

How Psychic Pictures are Materialized

# SUGGESTION

*The New Psychology Magazine*

F O R T H I N K E R S

  
September

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1905

Herbert A. Parkyn,  
M. D., Editor, 4020  
Drexel Boulevard,  
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No. 3

## How Psychic Pictures Are Made Realities by Auto-Suggestion

By HERBERT A. PARKYN, M.D., Editor SUGGESTION, and Medical Superintendent Chicago School of Psychology, 4020 Drexel Boulevard, Chicago, Ill.

**W**HAT are your mental or psychic pictures like? Have you ever given a thought to the fact that you are continually influenced for good or for bad by your mental pictures? No? Then I would advise you hereafter to pay some attention to the mental pictures you conjure in your mind every day of your life, for they play an important part in you life and in your destiny, and can be made to play a still more important part and enable you to shape your destiny if you will learn to control them voluntarily.

Have you never seen a psychic picture of yourself playing a weak, impotent, fearful part, with everything going against you? And have you noticed when you have persisted in drawing up these fear-thought pictures that everything seemed to go wrong with you, that they depressed you and that the very fears of your mental pictures seemed to materialize?

Remember this:

THOUGHT TENDS TO TAKE FORM IN ACTION, AND  
MENTAL PICTURES TEND TO MATERIALIZE.

I suppose this is only another way of saying "As a man think-

eth in his heart, so is he," but while the Bible quotation seems to refer only to the man himself, it is true also that our thoughts or mental pictures, besides influencing ourselves mentally and physically, actually affect the people around us, and at times apparently influence even inanimate objects; so subtly does the mind work in its endeavor to make our thoughts realities.

Of course I do not mean by this that the mind is actually projected from the body for the purpose of removing material obstacles, but so great is the power of the mind, when it is earnestly riveted on a desired goal, that our every voluntary or involuntary action is influenced by it and at times, in the concentration upon the goal, many acts are unconsciously performed, which, as I said, make it appear superficially as if the mind influences even material objects.

Frequently I am called upon to treat persons suffering from nothing but the effects of persistently holding wrong mental pictures. Some of these patients have held mental pictures of themselves in which they were afraid to meet people and could feel their own embarrassment as depicted in these mental pictures. The result of habitually holding a mental picture of this kind is self-consciousness.

Others have held pictures in which they have seen themselves on the road to insanity, and the insane asylum yawning for them at the end of the road. And although it is true that a man who is actually going insane never realizes his trouble, yet the victims of these mental pictures of insanity may eventually become insane if the mental pictures are persisted in; but the insanity in these cases arises from the poor physical condition into which the patient falls as the result of fear and worry. Fear and worry interfere with the normal desires for the life essentials—air, water and food—and their neglect causes general physical deterioration in which the brain shares.

Others, again, have held mental pictures of failure and poverty with the poorhouse well defined in the background. Psychic pictures of this kind produce fear, worry, and unhappiness, and these lead to general physical deterioration; with the loss of health comes loss of ambition, leading to failure and not infrequently to the actual materializing of the mental picture.

Poor physical health, following the neglect of the life essentials, is the most frequent cause of injurious psychic impressions. But it is also true that thought forms of sickness and disease will

induce poor physical health. Consequently, in banishing injurious or undesirable mental states, it is important in every instance to improve the general physical condition at the earliest possible moment, for with good health it is much easier to hold the mind on beneficial mental images than when the body and brain are suffering from physical deterioration.

It is impossible to hold a mental picture of health at the same moment with a picture of disease, or to hold a picture of confidence and fearlessness with a picture of self-consciousness and timidity, and, since it is a fact that mental pictures do materialize, it is not difficult to select the classes of mental pictures one should encourage his mind to hold.

The mental pictures of the average man drift into his mind unconsciously, and if they be injurious they may injure him greatly before he realizes the actual cause of his troubles and learns how to remove it. Every man should be taught how great an influence his mental pictures exert over his mental and physical welfare and his fortunes, and he should learn that it is possible for him to choose voluntarily his mental pictures.

#### CHOICE OF MENTAL IMAGES.

The voluntary selecting of mental pictures is not an easy feat at first for a person whose mental images have been allowed to run riot or for one who endeavors to hold a mental picture directly opposed to a conception that has been held in his mind habitually. However, a little practice in holding voluntarily created mental imagery assists greatly, and if the practice be persisted in daily it will not take long to establish a fair degree of voluntary control over the subjective thought forms.

To the man in poor health I would suggest that he first give careful attention to the life essentials and then hold mental pictures of health. He must call up a picture in which he sees himself in good health in every organ and every cell of his body. He should see himself strong and vigorous.

The timid and self-conscious should see themselves playing the part of strong, determined, aggressive, confident, fearless men.

The man with fears and worries should picture himself fearless, light-hearted and happy.

The man who feels himself unjustly oppressed, or down-trodden or over-burdened, should see himself absolutely freed from his objectionable environment—a veritable monarch of all he surveys.

The unsuccessful or the unfortunate should let his mind dwell on pictures of successful attainment; while a man with an ambition should see himself attaining his ambition.

I could suggest a thousand other pictures that the mind could dwell on with profit, but the few I have given will suffice to illustrate my ideas.

#### RULE FOR PRODUCING DESIRABLE PSYCHIC STATES.

The simplest rule to follow in conjuring mental forms that will prove most serviceable in a given case is to picture, voluntarily, in one's mind, the exact conditions it is desired to bring about.

To secure the results desired it is not sufficient merely to draw up an occasional mental picture of attainment. On the contrary, the mental picture should be formed hundreds of times every day, if only for a moment at a time, until a habit of calling up the desired conditions is formed. It is a little more difficult if the new picture happens to be directly opposed to an old picture, but the new picture must be called to mind so often that there is no time left for the mind to dwell on the old scenes, and as often as the old impression manages to slip into the mind it must be supplanted immediately with the new picture and eventually the old thought picture will fade away.

#### AUTO-SUGGESTION HELPFUL.

The materializing of any reasonable mental picture can be hastened by accompanying the picture with earnest verbal auto-suggestions.

The idea of mental pictures materializing may seem absurd to some, and impractical to others, but I have seen too many positive results follow the voluntary use of mental pictures to question their efficacy as a means of attaining desired ends of almost every nature.

Look over your mental picture gallery and see if there are not a few pictures there that had better be turned to the wall or replaced with other pictures of your own voluntary creation.

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The true end and aim of all our work is the harmonious growth of our whole being.—Froebel.

\* \* \*

A friend cannot be known in prosperity, and an enemy cannot be hidden in adversity.—Ecclesiasticus.



## The Value of Suggestion

By DR. C. S. CARR, "Medical Talk for the Home," Columbus, O.

**WE** ARE frequently asked questions touching the value of suggestion in the treatment of disease. Do you believe in suggestion as a means of cure? Are there many doctors in the world that are practicing suggestion? What school of doctors makes the best use of suggestion? And so on, and so on.

In our opinion everyone who practices the healing art is practicing suggestion, largely. He may be practicing suggestion unconsciously, unintentionally, but he is practicing suggestion nevertheless.

A homeopathic physician visits a patient. He puts one, two, three or four remedies in as many glasses of water. He is very careful to tell the patient exactly how to take the remedies. His directions are elaborate, and seemingly very important. He hints at the effect that these medicines are supposed to have upon the patient. The doctor himself may believe all that he has said. Whether he does or not, the chief value of such a performance may be the suggestion that is made to the patient. A suggestion loses half its value if the doctor does not believe it himself.

A Christian Science healer who really believes that there is no such thing as disease—that pain, deformity, and disease are all figments of the mind—a Christian Science healer who really believes this, cannot fail to inspire some people with his belief, and thus do a great deal of good.

A man may advocate the value of prayer as a cure for disease. If he really believes in prayer his belief will most likely affect his patients.

The doctor who fails to cure is one who does not believe in his own remedies, or has little or no faith in them. His manner in the sick room does not inspire anyone with confidence. He applies his remedies in a listless way. He gives his directions in a half-hearted style, which really does not impress the patient at all.

The Master frequently said to those he had cured: "Thy faith hath made thee whole." The Master did not always ignore the use of means, either. He cured a case of blindness by anointing the eyes of his patient with some clay, moistened with spittle. Whether

the clay had any effect or not, the performance undoubtedly did, and was the means of inspiring the faith of his patient.

We would not undertake to set any limit to the power of suggestion. Suggestion will perform miracles of cure, if properly operated.

Nor can a man longer remain a true healer of disease if he thinks only of the money side of the question. The healing of disease can never be made a strictly commercial transaction. There is a spiritual element in it that can never be safely separated from it.

That man who cuts human flesh as if it were wood or wax, that counts his operations as the Indian chief counts the scalps that he has won, that doctor who flies from house to house, dispensing his remedies without giving any attention to his patient as a brother in distress, actuated only by ambition or greed—such a doctor is a dangerous charlatan.

If the people were left to themselves in this matter, unobstructed by medical legislation, such doctors would very soon find themselves out of practice. Medical legislation is intended to bolster up doctors without any reference to their moral or spiritual qualifications for practicing. If a man holds a diploma, or has passed a certain board of examination, or belongs to a certain clique of professional men, medical legislation attempts to force him upon the people whether they desire it or not, arbitrarily attempting to prevent other doctors from practicing, who, perhaps, really do have the moral and spiritual qualifications for the practice of the healing art.—From "Medical Talk for the Home," May, 1905.

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**Forget self in your interest for others, and your life will be a continuous joy, and your death a beautiful sunset.—Edward B. Warman.**

\* \* \*

"Two thirsty travelers chanced one day to meet  
 Where a spring bubbled from the burning sand;  
 One drank out of the hollow of his hand  
 And found the water cool and sweet.  
 The other waited for a smith to beat  
 And fashion for his use a golden cup;  
 And while he waited, fainting in the heat,  
 The sunshine came and drank it up!—Alice Carey.

**PAGE (S) MISSING**

**NOT**

**AVAILABLE**

and conserved. But no science can follow and locate the directive principle when it quits the plant, any more than it can reach its original location before it was called into service in building the plant. And what is true of one plant of today has been and will be true of all generations of plants past and future the world over. The vast amount of directive power that has in all ages been busy in the production of the wonderful variety and abundance of vegetable life with which earth has been clad since the earliest dawn of existence has come from, we know not whence, and gone, we know not whither. That life principle which will direct and control the sprouting, growing and maturing of the vast grain and vegetable crops of the next season and the next and the next, is all as yet in the womb of the unseen and unknown and will return thither again as and when its work is consummated. I think that with Balfour Stewart and Tate we may with reason call this unknown region the "Unseen Universe."

In animal life we find the same three orders of existence concerned and the same problems involved. In every living animal there is the matter of the body, the energy which builds it up and the directive principle which controls the life forces in such building on a plan and to a purpose. It is true, however, that we here find an additional principle, to-wit: consciousness, conscious intelligence, purpose and will. That is to say, the directive principle in the plant, though doing marvelously intelligent work, is altogether unconscious, so far as we do or can know; whereas, in the animal, there is all this, but conjoined with conscious intelligence and will. The animal is possessed of a two-sided intelligent principle, the one unconsciously carrying on all the processes and functions of life, just as in the plant, and the other consciously enabling it to adjust itself to its surroundings and purveying to its physical needs.

But there is another difference between the intelligence of the vegetable and the animal. In the latter the directive principle acts only through a mechanical organism which itself builds up, to-wit: the cerebral and nervous system. In the plant there seems to be no nervous system, certainly no brain center. In the animal, the conscious intelligence can act likewise, only through the brain which is manufactured and kept in repair by the unconscious intelligence for the joint use of both sides. And here the same problem recurs—whence comes and whither goes this two-sided principle, this bilatéral intelligence? Through all the untold ages that animals have lived and perished this life principle has been coming

into visible nature, organizing living beings and then disappearing and leaving them to disorganization and chemical decomposition, coming and going from whence? To whence?

There seems to be three possibilities here: It may be that such unseen and unknown region surrounds and accompanies earth in all her revolutions through space like another atmosphere. It may be that like the luminiferous ether, it is coextensive with space itself, everywhere the reservoir and receptacle of such directive principle, so that the whole solar system in its everlasting flight through the infinite of the universe is ever within its confines; or it may be that space itself is only a sentient mode of thought, having no reality in fact, or if any such reality, in form and condition unthinkable and unimaginable to the human mind.

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Let us have faith that right makes might, and in that faith let us to the end dare to do our duty as we understand it.—Lincoln.

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## Forward!

By WALTER S. WHITACRE, Mount Vernon, Ill.

Written for SUGGESTION.

**B**ROOD not over the wrongs of the past,  
 Of its trials and troubles and sorrow;  
 Better to let them vanish, and cast  
 Your thoughts to the brighter tomorrow.  
 Banish the past if it's gloomy and sad,  
 If it's full of regrets and repining;  
 Welcome the present, look up and be glad.  
 For the sun above you is shining.

Think no more of the days that are gone,  
 Of the moments so wantonly wasted;  
 Bury the past, and, hastening on,  
 Reap the joys you never have tasted.  
 Life still holds a bountiful share  
 Of success for those who endeavor.  
 Forward! and on to the future fair,  
 Looking backward no more forever.

## Dual Personality

**A** FEW plain stories will best introduce the unacquainted reader into the region of that consciousness which exists behind normal waking and consciousness—the region, as most investigators think, of our larger life, according to “London Answers.”

“The Comtesse de Laval had been observed by servants who sat up with her on account of some indisposition, to talk in her sleep a language that none of them understood; nor were they sure—nor, indeed, was she herself able to guess, upon the sounds being repeated to her—whether it was or was not gibberish.

During an illness she was attended by a nurse who was of the province of Brittany and who immediately knew the meaning of what she said, it being the idiom of the natives of that country; but she herself when awake did not understand a single syllable of what she had uttered in her sleep upon its being retold her.

### SPOKE ANOTHER TONGUE IN HER SLEEP.

“She was born in that province and had been nursed in a family where nothing but that language was spoken, so that in her first infancy she had known it and no other; but when she returned to her parents she had no opportunity of keeping up the use of it and as I have before said she did not understand a word of Breton when awake.”

Here, in a very simple and everyday fashion, the reader obtains a glimpse of the mystery of personality. He is standing, as it were, at the threshold of human consciousness, peering past the crowded vestibule to those dim distances where the sounding corridors of the mind lose themselves in the vastness and darkness of their infinite mystery. He is at the gates of his inquiry.

### USE OF PHENOMENA.

He sees the lips of this Frenchwoman open and hears them utter words which she does not understand. If he is a foolish man he will say:

“It is a delirium; the brain is moving without the reason to guide it; the woman is unconscious—and there’s an end of it.”

“But what is ‘delirium’? How can senseless matter move with-

out a will? And what is the difference between unconsciousness and death?

"In science," says F. W. H. Myers, "the use of phenomena is to prove laws and the more bizarre and trivial the phenomena the greater the chances of their directing us to some law which has been overlooked till now."

The wise man will hold his peace and ponder the mystery. He will perceive that even so slight a story as this adds complexity and wonder to the question of human consciousness. He will be willing to hear more. He will regard the question no longer as commonplace and matter-of-fact, there to be left.

If we take him into hospital wards, what will he say when he hears young and delicately bred girls pouring out a flow of blasphemy and women of the gutter addressing prayers of the greatest spiritual beauty to the God they have never known?

An American doctor tells of an insane patient who "sang hymns and songs of her own composition during the latter stage of her illness, with a tone of voice so soft and pleasant that I hung upon it with delight every time I visited her. She had never discovered a talent for poetry or music in any previous part of her life."

#### SANE WHEN ASLEEP.

Another side of personality is revealed in the following story:

"Jeanne S—— was a criminal lunatic, violent in demeanor, and with a lifelong history of evil. M. Voisin, who was one of the physicians on the staff (at the Salpetriere) undertook to hypnotize her at a time when she could be kept quiet by the straightjacket. She would not—indeed, she could not—look steadily at the operator, but raved and spat at him. M. Voisin kept his face close to hers, and followed her eyes wherever she moved them. In about ten minutes a stertorous sleep ensued.

"The process was repeated on many days, and gradually she became sane when in the trance, though she still raved when awake. Gradually, too, she became able to obey in waking hours commands impressed on her in the trance—first, trivial orders (to sweep the room and so forth), then orders involving a marked change of behavior. Nay, more, in the hypnotic stage she voluntarily expressed repentance for her past life, made a confession which involved more evil than the police were cognizant of—though it agreed with facts otherwise known—and, finally, of her own impulse, made

good resolves for the future. Two years later M. Voisin wrote to me that she was then a nurse in a Paris hospital, and that her conduct was irreproachable."

Of all the stories in my knowledge none throws more light on this mysterious subject than the far simpler and far less dramatic story related by Dr. Milne Bramwell, perhaps the greatest medical hypnotist now living.

He was treating a dressmaker sent to him by a local physician, who was unable to cure her of a mental ailment. When in trance this woman was so extraordinarily reposed that Dr. Bramwell spoke to her about it during one of her deepest trances.

#### PLANS DRESS IN A TRANCE.

"When you do not speak to me," she replied in her trance, "and nothing occurs that interests me directly I generally think of nothing and pass into a condition of profound restfulness. Once, however, I had an important dress to make and was puzzled how to do it. After you had hypnotized me and left me resting quietly I planned the dress. When I awoke I did not know I had done so and was still troubling about it. On my way home I suddenly thought how the dress ought to be made and afterward successfully carried out my ideas. I believed I had found the way out of the difficulty there and then in the waking state. I now know I did so some hours previously when hypnotized."

Now note what follows:

"When the subject was aroused she had no recollection of what she had said and still believed she had planned the dress when awake."

Here, because the story is so simple, the mystery is plain. The waking consciousness of the dressmaker knew nothing of her trance consciousness, but her trance consciousness knew all about her waking consciousness. Out of one mouth two people spoke. The one, a limited intelligence; the other, an embracing intelligence. And the limited intelligence, the smaller consciousness, was the consciousness which claimed to be the whole and only personality inhabiting the body. It knew nothing of the other consciousness, which knew all about it.

#### RULED BY ANOTHER MIND.

It seems to us from this story that when we exclaim, "I have got a good idea!" or when we set suddenly about performing a task



of which we had not hitherto thought, it may be that we are obeying the commands of our fuller and stronger personality. The "hidden life" is, indeed, a truth of science. In each man there is a more intense consciousness than he himself is aware of; and that unknown intense consciousness knows him through and through, and is—himself.

Hitherto we have spoken only of dual personality, cases in which consciousness is apparently divided into two parts. There remains the more perplexing problem of multiplex personality—one body uttering the words and doing the will of five, six, seven, eight, and nine wholly different personalities. But this is a far too perplexing subject to be even hinted of briefly. Let it suffice to know that there are innumerable cases on record of men and women having suddenly "gone out of their senses" and become wholly different personalities for long stretches of time. Then another change has come about; but, instead of a return to the first or normal personality, the patient has gone on to a third, a fourth and a fifth personality, each one entirely different from the other.

As some people suppose, the brain is like a piano, on which the soul expresses itself as best it can. According to this theory, the manifestation of a second and a third personality is not the manifestation of another aspect of one personality, but the appearance on the scene momentarily of a wholly different spirit, which ousts and supplants the original possessor.

But scientific men do not take account of this theory, and believe that consciousness is destined to reveal itself in a much wider and more splendid fashion than has ever hitherto been supposed. We are greater than we seem.

[EDITOR'S NOTE.—The above extract from an English paper, gives a few cases of alterations in personality. Those who wish to pursue the subject will find many cases given in the encyclopedias; also see "Alterations of Personality," Binet; "Law of Psychic Phenomena," Hudson; "The Widow's Mite and Other Psychic Phenomena," Funk; also back numbers of this magazine. While the facts above given are correct in the main, the psychological theories touched upon are not accepted by all authorities.]

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The proof that a man is a master is that men come to think with him ten years later.—Emerson.

# The Beautiful Woman

By ALICE LONG,\* 65 E. Randolph street, Chicago.

Written for SUGGESTION.

THE truly beautiful woman is not made up of cosmetics, the powder puff, a box of rouge, pads, a smirking smile, and an air of listlessness, but rather a woman whose loveliness is the expression of the higher mental, moral and physical development. Her nose may be a trifle retrouse, but she knows just how to dress her carefully brushed, well-kept hair and the angle at which her head should be carried to produce an effect which would cause the fingers of an artist to tingle in his eagerness to transfer her likeness to canvas. Her eyes may not be the soulful orbs of a madonna, nor the languorous, half-veiled shadows which lure men on to destruction, but they are beaming with the light of quick intelligence, sparkling with health, humid with sympathy, dark with the serious things of life, laughing with its joys, until the beholder finds himself under a veritable spell. Her mouth may be a trifle large, but the lips are rosy with rich, pure blood and part in the sweetest of smiles, or emitting a peal of laughter like the tinkle of silver bells or the ripple of a tiny brook, reveal two rows of even, pearly teeth, while the face lights up with the joy that comes of pure thinking and right living. The skin, kissed by the sun and caressed by the breeze, needs no touch of art to make it perfect in its transparency and coloring.

It is true, there are degrees of beauty, just as there are degrees of learning, but because of the mere fact that we are born without even a rudimentary book knowledge, is not reason that we should abjure the alphabet and the vast field of education to which it is the key. Just as the child may, by study, become a brilliant scholar, so may the commonplace woman, by the observance of rational hygiene—fresh air, scientific breathing, drinking daily a sufficient quantity of pure water for the requirements of the body, by judicious physical exercise, daily walks, keeping the functions of the body in normal condition, by the control of all harmful emotions, the cultivation of hope, courage, cheerfulness and unselfishness, the development of a low, sweet voice, one of her greatest charms, become fascinating, beautiful—a queen. At least, the re-

\*Author of "My Lady Beautiful," a book of hygiene for women.

sults are well worth the time spent, for the observance of these things is the very cornerstone of health, without which there can be no real beauty.

Many women have an idea that to follow a daily regime looking toward physical development is a waste of time; that to take thought of what they eat is sacrilege; and so even go to the extreme of believing that any effort on their part to improve the body is a tacit acknowledgment that the Creator did not do his work justice. "Know ye not that ye are the temple of the Holy Spirit? Therefore what ye eat or whatsoever ye drink, do it as unto the Lord." God's work is always perfect. It is woman who cramps, disfigures and distorts her body by wearing corsets, long and heavy skirts, tight bands, high collars, close and ill-fitting shoes; and yet she does not realize that by so doing she is perverting the work of the Almighty. She not only injures her own body, but the bodies of individuals of future generations, and that which is injurious to the body is hurtful to the mind as well, even limiting to a remarkable degree the spiritual development.

As water is contaminated by a muddy vessel, so are mind and spirit made unclean and impure by a diseased body. Thus woman should realize that she owes it to herself and to all those with whom she may come in touch to be healthy in mind and body. Her temple (body) is the vehicle through which the real self functions, and the beauty of its outer walls, the well-formed structure, the harmonious curves, the grace of movement, the light springing step, the firm flesh, the glowing skin and flashing eyes are but the outward expression of the cleanliness, the healthfulness, the calmness, the hopefulness, the sweetness and sanctity of her inner being. "'Tis only such a woman who may bear the right to be called beautiful."

---

**"The mill will never grind with the water that is past." Who wants to worry about the water that is past? The important thing is to look after the water that is passing. There is plenty to keep the mill humming.—Selected.**

\* \* \*

The conduct of other people is a mirror in which we can see ourselves; therefore condemn not. The language of love is "like myself." We are or have been guilty of the wrong thought, if not of the manifestation, or incarnation of it.—Geo. D. Tripp.

# SUGGESTION

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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.

\* \* \*

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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



### Auto-Suggestion

I HAVE written a new book. In defense I will say that during the last few years I have received many questions about auto-suggestion. Many people are studying the subject. To answer some of these questions I wrote a series of articles for SUGGESTION about the use of auto-suggestion in certain cases. And yet more questions came. So I have gathered these articles together, revised them, made some additions, and have published them in book form. The book is handsomely printed on heavy paper, bound in cloth and gold. The book tells all you will wish to know about auto-suggestion; what it is and how to use it. Every reader of the magazine will be interested in reading this book. It shows how to use your psychic forces to achieve health, happiness and success.

\* \* \*

Do you want a copy?

\* \* \*

Get a friend to subscribe. Send me the subscription price, and I will make you a present of the book.

\* \* \*

You can get half the subscription price from your friend, donate half yourself, and your friend can have the magazine and you can read the book. If after reading the book you consider it is not worth more than 10 cents, return it and we will return you half of the subscription less the 10 cents.

\* \* \*

If you want to know more about this book, turn to the Review Department, and read the table of contents.

\* \* \*

One friend said the chapter on Auto-Suggestion and Personal Magnetism was worth the price of admission alone.

\* \* \*

So send along your friend's subscription.

HERBERT A. PARKYN, Editor.

4020 Drexel Boulevard, Chicago, Ill.

## The Power of Thought

Only by thinking does the world progress. More thinkers means more progress. If you make two thinkers, where there was only one, you add to the world's progress.

This magazine believes in independent thought. It teaches that all should think along original lines. Few do any original thinking. Why not try to make a thinker. You can help. Send us a few names of persons who are learning of the power of thought; send us the names of those seeking advanced ideas on the problems of life; send us the names of those who are optimistic; who believe in themselves, who believe in mankind, and who are not afraid of an idea. The editor will be pleased to mail sample copies of this magazine to all such persons. By sending those names you are doing a kind act, you help yourself, your friend and the editor. Why not do the kind act NOW? Why wait until tomorrow? Please lay the magazine right down now, write a letter or postal card and send the names. Tomorrow is too late; besides, it never comes.

\* \* \*

Dr. E. H. Pratt, a well-known Chicago physician, in a paper read recently before a section of the American Institute of Homoeopathy, stated that all cures are made by "Co-operative Suggestion," in spite of the fact that physicians are prone to use that means in "a haphazard and unscientific way."

The fact as announced by Dr. Pratt is now admitted by progressive physicians, and in a few years a physician who is not familiar with the laws that govern suggestive therapeutics will be hard to find. Of course, it is rather difficult for the great body of physicians to admit that drugs have but a secondary influence, but the world moves and the truth is gradually spreading to all dark corners.

\* \* \*

Contributed articles do not necessarily represent the opinions of the editor of this magazine. I allow freedom of discussion in the pages of SUGGESTION, but the various writers are alone responsible for the opinions expressed.—Editor.

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Human improvement is from within outward.—Anthony Froude.

## Practical Helps in the Study of Psychology

Every reader of this magazine should read the new book on "Auto-Suggestion," by the editor. It is the only thorough, practical and reliable book on the subject. It tells what Auto-Suggestion is and how to use it. Auto-Suggestion plays a very important part in life. It means health, happiness and success if it is rightly used, or if its laws are not understood, or unconsciously violated, the result may mean misery, sickness, despair, defeat and death.

Life is a force. It is governed by fixed laws; know and understand those laws and you have harmony and peace and happiness. It is highly desirable that everyone should understand the basic laws of his own being. These laws deal with the psychic factor, the subconscious, the dual mind. Learn the fundamental facts of mind and being and apply them. All this information is given in the book referred to. The story of Auto-Suggestion is told simply and clearly; no myths, no fog-land, no sounding phrases. Read the review of the book in the book department. Get a copy of the book. Get it now. Ask your friend to subscribe for SUGGESTION. Send his subscription, and you will receive a handsome, cloth-bound copy of the book, 184 pages, stamped in gold. You and your friend can read the book and profit thereby.

The book tells the secret of health, happiness and success. Now, I will ask one question and close the meeting:

"What are you going to do about all this?"—Elmer Ellsworth Carey.

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### Externalization of Thought Forms

I want all our friends to give heed to the leading article in this issue by the editor. The name of the article is:

"How Psychic Pictures are Made Realities by Auto-Suggestion."

This article gives the fundamental principle of the New Psychology. It explains how the New Thought theories work, something that few New Thought people know. The article shows that reason and fact is at the base of all psychic endeavor, and that there is no need to introduce mystery or occultism into such a question.

Some folks do not like SUGGESTION because we draw aside the hazy curtains that are hung about the psychic realms. These good friends say in effect, "You have taken away my mystery and I know not where you have placed it." Really, it is too bad.

But read the article.—E. E. C.

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## Does This Sound Good to You?

New cash yearly subscriptions received during this month will extend to Jan. 1, 1907. This offer includes a copy of the book on "Auto-Suggestion." See review department.

Subscription rates:

In the United States (except the city of Chicago).....	\$1.00
Canada, Mexico, Cuba and island possessions of United States	1.00
In the city of Chicago.....	1.25
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If you are a subscriber you may favor a friend by calling attention to the above.

Old subscribers sending cash for yearly renewals during the month will have their subscriptions extended three months. Send 25 cents additional for a copy of the book on "Auto-Suggestion."

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### Department of Psychic Research and Practical Psychology

The editor of SUGGESTION is pleased to announce an important addition to the SUGGESTION staff. With this issue commences the publication of a department devoted to the scientific consideration of the psychic field. The editor of the department is Dr. Stanley L. Krebs, whose permanent address is Greensburg, Pa., where letters and communications for him or his department may be addressed.

It will be the special aim of Dr. Krebs to give attention to the practical aspects of the New Psychology, as well as to cover the line of experimental and phenomenal research.

SUGGESTION reaches a personal acquaintance with Dr. Krebs. He has been a life-long lover and student of science, and is a member of eminent scientific bodies, such as the London Society of Arts,



the Medico-Legal Society of New York, the International Society for Psychical Research, the American Academy of Political and Social Science, etc. His work in psychology has received high scientific endorsement. He is at present studying in particular the human memory, and is issuing a questionnaire of 10,000 copies.

He is one of the best platform speakers in the United States and enjoys a national reputation as a lyceum and Chautauqua lecturer, having been booked on leading courses from lakes to gulf and from ocean to ocean. He is regularly enrolled on the standard lecture bureaus of the country. He rouses deep interest in the human mind wherever he appears, having a marvelous grasp not only of psychology under its three modern forms, but also of physical science and historic theology, as well as the philosophical oddities of the eccentric which he delights to study as a botanist does a new weed or flower.

Dr. Krebs has traveled in Europe and Africa, collecting many treasures there along the way of which the readers of this magazine will hear in later issues.

Many articles from his pen have appeared in scientific journals and he is the author of two books, "Poverty's Factory," and "Twin Demons," the former of which has been translated into German and portions of it into Italian, and the latter already is in its second edition though but just recently published. A pamphlet of his on certain phases of psychical research has been translated into Russian and Italian.

Dr. Krebs believes in fresh air, and during even the coldest nights in winter he and his family sleep in a specially constructed tent in the yard of his Greensburg home.

Dr. Krebs is a fine musician, a student and lover of art, having studied at the Boston Conservatory of Music. Many of his compositions have been published.

For fifteen years Dr. Krebs has been studying the philosophy, psychology, mysticism, and symbolism of the orient, as well as the recognized psychology of the occident, and his next trip abroad will be to India, for which he has been long preparing.

We are greatly pleased, therefore, to announce to the readers of SUGGESTION that Dr. Krebs will contribute regularly in his department to this magazine, and they will be greatly interested in his first article which sets forth the subject-matter he intends to discuss and the spirit in which the discussion will be conducted.—  
Editor SUGGESTION.

## QUERIES

### Eczema

**Editor SUGGESTION :**

Will you please write a brief essay upon Dry Eczema at some convenient time. It is a subject of peculiar interest to me. Are there no general instructions for its cure? I have never seen a statement concerning any of the numerous forms in which this disease appears.

Wis.

R. M. E.

[There are many forms of eczema, for which various internal and external remedies are usually given, but the success of the medical treatment is very uncertain for the reason that so little attention is given to correcting the patient's habits of living.

Usually the eczema is accompanied by constipation or dyspepsia or both, and with the main organs of nutrition out of order the nutrition of the skin is impaired.

Arsenic is frequently prescribed for skin troubles but the arsenic itself has never cured the trouble. Arsenic will increase the appetite for food and water, and in this way cause a change in a patient's habits of living and improved health and increased nutrition to the skin sometimes follows and the skin trouble disappears. After a result like this, arsenic is given credit for the cure, and in consequence it is used so generally for skin troubles. The same results, however, can be produced without arsenic by giving proper attention to the life essentials and employing auto-suggestion. The skin trouble generally improves or disappears as the general health improves.

In some forms of eczema, external applications will prove beneficial provided the general health is being improved at the same time.

For Dry Eczema I would recommend the life essentials internally, and at the same time a gentle massage of the affected skin three times a day, using olive oil for the massage.

It might take two or three months for the eczema to disappear, but persist in the treatment and I believe you will secure the desired results.

Report to me, please, when you find yourself markedly improved.

I showed this query to a man who prides himself on being a

"health crank," and hates medicines of every description. Here is the answer he said he would give if he were answering the query:

"Eczema or any other chronic skin affection is caused by a deranged condition of the blood stream; in nearly all cases auto-intoxication is the exciting cause. Auto-intoxication follows stomach troubles or constipation; food is not digested and the fermentation processes in the alimentary canal produce various poisons, a portion of which is unavoidably taken into the blood. The excessive use of a meat diet is favorable for the development of eczema. When the blood contains certain kinds of impurities, an attempt is sometimes made by nature to throw them off through the skin. These poisons in passing through the secreting cells of the skin produce disturbances just as small shot would cause trouble in a coffee mill.

"The remedy is to correct the primary trouble by taking proper food in a proper manner at the proper times. Nature can be assisted in excreting the poison already in the system by drinking freely of pure water, eating juicy fruits and by the use of enemias for a few days. The free use of water and fruits gives nature sufficient liquids to dissolve the poisons and wash them out of the system.

"The water also dilutes the poison and renders it less harmful while it is being thrown off by the excretory organs. Pure or soft water is better than hard water, as hard water already has a large amount of lime in suspension and it can take up but a small quantity of additional debris."

EDITOR.]

\* \* \*

## Human Auras

Invercargill, New Zealand.

Editor SUGGESTION:

I have just purchased your mail course on Suggestive Therapeutics and I must say I am very well pleased with the work. I find it far in advance of any other work I have come across along these lines.

I was rather surprised to find, however, that you are not a strong believer in the magnetic theory. You say you can account for the different phenomena of so-called personal magnetism or magnetic healing by or through suggestion.

Now I would like to bring before you one or two points which lead me to believe that magnetism is thrown off by the human body and that this magnetic force plays a very important part in healing.

I suppose you are aware, Doctor, that Mr. Chas. Alexander, of Torrey-Alexander fame, is at the present time drawing together nightly thousands upon thousands of people in London and has done so *all* over the world. Does suggestion explain this man's power or control over the people?

I know Alexander is a splendid suggestionist but surely you will admit that there is *some other force* at work here. He has been spoken of in many different parts of the world as a man of "immense magnetic personality." Again, how is it that we cannot bear to be in the presence of some people, their very presence depressing and irritating us, while again others have just the opposite effect? Does suggestion explain this?

Then we know that the snake can fascinate certain animals and that the bird falls an easy prey. Can this power that the snake has over different animals be explained in any other way than that it throws off a peculiar subtle force which controls the animal it desires to capture? It seems to me that animals as well as human beings possess this force.

If we look at the human body through a polariscope we behold not one body but many bodies, and from these different bodies we see different auras arising. Any true clairvoyant can see these magnetic auras at any time hovering over the body at a distance of half or one inch.

I mention these facts, Doctor, to let you know why I believe in magnetic theory. There are many, many scientific men who are proving every day that we are continually throwing off a magnetic aura, and that this aura has either a good or bad effect upon those with whom we come in contact.

I am taking the liberty of sending you a small booklet I have just published. I think you will find something of interest in it.

With many kind thoughts for you and your work which I hope you will be spared to carry on, I remain,

Most sincerely yours,

W. Y. MICHIE.

[My correspondent lives too far away to have had a chance yet to read my latest book, "Auto-Suggestion for Health, Happiness, and Success," for in one of the chapters devoted to personal magnetism I have shown that all the phenomena of personal magnetism are due to impressions (suggestions) made upon the five senses, and there is nothing in Mr. Michie's letter to make me change my opinion.

While it is true that Torry Alexander is drawing large crowds it is also true that his meetings and his results have been widely advertised. This would account for the crowds, and his remarkable success in securing converts is due to the fact that the very people who are attracted to the class of meetings he holds are of the most suggestible type.

My correspondent says Torry Alexander has had the same success "all over the world." I realize this is only a general statement, but to be correct he should have said, "He has had the same success all over the English-speaking world."

What effect would Alexander have on an audience of Frenchmen or Russians or Chinese if they could not understand a word he was saying? His very gestures, which mean so much to an audience which understands him, would seem ridiculous to an audience of foreigners who did not understand English, and he would have no attraction for them, especially if they did not know his profession in advance. Consequently, I have a right to assume that Mr. Alexander influences his audiences because they are English and can understand his gestures, his mannerisms and his speech—all methods of suggesting.

The effect different persons make on our five senses and our preconceived ideas will easily account for the different effects made upon us by different personalities. There is a much simpler explanation than magnetism for the effect a snake appears to exert over a bird, but I cannot see why it is necessary to go to the crawling snake in an endeavor to prove that man possesses an actual, magnetic force other than the effects of the impressions he makes on the five senses and education of other people.

How long would a snake fascinate (hold the attention) of a blind bird? Or how much magnetism is there in the chalk mark with which every schoolboy has fascinated a hen by forcing her to lie down on a sidewalk and drawing a chalk mark straight away from her bill?

The polariscope could not be used for the purpose Mr. Michie

suggests, and he evidently has an erroneous idea of the function of this instrument. One might as well speak of using a set of store counter scales to determine how fast an airship traveled, so foreign is the adaptability of the polariscope to the purpose of viewing the human aura.

I am aware that many so-called clairvoyants profess to be able to see an aura around the human body, but different clairvoyants will describe entirely different auras around the same person, and when asked to tell the auras of different people under test conditions, even the same clairvoyant will give different descriptions of the aura of the same individual.

I am not aware that it has ever been scientifically proven that man possesses a magnetic aura, such as Mr. Michie means, neither do I know what scientists, if any, are endeavoring to prove the theory. But possibly Mr. Michie can enlighten us.

The influence one man has upon another for good or bad will be found, in the last analysis, to depend upon the interpretation of impressions received through the media of the five senses.

Mr. Michie's book has not yet come to hand, and I will read it with pleasure when it arrives, but I am confident he will change his views on personal magnetism when he has thoroughly studied the far-reaching effects and phenomena of suggestion and auto-suggestion.

I would like to have the views of some of our readers on the subject of Personal Magnetism for publication.—Editor.]

\* \* \*

## Varicocele

Editor SUGGESTION:

I have a varicocele and wish you would tell me if this trouble can be cured by suggestion.

D. V. L.

Miss.

[Varicocele cannot be cured by suggestion. This trouble is frequently aggravated, if not sometimes actually caused, by the straining incidental to chronic constipation, and sometimes the relief of the constipation so relieves the varicocele that it is forgotten and sometimes disappears.

There is a great deal of literature on this subject published by advertising quacks, and I have known men to be worried to death over a small varicocele, or even over none at all after reading this criminal literature.

If you have no constipation, and if you are satisfied you really

have a varicocele, I would advise you to consult a reputable physician, and if he thinks it is sufficiently severe to warrant operative measures, place yourself in his hands. If, however, he wants you to take medicine internally for it, or tries to experiment with outward applications of electricity or medicine, I advise you to consult some other physician at once.

If, however, you suffer from constipation, overcome the constipation by looking after the life essentials and possibly the varicocele may almost disappear. If it does not disappear or grow much less noticeable after the bowels have been moving normally for two months, consult a physician.—Editor.]

\* \* \*

## A Woman's Woes

Editor SUGGESTION :

I am twenty-eight years old and suffer from sick headache, painful menstruation and chronic constipation. They have been the bane of my life for over ten years. I have tried medicines, Christian Science and other things but have never had more than temporary relief.

Can you offer me any encouragement that I can ever be well like other women?  
Cal. M. B.

[I answered a query similar to this a few months ago. Of course you can become a perfectly healthy woman.

Your headaches are caused by imperfect elimination, and this with the painful menstruation and constipation, indicate to me that you do not drink more than one-half the liquids required by a healthy woman, i.e., two quarts per day.

Begin at once to drink eight to ten glassfuls of liquids every day, and look after the other two life essentials, and I predict the constipation will be overcome in one week and the other symptoms will disappear in due course of time—probably within two months.

You should also employ auto-suggestion to improve your appetite for the life essentials, and to stimulate the main organs of nutrition and elimination.

Send for a copy of my new book on auto-suggestion, and follow the advice given in the chapters treating on the overcoming of physical troubles by auto-suggestion.—Editor.]

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Enthusiasm for an object should be combined with common sense. In the one is warmth; in the other clearness; in the one lies the ideal, in the other the program, that will offer ways and means for reaching the end.—Sombart.

# COMMON SENSE PHILOSOPHY

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

Generally those who are freest to criticise the conduct of others are the most vulnerable to criticism. We have heard men criticise the financial policy of the government, who never had sufficient money to buy a mule. It is an everyday occurrence to hear men condemn others and be entirely ignorant of the purpose these men had in view.

\* \* \*

Those who judge harshly of the opinions of others are generally ignorant of the fundamental grounds of their opinions. The narrow-minded never fail to line themselves up into clans and classes. Often farmers blame merchants and merchants return the censure; shippers roast railroads and railroads blame shippers. Housewives censure servants and servants return it with interest. There is a continual round and grind of fault-finding and nagging from top to bottom of social life, each taking a shot from his own little point of view.

\* \* \*

Three-fourths of a community readily pass judgment on the personal conduct of another after hearing only one side. The man of wisdom suspends judgment on conduct until he has heard both sides. He is discreet and brave enough to say to a one-sided presentment, "I don't know yet." Often our premature judgments are as presumptuous as a billy-goat butting into a locomotive standing in his way.

\* \* \*

All creeds and teachings have some grains of truth; none have a monopoly of all truth. The needs of mankind are manifold. Every teacher has a message that is best for some one. The requirements of each human soul needs the truth expressed in some particular form at its stage of development.

\* \* \*

Abolish mental fences in religion, politics and other human divisions. Sheep and goats, black and white, good and bad, will be found in most flocks. The Great Shepherd put it thus: "He that is without sin, let him cast the first stone." The mob dispersed without looking for rocks. The use and misuse of words is largely the cause of apparent differences. All honest thinkers are often nearer together than is apparent.

\* \* \*

Any statement of a truth is only a truth partly stated. There is ever "the other side." Our brother may be looking at the other side of the shield. Life has many paradoxes. From your single point of view a proposition may seem manifestly false; but after many points of view you generally change your mind. While plodding your lone way, it is best to let the other fellow alone. No teaching has all the truth.

\* \* \*

As we grow in wisdom, we grow in tolerance. "To know all is to forgive all." There is good in every man, so give him a chance to put it in evidence. It is tyranny that gives certain classes special privileges. Each person should have access to the universal mine of knowledge, so he may "get busy" and dig up nuggets of truth. Let each one get his pick and help himself. Troubles come to us because they are due to us, perhaps from some subtle cause we cannot fathom. Troubles are tests of our worthiness.

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We need not fear that we can lose anything by the progress of the soul. The soul may be trusted to the end.—Emerson.

## DEPARTMENT OF PSYCHIC RESEARCH AND PRACTICAL PSYCHOLOGY

By DR. STANLEY L. KREBS, Greensburg, Pa.

**M**ATTER intended for this Department should be addressed to Dr. Krebs, at above address; manuscript cannot be returned; matter accepted cannot be published in any specific issue; persons having had experience in psychic matters are invited to communicate with Dr. Krebs.

**THIS DEPARTMENT** will be a regular feature of **SUGGESTION**, and will contain much material never before published. Dr. Krebs is interested with such scientists and investigators as Professor James H. Hyslop, Dr. R. Hodgson, Professor William James, Professor Elmer Gates, etc. He is one of the recognized authorities in this field of research. Correspondents residing in the east may address him at The Laboratory of Psychology, Chevy Chase Circle, Washington, D. C., of which he is a director and where much of his work is done.—Editor **SUGGESTION**.

**G**REETING! to the host of thoughtful men and women in this and other countries who are exhibiting a real, vital and permanent interest in the rapidly growing knowledge of the human mind—students of self, of consciousness, subconsciousness, “soul.”

Readers of this department may prepare for a portrayal not of my own personal fancies, theories, wishes, or whims, or those of anybody else; but for facts of consciousness as reputable scientific men and scientific societies of acknowledged standing have demonstrated them. When I speculate I will clearly say so.

The important and absorbing subject of psychics has passed the tentative stage and is now regularly taught, in its demonstrated facts and laws, in Continental and American universities; in Harvard by Professor William James, fifteen lectures; Bryn Mawr, five lectures by Professor Miller; Brown, Clark, Columbia, etc., and in the University of Minnesota by Professor Harlow Gale, who gives thirty-six lectures on this one branch alone, and reports that they are “the most profitable of all to the students.”

### WHAT IS “SCIENCE”?

Science is simply the discovery and classification of facts. It does not embrace their ultimate explanation. Their ultimate explanation seems, indeed, impossible. Says Dr. J. R. Buchanan, “All real science is a collection of facts which we cannot explain. Who can tell WHY oxygen attacks iron, and WHY an alkali keeps it off, why sulphuric acid seizes soda, potash, lime, ammonia, and not other elements? Nobody knows.” But it is upon such unexplained and inexplicable facts as these that the grand science of chemistry is based.

I repeat, therefore, science, true science, modern science, is simply the discovery and classification of facts.



But what is a fact, according to science? And right at this point let me give you the simplest definition of science I have yet found. It is this—A PHENOMENON IS SCIENTIFIC WHEN IT IS REPEATABLE—if I may coin that word. If a phenomenon happens only once it may be as true, genuine, and natural as if it had happened a thousand times. But it is not scientific. If a phenomenon happens only once we cannot study it, bring it back, examine it, compare, contrast, or classify, in other words we cannot know it. Hence it is not scientific. If only one aerolite had fallen from the inter-stellar spaces upon this tellurial ball of ours called earth we would not have had the science of aerolites as we have today. Yet the one aerolite would have been as true and genuine as a thousand.

If, therefore, the mysterious phenomena of telepathy, trance, telekinesis, veridical dreams, visions, voices, transformations of character (conversions), clairvoyance, and subliminalisms generally, had happened only once we would not have psychic science as we have it today. But these phenomena are repeatable. They repeat themselves spontaneously, and they have been reproduced experimentally.

Therefore psychics is a science, for it is an effort, and a successful effort on the part of some of the most eminent scientists in the world to substantiate and classify the hitherto unclassified and little understood marvels and mysteries of the human mind. These savants are peering into this realm of mystery and are discovering great laws there, for that law and order exert their beneficent sway in this seemingly chaotic sphere all philosophical minds have for years been convinced, not indeed from actual demonstrations such as we are having today, but simply from "a priori" reasoning or philosophical deduction, on the principle of the analogy and harmony of all departments of nature.

The Society for Psychical Research of England is the pioneer investigator, and it brings to the investigation the best, brightest, broadest brain this planet can offer for the investigation of any subject. Its publications ("The Proceedings" and "The Journal") constitute the fountain-head of reliable information and investigation in this remarkable field.

Another society has recently been formed in France composed of the most fearless and painstaking psychologists of that country. This society publishes "The Annals of Psychical Science," now translated into English for those who cannot read French.

This department will discuss the subject from both sides, the physical as well as the psychical, and will set forth the great classes of the experimental and the spontaneous, the voluntary and the involuntary phenomena of the deeper and wider consciousness.

One purpose this department will keep steadily before it is to divest this whole subject of that glamour of mystery or "occultism" with which certain morbid and designing individuals love to surround it, and by which they deceive a too credulous public.

But in setting forth the remarkable truths already discovered and demonstrated, I find the words of Professor Crooks very true indeed when he says, "In view of the strange phenomena occurring in this realm of psychics I confess that it is difficult to avoid speaking of them in language of a somewhat sensational character."

That the reader may form his own judgment of the calibre of the minds that have wrought or are still at work in this field I shall name some of the

#### MODERN STUDENTS OF THE SOUL:

The Rt. Hon. W. E. Gladstone, John Ruskin, LL.D., Professor W. F. Barrett, F.R.S.E., Professor William Crookes, F.R.S., The Rt. Hon. A. J. Balfour, The Marquis of Bute, Lord Rayleigh, Professor Henry Sidgwick, The Rt. Rev. Bishop of Ripon, Professor Oliver Lodge, F. R. S., Professor J. J. Thompson, F.R.S., F. M. H. Myers, Frank Podmore, W. T. Stead, Sir Henry M. Stanley, Alfred Russell Wallace, F. R. S., Rev. Canon Basil Wilberforce, The Lady Henry Somerset, Mrs. Sidgwick; (France) Professors Bernheim, Dessoir, Janet, Liebault, Ribot, Richet, Sabatier, Flournoy, Flammarion; (Germany) Professors Wittig, Eduard Von Hartman, Wetterstrand, etc.; (Russia) Drs. Aksakof, Solovo, Wagner; Professor Lombroso of Italy; (America) Professor William James of Harvard, Professor Langley of the Smithsonian Institute. Professors Butler and Hyslop of Columbia University, Dr. Stanley Hall of Clark, Drs. Newbold and Easton of the University of Pennsylvania, Dr. Roscoe Mason, Lyman C. Gage, Dr. Harlow Gale of the University of Minnesota, Rev. Dr. R. Heber Newton. Dr. Richard Hodgson, and several hundred others, mostly professors, physicians, and clergymen.

#### THE SUBJECTS

we propose to consider thoroughly and in detail in this series of articles are briefly outlined as follows: Healing, Hypnotism, Sleep, Dreams, Premonitions, Telepathy, Fundamental Laws of Psychics, Mind, Soul, Relation and Destiny of Mind and Soul, Marvels and

Mysteries of Matter, Personal Magnetism, What Facts Science Has Discovered in Spiritual Phenomena, Exposes of Fraudulent Proceedings of All Kinds, Fear and Worry, The Tears of Children and How to Remove Them, the Psychology of Cheerfulness, Teleology of the Finer Forces, Marvels and Mysteries of Memory, Double Personality, The Witch of Endor, The Psychology of Prayer, Science and Religion, The Symbols of Antiquity, The Universal God-Idea, and such other subjects germane to the above as the interest and correspondence of our readers may from time to time suggest.

The whole series will be found to form a complete and logically arranged system, couched in plain terms for all to easily understand, leading into not only a knowledge, but also a personal application, of the latest discoveries of advanced science.

#### THE PROFOUND IMPORTANCE

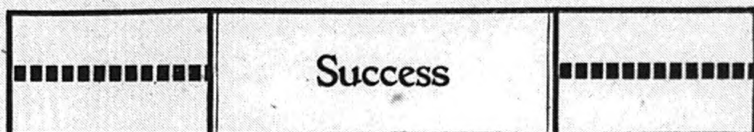
of this whole field of research was recognized so long ago already as 1885 by no less a thinker and philanthropist than William Ewart Gladstone, who said. "The work now being done by the Society for Psychical Research is the most important work now going on in the world—yes, by far the most important," he said, reflecting upon the very strong words he had just uttered.

Twenty years have gone by since Gladstone uttered those significant sentiments. Far from diluting their strength we feel constrained by the facts of an indisputable nature to deepen and accentuate it.

I will, however, at this point in concluding this first article for this department give a passing glimpse at the nature of these "deep things" by quoting from Dr. Phillip Schaff words which you will find in his classical and standard work "History of the Christian Church," Vol. III, page 465. There that thorough scholar, conservative theologian, and consecrated Christian man, who investigated psychic phenomena for himself, dares to place on permanent and public record his deliberate and lofty tribute to the high value of psychic science, and does it in the following direct and unambiguous terms: "Clairvoyance, magnetic phenomena, and unusual states of the human soul, are full of deep mysteries, and stand **NEARER THE INVISIBLE SPIRIT-WORLD** than the everyday mind of the multitude suspects."

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"Back of thy parents and grandparents stands the great eternal will. Strong, beautiful, divine. Sure lesson of success for one who tries."



## Success

The editors want short letters dealing with the subject of success. We can use clippings, poems, quotations, mottoes, etc. If you have any good thoughts tucked away in scrap books, copy them and let others enjoy them.

\* \* \*

Look over your books of quotations and send us a few about success.

\* \* \*

Here is a very good question; try it on yourself every day: "Why am I not more successful?"

\* \* \*

Success depends upon law; learn the laws of success; the first thing to do is to learn to think for yourself. Every successful person must do some original thinking along some line.

\* \* \*

As a rule, selfishness is fatal to any plan for success. Of course there are exceptions to all rules.

\* \* \*

Three years ago, Dr. Lorenz was in this country, straightening the deformed limbs of the little children.

"Dr. Lorenz's discovery is simply this—Nature will make a hip socket if you convince her it is needed. And the way to convince her is through a gentle and firm persistency. Everything gives way before the firm, persistent thought. That is the way Washington won, and that magnificent calm upon his face was the result of a faith that never faltered. He knew what he wanted to do, and he knew that some day it would come about—he could wait. It took nine years for the British to wear themselves out against that will which did not faint nor falter. Ridpath says Washington was a great general, but not a great fighter. His army was often insignificant compared with that of the enemy, so he gave way, but always to reappear in an unexpected place. His persistency never relaxed. Lincoln had this same quality of persistency. But why give examples? All success comes in the same way—through firm, calm, and persistent thought. Opposition grows tired, hate gives way, fury subsides, and the man marches through open gates into the 'eternal city of fine minds.' Know what you want to do,<sup>9</sup> and

just how it is best done; hold the thought firmly, and do every day what should be done, and every sunset will see you that much nearer your goal. Violence is transient, hate consumes itself and is blown away by the winds of heaven, jealousy dies, but the righteous thought is a pressure before which malice is powerless. Success is for those who deserve it, faith will remove mountains of trouble, and Nature is on the side of those who put their trust in her. The Universe is planned for good."—The Business Philosopher.

### Twenty Maxims of Thomas Davidson

1. Rely upon your own energies, and do not wait for, or depend on other people.
2. Cling with all your might to your own highest ideals, and do not be led astray by such vulgar aims as wealth, position, popularity. Be yourself.
3. Your worth consists in what you are, and not in what you have. What you are will show in what you do.
4. Never fret, repine, or envy. Do not make yourself unhappy by comparing your circumstances with those of more fortunate people; but make the most of the opportunities you have. Employ profitably every moment.
5. Associate with the noblest people you can find; read the best books; live with the mighty. But learn to be happy alone.
6. Do not believe that all greatness and heroism are in the past. Learn to discover princes, prophets, heroes, and saints among the people about you. be assured they are there.
7. Be on earth what good people hope to be in heaven.
8. Cultivate ideal friendships and gather into an intimate circle all your acquaintances who are hungering for truth and right. Remember that heaven itself can be nothing but the intimacy of pure and noble souls.
9. Do not shrink from any useful or kindly act, however hard or repellent it may be. The worth of acts is measured by the spirit in which they are performed.
10. If the world despise you because you do not follow its ways, pay no heed to it. But be sure your way is right.
11. If a thousand plans fail, be not disheartened. As long as your purposes are right, you have not failed.
12. Examine yourself every night and see whether you have progressed in knowledge, sympathy, and helpfulness during the day. Count every day a loss in which no progress has been made.
13. Seek enjoyment in energy, not in dalliance. Our worth is measured solely by what we do.
14. Let not your goodness be professional; let it be the simple, natural outcome of your character. Therefore, cultivate character.
15. If you do wrong, say so, and make what atonement you can. That is true nobleness. Have no moral debts.
16. When in doubt how to act, ask yourself, What does nobility command? Be on good terms with yourself.
17. Look for no reward for goodness but goodness itself. Remember heaven and hell are utterly immoral institutions, if they are meant as reward and punishment.
18. Give whatever countenance and help you can to every movement and institution that is working for good. Be not sectarian.
19. Wear no placards, within or without. Be human fully.
20. Never be satisfied until you have understood the meaning of the world, and the purpose of our own life, and have reduced your world to a rational cosmos.—*The Business Philosopher*.

Self-trust is the first secret of success.—Emerson.

# HYGIENE

## The Psychic Factor in Nutrition

In the healthy and well-balanced organism digestion is accomplished through mechanical and chemical agencies apparently so simple and automatic in character that, given foodstuffs acceptable to the palate, sufficiently masticated for deglutition, and sufficient in amount for satiety, then the active personal relation of the eater to the digestive process is usually regarded as ended, an impersonal and much-abused "nature" being trusted for further and ultimate results. This view of the most vitally important function of the animal economy, while perhaps valid as applied to the reptilia or still lower organisms, is not universally applicable to man, with whom psychic influences play a role in the digestive process increasingly important as he advances in the intellectual scale. How intimately dependent upon the mind in man are those chemico-vital processes by which nutritive matter is converted into living tissue and made contributory to the store of vital energy is shown by the instant and complete arrest of those processes under the shock of overpowering emotions, as of grief, rage, or fear. In persons of great nervous susceptibility partial or complete inhibition of digestion is a uniform consequence of even the minor forms of mental depression, such as are caused by anxiety, worry, disappointment, or chagrin. Indeed, the general impairment of appetite and digestion resulting from all depressing emotions is a phenomenon universal in human experience, while conversely, for their promotion, happiness, cheerfulness, and contentment are everywhere recognized as among the most potent of all known agencies.

Nothing is more conducive to courage under misfortune than a sane and wholesome view of the true purpose of life and of the real essentials to true happiness. Under modern social conditions existence is becoming so complex that men are losing sight of its simple and elemental needs in the struggle to gratify wants which are artificial in their origin and intrinsically non-essential, if not detrimental, to their moral and physical well-being.—Dental Brief. a

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"Some feet will press all heights yet unattained. Why not mine own? Press on! Achieve! Achieve!"

# HAPPINESS

## How to be Happy

By REV. THOMAS B. GREGORY.

FROM the beggar to the king, from the "bum" in the gutter to the millionaire in his palace, every human being knows the meaning of the poet's lines—

"O happiness! our being's  
End and aim."

But how is happiness to be found? There is but one answer—it is found in peace with one's self.

You may be at war with your neighbor and still be measurably happy, but happy no man can be if he is at war with himself.

Peace with one's self! That is the only real happiness.

But how?

Because it is the most important question in the world, it has been studied from every angle, and answered in innumerable ways.

Some have tried to find the *summum bonum* along the way of ambition and glory. But Cæsar ran up against an assassin's dagger. Hannibal wound up by committing suicide, and the great Napoleon died broken-hearted and miserable upon a lone rock in the sea.

Others have sought happiness along the way of beauty, but history tells us that miserable was the death of Cleopatra and Nell Gwynne, Alcibiades and Abelard. In bitter disappointment died they, one and all.

A very noble way would seem to be that of self-culture; but the greatest apostle of this creed—the illustrious Goethe—declared, near the close of his long life, that he had not had, all told throughout his career, six weeks of happiness.

As for wealth, do we not know that from old King Cræsus down to Andrew Carnegie, the cry is that money does not satisfy? Cræsus' millions could not save him from a miserable end, and is not the great ironmaster trying as hard as he can to unload himself of the burden in which his soul can find no delight?

Where, then, shall happiness be found? There is but one answer—in the eternal sacrifice of self.

He is happy who does not care to be happy; who is so busy thinking of others that he has no time to think of himself—who finds the only happiness he cares about in being the means of happiness to others.

To know that you have done your duty—that you have not forgotten father or mother, or wife, or children, or friend—that you have always acted out of your better part when conscience has sounded her bugle call—that is happiness, the only kind of happiness that is worth taking account of.

Throw self, like a rock, into the sea, forget all about your little petty personal interests, make your joy the joy of the great humanity to which you belong, and in your cup there will be no bitterness, in your life no disappointment or regret.

I know this—and what I know I tell to the world, without money and without price.—*Chicago Examiner*.

\* \* \*

CLARA LUXHEIM, Chicago, Ill.: Ambition is progressive intelligence. Happiness means ability of enjoying life within our means. Contentment means unenviousness in our desires.

\* \* \*

DR. E. D. EDDY, Salinas, Calif.: Happiness is living in exact accord with the Creator's design. Perfect understanding and mastery of self.

\* \* \*

J. E. WALTERS, Enid, Okla.: Contentment—a state of mind brought about by being satisfied with our mental, moral and physical environment. Happiness—a state of mind resulting from an effort to better the environment

of ourselves or others. We can be contented without being happy; we cannot be happy without first becoming discontented; we can be contented by simply resting on our oars; to be happy we must first do some good act.

\* \* \*

N. I. B. BAILEY, Ps.D., Eveleth, Minn.: My idea of happiness is this: Satisfying happiness can only be secured by obeying the highest laws of our being. Continuous pleasure can only be found by following the strict injunctions of the noblest human instincts. My idea is that poverty is a hindrance or handicap to reaching said happiness.

\* \* \*

W. D. MILLER, Saco, Mont.:

Happiness is a smiling rose,  
A queen in nature's fair domain;  
Yes, it's there, and all of those  
Who search, search not in vain.

\* \* \*

MAURICE MAETERLINCK: To be happy is only to have freed one's soul from unrest of happiness. It were well if, from time to time, there should come to us one to whom fortune had granted a dazzling, superhuman felicity that all men regarded with envy, and if he were to say to us: "All is mine that you pray for each day. I have riches and youth and health. I have glory and power and love, and if today I am truly able to call myself happy, it is not on account of the gifts that fortune has condescended to bestow upon me, but because I have learned from these gifts to fix my eyes far above happiness."

"If my marvelous travels and victories, my strength and my love have brought me the peace and the gladness I sought, it is only because they have taught me that it is not in them that veritable peace and gladness can be found. It was in myself they existed before all these triumphs and still in myself they are now after all my achievements, and I know full well that had but a little more wisdom been mine I might have enjoyed all I now enjoy without the aid of so much good fortune."

"I know today that I am happier still than I was yesterday, because I have learned at last that I stand in need of no good fortune."—*Selected.*

\* \* \*

LENA E. FULLER, Rogers, Ark.: Happiness is living in harmony with your environments. Especially dwelling on psychic thought poise as evolved from within

\* \* \*

W. EDWARD PEARCE, 738 Merchant street, Los Angeles, Calif.: Happiness depends upon getting rid of the word "if," then accomplishing our ends.

\* \* \*

GEO. FREDERIC GILMORE, Springfield, Mass.: Happiness is that which we long for; which we dream about. And in longing and dreaming for that which we never attain—that is happiness.

\* \* \*

MRS. E. HEINER, Lincoln, Neb.: True happiness is found not in indulgence of pride and luxury, not in momentary pleasure, not in gratifying our physical desires, nor can it be gained in any exterior enjoyment. True happiness comes from within. Obedience perfect and perpetual to the voice within.

\* \* \*

F. E. BURROW, Lono, Arkansas: Happiness is the chief purpose of life and one's own happiness is frequently a result of the happiness of others.

\* \* \*

JOHN G. MILLER, Editor *Character Builder*, a magazine devoted to the good of humanity, Salt Lake City, Utah:

1. Happiness is the result of a persistent and intelligent effort to learn the truths which underlie individual development and community progress, and then doing consciously each day your utmost in establishing truth and justice.

2. Happiness is possible to every person who reaches a stage or place where he becomes interested in objects of real worth. If proper ideals were established in the home, the school, in society and the various organizations that affect the life of the individual all persons might reach and appreciate those things that bring true happiness.

3. Real happiness comes from activity in directions that gratify the highest ambitions without any other incentive.



## 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.

### What Killed Senator Hanna?

The above question I answer without hesitation—the Bulletin Board. It is a psychological fact that such messages as “Senator Hanna is losing ground and gradually growing weaker”; “Senator Hanna’s doctors say end is a matter of but hours, perhaps minutes”; “Hanna’s doctors give up hope”; “Hanna in stupor; end near”; “‘He may go like that,’ said the doctor, snapping his fingers,” to say nothing about the statements made at the very beginning of his sickness, all of which was seed planted in the fertile minds of thousands, even of millions, of readers of the various newspapers containing these death-dealing messages. The reactionary effect upon the negative and very sensitive patient may readily be imagined. A hope, which, like a glimmer of light, might have been fanned into a flame, had been overthrown by the positive statements by the doctors. The fact that the doctors asked Hanna to help them, and he faintly said, “I will”; also on another occasion when they asked him to help them, and he smiled and said, “I will do all that I can,” was positive proof that he still had a strong hold upon life. Many an obscure individual, without fear and alone, might have lived, even in Senator Hanna’s condition, and had not his doctors’ minds been turned so strongly in the direction of death, I believe he, too, might have been saved.

When such well-known personages as Lincoln, Garfield, Grant, McKinley, Queen Victoria and Mark Hanna are stricken down, the chances of recovery are few, under the conditions before mentioned. There is but one power that heals, no matter how many “faithful physicians” are at the bedside of the patient, but in view of these destructive bulletins the true Physician is not given half a chance.—The Wise Man.

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Our great aim should be to obtain some conquest over ourselves each day and thus increase in spiritual strength and perfection.—St. Francis De Sales.

## Fright and Smallpox

THEO. KIND, 508 Arch street, Allegheny, Pa.:

Your comments in the May issue of SUGGESTION as to the direct cause of the death of a Mrs. Hoffman of St. Louis, who was bitten by a tiny dog and died soon thereafter, evidently of hydrophobia, prompts me to cite a somewhat identical case that came to my personal notice some years ago. A man with a slight rash upon his face walked into a barber shop of the town for a shave. The proprietor, whom I knew very well, asked his customer as he proceeded to lather him, what ailed his face. The answer was, "Oh, I'm just recovering from smallpox."

The brush dropped from the barber's hand and he never shaved another man. In a few hours he was in bed, shortly thereafter smallpox developed and in less than a week he was dead. This town had had a smallpox epidemic sometime previous to this incident, but the customer referred to had not the slightest symptom of a case, his assertion to that effect having been made in a joking spirit entirely.

## A Slaughterhouse Victim

The papers recently reported the death at Cripple Creek, Colo., of a woman who, three years ago, while visiting the slaughterhouses of the Armour Packing Company in Chicago, was completely paralyzed on one side as a result of the shock produced by the sight of the terrible tragedies which are constantly being enacted in that great killing establishment.—*Exchange*

While it is true that psychic phenomena occur, which appear to depend on no known or recognized laws, yet it must be remembered that the laws of telepathy, subconscious action, duality of personality, suggestion are capable of producing wonders that puzzle the most advanced investigators.

While the vast realm of psychic force and law is still unknown, would it not be better to class all genuine spiritualistic manifestations as operations of natural law rather than the work of the spirit of the dead from another plane of existence, even if we could not clearly understand the connection between the fact and some simple law? A few hundred years ago the wireless telegraph system would have been considered as the work of spirits, or more probably demons. As age succeeds age the supernatural is thrust farther and farther forward; in the next one hundred years may we not see all the evidences of the spiritualists' theory reproduced in kindergartens, as elementary proceedings in the study of psychology? E. E. C.

"Our lives are songs. God writes the words  
 And we set them to music at leisure;  
 And the song is sad or the song is glad,  
 As we choose to fashion the measure."

## Our Letter Box

1. The thing most needed in the United States is to get rid of all officials who have not proven themselves honest.

2. The best thing Rottenfellers can do to atone for their rottenness is to contribute liberally to the Salvation Army. They may save others if not themselves. God will certainly bless the contributions and probably the contributors.

3. Everyone can help humanity by being cheerful and sympathetic.

4. If the journal wishes to reach a larger number of readers improve your journal.

5. People can be taught to think for themselves by asking them questions instead of telling them what you think you know.

6. The best motto for a young person is, "I will be hopeful and energetic."

O. W. H. HOPKINS, Station H.  
Cincinnati, O.

\* \* \*

A. A. D.:

The easiest, most practical way that John D. Rockefeller could take to "advance the world's progress" would be to reduce the price of his commodities to just the cost of production, after taking a good salary for himself and everyone connected with the Standard Oil Co. There are very few people in the world who do not use one or more of the thirty preparations of petroleum put out by the Standard; the most common is perhaps kerosene oil which in this vicinity retails for 17 cents per gallon. An average family will use at least one gallon per week; now say that the cost could be reduced to 7 cents per gallon; at a saving of ten cents to the consumer the amount saved in a year would be \$5.20, enough to buy shoes and school books for one child. What a feeling of satisfaction it ought to give a man to know that he was helping nearly every family in the world to educate their children to this extent.

\* \* \*

JOSEPH H. MOORE, Box 74, Sewickley, Pa.:

In your last issue a Mr. R. A. Foster criticizes Mr. Farlow's statement that "The materiality of the senses does not aid in the interpretation of spiritual truth;" calls it "twaddle," etc. I am an Episcopalian, not a Christian Scientist, but I cannot let Mr. Foster's "twaddle" pass without saying a word in defense of Mr. Farlow, of whom I never heard (let me say) until I read his articles in your paper.

Does Mr. Foster ever read his Bible? If so, I'm afraid he does not comprehend what he reads. If he will read Corinthians, 1st Epistle, Chapter 11, Verse 14, he will find the following:

"But the natural man receiveth not the things of the Spirit of God, for they are foolishness unto him, neither can he know them, because they are spiritually discerned." Another suggestion. Brother Foster, do read the 8th Chapter of Romans and note the following:

"The carnal mind is enmity against God." "To be carnally minded is death." Come, Brother Foster; wake up. The Bible teaches us that "God breathed into man the breath of life, and man became a living soul." Do you yet quite understand what is meant by "a living soul?" Do you know what Christ meant when he said, "Ye must be born again?" Wake up, good Brother Foster, wake up!

\* \* \*

Dr. Parkyn has written a new book on "Auto-Suggestion; What it is and how to use it for health, happiness and success;" read all about the book in the book review department.

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Time wasted is existence; used is life.—Young.

# Experiences

## WHAT DO YOU CALL IT?

On the night of January 7, 1903, I had a dream (?) of which I remember nothing but seeing on the wall of my bedroom a sign probably two feet long and six inches wide, with these words in large letters thereon, "LAST DOLLAR MINING STOCK, 100." I awoke and thinking it was time to get up, got out of bed and looked at the clock. It was just 1 a. m. I again retired but could not go to sleep for quite a while thinking of my experience.

When I went to my place of business in the morning I spoke to my employer about it, and he asked me if there was such a stock listed, and I replied that I did not know, for I had never dealt in stocks of any kind or had not even been interested. I got the morning's *Enquirer*, and sure enough there was such a stock, and it was quoted at \$7.00. My employer became interested and we concluded to invest. A telegram was made out and I started to the station to send it. When about one-half of the distance to the station, my "sand left my craw," and I returned with the dispatch in my pocket. The next morning on looking at the paper I found "Last Dollar" quoted at \$60. For several months it remained at prices ranging from \$40 to \$70, till on the 25th day of July it was quoted at \$100, as I had seen in my dream, vision or what?

I might add that at no time did I "get next." Today, June 13, 1905, "Last Dollar" is worth \$20. Would like to hear from you as to your opinion.

J. B. BELL, Frankfort, O.

\* \* \*

From HARRY MITCHELL, Ps.D., 537 Sargent Ave., Winnipeg, Canada: Will some contributor to SUGGESTION kindly furnish an opinion concerning personal magnetism, or electricity in the human body? I am engaged in office work, and in laying a paper down it follows my hand when I withdraw it, and I am occasionally compelled to hold it down with a pencil in order to compel it to leave my hand. The paper is a fine hard manila, used for making copies of typewritten letters. I am one of Dr. Parkyn's students, and have accomplished wonderful things in relieving pain and curing disease by rubbing with the ends of my fingers, and suggestion, and whether the electricity is transmitted from my body to the patient, giving assistance to the suggestions or not, I do not know.

I am convinced that any plan of treatment is "suggestion," still I am scarcely convinced that magnetism has no part in the successful treatment of such diseases and pain as tumors, ordinary growth, neuralgia, headache, rheumatism, etc. I removed a tumor from a lady's neck by rubbing it ten minutes for five successive nights. It had been growing rapidly under her physician's treatment.

By rubbing lightly I cured permanently a man of pain in the back, diagnosed as lumbago. He had suffered three weeks, and so very severe was the pain that he would not grudge \$50 for its removal. He drove his team to the bush next day, and cut and brought home a load of heavy logs. Now I am not convinced that nature could summon sufficient force in so short a space of time to accomplish these cures.

You may wonder that while I am able to perform such marvelous feats in healing, I work for a salary. Explanation: In our country the laws governing the medical practice are so strict that without a medical certificate no one is allowed to "attend" to a patient.

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A wrong suggestion from the mortal deceives and weakens the immortal and strengthens itself. It is stealing power. On the other hand, suggestions from the immortal weaken and starve abnormal moral conditions and add to its self in strength.—Geo. D. Tripp.

## 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.

Doubtless there are many journals that should be listed in the directory that have never been called to my notice. Every week I hear of some new freak journal or some crank publication or advanced thought publication that should have a representation in the following list. If any reader knows of such a publication, kindly let us know. We want the assortment to be as complete as possible. Do you know of any advanced thought publication not represented? If so, kindly inform us.—E. E. C.

**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; 5 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.

**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.

**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, Pa.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 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.)

**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 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.

**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 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.

**YIM**; 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. C. 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.

**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.

**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 Clovelly Mansions, Gray's Inn Road, London, England.

**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. C., England.

**THEOSOPHICAL QUARTERLY**; published by the Theosophical Society of America, 150 Warren St., Brooklyn, N. Y.

**THE THEOSOPHICAL FORUM**, Flushing, N. Y.; \$1.00 per year.

**THE NUCLEUS**; a New Thought Journal of the Self; \$1.00 per year; *Nora E. Huling-Seigel*, Editor, 724 W. 17th St., Los Angeles, Calif.

**THE OCCIDENTAL MYSTIC**, a monthly periodical of advanced thought; devoted to occultism, spiritualism, osteopathy, palmistry, suggestion and new thought; \$1.00 per year; *Arthur S. Howe*, 6 Cottage Row, San Francisco.

**NOW**; the world's new thought journal; a journal of affirmation; devoted to soul culture, art of living, psychometry, inspiration, spiritual healing, mental science and suggestion; its basic affirmation is: Man is spirit here and now, with all the possibilities of divinity within him and he can conscientiously manifest these possibilities HERE and NOW; *Henry Harrison Brown*, editor; \$1.00 per year; 150 Steiner St., San Francisco, Calif.

**INGERSOLL MEMORIAL BEACON**; monthly; a non-partizan monthly devoted to Science, Free Thought, Rational Right-Doing, and to Good Government of, for and by the People. 50 cents per year; Motto: Let everybody be reasonable. Ingersoll Beacon Co., Chicago.

**EXPRESSION**, a monthly journal of mind and thought, which teaches the practical application of the power of thought as a means of securing health, happiness and prosperity through the recognition of the Divine Nature in man; terms 6s, 6d per annum, net; 24 Lower Phillmore Place, London, W., England.

**THE METAPHYSICAL MAGAZINE**; quarterly; devoted to science, psychology, philosophy, metaphysics and occult subjects; \$1.00 per year; *Leander Edmund Whipple*, Editor, 500 Fifth Ave., N. Y.

**TOMORROW**; a monthly handbook of the changing order for progressive people; advocates social, industrial and economic reform through co-operative societies; \$1.00 per year. *Parker H. Sercombe*, Editor, 2238 Calumet Ave., Chicago, Ill.

**THE PSYCHIC-THERAPEUTICS 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, postpaid. *Arthur Hallam*, Editor; 3 Bayley street, Bedford Square, London, W. C., England.

**LUCIFER**; a semi-monthly reform magazine of advanced thought; devoted to the emancipation of women; opposes the enslavement of womanhood and motherhood; \$1.00 per year; edited by *Moses Harmon*, 500 Fulton street, Chicago, Ill.

**HUMAN CULTURE**; discusses phrenology, character reading, laws of conjugal selections, heredity, child culture, and vitality; devoted to human nature, human science, human culture, health, progress, success, and happiness; *Mrs. Emily H. Vaught*, Editor and publisher; monthly; \$1.00 per year; 130 Dearborn street, Chicago.

**HUMAN NATURE**; a monthly journal devoted to the practical application of phrenological principles to the everyday affairs of life; 50 cents per year. *Professor Allen Haddock*, Editor, 1025 Market street, San Francisco, Calif.



# Advanced Thought

## Thoughts by Marcus Aurelius

Marcus Aurelius lived nearly 2,000 years ago. He never saw a printed book or a newspaper. A school boy of today knows a hundred times as much as Aurelius did. Yet the pagan Roman has written things that we today ponder over; we ponder that a pagan two thousand years ago had wisdom enough to write:—

“Our life is what our thoughts make it.”

The lesson to learn from the Roman Emperor-philosopher is that thought is unchained; that truth is unchained; that wisdom may come from strange lips; that the world is but a babe in learning, and mankind is progressing so slowly that we can go back 2,000 years and find lessons that we are just trying to understand.

Concerning Marcus a writer in the “Chicago American” states that—

Marcus Aurelius, who has been called the “Flower of Stoicism” and the “most Christian of pagans,” was born in Rome early in the year 121 A.D. He was brought up by his grandfather, and in 137, at the request of the Emperor Hadrian, was adopted by Marcus Titus Antoninus Pius, who was heir to the throne.

He became “Cæsar” in A.D. 139; about 146 he married Faustina, the beautiful sister of Lucius Verus, who was Cæsar with him.

Marcus became Emperor along with Verus in 160; and sole Emperor on the latter's death in 168. He died of illness brought on by exposure in a campaign on March 17, A.D. 180. Faustina bore him twelve children. As he was the best man of his time, she was the worst woman; her son, Commodus, followed in her steps, not in his father's.

This Emperor-philosopher regarded himself as being, in fact, the servant of all. It was his duty, he believed, to confront every peril in his own person, to be foremost in the hardships of war, most deeply immersed in the arts of peace.

He practiced what he preached. He was one of those who held that nothing should be done hastily, and that few crimes were worse than the waste of time.

His “Meditations” were composed only for his own eye, and were jotted down as he found time—the first book was written while he was actually in the field, fighting the Quadi, a German tribe.

From an early age he had been a Stoic, but instead of becoming cynical and careless, he selected stoicism toward others, though not toward himself. He learned to work hard, to deny himself, never to listen to slander, to endure misfortune, to be grave without affectation, “not frequently to say to anyone nor to write in a letter that I have no leisure,” nor continually to excuse the neglect of ordinary duties by alleging urgent occupation.

Marcus Aurelius was the best pagan that ever lived.

\* \* \*

Some of the sayings of this remarkable ancient are here given:  
The ways of the gods are full of providence.

Let every act and speech and purpose be framed as if this moment thou mightest take thy leave of life.

\* \* \*

The longest lived and the shortest lived man, when they come to die, lose one and the same thing.

\* \* \*

A man should be upright, not be kept upright.

\* \* \*

The universe is change; our life is what our thoughts make it.

\* \* \*

Be not as one that hath ten thousand years to live; death is nigh at hand; while thou livest, while thou hast time, be good.

\* \* \*

Consider the wise, what they shun and what they cleave to.

\* \* \*

Always take the short cut; and that is the rational one. Therefore say and do everything according to soundest reason.

\* \* \*

Live with the gods.

\* \* \*

Look beneath the surface.

\* \* \*

Forward, as occasion offers. Never look around to see whether any shall note it.

\* \* \*

If it is not seemly, do it not; if it is not true, speak it not.

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Evelene N. Butler, of West Hampstead, London, England, says she is Irish and that she hopes to come to America and start a paper called "The Watcher for the Dawn." She likes SUGGESTION, and sends the following for the SUGGESTION family:

Of course everything is fated to come out right. Things can't come out any other way in a system where no wrong exists.

\* \* \*

A genius is one who is off his head and knows it, and has the courage of his insane opinions.

\* \* \*

Rule for being miserable: Get it into your head that you are the only atom in the whole universe.

\* \* \*

The three things to do to get success are—first, persist, and secondly, persist, and lastly, persist.

## 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.

### Answer to a Pessimist

In the article from the California pessimist in the October number certain ideas are promulgated which, if they prevailed, would immediately stop the progress of the present generation.

There is no doubt but that all men of genius have had that something within them that compelled them to push along the lines which they pursued. It is true that, in such instances, a man is uncomfortable; he is restless and is not satisfied unless he is working along the line of his genius. A man can not help being a genius. He is not a genius because he desires to be, but he is forced to be so by an inherent power.

Real geniuses are rare. It is true that we can not all develop into Ingersolls, Voltaires, Shakespeares, Cæsars or Napoleons, no matter how we strive. It is true, however, that we can better our conditions, no matter how high or how lowly they may be, if we but make up our minds to do so. Many men have risen from positions which were unsuited to them and reached higher ones by sheer force of will power, battling all the time with bodily weakness and depressing surroundings which constantly operated against their progress.

The idea that man is what he is because he can not help it and that he can not rise above the position in which he finds himself is certainly one of the most pessimistic and detrimental doctrines that could be preached. It is an excellent idea for a lazy man who can not get up enough energy to say, "I will." It is not suited for any other class.

Man can attain almost any position or knowledge if he will but start out right and work at it with indomitable will and never let up. Our California friend may say that this will power, this never letting up, is something that pushes the man ahead in spite of himself, but this is not so. Many a successful man has had to pull himself together many times. This will power and this push can be made in each individual and he can will himself and push himself ahead just so long and just so far as he is determined to do so.

It is wrong to read anything pessimistic. We certainly should not associate with anybody who is pessimistic. We should shun anything and everybody that in the least depresses us and prevents our working toward a higher plane. Any thought that pulls down is detrimental. All our forces should be toward promulgating thoughts which inspire hope, even if Ingersoll did say that "hope was an inveterate liar." It is better to have hope, even if it does lie to us, than not to have it. This can do no harm because it promotes cheerfulness; it means a steady going upward and forward, and every man should be hopeful so that he can improve his present condition, and he will improve it if he but works for it. Laziness and hope are a very bad combination, but hope, backed by determination to win, will win.

Let us try to discard the idea that we are simply creatures of fate; that we can not rise above our positions; that there must be a special inborn spirit to make us go along. The will is a very special power. Cultivate it. We are free beings and we can use our minds for good or evil, just as we desire.

DENVER, COLO.

J. M. SHALLER, M. D.

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Aurin F. Hill, 13 Isabella street, Boston, in a letter to SUGGESTION, states that he has when asleep been cognizant of facts transpiring ten miles away, and thinks that he was there in "spirit." According to another explanation he was able to get information by telepathic means, or by clairvoyance. If we had a telescope that would enable us to see perfectly at a distance of ten miles, with a phonographic connection, we would see and hear just as though we were present.

Now suppose the telescopic and the telephonic apparatus are on the "wireless" or invisible order; we hear and see as well, but why is it necessary to say we were there in "spirit." Why not use simple natural explanations?

If a wireless message can be sent a thousand miles by Marconi why can not the human mind receive a wireless message? Recent researches have proven that electrical waves are caused by particles of matter; the energy of radium is caused by atomic motion, so it seems that all force, mental and physical, has a physical basis. According to this view thought is material; and if electrical waves can transverse great distances, why can not mental waves also?

E. E. C.

# 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;** by Herbert A. Parkyn, M.D., editor of SUGGESTION; 184 pp.: cloth and gold; price, 80 cents, postpaid.

This book reveals the secret of health, happiness and success; it teaches of matters of the utmost importance to everyone; it is a book for thinkers, investigators—for those who wish to understand. Note the Table of Contents:

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. Auto-Suggestion and personal magnetism.
7. The cultivation of optimism through auto-suggestion.
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.

In this book will be found the essence of practical psychology as applied to every-day life. Read the book and learn that "success" centers and "absent treatments," "vibrations," etc., are unnecessary; learn that all psychic power comes from within; that everyone has inherent qualities and forces which may be developed, and which will help us to fight the battles of life.

How to get a copy of AUTO-SUGGESTION.

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In the city of Chicago, \$1.25.

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Foreign countries—6 shillings, \$1.50.

Send the subscription price of SUGGESTION and 30 cents additional and you will receive SUGGESTION and *Nautilus* one year and a copy of the book; foreign, 25 cents additional.

Send the subscription price of SUGGESTION and 50 cents additional and you will receive a year's subscription to SUGGESTION, a year's subscription to any health journal and a copy of "Auto-Suggestion"; foreign, 50 cents additional.

Old subscribers renewing may have a copy of the book postpaid for 25 cents additional.

Send all orders to

SUGGESTION PUBLISHING COMPANY,  
4020 Drexel Boulevard, Chicago.

• • •

**HOW TO LIVE VS. IMAGINARY TROUBLES;** a book of valuable knowledge: paragraph extracts. Edited by Jacob F. Schmitz; Progress Publishing Co., Evansville, Ind.; pamphlet, 25 cents.

This is but a small pamphlet, but it has the wisdom of many minds crowded into its pages. If anyone would read this booklet and put in practice

only a few of the admirable suggestions presented, life would be shorn of many miseries. There is a great deal of wise advice printed in these days, but we are too fussy or too self-opinionated to pay any attention to it.

**BLACK BUTTERFLIES;** by Berthe St. Luz. 12mo. Cloth. Illustrated. \$1.50. R. F. Fenno & Company, 18 East 17th street, New York.

This story will take its place among the new books touching upon what has been called so long the Unknown, the Unrevealed and the Forbidden. One could wish to have known more of the philosophy of the Hindu, Emocler-Houssein Rao, than is given in the volume. However, his marvelous power is clearly shown. That he should be brought in among people who represent that large class who have no work, no aims and live only for the pleasure of the day, was a masterly stroke. It also shows that this Hindu, with all his power, has the vanity, ambitions and desires of the average man after all. The conclusion is most happy, and much of the author's development is shown in these three paragraphs:

"This is an epoch of coming wonders—their shadow casts itself before us. Man is slowly transforming, improving upon nature, and the miraculous achievements to be performed by human minds, human hands, are incredible.

"There are mighty secrets hidden, slumbering deep within the heart of nature—nature at whose lips the ever inquisitive ear of science eagerly listens for the faintest whisper, to immediately impart those secrets to its ally, man, whose supernatural powers will awaken, and magic touch develop, draw it forth to the gaze of the astonished world.

"Who can foresee from this era the wonders to come? Time and patience will work miracles in a scientific way, which we of the present cannot realize. The approaching future will far eclipse the petty wonders of the past, and everything that has been, or what our puny minds can conceive; for nothing can exaggerate that which is possible and will be eventually accomplished by man."

**MIRACLE AND LAW,** a study in scientific religion, by T. H. Tuckwell; pamphlet; 36 pages; 20 cents. The contents are as follows: Foreword; (1) The Reign of Law; (2) What is a Miracle; (3) How Events Appear Miraculous; (4) Laws Transcended; (5) "Below the Threshold." In the introduction the author writes as follows:

"Upon very few subjects have more perplexity and confusion of thought prevailed than on the question as to what is meant by saying an event is miraculous. Recently the whole bench of Bishops have been greatly shocked because a certain family physician had declared to a patient of his that they did not believe in miracles. It is somewhat remarkable that not one of them seems to have asked a previous question of their critic or of themselves, namely, what is a miracle, before proceeding to reply to the inquiry addressed to them whether they believed that miracles do happen. It is the purpose of this little book to render some help to perplexed minds in getting clearer ideas on this rather burning question. Perhaps much of our difficulty may arise from the ambiguity of the term miracle. It is possible that, if clearly defined, even Bishops would find themselves less eager and less anxious to assure us of their belief that miracles, strictly speaking, have ever happened. Let us at all events make the effort to get to some clearness of thought on the subject. The first step in our inquiry must be into the meaning of law, since a miracle always presupposes some law or laws in reference to which it is a miracle, for miracle and law are co-relative terms."

New York, Fowler & Wells, 24 East 22d street.

**THE WHITE MAGIC LIBRARY OF HEALTH.** Vol. I.; by A. J. Stiles, Box 387, Chicago, Ill. This is the first of a series of pamphlets dealing with questions of disease and health from infancy to old age. The author holds that wrong eating causes most of the ills of life, and he teaches that a proper diet with an abundance of fresh air will bring health; that drugs are useless and doctors generally unnecessary. He endorses Dr. J. H. Tilden's theories of disease, diet, etc. Vol. I treats of the causes of disease in children and gives some excellent advice to mothers regarding the care of infants.

**THE RECORDING ANGEL.** A Novel. By Edwin Arnold Brenholtz, Chicago. Charles H. Kerr & Company, 56 Fifth Ave. Cloth, 287 pages, \$1.00. This story takes its name from an ingenious machine, a sort of automatic graphophone equipped with an electric motor, which served to take down certain important conversations of a trust magnate when he believed himself unheard. The plot is ingenious and absorbing. It deals with a struggle between

the steel trust and the labor unions, and it is a dramatic picture, even though some may call it overdrawn, of conditions already existing or plainly impending.

Mr. Brenholtz is decidedly realistic in following nature, which gives us few perfect heroes and few unmitigated villains. His trust magnate is an amusing and not very imposing figure; the young labor leader is a manly fellow, not otherwise remarkable, while the interest and mystery of the book center in Chambers, the private secretary of the trust magnate. He is a real creation, and he keeps the rest of the characters, as well as the reader, guessing from the beginning of the story to the end. Altogether "The Recording Angel" is the sort of book that people sit up late at night to finish.

**THE PERFECT LIFE**, by Adolphine Sharlotte Hingst, 119 E. 15th street, New York. Pamphlet; price, 15 cents—10 copies for \$1.00. This is a little pamphlet of three chapters—i. e., (1) *Life the Highest Art*; (2) *How to Keep Young*; (3) *Love*. The pamphlet is written along religious lines, and the idea of the author is to give directions for mental, physical and spiritual development.

**FROM LAND'S END TO JOHN O'GROAT'S**; by George H. Allen, the vegetarian long distance walker, being an account of his record walk in which he accomplished 908½ miles in 16 days and 21½ hours. Price, 30 cents; 108 pages, heavy boards; Scottish Health Reform, Paisley, Scotland.

This book gives an account of a feat of endurance taken to show the sustaining powers of a non-meat diet.

**LOST IN THE BOTTOMLESS PIT**, a book of over 200 pages in prose and verse, with illustrations, just published by J. Howard Cashmere, a prominent psychic and lecturer. Taking the very strongest arguments from the materialistic and monistic philosophers, the author has demonstrated to his satisfaction that the soul is immortal and that it will also retain its individuality forever. Says the author: "The conception and belief of death is the most gross and absurd superstition that has ever clouded the consciousness of man." A long chapter on psychic development is presented and the book abounds with inspiration from cover to cover.

At book-sellers, \$1.25; or may be had by mail prepaid by remitting \$1.35 to the author at 1620 Tremont street, Denver, Colo.

### Healing Currents from the Battery of Life

"Healing Currents from the Battery of Life," a book by Walter DeVoe, is becoming famous for the remarkable cures wrought in those who have applied the law of mental suggestion and fulfilled the other conditions that it teaches.

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#### Straight from Coffeedom

**C**OFFEE can marshal a good squadron of enemies and some very hard ones to overcome. A lady in Florida writes:

"I have always been very fond of good coffee, and for years drank it at least three times a day. At last, however, I found that it was injuring me.

"I became bilious, subject to frequent and violent headaches, and so very nervous that I could not lift a spoon to my mouth without spilling a part of its contents; my heart got 'rickety' and beat so fast and so hard that I could scarcely breathe, while my skin got thick and dingy, with yellow blotches on my face, caused by the condition of my liver and blood. I made up my mind that all these afflictions came from the coffee, and I determined to experiment and see.

"So I quit coffee and got a package of Postum which furnished my hot morning beverage. After a little time I was rewarded by a complete restoration of my health in every respect. I do not suffer from biliousness any more, my headaches have disappeared, my nerves are as steady as could be desired, my heart beats regularly and my complexion has cleared up beautifully—the blotches have been wiped out and it is such a pleasure to be well again." Name given by Postum Co., Battle Creek, Mich.

There's a reason.

### Don't Make a Garbage Box of the Stomach

The majority of people never stop to think that the stomach is anything more than a receptacle for things that have been chewed. They get hold of something that tastes good, and swallow it into the stomach to get it out of the way, so there will be room for something more. That might be all right if the stomach were a garbage box that could be carried off and emptied; but nature intends the stomach for another purpose. We are constructed of what we eat. We should stop to think of that. We should be careful what we swallow, for it becomes our brain, heart, limbs, blood; and if we are to have good blood, clear brains, sound minds, sturdy legs, and strong arms, we must eat food that is capable of making that sort of tissue.—*Good Health.*

Irresolute people let their soup grow cold between the plate and the mouth.—Cervantes.



## Men Folks, Keep Out!



THIS IS THE CORSET  
EXPERT

**T**HIS is a talk to women—men folks will please keep out (of course I know they won't). I want to tell all women who read this that I am the "corset expert." I know my business.

I can send you a corset that embraces these points:

1. It is hygienic; it is called the breathing corset because it has vertical rows of elastic insertions in front and back which permit expansion in breathing.

2. It is graceful, symmetrical and will improve the figure; besides being a "health corset" it is a "beauty corset."

3. It is durable and is sold at reasonable prices.

If you are not satisfied with your corset or appearance write to me; if the horrid men folks rail and rave at the "deadly corset" write to me and I will show you how to take all the wind out of their sails. To be healthy it is not necessary to look like a meal sack tied with a string; I can show you the better way.

Women have a right to be graceful and harmonious in outline and figure; it is my business to combine grace and harmony with health. It will only cost you a 2-cent stamp to find out. Tell me what kind of a corset you want. Tell me all about it, and I will show you the way to satisfy your wishes and not outrage the laws of health.

Ladies, this is of vital importance to you; in only one kind of corset are found a blending of the laws of beauty and health. Why not let me tell you more about it?

Please write to me today and answer these questions:

1. Does your corset "ride up"?
2. Does your corset press on your stomach?
3. Is it too high under the arms?
4. Is the abdomen prominent?
5. Is your back two straight?
6. Can you breathe easily?
7. Can you go upstairs without puffing?
8. Is your waist line too high?
9. Are your hips too prominent?
10. Do your corsets break on the sides?
11. Are you satisfied with your corset?
12. If you are fleshy does your corset permit freedom of movement?
13. If you are slender does your corset do justice to your natural figure?

Tell me in which of the above points your corset is faulty and I will be pleased to suggest a remedy.

A properly fitted Wade Corset (BREATHING CORSET) will overcome the difficulties mentioned above.

If I could not do all I say and if this notice was not true in every particular it would not be allowed to appear in this magazine. Ask the editor, if you wish references.

Ardria G. Miner, Corset Expert, 34 Washington St., Chicago.

## WRONG SORT

### Perhaps Good Old Meat, Potatoes and Bread May Be Against You for a Time

**A** CHANGE to the right kind of food can lift one from a sick bed. A lady in Welden, Ill., says:

"Last spring I became bed-fast with severe stomach trouble accompanied by sick headache. I got worse and worse until I became so low I could scarcely retain any food at all, although I tried every kind. I had become completely discouraged, had given up all hope and thought I was doomed to starve to death, till one day my husband trying to find something I could retain brought home some Grape-Nuts.

"To my surprise the food agreed with me, digested perfectly and without distress. I began to gain strength at once, my flesh (which had been flabby) grew firmer, my health improved in every way and every day, and in a very few weeks I gained 20 pounds in weight. I liked Grape-Nuts so well that for 4 months I ate no other food, and always felt as well satisfied after eating as if I had sat down to a fine banquet.

"I had no return of the miserable sick stomach nor of the headaches that I used to have when I ate other food. I am now a well woman, doing all my own work again, and feel that life is worth living.

"Grape-Nuts food has been a godsend to my family; it surely saved my life and my two little boys have thriven on it wonderfully." Name given by Postum Co., Battle Creek, Mich.

There's a reason.

Get the little book, "The Road to Wellville," in each package.

### Is Hydrophobia Caused by Auto-Suggestion?

A man in Chicago died of hydrophobia because his little dog was bitten by another dog which was supposed to have rabies. The man was entirely untouched, and the dog was unharmed by the bite. But the man, who loved the dog, so constantly feared that his pet would be overtaken by the disease that he was attacked by it himself and died as the result of "auto-suggestion."

So, at any rate, the doctors say. And the case is by no means without precedent. Once people would have said simply that the man scared himself to death over the dog. It is only another way of putting it. That, apparently, is the way in which most of the human victims of rabies die. Bitten by an animal which may be perfectly healthy, they produce not only the symptoms, but the effects, of the disease by turning the whole current of their thinking and being into that one terrible channel. Normal existence for them ceases, and an intense perversion of the faculties ends life itself.

Perhaps if men had not minds capable of working them mortal ill in this way they would be without the opposite power of perfect prepossession in good work, of self-forgetfulness in their devotion to a worthy object. That is the good side of this subject of auto-suggestion. Its good effects far outweigh the evil results of the perversion.—*New York Mail*.

## The Dodds Hygeian Home

This institution 4518 Washington Boulevard, St. Louis, Mo., is the outgrowth of work done by two women physicians, who have been practicing in St. Louis for the last thirty-five years. That their methods of curing are favorably received by an intelligent public is shown from the fact that they have twice been obliged to enlarge their Home, in order to accommodate a steadily increasing patronage. No drug medicines are administered; they employ Nature's *materia medica*, relying solely upon the use of her agents to restore their patients to health.

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## Rice Versus Beefsteak

Rice is one of the most nourishing of foods. It is eighty-five per cent. nutriment compared with twenty-eight per cent. nutriment in beefsteak. A pound of rice contains three times as much nourishment as a pound of beefsteak. Rice requires but one hour for digestion; beefsteak requires three and one-half hours. It takes three times the digestive power to assimilate beef, and it has only one-third the nutriment as compared with rice. So beefsteak has only one-ninth the nutritive value of rice.—*Good Health*.

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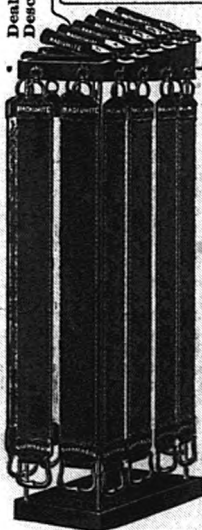
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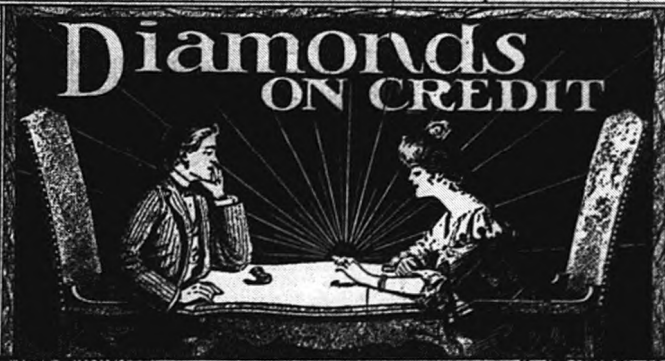
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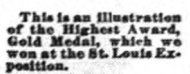


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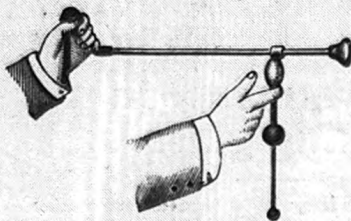
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QUESTION NO. 2—Have you loose, flabby skin, bags or wrinkles over, under or around your eyes? If you have, know that these telltale marks can be removed.

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.

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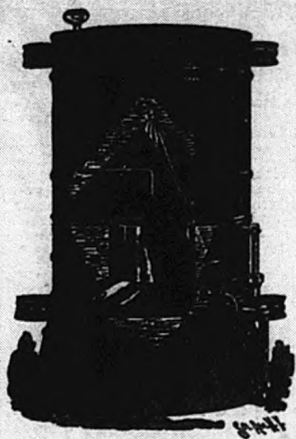
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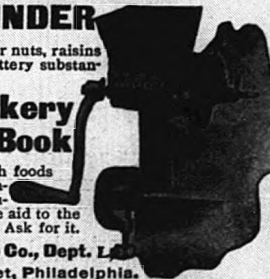
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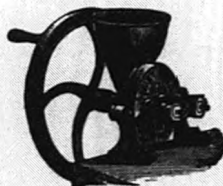
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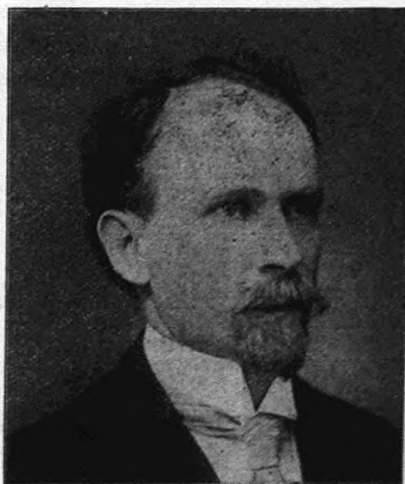


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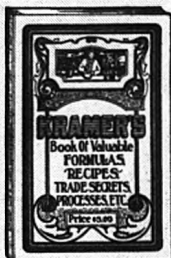
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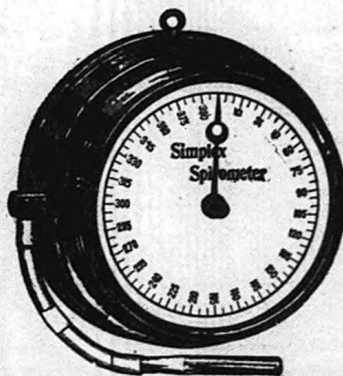
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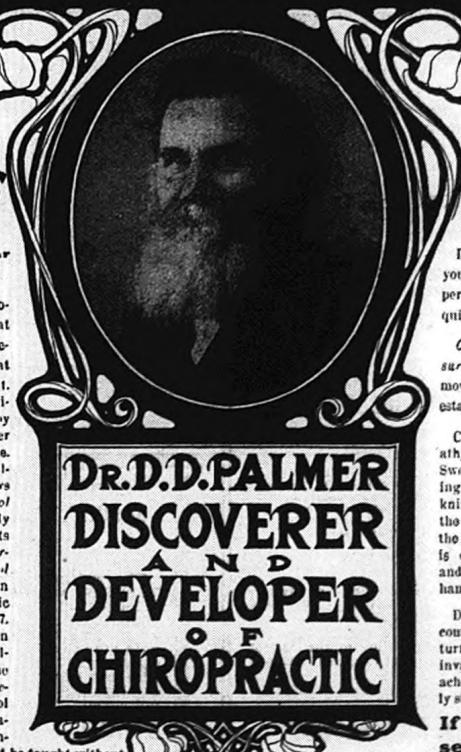
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