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### Our Platform

SUGCESTION is a magazine of the New Psychology for thinkers. It is in its eighth year. It stands for a rational system of living based on natural laws in which the physical, mental and psychological elements are duly considered.

and psychological elements are duly considered. This magazine teaches that every ill—political, industrial, social, physical, mental and psychological—can be remedied by the proper application of natural laws; that nature will cure all diseases without drugs when given an opportunity; that nature designed every sentient being to enjoy a happy existence; that the laws of this universe are adequate for all conditions and all emergencies, and if permitted to act naturally, universal peace, good will, prosperity and health would result; that facts are the results of unyielding law; that supernormal agencies do not influence or determine any earthly event; that the human intellect and will is unassailable and unchained; that the power of thought is the most potent force; that creation today is a thought externalized, and that thought rightly applied will solve any problem that now confronts the human mind.

Among many subjects of interest to thinkers discussed in SUGGESTION from a scientific standpoint may be mentioned the following: PSYCHIC RESEARCH. FORMATION OF CHARACTER.

PSYCHIC RESEARCH. DRUGLESS METHODS OF HEALING. NATURE CURE. SUGGESTIVE THERAPEUTICS (psychotherapy).

PERSONAL MAGNETISM. ADVANCED THOUGHT. RATIONAL HYGIENE. POWER OF THOUGHT. MEMORY TRAINING. FORMATION OF CHARACTER. AUTO-SUGGESTION. LAW OF MENTAL SUGGESTION. PRACTICAL PSYCHOLOGY. BUSINESS PHILOSOPHY. PSYCHOLOGY OF CHILDHOOD. ANIMAI. PSYCHOLOGY. DEVELOPMENT OF THE WILL. PHYSICAL CULTURE. HEALTH, HAPPINESS AND SUCCESS.

ALL INTERESTED in the above declaration of principles are invited to co-operate with the editor in extending the sphere of usefulness of the magazine. Send names of thinkers and requests for sample copies to 4020 Drexel Boulevard, Chicago.



## **U. S. Government Discloses Op**

The United States Government at the recent Lewis & Clark Exposition at Portland, Ore., conducted an exhaustive investigation to determine the mineral values in the boundless, highly mineralized black sands of the Pacific Coast



J. F. BATCHELDER, M. E. Superintenden of Mines and Metallurgy at the Lewis and Clark Exposition and employed by the United States Government in its investigations of the Black Sands. Now in charge of operations and ronstruction for the Black Sand and Gold Recovery Co. States.

Congress made several appropriations to carry on the investigations, and the report of this investigation has been published by the United States Government.

GOLD, IRON AND OTHER MINERALS IN THE SAND.

It has been known for years that the black sands carry large quantities of gold and iron, but the gold could not be recovered on account of the iron. In fact, miners call the black sand "the thief of the gold," and considered it worthless, although it is now known to be the only source of available iron ore on the Pacific Coast, and the Government succeeded in turning it into the finest grade of steel, in commercial quantities, in a full-sized electric smelter.

The Government demonstrated:

First—That the iron can be separated from the sand and turned into the finest grade of steel for \$12 per ton.

Second—That after the iron is taken out, gold values running from \$6 to \$600 per ton can be saved.

Third—That the iron itself contains large , quantities of gold which can be recovered from the iron at small cost.

Fourth—That the sand contains Monazite, Zircon, Ilmenite, Garnet, etc., worth from \$30 to \$400 per ton.

Fifth—That all these valuable minerals can be easily and cheaply recovered after the iron is taken out.

Sixth-That the black sand beds of the Pacific Coast are exhaustless.

But in order to recover the values from the black sands commercially the Government had to employ what is known as

#### THE LOVETT PROCESS.

This process consists of a most wonderful patented magnetic machine, which separates the iron perfectly from the sand in a wet condition as rapidly as it can be brought up by dredges. A full-sized machine was erected and operated successfully at Portland during the Exposition. It was found that the iron ore could be extracted from the black sand in unlimited quantities and delivered at the smelter for less than \$1 per ton.

> Fiscal Agent, The Black Sand Room A, 1510 and 1511

portunities for Fabulous Wealth

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The process further consists in recovering the gold from the iron and from the sand after the iron has been extracted magnetically. This part of the process is also patented and is the only practical means of recovering the gold values even after the iron has been taken from the sand.

Then there are other patents connected with the process for recovering the other values, so that the Black Sand & Gold Recovery Company, which controls the Lovett process and patents, holds a virtual monopoly to the wealth of the black sands.

#### LARGE PLANT UNDER CONSTRUCTION.

The Black Sand & Gold Recovery Company is now erecting its first large commercial plant for recovering the values from the black sands and smelting the iron recovered, and will be marketing its products inside of five months. There is no guesswork about this. Nothing is left to be demonstrated. It has all been done on a commercial scale already, and the first plant, from the iron alone, will earn over 6 per cent on the total stock of the company. All the iron and steel used on the Pacific Coast is brought from the East or from Europe at a minimum freight rate of \$10 per ton. Steel sells on the Pacific Coast for \$45 per ton. The Black Sand & Gold Recovery Company can turn out steel for \$12 per ton, and in two or three years will control the iron and steel market of the Pacific Coast and the Orient.

Mr. J. F. Batchelder, Superintendent of Mines and Metallurgy at the Lewis & Clark Exposition, who is a mining engineer of national reputation, having represented the mining interests of Oregon at the Exposition at St. Louis, at Buffalo and at Omaha, and who was employed by the Government in its investigation of the black sands, is now superintendent in charge of construction and field operations for the Black Sand & Gold Recovery Company. Mr. Batchelder says of the Lovett process:

"Anyone controlling the Lovett patents for magnetic separation and the recovering of the gold values in connection with magnetic separation, unquestionably holds the only key to unlock the inconceivable wealth which our work at Portland for the United States Government has shown is contained in the limitless black sands of the Pacific Coast States. The Lovett process pre-empts the whole field opened up by the Government's investigations and opens the way for gigantic industries on the Pacific Coast."

#### THE BLACK SAND & GOLD RECOVERY COMPANY.

The Black Sand & Gold Recovery Company has already raised sufficient money to install, equip and operate its first commercial plant, and other plants will soon be erected on advantageous locations, where the company has at its disposal limitless sand beds which run from 5 per cent to 60 per cent iron and from 25 cents to \$300 per cubic yard in gold.

#### A STRONG BOARD OF DIRECTORS.

The board of directors of the company is one of the strongest boards ever organized. It contains steel men of national reputation, Government officials, Government representatives, bankers, lawyers and well-known business men.

The stock of the company is now offered for subscription at an attractive figure, and every investor in the stock will make enormous profits within the next few years.

This is the best opportunity you have ever had for an assured INVESTMENT which virtually carries the endorsement of the United States Government.

Call to see the Lovett machine in operation, or send for prospectus and a copy of the special edition of the United States Government report on the black sands, printed specially for the Black Sand & Gold Recovery Company. Address

### Gold Recovery Company, Marquette Building, Chicago, Illinois.

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## The Dr. C. O. Sahler Sanitarium

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## THE DR. C. O. SAHLER SANITARIUM

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### A MAGAZINE OF THE NEW PSYCHOLOGY

PUBLISHED MONTHLY AT 4020 DREXEL BOULEVARD, CHICAGO, ILL.

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

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

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

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

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

\* \* \* To My SUBSCRIBERS: The date of the expiration of your sub-scription 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 con-tinued—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.

\* \* \* PLEASE NOTE: Address all communications to SUGGESTION Publishing Company, and make all remittances payable to this company.

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Doing nothing is an apprenticeship to doing wrong.-W. F. Crafts.

メービービービービービー The virtuous man is the only man who is capable of judging what is right.-Bryan.

Who speaks the truth should keep one foot in the stirrup.-Armenian Proverb.

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\*\*\*\* EDITORIAL 

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The Editors of this publication do not claim that it is the most useful publication on the directory list mentioned for there are several excellent publications under the different classifications; what is claimed is that SUGGESTION presents a point of view for the discussion of human actions that is not emphasized in our exchanges. This publication teaches the power of mind, and do other publications; but SUGGESTION holds that each one has within himself all the power necessary to achieve success; that all the benefit from so-called "healers"-present and absent, comes from the operation of the law of suggestion through auto-suggestion. Man does not need to lean on another for help, or strength or health, for he has within a never failing source of power sufficient for all demands. When this fact is instilled into every child, we will have a stronger, more self reliant race. The doctrine that man is a mistake-a failure, a broken reed, is responsible for untold misery, sin, unhappiness and ruin. A man is just what he thinks he is; then why teach children that they are sinners? Children are like flower blooms-the highest, most perfect and most beautiful results of creative force. Children are spoiled by wrong suggestions. Let us be thankful that the flowers are beyond the reach of adverse suggestions.

. . .

Since the appearance of the June issue of SUGGESTION, with the six-page advertisement of the Black Sand and Gold Recovery Co., I have received a number of inquiries regarding the standing of that, company and the correctness of the statements made in the advertisement. One person states that it seems incredible that such things can be true, etc.

I have personally investigated every point mentioned in the announcement in the June issue, and I believe that each and every statement is literally true, and that the company is the sole possessor of very valuable patents and concessions. After a careful investigation extending over a year, I have satisfied myself that the

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company is worthy of the confidence of the readers of this magazine, and I have not only become interested myself, but have advised my friends and relatives to investigate the matter.

This is in no sense an advertisement for the company, and I will not again refer to the matter in the magazine. This announcement is made as a general answer to all the letters I have received and all that I may receive hereafter. If I did not know the advertisement was bona fide in every respect it would certainly not be allowed space in this magazine. HERBERT A. PARKYN, Editor.

A friend objects to a statement in Dr. Parkyn's book, Auto-Suggestion, to the effect that "mind never drew anything." The writer gives a case where he received a telepathic impression at a distance of over 1,000 miles and the thing is proven that the mind has a drawing power. That there is such a thing as a telepathy, and that at times telepathic impressions may be received, is now almost universally believed by those who are intelligent enough to take an interest in such things. And there is such a thing as a wireless telegraphy; but a wireless receiving instrument does not "draw" anything from a distant transmitter. It is reasonable to suppose that telepathy and a wireless telegraph are governed by similar laws.

In one case a transmitting station sends out some kind of etheric waves (not having a better term), which are recorded by a sensitive instrument; and in telepathy there is some kind of wave motion (for the want of a better term) which impinges in the brain of the receiver.

### NEW THOUGHT FEDERATION.

The next annual convention of the World's New Thought Federation will be held in Chicago, October 23d, 24th, 25th and 26th. A very interesting program covering all points of advanced thought in reference to practical personal questions of life has been prepared. Detailed information as to headquarters, hall, railroad rates, etc., will be sent to all who register with the program committee. If interested send name and address to T. G. Northrup, Chairman Program Committee, 218 La Salle St., Chicago. Membership in the federation is only \$1 per year; better send your application and a dollar. E. E. C.

### Such a Pleasant Subject.

When a subscriber is in arrears sometimes a statement or bill or request or "dun" is sent by mail. Sometimes the recipient gets real mad and does things.

An exchange says that a subscriber once received a dun through the postoffice, and it made him mad. He went to see the editor about it, and the editor showed him a few duns of his own—one for paper, one for type, one for fuel and several others. "Now," said the editor. "I didn't get mad when these came, because I knew that all I had to do was to ask several reliable gentlemen like you to come and help me out, and then I could settle all of them." When the subscriber saw how it was he relented, paid up and renewed for another year.

If subscribers could see the enormous bills for paper and printing and binding and postage and pay-rolls they would not worry about a dun for 50 cents or a dollar, but they would be glad to help out the editor. The best receipt for not having duns is to always pay your subscriptions in advance; by so doing you:

1. Save temper; wear and tear on brain cells.

2. You save remarks about the perversity, meanness, and moral depravity of editors.

3. You save reading "duns."

4. You cause the editor to say nice things about you; you help to pay the printer; you remove yourself from that class which are the worry of the editor's life—those subscribers who are behind with the subscriptions.

So make this resolve:

"I hereby resolve to move out of the delinquent class of subscribers and to bid them farewell for all time; I resolve to join the brighter throng, whose prompt remittances are everlasting a joy and balm to the weary editor's heart; I resolve henceforth to be among the very elect, among those who always have a warm corner in the editor's heart, those who are known as the PAID-IN-ADVANCE SUBSCRIBERS—the great journalistic ROLL OF HONOR."

F at one moment I seem puny and ignorant, at another—in • the ineffable moment of illumination—I am the heir of all the ages and of all wisdom. In these two moments I know myself first as finite, then as infinite.—Horatio W. Dresser.

### War on "Medical Institutes" in New York.

According to a press item fifty-two "medical" concerns, which have been promoting a nefarious business through three New York daily newspapers, have been recently hunted down by the vigilant postal authorities with the help of the police. Last week these newspapers were notified by the postoffice that these medical advertisements would have to be dropped or the papers could not go through the mails. The advertisements complained of were dropped.

Indictments were handed down against three of these advertisers, others left hurriedly for the West or Canada at the first rumor of trouble, some broke down, confessed, and promised to go out of business, and still others, defiant, are seeking to continue by changing the form of their advertisements.

Without the newspaper advertisements these offenders, many of whom have been convicted in the past, and nearly all of whom have been in trouble with the authorities, cannot do any business at all. The County Medical Society considers that the removal of the advertisements from the public prints is the death blow to a practice which has enjoyed prosperity in this city for more than fifteen years.

It is to be hoped that the postoffice department will not cease in the good work; in all large cities the "medical institutes" ply their infamous trade, aided and abetted by responsible newspapers.

Newspapers carrying such advertising may be debarred from the mails upon complaint; if you note any of these vile advertisements in any paper, send a marked copy to the postmaster general, Washington, D. C.; that is sufficient to cause an investigation.

### Prof. Gates Misquoted.

Some of the sensational journals have received the old yarn that Prof. Elmer Gates claimed that he had seen the shadow of the soul of a rat, and very wierd pictures have been printed showing the alleged experiment.

Prof. Gates some time ago in a letter which was published in his magazine denied that he had ever made any such statements.

The recent yellow utterances were called to Prof. Gates' attention, and he writes as follows, under date of April 17th: "I thank you for the clipping, and for your kindness in correcting the rat story—like the cat, it seems to have *nine lives*! My own account of these experiments with electric waves and light rays will soon be published in London and New York papers and I will send you'a copy. In the meantime I enclose a brief statement."

The statement referred to by Prof. Gates is as follows:

"I have been studying METHODS OF SCIENTIFIC INVESTIGATION with educational ends in view, and this has led me into various fields, and from time to time the newspapers get garbled accounts of my discoveries from friends or enemies, and sometimes they write up holly "fake" articles—the picture in the New York Journal which you sent me was wholly "faked," and the more sensational they are the more they are copied. Among other things which they have gotten hopelessly mixed and wrong is the report that I have 'seen the shadow of the soul of a rat.' I regret to say that I have not, but still hope to find physical evidences of man's duality.

"I discovered that *electric* WAVES (not X-rays or violet-light) pass more freely through a *dead* than a living organism and I have further found this difference in transparency to be due to the fact that at death there is a cessation of the normal electric *currents* in nerves and muscles, and not, so far as I have had any evidence, the 'passing away of the soul.' But this is a *new method* of research in this domain and it may be that I will yet sometime find known or yet unknown rays, which, by appropriate technique, may reveal the shadow of the soul, if a soul-organism there be. This line of research has been lagging for want of funds available for that purpose."

\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\* SAST forth thy Act, thy Word, into the ever-living, ever-working Universe; it is a seed grain that cannot die; unnoticed to-day, it will be found flourishing as a ban-van grove after a thousand years. CARLYLE

### Notes and Comments

Those who are quite satisfied with present economic, social and hygienic conditions may not be aware that insanity is increasing very rapidly; at the present rate of increase in a few decades a good share of the population will be in asylums. Note the following dispatch:

#### ONE NEW YORKER IN EACH 300 IS MAD.

Albany, Feb. 26.—That one New Yorker in every 300 is insane and under restraint is the startling fact revealed in the annual report of the State Lunacy Commission. Official figures show, also, that insanity is alarmingly on the increase in New York State.

"In 1892," says the report, "the population of the State was 6,513,343, and the number of insane in all of the institutions of the State was 17,275, a ratio of one person to 377 of the general community. On the first day of June, 1905, the population of the State was 8,066,672, and the insane under treatment in the different institutions amounted to 27,000, a ratio of the insane to the general population of 1 to 299."

### The Germ Theory.

### A reader sends the following letter:

In your November issue, headed "The Germ Craze," you seem to infer that there is comparatively no danger whatever from germs and, further, quote from Dr. Alex. M. Ross, an English physician, that germs are rather beneficial than detrimental to good health. That germs frequently may be the result rather than the cause of disease may be quite true, but the laws of nature have been violated so long-for ages-that it is hardly safe to navigate the tempestuous sea of life without steering clear of the wrecks of lost wisdom. That such diseases as scrofula, scarlet fever, diphtheria, smallpox, leprosy, glanders, etc., etc., can be communicated from one person to another, it seems, should be out of question. Of course, it must be plain that the vitality of all germs, however virulent, is very low, and that they cannot long endure unfavorable atmospheric conditions. In the open and where the sun shines and the air is clear and dry the danger of contagion obviously is reduced to a minimum. Germs float in the atmosphere, and where this is stagnate, as for example in the sewers of Paris, they soon settle to the bottom and are not easily taken into the system by inhalation. The air may be very disagreeable to our senses, as in dark cellars, caves, mines, wells, sewers, etc., but this is no proof that germs of diseases abound there. In brief, that germs are the seeds by which many diseases propagate can hardly be a question, and, that diseases can be transplanted, spontaneously or otherwise, from one person to another seems as natural and no more difficult than that one tree can be made to grow upon another by the art of grafting.

All the leading authorities agree that germs are not the original cause of disease. If the bodily power has been depleted by wrong living and wrong thinking and wrong breathing, then various symptoms appear; these symptoms are called "diseases." The disease may be accompanied by germs or it may not.

A germ cannot harm a healthy person; therefore a germ, per se, cannot cause disease. Before small pox or yellow fever or pneumonia or consumption can attack a person, that person must be devitalized in some way. Then these various "diseases" are the results. In a rational system of living and healing, no attention whatever will be paid to "germs." Germs are sometimes the occasion of the trouble; never the cause.

The diseases mentioned as being communicable are so only between persons of impaired health. Live right and you will be in no danger of contracting any disease. The "germ" theory of disease is responsible for many thousands of deaths annually; instead of fortifying the body by right living people are buying "germ killers" and "germ traps" and "germicides" and "microbe killers;" all of which are foolishness.

All of the above being submitted as my personal opinion, not binding on any one.

### Food Studies.

The editor has received the following communication from Prof. Irving Fisher, Yale University, New Haven, Conn.:

I am writing to ask if you would be willing to aid in a study I am making on the subject of diet in relation to fatigue. My point of view is not that of a vegetarian, but only that of a truth-seeker and hygienist, and I am trying to collect an extended series of statistics by persons using different dietaries. Can you tell me in brief what light your experience sheds on the relative endurance under a diet including flesh foods (meat, fish, poultry, etc.) and a fleshless diet? To do so it would be necessary to state the time at which wou should be necessary to state the time at which

you changed from one diet to the other, how long you have been on the two diets, and your ability to work under each, whether your work be mental or physical, or both.

The more definite the facts can be made the more valuable they are, as mere impressions count for very little except for the person who feels them, and, of course, in order to make one's statements valuable or convincing, it is necessary to be very conservative and careful, so as to be certain not to overstate the side of the case which one has come to believe is correct. Would experience in detail as to endurance in each case? The information received will be used without the name.

It is important that you state whether, at the time or times when you changed diets, you also made changes in other habits which might be respon-sible for the change in endurance, in part or in whole. For instance, it is not uncommon for those who give up flesh foods at the same time to relinquish alcohol, tobacco, tea, coffee, mustard, pepper and drugs. Changes in these factors, as well as changes in the number of meals a day, mastication of food, and in conditions of occupation, work, rest, exercise, worry, fresh air, climate, etc., should be noted.

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1 shall esteem it a favor if you will kindly refer me to any others who have had experience with a fleshless diet, whether or not it has been successful; provided, however, you think it likely that their replies will be of value.

All readers of SUGGESTION who are interested in the matters referred to above are invited to send short letters to Prof. Fisher, giving any data available. Letters should be

1. Short.

2. They should contain no introductory remarks or closing remarks.

3. They should be plainly written with black ink.

4. They should deal with FACTS and not theories, beliefs or ideas or hearsay.

5. They should give specific information relating to the subpect so that the data can be tabulated for comparison, etc.

6. If you are not interested in solving one of the greatest problems of the age—the dietetic question—hand this magazine to some friend.

### Mrs. Eddy Defended.

Chicago, May 18, 1906.

Editor of SUGGESTION.

Dear Sir: I have noticed the latest revision of Dresser's fossilized allegation that Mrs. Eddy borrowed her ideas from a magnetic healer, which appeared in SUGGESTION for May. From this it would appear that Mr. Dresser has not yet worn out his pen on the subject, although without doubt he has wearied many of his readers. It is to be hoped that he will soon find a new subject, especially when we consider that the public has become well enough informed with relation to Christian Science to know the inconsistency of a charge that Mrs. Eddy borrowed ideas from one who was at utter disagreement with Christian Science, both in theory and practice.

Respectfully,

A. V. STEWART.

HERE is no law so high, no truth so pure, no idea so transcendental that may not be put in practice the very moment it is believed in, but then it must be vitally believed in.— O. B. Frothingham.



### Killing for Fun.

By many men and nearly all boys it is deemed great sport to display skill in taking the lives of birds and animals. To follow hounds and other dogs of the chase through field and wood, and to bring to earth victim after victim with unerring shot, is deemed a fascinating achievement.

All huntsmen often witness the killing of innocent victims, and see the suffering and agonizing death of birds and animals who dearly love their lives, and have done the hunters no harm. Most huntsmen of kindly nature tell you that at times a feeling of self-reproach has passed through them as they stood by the dying victims of their skill Hunters of elk, deer and antelope can tell you of seeing the terrorstricken eyes of these animals, filled with tears, glaring at them with mute reproach, while they sobbed their lives away, and deprived of all power to wreak vengeance on their human aggressors. Such memories should haunt men who are not hardened or calloused with savagery.

Time and again we have seen lordly animals in their native state, peaceful, happy and seemingly enjoying to the full the gifts of life, wounded or killed at the pulling of a trigger. If such animals are wounded they are relentlessly pursued and may for hours or days suffer agony before death comes to their relief.

Hunting is a relic of barbarism in man's nature. One of the most piteous of sights is to see life pass out of the innocent, quivering. helpless grouse, quail, dove or other bird. Often these scenes are garnished with the cheers and laughter of the hunters when beating out the brains of the birds that sharply cry and cling to their lives.

The more humane and civilized man becomes the more he will despise the killing for fun. Such amusement marks the low, savage instinct. Not even the president of a great nation can dignify the mock heroism of killing "big game." Only a hard-hearted man can derive pleasure in such barbarous sport. The man of genuine sympathy and kindly disposition can only feel disgust at the thought of killing the unoffending innocents.—Nebraska State Journal.

### DEPARTMENT OF PSYCHIC RESEARCH AND PRACTICAL PSYCHOLOGY

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

MATTER 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.

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.

The second law of telepathy will emerge when we study comparatively the mental condition of the recipients of telepathic messages. The psychic state of the percipient will be found to be entirely different from that of the agent or projector. Nature, in spontaneous cases of telepathy, clearly exhibits this fact, and so uniformly and universally that it rises to the dignity of a law, for a law is simply an unvarying mode of the action of a force.

This peculiar state of mind of the subject at the hour or moment when the idea or feeling enters consciousness, reveals, as has just been said.

### The Second Law-Passivity.

Let me seek a definition: The mind is passive when it is free from voluntary thinking. This is a free and simple definition. Let us examine it.

The contents of mind are sensations, images, concepts, ideas, laws, principles. The human mind when *active* is constantly combining two or more sensations into an image, two or more images into a concept, two or more concepts into an idea, two or more ideas into a law, and two or more laws into a principle. Any of these processes requires attention, will, effort; and that is—thinking.

But when we rest quietly in some comfortable position (comfortable, in order to eliminate stimuli from the sense of touch) and simply allow sensory impressions to reach us from external stimuli without combining or contrasting them—let them come and go as they will—or when we similarly allow images (memories) to flit in and out of the field of consciousness without any effort to hold and study them; then we are "passive."

This is relative passivity. Absolute passivity is a mental state free from sensory or ideal impressions of all kinds. This state is reached in sleep, and in trance.

### The Cases.

In the light of this definition let us turn to the fifteen representative cases, and examine the condition of the percipients at the moment of telepathic culmination.

Case 1. "One night my mother dreamed," are the words of the narrator, words which clearly describe a state of passivity. "Thinking," as above defined, was impossible in sleep. The mind of the sleeper was a tabula rasa, ready to receive any idea with emotional accompaniment strong enough to burst in, disturb the tranquillity and attract attention to itself. This requisite idea with strong emotional accompaniment had its origin that very night in the minds and hearts of the sleeper's mother and brother two hundred miles away.

"But," some one may feel like asking, "were not other people in the world suffering that same night? Did they not have ideas with emotional accompaniments, too? And is it not, therefore, a mere coincidence that the sleeper dreamed of this particular set of sufferers?" The answer to this question will be found in the Third Law —and a beautiful answer it is, holding, moreover, an intensely practical relation to the vital affairs of life. It is a law as universal, natural and clear as the one we are now isolating.

Case 2. The percipient in this case was Prof. Frank Cushing. Note what Mrs. Rorer says of him at the time he received the overpowering impression: "He had a queer trance."

Case 3. I myself was the percipient. On Saturday and Sunday the thought of my sick friend intruded itself. Why on Saturday and Sunday? On these days I often sit alone in quiet meditation on the subjects of my sermons and addresses. It is my habit to put a subject "to soak," as I call it, i. e., I simply hold it lightly (not tenaciously) in mind, and allow it to attract to itself (by the law of mental association) ideas and illustrations germane to itself, whereby the subject enlarges and opens up of itself, as it were; that is, it soaks up and into itself the correlated matter lying in my memory. Thus it grows and expands. Now then, it frequently happens that while I am engaged in this quiet introspective process, the spontaneous assembling of ideas and illustrations suddenly (or, at times, gradually) ceases, and I find myself simply resting, thinking of nothing in particular, "gazing into space." It was always in these unoccupied

moments that the image or thought of my friend appeared in consciousness, and persisted, after it entered, in such wise as to interfere with the mental process of associative differentiation, and so impelled me to remark it, in conversation with Mrs. Krebs.

Here again the moment of passivity (relative passivity, not absolute, as in the first two cases) opened the channels of ingress for the telepathic message.

Case 4. I dreamed of the death of Mrs. Miller. This is clearly a case of absolute passivity.

Case 5. At first glance the fundamental necessity of passivity seems to be overthrown in this instance, for it was when busy in his study that the Rev. Mr. Brown had the clear, mental picture of what his wife was thinking and to some extent worrying about down stairs.

However, let us note the order of events: 1. He was busy, i. e., he was reading, writing, or thinking. 2. He heard some one walk around the house and enter the kitchen door, i. e., a sonsory impression (sound) intruded itself so imperiously as to interrupt his mental work, nay stop it entirely and leave him 3. wondering who was entering the house, and why. This state of "wondering" was a ctate of waiting, of expectancy—all "thinking" or thought-combining processes were estopt thereby—nothing particular was before consciousness—he was waiting for an impression in solitude and in silence i. e., he was in a momentary state of relative passivity, and that was the very moment when his wife was in the first flush or wave of worry over her purchase.

Case 6. "I lay there gazing at the darkness in which the room was plunged after the light had been put out. I must have remained looking into and wondering at the darkness for an hour or more." Here the elements favoring the production of a pure type of relative passivity are plain and unmistakable indeed. Darkness favors it by cutting off the hundred and one diverting stimuli that reach and disturb the mind through the sense of sight. He was "wondering at the darkness," i. e., allowing thoughts and impressions to come, as come they may, which, after "one hour or more," would naturally verge toward sleep itself, and be on the point of passing over into absolute passivity.

Case 7. My grandmother "was about falling asleep" when the clairvoyant vision appeared and alarmed her so much. Here was a degree of passivity lying somewhere between the relative and the absolute, and nearer to the absolute than the immediately preceding instance.

Note carefully, as we review these cases, the remarkable and almost polar difference in the mental states of agents and percipients.

Case 8. Here again the subject of the vision "had just retired for the night" and was composing herself for sleep—mind at rest, devoid of excitement and all thought-processes.

Case 9. The two percipients were "sleeping in adjacent rooms," i. e., were in the condition of absolute passivity.

Case 10. This shows Swedenborg in the role of receiver. Kent says of him at the time when he saw the vision of the burning city, "He was restless and went out often." At first glance this does not seem to describe passivity of any sort, neither relative nor absolute; for he was in a company of friends and was restless and left them frequently to walk out in the open air.

But, have you never observed some person in a company of friends sitting silent amidst the conversation, apparently listening to what is being said but really thinking of something entirely different—present in body but absent in spirit—"absent-minded," pensive? Such was evidently the mental status of Swedenborg at the critical moment, in other words he was in a state of relative passivity although in the midst of a happy party of chatting friends. His restlessness was superinduced not by his external surroundings, but by the internal telepathic revelations he was receiving from the intense emotional excitement of his agonized friend at Stockholm.

The narrator of *Case 11* writes: "I went up to my room that night and sat down for a few moments' relaxation before retiring for the night. The room was quiet, and I leaned back in my chair with hands folded and eyes closed." How clearly she here describes the condition of relative passivity. When in this state she received the telepathic communication.

On another occasion she says: "I grew suddenly silent and abstracted." In short, this percipient definitely and consciously remarked the correlation of passivity with the moment of supernormal intelligence.

Case 12. Mrs. Rorer "dreamed" of the bell-boy thief-another case of absolute passivity. Similarly in Case 13.

In *Case 14* we see how Miss Zahm deliberately and voluntarily induced in herself the trance state as the sine qua non for telepathic or supernormal mental action.

Case 15. Not all the earnest wishes and loving desires of his parishioners are caught by the sympathetic pastor, because his mind is, as a rule, busily occupied; but "sometimes" "in his room or on

the street" a pastor is really thinking of nothing *in particular*, is mentally at rest, and it is in these moments that the "sudden impulses" are felt which, though apparently groundless, are found, when followed to their source, to have been the reflex in his mind of the dominant desires in the minds of sympathetic parishioners at that very hour.

To sum up In all these cases and in all others that might be marshaled with cumulative force, the student cannot fail, I think, to observe that a condition of mental placidity, more or less profound, is always present as the characteristic attitude of the person who experiences the arrival in consciousness of supernormal intelligence. Passivity is the condition of receptivity in all spontaneous cases of telepathy. It is the condition which Nature herself exhibits. Nature does nothing unnecessarily. Passivity is, therefore, a fundamental Law of Telepathy.

### Tabulated Review.

Cases. Degree of Passivity.		Condition of Passivity.
1.	Absolute	Sleep.
2.	Absolute	Trance.
3.	Relative	Mental quiet.
4.	Absolute	
5.	Relative	Waiting, wondering.
6.	Relative	Sleepily gazing into dark.
7.	Almost absolute	Falling asleep.
8.	Almost absolute	Almost asleep.
9.	Absolute	Sleep.
10.	Relative	Pensive.
11.	Relative	Abstraction, meditation.
12.	Absolute	Sleep.
13.	Absolute	Sleep.
14.	Absolute	Self-induced trance.
15.	Relative	Momentary abstraction.

In the next article we will take up the Third Great Law as exhibited in cases of spontaneous telepathy.

"There is not an hour of youth but is trembling with destinies, not a moment of which once past the appointed work can ever be done again or the neglected blow struck on the cold iron."—Ruskin.



HOUGHT is best, when the mind is gathered into herself and none of these things trouble her, neither sounds, nor sights, nor pain, nor any pleasure—when she has as little as possible to do with the body, but is aspiring after true being.—Socrates.

### Progressive New Thought

THIS department will be conducted in the interests of the wide-pread movement known as New Thought. The editor was the former publisher and editor of *The New Thought* journal of Melrose, Mass., and manager of the New Thought Publishing Co. of that city. The department will be conducted on the same progressive principles, its object being to help all who are seeking light in the direction of health, happines, success and goodness. We hope to see many of our old friends as subscribers to Succession. All communications intended for the department should be addressed to the editor, M. J. CLARKSON, San Diego, Cal.

### Do We Need a New Religion.

HAT the time has come for a radical departure from the old ideas of theology cannot be doubted for a moment. We have come to the parting of the ways, and men and women everywhere are questioning as to where the new paths are leading and which are the wisest philosophies or theories to adopt. The old is too thread-bare and out of date to hold the individual who is worth anything to himself or the world at large. While he may retain much that is still valuable out of the garnered wisdom of the ages, he will reject all that is useless in promoting the welfare of the race or the individual. And summing all this up, does it not resolve itself into the one supreme question of happiness?

What the world has always been seeking is happiness, although it has often been called by other names. Even the most devout religionist has been pursuing those objects which he feels will lead to that goal, and his most rigid self-denials are performed with a view of a heaven in the future, as compensation for all his present sacrifices. If the man or woman who reads this article would carefully examine motives, they would be very likely to come to the solution of the problem of all effort, as being solved in this very simple way.

Happiness is the sum total of all desire.

It is to be regretted that the habit of the race, fostered by race suggestion, is to reason that happiness is either impossible of attainment on this planet, or else that sacrifice is a virtue that makes it impossible to the unselfish, or what is called the spiritually-minded person. Hence the turning of many from the old theological beliefs to the newer, but not less gloomy ideas of Oriental Religion. The Western mind is not attuned to this cult, unless it has been biased

too much by either heredity or theology. A few generations hence will doubtless see a new order of beings established on this globe, for everything points to a breaking away from all established organization, and the exaltation of the individual with freedom as his right and privilege. Until freedom comes to the race, happiness will yet linger or be obscured, for it is the one condition of that state; no one who is in bondage can be happy. Now the new religion might well be termed the religion of happiness and freedom, and it is my opinion that the writers and readers of SUGGESTION are pretty well agreed on this point; the question seems to be now to attain this desirable condition, rather than aught else.

It has been suggested to my mind, again and again, in reading the magazines of the day, how much this thought is uppermost in the average mind. What shall we do to attain success, or health, or perfection of body and mind? The whole world seems awakening to this subject; it stands out like some great interrogation point and we run across it everywhere. Is it not this question which is to be answered by the new religion? And is it not of the utmost importance, that we all begin right away to solve the very first puzzle so perplexing to the majority, by that one word suggestion? The very first move to make in establishing this new cult, which is to revolutionize the whole world in time, is to begin right here with suggestion. To realize that a thing is possible to us, soon makes it so, hence to realize that happiness is a possibility should be the first step to take. Supposing the reader does not believe this to be a fact, nevertheless, let him begin to suggest to his mind that it is, and that it is possible to prove it, and let him keep on with this suggestion.

To this surprise he will begin to find the fogs of doubt dissolving and the whole subject will appear in a different aspect. A well known writer on metaphysics, constantly urges upon his readers the necessity of creating a new atmosphere around themselves, by just such a simple test as this. It is the way to come out of the old, gloomy beliefs of the past. A complete *right about face* is necessary to begin a new habit of thought and action. Instead of so much abstruse reasoning upon the subject, this simple solution of the problem seems a relief, and as some are already proving its efficacy in most remarkable results in their lives, why is it not at least worth a trial?

There are many ways of adapting this method to everyday life. For instance, if any gloomy thought comes into the mind, the habit of casting it out at once by its reversal, may become a settled one, and the more it is practiced the better. What links it to good re-

sults, is the fact that the whole universe is in league with the one who dares to look truth squarely in the face, and there never has been a more blessed truth than what has just been stated. Man was not "born to trouble," as says the old belief; instead he is born to master all conditions which make trouble, and those conditions being so largely mental are entirely subject to his will, when he comes to understand this simplest of all philosophies. No matter how handicapped, man has ever shown himself the master of conditions, where he has made the firm determination to do so. A Hellen Kellar deaf, dumb and blind can yet give to the world one of the strongest books on optimism that has yet been published, and yet we find many with every faculty unimpaired grumbling over their destiny, and constantly preaching a religion of sorrow and doubt.

What the world needs most today is a band of teachers, preachers and writers advocating the religion of happiness and showing by their lives that it is possible. When this comes to pass the new cult will begin to grow and flourish, and conditions will constantly improve, for happiness is never in league with so-called evil. Some day it may even be found that unhappiness is the root of all evil, and all immorality; that we can be moral only as we are happy.

This is doubtless a startling thought to the one who has not viewed the situation from the higher standard of the new religion, whose praises I sing, but it is not a new one to many who are shedding the false beliefs that have held mankind in bondage so long. The value of a magazine like SUGGESTION is, that it opens the mind of the reader, who is sincerely seeking for truth, to the possibilities of just such a consummation as this—the establishment of a new religion which will bind man to all that is desirable, and will establish the kingdom of heaven on earth, and not in some shadowy realm of the unknown and invisible. M. J. CLARKSON.

We often fail to see how intimately our lives are linked with Infinity itself. We are not as yet near enough in thought and consciousness to the great heart of life, to feel its throbbing; we are remote from its centre because of ignorance; we live at the circumference, and so we cannot even guess what lies at this great central heart of being, unless very attentive and very intuitive.

M. J. CLARKSON.



### The Hand and Brain.

**T** N A lecture by Thos. M. Balliet, Ph. D., dean of the School of Pedagogy in New York University, which was delivered before the Brooklyn Institute of Arts and Sciences, and reported by Rose Woodallen Chapman in the February *American Motherhood*, I find some bits which throw a good deal of light on the question as to how the power to think originated and developed in the childhood time of the race.

The report says: "It may be a new idea to many but it is nevertheless a fact, that the muscular system has something to do with the size of the brain. Thus, animals which perform delicate movements, intricate movements, have larger brains than those which use only the big muscles. There are also motor areas in the brain. In this motor area are the cells that develop the neural impulse, which, passing over the efferent nerves to the muscles, touch off the power that contracts them. Hence, we see that this motor area is active only when we contract our muscles, and can be developed in no other way. The hand area in the brain is larger than the area governing any other part of the body, except that which governs the facial expression. This shows what a large factor education of the hand is in the evolution of the motor area of the brain. We find, then, that manual training is essential to the development, not only of manual skill but of motor ideas. A large area of the brain will be left uncultivated if the child is given no training in the skilful use of his muscles. This close connection between thought and action must run through all our conception of education."

In the light of this discovery the wonderful skill of hand and accuracy of eye shown in the various forms of ancient, and even prehistoric, handiwork now being unearthed by modern research, takes on a new meaning. In the doing of that work the "brain areas" of the workers was developed, the power of thought was planted and cultivated. This discovery also aids in explaining why, in our own day, where "machine made" articles have so largely replaced the products of the older handicrafts, people have become so generally thoughtless. Large areas of their brains are actually left wholly uncultivated, hence the power of thinking is mostly undeveloped. As machines have grown, brains have diminished. Which is better worth having?

In order to make the things—the thousands of articles and the cities in which they are found—now being dug up in various parts of the world, the ancients had to have patterns. They had to learn certain "fundamental forms" or "principles." These foundation forms are found in all handiwork, from the most ancient yet brought to light down to the latest product turned out by "Roycrofters" in the year 1906. Where did the original patterns come from?

REFERRING to this department in June SUGGESTION, M. J. Sinton Otis wrote me (among other comments which will be taken up later) that: "I see no authority, no cause for calling the polar opening a 'seat of energy,' a 'center of the universe,' nor 'fountain of knowledge,' and 'well of wisdom.' They could have very little knowledge about it except through the knowledge of its motions, colors, etc."

Exactly, and those "motions, colors, etc.," taken together, formed the great world teacher, the visible "worker," the first "kindergartner," and in that original "kindergarten" and "high school" were set the patterns for all the play and work since carried out on our earth.

All children—like other young animals—learn by imitation, and all normal children delight in active work and lively play. Take your children to a circus and you will have a miniature circus in your yard or barn or house for an indefinite time thereafter, while the children try all the fascinating movements within their power to copy. They imitate the circus performers; those learned their movements from others, and so on back to the original "ring" in the celestial world, where the first races were run and the first "Olympian games" took place—in plain view of all the watchful eyes looking up from our earth.

If we look into the subject with any care we find that all our common plays, like the fundamental principles underlying all our work, have come down to us from a far off and forgotten past. Is it possible that our primeval ancestors possessed a faculty of invention which the most skilled of modern workers do not show? Either they did, or they, too, had a competent teacher, one able to rivet and hold their attention and set their imitative powers at work, thus starting up the development of the motor areas of their brains. This the amazingly spectacular heavens of canopy times could not fail to do, for it combined all the attractions of color and motion with an evervarient and yet constantly repeated series of pictures-features and conditions. In the midst of all was that grand world mountain of ever-varving character. "A mountain," says Professor Vail, "at one time a seat of holv flames, at another of gushing waters. Yesterday the scene of celestial conflict and blood, today a place of Halevon Tomorrow a cloud drama." With such a panorama ever auiet. before them, through the centuries, how could the children of our race do otherwise than imitate and learn?

That half of a canopy which fell toward the north pole necessarily ended there in a tremendous whirlpool—a giant vortex. This made a spinning or wheeling picture, and around this pivot the entire universe—for the "universe" to persons on a canopy covered world was the celestial display in their water heaven—revolved. It was the "seat of energy" because there all light, all color effects, and all movements were intensified.

A well is a hole, and the polar opening was the "well of wisdom" because it was the place where the rays of wisdom—of light—were strongest, and where the most marvelous manifestations of divine power were seen. It is necessary to bear in mind, when discussing this subject, that we are talking of the visible effects of sunlight on aqueous-mineral vapors, under certain conditions of movement necessitated at a certain stage in the growth or evolution of a planet such as our earth, Saturn, or Jupiter. Also, that all original names belonged to celestial features and conditions long before they were applied to locations, things and persons on our earth. The "father of his country" was a conspicuous figure for some time before Mt. Washington, Washington state, and Washington cities, streets and squares were named, and the large crop of George Washington Browns, Smiths and Robinsons began to spring up in the United States of North America.



### Sleep and Renewal.

In this age of strenuous endeavor many are inclined to look upon sleep almost as wasted time. This is owing to the fact that sleep is regarded as a period of inactivity. When, however, one pauses to consider that the conscious activities form but a comparatively small part of the life of man, a new viewpoint is seen. By far the greater part of all our functioning is subconscious. The cessation of conscious activity during sleep provides for a period of uninterrupted activity of the subconscious mind.

While there is no immediate interruption of the subconscious work by the objective in sleep, there is, however, an accumulation of suggestion, which either hinders or accelerates it. The predominant suggestion of the day, and especially the last thought before sleep, are very potent factors in the proper performance of the subconscious duties.

Sleep should be regarded as a most impotent opportunity for renewal and increase of vitality. All students of practical psychology are aware that wonderful healing has been accomplished in this way. By strongly charging the mind with the intelligent will to be well, just before sleep, a new vitality is experienced upon awakening; a strong tendency toward perfect recovery is created. If this is systematically practiced, and the simple laws of natural living obeyed, perfect health is attainable.

Suggestion before sleep may also be regarded as a very practical way of maintaining and even restoring youth. Strongly impress the mind with statements of power to renew the body, and preserve the perfect action of all functions, independent of the number of years that one has lived. Practice the art of forming mental images of yourself in an ideal state of youthful strength and beauty. A few pictures of well-depicted youth and grace hanging upon the bedroom walls will form artistic and useful suggestions of the ideal condition.

A confused conglomeration of more or less destructive suggestion before sleep will inevitably produce "that tired feeling" upon awakening. If the right thoughts receive the focus of the concentrative forces, one will awaken with inspiration, buoyancy and courage for the work and enjoyment of the day.

### **REJUVENATIVE EXERCISES.**

There are some simple stretching exercises which, if intelligently practiced, will make you feel younger and stronger in a few minutes, and even appear younger if you continue to practice them regularly. These exercises are founded upon a very simple and scientific basis. The approach of old age is characterized by a downward tendency, involving unnecessary negativeness to gravitation, and an actual lessening of the physical height. This is due to a compression of the cartilages of the body. These are discs of rubber-like substance between the joints and vertebrae of the spinal column. The compression of these cartilages results in the partial closing of the "spinal windows" through which the bundles of spinal nerves pass from the spinal cord to various parts of the body. Not only does this often cause nervous disturbances, but the means of conveying electrical energy to the system is seriously interrupted. This tends to cause imperfect nutrition and failure to eliminate elements that tend to clog or ossify the body.

Exercises which stretch the body, supplemented by vitalizing suggestion, relieve this compression, and incidentally increase the height to the normal condition. Realize that the object of the exercises is to stretch the entire body to the utmost extent, avoiding of course any unnatural strain.

In the first exercise, raise the hands upward as far as you possibly can, at the same time standing on tiptoe, and raising the whole body upward.

The second exercise is very similar to the first, except that the arms are bent at the elbows toward the head; the muscles of the upper arm flexed. This particular exercise is a good, natural yawn.

The third exercise consists of reaching up as high as possible with the whole body, clear from the toes to the head, and at the same time reaching as far downward as possible with the hands.

Practice the fourth exercise by standing erect, keeping one foot in position while the other is stretched just as far back as normal effort will place it; one arm extended forward as far as possible, and the other arm stretched as far back as possible. The exercise should also be reversed by alternating right and left limbs.

Modifications of these exercises may be practiced by taking them while lying down, immediately before rising in the morning. As these various exercises are practiced, suggest that every nerve and muscle is being infused with new life, and that you are growing toward more perfect youth every day.

ANIMAL PSYCHOLOGY 🚜 0

I N this department will be published occasionally articles, clippings, contributions, etc., regarding psychic powers in the animal kingdom. Any one interested in animals is requested to send data for this department. Newspaper clippings narrating instances of intell' gence, reasoning powers, devotion, etc., in animals will be gladly received.



This picture represents a "vivisection" scene; the worthy doctor is preparing to carve a live dog to satisfy idle curiosity or to see if some statement made by somebody is correct or not. The heart, brain and eyes of living dogs are often cut out, and dumb animals have been subjected to fiendish cruelty by "vivisectionists." The word "vivisection" means the carving and cutting a living animal. Vivisection is sometimes taught in public schools and boys and girls have been encouraged to practice cruel tortures on living birds, mice, etc.

An enlightened public opinion will make it a crime to practice "vivisection." Morally and ethically there is no difference between experimenting on living persons and experimenting on animals.

In cities dogs and cats are often stolen and sold to medical colleges for vivisection; the practice breeds stealing. indifference to pain and encourages habits of cruelty; it blinds all feelings of tenderness, all humane sentiment; it is debasing, cruel, unnecessary and is but a remnant of the spirit which burnt Christians in the Roman arena. The practice of vivisection should be stamped out by law and by public opinion.

"The slaughter of animals of any kind for mere pleasure ought to be prohibited by law. It is the writer's firm belief that a fully awakened conscience will recognize animal rights as well as human rights, and certainly there is no right more sacred to either animal or human than the right to live.

"To the writer, nothing short of the wholesale massacre of human beings could be more hideous than going out with a shotgun to kill birds, or with a rifle to destroy the graceful antelope or busy rabbits and squirrels, all actively at work performing offices in the economy of nature. Think of the millions of murders which are daily committed in the name of sport, of the vast number of noble, happy creatures which are shot down, either killed outright, or maimed and mutilated, to linger out a miserable existence, and finally to die of pain or starvation."—DR. J. H. KELLOGG, of the "Battle Creek Sanitarium."

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"If I were a man of means and had a horse that I liked, I would turn him out to pasture in his old age, or, if I could not do that, I would put him into the hands of somebody I knew who would use him kindly and carefully, and then put him to a painless end. Or, if I could not do either of these things, I would put him out of the way myself. I would not turn him over into what is almost of necessity, certain last years of suffering, of cruelty, of neglect."—Rev. M. J. SAVAGE.

> "Among the noblest in the land (Though he may count himself the least), That man I honor and revere, Who, without favor, without fear, In the great city dares to stand The friend of every friendless beast, And tames with an unshrinking hand The BRUTES that wear OUR form and face, Tho WEHR-WOLVES of the human race."

> > LONGFELLOW.

"No civilization is complete which does not include within its sphere of charity and mercy the dumb and defenceless of God's creatures."—QUEEN VICTORIA.

# Brain Builders Brain Builders Brain Builders

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All inquiries or suggestions relating to this department should be addressed to Dr. LANDONE, Fine Arts Building, Chicago. This department aims to give information as to the feeding of the brain struc-ture, the influence of the different types of suggestion, harmful and beneficial, and general and specific information regarding brain growing processes.

### Mind. Matter and Manifestation.

It makes not a particle of difference as to our views in regard to what the mind is-whether it originates matter, whether matter originates mind, or whether matter acts as the substance through which the mind manifests.

In any and every case the expression of intelligence depends both for degree and quality upon the chemistry and structure of the brain In short, the manifestation or expression of any form of areas. energy depends for its quantity and quality upon the substance through which it vibrates. The windows of my studies are of glass. and light passing through glass easily is practically unchanged. Suppose I have sheet-iron window panes put in as a substitute for the glass. Is my studio light? The expression of sunlight in my studio depends upon the chemistry of the physical substance used in the panes.

At night my studio is lighted by electricity. This energy is transmitted from a distance. The wire is of a certain chemical structure, which we call copper. Copper allows an electrical current to pass about it and perhaps through it and allows it to keep its identity as an electrical current. When the current reaches the little wire in the electric light globe it is changed from electricity to light, because the wire in the globe is of a different chemical composition and molecular arrangement. If there were an iron wire in the globe, heat, but practically no light, would result. The electric current manifests as electricity, light, or heat, according to the substance through which it manifests.

So it is with every form of energy. So it is also with the physical organism. The mental, emotive, or spiritual manifestation depends

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for its quantity and quality upon the chemistry and structure of the brain centers, the nerve paths and cells of all other tissues of the body.

No matter how supreme you may consider mind, if I remove the brain structure of any human being, mind ceases to manifest through that body.

About mind existence scientifically I know nothing, but I do know that mind always demands brain structure for its expression.

The first step towards brain building is a perfected diet so that the body may be composed of the best chemical elements for the fullest mental, emotive and spiritual manifestation or expression.

The brain grows by what it feeds upon. Its chemistry depends upon the food products and elements of the air and water. For its neutral relationships and connections it depends upon the basic law of mental activity—namely, discrimination. Discrimination must be sensed by means of the twelve physical senses of the body. Only by this activity will new brain connections and functions be brought about. By proper feeding alone all the inherent embodied tendencies may become manifest to a degree undreamed of by the great masses of people at the present day. In the few cases where we have tried truly scientific feeding for a few years, we have been greatly astonished at the remarkable growth of the brain structure as evidenced by its functioning.

Brain building is more than education, it is more than just drawing out that which is already embodied. Developmental education will awaken all dormant brain centers and bring into consciousness all that has been embodied in the brain structure by inheritance, by prenatal influences and by postnatal associations and training.

This can be brought out, developed, brought into consciousness by proper food and air and sunlight and water.

Then there is the distinct feature of structural education—the building in of brain centers which have not already been acquired, and the embodiment of characteristics entirely new to the present embodied conditions. This requires the special discriminative activities of the senses, which I mentioned a few paragraphs back. This is the optimistic feature of my work. If a child is not naturally of musical tendency and if the parents, grandparents and great-grandparents never were musicians, yet by systematic training in discrimination of motive rhythm, of musical timbre, and of tonal intervals, carried on scientifically, new brain structure can be grown and new tendencies developed.
In other words, we may build and rebuild the human brain as we desire, if we but supply the proper food and follow the basic law of discrimination.

Geniuses and chumps may be born with tendencies toward greatness or inferiority. But either tendency can be changed and the expression of the mind be increased or diminished by the food and exercise given the brain.

Discrimination is normal brain activity, is normal common-sense brain exercise. Muscles grow by being properly fed and exercised. Most people consider muscle exercise as the only type of growthproducing activity. Liver exercise is not muscular exercise, brain exercise is not muscle exercise, although of course muscles and nerves must be active in perceiving and conveying the discriminative impression to the brain centers.

Only by proper food and the proper exercise can any type of life, plant or animal, develop or grow a new tendency.

The method scientifically chooses food substances, carefully and skillfully combines them so as to furnish the best food products for brain growth, and then gives such exercise as allows the brain structure to embody and manifest its own ideas, thoughts and moral activities.

### Epitaphs.

LOUIS GREEN MUNFORD, lecturer and elocutionist, Baltimore, sends the following for his epitaph:

1. The first public speech I ever made was for the liberty of the human race all around the earth.

2. My second public speech was in behalf of the sovereign right of the people to prohibit the manufacture and sale of intoxicating liquors, as a beverage, by constitutional amendment.

3. I hold that the highest civilization will never come to this wonderful world until after woman is permitted to participate with man in public as well as in private affairs.

4. I believe in the immortality of the soul and I have made my peace with God.

### Self-Mastery.

BY MRS. M. E. HARCOURT, INDIANAPOLIS, IND. Written for SUGGESTION-Suggested by Ingalls' Opportunity. SSENCE divine of ages past am I! Fame, love and fortune are at my command. A part of Primal Energy I stand And, arbiter of my fate, defy Misfortune, failure, loss, defeat, and In that, my darkest hour, I understand My life is wholly mine to shape. Therefore Undaunted, fearless, calmly I demand That at my gate Opportunity's hand Shall knock, not once, but answer every call My growing soul does make to thus expand In broader fields. Since Cosmic law rules all, I claim my heritage, whate'er in store-Master of Destiny forevermore!

#### THE BLOODLESS SPORTSMAN.

I go a-gunning, but take no gun; As I fish without a pole; And I bag good game and catch such fish As suits a sportsman's soul; For the chiefest game that the forest holds And the best fish of the brook Are never brought down by rifle-shot, And are never caught with a hook. I bob for fish by the forest brook, I hunt for game in the trees, For bigger birds than wing the air, Or fish that swim the seas. A rodless Walton of the brooks, A bloodless sportsman I; I hunt for the thoughts that throng the woods, The dreams that haunt the sky. The woods are made for the hunters, The brooks for the fishers of song; To the hunters who hunt for the gunless game The streams and woods belong. There are thoughts that moan from the soul of the pine, And thoughts in the flower bell curled; And the thoughts that are blown with the scent of the fern,

Are as new and as old as the world.

So, away! for the hunt in the fern-scented wood Till the going down of the sun;

There is plenty of game still left in the woods For the hunter who has no gun.

So, away! for the fish by the moss-bordered brook . That flows through the velvety sod;

There are plenty of fish still left in the streams For the angler who has no rod.

SAM WALTER FOSS.



By C. A. BURDETTE:—Some two years ago a lady acquaintance of mine now living in Minneapolis, Minn., was visiting a brother in a little Iowa city near Burlington. This brother is a druggist and lives over his store. The young lady was tired and sleepy one afternoon and concluded she would take a nap, so she went into a front bedroom and was soon fast asleep. While sleeping she dreamed she was dead and in her coffin; her friends were around her, viewing her for the last time; finally another brother that lived in Omaha, Neb., arrived on the scene and went up to the coffin, saying, "You are not dead, but only playing. You are a pretty good actor." The young lady then awakened and looked up and saw her brother as plainly as she ever saw him in her life. He started to go and she got up from the bed and followed him down stairs and out to the street, and then he disappeared.

Some two weeks afterward the lady went to Omaha to visit this same brother and related the circumstances to him. He said he was thinking of her about this time very hard, and wondering if she would visit them before returning to her home in Minneapolis. Now this is true and I can give all the names if necessary. The lady lives in Minneapolis and the brother is a well known business man in Omaha.

(Read The Law of Psychic Phenomena, by Hudson, for an explanation; also see The Widow's Mite and Other Psychic Phenomena, by Dr. Isaac K. Funk; also see Phantasms of the Living in any large public library.—Editor SUGGESTION.)

By BEATRICE F. PHILLIPS, 1839 Bridge St., Los Angeles, Calif.:--

Certain persons of my acquaintance refused to subscribe for your excellent magazine because it differs from their religious opinions. In regard to persons who refuse to read SUGGESTION simply because it does not conform to their own religious views, I would say this, and I doubt not but that many of SUGGESTION'S readers would agree with me no matter what may be their individual religious convictions:

Although personally I am a Roman Catholic, I do not expect for one moment that everybody is going to think as I do; I have my reasons for my beliefs, others their reasons for their beliefs. But to my way of thinking a publication like SUGGESTION, which recognizes the one universal belief in a God-Head, and which urges men and women to cultivate all that is best in them, drawing out those noble qualities which lead toward perfect manhood and womanhood, is indeed a great power for universal good. For it stands to reason that the better lives people live, the less evil will there be in the world and the more beautiful will it become.

There is, was, and can be no evil which has not at first had its birth in an evil mind. Do away with evil-mindedness and the evils and more than half the ills of life will vanish with it. The more enlightened people become, the sooner will all recognize the existence of a great and supreme Being, for the heavens and the earth speak of Him and His power and goodness are reflected in all things both great and small. The nearer mankind draw to Him the stronger will be their desire to know and abide by His truths.

All the gifts of mind and body are God-given powers, but it rests with ourselves whether or not we make the best of them. It is true that much may be gained by prayer if accompanied by faith, for faith is half the victory; but it is equally true that God helps those who help themselves.

For those who believe in Him let them strive to please Him by living good and useful lives; for those who believe not, let them be good because goodness is so beautiful in itself. This is what Sug-GESTION teaches and every reader of SUGGESTION consciously or unconsciously gains a wider knowledge and grows broader minded whether he believes what he reads or not, and SUGGESTION does not say "believe because I state it," but it suggests that you think for yourself.

> Nothing before, nothing behind, The steps of faith Fall on a seeming void, and find The rock beneath.

-Whittier.

"Idleness is the sepulcher of the living man."

"Cowards die many times before their death."

### Cold Fresh Air Treatment of Pneumonia

The following condensed account from New York State Journal of Medicine of the successful treatment of a severe case of pneumonia by natural methods is given by the physician in charge:

W. P. Northrup cites a case of a boy of 13 years old who finished a bicycle ride without incident, without exposure, or excessive fatigue. On the following day he came home from school, having felt badly during session. He ate a good lunch and seemed well. That afternoon there was an abrupt onset of the symptoms; malaise, persistent vomiting and severe headache; throat red; toxemia and nervous disturbance marked. Next day, there was no improvement, and no diagnosis. On the third day, there were  $105^{\circ}$  F. temp.; resp. pulse, ration 1 to 3; pain in chest; nausea; delirium; restlessness; cough. Pneumonia marked. The case became very grave. The resp. reached 35 to 40; sometimes 50. Temp., 104-105; pulse, 120. He recovered, but not psychically. Delusions pursued him. His condition seemed post-typhoidal mentally, associated with look, nocturnal enuresis, anemia.

The child's head was placed between two wide-open sashes in a bay window. The room was kept at about  $40^{\circ}$  F. Nurse wore heavy wraps night and day. No one caught cold. Boy wore no oilskin jacket; had no extra cover over his chest; his arms were out. He was allowed to do anything to further his comfort. Hot, dry skin, dry tongue, muttering delirium, limited lung capacity, call loudly for two aids—water and air. The heart, blood and kidneys need them. The child was sodden with the poison. He was overheated, prostrated, intoxicated and hot; constricting poultices and vitiated air were certainly contraindicated. This boy recovered entirely.—Boston Med. and Surg. Journal, Feb. 22, 1906.

The usual treatment for pneumonia by regular physicians is to shut the patient in a tight room, smother him with covers, and to give hypodermic injections of strychnine and opium alternately as the heart is weak or strong; with the treatment the sufferer is dosed with soups, alcoholic drinks, liquid foods, etc., and the result is that pneumatic patients generally die under the combined effects of the disease and the treatment.

A few physicians have found the natural way to treat pneumonia, viz:, plenty of air—pure and cold; plenty of water and—nothing else. Nature will cure when a cure is possible and all the drugs in the world are valueless. Nature has provided a cure for all diseases, but the cures are not sold in bottles or found in poisonous drugs.

There are only three "cures" in the world—yea, four; pure air, pure water, pure food, and a contented mind. Let the world learn this simple lesson and disease will flee from the face of the earth, and drug stores will sell stationery, stamps, and tooth brushes.



### Spelling Reform.

NEW YORK, March 19.—Judge Brewer, of the United States Supreme Court, today admitted he was a convert to the new spelling reform.

"I have agreed to use the new simplified method of spelling in writing my opinions," said Associate Justice Brewer. "For some time I have followed the practice of shortening my spelling of certain words, as 'altho,' 'thro,' and 'program.'

"Of course, I cannot control the actions of the Supreme Court in the matter of spelling, but I have adopted the new method for my own use.

NEW SYSTEM A HELP.

"The spelling of many educated men is atrocious. They never will learn to spell according to the rules of the English language. But if the simplified method is adopted I believe it will help them.

"Of course, the new system will seem strange until people have become accustomed to it. So did the old style of spelling used by people a generation ago.

"It was customary to spell the words 'labor' and 'honor' with the letter 'u,' and the old-fashioned 'labour' and 'honour' seems as strange to us as will 'though' and 'although' to people of a generation hence. BRANDER MATTHEWS A REFORMER.

"A simplified spelling board has been organized for the purpose of bringing about reform in spelling. The head of this organization is Brander Matthews, and other officers in the organization are leaders in educational and other lines of work.

"I am a member of this society. We have agreed whenever possible to use the new method of spelling.

"There are twelve words which the members of the organization have agreed to spell in the new way when they remember to do so. These words are 'program,' 'decalog,' 'prolog,' 'tho,' 'altho,' 'thoro,' 'thorofare,' 'thru,' 'thruout,' 'catalog,' 'demagog' and 'pedagog.'

"These simple changes will not shock any one and we gradually will become accustomed to using the words in their new form and in a few years every one will adopt the plan."

# Psychology of Childhood

"Little Jim Jervis."

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(From The Batley Reporter, England.)

NE day last week there died a gentleman whose name was Dr. Barnardo. He was a great man, greater than many statesmen and kings; for a man's greatness is judged by the good he has done, and during the life of Dr. Barnardo and through his agency 60,000 ragged little boys and girls were given homes and food and sent out into the world capable of earning a living. There was a time, although it may seem strange to you, when neither Dr. Barnardo nor anyone else knew that there were thousands of children, living regularly in London, without a roof over their heads. This is the way in which the sad fact was discovered:

Dr. Barnardo was, at that time, a medical student at the London hospital; but he managed to reserve two evenings a week for a ragged school in Stepney—a very poor district of London. One evening the ragged school was breaking up, when one boy, named Jim Jervis, pleaded hard to be allowed to stay behind in the warm schoolroom. "What would your mother think," asked Dr. Barnardo.

"Ain't got no mother."

"But your father?"

"Ain't got no father."

"Stuff and nonsense, boy; don't tell me such stories. You say that you have not got a mother or a father. Where are your friends, then? Where do you live?"

"Ain't got no friends. Don't live nowhere."

Dr. Barnardo could not believe the lad. He took him home and gave him some hot coffee. Then he asked poor Jim more questions; the lad informed the Doctor that there were "mor'n he could count" living like himself, without friends and home.

That very night Jim Jervis guided Dr. Barnardo by all kinds of passages to an open roof, where, sure enough, there lay out in the cold, under the sky, a small host of absolutely destitute children.

One evening when Dr. Barnardo was attending a missionary meeting at the Agricultural Hall, London, the speaker failed to present himself at the last moment; and Dr. Barnardo was called upon to take his place. He did so, and told that crowded assembly the story of "little Jim." The account got into the newspapers, and amongst other people who read it was Lord Shaftesbury, who, as you know, had done such a lot for friendless children himself. Lord Shaftesbury invited Dr. Barnardo to his house in Grosvenor Square, to meet many other gentlemen at dinner. There again, the doctor told his story. Several gentlemen could not believe it, and so to prove the truth of his assertion, Dr. Barnardo persuaded many of the gentlemen to get into handsome cabs and drive in their evening dress to Billingsgate Market. The Doctor offered a halfpenny to every boy sleeping there. From under the cover of tarpaulin crates boxes, and empty barrels, 73 boys ran out and claimed the halfpenny.

Soon afterwards Dr. Barnardo set up his first home in Stepney, to accommodate 18 children; and last year in homes built by this great and good man 10,905 boys and girls were fed and clothed.



ELIZABETH A. BOORSE, Norristown, Pa.: Success is a test of capacity and ability-the requisites to devise and execute any enterprise. It originates and ability—the requisites to devise and execute any enterprise. It originates and operates from within the man, who, desiring an object, forms good resolutions for its attainment, and, through unremitting confidence, strenu-ously carries them to final victory. Behind all his work is a subtle power calling for faithfulness, patience, integrity, courage, thoroughness, accuracy. These unseen things woven into his character, and the fire of his energy disciplining and directing through an activity hold in parfect harmony to the disciplining and directing through an activity held in perfect harmony to the infinite vigor of his thought and spirit, make him controller and creator of his fate-master of his destiny.

WHEELER E. SMITH, Pueblo, Colo.: Below you will find seven rules for Success, as suggested in your last number:

 Knock out all supports but your own vertebræ.
 Remove limitations, erected by doubt, fear, mistrust, and prejudice; enemies to success.

3. Ignore discouragement, failure and defeat and they will ignore you. 4. Think the things you desire to become, and you will become the things you think.

5. Keep ahead of your condition, and your condition will follow apace.

 Covet not, envy not, ape not, but revere the light within you.
 Be what you are; follow your emphasis; proclaim your message to the world.

# **Newspaper** Psychology

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Black Walnut Nutmegs.

The power of suggestion is not merely a phrase; it really is a power. It has the strength to deceive men in the matter of cigars, wines, whiskeys and what not. It is a force in medicine, as every doctor knows. It is an agent in therapeutics. The power of suggestion and the force of example are intimately related. But to illustrate the pranks which suggestion may play with one's palate the following story is told on Bishop Potter, a reverend gentleman of ecclesiastic note and recent Broadway Tavern fame:

In the course of his diocesan rambles he called on an old friend from the South. It was evening, and the Bishop was invited to supper, not dinner, for as the people of the South know, the appropriate time for dinner is midday and the meal after candle-light is supper. One of the dishes served was cottage-cheese, or as it is more often called in the language of the olden time, "smear-case." This is often eaten under a plentiful dressing of cream and sugar. The Bishop elected to have a "mess" of "smear-case," but his appetite craved a little grated nutmeg as a flavor. This was embarrassing to the host's wife at the foot of the supper table, but she said to Aunt Dinah, who waited on table,

"Aunt Dinah, bring the Bishop some nutmeg."

"Dar ain't no nutmegs in de pantry," whispered Aunt Dinah. "Well, ask Mrs. Tomlinson, next door, to lend me one."

"She ain't got none. She done use de las' she hayde in makin' egg-nog," reported Aunt Dinah.

"Well, then, run down to Miss Betsy's and see if she's got a nutmeg," said the troubled hostess, who talked with augmented vivacity and animation to make the time pass quickly till that nutmeg should be brought. Soon Aunt Dinah came in, her black face wreathed with triumphant smiles, and placed before the Bishop the mess of "smear-case" generously sprinkled with grated nutmeg.

"Ah," said the Bishop, speaking with that tone of complacent assurance coming from a consciousness of a perfect familiarity with his subject, smacking his lips and beaming with a most beatific expression, "what a grateful flavor nutmeg does add to smear-case. This is the paragon of the season." 

### Advanced Thought, Hygienic and Reform Publications

#### THEOSOPHICAL.

THE THEOSOPHICAL GLEANER; Bombay, India. THEOSOPHICAL REVIEW; 26 Van Buren street, Chicago; 161 New Bond street, London.

THE THEOSOPHIST; P. O. Madras, India.

THEOSOPHICAL QUARTERLY; 159 Warren street, Brooklyn, N. Y.

HYGIENIC. CARE OF THE BODY DEPARTMENT: Times, Los Angeles, Calif. HEEALD OF HEALTH; 11 Southampton Row, W. C., London, England. VITAL CULTURE; 172 West 72nd St., N. Y. CONABLE'S PATHFINDER: LOS Angeles, Cal. JOURNAL PUBLIC HEALTH: 50 cents per vear: Evansville, Ind. VACCINATION: Kokomo, Ind. THE LIBERATOR: 1114 Twenty-first avenue, North, Minneapolis, Minn. THE SCOTTISH HEALTH REFORMER: Paisley, Scotland. THE MAZDAZNAN; Chicago, Ill. SUGGESTION; 4020 Drexel boulevard, Chicago, Ill. A STUFFED CLUB; Denver, Colo. GOOD HEALTH CLINIC; Syracuse, N. Y. THE VEGETARIAN MAGAZINE: 192 Dearborn street, Chicago, Ill. THE VEGETARIAN; 34 Memorial Hall, Tarrington St., E. C., London. HEALTH; 321 Fifth avenue, New York City, N. Y. VIM: 500 Fifth avenue, New York City, N. Y. PHYSICAL CULTURE; Spotswood, N. J. HEALTH CULTURE; 151 West Twenty-third street, New York City, N. Y. THE NATUROPATH; 124 East Fifty-ninth street. New York City, N. Y. NEW THOUGHT. PRACTICAL IDEAS; 30 Huntington avenue, Boston. Mass. Now; 150 Steiner street, San Francisco, Cal. MIND; 14 Henrietta street, San Francisco, Cal.

THE NEW THOUGHT JOURNAL AND OCCULT REVIEW; 52b. Station Parade, Harrogate, Yorks, England.

THE NEW WAY; 1107 E street, Northwest, Washington, D. C.

THE NEW THOUGHT MAGAZINE; 1170 Caxton building, Chicago, Ill.

NAUTILUS; Department 17, Holyoke, Mass.

#### PSYCHOLOGICAL.

THE BUSINESS PHILOSOPHER; Republic building, Chicago, Ill.

SUGGESTION; 4020 Drexel boulevard, Chicago.

THOUGHTS NEW AND OLD; Denny Way and Broadway, Seattle, Wash. ELTKA; Corry, Pa.

PSYCHO-THERAPEUTICS.

SUGCESTION; 4020 Drexel boulevard, Chicago, Ill.

PSYCHO-THERAPEUTIC JOURNAL; 3 Bayley St., Bedford Sq., London, E. C., England.

THOUGHT; 4665 Lake avenue, Chicago.

#### HUMANE.

OUR DUMB ANIMALS; 19 Milk street, Boston, Mass.

ANIMAL'S DEFENDER; 1 Beacon street, Boston, Mass.

HEBALD OF THE GOLDEN AGE; Paignton, England.

DRUGLESS THERAPEUTICS.

THE ELECTRO THERAPEUTIST; Lima, Ohio.

THE AMERICAN JOURNAL OF PROGRESSIVE THERAPEUTICS; Chicago, III.

#### OCCULT.

OCCULT SCIENCE; Chestnut Hill Sta., Boston, Mass.

THE HARBINGER OF LIGHT; Milbourne, Australia.

PRIMITIVE OCCULT JOURNAL; Helena, Mont.

THE OCCULT REVIEW; 164 Aldersgate street, London, E. C., England. THE OCCIDENTAL MYSTIC; 506 Hyde street, San Francisco, Cal.

THE ADEPT; Markville, Minn.

THE MYSTIC MAGAZINE; Framingham, Mass.

THE HARBINGER OF LIGHT; Melbourne, Australia.

THE ENGLISH MAGAZINE OF MYSTERIES; 15 Tothill street, S. W., London. COOPERATIVE, ALTRUISTIC AND REFORM.

DEED AND DOUBLE; Cincinnati, O. TBIGG'S MAGAZINE; 358 Dearborn St., Chicago.

TOMORROW; 2238 Calumet Ave., Chicago, Ill. THE ALTRUIST; 2711 Franklin Ave., St. Louis, Mo. TOM WATSON'S MAGAZINE; New York.

METAPHYSICAL.

THE METAPHYSICAL MAGAZINE: 500 Fifth avenue, New York City, N. Y. THE LIFE; Kansas City, Mo.

EXPRESSION: 147 High street, Kingston, W., England.

THE WISE MAN; 500 Fifth avenue, New York City, N. Y.

PHRENOLOGICAL.

HUMAN CULTURE; 130 Dearborn street, Chicago, Ill.

HUMAN NATURE; 1020 Market street, San Francisco, Cal.

PHRENOLOGICAL JOURNAL; 24 East Twenty-second street, New York.

ADVANCED THOUGHT.

THE WORLD'S ADVANCE THOUGHT; Portland, Oregon.

THE BALANCE; 1700 Welton street, Denver, Colo.

Soundview; Olalla, Wash.

HERBERT'S MAGAZINE; Hiawatha. Kan.

FELLOWSHIP; 434 South Hill street, Los Angeles, Cal.

THE PHILISTINE; East Aurora, N. Y.

THE EQUITIST; Station A., Pasadena, Cal.

THE RACE-BUILDER; 1 Iffley Road, Oxford, England.

PHYSICAL RESEARCH.

ANNALS OF PHYSICAL SCIENCE; 6 Henrietta street, W. C., London.

OCCULT REVIEW; 164 Aldersgate street, E. C., London.

SUGGESTION; 4020 Drexel boulevard, Chicago, Ill.

MISCELLANEOUS.

INSPIRATION; Des Moines, Iowa.

SELF MASTERY; a magazine of success; Corry, Pa.

THE OCCIDENT; 124 Highland street, Brockton, Mass.

THE OPHTHALMOLOGIST; 2500 Prairie Ave., Chicago. THE PURITY JOURNAL; 81 Fifth Ave., Chicago. THE ARYA; Aryan Religion, Scieuce, Eastern Philosophy, etc.; 296 Tambu Chetti, Madras, India.

THE CHIROPRACTOR; devoted to the interests of chiropractic, a system of drugless healing; Davenport, Iowa.

HISTORIC MAGAZINE AND NOTES AND QUERIES; history, folklore, mathematics, literature, science, art, arcane societies, etc.; Manchester, N. H.

LUCIFER; a semi-monthly reform magazine of advanced thought; de-voted to the emancipation of women; 500 Fulton street, Chicago, III.

TOMORROW; a monthly handbook of the changing order for progressive people; Parker H. Sercombe, Editor, 2238 Calumet avenue, Chicago.

INGERSOLL MEMORIAL BEACON; good government, science, free thought, rational right doing; Ingersoll Beacon Co., Chicago.

OUR DUMB ANIMALS; published in behalf of those who cannot speak for themselves. Every lover of animals should send for a copy and then subscribe; 50 cents ner year; special price to teachers and ministers, 25 cents per year; 19 Milk street. Boston, Mass



**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.

OPTICAL TRUTHS; second edition; by Chas. McCormick, M. D., President McCormick Neurological College, 2500 Prairie Ave., Chicago; 194 pages; cloth; illustrated.

Dr. McCormick in this book presents a great variety of matters of greatest interest to students and practitioners of ophthalmology. The doctor has a thorough understanding of this subject, and the work contains many illustrations, examples, diagrams, formulas, etc. Dr. McCormick advocates a drugless system of cure, and his pupils all practice without the use of drugs.

GUIDE TO NUT AND FRUITARIAN DIET, AND COOKING; compiled by the Koerber Nut Meat Co., 167 Reade St., N. Y. This is a small pamphlet that will be sent for a 2-cent stamp. It tells how to prepare meals from nuts and fruits. The most wholesome and appetizing and nutritious meals can be made from various nuts and fruits, supplying all the requirement of the body for growth, vital force, brain power, muscles, bone and nerve. The Koerber Nut Meat Co. sell all kinds of nut foods and nuts.

MODERN PHYSIO-THERAPY; a system of drugless therapeutic methods, by Otto Juettner, M. D., etc., Professor of Practice at the "Cincinnati Post-graduate School of Physiological Therapeutics;" 520 pages; copiously illustrated; in one volume; \$6; Harvey Publishing Company, Cincinnati, O.

No better proof that even among the old school physicians drug methods are gradually being abandoned for more exact and rational methods of medication could be adduced than the appearance and popularity of this new book, written by the dean of one of the best known medical schools in the country. The book represents the first

attempt to present the whole subject of drugless therapeutic methods in one volume. The author takes up in turn the subjects of personal hygiene, dietetics, the water-cure, massage, Swedish movements, osteopathy, vibration, oscillation, light, sun-baths, Finsen-rays, Mininrays, blue light, the various forms of electricity, galvanism, faradism, static currents, high frequency currents, Roentgen-rays for diagnostic and therapeutic purposes, etc., etc. Then follows a list of diseases and their rational treatment without the use of drugs. Suggestion is recognized as the one great therapeutic element of overtowering importance. The book is printed on excellent paper. The book is acknowledged to be one of the most important medical works that has appeared in years. It is well worth a perusal.

FREE BOOK FOR SICK PEOPLE.—By C. S. Carr, M. D., editor Medical Talk for the Hame.

There are many people who are sick and cannot get well. They have tried drugs, dieting, physical culture, electricity and various other remedies—still they remain sick. For this class of people this book will be found especially interesting. It outlines a course of treatment entirely different from the ones above enumerated and gives the invalid another chance for his life.

Chronic invalids of every sort, and especially those suffering from diseases of the blood, bones, nerves, mucous membranes, etc., ought to read this book. It is written in plain language so that every intelligent person can read it and understand it.

This book will be sent free for a limited time. In ordering the book a 2-cent stamp should be enclosed to pay postage. Address C. S. Carr, M. D., editor *Medical Talk*, Columbus, Ohio.

\* \* \*

THE EARTHQUAKE EDITION OF FELLOWSHIP.—A monthly magazine edited by Benjamin Fay Mills; thirty-five original and selected articles by Mr. and Mrs. Mills, Ella Wheeler Wilcox, Hon. William E. Smythe, Father McSweeney, Catholic; Rabbi Friedlander, the Rev. Dr. Baker, Presbyterian, chairman Oakland Relief Committee; Hon. Joseph Choate, Robert H. Willson, of the Los Angeles Examiner; Maxim Gorki, etc., etc. "How An Earthquake Feels," by survivors; thrilling, pathetic, heroic and amusing incidents, etc. Ten cents, 3 for 25 cents; one year, with 3 copies Earthquake Edition, \$1. Fellowship Publishing Co., 420 W. 6th St., Los Angeles.

In the April issue of McClure's Magazine Dr. Hutchinson contributes an article entitled "Some Diet Delusions." In this article Dr. Hutchinson makes a wholesale attack on all modern hygienic ideas. He charges into the camp of the hygienists booted and spurred and declares war on all dietetic ideas that conflict with his diet of eating all you can of all kinds of foods at all times, regardless of science, reason or hygienic rules. Harry Ellington Brook, Box 612, Station C, Los Angeles, Cal., editor of the Care of the Body Department, Los Angeles Times, published a reply in his department in the Times April 29, 1906.

In this reply he has answered many of the statements made by Dr. Hutchinson and takes issue sharply with him. The review has been printed in pamphlet form and those who are interested in dietetic discussions will do well to send 10 cents for a copy.

Mr. and Mrs. Eugene Christian gave a very successful dinner of uncooked foods recently at the Twentieth Century Club in Boston to demonstrate that appetizing and nutritious dishes could be prepared from foods in a natural state. There were nineteen varieties of food. Among the edibles were cream of pea soup, uncooked wafers, stuffed tomatoes, lettuce, nuts, fruit cake, vegetable butter, cream salads of various kinds, fruit, etc.

Mr. Christian is an occasional contributor to SUGGESTION, and he takes the position that disease can be gradually eliminated by adopting a natural diet. Mr. Christian's book, "Uncooked Foods," is an authority on the subject of natural diet, and should be read by all investigators.

### Dr. Rocine's Mind Training.

The aim of this book is development of character, memory, self-confidence

The aim of this book is development of character, memory, self-confidence and mental concentration. Mind Training is more than a book; it is a book and a school combined, the teacher speaking to you in every sentence, training you consciously or unconsciously by advice and suggestion. Dr. Rocine's Mind Training is based upon the human sciences, such as psychology, metaphysics, parenology, physiology, cell science, embryology, neurology, anatomy, organic chemistry, magnetism, dietetics and other sciences and arts. It consists of practical rules of diet, conduct, thought culture, mental and magnetic exercises, postures and attitudes, which will positively develop the weak mental and physical qualities mentioned. It is a practical

book for practical people, and any one who can talk, think, sit, walk, stand, eat and exercise can obey instructions given. It is simple, yet scientific.

The book is the result of a life time of study and research. It is the only book written that is based upon all the sciences of man and upon practical experience. The book tells how to overcome lack of confidence, poor memory, bashfulness, weak will, want of control, dullness of mind and many other mental defects.

The author claims that through it you can double your wage-earning capacity, greatly increase your financial and social influences, become magnetic, master yourself, improve your health, personal appearance, memory, will power, etc. Price of the book, \$2.00; with SUGGESTION one year, \$2.25. Human Science School, 130 Dearborn St., Chicago, 111.

PSYCHIC DEVELOPMENT, by Emmett Grattan Bennett, 815 Austell Bldg., Atlanta, Ga.; 105 pp.; paper; price, 50 cents. This book consists of a series of lectures on psychic development, as follows: Basic Principles; Personal Magnetism; Concentration; Vibration; Psychometry; Clairvoyance and Clairaudience; Telepathy, Mind Reading, Thought Transference; Intuition, Inspirational Writing and Speaking, Automatic Writing; Magnetic Healing; Mental Healing, etc.

MENTAL DEPRESSIONS; ITS CAUSE AND TREATMENT; SELF-TREATMENT WITHOUT MEDICINE; by Richard J. Ebbard, London; L. N. Fowler & Co.; New York City, Fowler & Wells Co., 24 E. Twentysecond St.

In the preface the author states that "it is now positively known that all derangements and disorders, called diseases, are restored and cured by the reactive and healing power of the body itself."

The author shows that diseases are caused by poisonous products introduced with food, such as uric acid or formed in the system by chemical and fermentive changes brought about by an undue supply of food, etc.

The book is not the work of an extremist, as many of the directions and conclusions are not accepted by advanced hygienists, but it gives dietetic advice which can easily be followed by the average person without doing great violence to his inclinations and appetites.

THE LOGIC OF VEGETARIANISM, by Henry S. Salt, author of "Animal's Rights Considered in Relation to Social Progress;" second edition; linen eloth, 116 pp.; George Bell & Sons, York House, Portugal St., London.

The increasing number of books on the food question, natural hygiene, drugless treatments and allied topics show that the public mind is taking added interest in the broad questions of health and how it may be attained. Unquestionably the prime consideration is the diet question; when this question is settled the foundation will be laid for universal health.

It is to assist in solving the food question that the book above noted has been published. Seekers after information on the food question will find arguments in this book pro and con.

The first paragraph in the introduction is here given:

"It is the special purpose of this book to set forth in a clear and rational manner the logic of vegetarianism. To the ethical, the scientific and the economic aspects of the system much attention has already been given by wellaccredited writers, but there has not as yet been any organized effort to present the logical view—that is, the dialectical scope of the arguments, offensive and defensive, on which the case for vegetarianism is founded."

The scope of the book may be judged from the contents, which are here given in full:

Preface; Introductory; Why "Vegetarian?" The Raison d'Etre of Vegetarianism; The Past and Present of Vetegetarianism; Structural Evidence; The Appeal to Nature; The Humanitarian Argument; Palliations and Sophistries; The Consistency Trick; The Degradation of the Butcher; The Æsthetic Argument; The Hygienic Argument; Digestion; Conditions of Climate; Flesh Meat and Morals; The Economic Argument; Doubts and Difficulties; Bible and Beef The Flesh-Eater's Kith and Kin; Vegetarianism as Related to Other Reforms; Conclusion; Index.



### "GETTING BACK TO NATURE."

Every one knows that our fathers and grandfathers were not bothered with the bodily ills to which this generation is so generally subject. Nothing ruffles the temper so easily, nothing makes one feel so badly and nothing is so responsible for physical discomfort as the stomach when it is not in proper working order.

One's first care should be his stomach. He should see that proper food goes into it and should see to it especially that nourishing food is taken into this important part of the system.

The body is built up of several different chemical substances such as water, carbon, lime, salt, phosphorous, albumen, iron and magnesia. All these substances come from the food we eat, and if we confine ourselves to foods that contain only some of the necessary chemicals the body requires, the machinery is going to get out of order. White flour is simply starch. The starch goes into the stomach and is converted into sugar and has some nourishing qualities, but if we ate white flour alone, we would soon die of starvation. If, on the other hand, we live on whole wheat, we get all the substances the body requires. A person can live indefinitely on whole wheat, but he would starve to death on plain white flour. Egg-O-See—the wonderful food product—is made of whole wheat, which is predigested and easily assimilated. It contains all the chemicals necessary for body building. That's why Egg-O-See eaters are so healthy and so strong.

Egg-O-See is made from the whole wheat berry, it is nature food, palatable and all nourishment. It makes bone, muscle, nerve and brains. It sends the red blood coursing through your veins and makes your eyes bright and clear and you glory in your health.

The subject of food is very interesting, especially when it refers to natural food, and the Egg-O-See Co. at a great expense and after much research along scientific lines have published a book, "Back to Nature," which tells in a splendid style and an interesting manner about the building up of our bodies, about exercising and about food. The book contains recipes for meals and gives valuable lessons on physical culture. This book is a guide to health, a treatise on physical culture and a cook book. This book is sent free to anyone who writes for a copy. Simply say, "Please send me a copy of your book 'Back to Nature'" and the publishers will gladly send it to you without charge. Address, Egg-O-See Co., 532-582 Front St., Quincy, Ill.

There is, and has been on the market for ten years or more, a linen-mesh underwear so peculiarly constructed that it not only protects the wearer from catching colds, but is a cure for skin diseases due to irritation from flannels. This is the Dr. Deimel Linen-Mesh Underclothing.

Aside from these qualities, it is a most delightful under garment for summer wear, as its peculiar mesh construction allows a free circulation of air between the skin and the garment, and to the body a refreshing and comfortable feeling, which is a revelation to those accustomed to wearing prickly, itchy woolens.

Booklet telling all about the underwear, with sample of the linenmesh, will be mailed free to any of our readers if they will write to the Deimel Linen-Mesh Co., 491 Broadway, New York.

A personally conducted party in a special train of Pullman sleepers, including a dining car, will leave Chicago via the Wabash, July 5th, for a few weeks' tour of the East, covering the following route:

Detroit, Toronto, Niagara Falls, Kingston, St. Lawrence River, Thousand Islands, Montreal, Ottawa, Quebec, White Mountains, Portland, Me.; Old Orchard, Portsmouth, Plymouth, Boston, New York, Philadelphia, Baltimore, Washington, Pittsburg and Toledo.

Rates very reasonable. For complete itinerary of the trip, with rates and other details, address F. H. TRISTRAM,

Assistant General Passenger Agent, 97 Adams St., Chicago.

Any woman who would like to have a business of her own—light, pleasant work and good pay—should write to the Manicurist, Columbus, Ohio, for full particulars. Enclose a two-cent stamp and they will tell you how to start in business for yourself. Address, The Manicurist, Columbus, Ohio.

The National Inspiridor Co., 63d and Kimbark avenue, Chicago, manufactures a very compact and handy instrument for inhaling various healing and antiseptic oils, which is useful in cases of colds, catarrh, hoarseness, etc. I have examined the instrument and find it very efficacious for applying vaporized oils, such as eucalyptus oil, etc., to the nasal passages.

While a vaporized spray alone may not cure diseased conditions of the mucous membrane, the action of the oils is healing, soothing and allays itching, irritation, etc. The instrument with a year's supply of oil is \$3, and in cases of nasal and throat troubles when a cleansing agent is desired I can recommend the inhaler.



### The Doctor's Wife Agrees With Him About Food.

A trained nurse says: "In the practice of my profession I have found so many points in favor of Grape-Nuts food that I unhesitatingly recommend it to all my patients.

"It is delicate and pleasing to the palate (an essential in food for the sick) and can be adapted to all ages, being softened with milk or cream for babies or the aged when deficiency of teeth renders mastication impossible. For fever patients or those on liquid diet I find Grape-Nuts and albumen water very nourishing and refreshing. This recipe is my own idea and is made as follows: Soak a teaspoonful of Grape-Nuts in a glass of water for an hour, strain and serve with the beaten white of an egg and a spoonful of fruit juice or flavoring. This affords a great deal of nourishment that even the weakest stomach can assimilate without any distress.

"My husband is a physician and he uses Grape-Nuts himself and orders it many times for his patients.

"Personally I regard a dish of Grape-Nuts with fresh or stewed fruit as the ideal breakfast for anyone—well or sick."

Name given by Postum Co., Battle Creek, Mich.

In any case of stomach trouble, nervous prostration or brain fag, a 10 days trial of Grape-Nuts will work wonders toward nourishing and rebuilding, and in this way ending the trouble. "There's a reason" and trial proves.

Look in pkgs. for the famous little book, "The Road to Wellville."

HY present opinion, founded on understanding, and thy present conduct directed to social good, and thy present disposition of contentment with everything which happensthat is enough.—Marcus Aurelius.

### Open the Door of Your Heart.

PEN the door of your heart, my lad, To the angels of love and truth;
When the world is full of unnumbered joys, In the beautiful dawn of youth.
Casting aside all things that mar, Saying to wrong, "Depart!"
To the voices of hope that are calling you Open the door of your heart.

Open the door of your heart, my lass, To the things that shall abide, To the holy thoughts that lift your soul Like the stars at eventide. All of the fadeless flowers that bloom In the realms of song and art Are yours, if you'll only give them room, Open the door of your heart.

Open the door of your heart, my friend, Heedless of class or creed, When you hear the cry of a brother's voice, The sob of a child in need. To the shining heaven that o'er you bends You need no map or chart, But only the love the Master gave. Open the door of your heart.

EDWARD EVERETT HALE.

Our best is bad nor bears the test, still it should be our very best.—Browning.

### Knows Now

Doctor Was Fooled by His Own Case for a Time.

**T**'S easy to understand how ordinary people get fooled by coffee when doctors themselves sometimes forget the facts.

A physician speaks of his own experience:

"I had used coffee for years and really did not exactly believe it was injuring me although I had palpitation of the heart every day.

"Finally one day a severe and almost fatal attack of heart trouble frightened me and I gave up both tea and coffee, using Postum instead and since that time I have had absolutely no heart palpitation except on one or two occasions when I tried a small quantity of coffee which caused severe irritation and proved to me I must let it alone.

"When we began using Postum it seemed weak—that was because we did not make is according to directions—but now we put a little bit of butter in the pot when boiling and allow the Postum to boil full 15 minutes which gives it the proper flavor and the deep brown color.

"I have advised a great many of my friends and patients to leave off coffee and drink Postum, in fact I daily give this advice." Name given by Postum Co., Battle Creek, Mich.

Many thousands of Physicians use Postum in place of tea and coffee in their own homes and prescribe it to patients. "There's a reason."

A remarkable little book "The road to Wellville" can be found in pkgs.

### A Japanese Health Secret.

The Japanese themselves attribute their high average of physical strength to a plain and frugal diet and the system of gymnastics called jiu-jitsu, which includes a knowledge of anatomy and of the external and internal uses of water. Although during the period of their ascendency the samurai kept the secret that their great physical superiority was due in a great measure to the internal and external use of water, the belief that if used liberally and intelligently water is an infallible weapon against disease is now generally held. By those who go in for jiu-jitsu an average of a gallon a day is drunk. It is noteworthy that rheumatism is almost unknown in Japan. It is probable that the absence of meat from the diet, combined with the use of plenty of water, accounts for this immunity.—Oregon State Journal.

### Favorite Quotations.

Sent by MISS STELLA L. BEST, New York City, N. Y .:

\*Genius is eternal patience .- Michael Angelo.

\*Make each day a critic on the last .-- Pope.

\*You should forgive many things in others, nothing in yourself .--Ansonius.

\*For good ye are, and bad, and like to coin, \*Some true, some false, but every one of you

\*Stamped with the image of the king.—*Tennyson*. \*To have what we want is riches; but to be able to do without is power. -George Macdonald.

Sent by LUTHER MOORE, Victor, Tex.: \* \* \*The past belongs to God; the present only is ours, and short as it is, there is more in it and of it, than we can well manage. That man who can grapple it, measure it, and fill it with his purpose, is doing a man's work; none can do more, but there are thousands who do less .- Ik Marvel.

Sent by MRS. JAMES L. ANDERSON, Mauston, Wis .: "Think beautiful thoughts and set them adrift On Eternity's boundless sea! Let their burden be pure, let their white sails lift, And bear from you the comforting gift Of your heartfelt sympathy.

> "For a beautiful thought is a beautiful thing; And out on the infinite tide May meet, and touch, and tenderly bring To the sick, and weary, and sorrowing A solace so long denied."

### Postal Card Sermons.

From FREDERICK R. HORSKY, Baltimore, Md.:

Seek the truth with all thy might!

The most fatal of all errors is that of barring the gates of your mind against the light of truth; for light means life and darkness death. Death, indeed, has no terrors to equal this dread darkness of the mind. But light begets life, and true life cherishes love, the heaven-born emotion, which lends creative power to our will.

J. E. P. CLARK, Cedar Rapids, Neb.:

For a condensed postal card sermonette I know of naught more potent than BE and LET. The first implies power, being, doing-the latter an opening of the gates.

VIRGINIA GOSS:

I find that to truly live one must make one's every thought an action. Of course this applies only to the highest and best thoughts-to ideals worthy to be born into the kingdom of the real.

By MAUD L. LESSER, Syracuse, N. Y .:

Have you a sufficient supply of pleasant thoughts to last you through a long illness? Could you stay alone for a week and keep bright and cheerful? Are your thoughts sufficiently cheering to rise above adversity and cause smiles to predominate in times of trouble! No! Then isn't it time you commenced to cultivate the habit of pleasant thinking and to store up a supply of pleasant thoughts? Commence "Now."

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### The Relief of Old Age.

A much-esteemed physician of London, Dr. Weber, who is himself very old, has quite recently summarized the means that he used to make his own age supportable and to ameliorate that of his numerous clients.

These are the rules that he drew up for this purpose: "All the or-gans must be preserved in a state of vigor. Morbid tendencies, whether hereditary or acquired during life, must be recognized and combated. Moderation must be used in the consumption of food and drink as well as in the pursuit of other corporeal pleasures. The air within and about the dwelling must be pure. Corporeal exercise must be taken daily in all conditions of weather. In many cases it is also necessary to take respiratory exercises as well as to walk and climb. One must retire early and rise early. Sleep should be limited to six or seven hours. Every day a bath should be taken or the body be well rubbed. The water employed for this may be cold or warm according to individual temperament. Sometimes warm and cold water may be alternately employed. Regular work and intellectual occupation are indispensable. The mental attitude should be that of enjoyment of living, tranquility of mind, and a hopeful conception of life. On the other hand, the passions and ner-vous disturbances of sorrow should be combated. Finally, one should have a firm determination that will compel the preservation of health, the avoidance of alcoholic liquors and other stimulants as well as narcotics and analgesic substances."-Selected.



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### The World New Thought Federation.

The annual convention of the World New Thought Federation which meets in Chicago on October 20th promises to be the event of the year for New Thoughters. The program covers every important phase of the new thought movement in some degree, and the speakers selected are the best the country affords. Besides, we have the promise of some speakers from abroad. It was the aim of the program committee to arrange the program so that it would be a complete history and text-book of the new thought. If the speakers keep this in mind and preserve in any degree, the continuity of thought, there is no doubt but that the result will largely satisfy this ideal.

The World New Thought Federation is just what its name suggests, a federation of all the new thought branches. It is as broad as the new thought and as free from restraints of creed and code as is the new thought movement, as a whole. It has nothing to do with private opinions. It is not in any way a religion, nor does it attempt to promote any particular school or religion. It aims entirely to bring together all the new thoughters and all other men, no matter what name they go under, on some common ground of interest that is broad enough for all. It aims to teach men that they are brothers, not teach them so in words, that are soon forgotten, but teach them so by uniting them in action. It aims to teach men that doctrines and theories do not count so much as personality and love. It teaches tolerance. In a word, its aim is the universal brotherhood of man.

### Drugless Remedy for Gout.

The Journal of the American Medical Association says that there is nothing better to be offered to people afflicted with gout than a wellregulated diet, appropriate bathing, and regular exercise. The diet should be "carefully chosen and rather spare." There should be copious water drinking, but all alcoholic liquor should be tabooed. At least two hours' exercise in the open air should be taken daily. Where there are gouty deposits about the joints, the best treatment is hot applications and local massage.

It is worthy of note that the highest medical authority in the United States recommends these simple hygienic measures in preference to drug medication. The advice given is equally good for those who have only a tendency to gout, or for those who are as yet wholly free from it; for a well-regulated life is preventive as well as curative, and it is easier to prevent than to cure.—Good Health.

### Edison's Ideas of Eating, Sleeping and Working.

In a recent interview Thomas A. Edison, the inventor, expressed himself as follows:

The country is food drunk. The fact is that people eat too much, sleep too much and don't work enough. The average man would be much better off and would do very much better work if he would cut down his food and sleep and labor a little harder.

Men eat and sleep themselves stupid. Sometimes they eat and sleep themselves into the grave. They talk about working too hard. That is absolute nonsense. Generally speaking, a man can't work too hard.

#### INTEMPERANCE IN SLEEP.

As for sleep, that is another prevailing form of intemperance. People sleep too much. They drug themselves with sleep. If a man will only try to get along with less sleep he will be surprised to discover how little he really needs. And he will find his faculties very much improved by the effort.

It is not so much the quantity as the quality of sleep that counts. The man who lies eight or ten hours in bed, tossing about from time to time, doesn't get anything like as much rest as the man who sleeps soundly for five hours.

We are slaves to sleep. Why, for instance, should we go to sleep at night? The only difference between night and day is that the sun goes down in one case and comes up in the other. What difference should that make? I suppose it is simply habit acquired through thousands of years of ancestry. We have become like the chickens, who go to roost when it is dark.

Some time ago my stomach troubled me. I didn't know what was the matter. Whenever my trouble was acute I began to experiment with my diet to see what would come of it. I had always been a light eater, but I decided to cut down my food still more.

#### LIVES ON LITTLE FOOD.

For two months I lived on four ounces of food for each meal. That made twelve ounces of food a day. Of course, I varied my food. I would take a teaspoonful of peas, a small piece of toast and caviar, a tiny sandwich, a little bit of ham, a fragment of rye bread with Swiss cheese.

What was the result? At the end of two months of this diet I weighed just as much as when I began, exactly 185 pounds. I found that living on twelve ounces of food a day had made me mentally brighter and had neither diminished my strength nor my weight.

Another common mistake is to look upon hard work as injurious. You see Mr. This and That and the Other-Fellow announcing that he has been working very hard and must go off to Europe for a rest. Bosh! He has been eating and drinking too much and hasn't worked half enough.

The healthy man can't work' too hard or too much. When his work tires him out he will go to sleep and will get the right kind of sleep.

Establish Yourself Right by making afe investment. A Diamond is safer and more Profitable than a Bavings Bank account You always retain it in your possession. You preclous gem. It gives you an air of prosperity, Diamonds always give prestige to the wearer. Diamonds have increased in value more than 20% in the past twelve months, is this not better than 30rd per our frand 1806 Cutalog.

Young Man Insure Future Happiness by giving to your sweetheart a Bing. Remember Diamonds win hearts. A Diamond is the most highly prized of all gifts by a young lady. It lasts forever and constantly brings to the wearer's mind, thought of the giver's generosity. Write Today for our Grand 1960 Catalog.

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