latter suggestion from them I had to fight with auto-suggestions as strong as I could make them and they showed how little they knew of the power of suggestion, although being regular physicians and coming into contact with suggestion so much.

My rheumatism has not returned, but I myself believe that I was cured rather by suggestion than by a miracle. The object of these lines should not be to relate of my own cure, but to show truthfully how critically everything is looked into at Lourdes before a miracle is recorded. This talking of crying miracle at once by the Catholic Church reminds me of the story of an Ambassador, a non-Catholic in Rome, who, during the time of the canonization of a saint in the last century and the investigation of a certain miracle worked by him, said to a Cardinal that he never would believe in a miracle except it would be proven to him after the most rigid investigation. The Cardinal showed him the investigation papers of a certain miracle, and after the Ambassador had looked them over, he asked him what he could say to this. "Well," said the Ambassador, "any man would submit to these proofs." "My friend," answered the Cardinal, "we have rejected this miracle as not proven upon all that testimony."

I was assured in Lourdes that most cures, especially the extraordinary ones, do not occur in the bath house, but at the time when the priest, during the procession, blesses the people with the blessed sacrament. It is this sacramental bread which we Catholics believe to be the real body and blood of Jesus Christ. No one leaves Lourdes without having been benefited in some way or other. The greatest miracles performed there are known by but very few. Those are the conversions, the giving up of bad habits, the overcoming of bad passions and vices, etc.

Respectfully yours,
REV. L. F. SCHLATHOELTER.

"Character is a man's guardian divinity."—Herakleitos. ^a

* * *

Happiness is not the end of life—character is.—Beecher.

DIRECTORY OF Advanced Thought, Hygienic and Reform Publications

In this directory, which will be corrected, amended and published from time to time, will appear a brief description of all papers devoted to advanced thought, new thought, metaphysics, practical psychology, psychic research, occultism, astrology, hygiene, dietetic reform, suggestive-therapeutics and allied subjects.

Additional names of publications will be added as soon as received; editors and friends are requested to send copies of publications devoted to advanced thought and reform; religious, spiritualistic, political, business or purely literary publications or publications on general lines will not be listed. It is desired to make this directory complete and accurate, and the co-operation of all friends of advanced thought is asked for this purpose. There is no charge for this service.

The subscription price of foreign magazines given includes postage; foreign postage on American publications is one-half the subscription price.

Next month it is hoped that this list will be far more complete.

THE OCCIDENT, devoted "to the study of soul growth through self-development effected by the intelligent application of the higher laws." Monthly; 4 large pages; 10 cents a year; *Miss L. Frances Estes*, Editor; 124 Highland street, Brockton, Mass.

* * *

THE BUSINESS PHILOSOPHER; devoted "to the principles determining the evolution of success," showing how thought force may be used in business matters; a psychological publication for business men and women; monthly; \$1.00 per year; The Science Press, Republic Building, Chicago.

* * *

THE SCOTTISH HEALTH REFORMER AND ADVOCATE OF RATIONAL LIVING; devoted to nature cure, vegetarianism and reform in all matters relating to health, diet and hygiene; monthly; six shillings per year, postpaid; Paisley, Scotland.

* * *

THE NEW CRUSADE; the reformation of dress is one of the most important objects of *The New Crusade*, which is an endeavor to find a cure for the degrading materialism of the present day in a return to that simplicity of life and thought which is characteristic of all primal and national vigor; ———; ——— pp.; ——— per year; 8 Queens Road, Bayswater, West City, London, England.

* * *

PRIMITIVE OCCULT JOURNAL, devoted "to the wonderful possibilities of the Human Family and the Godly powers within all"; monthly; 20 pp.; \$1.00 per year; Editor, *Dr. A. B. Hamel*, Helena, Montana.

* * *

THE OCCULT REVIEW, a monthly magazine devoted to the investigation of supernormal phenomena and the study of psychological problems; ———; ——— per year; Editor, *Ralph Shirley*, 164 Aldersgate street, London, E. C., England.

* * *

THE MAZDAZNAN, "a magazine of modern thought for Mental and Physical improvement; monthly; \$1.00 per year; Otoman Zar-Adusht-Hanish, Chicago, Ill.

* * *

INSPIRATION, a magazine of information, inspiration and exhortation; monthly; 30 pp.; 50 cents per year; Editor, *B. F. Williams*, Des Moines, Ia.

THE WISE MAN, "a periodical dealing in a sound, thorough, not too profound way with the various subjects of Occult Science that are recognized as of practical value to mankind; monthly; 32 pp.: \$1.00 per year; Editor, *Leander Edmund Whipple*, 500 Fifth Avenue, New York.

* * *

THE VEGETARIAN, devoted to vegetarianism and dietetic reform; monthly; organ of the English Vegetarian Federal Union; — pp.: 75 cents per year; 34 Memorial Hall, Tarrington street, East City, London, England.

* * *

NOTES AND QUERIES; devoted to history, folk-lore, mathematics, literature, science, art, arcane societies, etc.: monthly; \$1.00 per year; *S. C. Gould*, Editor, Manchester, N. H.

* * *

THE NEW THOUGHT JOURNAL and Occult Review, devoted to practical idealism and the study of nature's finer forces; monthly; 16 pp.: \$1.00 per year; *Geo. H. Bratley*, Editor, Talisman Publishing Co., 52b, Station Parade, Harrogate, Yorks, England.

* * *

HEALTH; devoted to physical culture and hygiene; monthly; \$1.00 per year; *Chas. M. Tyrell, M.D.*, Editor, 321 Fifth Avenue, New York.

* * *

VIM; a magazine devoted to mental and physical improvement; monthly; 34 pp.; 50 cents per year; *Edgar C. Beall, M.D.*, Editor, 500 Fifth Avenue, New York.

* * *

PHYSICAL CULTURE; devoted "to subjects appertaining to health, strength, vitality, muscular development and the general care of the body, and also to all live and current matters of general interest, enlivenment, entertainment and amusement"; monthly; 94 pp.; \$1.00 per year; *Bernarr Macfadden*, Editor, 29 East 19th street, New York City, N. Y.

* * *

HEALTH CULTURE; a journal of practical hygiene; monthly; 48 pp.; \$1.00 per year; *W. R. O. Latson, M.D.*, Editor. The Health Culture Co., 151 West 23d street, New York City, N. Y.

* * *

NAUTILUS; a New Thought magazine of optimism and success for people who are alive; monthly; 32 pp.; 50 cents per year; Editor, *Elizabeth Towne*, Department 17, Holyoke, Mass. The Motto of Nautilus is:

"Build thee more stately mansions, O my soul!
As the swift seasons roll!
Leave thy low-vaulted past!
Let each new temple, nobler than the last,
Shut thee from heaven with a dome more vast,
Till thou at length art free,
Leaving thine outgrown shell by life's unresting sea."
—*Holmes' "The Chambered Nautilus."*

* * *

THE NEW THOUGHT MAGAZINE; an exponent of the practical feature of the New Thought as applied in every-day life; monthly; \$1.00 per year; *William Walker Atkinson*, Editor, Caxton Building, Chicago.

* * *

THE NATUROPATH AND HERALD OF HEALTH; devoted to natural healing and living methods, on the basis of self-reform and popular hygiene, hydrotherapy (priessnitz, kneipp and just systems), osteopathy, heliotherapy (sun, light and air cure), diet physical and mental culture, to the exclusion of drugs and non-accidental surgery; monthly; 48 pp.; \$1.00 per year; *Benedict Lust*, Editor, 124 East 59th street, New York.

* * *

HEALTH WITHOUT DRUGS; a journal of dietetic reform; devoted to the teaching of the properties of foods in daily use rightly combined and proportioned, by means of which the prevention and cure of disease; opposed to vegetarianism; 5 cents per copy; Miss *Sophie Leppel*, editor, 26 Clongely Mansions, Gray's Inn Road, London, England.

RICHES; for the rich in desire and will, to whom all things belong; monthly; 25 cents per year; Ruskin, Tenn.

THE ADEPT; devoted to astrology, evolution, monism; monthly; 16 pp.; 50 cents per year; *Frederick White*, editor, Markville, Minn.

THE OPEN ROAD, a magazine for those who believe in out-door life; 32 pp.; 50 cents per year; *Charles Wisner Barrell*, editor, 137 Grant Ave., Jersey City, N. J.

THE TREND; a journal of fearless originality; monthly; 12 pp.; \$1.00 per year; *Ned Thatcher*, editor; Anderson, Indiana.

THE LIFE; devoted to Christian Metaphysics; monthly; 48 pp.; \$1.00 per year; *C. J. Barton*, editor; Kansas City, Mo.

VACCINATION; issued monthly for the Anti-Vaccination Society of America; 50 cents per year; *Frank D. Blue*, editor; Kokomo, Indiana.

SUGGESTIVE NEW THOUGHT; a magazine of protest for power and prosperity for all who wish Wealth, Health and Happiness; monthly; \$1.00 per year; *W. I. Gordon, M.D.*, Editor, Cleveland, O.

THE MYSTIC MAGAZINE, published monthly by the Mystic Publishing Company at Framingham, Mass., under the direction of the Eternal and Universal Brotherhood of Mystics; price 10 cents per year; edited by *Ananda*.

THE AMERICAN JOURNAL OF PROGRESSIVE THERAPEUTICS (formerly *The American X-Ray Journal*); this journal has departments for electrical science, X-Ray photography, Electro-therapy, radio-therapy, thermo-therapy, hydro-therapy, mechano-therapy, and psycho-therapy (suggestion).

The editor is *H. Preston Pratt, M.D.*, published at the Masonic Temple, Chicago. Every progressive physician should keep in touch with all forms of progressive therapeutics and Dr. Pratt's publication is a standard authority. It is doing excellent work in the field of natural healing; such journals strongly point to the time when the natural (drugless) system of healing will supplant all others.

SUGGESTION, a monthly magazine of the New Psychology for thinkers devoted to Psychic Research, Auto-Suggestion, drugless healing, personal magnetism, advanced thought, health, happiness and success; \$1.00 per year; foreign, 6 shillings; *Herbert A. Parkyn, M.D.*, editor, 4020 Drexel Boulevard, Chicago.

THE OCCIDENT; a monthly publication for the study of soul growth through self-development effected by the intelligent application of the Higher Law; 50 cents per year; edited and published by *Miss L. Frances Estes*, Brockton, Mass.

PRIMITIVE OCCULT JOURNAL; monthly; devoted to the Wonderful Possibilities of the Human Family and the Godly Powers Within All; \$1.00 per year; edited by *Anna Beckwith Hamel*, Helena, Mont.

EXPRESSION; a Journal of Mind and Thought; monthly; \$1.58 per year; edited by *Alma Gillen*; 147 High St., Kensington, W., England.

SUGGESTIVE NEW THOUGHT; a monthly magazine devoted to a clear exposition of suggestion and new thought for everybody; 64 pages; price \$1.00 per year; *Dr. W. I. Gordon*, Editor; 133 Colonial Arcade, Cleveland, O.

THOUGHTS NEW AND OLD; quarterly; devoted to science and philosophy of life; the law of financial success and modern methods of mental medicine, etc.; 25 cents per year; edited by *Edward H. Cowles, Ps.D.*, Santa Cruz, Calif.

THE NEW THOUGHT JOURNAL AND OCCULT REVIEW; a magazine devoted to practical idealism and the study of nature's finer forces; monthly; 16 pages; \$1.00 per year; edited by *Geo. H. Bratley, F.T.S.* Published by the Talisman Publishing Co., 52b, Station Parade, Harrogate, Yorks, England.

* * *

THE HEALTHY HOME; a journal of common sense medicine, Athol, Mass.; monthly; 50 cents per year; W. H. Brock & Co., Publishers, Athol, Mass.

* * *

BEAUTY AND HEALTH; a monthly magazine for women, devoted to physical culture, health and dress reform, natural foods and sociological questions, etc.; edited by *Bernarr Macfadden*; 50 cents per year; Spotswood P. O., N. J.

* * *

A STUFFED CLUB; a monthly magazine advocating freedom from medical and ecclesiastical rules; devoted to reform in diet and therapeutic methods; advocates a drugless system of cure, based on proper diet. *Dr. H. J. Tilden*, editor; \$1.00 per year; Denver, Colo.

* * *

THE PHILISTINE; a periodical of protest and progress; an exponent of reform in thought, religion, education and the ideals of life; for those who are not afraid; edited by *Elbert Hubbard*. Price \$1.00 per year, and worth it; East Aurora, N. Y.

* * *

THE NEW WAY; a New Thought magazine devoted to the unfolding of the higher life; "it is the purpose of this magazine to give its readers the best expressions of the broadest and most instructive messages of truth upon vital, definite and special theories"; monthly; \$1.00 per year; 1107 E street, Northwest, Washington, D. C.

* * *

JOURNAL OF THE OUTDOOR LIFE; monthly; journal whose aim is to be helpful to all persons leading an outdoor life for their health, but particularly to be of assistance to the vast army of persons who are suffering from pulmonary tuberculosis, which is preventable and curable—curable not by patent medicines, but only by plenty of fresh air, rest at first, and an abundance of nourishing food; \$1.00 per year; Saranac Lake, N. Y.

* * *

GOOD HEALTH CLINIC; monthly; advocates rational hygiene; is opposed to drug medication; official organ of the International Health League; *E. Elmer Keeler, M.D.*, Editor; 50 cents per year; Syracuse, N. Y.

* * *

THE CHIROPRACTOR; a monthly journal devoted to the interests of Chiropractic. Published by The Palmer School of Chiropractic, Davenport, Iowa, U.S.A. *Dr. D. D. Palmer*, discoverer and developer of Chiropractic, Editor. Subscription, 50 cents a year. (See page "ad" in magazine section.)

* * *

THE HARBINGER OF LIGHT; monthly; devoted to zoistic science, free-thought, spiritualism and the harmonial philosophy; \$1.50 per year; Melbourne, Australia.

* * *

THE VEGETARIAN MAGAZINE; monthly; an illustrated magazine of better living—an authority on foods, their selection and preparation—discountenances the use of flesh, fish, and fowl for food—upholds the right of life for the whole sentient world—advocates justice, humanitarianism, purity, hygiene, temperance, stands for a stronger body, a healthier mentality, a higher morality. *Uriel Buchanan, Ph.D.*, editor; \$1.00 the year; The Vegetarian Co., Chicago.

THE ENGLISH MAGAZINE OF MYSTERIES; monthly; \$1.00 per year; Apocalyptic Pub. Co., 15 Tothill St., London, S. W., England.

* * *

RICHES; a monthly journal for the rich in desire and will, to whom all things belong; Ruskin, Tenn.; 25 cents per year; E. W. Dodge, editor.

* * *

PSYCHO-THERAPEUTIC JOURNAL; monthly; devoted to the rational consideration of hypnotism, suggestion, mental science, will power, human radiations, drugless healing, and the treatment of disease by psychic and mental processes with due regard to diet, hygiene, and the observance of natural laws of health; \$1.00 per year; edited by Arthur Hallam, 3 Bayley St., Bedford Square, London, W. O., England.

* * *

ELTKA; a magazine of 20th Century Psychology practically applied to the art of living; monthly; 50 cents per year; edited by H. C. Wright; The Wright Publishing Co., Corry, Pa.

Macerated Wheat

The Roman soldiery conquered the world. Yet their principal item of diet was raw wheat. The Orientals live practically on rice, reduced to a waxy condition by underdone cooking. Yet we find Chinamen in every climate in the world doing all sorts of hard, slavish labor, enjoying good health, with constitutions capable of withstanding capital surgical operations that would kill either an American or European. The valor and endurance of the Japanese soldier can also be cited. The Oriental women, unlike the American women, are not troubled with nervousness.

Business men, clerks, stenographers, laborers and others doing hard mental or physical labor will find that two teaspoonfuls of Macerated Wheat, masticated with seven or eight almonds, is a delicious relish, and when supplemented with eight or nine uncooked California prunes and a good ripe banana is indeed a very satisfactory meal for either a breakfast or luncheon. For supper a more elaborate menu is recommended.

Speaking from personal experience I wish to suggest to the thousands of families who are now locating homes in Northern Central Mexico, and to the young men going to Panama, to insure good health, long life and prosperity, the adoption of a raw food diet. It is the foundation of all reform and of greater possibilities for the race.—Byron Tyler, Kansas City, Mo., the man who makes Macerated Wheat.

* * *

The king is the man who can.—Carlyle.

Thought Power

IN THIS department from time to time will be given well-certified instances of the effects of suggestion in producing health or disease. The mind can influence the body for good or ill, and the far reaching effects of psychic force are marvelous to those who have not studied the Law of Suggestion. Short articles, communications or clippings are solicited for this department.

Nearly Killed Herself by Suggestion

Attorney Strode of Portland, Oregon, sends the following clipping from the "Oregon Journal" of April 24, which speaks volumes to the discerning and comment is superfluous:

"IMAGINED SHE SWALLOWED POISON AND NEARLY DIED"

“(Journal Special Service.)

“Braddock, Pa., April 24.—Believing that she had taken a large dose of carbolic acid by mistake for whisky, Mrs. Marguerite Tobke, 61 years old, the wife of a rich German merchant of this city, almost died from the suggestion. She was unconscious almost six hours and the most stringent efforts were necessary to restore her.

“Physicians say it was a most remarkable case of auto-suggestion, and if it could be carried out in cases of nervous troubles wonderful cures could be made in insanity and other mental troubles.”

WHY?

If it is true that disease is all imagination and matter is a myth, why does not Mrs. Eddy, of the Christian Science Church, heal everybody? Why does she not drive disease from the face of the earth? If her theories are true, she and her assistants ought to spend fifteen minutes a day for a week or so and cure all the sick of earth. Why doesn't she? Or if that is too big a job, why doesn't she heal the sick people of her city? Certainly, it ought to be an easy matter to demonstrate the truth of her theories and at the same time do an act of humanity. If she wants money for her services, why not make a contract with the state legislature to heal every sick person in Vermont? The state legislature would willingly pay \$500,000 for a good job?

So I ask in all seriousness, why do not our Christian Science friends heal every sick one and banish pain?

I will print a letter of 500 words if any Christian Science friend wishes to explain why Mrs. Eddy does not or cannot or will not cure her neighbors.

E. E. C.

Advanced Thought

Luther Burbank, a Californian who is revolutionizing our knowledge of plant life by wonderful creations such as white blackberries and spineless cacti, expresses himself as follows:

"My theory of the laws and underlying principles of plant creation is, in many respects, diametrically opposed to the theories of the materialists. I am a sincere believer in a higher power than that of man. All my investigations have led me away from the idea of a dead, material universe, tossed about by various forces, to that of a universe which is absolutely all force, life, soul, thought, or whatever name we may choose to call it. Every atom, molecule, plant, animal, or planet is only an aggregation of organized unit forces held in place by stronger forces, thus holding them for a time latent though teeming with an inconceivable power. All life on our planet is, so to speak, just on the outer fringe of this infinite ocean of force. The universe is not half dead, but all alive."

The Wisdom of Emerson

WILLIAM E. TOWNE of Holyoke, Mass., has selected a number of quotations from Emerson's writings and arranged them in what he calls the Emerson New Thought Calendar. If you like Emerson's ideas you will like this calendar, and it will cost you 25 cents. Send to William. Here are some of the good things:

We must carry the beautiful with us, or we find it not.

* * *

Wisdom will never let us stand with any man or men on an unfriendly footing.

* * *

Everything in nature contains all of the powers of nature. Everything is made of one hidden stuff.

* * *

The law of nature is, Do the thing and you shall have the power; but they who do not the thing have not the power.

Meantime within man is the soul of the whole; the wise silence;
the universal beauty, to which every part and particle is equally re-
lated; the eternal ONE.

* * *

Don't bark against the bad but chant the beauties of the
good.

* * *

I do not trouble my spirit to vindicate itself or be understood;
I see that the elementary laws never apologize.

* * *

The things that are really for thee gravitate to thee.

* * *

All things are of one pattern made; bird, beast and flower,
Song, picture, form, space, thought and character
Deceive us, seeming to be many things,
And are but one.

* * *

There is one mind common to all individual men.

* * *

The power men possess to annoy me I give them by a weak
curiosity. No man can come near but through my act.

* * *

Place yourself in the middle of the stream of power and wisdom
flood, then you are without effort impelled to truth, to right and a
perfect contentment.
which flows into you as life, place yourself in the full center of that

Suggestion

WHOSOEVER worships beauty, seeks for truth or strives
for right,
Finds that all things are suggestions giving joy, or
strength or light.

Just a glint of blue sky gleaming through the toppling towers
of town—

Just the faint and far-off beaming that some trembling star sends
down—

May bring visions—dreams of beauty, radiant, fair, ineffable.
Waken raptures, joys ethereal, hopes light irrefragable.

Our Letter Box

Thirteen Commandments

Page 175 of SUGGESTION, September, '04, gives "Do it now" as the eleventh commandment. May I suggest to SUGGESTION the following:

Again, a new commandment I give unto you that, "Ye love one another" Jesus Christ.

"Do it now" should be number twelve. Perhaps some one will soon give a thirteenth commandment. "There is luck in odd numbers," says Rory O. Moore." Yours sincerely,

W. G. W. SMITH,

Priest of the American Catholic Church,
Altadena, Cal.

BERKLEY, VA., Sep. 28th, 1904.

EDITOR SUGGESTION:

By an accident a copy of your magazine has fallen into my hands, and I am forcibly struck with the "horse sense" contained therein and the benefits to be derived therefrom. Please enter me as a yearly subscriber, letting me know the cost, when I will be glad to remit.

Very truly yours,

JOHN M. GIBBS.

MAY L. DAVIDSON, Des Moines, Ia.:—

Faith, is the bright golden sunlight,
Sparkling o'er fresh morning dew;
Doubt, is the cloudiest night-time,
With guiding stars hidden from view.

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

It is not the troubles we have that cause us worry, so much as the ones we are afraid we will have.

ESTELLE MENDELL AMORY, Dows, Ia.:

Charity that is merely a vapory sentiment uncongealed into clothes, coal and good deeds, is of little practical value.

When by close, earnest thought, a difficult problem gets no solution it will best solve itself and thank you to let it alone. Try it.

When we understand rather than condemn our brother in his errors and missteps we have indeed gained a height.

Do not some of our brethren—the Christian Scientists—in always eating whatever they "crave" indulge in "error" and then "deny" the result?

Technicalities of law are never hunted up until one has some petty point of grievance to right. Then they are very much in evidence and must be "strictly enforced."

By MAUD L. LESSER, Syracuse, N. Y. :—

"Always speak the truth"—unless to be silent about it is better.
 "Do ye the next thing"—but not until you are sure it's the
 right thing.
 Practice does not always make perfect.
 "Deal with people according to what they are, not according
 to what you think they should be."
 "Nothing ventured, nothing gained"; but don't venture where
 there is nothing to gain.
 "If you have your doubts about a thing don't do it."
 "Doubt your doubts and believe your beliefs. Don't make a
 practice of believing your doubts and doubting your beliefs."
 Instead of wishing you could do that which you cannot, do
 what you can.

Auto-Suggestion and Pensions

Here we are living and touching elbows daily with veterans of both sides of the civil war. Almost invariably I have noticed that the veterans of the Confederacy are stronger and more healthful men in every respect than are those of the Federal army. The only exceptions I now call to mind are those who suffer from wounds actually received, and even those seem to get along better than Federal soldiers correspondingly wounded.

Now, is it not possible that suggestion (perhaps unconsciously) plays a great part in this relative state of health? Our Government pays pensions to the Federal soldiers but denies them to the Confederates. To secure a pension an old soldier has to prove a disability of some sort or other, and it apparently is not hard for him to do so. Therefore, he first conceives that it would be a good thing for him to get a pension, and so he consciously or unconsciously suggests an ailment or disability, which speedily grows worse till the pension is granted. The old Confederate, on the other hand, knows he can not get a pension, so he keeps in as good health and spirits as a man of his age might naturally expect. The question is, What part does Suggestion play in this matter?

In saying what I have I want it distinctly understood that I am casting no reflections on the old Union soldiers or unduly speaking in praise of the Confederates, for my father was a Federal veteran and a pensioner for ten years before his death. I am simply stating what observation has shown me to be a fact and asking what is the cause.

C. M. BECKER.

STILLWATER, OKLA., November 28, 1904.

Heaven never helps the man who will not act.—Sophocles. ^a
 Good deeds live forever.—Wm. L. Bryan.

Our Exchange Table

"Smile, and the world smiles with you,
 'Knock,' and you go alone;
 For the cheerful grin
 Will let you in
 Where the kicker is never known.
 Growl and the way looks dreary,
 Laugh, and the path is bright,
 For a welcome smile
 Brings sunshine, while
 A frown shuts out the light.
 Sing, and the world's harmonious,
 Grumble, and things go wrong,
 And all the time
 You are out of rhyme
 With the busy, bustling throng.
 Kick, and there's trouble brewing,
 Whistle, and life is gay.
 And the world's in tune
 Like a day in June
 And the clouds all melt away."

This choice sentiment (from Tengwill Talk) appears in the June number of SUGGESTION, a magazine published in Chicago and devoted to the new psychology.

Every line of the little poem rings with the gladness of a June morning. Cut it out and paste it in your hat and when inclined to "knock," be reminded that the "knocker goes alone."

The little magazine SUGGESTION, referred to in the opening paragraph, is engaged in a philanthropic mission. It should be read in every home where people think.

It deals with the power of the mind and advocates the value of suggestion and its influence over the ills of both mind and body.

There is an old Bible saying which reads something like this: "As a man thinketh in his heart, so is he." It was written a long time ago, yet the lapse of time has not destroyed its significance.

A man can have any kind of a disease which he chooses to

cultivate if he goes at it persistently and he can be driven to bed in a day's time by a little good-natured assistance on the part of his friends.

A group of young men spent the evening together. Half a dozen of them agreed to test the power of suggestion and the next morning as one of them met a friend on his way to business he said to him:

"Why, John, what's the matter, look as though you'd just got out of the hospital."

There was nothing the matter with John, and he said, "Never felt better in my life." In the next block he met another friend and he was shocked to find him looking so thin and worn out.

By the time he had talked with the last of the half dozen, his face was white, his step unsteady and he went home and was in bed for a week.

A great many people manage to worry themselves sick without the aid of friends, and the mind is responsible for the worry. SUGGESTION is a mind educator. It is more than that, for it stimulates to action.

One dollar a year invested in the magazine is better than \$10 invested in pills and powders. The sentiment which runs through the little poem sparkles on every page and the wholesome doctrine is taught that health and happiness go hand in hand and both are a common inheritance.—Editorial from the "Janesville Gazette."

LIFE'S experiences would not do for us what they should without shadows as well as lights, storms as well as calms, sorrows as well as joys, depths as well as heights. One long, unbroken flood of light would blind us, eternal calm would unnerve us, a continual round of joy would satiate us, and heights only would shut out from our enraptured vision the glories of aurora and the gorgeous coloring of evening.

We need the stimulation given by life's adversities. We readily drop into a state of lassitude and indifference when the currents of life long run smoothly. A jolt arouses and energizes us. With a bump we are brought to think with energy and to act with celerity. A snubbing post makes giants in a moment of what were otherwise pigmies. We are stirred by calamity, by reverses, by what we call ill-luck; but in their ultimate effects they prove friendly to our interests and do us vast good.—Dr. Leavitt in "Thought," a magazine of Psycho-therapy.



Business Talks

BY THE MANAGER



Mr. Conable in his magazine, *The Pathfinder*, Los Angeles, Cal., states that he has decided that distilled water has not the slightest nutrition in it; that it will kill plant life that depends wholly upon it, etc. All of this is quite true, but all of which is no argument against the use of pure water as we do not get any nutriment from water.

Plants need the minerals in soil or water, and hence could not very well live on pure water. But we are not plants, and we do not live on plant food. Our food must be *organic*, and no inorganic substance is assimilated or is necessary to the human economy. All lime, iron, potash, sulphur, etc., in the body comes from the food we eat (mainly vegetable), and every bit of inorganic matter taken into the body is just so much dirt, which clogs and obstructs and causes disease. I am sorry Mr. Conable has mixed plants and human beings, and it is unfortunate that he has given currency to a wrong statement. Did you ever see the grass and flowers quickly revive after a rain? Rain is distilled water and it has no nutrition in it. Fruit juices that Mr. Conable says he will use now are composed of distilled water and some sugar, and organic acids. The most healthful drink—the elixir of life—is distilled water and pure fresh fruit juices.

In the United States Army and Navy distilled water is used, and the chief surgeon of the Navy reports to this office that for over 20 years distilled water has been constantly used on naval vessels and he attributes the wonderful health and vitality of our tars to the use of this same water that has no nutriment in it, etc.

If you want to regain health or continue in health, drink daily at least two quarts of the very purest water you can get. The purest water is rain water—just H₂O—or distilled water.

Pure rain water is best for cooking, best for bathing, best for the hair and complexion. Pure water flushes the system and dissolves accumulated waste poisons, etc., and helps to make the old young, and the young, younger. Write to the firms advertising water stills in this magazine and ask for literature on the subject of pure water.

E. E. C.

A Corset Rest

Many women dislike to wear the old style corset, but they feel they cannot look well without one. They also feel the need of some support for the clothing. The ordinary corset hurts them, is uncomfortable and also injurious to health. But they must have some garment to support the figure and give a neat effect to the gown.

One of the best garments we know of for this purpose is the Grecian Bust Girdle. It has lines not found in any other garment sold. Its exclusive cut and construction gives it a perfection found in no other garment made. It supports the bust, braces the back, supports the clothing from the shoulders; does not pull down on the bust; allows full deep breathing; will not slip up on the bust, but conforms to each movement of the body and aids in giving poise and grace to the figure.

The woman who thinks needs a healthful body; the Modern New Thought Woman demands it. A healthful body and healthful mind go hand in hand and should be builded together. This garment is made by the Classic Mfg. Co., Washington, Ind. Write them and they will send you booklet telling about it.

On another page of this issue our readers will find the announcement of the A. W. Straub Company, of Philadelphia and Chicago, manufacturers of health foods, who will send—to all who request—a handsome booklet and a valuable receipt book of health foods free. I hope all our readers will avail themselves of this opportunity.



REVIEW NOTES



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

Books

"AUTO-SUGGESTION; What It Is and How to Use It for Health, Happiness and Success;" 184 pp.; linen cloth and gold; by Herbert A. Parkyn, M.D., editor of SUGGESTION; a book for those who think; handsomely printed on heavy paper; SUGGESTION Publishing Co., 4020 Drexel Blvd., Chicago.

Here is a practical book for those who seek to know the underlying laws of human effort; this book is an earnest attempt to give definite instruction regarding the use of psychic powers. It is not a fog bank; it is not a meaningless string of words; it is clear, concise, practical, helpful. It contains the essence of all systems of life culture, health culture, will and memory culture; it contains the germ of all that is true in occultism, success circles, vibrations, absent treatment, Christian Science, faith healing, etc. Read this book and understand how to use your inherent powers to accomplish any rational purpose. Do not walk in the dark; learn the law; know the how and the why; learn why one fails and one succeeds; why one is sick and another well; why one is steeped in pessimism and another is on the hilltops of optimism.

This book contains many of the articles written by Dr. Parkyn on auto-suggestion for SUGGESTION, the magazine of the New Psychology, with additional matter. It tells how to overcome physical troubles by auto-suggestion; how to improve the memory; how to overcome nervous troubles; how to become optimistic; how to build character, and how to become successful in the various pursuits of life. This book tells how to do things; it gives explicit directions as to the use of auto-suggestions, and how to develop the inherent psychic powers.

The book contains thirteen chapters, and is written in simple, plain language so that anyone who reads it can understand it and thereafter will have no difficulty in intelligently and practically employing auto-suggestion in a thousand ways to his lasting benefit.

This book will be welcomed by every student of Suggestive

Therapeutics, and by all who are in search of health or happiness or success. Everyone has within the power to satisfy all rational desires; it is a question of knowing how to employ these powers of mentality and thought force. Thought tends to take form in action; "As a man thinketh in his heart, so is he"—these statements are the text on which Dr. Parkyn's book is written.

The contents of the book are as follows:

CONTENTS.

- | | | |
|---------|-----|---|
| Chapter | 1. | Auto-suggestion. What it is and how it operates. |
| " | 2. | Auto-suggestion. Its effects and how to employ it to overcome physical troubles. |
| " | 3. | Auto-suggestion. How to employ it to overcome mental troubles. |
| " | 4. | Influence of early auto-suggestions for the forming of character. |
| " | 5. | Auto-suggestion for the formation of habits. |
| " | 6. | The cultivation of optimism through auto-suggestion. |
| " | 7. | Auto-suggestion and personal magnetism. |
| " | 8. | Auto-suggestion for developing concentration. |
| " | 9. | The achievement of success through auto-suggestion. |
| " | 10. | Auto-suggestion and success. |
| " | 11. | Auto-suggestion and breathing exercises. |
| " | 12. | Auto-suggestion. Its influence on health in the winter. |
| " | 13. | Auto-suggestion. The diagnosis and treatment of a typical case of chronic physical suffering. |

GIVEN AS A PREMIUM

Anyone who sends a new yearly paid-in-advance subscription to SUGGESTION will receive a copy of "Auto-Suggestion," post free, if the request is made when the subscription is sent.

OLD SUBSCRIBERS

An old subscriber who sends a renewal for one year may have a copy of the book for 25 cents additional, but the book under no circumstances will be sold separately at this price. Requests for the book must accompany the remittance.

NEW SUBSCRIBERS

New subscribers to SUGGESTION may have a copy of the book on "Auto-Suggestion" without charge if the request is made when their remittance is received.

Subscription rates including postage:

In the United States (except City of Chicago),
 Canada, Cuba, Mexico and the island possessions of the United States.....\$1.00

In the City of Chicago..... 1.25

Foreign except as noted, 6 shillings..... 1.50

If you are dissatisfied with the above offers, return the book within five days after receiving it and your money will be returned.

Send all orders to Suggestion Publishing Co., 4020 Drexel Blvd., Chicago.

* * *

Mental Healing

Every day I see in medical journals references to suggestive therapeutics or the power of suggestion as a healing agent. Many physicians in a dim way know that the mind has a great influence on the body but they do not know the laws of mental medicine.

Physicians have often been astonished to find that patients slept soundly after taking a supposed narcotic, when it was afterward discovered that a different medicine was administered which contained no soporific principle. Suggestion is one of the most potent forces with which man has to deal; suggestion will kill or cure, according to circumstances.

There is no excuse for lack of knowledge in this matter, for I will put full particulars of a book on mental healing in your hands if you will send name and address.

ELMER ELLSWORTH CAREY,

Manager SUGGESTION.

4020 Drexel Boulevard, Chicago, Ill.

* * *

Are You Interested?

In learning the very last word of science regarding the proper development of the body and mind, of how you can control both, of superb physical strength, mental vigor and the promise of long life?

Are you tired of being sick half the time, and half sick the other half?

Do you know that there is an organization formed of "thinkers" who make it a life study to solve the problems of "right living"?

Do you know that these people have found the "elixir of life," and it is not sold from a drug store for \$1.00 per bottle either?

We might go on asking questions, but will stop with just one more. Do you feel like investing two cents in a stamp? If so, we shall be very glad to hear from you, and will gladly send a copy of our "League Letter" telling you all about who we are. Write to the International Health League, 475 South Salina street, Syracuse, N. Y., U. S. A. Seventh year.

* * *

"The Modern Electropath"; devoted to drugless methods of healing. Send for sample copy to the editor, Dr. O. C. Klock, Elmira, N. Y. This publication is especially useful to those who contemplate a course in osteopathy or electropathy.

This, That and the Other

BUSINESS WOMEN

A Lunch Fit For a King.

AN active and successful young lady tells her food experience: "Some three years ago I suffered from nervous prostration, induced by continuous brain strain and improper food, added to a great grief.

"I was ordered to give up my work, as there was great danger of my mind failing me altogether. My stomach was in bad condition (nervous dyspepsia, I think now) and when Grape-Nuts food was recommended to me, I had no faith in it. However, I tried it, and soon found a marked improvement in my condition as the result. I had been troubled with deathly faint spells, and had been compelled to use a stimulant to revive me. I found, however, that by eating Grape-Nuts at such times I was relieved as satisfactorily as by the use of stimulants, and suffered no bad effects, which was a great gain. As to my other troubles—nervous prostration, dyspepsia, etc., the Grape-Nuts diet soon cured them.

"I wish especially to call the attention of office girls to the great benefit I derived from the use of Grape-Nuts as a noon luncheon. I was thoroughly tired of cheap restaurants and ordinary lunches, and so made the experiment of taking a package of Grape-Nuts food with me, and then slipping out at noon and getting a nickel's worth of sweet cream to add to it. I found that this simple dish, finished off with an apple, peach, orange, or a bunch of grapes, made a lunch fit for a king, and one that agreed with me perfectly.

"I thrived so on my Grape-Nuts diet that I did not have to give up my work at all, and in the two years have had only four lost days charged up against me.

"Let me add that your suggestions in the little book, 'Road to Wellville,' are, in my opinion, invaluable, especially to women." Name given by Postum Co., Battle Creek, Mich.

"The Road to Wellville" in each pkg.

What though ten thousand faint
Desert or yield or in weak terror flee!
Heed not the panic of the multitude;
Thine be the captain's watchword—Victory.

—Horatius Bonar.

MENTAL ACCURACY

Greatly Improved by Leaving off Coffee.

THE manager of an extensive creamery in Wis. states that while a regular coffee drinker, he found it injurious to his health and a hindrance to the performance of his business duties.

"I cannot say," he continues, "that I ever used coffee to excess, but I know that it did me harm, especially during the past few years.

"It impaired my digestion, gave me a distressing sense of fullness in the region of the stomach, causing a most painful and disquieting palpitation of the heart, and what is worse, it muddled my mental faculties so as to seriously injure my business efficiency.

"I concluded, about 8 months ago, that something would have to be done. I quit the use of the old kind of coffee, short off, and began to drink Postum Food Coffee. The cook didn't make it right at first—she didn't boil it long enough, and I did not find it palatable and quit using it and went back to the old kind of coffee and to the stomach trouble again. Then my wife took the matter in hand, and by following the directions on the box, faithfully, she had me drinking Postum for several days before I knew it. When I happened to remark that I was feeling much better than I had for a long time, she told me that I had been drinking Postum, and that accounted for it. Now we have no other kind of coffee on our table.

"My digestion has been perfectly restored, and with this improvement has come relief from the oppressive sense of fullness and palpitation of the heart that used to bother me so, and I note such a gain in mental strength and acuteness that I can attend to my office work with ease and pleasure and without making the mistakes that were so annoying to me while I was using the old kind of coffee.

"Postum Food Coffee is the greatest table drink of the times, in my humble estimation." Name given by Postum Co., Battle Creek, Mich.

There's a reason.

Begin nothing of which thou hast not well considered the end.

* * *

There is a better way.—E. E. C.

Wedding Presents

IT makes no difference whether you are married or single, you have been terribly bothered when it has been necessary to select a wedding present or any other kind of present for a friend or relative. Now, be honest! Is it not a fact that for this reason above all others so many

PEOPLE HATE WEDDINGS?

I hated them myself for this very reason until I determined to make my presents with my own hands. Since that time I have taken pleasure in weddings. I have made hundreds of wedding, birthday and Christmas presents for others who were bothered and my paintings are valued above other presents that are much more costly.

I AM WEDDED

to my work and make a profession of preparing presents for others.

What present can be nicer than a well-executed painting in water colors?

My water colors sell on sight and for this reason I send them out C.O.D. with privilege of examining them before paying for them. I paint them all myself, and charge from \$2.00 up, but you must pay the express charges. I can send a number to select from if necessary.

Write to me in good faith; tell me how expensive a present you want and I'll send you something that will satisfy you and please the bride.

My advice in the matter of presents may be of assistance to you. Write me confidentially and let me help you.

Address me, Mary M. Plaine, or simply "Plain Mary," care SUGGESTION Publishing Co., 4020 Drexel Boulevard, Chicago.

"To live poetry is infinitely greater than to write it."

* * *

"No longer forward or behind
I look in hope or fear;
But grateful take the Good I find,
The best of Now and Here."

A Model School

VERY few schools of drugless healing have forged ahead and become more widely known than the New York School of Electropathy of Elmira, N. Y. Showing what a man can do by strict application to business and by honorable dealings with all, Dr. Klock, the President and founder of this school, a successful Osteopath and Electropath, conceived the idea in the fall of 1900 that by combining the three great sciences—Osteopathy, Electropathy, and Massage—a grand work could be done for suffering humanity. His success with patients was so remarkable that he had applications from many persons, including medical men, to instruct them in his system which he named "Kinesipathy." This was the beginning of what is today a flourishing school with over 150 graduates in practice in the United States, Canada, and Mexico. In 1903 Dr. Klock concluded to ask the state of New York for a charter to teach his sciences. A company was formed and granted a charter on June 17 of that year. From that date success has crowned their every effort, and today the graduates of this school are among the most successful in practice, and their capacity for making money astonishes the oldest practitioners of all schools. Even those who have taken the correspondence courses are doing good work.

* * *

To establish a school of this kind with all the opposition attending its establishment by other and older schools, requires much hard work and ability. Dr. Klock can well be proud of his success.

* * *

Ever since Osteopathy and Electropathy have been in existence, a school has been needed where a person can acquire a thorough knowledge of these sciences, without spending too much time and money. A place where a man or woman of modest income could acquire a profession and lift themselves above common labor.

* * *

If you are adapted to healing the sick, and like it, you are sure to succeed by some application on your part. Join the procession now—the field is large and the opportunities are unlimited.

* * *

Full particulars will be sent to any address by mentioning SUGGESTION.

The New Thought Corset

A CORSET THAT BREATHES.

When you wear the Wade Corset you are encouraging a beautiful figure as well as being healthy, comfortable, and stylish.

FOR STYLE: The finest modistes prefer our corsets to others because they are perfect in style, and there are no sharp lines showing through the garment to destroy the harmony of continuous curves. But not only the devotees of fashion, but physicians and teachers of physical culture as well, speak loudly in favor of the Wade.

FOR HEALTH: There are other and deeper relations to be considered—those between the corset and physical health and mental and moral repose. We are not all equally endowed with physical beauty, but that which we have is retained and heightened by health. By right living and dressing we may husband beauty so as to retain its possession long after those more fortunate than we in early youth have become hopelessly bankrupt in physical attractions. Nothing conduces more to this beauty-giving health than blood purified by ample respiration, enriched by active digestion, and sent to all parts of the body by a vigorous circulation. Yet every one of these natural restoratives of youth and grace is hampered by a rigid corset.

FOR THE IMPROVEMENT OF THE FIGURE: There are women who lace tightly in the fear of growing fat, little thinking that they are adding to their adipose by the very means they take to restrain it. The ill-instructed victim of tight lacing packs her vital organs in steel and whalebone only to have them enlarge and degenerate with her sluggish circulation. Exercise is the best remedy known for unwieldy weight, and a rigid corset checks the most effective exercise which the body normally takes even when in repose—the ever-repeated movements of the functioning organs and respiratory muscles.

FOR COMFORT: "The heavenly sensation of feeling your corsets breathe with you, instead of trying to expand and meeting with iron walls, is simply a marvelous thing. The shape is fine also."—MRS. SARAH KNOWLES.

"I have worn the Wade Corset with pronounced benefit physically for the past three years. Other members of my family, as well as many personal friends, add their testimony as to its health giving and preserving power."—MRS. ADLAI STEVENSON.

"I am desired by Miss Olga Nethersole to tell you that the corsets you made are a perfect fit and most comfortable."—By MAUD FIELD.)

FLESHY WOMEN, REDUCE YOUR HIPS AND ABDOMEN: We will guarantee to reduce the size of your hips and abdomen from three to twelve inches.

REPRESENTATIVES: The Wade Corsets are not for sale by the general trade. We have our own exclusive salesrooms and agencies in all the leading cities throughout the country, and as rapidly as possible are establishing agencies where we are not already represented; agents wanted.

Particular attention is paid to all orders received by mail, and we guarantee satisfaction.

Samples of corset material, price list, order blank, and directions for self-measurement, sent free on application.

Send for booklet free. Address all communications to

THE WADE CO., Room 216, 34 Washington St., Chicago, Ill.

[NOTE: Strips of elastic are used in the construction of the Wade Corset which allows for proper expansion in breathing; for this reason the Wade Corset more nearly approaches hygiene perfection than any other corset made; at the same time violates no aesthetic or symmetrical consideration.—MANAGER SUGGESTION.]

THE LAW OF Psychic Phenomena

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

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

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

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

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

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

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

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

Send all orders to

PREMIUM SUBSCRIPTION AGENCY

4000 Cottage Grove Avenue, Chicago.

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

WE CLIP

15,000 Newspapers and Periodicals
Every Week.

THINKERS, STUDENTS,
WRITERS,
PUBLIC MEN, BUSINESS MEN

And ANYONE wishing to collect clippings on any subject—business pointers, material for lectures, sermons or debates—should read our booklet, "The Uses of Press Clippings." Sent to any address on receipt of stamp.

Consolidated Press Clipping Co.,
167 Wabash Ave., Chicago.

\$100 to \$500 per month is yours if you look into this offer made by the only chartered legal institution in the U. S. that can empower you to do better work than any M. D. or Healer (purely scientific). Information given—no attention without 2c stamp. 10c booklet free. Address The National School of Manual, Physical and Suggestive Therapeutics, 133 Colonial Arcade, Cleveland, Ohio.

SPECIAL LIMITED EDITION OF ALBERT CHAVANNES' WORKS.

The writings of the late ALBERT CHAVANNES, well-known author of "Mental Science," "Vital Force," "Nature of the Mind," etc., have just been combined in four beautifully bound volumes, in green cloth, gold side and back stamps. This special edition is limited to seventy-five sets. The four books, containing over twelve hundred pages, sell for \$4.00 the complete set, delivered. Also the paper bound books can be had at 25 cents apiece, except "Mental Science," which is 50 cents. Address

CECILE CHAVANNES,
308 4th Ave., Knoxville, Tenn.

HOW TO READ EYES, WITH INSTRUCTIONS HOW TO STRENGTHEN WEAK EYES.

A practical and scientific treatise on how character may be read by the color and shape of the eyes; how to cultivate strong eyes; what constitutes the different color; how defect of vision is invited and how to guard against such trouble. Also why men like blue eyes best. By "MARTINI." Postpaid, 25c. F. D. Martini, Atlantic City, N. J.

ONE DIME brings fine book California Views, a pretty 4-page song, a quick pencil-pointer and GOOD NEWS for all.

THE C. S. CLUB, 743, S N,
San Diego - - - California.

IMPROVE YOUR FACE

By Making Faces An illustrated booklet describing exercises that will make the face healthy, beautiful, and wonderfully expressive. Sent, postpaid, upon receipt of price, 25c.

Something New How to beautify the eyes and strengthen the muscles of the jaw. Illustrated by 12 beautiful half-tones, making the exercises easy to follow out. Sent, postpaid, 25c.

Special Illustrated Chart Course 20 Exercises. A course of physical culture especially prepared to meet the needs of every man. Contains exercises for the development of the arms, shoulders and forearms. Can be practiced in your room without weights of any kind. Sent upon receipt of 25c.

Just Off the Press.—Development of the Neck Muscles This book also contains an article on how he trained Al. Treloar, the world's most perfect man, and enabled him to carry off the \$1,000 prize, offered at Madison Square Garden, from a hundred competitors selected the world over. This article alone is worth double the price of the book. Invaluable to any man desirous of bettering his physical condition. Sent, prepaid, upon receipt of price, 25 cents.



THE CHEST

ITS ACTION AND ITS MUSCLES

The function of breathing is the most important of all the vital processes. I claim that two-thirds of the inhabitants of the globe do not know the proper way to breathe. This fact is, without doubt, responsible for one-half the present-day sickness. My new book, **The Chest**, will teach you how to breathe. It will make you healthier and happier. The book is fully illustrated by beautiful half-tones, enabling you to easily follow out the exercises I outline therein. I will send this book to any address upon receipt of price, 25 cents.

My Special Offer. I will send my complete series of books, **The Chest**, **Making Faces**, **Development of the Neck Muscles**, **How to Beautify the Eyes**, and my **Chart Course**, regular price \$1.25, on receipt of \$1.00.

Address, **PROF. ANTHONY BARKER**, School of
Physical Culture
1164 W. BROADWAY, NEW YORK CITY.

When writing to advertisers please mention SUGGESTION.

BIOCHEMISTRY

The Natural Law of Cure

Suggestion Cures when it Suggests the Cure

The human body is a receptacle for a storage battery, and will always run right while the chemicals are present in proper quantity and combination, as surely as an automobile will run when charged or supplied with the necessary ingredients to vibrate or cause motion.

Symptoms, called disease, disappear or cease to manifest when the food called for is furnished.

BIOPLASMA is a perfect nerve, brain and blood food, composed of the phosphates, sulphates and chlorides contained in vegetables, fruit, grain and nuts. It supplies deficiencies in the chemistry of blood and cures disease.

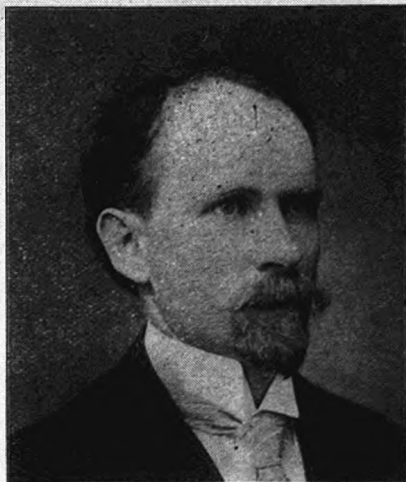
Powders or tablets for one month, \$3.00
three months, 7.00

Prepared under directions of the noted biochemist, Dr. George W. Carey, author of the Standard books on Biochemistry. Address,

THE CHEMISTRY OF LIFE CO.,

Box 357, Los Angeles, Cal.

N. B.—If you write for further information send 2c stamp and give date of birth—the wise will understand.



This is J. M. FITZGERALD

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

Call or write for booklet to-day.

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

If You See any advertisement in this issue that arouses your curiosity, please write for particulars. Say you are curious, and that you saw it in SUGGESTION.

PUBLISHER SUGGESTION.



Urooman Patent Sanitary Sink Strainer

... No kitchen is complete without one; get a Vrooman Sink Strainer and housekeeping becomes a thing of beauty and a joy forever. Ask your hardware dealer or send us 30 cts. in stamps and get a strainer by mail, postpaid.

F. H. & E. B. UROOMAN

321 Dearborn St., Chicago.

MEN, DON'T DOCTOR, BUT

Read the startling little "Pocket Physician," by DR. GEO. J. MARKERT. In plain and easily understood language it tells you how to cure yourself at home, without the use of drugs or medicine of any kind.

The treatment is simple and easy to follow, involving no hardship or deprivation of the rational pleasures of life. ONE DOLLAR will bring it to you in a plain sealed cover. Order today and address

GEO. J. MARKERT,

1480 Avenue "A,"
NEW YORK CITY

When writing to advertisers please mention SUGGESTION.

THE Van Valen Sanatorium

201 Capitol Avenue, ATLANTA, GEORGIA



For the reception of Nervous, Mental and Chronic Diseases. The methods of treatment are Psychological, Osteopathic, Massage and Baths. Write for detailed information. Free booklet upon request. Practice established 1899. Incorporated 1901.

SCRAP BOOKS

LOOSE-LEAF EXPANSION.

People interested in preserving press clippings should investigate our loose-leaf expansion system of arranging items. This has become very popular with our subscribers. : : : : : Full information given on application. Address : : : : : :

20th Century Press
Clipping Bureau,

77 Jackson Boulevard - - - Chicago, Illinois.

STOP FORGETTING! THE KEY TO SUCCESS

IS THE DICKSON SCHOOL OF MEMORY'S CORRESPONDENCE COURSE

THE Art of Memory reduced to a science, so that the ordinary brain is capable of retaining facts as easily as the more gifted. My method will enable you to accomplish more in a week than the hard-working man who does not THINK, will be able to do in a month, thus saving time and doubling your income. Poor memory is simply a lack of knowing HOW to think. The Dickson Method supplies that want, teaches you to think, to remember, to concentrate your mind, to converse fluently, to recall instantly faces, names, business details, books, studies, etc. No cumbersome and wearying method to memorize, requiring a strong memory to begin with. Simple, easy and sure to bring satisfactory results.

SLIPS of memory often mean the sacrifice of success, happiness, and even life itself. Master your mind, compel it to respond clearly, accurately, instantly. By my method you can convert a treacherous memory into a reliable one. Its study will give you perfect mind control and mental poise. Requires but a few minutes each day and richly repays the time invested. No matter what your life work is, a study of this method will make you more successful. A good memory saves time and money. Thousands of testimonials from men and women in every walk in life have been received from all over the world, stating that the writers owe their success to it.

Write to-day for wonderfully interesting, illus., 22-pg. booklet "How to Remember"

DICKSON SCHOOL OF MEMORY, 940 KIMBALL HALL, CHICAGO

When writing to advertisers please mention SUGGESTION.

FACE TO FACE



W. Augustus Pratt, B.S., M.D.

With your face in a
looking glass.

Carefully study your face, and for once in your life try
to realize how you look to others.

"See yourself as others see you"

First Impression is Strongest.

QUESTION NO. 1—Are you beginning to look old, passe and wrinkled, or unpleasant to others?

QUESTION NO. 2—Have you loose, flabby skin, bags or wrinkles over, under or around your eyes? If you have, know that these telltale marks can be removed.

QUESTION NO. 3—Have you haggard hollows in your cheeks, around your eyes? If you have, know that the hollow eyes can be made youthful in appearance and your cheeks plump and rosy.

QUESTION NO. 4—Have you hard, deep exaggerated expression lines running from each side of your nose down to or around each corner of your mouth?

QUESTION NO. 5—Have your cheeks fallen or begun to hang down "dog chop fashion"? If so, know that the cheeks can be lifted up where they belong, taking the slack out of the neck and from around the chin.

QUESTION NO. 6—Have you a weak or receding chin, has your chin and neck lost its graceful shape of youth? Has it become flabby, baggy, unsightly or repulsive to look upon? If it has, by the "IMMEDIATE PROCESS" you can reduce the bulkiness and remove the superfluous skin.

QUESTION NO. 7—Have you the telltale marks of the "CROSS PATCH," ugly frown lines, running perpendicularly between your brow, which makes you appear as if you were grouchy all the time?

QUESTION NO. 8—Are your ears unshapely, too large, protruding or over conspicuous? If they are, have them set in and shaped.

QUESTION NO. 9—Are the nostrils "too big," irregular or unpleasant in appearance? If they are, they can be made smaller and natural.

EVERY DEFECT OF FACE CORRECTED.

Dr. Pratt, with his knowledge, skill and experience, can positively overcome every disfigurement which the human flesh is heir to. It matters not to him whether the defect is due to birth, accident, illness, dissipation or habit, there is no blemish which he cannot remove, usually in one visit. Pockmarks, birthmarks, tattoo marks, powder marks, coarse pores, blackheads, blotches, scars, superfluous hair, moles, warty growths, and all other defects or disfigurements are made to respond to his treatment.

DO NOT GO ANOTHER DAY WITH ANYTHING ABOUT YOUR FACE which may be repulsive or unpleasant to others. You need every possible advantage in your favor and the older you become the more you need the prestige of a pleasing face to make the most out of life. It matters not whether your aspiration be towards public life, domestic life; whether you aspire to business or social success, "good looks" will be the strongest card in your favor. Be sure and have it ready to play when the opportunity offers. Do not wait until the game of life is finished and then regret "what might have been."

NO CHARGE FOR CONSULTATION.

Dr. W. Augustus Pratt,

WORLD FAMOUS FACE SPECIALIST.

Originator and Inventor of the marvelous "IMMEDIATE PROCESS."

147 STATE STREET, CHICAGO.

When writing to advertisers please mention SUGGESTION.

PERSONAL MAGNETISM

Why not become Attractive and Influential?

SOME PEOPLE POSSESS A SILENT AND UNSEEN POWER WHICH ATTRACTS OTHERS WHO IN TURN FIND PLEASURE IN CONFERRING THEIR CONFIDENCE, GOOD WILL AND PATRONAGE.

THAT SILENT POWER WE TERM PERSONAL MAGNETISM. IT CAN BE ACQUIRED THROUGH CULTIVATION.

LEROEY BERRIER'S

CULTIVATION OF PERSONAL MAGNETISM

IS A BOOK THAT TELLS JUST HOW TO ACQUIRE THIS DESIRABLE POWER.

THIS BOOK IS GUARANTEED TO GIVE SATISFACTION. Price in cloth \$1.00, in paper 50 cts.

Just Out: "The Power of Self Formation."

By same author.

Price in cloth, gilt top, 80 cts.; in paper, 50 cts.

This book presents the HUMAN CULTURISTS' methods of utilizing AUTO-SUGGESTION in SELF FORMATION. One man after reading it wrote and told the author, "YOU HAVE DONE MORE GOOD THAN ANY MAN THAT EVER LIVED."

FREE On request an eight-page folder describing **THE MASTER'SHIP COURSE**.

Address **LEROEY BERRIER**

2301 Farnam Street, DAVENPORT, IOWA

NEVER SICK

IF YOU WOULD BE always well and strong, free from sickness and doctors' bills, without the use of medicines, use Dr. Wright's "New Internal Bath" for the treatment of Constipation, Indigestion, Biliousness, Liver, Kidney and Lung Troubles, and nearly all forms of chronic disease, and the prevention of acute diseases, as La Grippe, Cerebro-Spinal Meningitis, Appendicitis, etc. No matter what you are doing now for health, do this also. Send name and address on a postal card for "THE ART OF BEING WELL" and a sample copy of Health Culture, the best health magazine published. Address, The Health-Culture Co., Dept. S, 151 W. 23d St., New York.

VITALIZED

FOOD ELEMENTS

COME, TAKE YOUR FILL of Truth, Love, Health:

God's greatest gifts in Nature; for lacking these, though full of wealth, man's but a caricature. The **Extreme Importance** of the vitalized biochemic cell salts cannot be overestimated by anyone desiring to gain or retain vigorous health and overflowing vitality. The tissue salts as found in the human body are 12 in number, and not 57 for 57 different diseases; for there is but one disease—**MALNUTRITION**—caused indirectly by wrong living habits, but directly by impure blood and low vitality. Therefore, for you to adopt right habits, if life is good but not sufficiently potent when ailing for some time, as many have found. Now, as there is but one disease (though many symptoms), there can be but one remedy, viz.: Purify and enrich the blood and build up the vital forces. Hygienic habits are of but negative value compared with the positive necessity of the vitalized biochemic earth salts, such as the phosphates and sulphates of magnesia, iron, sulphur, phosphorus, sodium and silica. These cell salts as prepared by me are neither drugs nor medicines, but are those organic vital food elements mostly lacking or indigestible in the average diet and of equal importance to food itself. Such symptoms as stomach, liver and kidney troubles, rheumatism, nervous and chronic headache soon vanish like the morning dew before the rising sun. I will send one full month's supply of these vitalizing cell salts on receipt of \$2.00, or three months for \$5.00. Attend now and address

DR. WILLIAM BENJAMIN LEVY,

D. M., D. O., M. E.

58 East 115th St., New York City, N. Y.

Suggestive Therapeutics

We Furnish a Complete Course of
Correspondence Lessons

IN SUGGESTIVE THERAPEUTICS,

and people may now learn the principles and practical application of Suggestion through this complete course, and all intelligent people can learn to do successful work in Suggestive Therapeutics in this way. Absent pupils get diplomas the same as those who took our Personal Course. We send a complete **Table of Contents** of our Correspondence Course of Lessons, so all may see at a glance just what it comprehends. Send for it now: **Free!** See what Mr. Hudson says about our course:



DEAR DR. PITZER:

Many thanks for your Correspondence Course. I have read it very carefully, and I must acknowledge that it is the best I have seen of the many now before the public. The great beauty of it is that it is easily understood, and practical to the last degree.

1028 Trumbull Ave., Detroit, Mich., Oct. 30, 1902.

THOMSON J. HUDSON, L. L. D.,

Author of Law of Psychic Phenomena, etc.

NOTE.—People suffering from all kinds of diseases are treated here by Suggestion alone, and without medicines. And when not able to come here for treatment we show them how they may be cured at their homes. **Free Booklets** explaining our method sent upon application. All sick people should read these booklets. Sent **Free** to everybody. For announcements, fully describing our Correspondence Course, and other information relating to the treatment of patients, ask for just what you want, and

Address, **GEO. C. PITZER, M.D.,**

1356 Josephine St., Denver, Colorado.

When writing to advertisers please mention SUGGESTION.

THE GREAT QUESTION OF THE AGES



"Some are born to honor and others to dishonor; some to wealth and others to want; some in the midst of crime, ignorance and sorrow, others environed by happy conditions. When and where is the law of compensation applied to equalize these conditions, or why should these things be? "The necessity for a complete and scientific answer to the above and like interrogatories, relating to life, its purposes and destiny, is my excuse for presenting to the world the data contained in 'Science and Key of Life, Planetary Influences,' by Alvidas et Al."

Vols. I, II, III, IV and V now ready. Price \$2.00 per volume [9x6 inches, bound in cloth, gold mounted] postage or express prepaid.

These Volumes Contain from 270 to 340 Pages Each.

ASTRO PUBLISHING CO.,
Hodges Building, Detroit, Mich.

AN OPEN LETTER

By the Author of The Power-Book Library,

Frank C. Haddock, Ph. D.

To Sane, Ambitious People: I have built a business from a dream to a reality. Materials: An ideal, some scientific thinking, and a trained and persistent will. I began with blank paper, and have created—not theories on hypnotism, nor a fantastic correspondence school of occultism (which seems to hurt life rather than to help life), but plain books, every page of which hugs the practical plane for the evolution of your will, your entire personality, and a magnetic address and power absolutely real and money-getting in your own life and career. In proof I will submit a few of many commendations received. I have never lied in my advertisements or circulars. To any person requesting, the source and address of any or all these commendations will be given. You can rely on them perfectly.

COMMENDATIONS.

"Few people realize the benefit of such a magnificent work ('Power of Will.') I never spent money better in my life." * * * "I consider 'Power For Success' to be a human elevator." * * * "I have never had a book in my hands equal to it." * * * "You have written the greatest book I know." * * * "It covers the whole field of psychical, mental and physical man." * * * "You may spend money on cheap works on success, but you will have to get this one in the end." * * * "Have been through the book five times and spent numberless profitable hours with it. Today the price paid (\$10.00) does not appear as large as a penny." Pages of "Suggestion" might be filled with similar remarks.

OPPOSED TO OCCULTISM.

I have nothing to do with the occult "sciences." This writing is induced by the fact that the country is flooded with "systems" crude, foolish and wasteful to buy. You want to keep level-headed. You need to know what yourself is, and how to handle yourself. These are the aims of The Power-Book Library. My clients are sane, educated people who voluntarily declare for the dignity and solid, practical worth of the Power-books. They are enthusiastic beyond my expectations. The books are plain, practical, scientific manuals—companion-instructors—in the evolution of common sense personal, business and professional success. Not beautiful theories about success, but practice-books for success. They will unfold your personality for actual life-success and financial success if you will put into them reasonable effort, no matter who you are nor what your business may be.

Sincerely yours,

FRANK C. HADDOCK.

"Power Of Will" is 5 1/2 x 8; 30 chapters; 431 pages. Price, postpaid, \$5.00—cost of a box of ordinary cigars. "Power For Success" is 6 1/2 x 9 1/2; 27 chapters and introduction; 425 pages. Price, \$10.00—cost of "my lady's flowers." The two, \$12.00—cost of a little foolishness at the bar. Can you withhold a bit of spending money for bona fide lifelong instruction? We shall be pleased to send you the Deckle-edge and Golden Power Circulars. Postals not desired. Money order office, Newton Center, Mass. Address,

The Power-Book Library,
Auburndale, Mass.

When writing to advertisers please mention SUGGESTION.

THIS SPINE NEEDS FIXING SO DOES YOURS

All Diseases are
CURED
Without Drugs or Knife when
the cause is removed by
CHIROPRACTIC

The Unique and Scientific Adjustment
of the human machine

No one living can justly claim to be the **DISCOVERER** as it has
been practiced in Bohemia for years under the name **NAPRAVITI**

Sick and Suffering from far and near come
to our Health Home and go away well.
If you are sick write for our booklet
"CHIROPRACTIC FACTS"

THE AMERICAN SCHOOL

Chartered by the laws of Iowa is the first
and only school of **CHIROPRACTIC** with
a two year's course of Study. Classes
matriculate in September and February

SEND FOR SCHOOL
ANNOUNCEMENT

SEND FOR "BACKBONE" THE JOURNAL
OF CHIROPRACTIC - \$5 A YEAR

DR. **S. M. LANGWORTHY** PRES.
AMERICAN SCHOOL OF CHIROPRACTIC

12 Ave. Cedar Rapids, Iowa, U.S.A.

H. I. M.

A minute a day for health. The Health
Insurance Machine is all its name implies.
Gives rapid results. Is priced for "the
masses," hence small advertisement.
Briefly—it exercises and develops the whole body quickly, sav-
ing time and avoiding fatigue. It is a powerful massage ap-
paratus, including scalp massage. Specially adapted to keep-
ing the arteries pliable and "young." Invigorates all vital or-
gans. Can stretch self taller with it, too, if desired. Old age
shrinkage impossible to H. I. M. users. Price \$3.50; U pay
Xpress. Give height and weight in ordering. Send for infor-
mation we defer you to put in the waste basket. ELLVEE
CO-ED. 485 N. 6 New Reade St., New York.



EVERY WOMAN

is interested and should know about the wonderful

MARVEL Whirling Spray

The New Vaginal Syringe. *Injection and Suction.* Best
—Safest—Most Convenient. It cleanses instantly.
Ask your druggist for it. If he cannot supply the
MARVEL, accept no other, but send stamp for illus-
trated book—sealed. It gives full particulars and direc-
tions invaluable to ladies.

MARVEL CO., Room 1-B, 44 E. 23rd St., New York.

Nutritious

Made from the whole Wheat Grain.

The food which has proved a success in
Constipation.

The only food containing Celery.

The Celery, an invigorating food tonic
for the nerves.

DR. PRICE'S WHEAT FLAKE CELERY FOOD

In preparing, untouched by human hands.

Served hot in winter — cold in summer.

No breakfast food can compare with it.

The best food for all classes — growing
children and invalids.

Made by Dr. Price, the famous Food
Expert.

Creator of Dr. Price's Cream Baking Pow-
der and Delicious Flavoring Extracts.

For sale by all representative grocers.

One full size carton sent free to any
address mentioning "SUGGESTION."

Price Cereal Food Co., Chicago.

Birth Marks, Warts, Moles, Corns, etc. removed
by the different color rays of sunlight.
NEVER FAILS. Any person of ordinary intelli-
gence can make money at this business. Appa-
ratus not expensive. Those wishing to study the
healing art, I can save hundreds of dollars.
Books on light, color and all other drugless
methods. Write to me today and let me start
you to making a good income. Address
Dr. J. K. Richardson, Kiowa, Kan.

ESSENOLOGY.

Do you want to learn how to control yourself, and how
to exercise the greatest control and influence over others?
Do you want to know how to preserve your health, how to
keep your mental and physical organism in harmony? Do
you want to know the laws of mental action and their ap-
plication? Do you want to know how to use the wonderful
powers of your own mind, Prevision, Telepathy, Mental
Attraction, Weather Forecasting, Mineral Divination?
Send stamp for pamphlet. **THE COUGHER MENTAL
TRAINING SCHOOL**, 1209-11 Grand Ave., Kansas City, Mo.

JOIN THE

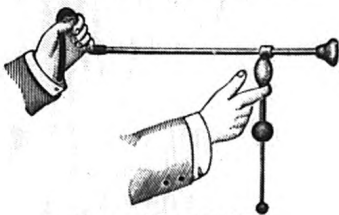
AMERICAN ASSOCIATION OF PHYSICIANS AND SURGEONS

A LIBERAL ORGANIZATION REPRESENTING ALL SCHOOLS. MEMBERSHIP FEE,
INCLUDING ELEGANTLY ENGRAVED CERTIFICATE, \$2.00. Write for particulars.

GEO. S. HARNDEN, M. D., Water Valley, Ark., or 3422 Indiana Ave., Chicago.

HELP TO HEALTH

The Most Beneficent Invention of the Age



Patented Oct. 25, 1904.

"There is only one disease—Congestion."
"There is only one cure—Circulation."

The Portable Exhilarator

No. 1, price \$5.00; No. 2, price \$2.50; 25c extra for express charges.

Relieves and cures all pains: Headaches, Hay fever, Catarrh, Nervousness, Indigestion, Sprains, Lumbago, Torpid Liver and Kidney Troubles. It is the quickest and simplest method of relief. It can be operated by the patient or by any member of the family. It relieves and cures the trouble without any ill effects on the heart or stomach.

Lambert Snyder Vibrator Co.,
10 and 12 West 22nd Street, N. Y.

Send for Free Booklet.

I TEACH YOU

—THE—

SCHAEFER SYSTEM OF HEALING

And make a SUCCESSFUL
ELECTROPATHIC DOCTOR

Of you. Any lady or gentleman can easily learn how to treat the sick according to the Schaefer System, cure them and establish an honorable business.

DIPLOMA AND CERTIFICATE

Granted to students. I do all in my power to help my students in establishing a good paying practice. I refer you to Dr. E. Gleitsmann, B. S., M. D., 682 Fullerton Ave., Chicago, Ill.; Rev. A. H. Gunn, Supt. of the Children's Home, Los Angeles, Cal.; Mrs. G. Lane, Kiowa, Kas.; Dr. Woodhouse, 195 College St., Toronto, Ont.; Chr. Bartels, Oil City, Pa. If you look for something good, here it is. Address

DR. SCHAEFER,
ELECTROTHERAPEUTIST,
ERIE, PA.

When writing to advertisers please mention SUGGESTION.

VARICOCELE-

ITS CURE IS MY SPECIALTY

Write me about it and I will tell you how. No medicines to sell. I have a Sanitarium. Write plainly and address D. D. Richardson, M. D., 20 East Adams Street, Chicago. Carrier 401.

A SUGGESTION

from The Apocalyptic Publishing Co., London, Eng.

READ

Colville's "Human Aura and the Significance of Color"	\$0.25
O Hashnu Hara's (England's Leading Occultist) Business Success Through Mental Attraction	.25
The Road to Success	.50
The Occult Practice and Teaching of Christ	.50
Concentration and the Acquisition of Personal Magnetism	1.00
The English Magazine of Mysteries, monthly, per year	1.50
Psychicoppy. Limited edition. Sold by subscription only	12.50

American orders filled by

Frederick Cole, 1773 Broadway, New York City

COLUMBUS SAFETY INK WELL



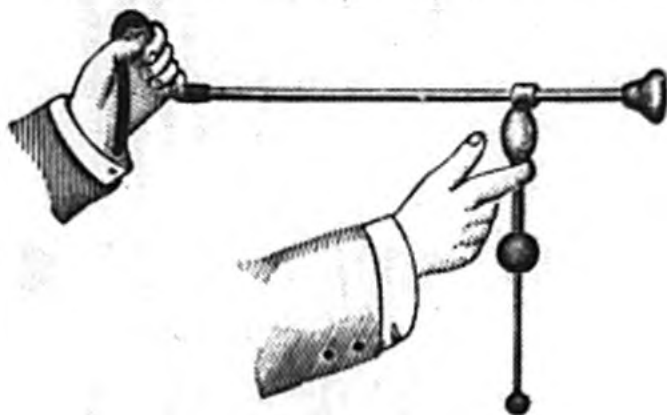
Unique, simple, practical. Ink contained in rubber bulb with glass funnel, enclosed in beautifully finished egg-shaped, aluminum case. Absolutely non-spillable. Turn upside down, drop on floor, carry in satchel or pocket, will not spill a drop. "Rubber-dip" regulates supply of ink to pen. Rights itself if tipped over. Non-evaporating. Dust-proof. A perfect inkwell for home, office, school or travelers' use. Order one today. 50c postpaid. Agents and dealers wanted. C. E. Locke Mfg. Co., 31 Ash St., Kenosha, Iowa.

VARICOCELE

ITS CAUSES, EFFECTS, complications and permanent cure without operation, pain, discomfort or detention from business. A device built on the most advanced scientific principles. No long tapes to chafe the limbs, and no outward appearance or indication from the clothing of its being worn. Gives support and compression without interfering with the natural circulation of the blood. Price, with lotion, \$2.00. Send for folder-free by mail, sealed. HENRY M. KEYES, M. D., N 178 York St., Buffalo, N. Y.

HELP TO HEALTH

The Most Beneficent Invention of the Age



Patented Oct. 25, 1904.

"There is only one disease—Congestion."
"There is only one cure—Circulation."

The Portable Exhilarator

No. 1, price \$5.00; No. 2, price \$2.50; 25c extra
for express charges.

Relieves and cures all pains: Headaches, Hay
fever, Catarrh, Nervousness, Indigestion, Sprains,
Lumbago, Torpid Liver and Kidney Troubles.

It is the quickest and simplest method of relief.
It can be operated by the patient or by any member
of the family. It relieves and cures the trouble
without any ill effects on the heart or stomach.

Lambert Snyder Vibrator Co.,
10 and 12 West 22nd Street, N. Y.

Send for Free Booklet.

THIS SPINE NEEDS FIXING SO DOES YOURS

All Diseases are **CURED** Without Drugs or Knife when the cause is removed by **CHIROPRACTIC**

The Unique and Scientific Adjustment
of the human machine
No one living can justly claim to be the **DISCOVERER** as it has
been practiced in Bohemia for years under the name **NAPRAVIT**
Sick and Suffering from far and near come
to our Health Home and go away well.
If you are sick write for our booklet
CHIROPRACTIC FACTS

THE AMERICAN SCHOOL

Chartered by the laws of Iowa is the first
and only school of **CHIROPRACTIC** with
a two year's course of Study. Classes
matriculate in September and February

SEND FOR SCHOOL
ANNOUNCEMENT

SEND FOR "BACKBONE" THE JOURNAL
OF CHIROPRACTIC - \$5.00 A YEAR

DR. **S. M. LANGWORTHY** PRES.
AMERICAN SCHOOL OF CHIROPRACTIC

1st Ave. Cedar Rapids, Iowa, U.S.A.

H. I. M.

A minute a day for health. The Health
Insurance Machine is all its name implies.
Gives rapid results. Is priced for "the
masses," hence small advertisement.

Briefly—it exercises and develops the whole body quickly, saving
time and avoiding fatigue. It is a powerful massage apparatus,
including scalp massage. Specially adapted to keeping
the arteries pliable and "young." Invigorates all vital or-
gans. Can stretch self taller with it, too, if desired. Old age
shrinkage impossible to H. I. M. users. Price \$3.50; U pay
Xpress. Give height and weight in ordering. Send for infor-
mation we defy you to put in the waste basket. ELLVEE
CO-ED. ASS'N, 6 New Reade St., New York.



EVERY WOMAN

is interested and should know about the wonderful

MARVEL Whirling Spray

The New Vaginal Syringe. Injection and Suction. Best
—Safest—Most Convenient. It Cleanses Instantly.
Ask your druggist for it. If he cannot supply the
MARVEL, accept no other, but send stamp for illus-
trated book—sealed. It gives full particulars and direc-
tions invaluable to ladies.

MARVEL CO., Room 1-B, 44 E. 23rd St., New York.

Nutritious

Made from the whole Wheat Grain.

The food which has proved a success in
Constipation.

The only food containing Celery.

The Celery, an invigorating food tonic
for the nerves.

DR. PRICE'S WHEAT FLAKE CELERY FOOD

In preparing, untouched by human hands.

Served hot in winter — cold in summer.

No breakfast food can compare with it.

The best food for all classes — growing
children and invalids.

Made by Dr. Price, the famous Food
Expert.

Creator of Dr. Price's Cream Baking Pow-
der and Delicious Flavoring Extracts.

For sale by all representative grocers.

One full size carton sent free to any
address mentioning "SUGGESTION."

Price Cereal Food Co., Chicago.

Birth Marks, Warts, Moles, Corns, etc. removed
by the different color rays of sunlight.

NEVER FAILS. Any person of ordinary intelli-
gence can make money at this business. Appa-
ratus not expensive. Those wishing to study the
healing art, I can save hundreds of dollars.
Books on light, color and all other drugless
methods. Write to me today and let me start
you to making a good income. Address
Dr. J. K. Richardson, Kiowa, Kan.

ESSENOLOGY.

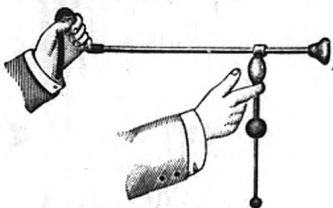
Do you want to learn how to control yourself, and how
to exercise the greatest control and influence over others?
Do you want to know how to preserve your health, how to
keep your mental and physical organism in harmony? Do
you want to know the laws of mental action and their ap-
plication? Do you want to know how to use the wonderful
powers of your own mind, Prevision, Telepathy, Mental
Attraction, Weather Forecasting, Mineral Divination?
Send stamp for pamphlet. **THE COUGHER MENTAL
TRAINING SCHOOL**, 1209-11 Grand Ave., Kansas City, Mo.

JOIN THE AMERICAN ASSOCIATION OF PHYSICIANS AND SURGEONS

A LIBERAL ORGANIZATION REPRESENTING ALL SCHOOLS. MEMBERSHIP FEE,
INCLUDING ELEGANTLY ENGRAVED CERTIFICATE, \$2.00. Write for particulars.
GEO. S. HARDEN, M. D., Water Valley, Ark., or 3422 Indiana Ave., Chicago.

HELP TO HEALTH

The Most Beneficent Invention of the Age



Patented Oct. 25, 1904.

"There is only one disease—Congestion."
"There is only one cure—Circulation."

The Portable Exhilarator

No. 1, price \$5.00; No. 2, price \$2.50; 25c extra for express charges.

Relieves and cures all pains: Headaches, Hay fever, Catarrh, Nervousness, Indigestion, Sprains, Lumbago, Torpid Liver and Kidney Troubles. It is the quickest and simplest method of relief. It can be operated by the patient or by any member of the family. It relieves and cures the trouble without any ill effects on the heart or stomach.

Lambert Snyder Vibrator Co.,
10 and 12 West 22nd Street, N. Y.

Send for Free Booklet.

I TEACH YOU

—THE—

SCHAEFER SYSTEM OF HEALING

And make a SUCCESSFUL
ELECTROPATHIC DOCTOR

Of you. Any lady or gentleman can easily learn how to treat the sick according to the Schaefer System, cure them and establish an honorable business.

DIPLOMA AND CERTIFICATE

Granted to students. I do all in my power to help my students in establishing a good paying practice. I refer you to Dr. E. Gletschmann, B. S., M. D., 683 Fullerton Ave., Chicago, Ill.; Rev. A. H. Gunnett, Supt. of the Children's Home, Los Angeles, Cal.; Mrs. G. Lane, Kiowa, Kas.; Dr. Woodhouse, 195 College St., Toronto, Ont.; Chr. Bartels, Oil City, Pa. If you look for something good, here it is. Address

**DR. SCHAEFER,
ELECTROTHERAPEUTIST,
ERIE, PA.**

VARICOCELE

ITS CURE IS MY SPECIALTY

Write me about it and I will tell you how. No medicines to sell. I have a Sanitarium.

Write plainly and address D. D. Richardson, M. D.,
20 East Adams Street, Chicago. Carrier 401.

A SUGGESTION

from The Apocalyptic Publishing Co., London, Eng.

READ

Colville's "Human Aura and the Significance of Color".....	\$0.25
O Hashnu Hara's (England's Leading Occultist) Business Success Through Mental Attraction.....	.25
The Road to Success.....	.50
The Occult Practice and Teaching of Christ.....	.50
Concentration and the Acquisition of Personal Magnetism.....	1.00
The English Magazine of Mysteries, monthly, per year.....	1.50
Psychiscopy. Limited edition. Sold by subscription only.....	12.50

American orders filled by

Frederick Cole, 1773 Broadway, New York City

COLUMBUS SAFETY INK WELL



Unique, simple, practical. Ink contained in rubber bulb with glass funnel, enclosed in beautifully finished egg-shaped, aluminum case. Absolutely non-spillable. Turn upside down, drop on floor, carry in satchel or pocket, will not spill a drop. "Rubber-dip" regulates supply of ink to pen. Rights itself if tipped over. Non-evaporating. Dust-proof. A perfect inkwell for home, office, school or travelers' use. Order one today, 50c postpaid. Agents and dealers wanted. C. E. Locke Mfg. Co., 31 Ash St., Kennett, Iowa.

VARICOCELE

ITS CAUSES, EFFECTS, complications and permanent cure without operation, pain, discomfort or detention from business. A device built on the most advanced scientific principles. No long tapes to chafe the limbs, and no outward appearance or indication from the clothing of its being worn. Gives support and compression without interfering with the natural circulation of the blood. Price, with lotion, \$2.00. Send for folder—free by mail, sealed. HENRY M. KEYES, M. D., N 178 York St., Buffalo, N. Y.

When writing to advertisers please mention SUGGESTION.



RELIABLE AGENTS WANTED

Stop Growing Old!

Old age is caused by mineral deposits in the system, which may be dissolved and eliminated if distilled water is used.

Typhoid Fever and many other Diseases are the results of drinking impure water.


THE SANITARY STILL

makes distilled water, guaranteed absolutely pure. In your own house, without trouble and at trifling cost. Write for 100-page book, free, with letters from prominent people. Six styles for family use, \$9 to \$15

A. H. Peirce Manufacturing Co.

Successor to The Cuprigraph Company

78 North Green Street, Chicago



BECOME A PHYSICAL DIRECTOR

WE TEACH BY MAIL and can fit you in a short time for a remunerative position, as a physical Director. The demand for competent men and women instructors is large and constantly increasing. You can double your salary. If you earn less than \$25 per week, write today for illustrated booklet. Address: Mac Levy Institute of Physical Culture, Dept. S, 63-65 Clark Street, Brooklyn N. Y.

Remember, We Assist You to a Position.

Gray or Faded Hair or Beard

Can now be restored to its natural color by taking medicine internally (10 to 20 drops, 3 times a day) that supplies the blood with this particular coloring matter. I discovered this fact some years ago while giving this medicine to a lady 63 years old, whose hair was white. She was greatly surprised (but no more so than I was) to see her hair gradually getting darker and it became a Nice, Glossy Black, with not a gray hair on her head. I do not understand what causes the change in color, unless, as stated above, the medicine furnishes the blood with some certain coloring matter that nature has failed to supply. I have this formula printed and will send to anyone for only \$2.50 and will refund your money if it fails to restore the color as it was when young. It is harmless. Can get it in any drug store. I have sold this formula to hundreds and have not been asked to refund the money by to exceed half a dozen. The same medicine will prevent hair from ever turning gray. Address

J. E. HADLEY, M. D., C305 Cedar Bluffs, Neb.

When writing to advertisers please mention SUGGESTION.

A NEW BOOK

On Physical and Mechanical Treatment. It Explains the Wonderful CHIROPRACTIC

adjustment. This system eclipses all other methods known for simplicity, exactitude and positive results. Don't pay \$500 for Chiropractic course until you have read this book. Thousands are waiting for it. Send stamp for circular which will tell you about it. Supply limited. Write now.

I. W. LONG, London, Ohio.

PATENTS

promptly obtained OR NO FEE. Trade-Marks, Caveats, Copyrights and Labels registered. **TWENTY YEARS' PRACTICE.** Highest references. Send model, sketch or photo. for free report on patentability. All business confidential. **SEND-BOOK FREE.** Explains everything. Tells How to Obtain and Sell Patents, What Inventions Will Pay, How to Get a Partner, explains best mechanical movements, and contains 300 other subjects of importance to inventors. Address, **H. B. WILLSON & CO.,** Patent Attorneys, Box 406 Willson Bldg. WASHINGTON, D. C.

The Most Important OF ALL "PROFESSIONS."

One that should interest millions, "OPHTHALMOLOGY." (A science different from that taught in Medical or Optical Colleges.) THINK OF IT. In this great world there is less than one thousand practicing this new science; there is room for hundreds of thousands. ALL CIVILIZED PEOPLE NEED THEIR SERVICES. "WE TEACH" how to correct the error of refraction in the eye and fit them with glasses that will remove the cause of at least 85% of all functional diseases; also the laws which govern life, health and happiness. We guarantee to satisfy all students who complete our course or return the tuition. We invite investigation. Scores of students can testify to the above statements.

Rowley Ophthalmological College (Inc.)

Holland Bldg.

Rooms 1301 to 1312,

St. Louis, Mo.

YOU SHOULD READ COMMON-SENSE MAGAZINE

A DOUBLE OFFER.

COMMON-SENSE opens one's eyes and shows one how to get out of a rut and into the broad smooth path of prosperity. It's one mission is to make men and women all they were intended to be. It is a constant source of encouragement. Every success-law in Common-Sense is drawn from real life experience.

If you want to bring brightness and optimism into your home or office, if you want the most original ideas, if you are ambitious to rise and sensible enough to realize that you must have help to do so, you will not pass another day without insuring the presence of this success-bringing visitor to your reading table every month.

IT'S ONLY \$1.00 A YEAR !
TEN CENTS A COPY

If you subscribe now you will receive in addition a copy of the COMMON-SENSE WORD-BOOK, by Edward S. Page, free of cost.

ADDRESS
COMMON SENSE MAGAZINE
DEPT. 236
88 WABASH AVENUE, CHICAGO

NEVER-LOSE KEY TAG



Unusually novel and practical! Only Key Tag which makes it easy for the finder to return lost keys without cost or inconvenience. Two parts hinged together. Name, address and postage on inside. Finder simply reverses and drops in nearest mail box. Avoids necessity of offering reward for return. German silver, hand-somely made, 25c postpaid. Agents wanted.

C. E. LOCKE MFG. CO., 21 Spruce St., Keosauqua, Iowa.



Voice Placing or the Science of Tone.

By Carl Young.

Sent to any address upon the receipt of \$1.00. Studio always open in summer.

SEND FOR CIRCULAR.

730 B, FINE ARTS BUILDING, Chicago, Ill.

When writing to advertisers please mention SUGGESTION.



Good Literature Free

The tissue salts fill and form the millions of cells of your body, and are the substances out of which your nerves, and muscles, and bones, and brains, and every tissue of your body is made; and by and through which you see, and hear, and taste, and smell, and think, and remember, and digest food and assimilate it, and you breathe, and the heart beats, and the blood circulates, and every act of the body is performed. If you raise an arm, or take a step, or speak a word, or make any motion, you do it through the tissue salts. And if an act is imperfectly performed, it is because the salts necessary to complete the act are lacking in some degree. Then you are sick, for sickness means the imperfect action of some organ. And the kind of sickness indicates the kind of salts missing. If your bones are soft

they need more lime; if brain action is weak it needs more potassium; if your nerves are irritable they need magnesium; and if the blood is oxygenized imperfectly it needs iron. You could not live a minute without these substances, and you only half live when you have half enough of them. If you supply the missing salts, the natural equilibrium is at once restored and the imperfect action is fully completed, and you are well. This is plain, is it not? For if you put the body in the condition required for health, it must be healthy. That is certainly plain. We furnish the tissue salts which the ailing system needs, and in the form which Nature demands, and cure all diseases with them.

We have four booklets which explain this system thoroughly, and give instructions for its practical application. One deals with General Diseases, one with Private Diseases, one with Women's Diseases, and one (just out) with Varicose Veins and Varicocele. Any or all sent to your address, free, on receipt of request. Let us talk to you through these booklets, if you are ailing in any particular. No drugs or artificial preparations. Just the same power that binds the earth to the sun and prevents it reeling off into space and chaos. Nature does our work. We simply supply the material in usual shape.

ENSIGN REMEDIES CO., Battle Creek, Michigan



W. S. ENSIGN, Phys. Ch.

A Device to Prevent Mouth-Breathing During Sleep,

Suggested by DR. FRENCH, of Brooklyn.

It is a well-known fact that mouth-breathing during sleep is provocative of Catarrh Tonsillitis, Bronchitis and kindred diseases of the throat and nose. The above device will keep the lower jaw from dropping during sleep, and prevents snoring and the throat from getting dry, thus enabling you to enjoy to the utmost "Tired Nature's sweet restorer, balmy sleep." This device is light, cool, clean and comfortable; is made in two sizes, adults' and children's. PRICE, \$1.00 for either size. Sent anywhere on receipt of price.



A. E. RIKER (Dept. W), 862 Broadway, New York City.

HEADQUARTERS FOR ADVANCED THOUGHT BOOKS

Any book on Metaphysics, The New Psychology, Occultism, Astrology, Hindu Philosophy, Personal Magnetism, Drugless Healing, or Socialism furnished postpaid at publisher's rates. Send full name of book, author's name and publisher to insure prompt attention.

LIBERAL BOOK CONCERN

ANNA C. WATERLOO, MGR.
87 Washington Street, CHICAGO

DODDS Hygeian Home

IN the Dodds Hygeian Home the patient is cured, not by drug medicines, which always waste vital force, but by employing those agents and influences which are life-giving and health producing. The hygienic system embraces everything that is curative; nothing that injures or destroys vitality.

The Drs. Dodds make a specialty of diseases of women; also diseases of the digestive organs. They cure every case of chronic diarrhoea and catarrh of the bowels, provided there is a fair amount of vitality to work with, and the patient comes into their home. In liver affections, obstinate constipation and headaches of long standing, as well as kidney disease in its earlier stages, they succeed in curing after other methods have been tried in vain. The hygienic treatment is applicable to every known disease.

Patients received into our home. Send for circular, addressing

Drs. S. W. & Mary Dodds

4518 Washington Blvd., St. Louis, Mo.

When writing to advertisers please mention SUGGESTION.

CURE YOURSELF BY ELECTRICITY

**New Book—Illustrated From Life—
Sent Free to All Who Write.**

This splendid book is compiled from the best authorities in the world. Explains how electricity as supplied by inexpensive batteries cures Rheumatism, Dyspepsia, Insomnia, Liver and Kidney Trouble and all nerve affections and diseases due to poor circulation. Explains how to enjoy the famous electric baths and beauty and health massage at home at little cost.

THIS
BATTERY

\$1.95



EXPRESS
PREPAID

Every Home Should Have a Home Battery.

This book also lists the latest Improved Batteries (Prices \$1.95 to \$11.35) which we send Prepaid, and allow 10 days free trial. Detroit Medical Battery Co., 861 Majestic, Bldg., Detroit, Mich. Write today for our free book.

GRECIAN BUST GIRDLE "CORSET REST"

**The Ideal
Health and Comfort
Garment
For Every Woman.**

Gently supports the bust and braces the back. Retains weight of clothing; removes all pressure from vital organs. Allows

Full and Deep Breathing. Assists nature in creating and retaining a Venus Form. Used in Negligee, Delicate, Physical Culture, Athletics, Maternity, and for all wear which does not demand corsets.

Lightest, Softest,

and most comfortable of all garments. Should be in every woman's wardrobe. Endorsed and recommended by Eminent Physicians, Hygienists and thousands of delighted wearers. They will please you. Satisfaction assured. Take snug measure around fullest part of bust. Measure 30 to 36 inches. Booklet on request.

Style 64, White or drab saten \$1.50
Style 72, Fine white batiste, lace trimmed
Style 78, Imported batiste, white only, with
belt skirt and hose supporter attached... 2.50

Classic Mfg. Co., Dept. M, Washington, Indiana.

AN IDEAL KITCHEN GRINDER

specially designed for nuts, raisins and all sticky and buttery substances. Write for

Nut Cookery Recipe Book

200 receipts on health foods and nut cookery endorsed by highest authorities. A valuable aid to the culinary art. Free. Ask for it.

The A. W. Straub Co., Dept. L
3737 Filbert Street, Philadelphia.
47 & 49 So. Canal Street, Chicago.

AUTO-MAGNETISM.

YOU CAN CURE ANY ACHE OR PAIN in a few minutes; banish nervousness and cure all troubles arising from a disordered nervous system; gain immediate mastery over nearly every ailment that affects the human body, by means of the simple, natural exercise, Auto-Magnetism. It is marvelous! No drugs, no apparatus. No mental or magnetic treatment. It is a physiological impossibility for the exercise to fail to accomplish all that is claimed for it. No cost whatever save for instructions. You can master instructions at once reading and prove to yourself at once their value. Instructions only \$1.00.

Write for descriptive pamphlet.

WM. MACKEE, Abbott, Texas

Incorporated by Special Act of the New York Legislature, April 25, 1896, THE AMERICAN INSTITUTE OF PHRENOLOGY, opens its next session the first Wednesday in September. Send for prospectus and further particulars to the Secretary, care of FOWLER & WELLS Co., 24 E. 22d St., New York City.



Snoring and Mouth Breathing

of them. The ASPIROR affords any easy, radical cure. It is a simple, ingenious, delicate instrument, made of finest material. Rests lightly and comfortably in sleep between lips and teeth. Complete, 50 cents, prepaid. Order at once, stating age and weight. Circulars free.

A. E. FISHER MFG. CO.

303 N. 7th St., Hannibal, Mo., Dept. 3.

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

WASTED ENERGY

The question among the scientists today is not how to produce energy, but how to save it. Nineteen-tenths of all the electricity produced is wasted or lost.

You, too, are wasting energy and nerve force. You throw it away with a lavish hand while yet the supply is great. But what of the morrow? Then you will need this wasted energy and mourn the loss.

A wise man would stop the waste and restore the nerves to normal health and strength.

The electrician stops waste by examining every battery, every wire and every connection. Wherever he finds a weakness he repairs it.

You can do the same. Examine every organ, and wherever you find a weak point repair it. This is Nature's way, and YOU can use Nature's remedies.

These are the ENK PREPARATIONS. (70 remedies for 70 different conditions.)

LIST OF REMEDIES.

No. 1 Teething Children.....25c	No. 21 Neuralgia.....25c	No. 39 Inflamma'n of Bladder.....25c
2 Infantile Catarrh.....25c	22 Toothache.....25c	40 Rheumatism.....25c
3 Infantile Bronchitis.....25c	23 Tonsillitis.....25c	41 Nerv's Sick Headache.....25c
4 Infantile Diarrhoea.....25c	24 Sore Throat.....25c	42 St. Vitus Dance.....25c
5 Baby Colic.....25c	25 Bronchitis.....25c	43 Epilepsy.....25c
6 Constipation of Infants.....25c	26D Consump't'n, fever.....\$1.00	44 Headaches.....25c
7 Croup.....25c	26E Consump't'n, debility.....\$1.00	45 Scrofula.....25c
8 Scurvy.....25c	26F Consump't'n, tuber.....\$1.00	46 Measles.....25c
9 Worms.....25c	27 Whooping Cough.....25c	47 Salt Rheum.....25c
10 Chlorosis.....25c	28 Asthma.....25c	48 Boils.....25c
11 Leucorrhoea.....25c	29 Pleurisy.....25c	49 Felons.....25c
12 Profuse Menses.....25c	30 Heart Diseases.....25c	50 Fevers, Inflammation.....25c
13 Change of Life.....50c	31 Dyspepsia.....25c	51 La Grippe.....25c
14 Caked Breasts.....25c	32 Diarrhoea.....25c	52 Nervous Diseases.....25c
15 Deficient Milk.....25c	33 Colic.....25c	53 General Debility.....25c
16 Prolapsed Uteri.....25c	34 Cholera Morbus.....25c	54 Malarial Diseases.....25c
17 Vomiting of Pregnancy.....25c	35 Constipation.....25c	55 Catarrh of Stomach.....25c
18 Pimples on Face.....25c	36 Hemorrhoids.....25c	56 Bed Wetting.....25c
19 Cold in the Head.....25c	37 Liver Complaint.....25c	57 Mechanical Injuries.....25c
20 Chronic Catarrh.....25c	38 Kidney Diseases.....25c	58 Mental States.....25c

A FREE TRIAL OFFER—If you will send 10c we will send any 25c remedy you may select. A full-sized vial for the price of packing and postage. Bear in mind, THESE REMEDIES ARE NOT DRUGS. They are pure tissue foods and contain not one particle of any substance not found in the body during health. Secure our booklets, "A Short Road to Health," "Private Diseases." A post-card brings them. We have thousands of friends among the readers of this magazine, including the Editor. Why not you! Address,

Kerr Block.

THE ENK PREPARATIONS CO.

Union City, Ind.

DR. CARL STRUEH'S

Nature Cure Sanitarium and Regeneratorium



464 Belden
Ave., near
Lincoln
Park,
Chicago,
Ill.

Tel.
White
2244

If you are interested in the Nature Cure please write for one of our illustrated booklets, containing explanation of our system and list of references. We will not drug you, but treat you with natural methods (diet, water cure, massage, physical culture, air and sun-baths, etc.). Patients living at a distance may communicate by mail. Full particulars, symptom blanks, etc., furnished on application.

DR. CARL STRUEH

Formerly assistant to Prof. Eichhorst, Director of the University Hospital at Zurich (Switzerland).

Member Chicago Medical Society, Illinois State Medical Society, American Medical Association, German Medical Society of Chicago.

When writing to advertisers please mention SUGGESTION.

COMPLIMENTARY

NATURAL SELF- TREATMENT

For Child, Woman and Man

(From the cradle to the grave)

By E. R. MORAS, M. D.

Graduate Harvard University Medical School '88; College Physicians and Surgeons (Chicago) '89; Formerly House Physician and Surgeon Cook County Hospital (Chicago); Professor Obstetrics College Physicians and Surgeons (Chicago); Member Chicago Medical Society, etc.

This Instructive Book sets forth in the author's own unique, yet every-day language how you can use Nature's own remedy to cure your different ailments. The writer's ideas, arguments and deductions are so new, interesting and common sense that you should send for this book, while it is free. E. R. MORAS, M. D., 1400 Washington Bldg., Chicago, Ill.

Something New Under the Sun; the World Do Move. A Perfect, Clean and Natural Shave Without a Razor

The Angelus Hair Remover is a local application, which removes the hair from the face of mankind as the tropical sun would icicles; yet without the slightest injury to the skin, and which discovery is the result of a lifetime's scientific research and experimentation by the great French savant, Prof. Jean Roger Gauthier, of Paris. For not until now has there been a prescription of the kind, which successfully removes the coarsest hair from the tenderest skin, without any injurious effect. Thus the Angelus Hair Remover marks a new era in the 20th century, for the man who appreciates a means whereby he is enabled to save valuable time, trouble, annoyance, and useless expense; as it sounds the doom of the razor, and which will shortly become as obsolete in the annals of hygiene, as has become the battle ax to modern warfare—and like the latter will become but a relic of the barbaric ages gone by. The Angelus should be in the hands of every progressive man, whose time to shave himself is limited, including all those who are tired of being *next* to have their faces marred, mauled, and mutilated; to say nothing of the constant danger of contracting infectious disease as barbers itch, ring worm, or worse still. Therefore, the Angelus is an absolutely indispensable article to every one who values a daily clean shave, which takes but 2 minutes and costs just 2 cents; and for the purpose of quickly introducing same to every shaver in this country we grant a further allowance of 33% on the first package. For trial and advertising purposes, thus giving you a full \$3.00 package, enough for 150 shaves, for \$2.00. Ladies troubled with superfluous hair will find the Angelus an ideal remedy and as superior to all depilatories now on the market as the electric light is to the candle; and far more reliable and convenient than the torture inflicting electric needle. Address Lady Manager in full confidence. Agents, male and female, desiring to earn \$25.00 to \$50.00 per week selling the Angelus, should have personally used at least one package to render them enthusiastic and successful agents. Do it now. Address Dept. 931.

THE ANGELUS DERMAL PRODUCTS CO., 58 W. 116th St., New York

Under What Star Were You Born?

Oriental Astrology will tell you this. Advice on all affairs of life, marriage, business, etc.

Send birth date with 10 cents for copy of my new book on **Astrology** and illustrated magazine of **Astrological Forecasts** called **Fate** and I will give you a reading of your life and description of **whom you should marry**.

PROF. S. POSTEL,

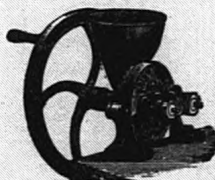
Lansdowne, Pa.

The Cream of The New Thought

Is given you in my new series of weekly lessons. In addition to this are given suggestive treatments, letters of advice, etc. Price only \$1.00 per month. You cannot afford to miss them.

E. M. DAWSON, Jr.,

825 Vermont Ave., Washington, D. C.



Wilson's Family Grist Mill.

Especially made for grinding fine corn meal, or graham, for table use. Grinds fine, fast and easy. A sample of meal sent on application. Send for circulars and testimonials.

WILSON BROS.
Easton, Pa.

When writing to advertisers please mention SUGGESTION.

14 New Poems

BY

ELLA WHEELER WILCOX

Are being published in the Nautlius during the present volume. Also 13 splendid articles by **Floyd B. Wilson**, author of "Paths to Power." And **Eleanor Kirk** is now writing for it. Besides this feast of good things every number of The Nautlius will contain several long articles and many short items by the editors, **Elizabeth Towne** and **William E. Towne**.

The Nautlius is a monthly New Thought magazine, standard size. It is devoted to the realization of Health and Success through mental and physical self-development. Gives practical help in the every-day problems of life. Distinctly a magazine of optimism. Crisp, fresh, original and inspiring.

Helpful as a fine sermon, and entertaining as a comic opera," says Murray.

Elbert Hubbard says: "The Nautlius in its superb new shell is Extra Choice. As a printer I admire it, and as a man who thinks a wee I admire you—and William."

SPECIAL OFFER.—Send 10c NOW for NAUTLIUS four months on trial, or 50c. for one year's subscription.

Address the editor, **ELIZABETH TOWNE**, Dept. 17, Holyoke, Mass.



KRAMER'S \$5.00 BOOK FOR \$1.25

For 30 Days Only. Kramer's Book of Trade Secrets.

To test the pulling power as an advertising medium of SUGGESTION, we are making this cut from \$5.00 to \$1.25 on "Kramer's Book of Trade Secrets." The cut will hold good for 30 days from the date of this issue of this magazine. This is the only way to give us a quick test.

WHO IS KRAMER AND WHAT ABOUT HIS BOOK?

Kramer's Book of Trade Secrets was written by Adolph Kramer, Analytical Chemist, assisted by other experts. Mr. Kramer was educated in Germany's most noted technical schools and was for over 30 years connected with large chemical manufacturing concerns in Germany and the United States. In this book Mr. Kramer has laid bare many of the jealously guarded trade secrets, formulas and processes of German and American manufacturers in such plain, simple language that no chemical knowledge or technical skill is necessary to get the most satisfactory results in the manufacture of the various articles.

Every formula in the book is practical, and every one is guaranteed to be absolutely correct. It is the most complete of anything ever written on Flavoring Extracts, and the book is very valuable on this subject alone. It tells how an Iowa house is cleaning up over \$3,000 every year on one grade of Vanilla alone. This Vanilla costs 30 cents a gallon to make and wholesales for \$3.50 and retails for \$6.00 per gallon. It tells how another factory is running an "extra high grade lemon" at \$8.00 per gallon wholesale and which costs just \$1.00 per gallon to make. A Chicago house sells 50 to 100 gallons of Vanilla Extract at \$3.00 per gallon, which costs them just 44 cents per gallon to make.

IS THERE ANY PROFIT? YOU KNOW

You can make the same goods and get the same profits, get the business and make money. WHY DON'T YOU START IN FOR YOURSELF? The large wholesale houses in Chicago are buying this book; why don't you get wise and do the same! The formulas for the above (and hundreds of other money makers) and the processes of manufacture for same are given fully and clearly in "Kramer's Book of Trade Secrets." The book gives a large number in different departments, where the cost has ranged for each formula, to sets of formulas from \$5.00 to \$100.00.

We can't tell you all about it in this small ad. Remit the price and we will promptly forward the book, all charges prepaid. Every person who is out of employment should have this book, as you can make more money than a person in ordinary business with a capital of \$10,000.

KRAMER ON ICE CREAM

Another one of Mr. Kramer's books which is just being issued. The regular price is \$2.50, but we are going to cut the price for 30 days to \$1.00 per copy. You can make a fine prime ice cream for 10 cents per gallon equal to full cream testing 20 per cent, with all the rich, smooth, pleasing characteristics of a cream-and-egg product, yet costing only 10 cents per gallon, figuring milk at 14 cents per gallon, and not including ice, salt, etc. YOUR BOY CAN EAT ALL HE WANTS OF IT AND GROW FAT.

YOU CAN GET NEXT FOR \$1.00 NOW

He explains in detail the process of making the above, which is only one item in the book. He has analyzed all the preparations on the market and gives the formulas in this little treatise on ice cream. The information given has been gleaned from his many years' experience in the business. You will also find formulas for making fancy creams, fruit frosts, sherberts, whipped cream, etc. This Book is Worth a Ten Spot to You. Every person should have this book—it is worth more than the price to read it through. If both books are ordered at the same time we will make the price for \$3.00. Act quick.

SIOUX PUBLISHING CO., Sutherland, Iowa.

BOX
500

STANDARD OCCULT LITERATURE.

Clairvoyance. Cloth, 110 pages, by J. C. F. Grumbine. Teaches how to read the future, practice telepathy, penetrate the veil between the seen and the unseen, converse with spirits, know the mysteries. It is a revelation. The only practical book of its kind ever published. Lillian Whiting, Henry Wood, "Mind," "Light," all adepts endorse it. Price, reduced from \$2.00, \$1.50.

Auras and Colors. How to read the atmosphere of persons and understand the appearance of halos, aureolas and the nimbus. Contains a color dictionary. Paper, price 50 cents.

Death and Afterwards. by an Adept. A profound study from actual facts of life beyond the grave. Cloth, price 75 cents.

Realization. How to become well, successful, prosperous. A wonderfully helpful book for beginners. Paper, price 50 cents.

Psychometry. Teaches how to get at the soul of things. Paper, price 50 cents.

The New Psychology. luminously set forth so that anyone can realize God. Cloth, price 75 cents.

Send \$2.25 for a large crystal for crystal reading. Address J. C. F. Grumbine, 1235 Commonwealth Ave., Boston, Mass.

CAREFUL STUDENTS AND THINKERS

Should have a copy of that new book on practical and deep thinking educational principles.

Bound in silk cloth. Sent postpaid to any address for only 50 cents. Put it on your shelves. Send for a copy today.

W. CLEMENT MOORE,

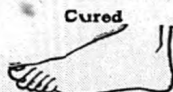
New Egypt,

New Jersey.

YOUR CHARACTER

Personality and Future will be read from your handwriting on receipt of 12 cents.

HENRY RICE, Graphologist
1927 Madison Avenue, New York



BE YOUR OWN CHIROPODIST. We have a handy 30-page illustrated booklet on "How to have Easy, Healthy, Shapely Feet," which we will mail to any address for a 2c. stamp. Bunions CAN be cured. The booklet tells you how to do it in your own home without cutting and without the slightest inconvenience. It also tells about the prevention of removal of corns, ingrowing toe nails and the treatment of all kinds of foot troubles.

Foot Remedy Co., 1313 S. Lawdale Ave., CHICAGO

When writing to advertisers please mention SUGGESTION.

MEDICAL

TALK FOR THE HOME

MEDICAL TALK FOR THE HOME **xxxxx**
Is the only magazine of its kind in the world. It has a greater circulation among non-professional readers than any other regular medical journal. It also has the largest circulation among that class of physicians known as liberal, or unethical, of any medical journal. It tries to deal fairly with all schools of medicine without favoring any of them **xxxxx**

It reaches fifty thousand homes with plain, practical information as to what is going on in the medical world. Medical Talk for the Home is an attempt to select the most interesting and useful information contained in the technical medical journals and translate it into language that the average reader can understand.

In order to know exactly what Medical Talk is you should have a copy of it. A sample copy will be sent you for 10 cents.
ADDRESS—Medical Talk Publishing Co.
Columbus, Ohio.

Did You Ever Use Press Clippings?

Do you want everything printed in the newspapers, magazines and trade press of the United States and Canada on any particular subject?

Send us your order, describing what you want us to clip, enclose \$2. and we will send you our service, for one month, mailing you daily or weekly all clippings found on your topic. We read and clip about 25,000 publications each month.

United States Press Clipping Bureau
153 La Salle St., CHICAGO, U. S. A.

Booklet for a stamp, if you mention this magazine.

FREE TRIAL—FREE

SANDHOLM'S ECZEMA LOTION AND DANDRUFF CURE.



No internal medicine necessary. Do not use greasy salves or ointments, which only drive in the disease.

Sandholm's Lotion Cures by Absorption.

It penetrates the diseased tissues, kills the germ and eradicates the disease. It starts circulation and restores the skin to a normal condition. It positively cures all forms of skin and scalp trouble, such as Eczema, Pimples, Blackheads, Acne, Rash, Tetter, Old Sores, Salt Rheum, Barbers' Itch, Hives, Insect Bites, a positive cure for Dandruff or Falling Hair, Pleasant Antiseptic after shaving. Send for FREE SAMPLE, it costs you nothing. Address today:

SANDHOLM DRUG CO.

Dept. 103 - - Des Moines, Iowa.

DIVINE HEALING.

This book contains 14 lessons by OLIVER C. SABIN (a noted healer), teaching how to heal the sick, through the power of prayer, laying on of hands or by Divine Science. The book is very plain and simple. Contains 30 pages, printed on nice paper from cleartype. Special introduction price only 12 cents. (Regular price 50c). Send NOW. Address

William E. Towne,

Dept. 17,
HOLYOKE, MASS.

JESUS HEALS DISEASES.

My book "How to Obtain Happiness and Health," mailed on receipt of eight cts., for postage. Address Box 427, Chicago.

THE HYGEIA COOK BOOK

Tells you how to get well, and keep well, by cooking food so as to conserve its nourishing qualities. Gives recipes for delicious unleavened bread and cake.

52 pp. 50 cents postpaid.

Address Dr. Mary A. Heard, 248 Warren St., Boston, Mass.



Health, Strength and Vitality

Can only be derived from
Natural Foods

To set your thoughts into successful action you must have a sound, vigorous and well-nourished body, able to withstand injurious influences. I have a large variety of the very best food products for sale, such as

Selected Cereals, Whole Wheat Flour and Bread, Dried Fruits, Fruit Juices,

All kinds of Nuts, Nut Meats and Nut Butter, Pure Olive Oil, etc.

Ask for my new and complete Price List, also my highly interesting Circular: "Unpolluted Rice, the great Staple of the Orient, the Food that has won the Japanese Victories."

All interested in diet and physical culture should read Prof. Otto Carque's excellent book, "THE FOUNDATION OF ALL REFORM," a popular treatise on the Diet question in all its various aspects, historical, chemical, physiological, economical, moral and mental. 75 pages, illustrated, cloth, 50 cents; paper, 25 cents, postpaid.

"THE FOLLY OF MEAT-EATING," giving the scientific reasons why flesh foods are injurious; shows complete analysis of all food elements. 16 large pages, postpaid, 10c.

F. H. BENOLD, 413 E. North Ave., Chicago.
Goods shipped to all parts of the United States by freight or express. Write Today!

BROADEN YOUR SHOULDERS

If you have narrow, sloping or crooked shoulders, or if you wish to broaden already athletic ones, we can be of service to you. We guarantee our system to broaden the shoulders from two to five inches and to correct any deformity of the back. We now offer this course, which consists of over 30 exercises, for 50c. Special offer: For a short time we will send this complete course of exercises, and also our course for developing enormous strength of grip, for 75c. **THE SAMPSON CO., Box C-69, Norwalk, O.**

ARE YOU UNLUCKY?

Try a
JAPANESE CONCENTRATING CRYSTAL.

Price of medium size \$2.00. Money refunded if not satisfactory.

ELEANOR DIXON,

Purchasing Agent Oriental Goods, Stones and Crystals.

197 Amity Street, Brooklyn, N. Y.

LET ME TELL YOUR FORTUNE FREE!

All I ask is the chance to prove my wonderful power, and to show you clearly what the future has in store for you. This knowledge will tell you if there is a likelihood of a legacy coming to you, it will show you lucky days and years for speculation and business. It will help you in love affairs, it will enable you to plan for the journeys you are to make. Is not all this of untold value? And all I ask of you is to write to-day: for the sooner you get my free reading the better. I want everyone to test my power. There is no mystery, no miracle about it. It is based on the Astrology of Biblical days combined with modern science by me. Do not shake your head and say impossible. Remember I will prove my power free. No one has tried so hard to remove doubt as I. My offer is open, fair and frank. Do not believe a word I say until I have shown you what I can do, but it is only fair to give me the chance to prove the truth of this claim. Send me your full name, date of birth and twelve cents to cover correspondence, and the free reading of your life, that I will send you, sealed and confidential will mystify you as to how I can tell such truths. Address,

Prof. James, 455 C, Columbus Ave., Boston, Mass.

I CAN Make You Prosperous!



Dr. V. G. Lundquist

Knows 3,000 money-making industries. Has taught thousands how to win success and fame. Has examined more than 100,000 people. Develops memory. Unfolds character. Develops lack of self-confidence. Writes Dr. Lundquist's Correspondence Course in Scientific Character Reading for Home Students, Travelers and Busy People. The greatest known. Send ten cents for sample copy of our Journal, "Humane Culture" and information circulars.

V. G. LUNDQUIST,

Office 308, - - - 130 Dearborn St. Chicago.

Open Air Sanitarium,

Lake Grove, Long Island, N. Y.

SUN and AIR BATHS, the crown of all natural healing. Sleeping in Open Air Cottages. Hydropathy, Physical Culture, Diet, etc., etc. **THURE BRANDT MASSAGE** for Female Pelvic Afflictions. Treatment of all Chronic Diseases without Medicine, Drugs or Operations. Established 1895. Ask for booklet.

LUDWIG STADEN, Naturopath,

RUPTURE

Our 24-page book free describes the greatest invention of the 20th Century, for the relief and cure of Rupture. Shows interesting photos from life and contains new and valuable information. Greatest trial offer ever made by any firm. You will be interested. Write today.

DENCE & MERV, 144 Mary Block, Toledo, O.



The True Source of Power

Progressive salesmen and business men are learning that the *true source of power* is within themselves and not in outside things; and that he who would be truly successful must dig down deep within himself and open up that wellspring of power. They have learned, too, that the man who has *this power* at his disposal can make more money and will climb higher on the ladder of success than the man who has it not.

A Great Combination

Here is a combination that will lead you to the center within and discover for you the *real source* of your power. The price is a mere pittance when compared with the knowledge you will receive. No mysticism, no hindooism, no goody-goody-ism, but just plain common every-day sense that means money in your pocket.

Man Limitless

By FLOYD B. WILSON, Author of "Paths to Power," etc.

CONTENTS

Man, Limitless
Love
The Christ Principle Through Intuition
Work
Control of Memory
Suggestion

Must Age Entice?
Pathway to Achievement
Children of the Gods
Shakespeare's Ariel
Spirit Aid in Man's
Unfoldment

12 mo. Cloth, Gilt Top \$1.25

The Hon. Floyd B. Wilson is a prominent lawyer, author and business man of New York City. In a private letter to a friend he writes, "I am to-day managing large enterprises and am quite absorbed in them. I am working to success through following the lines of my own philosophy. The material success I desire to gain is fast being reached."

The Business Philosopher

a magazine devoted to the Science of Business and the Principles underlying the Evolution of Success. Each copy serves as a guidepost on the road to better things, and points the way to the source of *personal power* in man—the inmost center of himself. Published monthly, \$1.00 a year.

\$1.75 for the Two

Pin an Express or Post Office Money Order for \$1.75 to this adv. and return it in time to receive the current number. The book will be forwarded at once and your name placed on the subscription list of the BUSINESS PHILOSOPHER for one year.

THE SCIENCE PRESS

The Republic :: Chicago, Illinois

THE EYE

AND ITS DISEASES!

IS THE TITLE OF A MUCH-TALKED-ABOUT BOOK WHICH IS BEING SENT FREE TO ALL PERSONS WITH IMPAIRED EYESIGHT.

IMPROVED METHODS OF TREATMENT

THE principal article contained in this work is by that noted scientist, Professor Alexander Macaulay, of Edinburg, Scotland. The book consists of one hundred pages and cover. It describes in language so plain and interesting the construction of the Eye, its diseases, causes, effects and treatment, that any reader of ordinary intelligence may fully comprehend every word.



In the treatment of eye diseases the author says: "There is no need of cutting, drugging or probing the eye for any form of disease."

Cataracts, pterygiums and other abnormal growths can be readily removed, weakened vision restored and sore and granulated eyelids cured by a newer and more humane method. This being a fact, there is no need to go blind or wear spectacles."

The book also goes into full detail of the causes and effects of disease in general.

It is a work of great importance, as it advocates principles in the treatment of disease which are based on scientific, humane and common-sense methods—ideas that appeal at once to the careful reader and student as being thoroughly logical and sound. Its open challenge to the doctors and specialists of the old school contained in the book, is highly interesting reading, as are also the opinions of scores of professionals and laymen on these important subjects.

If the reader is interested write for a copy. It is absolutely free; a postal card will bring it. Address,

New York & London
Electric Association

Dept. 200 E. 92nd Wal-
nut Street, Kansas
City, Mo.

When writing to advertisers please mention SUGGESTION.

All News Dealers

WHO have thinking
customers should sell

Suggestion

A MAGAZINE of
the New Psychology.
FULLY Returnable.
REDUCED Rates
for June and July.
YOUR News Dealer
will thank you for
calling his attention to
this notice. He can
return unsold copies of

Suggestion

without cost. Why not
tell the news dealer?
TELL him to-day.

Do you Think?

"Suggestion" readers can have free
sample copy of

"Thots New and Old,"

brim full of NEW THOTS and IDEAS,
PRACTICAL, PROGRESSIVE and
AGGRESSIVE. Only 25c per year!
Send postal for sample of June issue—
you can't help but like it! WRITE AT
ONCE.

IT WILL PAY YOU TO KEEP IN
TOUCH WITH US!

The Alta Vista Publishing Co.

Drawer C.

Santa Cruz, Calif.

HERE'S HEALTH FOR YOU

Through

Osteopathy

The new edition of Dr. Goetz's Manual of Osteopathy is ready; enlarged and revised; tells you how to treat and cure ALL diseases by OSTEOPATHY with the accessories of DIET, BATHS, and EXERCISE.

This edition incorporates the treatment of a number of disorders not in the old book, among them: Enlarged Prostate, Varicocele, Sexual Weakness, Diseases of Women and others, all cured WITHOUT DRUGS or SURGERY. It has been prepared especially for the PUBLIC, hence its simplicity and which anyone can understand. Also valuable to the physician. Send to Nature's Cure Co., 918 Union Trust Building, Cincinnati, Ohio, for free prospectus and special price.

The regular price of the Manual of Osteopathy is \$2.75. A combination with the publishers permits us to send you this book and SUGGESTION for one year for \$2.50.

This is the new edition, enlarged and revised, hence more valuable than the old one. Address,

NATURE'S CURE CO.,

918 Union Trust Bldg., Cincinnati, Ohio.

BE SURE TO SEND FOR

Dynamiopathic Philosophy.

A new course, revealing a rational system in health and healing, based on common sense and recommended by presidents of universities, colleges and institutes, doctors, ministers and others. It explains how to retain or how to regain health and how to prolong life.

As the author is in connection with a University Extension, which is entitled to issue diplomas upon a satisfactory examination by mail, those who wish to pass an examination may secure a diploma with an appropriate title.

Terms for examination and diploma will be sent upon application with two-cent stamp.

The course alone costs for a short while, only \$1.00. Send all orders to the author.

J. HEINIGER, Ph. D., Ps. D.

366 Kinsman Street - - - Cleveland, O.

The Whitcomb School of Dynamic Health.

284 HENRY STREET, DETROIT, MICH.

Teaches simple truths of nature, which makes one You will not have good health until you break up superior to ill health. Send 10c. for pamphlet or \$1.00 the habit of eating the way you now do. Your for letter of advice. No one gets health without his Market, your Kitchen and your Doctor, are all own exertion. Then he is master. against you. Learn to think and act for yourself.

When writing to advertisers please mention SUGGESTION.

The Cheapest Phrenological Paper in the World is

"THE POPULAR PHRENOLOGIST."

Edited by Cranion

Price One Penny Monthly

Containing Original Articles on all phases of Phrenology, Sketches of Celebrated People, Reports Meetings, Answers to Correspondents and a host of other matters relating to the Science of Mind.

Post Free, for twelve months, to any part of the world, for one shilling and sixpence, or 40 cents, from

68, West Street, BRIGHTON, England.

Sample Copy sent upon receipt of postal.

How Would
YOUR AD.
Look Here?

THE SHRINE of SILENCE

By HENRY FRANK

"A book of Psychological Suggestions fit for every condition of life. Arranged in the form of meditations for daily reading. Teaches how to control thought, build over the body, develop character and success

"Beautiful, interesting and most helpful. —*Ella Wheeler Wilcox*. . . Shows an insight into the heart of things that is quite worth while. —*Elbert Hubbard*. . . Wide and deep has been the research of the author. The book shows the man of letters in every line. Henry Frank could not write other than pure English. —*Suggestion*

Beautifully bound and printed, nearly 300 pages, illuminated colors. . . . \$1.50

SCIENTIFIC DEMONSTRATION of IMMORTALITY

A NEW ARGUMENT FOUNDED ON RECENT SCIENTIFIC DISCOVERIES

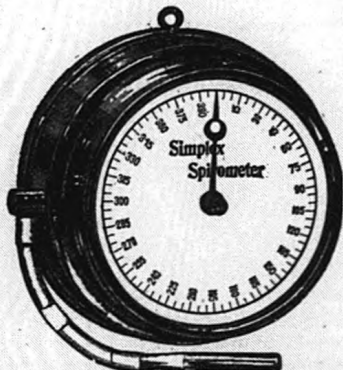
By HENRY FRANK

"Most interesting reading to those inclined to scientific investigations. —*Unity*, (Kansas City). . . Author argues on physiological lines that the soul is not resident in the body as a foreign substance. . . Becomes visible through the blood. . . May be photographed. —*Literary Digest*, (N.Y.)

Cloth bound, 100 pages, 60 cents by mail

INDEPENDENT LITERATURE ASSN

32 (B) West 27th Street, New York City



The Simplex Spirometer

People often remark that they need a change of air. What they need is less a change of air than a change in their manner of using the air. Few people breathe correctly. Most people in breathing use but a small portion of the lungs. A recent investigator makes the startling statement that in an examination covering several thousands of cases he found less than one per cent. of people who breathe correctly.

Strong Lungs Readily Acquired by Practicing with the Simplex Spirometer

A perfect exerciser for the Lungs, Chest, Throat and Voice. Brings grace, beauty, health and strength by natural methods. Straightens round shoulders, develops the chest, reduces large necks, fills and rounds emaciated ones. Compels deep, healthful and correct breathing and brings permanent health and tone to the lungs, throat and voice.

If you need more health, strength, vim and power for your work, send for our 16-page illustrated pamphlet, "The Science of Breathing," and full particulars about Simplex Spirometer. If you will, write me of your condition I will give you the benefit of my more than 40 years' study of this subject free, and tell you frankly what you may expect to accomplish. Send your address on postal card at once and receive our limited time great premium offer.

E. PAYSON RYDER, 38 Clermont Avenue, BROOKLYN, N. Y.

When writing to advertisers please mention SUGGESTION.

AUTO-SUGGESTION,

What It is and How to Use It for Health, Happiness and Success; by Herbert A. Parkyn, M.D., C.M., 184 pp., cloth and gold; handsomely printed on heavy paper. A book for thinkers.

This is one of the most helpful, practical books of the age. It deals in facts, not theories; it is plain, simple, concise, practical and tells how to use inherent psychic powers to bring results.

CONTENTS

- | | |
|---------|---|
| Chapter | 1. Auto-suggestion. What it is and how it operates. |
| " | 2. Auto-suggestion. Its effects and how to employ it to overcome physical troubles. |
| " | 3. Auto-suggestion. How to employ it to overcome mental troubles. |
| " | 4. Influence of early auto-suggestions for the forming of character. |
| " | 5. Auto-suggestion for the formation of habits. |
| " | 6. The cultivation of optimism through auto-suggestion. |
| " | 7. Auto-suggestion and personal magnetism. |
| " | 8. Auto-suggestion for developing concentration. |
| " | 9. The achievement of success through auto-suggestion. |
| " | 10. Auto-suggestion and success. |
| " | 11. Auto-suggestion and breathing exercises. |
| " | 12. Auto-suggestion. Its influence on health in the winter. |
| " | 13. Auto-suggestion. The diagnosis and treatment of a typical case of chronic physical suffering. |

Send us a new yearly subscription to SUGGESTION and we will send postpaid a copy of this book; send your own subscription or the subscription of a friend.

SUGGESTION subscription rates including postage:

In the U. S. (except city of Chicago.....)	\$1.00
Canada, Cuba, Mexico and island possessions of	
U. S.	1.00
City of Chicago.....	1.25
Foreign, except as noted above—6 shillings....	1.50

Old subscribers who send a year's renewal may have a copy of the book by sending 25 cents additional; request for the book must accompany the remittance for renewal. The book will not be sold separately for 25 cents.

Send all orders to

SUGGESTION Publishing Co.,
4020 Drexel Blvd., Chicago, Ill.

Chiropractic

HISTORICAL: Chiropractic was first discovered by D. D. Palmer, of Davenport, Iowa, in September, 1895. He has developed it into a well defined science that has no resemblance whatever to any therapeutical method. The cures are made by adjustments that are unique and unlike any movements used by any other school.

Chiropractic is defined as being the science of adjustment, by hand, any or all luxations of the three hundred articular joints of the human body, more especially the fifty-two articulations of the spinal column. For the purpose of freeing any or all impinged nerves, which cause deranged functions.

All acts or movements of any or all parts of the body (including the circulation of the fluids), whether normal, in excess, or a lack of, are but the functions of nerves. There is not an ache or pain, but that are the sensations of deranged nerves.

Every act and thought is controlled by innate and educated nerves; they are the life of the body.

The body is heat by calorific nerves, whether the heat is furnished in normal quantity as in health, or in abnormal amounts as in so-called fevers, which is but excessive heat, whether in a part or the whole of the body.

We are in health when the innate and educated nerves are free to act naturally.

Disease is a condition caused by nerves being excited or depressed, deranging their functions.

Innate nerves run all the vital functions of innervation, assimilation, circulation and respiration when we are asleep or awake. Dreams, whether remembered or not, are sensations of the innate nerves.

All diseases are but the result of deranged nerves. Ninety-five per cent of these are caused by vertebral luxations which impinge nerves. These displacements may be caused by accidents while we are awake or asleep, or by poisons from decaying animal or vegetable matter, whether taken in by inhalation, food, drink, or by the outrageous practice of the physician who inserts vaccine poison in a healthy body.

Chiropractors use the long bones and processes as handles to adjust these displacements; by so doing we release pinched nerves.

Send for a copy of our monthly, THE CHIROPRACTOR, School Announcement and other literature, which will more fully explain what Chiropractic is, what it is not and wherein ADJUSTING OF CAUSES differs from TREATING SYMPTOMS.

Address, B. J. PALMER, D. C.,

**Secretary of The Palmer School and
Infirmary of Chiropractic,**

Copyrighted, 1905, B. J. Palmer, D. C.

DAVENPORT, IOWA, U. S. A.

The Sun Center of the Human Body is the Solar Plexus

The **Solar Plexus** consists of a delicate network of nerves, located directly back of the stomach.

The Hindoos of India say that the soul functions through this center. However that may be, the **Solar Plexus** is intimately connected with the health and welfare of every human being.

Very few people have a perfect sense of freedom at the **Solar Plexus Center**. There is a sense of oppression, constriction or inertness there. This center is also the seat of much nervousness and fear.

Elizabeth Towne, Editor of *The Nautilus*, is the author of a very unique and original booklet called **Just How to Wake the Solar Plexus**.

This book teaches that the **Solar Plexus** is a natural center or storehouse of energy and power.

When this center is in a normal condition it radiates **Life, Health and Strength** to the whole body, just as the sun radiates warmth and life to the vast system of worlds of which it is the center.

This book tells how, by deep breathing, assuming the correct mental attitude, etc., the **Solar Plexus** may be awakened to life and normal activity. It gives **deep breathing exercises** of great value.

This book will help to **outgrow fear, anger, hate, worry, etc.**, and develop **concentration**, thus promoting greater **mental strength, steady nerves** and a **condition of mental and physical poise**.

Many physicians endorse the book and hundreds of people have gained a greater degree of health and happiness through practicing the teachings contained in this marvelous little work.

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."

ALBERT D. LEECH, M. D. says: "To any one who desires self-mastery it furnishes not only the key, but explicit method."

MRS. BLANCHE C. MARTIN, an instructor at Lasell Seminary, Auburndale, Mass. (one of the foremost educational institutions in the country), says: "I have used your little booklet, 'Just How to Wake the Solar Plexus,' in my classes at Lasell as a text-book on thinking and breathing, and the pupils look upon it as a kind of revelation and they put it into practice, too, and send the little booklet to sick friends or parent."

"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**.

Over 25,000 copies of this book have been sold in all parts of the civilized world. It has also been published abroad and large quantities disposed of.

The price of the book is **ONLY 25 CENTS**. Send for a copy **NOW**. Address

WILLIAM E. TOWNE,
Dept. 17, HOLYOKE, MASS.

When writing to advertisers

MEN SHOULD KNOW MORE ABOUT PELVIC WEAKNESS.

WHEN men begin to suffer from weakened nerve force, constant depression, gloomy forebodings, they attribute their troubles to almost everything but the proper cause, which is **Varicocele**, and there should be no reason for this, for it can be told very easily by its symptoms. If you feel totally unfit for active business life—always in a state of lassitude, or you suffer much discomfort, particularly while standing—it is due to **Varicocele**, and unless it is checked at once the evil effects grow gradually until the entire system is undermined and something heroic must be done to avert a complete breaking down.

THREE OUT OF FIVE HAVE IT

This has been indisputably proven by medical statistics, but to such sufferers I say, Don't let quacks get hold of you; don't submit to the knife; don't pay enormous sums to so-called specialists.

CURE YOURSELF AT HOME

with my patent device as thousands of others have done without any inconvenience. I guarantee it will cure any case of **Varicocele** painlessly, rapidly and permanently without loss of time from business. Send me only \$2 and receive this guaranteed treatment, sealed in a plain package, with simple instructions, by return mail.

Mark M. Kerr, M. D., 710 Park Bldg., Cincinnati, Ohio, U. S. A.

You should read my treatise on the cause, effect and cure of **Varicocele**, which I send sealed **Free of Charge**. My non-metal spring, elastic water pad, hand pressure truss, for the immediate relief and radical cure of **Rupture**, sent postpaid in a plain package for

Only \$2.00.



Lost in the Bottomless Pit

BY REV. J. HOWARD CASHMERE.

This book deals a death blow to materialism, presenting "a working hypothesis for the solution of every problem of life and mind." Explains methods of healing through soul power, with full lessons for psychic development. "Inspiration from cover to cover."

"I have your book and find much excellent material in it."—Ella Wheeler Wilcox.

"The author, who has given years to psychic studies, has acquired a national reputation as a psychic and healer and his writings and lectures on these subjects are considered authoritative, and the hypothesis he has advanced is destined to revolutionize the theories of the most noted authorities on psychic phenomena."—Denver Post.

"The belief in death is the grossest and most absurd superstition that has ever clouded the consciousness of man."—The Author.

"He has spanned the seemingly unbridgeable gulf between the ideal aspirations of human nature, inspired by Biblical teachings, and what is known as positive science."—Denver Republican.

"Your book has revealed to me what a fool I have been."—M. F.

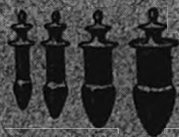
"Lost in the Bottomless Pit" contains 207 pages, well printed on antique paper and illustrated, bound in blue art vellum cloth, stamped in gold; half-tone of the author as frontispiece. Price \$1.25, postpaid.

Address J. Howard Cashmere, 1700 Welton Street, Denver, Colo.

please mention **SUGGESTION**.

PILES AND CONSTIPATION

Quickly and **Permanently Cured** by the use of Dr. Young's Dilators. This treatment is no experiment; it has been successfully used in thousands of cases, many of them desperate ones on account of the long continued use of cathartic candies, liver pills, and laxative nostrums, and it



never fails to give prompt and lasting relief. The philosophy of rectal dilation as a means of curing disease is based on the power that nature has given the rectum, with its sphincter muscles, in controlling the energies of the body. Scientific and practical, it simply cannot fail, as it accomplishes just what is absolutely necessary for a permanent cure. The dilators can be used by any one with perfect safety and can only do good in any case. Don't continue the use of liver pills and nostrums. Every dose does harm and further weakens the system. **Young's Dilators** restore the circulation and

health. Our book explains it. Call or send for a free copy. We sell the dilators under a guarantee

to be satisfactory or refund your money. Price, per set \$3.00. Sold by leading druggists and surgical instrument dealers. **OUR FREE BOOK** explains how Dilators will cure Piles, Constipation, Dyspepsia, Eczema, and other diseases due to defective elimination and poor circulation of the blood. Worth one hundred dollars to anyone afflicted. Send for it today.

F. E. YOUNG & CO., 44 Michigan Ave., Chicago.

THE NATIONAL LINES OF MEXICO

National Railroad of Mexico,
Mexican International Railroad,
Interoceanic Railway of Mexico.

MEXICO'S GREATEST RAILWAY SYSTEM

All Year Tourist Rates
and
Homeseekers' Excursion
Rates

VIA

Double Daily Pullman Ser-
vice from
St. Louis, Mo., to City of
Mexico

LAREDO ROUTE

*Affording
the only through Pullman service*

*The Republic of Mexico
abounds in attractions
for*

*Tourist, Prospector and Investor
and the Capital,*

MEXICO CITY, THE PARIS OF AMERICA,

*Is an All Year Resort
Unsurpassed.*

For illustrated descriptive literature, rates, sleeping-car reservations, etc., call on or address

G. R. HACKLEY, General Western Agent,

Suite 230-240 Quinoy Bldg., Cor. Clark and Adams Streets,
CHICAGO - - - - - ILLINOIS.

The Ostermoor Patent Elastic Felt Mattress, \$15.

IS GOOD ENOUGH FOR YOU

because it has proven good enough for such men as

Wm. K. Vanderbilt George H. Daniels
C. Oliver Iselin James Gordon Bennett
John Jacob Astor Charles Warren Lippitt

and scores of others of equal prominence, who have adopted it for their homes, their yachts, or both (a complete list in our book, mailed free). These men do not have to count their pennies, and could afford hair mattresses if they thought they were better—the matter of \$15. or \$50. is not what sells our mattress. It is the QUALITY and this guarantee:

SLEEP ON IT 30 NIGHTS

And if it is not even all you have hoped for, if you don't believe it to be the equal in cleanliness, durability and comfort of any \$50 hair mattress ever made, you can get your money back by return mail—"no questions asked."

BEWARE! There is not a single store in the country that carries our mattress; almost every store now has an imitation so-called "felt," which is kept to sell on our advertising. Our name and guarantee on every genuine mattress. Can only be bought from us direct. Send to-day for our free book, "The Test of Time."

OSTERMOOR & CO., 112 Elizabeth Street, New York.

We have cushioned 25,000 Churches. Send for our book, "Church Cushions."

U. S. Judges Chambers—Addison Brown, Judge.

New York, February 20, 1900.

GENTLEMEN:—The Patent Elastic Felt Mattresses you made for me fifteen years ago have been in constant use ever since and are still good. I am well pleased, and entirely satisfied in every way.

ADDISON BROWN.

2 feet 6 inches wide, 25 lbs.,	\$ 8.35	All 6 feet 3 inches long.
3 feet wide, 30 lbs.,	10.00	
3 feet 6 inches wide, 35 lbs.,	11.70	
4 feet wide, 40 lbs.,	13.35	
4 feet 6 inches wide, 45 lbs.,	15.00	

If made in two parts, 50c. extra. Special sizes special prices.

Express Charges Prepaid Anywhere.

HANDSOME BOOK MAILED FREE!

Fully one-third of your life is spent in bed. **HARD BED, HARD LIFE.** And that is the reason why our 72-page book, "The Test of Time," should be in the hands of every one. Send a postal card request and the book will be in your home by return mail, free, whether you need a mattress or not.



Trade Mark

ALLEN BATH SYSTEM
WITH or WITHOUT BATHROOM

You Bathe
HOW DO YOU DON'T NEED A BATH-TUB WITH THE ALLEN FOUNTAIN BRUSH

The only sanitary bath. Thorough quick hot or cold bath with shower and massage. Pores cleansed with clean water. Imparts delightful exhilaration, health glow. Increases circulation, tones entire system. Guaranteed.

Superb Portable (No. 1A) Outfit
Superb Fountain Brush, Metallic Fountains, Safety Floor Mat, Tubing, Etc., **\$6.00**

Superb Portable (No. 1B) Outfit
Same with Rubber Fountain **\$6.00**

Superb Bathroom (No. 3) Outfit
Superb Fountain Brush, Tubing with Bulb to fit Faucet (Give size of Faucet) **\$3.50**

Send for free descriptive booklet the "Science of the Bath."

**A GREAT LUXURY
A HYGIENIC NECESSITY**
Sent on Receipt of Price to Any Address.

THE ALLEN MFG. CO.
433 Erie Street, Toledo, Ohio

AGENTS
Make \$50 weekly selling the Allen Brush. Send for outfit and terms.

\$1.50

GOOD ENGLISH PAYS!

Can you Spell? Grammar Simplified. Knack of Using Words. Letter-Writing-Story-Writing.

40,000 Volumes Sold Last Year

THE ART OF WRITING and SPEAKING The ENGLISH LANGUAGE

Contains Sherwin Cody's seven complete home study courses in English (from Word-Study to Creative Composition) hitherto sold in typewritten form for \$15 to \$25 for each course. Used in the correspondence or advertising departments of Marshall Field & Co., Lyon & Healy, etc., etc. 4 vols. in a box, \$3.00.

Zangwill Says
Of Mr. Cody's How to Write Fiction, reprinted in these vols., "It is the most sensible treatise on the short story that has yet appeared in England, a country that has not yet realized that story writing is an art and a rare and fine art." His World's Greatest Short Stories (\$1) is the standard textbook for story writing in leading Universities. Mr. Cody will give you honest, helpful advice and instruction by mail.

No More Stiff Letters!
Mr. Cody's Good English Form Book in Business Letter Writing is the "best brief manual on letter writing," and the only good dictation book in existence," says C. C. Rearick, Standard School, Chicago. Cloth, 12mo, 75c.

School of English, 623 Opera House, Chicago.