

10 CENTS

SUGGESTION

THE NEW PSYCHOLOGY MAGAZINE

1906
NOVEMBER

Psychic Research
Auto-Suggestion
Personal Magnetism
Thought Power
Health
Happiness
Success

Herbert A. Parkyn,
M. D.,
Editor

TO ALL RECEIVING SAMPLE COPIES OF THIS MAGAZINE:

GREETING:

This magazine is sent to you in response to your personal request or because some friend sent in your name with a request that a sample copy be mailed to you. In any event, it is taken for granted that you are a thinking person. If you read this magazine you may flatter yourself that you have more intelligence than the average person, for only persons of unusual intelligence care to read a magazine devoted to advanced thought topics. I am sure that you are interested in mental and physical culture, the regeneration of the mind and body, the development of inherent forces and higher powers, the study of rational hygiene, psychic research, occultism, and the various questions of progress and reform along advanced thought lines—in short, I understand that you are a thinker.

This magazine is devoted to a rational discussion of the topics mentioned above; it is now in its ninth year. It discusses the application of the principles of practical psychology for health, happiness and success, and stands for progress and reform in all its lines of modern thought—intellectual, religious, social and economic. Read our platform on the next page.

You are cordially invited to become a subscriber; our magazine is for the thinker—the investigator—for those who want facts—hence our appeal to you. I do not countenance fads, quackery or wild theories. This publication is a scientific magazine, and seeks to find a basis of fact for all phenomena; it does not deal in theories or dogmas. What we want are facts. Its pages are open to all for temperate discussion on all lines of rational and liberal thought. We want people to think.

I believe you will be pleased with the ideas advanced, and I trust that you will send your subscription today. Kindly attend to this at once. You will find a subscription blank enclosed for your convenience. If a dollar is not at hand, send us your subscription and you can remit when convenient. May I have the pleasure of hearing from you? With your subscription send 25 cents additional and I will mail you a 192-page book on Auto-Suggestion. Money back if you are not satisfied.

New cash subscriptions received this month will be run to the end of 1907.

EDITOR SUGGESTION.

SUBSCRIPTION RATE: Annual subscription in the United States, Canada, Mexico and Cuba, \$1.00; foreign, 6 shillings.

In the city of Chicago the yearly subscription price is \$1.25.

This magazine is for sale at all first-class news stands, 10 cents.

Our Platform

SUGGESTION 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.

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.

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.

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PSYCHOLOGY OF CHILDHOOD.

ANIMAL 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.

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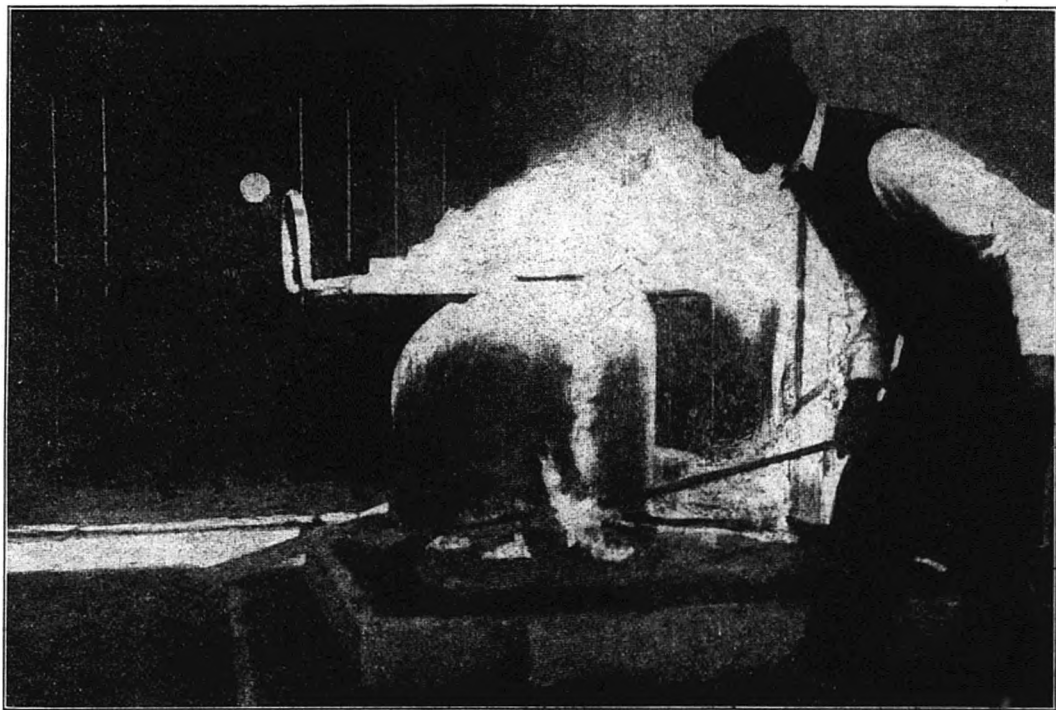


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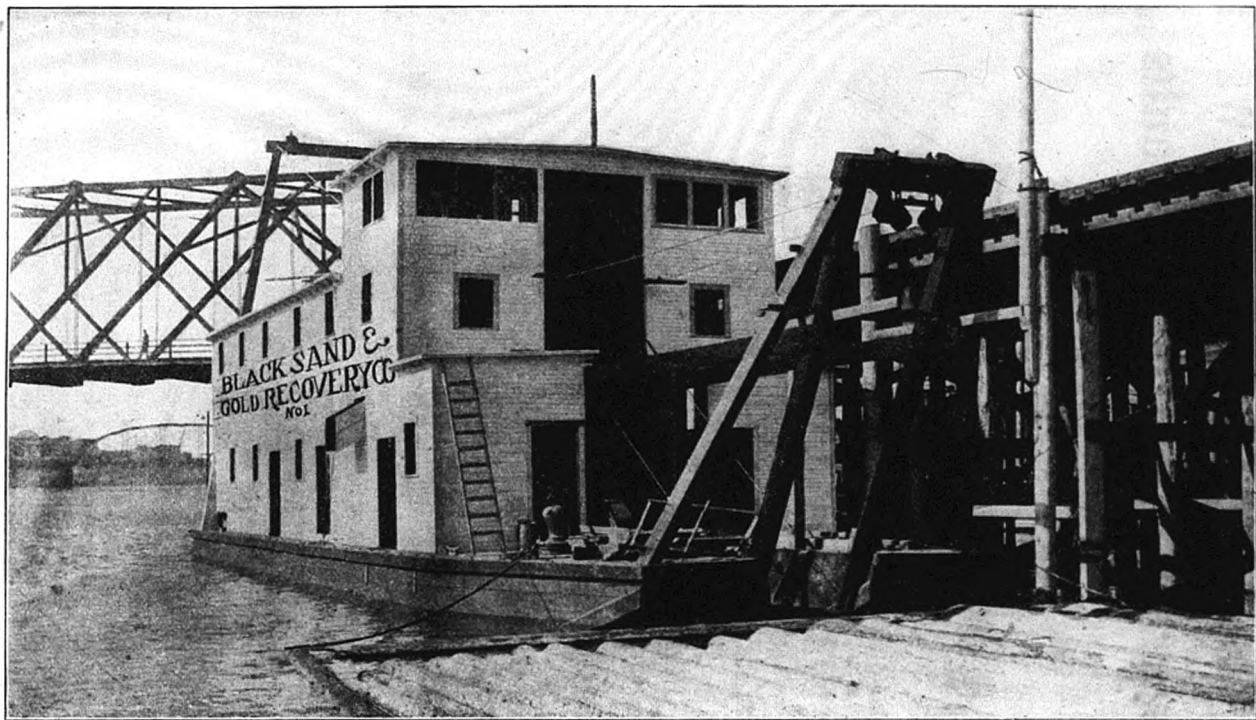
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The Black Sand and Gold Recovery Co. succeeds the U. S. Government in developing the Black Sand commercially. J. F. Batchelder, M. E., Supt. of mines and metallurgy, at the Lewis and Clark Exposition, and C. E. Wilson, electrical furnace expert, are now in the employ of this company, and are carrying forward the work which they commenced as Government agents, and which is now being conducted on a profitable commercial scale by the Black Sand and Gold Recovery Co.

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The Black Sand and Gold Recovery Co. 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 \$300,000 net profit per year. 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 AND GOLD RECOVERY CO.** 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.

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The Black Sand and Gold Recovery Co. is the biggest enterprise that has ever been started in the United States by one company.

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To the man with a few hundred or a few thousand dollars, the **BLACK SAND AND GOLD RECOVERY CO.** offers an investment that has never been equaled in the world for certainty of big returns. This is not a mining venture but a solid, industrial enterprise, the way for which was successfully paved by the United States Government itself.

The stock of the company is selling rapidly, and those who are wise will invest every available dollar in this stock before the price advances or the stock is entirely sold out. Already sufficient stock has been sold to equip the first plant, which is now nearing completion and which will be operating in less than four months.

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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.

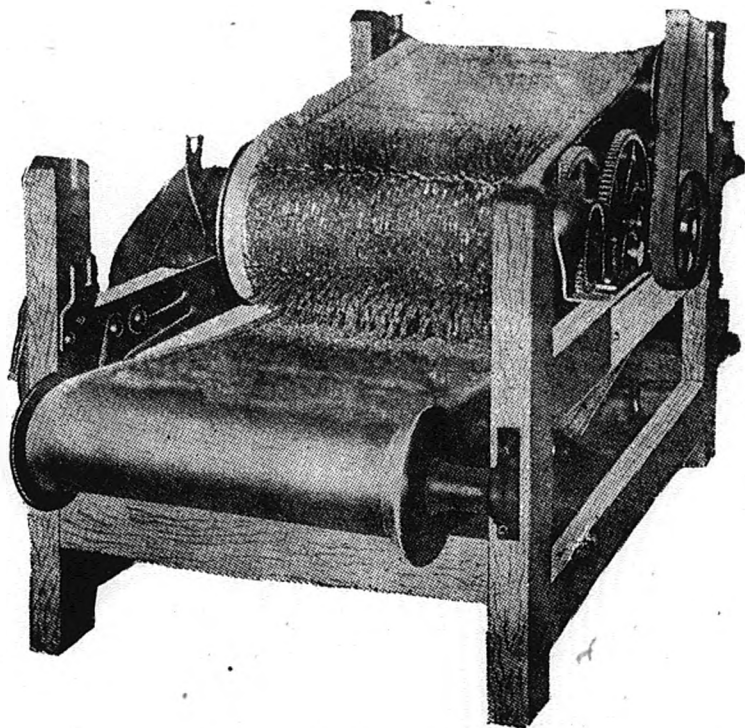
Call and see the Lovett Machine and Lovett Process in actual operation; see the steel made by the Government; see the various by-products; or write for illustrated prospectus which tells all about the enterprise and the price of stock.

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SUGGESTION

A Magazine of the New Psychology

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

SUGGESTION PUBLISHING Co., 4020 Drexel Blvd.

VOL. XVII.

CHICAGO, NOVEMBER 1, 1906.

No. 5

The Illimitable Power of Suggestion.

By E. ROSA HOUGH.

(Written for SUGGESTION.)

IS THERE anything within the realm of utility, or even of wildest dreams, which cannot be wrought, ultimately, by the judicious use of Suggestion, Auto-Suggestion, or—the two combined?

This is a question which pops itself up every now and then in the mind which thoroughly realizes the potential of these master forces and their control of the physical, as exhibited in nervous, fibrous or cellular activities originating in that wonderful organ—the brain.

Few persons think to consider of the great number and vast magnitude of material suggestions as are before us today in the forms of edifices and mechanical wonders of different description as voluminous monuments of suggestion gone before, and which should describe to us, much better than words can do, the marvelous workings of such master minds as have also gone before, not to mention the thoughts to be aroused from a consideration of such arts as literature, music and all other education.

Briefly, we do not always realize that when the man said to his friend, "You should have a house in which to live," he gave a suggestion, and that when the friend replied, "I'll build a house," he gave unto himself a forceful auto-suggestion, both of which, together with his awakened will-power, we admire today in the result—his house.

And when we look upon the other contrivances—iron works, railroads, bridges, lights and telephones—we hardly can appreciate, even though we try, the fact that before each machine and delicate component was made or assembled a man must have mentally said, "I'll make a complete and definite machine."

But still—a thought. Did this man, in suggesting, say, "I'll do it now, and as well as I possibly can"? Ah! this was the important part, for without it his dwelling might crumble over his head. But we judge, however, that the man did say so, for the works, while yet but incomplete, and with plenty of room for future improvements, yet speak out in no uncertain terms, "The Man Did Well."

Just so with us and our use of the law of suggestion—we must strive to acquire a single-purposeness, then stick to it, and use our will to do it the best. Not in a stubborn, whip-driving manner, but in a pleasurable spirit which invariably says, "You like this way because it is the method that achieves results which are grandest."

Now, suggestion, when applied in this way, is practically illimitable in its power, and all great works performed by men were and must have been either consciously or unconsciously done in this way, so that whatever is undertaken should be kept foremost in mind, almost constantly and by the continuous current. Mental stress thrown into it, the subject in hand will surely grow, and the strived for object be achieved at last, somewhat as the continuous current—electrical stress—produces a steady electric light; while, if the current pulsations were slower or the stress of itself weak, the light would flicker or fail most dismally, like so many human beings you know who lack this stress continuity.

We have in this country at the present time a great uproar over finance. We have little doubt there has been stealing. Who committed the detestable crime? Surely not the powerful suggestionists who love the world in all its breadth, but probably by weak, insipid individuals who never suggested other than "I'll take this dollar," and who never knew how to use the dollar for the uplifting of humanity after they had appropriated it to themselves.

But this stealing—and how to overcome it? Truly, my friend, the suggestion has started. The word "investigate" has been spoken, and if ever there was a word-suggestion, it is, in itself, "investigate."

Some day we will awaken, as a nation, to the potency in that other good suggestion, namely, "A square deal for every man," and then we shall let no more do wrong intentionally. Every man should strive for good—not wealth or power or position only in so far as he

can use these things to perpetuate his best ideal—the good of those to follow.

Seek riches, men ; but, when you find
 The dollars shallow, be not blind,
 But turn about and give a lift
 To some one who can *use* a gift ;
 And don't go out in market place
 To pose so men may mark your face ;
 Just do your duty every day,
 And don't mind what the weaklings say.

And use Suggestion.

Self-Control.

BY ELLA WHEELER WILCOX.

WATCHING the wonderful work of a tight rope and trapeze performer, says Ella Wheeler Wilcox in the *Chicago American*, the question arose, what good does it all do? Where is the benefit to the human race in such a sacrifice of time as this athlete has been obliged to make in order to reach his astonishing proficiency in a seemingly useless achievement?

Yet this man, and all others who have attained skill in the same difficult line of endeavor, are benefactors to the human race, if we will look at the matter analytically.

They teach us what can be accomplished in any direction by unswerving purpose, unflagging will and persistent patience.

To jump through the air, to catch the hands of another man who is hanging by his feet from a trapeze and oscillating to and fro, to drop those hands and turn the body completely around in midair and then catch the perch from which the original leap is made and vault as lightly to a seat as a bird settles upon a branch, is an achievement which no human being can accomplish save by one method.

And this method is direct purpose, unflinching effort and daily practice.

And this method will bring success to any effort, in any line, for any human being who puts it into execution.

THE DEPTHS OF POWER.

WHEN I think of the marvelous control over his body and over the laws of gravitation which this trapeze performer exhibited, I wonder that any man or woman can fail in anything attempted.

When I think of the unfathomed depths of power lying in every immortal mind I wonder that the world is not filled with hosts of successful people.

There is no such thing as failure for any one who sets forth to his goal as the trapeze performer sets forth to attain his aim, and who keeps at his work with the same persistency.

If you are seeking health, wealth, usefulness, skill in any direction, there is nothing and no one who can hinder your attainment of the coveted boon, if you are willing to work and wait as the man on the trapeze worked and waited before he reached his present superb success, for such excellence in any vocation is nothing short of "superb," because it means concentration and persistence.

MIND CONTROLS MIND.

IF you have a habit you want to overcome you can do it. To control the mind by the mind is as easy as to control the laws of gravitation and the movements of the body, but both require steady, daily, unremitting practice.

If you want to succeed in any business or profession the man-on-the-trapeze should be an inspiration to you.

You may consider yourself a much superior being in the social scale and on the intellectual plane, and more highly developed spiritually, but you are this man's inferior if you are complaining that you have no success, and that the world does not use you fairly, and that you have no influence, and that only the man with a pull wins.

All this talk proves you to be the inferior of the man-on-the-trapeze, who stands at the head of his profession because he kept working, practicing and trying for the perfection he knew could be won only by his own persistent efforts.

That is all success means.

Choose your vocation and go ahead. Nothing can hinder you but your own lack of purpose and application.

New cash yearly subscriptions to Suggestion received this month will run to the end of 1907.

SUGGESTION

A MAGAZINE OF THE NEW PSYCHOLOGY

PUBLISHED MONTHLY AT 4020 DREXEL BOULEVARD, CHICAGO, ILL.

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Subscriptions must commence with the current issue.

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

* * * SUGGESTION 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 subscription appears on the wrapper. You are cordially invited to renew your subscription. I do not want to lose any members of the SUGGESTION family; if a dollar is not at hand, mail us a postal asking that the magazine be continued—forward the subscription price when convenient. Why not send us the name of a friend or two who might be interested in our magazine?—EDITOR.

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

A SYSTEM THAT SAYS TO LABOR: "YOU SHALL TAKE WHAT I OFFER YOU WITHOUT A WORD OF REMONSTRANCE, WITHOUT ANY CONFERENCE AS TO ITS JUSTICE; YOU SHALL TAKE IT OR YOU SHALL MOVE YOUR FAMILY TWO HUNDRED MILES BEFORE YOU EARN A DOLLAR," IS AS REAL A SYSTEM OF SLAVERY AS ANYTHING THAT WAS EVER ENDURED IN THE NORTH OR ANY OF THE SOUTHERN STATES, FOR THE MAN IS UTTERLY UNABLE TO RESIST HIS CIRCUMSTANCE.—*Wendell Phillips.*

EDITORIAL

Suggestion's Change in Proprietor.

It is with a feeling of deep regret, owing to the severing of strong ties, that it is necessary for me to announce to my readers this month that I have turned over the proprietorship of SUGGESTION to Mr. Henry Clay Hodges, of Detroit.

It is a little over eight years since the first modest little number of SUGGESTION appeared, and some of you have been regular subscribers to the magazine for all these years. You have watched it grow from an infant, with a circulation of five hundred copies per month, until it has attained its present stature of twenty thousand copies monthly. It has required time and patience, friends and money, to build up this circulation, but with the energy, the interest, and the capital Mr. Hodges has at his command, I predict that SUGGESTION will have a circulation of fifty thousand copies monthly before January 1, 1908.

It has always been my object to keep SUGGESTION on as practical and sane a basis as possible, considering the wide field that exists for speculative theories in treating of so intangible a subject as psychic phenomena, to which the magazine has been chiefly devoted, and Mr. Hodges, who is president of the New Thought League of Detroit, intends to continue this policy.

I want to thank my readers, my subscribers, my friends both new and old, for the generous support they have given me and for the many kind and encouraging things they have said to me during my editorship of the magazine, and I ask them kindly to give their same generous support to the new editor and proprietor, Mr. Hodges.

This must not by any means be construed as a farewell announcement; it is not, for I shall continue to contribute to the magazine from time to time, when I feel that I have something of especial interest to say.

A few months ago I received a call to fulfill a promise made several years ago to a close personal friend, and this call has made such demands on my time that I felt I could not do justice to both readers and friend at the same time—one or the other or both would be sacri-

ficed if I continued to divide my attention, so I decided to find a person who could take the business cares of the magazine off my hands, and make the magazine better and more interesting than ever before, leaving me free from all work for the magazine excepting the pleasure of contributing articles for its pages.

The call I received was to finance the greatest industrial proposition that has come up in the United States in many years—the greatest industrial enterprise since the advent of the Bell Telephone Company. In fact, the enterprise within the next few years will surpass that of the Bell Telephone, both in magnitude of operations and profits for the stockholders. It is going to develop industries on the Pacific coast that will give employment to tens of thousands of mechanics; it will considerably increase the national wealth, and do more to build up the Pacific coast states than anything that has occurred in fifty years. The enterprise I refer to is, of course, the manufacturing of iron and steel on the Pacific coast and the recovering of the precious minerals from the limitless black sand beds of the coast and its majestic rivers. The United States government successfully demonstrated that these things can be done commercially, but the Black Sand and Gold Recovery Company owns and controls the only machinery and patented processes for handling the black sands commercially, and recovering from them their great values in iron, gold, platinum, monazite, etc. In fact, the government itself directly infringed the company's process patents in its work of investigation at the Lewis and Clark exposition, where the government plant was established.

The sale of my magazine and the abandonment of my professional work for the present, in order to finance the Black Sand and Gold Recovery Company, are matters of momentous importance to me, but, as you may imagine, I did not take these steps until I had gone over the Black Sand proposition from every conceivable point of view with the leading experts in the country, and now I am in position to speak positively, and I know that I am right. I know the Black Sand and Gold Recovery Company is going to make very large profits for every investor in its stocks, and my long personal letter, sent to every reader of SUGGESTION last month, was merely an effort to place this great enterprise within the grasp of the thousands of friends I have made all over the country through my position as editor of SUGGESTION, in the hope that those who received my letter would recognize the merit of the enterprise from the statement of facts I made; appreciate my motive in writing to them as I did, and

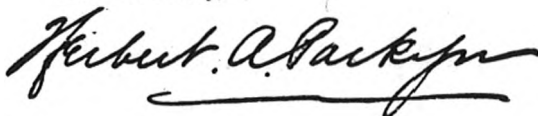
hasten to secure stock in the company at the earliest possible moment, while it can be purchased at the price quoted.

Thousands of dollars have been sent in by readers of SUGGESTION who received the letter, and I am in hopes that those from whom I have not heard are arranging to make a substantial investment in the stock of the company. I want them to grasp the opportunity as I have grasped it. The enterprise will be the greatest success of the century. I am succeeding in my part of the work, and I want all my SUGGESTION friends to share in the success of the company.

This is my last opportunity to talk with you through these columns, as your editor. I have always tried to say to you what I meant, and, as in the present instance, I have always meant what I said. I have many things yet to say to you along the lines of Health, Happiness and Success; things I have gleaned from fifteen years of practical experience in the treatment of mental and physical troubles, and with the cares of the magazine and the demands of professional work off my hands, I feel that I shall be able to give more deliberation and better thought to my messages to you.

Again I thank you one and all for your generosity and kind support in the years that have passed, and I would ask you to give the same hearty support to my worthy successor, to enable him, within the next year, to send the Health, Happiness and Success message of SUGGESTION into fifty thousand homes.

Yours faithfully,



4020 Drexel Boulevard, Chicago.

The Wheel of Change.

This number of SUGGESTION is the last one that will be issued under the present management. With this issue, Dr. Parkyn, who has been the editor and sole proprietor since 1898, relinquishes control, and Mr. Henry Clay Hodges, of Detroit, Mich., one of the best known business men in that city, assumes control.

Mr. Hodges is one of the leading citizens of Detroit and one of the pioneers of that city. He has large business interests, and takes an active interest in advanced thought matter. Mr. Hodges will have an announcement in the next issue. He wishes us to state that the

prestige gained by SUGGESTION in the world of higher thought is due to the advanced position taken by the magazine on all matters relating to the general welfare of mankind, and to the discriminating minds of its readers.

He recognizes the general principle, trend and spirit of the magazine to be highly instructive and worthy of consideration. Mr. Hodges states that he will change the name of the magazine, and that, while it will not depart from its general declaration of principles, and while it will not deviate from its well beaten paths in the realms of higher thought, that other lines of investigation will be opened up regarding matters of a lofty educational nature. Mr. Hodges has been for many years a student of the science of stellar and planetary influences, and he will devote a portion of the magazine to a discussion of the subject of astral science, which is now receiving the attention of many profound thinkers.

It is understood that Mr. Hodges will choose a name for the magazine in harmony with the enlarged field of thought to be discussed in the magazine under the new management.

Mr. Hodges desires me to state that he wishes to keep in touch with all contributors and correspondents to SUGGESTION, as he desires to become acquainted with all of them. He invites communications, suggestions and opinions generally.

Address Mr. Hodges at Hodges building, Detroit, Mich.

E. E. C.

That Endless Chain Fraud.

SOME ONE in a spirit of malignancy started a story that a bishop of the Episcopal Church in the East has authorized an "Endless Chain of Prayer." The recipient of a postal card bearing a "prayer" was to write nine postals and mail them to nine friends asking them to do the same. Punishment is threatened for those who do not comply with the request, and those who mail the cards are promised blessings. Several of these "chain postals" have been received at this office. This notice is to state that Bishop Lawrence has publicly repudiated the whole "Chain" in the most positive language, and yet for years to come people will be fooled by this unauthorized and reprehensible "chain." The idea that any one by writing nine postals can secure special dispensations from the Almighty is worthy of the days of the Inquisition.

E. E. C.

Notes and Comments

A "Trumpet Seance."

The medium, his wife, my mother and I constituted the sitters. Among other wonders came one which has ever puzzled us. What was it and how produced? A voice cried through the trumpet in dialect German: "Help me, Heinrich; help me; I am drowning!" These words were loudly and wildly gurgled forth and we could all but see a man, with mouth and throat filled with water, struggling for life in a body of water. Words are inadequate for a perfect description, and only a genuine experience with a drowning man can convey any idea of what this was like. As neither of us could think of a relative who had lost his life by drowning, my mother wondered who it could be, when the voice gurgled out plainly enough: "I am John S." It was a brother to my father's father, of course. We had heard of the circumstances from my grandfather and had forgotten. "Heinrich" was grandfather's name and as he was on board the same boat, it is likely he was called upon for assistance, as he stood gazing at his unfortunate brother drowning in the Mississippi. Can you explain this?

A. STOCKINGER, Versailles, Ind.

Admitting the correctness of the facts set forth above—and this admission is not unreasonable, as the London Society for Psychical Research, in the book, "Phantasms of the Living," has reported 600 similar or analogous cases, in which the proof of genuineness is overwhelming—the question arises, What is the explanation?

As a preface I will say that we see the grass grow, and yet we cannot explain the forces which cause the growth; we cannot explain the basic reason why steam drives an engine, nor can we understand gravitation or magnetism. There are thousands of facts that will probably remain a mystery to man for all time.

In regard to the occurrence narrated above and the 600 cases reported by the London Psychical Research Society, I would suggest that they are due to natural laws—laws as prosaic as the law of gravitation—which we do not understand. The laws and the powers of the subjective mind are only dimly perceived, and doubtless many of them are not even imagined.

Before an adequate solution of the various psychic experiences can be attempted one must be acquainted with all the facts and theories on the subject. Students of psychic matters should read these books:—

- 1—Alterations of Personality.—*Binet.*
- 2—Law of Psychic Phenomena.—*Hudson.*
- 3—Phantasms of the Living and Transactions of the London Society of Psychical Research.

The theories that attempt to account, in a scientific manner, for the phenomena under discussion deal with the laws of thought transference and telepathy; with the persistence of thought forms; with the vibratory theory of mental forces; with the theory that thought is a form of motion or force which exists independently of the organized matter; with the advanced theories of metaphysics which hold that time and space are relative, and not actual; and also with the question of the fourth dimension of space and the vast field which that question presents.

In a few paragraphs the questions presented by the correspondent cannot be discussed; I can only point out a few of the elements which must be taken into account in making an intelligent and unbiased study of the matter. The question is one that deals with the borderland of human knowledge. Personally, I think the solution of these questions depends upon laws and principles which cannot be wholly grasped by the human understanding, because our brain development has not progressed far enough to allow us to give expression to them. A blind fish knows nothing of light and color, and a human brain that lacks many elements of completeness is not able to sense certain forms of expression or vibration which are partly in our plane of existence and partly without it.

Broadly speaking, there are two theories to account for such manifestations as are mentioned above: (1) the theory that departed spirits return and cause such phenomena, and (2) the theory that such occurrences are the result of physical laws like the laws which govern wireless telegraphy, the phonograph, or the manifestations of radium. Not the wisest man on earth has yet even suggested a theory to account for the paradoxical action of radium, and yet no one, so far as I know, has suggested that the puzzling behavior of radium compounds is due to disincarnate spirits. It has been the custom since the dawn of history to attribute every unusual occurrence to the action of supernatural forces; as the world becomes more and more enlightened, the number of occurrences attributed to spirits becomes smaller and smaller; in fifty or a hundred years hence it may be that the cause of all such experiences as given above may be as well understood as the art of photography; and it may be that other facts may arise which may not be understood, and which in turn will be credited to spiritualistic influences. It should be understood that because a fact is beyond our comprehension it does not follow that it is the result of supernatural action.

I do not wish to be quoted as having a theory to account for so-called occult phenomena, for I have none; the rolling years will solve all questions, dispel all illusions, correct all errors. In conclusion I will say that Dr. Isaack Funk, editor of the *Standard Dictionary* and author of the "Widow's Mite and Other Psychic Phenomena," has spent a lifetime in investigating the psychic and occult realms of the borderland of human knowledge, and he says that the evidence is not all in; he suspends his judgment. Earnest investigators should read his book.

E. E. C.

The Power of Thought to Cause Death.

THERE IS a belief throughout the Polynesian race (Hawaiian, Fijian, Maorias, etc.) that a person can be bewitched so that he will die, and there are many cases on record where natives have promptly died when informed that some witch doctor was seeking their life. In ancient Hawaii we read of the "death prayer." A native priest, for a consideration, would chant the "death prayer," directing it against some poor wretch, and death was often the result. If the priest could have a small portion of the hair or clothing of the victim the result was thought more certain. In "The Origin of Civilization," by Sir John Lubbock (Appleton's edition, p. 246), in discussing these matters of producing death by sorcery, is the following:—

"One mode of operating (in Fiji) is to bury a cocoanut, with the eye upwards, beneath the temple hearth, on which a fire is kept constantly burning, and as the life of the nut is destroyed, so the health of the person it represents will fail, till death ensues. At Matuku there is a grove sacred to the god Tokalau, the wind. The priest promises the destruction of any hated person in four days if those who wish his death bring a portion of his hair, dress or food which he has left. This priest keeps a fire burning and approaches the place on his hands and knees. If the victim bathe before the fourth day the spell is broken. The most common method, however, is the . . . compounding of certain leaves supposed to possess a magical power, and which are wrapped in other leaves, or put into a small bamboo case, and buried in the garden of the person to be bewitched, or hidden in the thatch of his house. The native imagination is so absolutely under the control of the fear of these charms that persons, hearing that they were the objects of such spells, have lain down on their mats and died through fear. Those who have reason to suspect others of plotting against them avoid eating in their presence, or are careful to leave no fragment of food behind; they also dispose of their garments, so that no part can be removed. Most natives, on cutting their hair, hide what is cut off in the thatch of their own houses. Some build themselves a small house and surround it with a moat, believing that a little water will neutralize the charms which are directed against them."

We have here a positive statement of the power of mental suggestion to produce death, and yet there are some today who doubt the efficacy of the power of thought to produce health.

Department of Occult Research

Antiquity of Astral Science.

BY HENRY CLAY HODGES, DETROIT.

AN investigation by the student into ancient history will demonstrate that this Astral Science is the most ancient of all sciences, and its history can be traced so far into the past that it may seem a hopeless task to actually discover by mortal means when and where this science had its origin. In truth, it is as old as man, as old as the universe itself, for it began with it.

From Babylonia and the Chaldeans we find a belief in stellar science spreading throughout the whole world. Once the religion of a great and mighty race, it taught its people wisely, lifting their aspirations by faith and knowledge, as well as by reverence, through the media of planetary spirits to the Supreme One and universal spirit, the Logos of the Solar System. Since the days of the happy Chaldeans, whose wisdom by the expansion of their consciousness could reach the shining Ones, the Star of Astrology seems to have waned, and for the multitude to have entirely disappeared, and its rediscovery, so to speak, is due to the spiritual activity that is again reviving the wisdom taught by wise teachers of a past age, and that mystic planet Urania is beginning to manifest its effect upon the children of the earth.

Berosus, the Chaldean priest, to whom a statue with a gilt tongue was erected at Athens, translated the illumination of Bel, an early Babylonian work, and introduced stellar knowledge into Greece. The Greeks held the old traditions for a time, but it gradually became more an art than a science with the majority, and so far waned that little true Astral Science can be found there, and it was left for the Romans to finally destroy the little life that was left in it as an esoteric study, though in spite of the governmental opposition it flourished in the early days of the Roman Empire, but in a very corrupted form.

We find that in the days of the Roman Empire through the pandering of the exponents of the science to political exigencies it

became corrupted and nothing more than a form of judicial astrology remained, finally becoming nothing more than a form of divination.

The discoveries of Egyptologists prove that the Egyptians had no claim to the invention of the science, for they were taught by the Chaldean priests, who believed that an affinity existed between the stars and the souls of men; that the ethereal essence is divine; that the souls of men are taken from this reservoir to finally become infinity with the All Infinite. With them the soul was a spark taken from the stellar essence.

This belief was taught by Zoroaster, Pythagoras, and many others who taught this science in their age. When we come to consider that Astral Science was the beginning of most that we hold valuable in literature, art and science, and know that the constellations were our first pictures, also that astronomy, and, to a certain extent, mathematics, sprang from the astral studies of the Chaldeans, we may better form a conception of its great value to humanity and wonder not at its survival amidst the fall of nations and decline of mighty races.

The truth can never be destroyed, and when we recognize in Astral Science the law of the Supreme Ruler of our solar system, we need some courage, to say nothing of mental ability, before we begin the task of learning the harmony of the law; and yet the same energy that is expended in seeking to refute it, if turned in the direction of learning its first principles, would unbar the gate that leads to an understanding of it.

We are now, according to the present method of reckoning time, at the commencement of the twentieth century, but a short time has elapsed since the knell of the old century rung out; the children of earth have turned their backs upon it, and their faces will be set towards the new period of time. This ancient science has been revived from time to time, and now at the commencement of this twentieth century it is being considered by earnest, sincere thinkers.

RELIGION IS THE BEST ARMOR A MAN CAN HAVE,
BUT IT IS THE WORST CLOAK.—*Bunyan.*

* * *

NO MAN OR WOMAN OF THE HUMBLEST SORT CAN
REALLY BE STRONG, GENTLE, PURE AND GOOD, WITH-
OUT THE WORLD BEING BETTER FOR IT, WITHOUT
SOMEONE BEING HELPED AND COMFORTED BY THE
VERY EXISTENCE OF THAT GOODNESS.—*Phillips Brooks.*

An Exponent of Modern Occultism.

(The following article appeared in the editorial page of the *Chicago Record-Herald* (daily circulation, 140,000; Sunday, 196,000), one of the leading journals of America, on September 21, 1906. The article is significant, as it gives so much prominent space to subjects which are ordinarily supposed to belong to the realms of humbuggery; subjects which are generally supposed to be the special property of charlatans, mountebank astrologers, frauds and fakers generally. Whatever may be your personal opinion concerning the various phases of occultism, it is undoubtedly true that these questions are receiving today the attention of thousands of intelligent persons; it is also true that what is denounced as humbuggery in one generation is often accepted by succeeding generations as worthy of all belief.—*Editor SUGGESTION.*)

PAPUS, the man whose influence is at present dominating Nicholas, the Czar of all the Russias, as told recently by William E. Curtis in a letter from St. Petersburg, is one of the most phenomenal characters in Europe today. While neither a professional astrologer nor a magician, he has foretold to a certainty each of the several events which have convulsed the land of the Slav. The accuracy with which these events occurred as predicted first attracted the somewhat mystic soul of the emperor, and closer acquaintance has resulted in a bond of fellowship which has alarmed many near the emperor who do not know the real character of this mysterious Papus.

By some he is classed as a charlatan, by others as a dangerous revolutionist, who is enacting in the twentieth century what Cagliostro did in the eighteenth. Those who know him intimately are sure that he is neither the one nor the other. As to his charlatanry, Papus is one of the most profound mystics of the age, as his published works and the respect paid to them by savants of all nations will testify. As to the charge of being a revolutionist, he is no more than any one who looks forward to the time when the world shall be as one republic, of which the nations shall be families. He has long been a student of divine architecture, and has gone deeply into the hidden sciences of the mind and soul.

Papus is his pseudonym, and to the people apart from his immediate family who have dealings with him—and they are many—this is the name by which he is generally known. In private life he is Dr. Gerald Encausse, a Parisian physician of immense practice, living in charming family relations with his wife and two children at 5 Rue Savoyard.

* * *

Dr. Encausse is very attractive in his personality. He is rather under the middle height, alert and active, with a perfect control over

his muscles. He is broad-shouldered and athletic, and is possessed of a constitution of wonderful vitality. He is of dark complexion, and the lower part of his face is covered with a black, curly beard, which, while not cut close to his chin, at the same time follows the general contour of his jaw. His nose is large, and the nostrils are wide and easily dilated. His forehead is broad and high. His is plainly the head of a thinker, and intellectuality is depicted in every feature.

It is not so much how he looks, however, as what he has accomplished that makes this hard-working Paris doctor the wonderful man he is. How he ever gets time to do all that he does is a marvel to those who know him best. In spite of the exigencies and demands of his practice, he has written treatises which must have taken years to prepare, has reduced to common language the works of Eliphas Levi, has become an authority of the cabalistic writings of the Talmud, is one of the leading Hebraists in Europe, and spends hours every week in the various lodge rooms of the mystic orders to which he belongs, and of most of which he is an official.

There is an old saying that a man is known by the character of his friends. Papus is the friend and teacher of the famous initiate St. Yves of Paris and Egypt; is an intimate with Dr. Franz Hartmann, of Germany, who is the only member of the ancient Rosicrucian order who is allowed to reveal such an association; is a familiar correspondent of A. E. Waite, of London, who is considered the best authority on psychic subjects written in English.

* * *

Papus is most generally and widely known through his writings. Besides the books and treatises of which he is either the author or editor, he publishes a monthly magazine, "L'Illumine," devoted to the study of the Cabala and mystic subjects. He is a frequent contributor to many of the psychological magazines published throughout the world, and his ideas in pathology, that the physician should treat a large percentage of the ills of the body through suggestion to the mind, are receiving increasing respect from practitioners generally. He is to a great extent the interpreter of Paracelsus to the faculties in medicine throughout the world, as is Dr. Hartmann to the German medical faculty.

The work which brought Papus most intimately before the world of esoteric science is beyond doubt the transcription of the Tarot of the Egyptians from the cards to a systematized treatise in book form. He has taken the fortune-telling cards of the Gypsies, a style of cards which have antedated the modern playing-cards by several centuries,

and from them he has evolved a system of revelation of the ancient mystery religion, which was the cradle in which Masonry was rocked in the youth of the world. He has proved to his own satisfaction and that of many students of the old mysteries, that this pack of cards was the unknown vehicle in which was locked the esoteric doctrine and that this method of bringing the gem unsmirched to modern thought was chosen that the hidden treasure might be carried along the ages until the time was ripe for its unfoldment.

* * *

The Tarot is a pack of fifty-eight cards from which the present playing-card system was simplified. This Papus divides into two sections, and from this he evolves the Yod, He, Vau, He, of the ineffable name. From this start he makes the story of the Adam-Kadmon and the fall of man, which is briefly described in the Bible, together with the evolution from Tau to Aleph, a living, breathing, vital story. It is from the study of the Tarot by which he has been enabled to foretell the events which have given him so great an influence over the mind of Czar Nicholas.

In this work he has also evolved a system of mathematics which is just the reverse of that generally obtaining in the world. Instead of beginning with the hypothesis that four is merely a multiple of two individual units, and that the primal two is the reduplication of a single unit, he maintains that all the so-called higher numbers are merely divisions of unity. For instance, taking unity or completeness as one, he declares that unity cannot comprehend itself unless it be imposed upon something which is not itself. This principle thus opposed to unity or duality makes the idea two. Or, by making completeness ten, or the dot and the circle, he opposes duality as five, or the other half of the prime.

It is his theory that this was the real meaning of the two pillars set by Hiram before the temple of Solomon and by Hermes Trismegistus in the pillars in the Egyptian desert. His application of the principle in living is that they represent the power of choice, and that each soul is placed at the foot of one or the other pillar and is bound by the influence of that to which he is contiguous. He claims that midway between the two is the "quiet node," or equilibrium, which he designates by the idea three. From these prime numerical ideas he builds up a complete system, which he declares possible of application to the daily life.

Apart from his writings, which are voluminous, Papus is the head of the "Ecole des Hautes Arts," which is recognized by the ministry of instruction in France as a legitimate branch of learning. His pupils are recruited from all over the world, and this takes not a little of his time and attention.

* * *

Besides being high in modern speculative Masonry, Papus is the revivor of the Rite of Elu Cohenim, which was simplified from the Masonry of Martinez de Pasqually, 100 years ago, by Louis Claude de St. Martin, better known to occultists generally as the "Unknown Philosopher." The thirty-six degrees from the apprentice to Knight Kadosh in the Pasqually Rite were reduced in number to ten, divided into the First and Second Temple.

Persecution in France under the reign of materialism drove the order into seclusion, but in 1869 its ritual was again openly worked under the direction of Papus, who is for life the president of the supreme council. Since he has been the head the order has spread over the world and has members in India, Egypt, Europe, England and America.

As an interpreter of the decidedly difficult works of St. Martin, Papus has become known to students of psychic research in many parts of the world. He has also brought the writings of Eliphas Levi into common knowledge by reducing them to language which is readily understood by the lay mind.

* * *

To know him at his best, one should see him in the playroom in his Parisian home. No matter how busy he is, or how many weighty affairs are on his mind, he never misses his afternoon visit to his children in their own particular domain, a visit which is always accompanied by his wife. Then he indulges in a familiar chat, now that the children are getting mature; but when they were young he used to romp with them, and the grave master was as much a boy as the son of a dozen years. Madame Encausse is wholly in sympathy with him in his search for the hidden operations of nature.

"The children's hour is one of the agencies which keeps me young," he said once in his peculiar staccato English, for the language of the Anglo-Saxon does not come readily to his tongue. "There is really no excuse for growing old. Think young, and you are indeed so. The idea has been recognized since the wisdom of the ancients enlightened the world."

This is the man who is considered a charlatan by those who fear his influence upon the Czar. He does know and practice much of the very same things which are the stock in trade of mystic pretenders and quack astrologers. He never has been known to take money for what he has done in these lines, for he believed that the gifts of supreme intelligence are not to be bartered and sold. On the other hand, his purse is always open to relieve the distress which comes to his notice. He is the French Albert Pike.

WITHOUT SO MUCH AS SAYING YOU ARE SEEKING TO SERVE, YOU MAY BLESS, CHEER AND COMFORT, SAVE AND HEAL THROUGH THE OMNIPOTENCE OF THOUGHT.—*R. Heber Newton.*

* * *

THE WHOLE COURSE OF THINGS GOES TO TEACH US FAITH. WE NEED ONLY TO OBEY. THERE IS GUIDANCE FOR EACH OF US, AND BY LOWLY LISTENING WE SHALL HEAR THE RIGHT WORD.—*Emerson.*

* * *

THE MOMENT YOU BEGIN TO THINK ARIGHT THE EFFECTS WILL BE FORTUNATE. HEALTH, HAPPINESS AND HARMONY ATTEND RIGHT PURPOSE AND NOBLE THOUGHT.—*Lillian Whiting.*

LIFE'S MIRROR

THERE are loyal hearts, there are spirits brave,
 There are souls that are pure and true,
 Then give to the world the best you have,
 And the best shall come back to you.

Give love, and love to your heart will flow,
 A strength in your utmost need;
 Have faith and a score of hearts will show
 Their faith in your word and deed.

For life is the mirror of king and slave,
 'Tis just what you are and do;
 Then give to the world the best you have,
 And the best will come back to you.

—*Madeline S. Bridges.*

COMMON SENSE PHILOSOPHY

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

Somebody to Blame.

IN THIS big, bustling, busy world of ours we find folks in plenty who want to escape censure for troubles and mishaps of all kinds and brands, so they get busy in putting the blame on somebody else.

* * *

***Our first reputed parent, when confronted with the scandalous charge of eating an apple from the Tree of Knowledge, and getting all humanity into a big bunch of trouble, promptly laid the blame on Mother Eve. So the blaming habit got an early start. It is a sneaking, cowardly inheritance.

* * *

***The universal rule, with rare exceptions, is to blame somebody when anything goes wrong. Some people serve an endless term as self-appointed chairmen of blaming committees. One memorable exception was when General Robert Lee blamed himself for Pickett's disastrous charge at Gettysburg. It is a rare virtue, requiring courage, to blame one's self for mistakes and shortcomings.

* * *

***Faultfinding, blaming, and nagging become chronic habits with many, until they become generally known, and avoided, as "sore-heads" and "kickers." That class of people bring more woe and misery into the world than war and pestilence. There are times in every one's life when he should enter protests and criticise the conduct of others; but there is a discreet limit best to be observed. If ninety per cent of scolding, faultfinding, complaining, and criticism could be cut out, happiness would be on a big boom, and a great stride would be made toward the millennium.

* * *

***It is a good plan to think of the commendable qualities of others rather than of their faults. Complainers have a chronic phrase, "I-told-you-so" habit, which is ever a blistering hand-out. It implies as between the "knocker" and "knockee" that the former has superior sense as compared with the pitiable "knockee." Some have remarkable talent in pointing out the failings, foibles and frailties of others, but are blind as bats to the beams in their own eyes. Blessed is the man who attends strictly to his own business.

L. W. BILLINGSLEY, Lincoln, Neb.

What Anti-Vaccination Means.

TO many persons the anti-vaccinationists are purely a set of ignorant, superficial persons, swayed by sentiment, incapable of reasoning from facts, and who are moreover blind to scientific truth. That this opinion prevails is not surprising, for the seeds have been carefully sown and are assiduously cultivated by those interested. Any one familiar with pro-vaccination literature knows its origin and why it so long prevails. Yet there are thousands who oppose all sorts of inoculation, who do not perceive just what anti-vaccination means and why there should be such strenuous opposition to its logic. They cannot believe that it is purely and simply the money that is in it that keeps it in favor so long, although they admit it is a factor.

The doctor who advocates serum-therapy knows full well that we strike at the heart of the theory; that its burial means not only that "germs," "microbes" and serums have to go, but that the whole poisonous drug delusion must soon follow in turn. In fact, he knows we are striking at the very foundation of scientific medicine; that once it is admitted that vaccination is wrong, professional credit goes, and there is no telling where the thing will stop, for has not every sprig of modern medical dogma been predicated upon this foundation?

It means to them that their whole lives have been wasted, that all these years they have been injuring instead of aiding the sick and that every plank is taken from under them. It means that hereafter all their boasted learning and much vaunted medical knowledge is so much mere rubbish in the lumber room of forgotten errors. Yes, it means that they themselves will be packed off bodily and pushed to the rear with their drugs, serums, microbes, fads, et id genus omne, to give the goddess Hygeia sway once more.

Oh, yes, they know what it means, and well they know that we know what it means, and that it is with malice a prepense that we attack the fossilized system they uphold, determined never to ease up until full liberty in all medical lines is obtained.

One of the singular things of history is how college men are always against real progress. This has been Harvard's position from the very first. It was through the Mathers, father and son, one at the time president of Harvard College, that that other curse of scientific medicine—inoculation—was introduced into New England.

Today, even so learned a man as Charles Francis Adams says of Cotton Mather's father, that his pamphlet showing that inoculation was "blessed of God" is probably the most creditable of all his numerous writings. If his fame is to rest upon such grounds it is well his "lifelong literary activity" is completely forgotten. While it is true the people usually oppose real progress, once in a while their instinct is right, as it was in the case of inoculation.

* * *

The public is a mole, blind, stupid thing, but right, after all, in its instincts. Now, what is instinct? Instinct is simply the inborn gift of all animal life, unerringly telling the body to shrink from anything detrimental to either individual or race existence. It is perhaps the most useful natural faculty, but one that both education and training are focused upon to uproot and annihilate. This is true of all the teaching of the day.

* * *

Today the courts are enthroning a lot of medical pretenders and extending to them the powers the European priesthood possessed during the Dark Ages. But this cannot go on much longer. Swift and sure will be the reckoning. The time cannot be much longer delayed. In those days the caprice of any petty priestly upstart had the force of an imperial decree. The courts (where courts existed) believed that the common people had no rights these priestly pretenders were bound to respect.

* * *

If there must be a vaccination law, why not insist upon a clause that all doctors who vaccinate must use pure virus? If they do not, then hold them personally responsible for damages. All other classes are held liable for carelessness and inefficiency, why not doctors? This is not an unreasonable demand, for all the vaccination doctors claim that if pure virus be used no bad results can ever follow vaccination. Let them make their claim good.

Kokomo, Ind.

FRANK D. BLUE.

LET US WORK WITH SONG AND GLADNESS. LET US REJOICE IN ALL THE LIFE THAT IS OURS. THEN WE WILL NO LONGER EXHAUST OURSELVES IN FIGHTING SHADOWS.—*Dresser.*



Psychology of Childhood



Every mother should learn the laws of hypnotism (suggestion) and apply them to her children. If this were done the world would soon be free of miscreants, and happiness would be more general.

Criminal tendencies can be modified and at times even eradicated by suggestion, especially while the person affected is young.

And I have even cured one case of hopeless love by hypnotic suggestion.—*Dr. Eugene R. Eliscu.*

Dr. Eugenie R. Eliscu, of New York city, a practicing woman physician, who employs hypnotism as one of her regular therapeutic agents, makes the foregoing statement in commenting upon the published announcement of Judge Lindsey, of the Denver juvenile court, that he would employ hypnotism as a means of reforming boys and girls.

"Judge Lindsey's innovation in court procedure is one of the longest strides in the direction of improvement that could have been taken," said Dr. Eliscu, who, by the way, has the reputation of being one of the most learned members of the medical profession in New York. She is still a very young woman, unmarried, and handsome.

Criminality a Disease.

"A criminal tendency," she said, "is merely a diseased condition, and if diseases such as even wry-neck, which is at times extremely obstinate, yield to hypnotic suggestion, why not also the crime disease?"

"I instance wry-neck because it was only the other day that I was called in to an extreme case of that kind. The patient's neck was twisted almost completely around, and he had convulsions at alarmingly frequent intervals.

"As a sop to any prejudice that his relatives might have, I applied some chloroform liniment and then placed the patient in the hypnotic state. This was a more than ordinarily difficult task, requiring three-quarters of an hour. But almost immediately after that the neck returned to its natural position, the convulsions ceased, and the patient has not been troubled since.

"Man consists of a body, mind and soul, and on each of these planes he is amenable to hypnotic suggestion. That his bodily ills can

be made to yield to suggestion you have seen in the case of the wry-neck. In regard to his mental part, the trouble usually consists of despondency growing out of failure to attain some end or object aimed at.

Soul Must Be Reached.

"It is to the soul itself, however, in the vital, immortal part of us, that we must mainly look for the eradication of the evil tendencies and the awakening and expansion of the virtues.

"The soul is the performer, as it were, that uses our bodies somewhat like musical instruments. If the instrument is defective, no matter how good the performer, there will be discord. And there will be even worse discord if the performer (the soul) be bad, no matter how good the instrument.

"To reach the soul the hypnotist has to appeal to it through the mind. For this reason it has so far been found utterly impossible to hypnotize idiots, because they are altogether deficient in mind.

"In the soul of every one, even the most depraved and criminal, there is some latent good, and it requires only the right sort of suggestion to call it into play, just as it needs the steel to strike a spark from the flint.

"Many have been cured of cigarette smoking and drunkenness by hypnotism, and so why should not also crime yield to the same antagonist? That is exactly what hypnotism is in regard to the traits that are sought to be removed—an antagonist.

Moral Force Needed.

"The process is a wrestling; it needs the moral force of one human mind to impress upon another the perception of the necessity of doing or refraining from doing something.

"The case of hopeless love that I referred to was that of a sixteen-year-old boy. The object of his infatuation was a woman of twenty-four, who was not even aware of his sentiment toward her.

"The lad was pining away. He was very sick before he was placed under my care. Fortunately he realized the gravity of his situation, and his own will coöperated with mine in bringing about a forgetfulness of the young woman. Within a short time he was well again."—*Chicago American*.



Life Culture

By HARRY GAZE, Boston, Mass.

Brighter Thoughts for Children.

John D. O'Brien, in a lecture before the school teachers at St. Paul, Minn., made some very happy suggestions in regard to ideal treatment of children. Among other things he said:

"A child's mind should be trained to look on the brighter side of life. Why is it that a child must be continually haunted with the nightmare of death? Grown people have only ten commandments, but the boy has ten thousand. It's 'don't this' and 'don't that,' until they are driven to despair. The way to treat a child is to give him more sympathy. All we can do is to train the instincts of a child, and we must do that when they are as yet undeveloped. Let us be careful to give them as enjoyable a time as possible."

After the lecture it was proposed that some musical items be substituted for the usual discussion, as no one present wished to discuss the revolutionary ideas advanced by the speaker. It is said that the teachers were astounded at the ideas set forth by Mr. O'Brien.

It is undoubtedly true that the mind of a child should be filled with optimistic ideals. Especially true is it that the child should not be clouded by what Mr. O'Brien referred to as the "nightmare of death."

In regard to the subject of training the child, the writer says, in "How to Live Forever":

"Every child instinctively believes in life. The average child has to be persuaded into accepting the idea that he must die. It is wrong to suggest to the child the necessity of growing old and passing away. To suggest to him before going to sleep each night that he may never awaken is both foolish and harmful. 'If I should die before I wake' should never be taught to a child. Teach rather that during the sleep the soul watches over and renews the body, causing it to awake rested and happy in the morning. The realization that the mind of a child is like an art gallery, and every thought it receives is a new picture, emphasizes the necessity of giving children wholesome mental pictures to concentrate upon. How absurd and wrong it

is to fill the child's mental gallery with pictures of terrible torture, fiendish devils, and a revengeful God! The mind of the child should be filled with ideals of beauty, thoughts of tender love, and suggestions of kindly action.

"In training the child for perpetual youth it is essential to preserve the natural spirit of play. Many people imagine that it is unbecoming for a child to romp and play after it reaches a certain stage of growth. Fond mothers clamp restrictive corsets on their young daughters and tell them to act with more dignity. The vivacious forces of childhood are repressed and a long step taken toward 'growing old.' The merry thought, hearty exercise, and natural breathing of a child guarantee beauty and continuous life."

New Life.

BY REV. CHESTER WOOD, Lansing, Mich.

(Arranged for SUGGESTION by the author.)

WHEN from the death of sleep thy soul awakes,
 Let it not dwell in sorrow on the past,
 Regretful for the joy that could not last,
 Or misdeeds that all life a burden makes.
 Take up new life with each new day that breaks.
 Say not thy soul is sick and poor, held fast
 By Circumstances now so overcast;
 Or from the parent life its weakness takes.
 Oh! back of these, and over all of these,
 Arise the Great Eternal Will and Love.
 Get but a glimpse, touch but the outer shore,
 Each morn, of these all-glorious mysteries,
 And you can rise in strength and joy above
 The old life to the new for evermore.

—From the *Detroit Tribune*.

THAT WHICH WE LOVE, WE ARE. I AM WHAT IN SHAKESPEARE STIRS ME, WHAT IN EMERSON MAKES ME WISE, WHAT IN LINCOLN MAKES ME TENDER, WHAT IN JESUS MAKES ME TRUE. I AM THAT TO WHICH MY PULSES ANSWER WITH QUICKENED LIFE.

OSTEOPATHY

By C. W. YOUNG, D. O., St. Paul Minn.

C. W. Young, D. O., editor of this department, will furnish the readers of SUGGESTION a series of articles dealing with Osteopathy, which is now recognized as one of the divisions of the Natural Systems of Therapeutics, which includes Osteopathy, Suggestive Therapeutics, Dietetics, Hydropathy, Physical Culture, etc. Dr. Young is a well known writer on Health and Hygiene, and he advocates a rational use of all systems of drugless healing. All communications for this department should be addressed to C. W. Young, D. O., 801 Ernst building, St. Paul, Minn.—Editor.

Adjustment of Structure.

The fundamental and distinctive idea of Osteopathy is that disease is caused by misplacements of the structures of the body, and that these misplacements can be adjusted by hand manipulation. Man is looked upon as a machine, and health is regarded as attainable by securing a proper position of all the parts of the machine. The largest part of the Osteopath's adjustment is done upon the vertebræ and ribs, yet he has won many signal victories in treating other parts of the body. Many supposedly incurable cases of hip trouble were dislocations that have yielded to the Osteopath's skill in diagnosis and technique. He will relax the surrounding tissues and gradually bring the limb into position, in a manner heretofore unknown to the medical profession or the most skillful masseurs and Swedish movement-men. Many cases of paralysis of the arm, resulting from injury or stiffness of the shoulder joint, have been entirely cured by Osteopathic adjustment. There are thousands among the readers of SUGGESTION and their friends whose deformity or crippled condition could be done away with by Osteopathic treatment.

It is particularly in the treatment of the vertebræ and ribs by which a cure or great benefit is secured in diseases of the internal organs, such as the lungs, heart, stomach, liver, kidneys and bowels. The twenty-four separate vertebræ which form what is known as the "backbone," fit one on top of the other, and through the center of each of them, passing up and down, is an opening, and these combined openings passing from the head to the lowest part of the back form the spinal canal, through which passes the spinal cord. On each side of the vertebræ, at points between them where they fit together, are openings through which pass nerves, called *rami-communicantes*, from

the spinal cord to the sympathetic system which controls the activities of the vital organs. These rami-communicants have the power of determining the blood supply to the vital organs. Any misplacement of the vertebræ is likely to bring pressure on the nerves, passing between them, with consequent impairment of function.

For example, there are nerves that pass between the second and third dorsal vertebræ and accelerate the heart action. A misplacement of the third dorsal vertebræ will produce impairment of the heart action, and a correction of this misplacement will restore the normal heart action. This state of facts has led to great emphasis on the part of Osteopaths to the idea of "centers." That is to say, the stomach, the lungs, the intestines and all other vital organs have certain centers in the spine, and by treating these centers by manipulations, correcting subluxations of the vertebræ, increasing the mobility of the joint, and relaxing the muscles, ligaments and other structures around the joint, diseases of the organs controlled by these centers are cured or benefited. In addition to replacement of structure, the Osteopath understands the art of stimulating or inhibiting the nerves that control these organs. For example, in cases of constipation, full, free and natural movements of the bowels are frequently secured by stimulating the bowel centers, and diarrhea or bloody flux is usually well controlled by inhibiting procedures.

Most Osteopathic literature asserts that Osteopaths work on the theory that disease is caused by pressure on the nerves that pass between the vertebræ, caused by misplacement of the vertebræ, or lack of mobility of the joint. Clinical experience in many thousands of cases ought to convince most any one that this theory is a fact. But, in addition to this, we have the results of experiments on animals, made by Dr. Connell, of Chicago, and Dr. Louisa Burns, of Los Angeles. Dr. McConnell would anaesthetize a healthy dog and then by force produce a misplacement at the stomach center in one of the upper dorsal vertebræ. The dog was then permitted to live in his usual way with his usual feed. In a few weeks he became sick, whereupon he was killed, and a post mortem revealed a markedly diseased stomach. This is to say, an injury in the upper part of a dog's back caused disease of the stomach. Dr. Burns has anaesthetized animals and then opened up to view the abdominal organs. She has then manipulated the spine where were located nerve centers for these abdominal organs, whereupon marked differences in the quantity of blood distributed to these organs became very apparent. For example, in some instances the organs became very pale, indicating the withdrawal of blood.

Opponents of Osteopathy heap ridicule upon us by saying that we always find a bone out of place. A part of this is due to our carelessness in describing lesions found in the spine and other joints as dislocations. As a general rule we do not find in most diseased conditions gross dislocations as commonly result from some great violence, but by training our touch we do find spinal centers that are tender, and where the vertebræ at rest do not assume the positions proper for normal persons, and where the muscles are contracted. The condition of the ligaments and muscles preclude the joint from assuming its normal position. At any rate, again and again and again, the Osteopath brings relief from pain and suffering and cures disease by treatment directed to these joints, and this is the part our patients are more interested in; then the theory of our science.

Probably by this time the reader is asking the question, How do these joints become misplaced? The usual answer is that this is done by falls or jars that occurred some time during the patient's life, or by heat or cold or sudden changes affecting the tissues around the joints. Most Osteopaths admit that changes in function will affect structure. That is to say, for example, that wrong diet may injure the stomach, which in turn causes a lesion in the back in the stomach centers. But many do not place as much emphasis as they ought on the idea that we are personally responsible for our diseases, which are generally caused by wrong ways of living rather than by accident. The Osteopathic treatment may overcome some of the results of wrong living in the past, but a permanent cure can only come by learning the laws of the life of the human animal and living accordingly.

In conclusion I would urge upon every reader of these lines, who is seeking health, to consult the Osteopath, no matter what is the matter with you. No knives or poisons are used. The Osteopath cures many supposedly strictly surgical cases, and he advises surgery only when it is absolutely necessary. If he understands his business there is small likelihood of his doing any harm. He may not be posted on the best methods of directing thought forces or as to what is the best diet or other matters pertaining to hygiene, though he is more likely to have more advanced views on these subjects than the average doctor of medicine. You may have to wrestle with these questions yourself. In fact, there is an imperative need that the layman study hygiene, as the doctors alone are not likely ever to be able to disentangle the snarls that modern civilization has woven around our hygiene.

C. W. YOUNG, D. O.

St. Paul, Minn.

Contributors' Department

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

Debate By Correspondence.

The following letters explain themselves:

LETTER FROM THIS OFFICE TO MR. FARLOW, HEAD OF THE CHRISTIAN SCIENCE PUBLICATION COMMITTEE, HUNTINGTON CHAMBERS, BOSTON.

DEAR MR. FARLOW:—I enclose copy of a few remarks by Dr. Geo. W. Carey regarding Christian Science; this will appear some time in SUGGESTION, and if you wish you may send a short reply or statement. Dr. Carey is a well-known teacher of advanced ideas, being the father of the so-called "Biochemic system" of healing in the United States. Cordially,
EDITOR SUGGESTION.

Here is Dr. Carey's letter, referred to above:

LETTER FROM DR. CAREY TO THE EDITOR OF SUGGESTION.

Christian Science, as expounded by Mrs. Eddy, teaches that God, being only good, and filling all space, is, of course, all there is, and as matter, the human form and matter in its various manifestations is, if it exists at all, evil, therefore, it does not exist, but is an illusion or belief of mortal mind. Of course, there can be no such thing as mortal mind, according to the basis of the science; therefore, a belief in something that does not exist by a something that does not exist is a statement that cannot be comprehended or in any manner understood. But when the chemical, rather the alchemical, operation of all phenomena is understood the manifestations called nature or matter appear to the consciousness in a new light. There is nothing but reality. Ice is as real in its form as water. Water is as real as oxygen and hydrogen.

All so-called substances is a form or expression of the universal substance—Principle or Mind—therefore real, eternal, absolute.

MR. FARLOW'S REPLY.

Editor SUGGESTION:—Following your kind permission I herein submit a review of an article from Dr. Geo. W. Carey. The gentleman declares, "Christian Science, as expounded by Mrs. Eddy, teaches that God, being only good, and filling all space, is, of course, all there is, and as matter, the human form and matter in its various manifestations is, if it exists at all, evil; therefore, it does not exist, but is an illusion or belief of mortal mind. Of course there can be no such thing as mortal mind, according to the basis of the science; therefore, a belief in something that does not exist by a something that does not exist is a statement that cannot be comprehended or in any manner understood." Then he writes, "All so-called substance is a form or expression of the universal substance—Principle or Mind—therefore real, eternal, absolute."

The gentleman has left little for me to say on the subject, since his last paragraph answers his first. Christian Science agrees that everything in creation, from the least to the greatest, is real and is the expression of "Principle or Mind," God. The phenomena of chemical action and chemical results will eventually be understood to be mental. Under the microscope of Spirit it will be noted that all creation is spiritual and not material, and the changing views will disappear. It is well said that mortal mind with its supposed manifestations cannot be comprehended, for there is but one thing to know concerning it, and that is that it is an illusion. Mortal mind is not really mind or intelligence. The term "Mortal Mind" as used in Christian Science means a false sense. In the dark we have a vague and inaccurate perception of things. It is proper to say that this vague and inaccurate sense is illusion in the ratio of its inaccuracy, and that the darkness which gives the false sense is also an illusion. In other words, darkness is not an entity—is not something, but the want of something—the want of light. Mortal mind is not in reality mind, but darkness, which gives an erroneous sense of creation; hence it is perfectly sensible to say that both mortal mind and its supposed creation—that is, its false presentation of the real creation—are illusions.

The following letter from this office to Mr. Farlow was sent in response:

DEAR MR. FARLOW:—Yours of the 25th is at hand; I will be pleased to print it in connection with Dr. Carey's article; your answer is interesting, as it gives a very clear view of the Christian Science doctrine on the point in question.

If mortal mind and its perceptions are illusory to a greater or less extent, then the doctrines and theories of mortal mind are illusory; then the theories or doctrines of Christian Science are illusory, being products of the mortal mind. I do not see how we are to distinguish between illusions and realities unless we admit that some one has superior information and can determine which product of mind is illusive and which is conclusive.

As a matter of fact is not all human deduction but a delusion when compared with the ultimate? Advanced thinkers agree that all so-called knowledge is but comparative and that man has never yet fathomed the sea of truth; hence all our assumptions are but guesses and all our conclusions are but phantoms. Man knows about as much of his origin, object and destiny as a bunch of sparrows knows about the differential calculus. It appears to me that there can be no intellectual progress until man recognizes his insignificance and woeful ignorance. Prof. Edgar L. Larkin has shown that if the whole solar system were blotted out of existence that the universe would never be aware of the loss—never miss us. And man cannot comprehend the most elementary principles of time or space or eternity; yet every day I read of this one or that one who claims to know the secrets of Deity and who unhesitatingly dogmatizes regarding the state of mankind after death.

Mr. Farlow's response was as follows:

That the theories and doctrines of Christian Science are not products of mortal mind, and, therefore, are not illusory, is proved by their results. One might assume that the proposition that two times two are four is a product of mortal mind, and upon more careful consideration we note that it is an idea of eternal Principle that never had an origin, for in the very spot in your brain where you now entertain the idea that two times two are four it was true ages ago that two times two were four—true before there was a manifestation of brain—true everywhere and at all times and under all circumstances that two-times two were four. Thus we might illustrate the ever-presence and eternity of every idea of Truth which goes to make up the ideal man, whatever we may say of the mortal, material, transitory man.

We determine between ideas that are true and those which are illusory by examining their origin. In the first place we must be planted in a definite

idea that is actually correct and has been so demonstrated. For example, we say "God is Mind" or "Spirit"; this we take as our premise and every consistent deduction from this premise must be an idea of the divine Mind, and comes to us not by reason of mortal mind, but in spite of it. We disagree with the agnostic theory that all so-called knowledge is but comparative and that man has never yet fathomed the sea of truth. What I have proved of the truth of Christian Science enables me to be as positive of its exactness as I am of any mathematical proposition.

I agree with you that we know about as little about Truth as the sparrows know about the differential calculus, for we are surely not very far advanced, but, notwithstanding, we get a great deal of comfort and harmony out of the little truth we do know and demonstrate.

Your statement concerning what Prof. Edgar L. Larkin says reminds me of the statement of a German philosopher. He said he had proved by the use of a powerful microscope that the whole of matter, if compressed, could be put into an ordinary sized coffee pot, and he believed, if he had a microscope large enough, that the whole of matter would disappear, but the poor man forgot that in order to have a microscope large and powerful enough he would have to have the whole of matter in the microscope! Mrs. Eddy says that "Under the microscope of Spirit matter disappears." This does not mean, however, that the universe disappears, but that the belief that it is material disappears; that when the false sense of it disappears the true perception of it remains and is apparent.

If it is true that man is to attain to perfection by spiritual or mental development, then I cannot see that death would make any more change than crossing the line from one state to another, for such an experience could be nothing more or less than a simple transition from one plane of consciousness into another, like going to sleep at night. One begins to dream and he is just as conscious of individual existence and of his body and of trudging about in his dream as when awake.

HOPE IS OUR PRIVILEGE AND DUTY, FOR HOPE IS THE SWEET CONTENT THAT GROWS OUT OF TRUST AND PERFECT HAPPINESS.—*Helen Keller.*

* * *

TO OUR FRIENDS

PLEASE ask your news dealer to keep SUGGESTION on sale; unsold copies can be returned without cost to him. Ask him to order one copy next month "on suspicion." You will confer a favor on the editor, on the dealer, and on many thinking people who have not seen the magazine. Will you do this when you next pass the news stand?

Editor SUGGESTION

Newspaper Psychology

Premature Burials.

George W. Allen recently wrote to the Boston (Mass.) *Transcript*

There are two bills before the Massachusetts Legislature to require safeguards from premature burial. The bill introduced by Representative Chandler has two purposes, one to save life by requiring that tests shall be applied to discover any indications of life, and if there are such indications to attempt restoration and to prevent premature burial by requiring that in no case shall a certificate of death be issued until death is certain. This bill makes it a crime, with a penalty attached, to enclose, embalm, bury or cremate a human body until a certificate has been obtained as above. The other bill introduced by Representative Walker only requires that a physician shall examine the supposed dead person and certify that life is extinct before embalming or burial. If this bill should become a law without further provision the situation would be practically but little better than at present. Unless the only sure test of death is required before the certificate is issued, any indication of death may be regarded as sufficient and embalming may be performed as it is now before the body is even cold, and burial may take place, as now, while the person is alive. Under the present law an undertaker can embalm while the person is alive, or bury the person before death, and he commits no crime. If it is known he can say, "What are you going to do about it?" Under the Walker bill neither is made a crime.

No sure proof of death has been discovered outside the setting in of putrefactive decomposition. Although there has been a reward of 20,000 francs for the discovery of some other sure test, for years no claimant has appeared. It is surprising that with so many causes, internal and external, for a suspension of animation and simulation of death that anything less than certainty of death should be required to save a person from the undertaker.

In England there is a society whose object is to awaken public opinion on the subject of premature burial and to work for the passage of laws which will make premature burial impossible. Statistics have been prepared to show that in Europe out of every 500 supposed deaths, one person is resuscitated. Although the medical profession refuse to take any interest in the matter, it is unquestionably the case that many persons are buried while in the state of suspended animation. Every day the newspapers chronicle a case in which a person is revived after being given over to the undertaker. Allowing for exaggeration, there are certainly grounds for agitation and enlightenment of this subject. Certainly there should be no unseemly haste in injecting the embalming fluid.

In this connection an item from an exchange may be interesting.

It is stated that in the cemetery just outside the town of Weimar, in the mausoleum in which the remains of the poets, Schiller and Goethe, lie buried, there is special provision made against the danger of premature burial from suspended animation. No bodies are placed in the ground until they have spent a considerable time in a receiving vault. In the fingers of the corpse are placed strings which communicate with an alarm. The least pulsation will ring a bell in an adjoining chamber, where a guardian is always on the watch. In several instances, by this timely alarm, persons prematurely buried have been rescued. It is said that the provision arose from the tradition that one of the princes of Saxe-Weimar, this being their family burial place, was buried alive here.

Favorite Quotations

Selections by JEROME P. FLEISHMAN, Baltimore, Md.:—

... When love and skill work together, expect a masterpiece.—*Charles Reade.*

... Every man has in himself a continent of undiscovered character. Happy he who acts the Columbus to his own soul.—*Stephen.*

... If you want to know what a dollar is worth, try and borrow one.—*Proverb.*

... Open your purse and your mouth cautiously, and your stock of wealth and reputation shall, at least in repute, be great.—*Zimmerman.*

MRS. EVALENE Z. SMITH, Boston, Mass., sends the following quotation:

... That best portion of a good man's life—his little, nameless, unremembered acts of kindness and of love.—*Wordsworth.*

Sent by D. G. JONTSON, Singer, La.:—

... Ignorance is not a virtue; nor is investigation a crime.—*F. D. Warren.*

MRS. CORA M. KNOX, Des Moines, Iowa, sends some beautiful selections, among which is the following:—

All common things, each day's events
That with the hour begin and end,
Our pleasures and our discontents,
Are rounds by which we may ascend.

—*H. W. Longfellow.*

Sent by MRS. A. E. MCFARLAND, New York City, N. Y.:—

... There are two things which will make us happy in this life, if we attend to them. The first is, never to vex ourselves about what we cannot help; and the second, never to vex ourselves about what we can help.—*Chatfield.*

... It is not the mere station of life that stamps the value on us, but the manner in which we act our part.—*Schiller.*

By D. D. MILLER, 1929 Cass avenue, St. Louis, Mo.:—

... In nature's infinite book of secrecy a little I can read.—*Shakespeare.*
... Kindness is the nobility of man. In all its modifications it reflects a heavenly type. It runs up into eternal mysteries.—*Father Faber.*

Sent by CATHERIN STINSON:—

To thine own self be true
And it will follow as the night the day,
Thou canst not then be false to any man.

—Shakespeare.

Sent by MRS. F. F. DURELL, Astrologer, Melrose, Mass.:—

. . . Be not the first by whom the new are tried,
Nor yet the last to lay the old aside.

—Pope.

. . . Happiness is a sunbeam which may pass through a thousand bosoms without losing a particle of its original ray.—*Sir P. Sidney.*

. . . Any one can carry his burden, however heavy, till nightfall. Any one can do his work, however hard, for one day. Any one can live sweetly, patiently, lovingly, purely, till the sun goes down. And this is all that life ever really means.

. . . Man is a compound of dust and deity; the dust is forever escaping, but the divine eternally abides.

. . . He who enjoys what he has, without regretting the want of what he has not, is a happy man.

Sent by E. C. HANES, Driftwood, Pa.:—

I know not where His islands lift
Their fronded palms in air;
I only know I cannot drift
Beyond his love and care.

—Whittier.

“The waves that moan along the shore,
The winds that sigh in blowing,
Are sent to teach a mystic lore
Which men are wise in knowing.”

Sent by ARNES CROWE:—

. . . Remember, grief may be joy misunderstood. Only the good discerns the good.—*E. B. Browning.*

Sent by MRS. S. M. MEARS, Elkhart, Ind.:—

. . . Remember the week day, to keep it holy.—*Hubbard.*

. . . A meditation for the poor in spirit: God is that being whose center is everywhere, and whose circumference is nowhere; hence I contain within myself the resources of the universe. This is “the kingdom” to which Jesus referred, the “Pearl of Great Price,” to gain which one may well and wisely give all else, for it includes all that the soul, in any world, in any body, in any given circumstance, can want. I will to continually remember that my God, whose center is within me, will—nay, does—supply all my needs now, and to the eternity of eternities.—*Florence Morse Kingsley, in “Nautilus.”*

Sent by W. S. WEIR, Toronto, Canada:—

. . . Of two evils, choose neither.
. . . I hear the noise of grinding, but I see no meal.—*Indian Saying.*
. . . One-half of life is spent in anticipation—the other half in regret.
. . . Repentance is very deep—the next day.
. . . Defeat is the acid that tests a man’s mettle.

Sent by EVART C. RICHMOND, B. A., Albion, Mich.:—

1. The motto of the Richmond family, used for centuries, is as follows: “Resolve well and persevere.”
2. Message of General Grant, when on his Fort Donelson campaign: “I propose to fight it out on this line if it takes all summer.”
3. A Russian proverb: “Measure your cloth ten times, for you can cut it only once.”
4. Nothing resembles pride so much as discouragement.—*Amiel’s Journal, p. 7.*
5. Spite is anger which is afraid to show itself.—*Amiel’s Journal, p. 7.*

HYGIENE

Bread and Milk as an Aid to Longevity.

The following dispatch from New York, dated July 10, 1906, appeared in the Chicago press:

"Whether a diet of bread and milk taken exclusively for forty years is responsible for the remarkable preservation from the effects of old age shown in the body of Mrs. Mary Fay, who died at the age of one hundred and five years a few days ago, is causing intense interest among physicians.

"Despite the extreme age of Mrs. Fay her body is in as perfect physical condition and as well nourished as that of a woman of thirty or thirty-five years of age, according to Coroner's Physician Dr. Philip O'Hanlon. Dr. O'Hanlon, since he became connected with the coroner's office, has made 4,500 autopsies, and he was so surprised at the physical perfection of Mrs. Fay's body today that he called in all the other physicians and surgeons of the coroner's office to observe the unusual conditions.

"The only explanation that the physicians can offer for the condition of Mrs. Fay's body is her mode of living. Dr. O'Hanlon and others who saw the body are wondering whether or not they have a corroboration of the theory of Professor Elie Metchnikoff of Paris, who asserted that man does not live out his allotted span of life because of the cellular activities in the digestive tract which produce old age. He believes that by a diet of sour or curdled milk the germs of putrefaction, which, according to his theory, produce old age, may be successfully combated.

"Investigation at the instance of Dr. O'Hanlon revealed the fact that the old woman has lived for forty or fifty years on bread and milk.

"She refused to eat meat or vegetables and generally carried with her on her excursions about the city a few crusts of bread. For thirty years her home has been a small room at 490 Sixth avenue. She was known to all the children for blocks around as 'Granny' Fay.

"'Granny' Fay, according to her neighbors, was the 'sprightliest old woman in Greater New York.' Although her sight had been dimmed by her age, her step was as firm and elastic as that of a young woman, and she made excursions about the city which would have tired out many a person much younger."



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.

HELP FOR CHRONIC SUFFERERS.—This is the title of a book by Dr. H. Valentine Knags, M. R. C. S., etc., and published by Jarrold & Sons, 10 Warwick Lane, E. C., London.

On the title page there appears this sentiment, taken from an American author:—

“In order to regain health we must acquire the habit of being properly fed, ventilated, watered, exercised and rested.”

In the preface appears the following:

“In the treatment of all obstinate, chronic and apparently incurable diseases the trend of modern medicine is in the direction of proper feeding, correct breathing and increased working of the organs that eliminate impurities from the body.

“Persistent drug taking is gradually going out of fashion, and in its place more attention is being given to diet reform, to the necessity for brisk exercise in the fresh, vital air, to the free use of distilled water for promoting the action of the kidneys, etc. * * *

“Yet, by a thorough reform of the diet, combined with exercises involving the deep breathing of pure air, the two essentials of life—the intake of nourishment and the outgo of the waste—can be made to absolutely balance each other. It is only on such lines that diseases can be permanently cured.”

The author states that the purification of the blood, without which no bodily repair can take place, is brought about by the following, which form his chapter headings:—

“Efficient digestion, correct breathing, removal of waste products by diet restrictions, the use of water and fruit or vegetable juices to flush the excretory organs, the utilization of the action of light and heat to promote free action of the skin, the stimulation or sedation of disordered nerves, control of the senses.”

The author holds that civilization is the cause of disease, that health depends on the due, orderly and rhythmical functioning of all the cell groups, and that this functioning will go on properly provided that food, air and water are properly adjusted to the needs of the body, that wrong eating is a prolific cause of disease, that soft foods are unhealthful, that vaccination is a positive injury and causes many of the ills of childhood, that uncooked foods are beneficial for chronic sufferers, as they supply the natural tissue salts, that water-

drinking is essential to health and that hard water is injurious, as it produces a calcified condition of the circulatory organs, and that the emotions should be controlled.

Dr. Knaggs' book is a fair exponent of the principles of the New Hygiene or Nature Cure, especially as it is presented by American hygienists. The student of health will find the book valuable, as it points out certain broad principles. If any criticism might be offered it would relate to the lack of information regarding the power of mental force on bodily health; the author uses the term "Self-Suggestion" once in speaking of the desirability of acquiring the habit of perfect mastication; but he might easily devote one chapter to the subject of Auto-Suggestion without detracting from the interest of his very valuable book.

E. E. C.

The Tragedy of Chicago.

A STUDY IN HYPNOTISM

BY DR. J. SANDERSON CHRISTISON.

Richard G. Ivens, a peaceable, kindly, temperate, industrious young man, twenty-four years of age, and a son of respectable parents with whom he had always lived, was hanged in Chicago by process of law, on June 22, 1906.

He was accused of an atrocious murder, the perpetration of which he "confessed" after being arrested and vigorously charged with it by police officers.

His "confessions" were so incongruous as to preclude any right to credibility. He later denied any knowledge of having made the "confessions," sustaining this denial on the witness stand and maintaining his innocence to the last. He met death on the gallows with quiet resignation.

This book will show that his "confessions" were the result of forcefully-made assertions and leading questions put to him by police officers and causing an alteration of his personality because of his susceptibility to hypnotic influence—a susceptibility not at all uncommon.

All these facts will be made evident by a study of his personality and case in Chapters I and III; the opinions on his case by our highest authorities in Chapter II; a study of the conditions of hypno-

tism in Chapter IV, and a comparison of his case with the experimental cases described in Chapter V.

The book is one that should be read by all physicians, lawyers and laymen who are interested in cases where abnormal psychological conditions are present; the conclusions are endorsed by the editor of this magazine, who has examined the data from which the author draws his conclusions. Pamphlet, large size, 96 pages. Price, postpaid, paper, 30 cents.

Send all orders to Dr. J. Sanderson Christison, 100 State street, Chicago.

SEEING THE INVISIBLE. Practical Studies in Psychometry, Thought Transference, Telapathy and Allied Phenomena, is the title of a new book by Mr. James Coates, which Messrs. L. N. Fowler & Co. will publish on September 3. The price will be 5 shillings, net, or \$2.

The same publishers also announce:—

DYSPEPSIA AND COSTIVENESS, by Prof. R. J. Ebbard; \$1. **CHARACTER, OR THE POWER OF PRINCIPLES**, by Frank H. Randall; \$1; and **YOGA METHODS**, by R. D. Stocker, 50 cents. American agents: Messrs. Fowler & Wells Co., 24 East 22d street, New York.

MYSTIC TALISMAN; pamphlet; \$1; by G. A. Ogrissek, No. 628 Newark avenue, Jersey City, N. J.

The author states that the booklet is a practical treatise on the proper use of psychic power for the attainment of all that makes life worth living—Love, Wisdom, Knowledge, Health, Peace, Happiness and Prosperity. The titles of some of the chapters are: Power of Affirmation, Power of Mind, Subjective Mind, Life Essentials, Short Hints for Health, Morning Affirmation, How to Keep Young, Somnopathy, Magnetic Self-Healing, Relaxation, Auto-Hypnosis, etc. Treatment for epilepsy and cancer is also given.

THE LOGIC OF VEGETARIANISM, by Henry S. Salt; price 50 cents, postpaid, is published by George Bell & Sons, York House, Portugal Street, London. This book was mentioned in this department recently, but no address was given.

OPPORTUNITY

Send forth your heart's desire and work and wait—
The opportunities of life are brought
To our own doors, not by capricious fate,
But by the strong compelling force of thought.

—Ella Wheeler Wilcox.

ONE HUNDRED MONEY-MAKING PLANS FOR WOMEN, by May C. Moore. Kay & Brother, publishers, Springfield, Ohio; price, 60 cents. This little book cannot fail to be of great service to women seeking opportunities to earn pin-money in a quiet way at home. It is a book to read and hand around. Cloth bound, and sent postpaid by the publishers on receipt of price as above.

In the September issue of *A Stuffed Club*, Denver, Colo., there is an article by Dr. J. H. Tilden, the editor, relating to the rational treatment of typhoid fever. This article should be read by every one who takes any interest in therapeutic matters. It is one of the most powerful arguments against drug giving that I have read; it is the record of an actual case that was treated by drugs and poisons till the patient was in a dying condition, and then the natural system was used and recovery followed. This article furnishes good ammunition to those fighting the drug delusion, as it deals with pertinent facts and not theories. Send 10 cents in stamps, and get a copy of the September, 1906, *Stuffed Club*, Denver, Colo.

H. O. Houghton, 1004 North Calvert street, Baltimore, Md., will, for a stamp, send a 12-page pamphlet giving convincing arguments against vivisection, vaccination and drug-taking in general.

* * *

THE THIRD session of the Naturopathic Institute of California opens at 556 South Hope street, Los Angeles, Cal., the third week in January, 1907. Dr. Carl Schultz, the president, will send literature and information to all interested. Write to him for additional details. In this institute only the natural system of healing is taught, and the degree of Naturopathic Doctor (N. D.) is conferred. Drug-giving for the cure of disease is rapidly falling into disuse, and the natural methods of cure are becoming rapidly popular, so that even the quacks and frauds are using the term "Nature Cure" as a bait.

* * *

Do not ostracize the sawbuck and still expect that things will taste like those your mother used to make.—*The Philistine.*

This, That and the Other

A Food Convert.

GOOD FOOD THE TRUE ROAD TO HEALTH.

THE pernicious habit some persons still have of relying on nauseous drugs to relieve dyspepsia keeps up the patent medicine business and helps keep up the army of dyspeptics.

Indigestion—dyspepsia—is caused by what is put into the stomach in the way of improper food, the kind that so taxes the strength of the digestive organs they are actually crippled.

When this state is reached, to resort to stimulants is like whipping a tired horse with a big load. Every additional effort he makes under the lash increases his loss of power to move the load.

Try helping the stomach by leaving off heavy, greasy, indigestible food and take on Grape-Nuts—light, easily digested, full of strength for nerves and brain, in every grain of it. There's no waste of time nor energy when Grape-Nuts is the food.

"I am an enthusiastic user of Grape-Nuts and consider it an ideal food," writes a Maine man.

"I had nervous dyspepsia and was all run down, and my food seemed to do me but little good. From reading an advertisement I tried Grape-Nuts, and after a few weeks' steady use of it, felt greatly improved.

"Am much stronger, not nervous now, and can do more work without feeling so tired, and am better every way.

"I relish Grape-Nuts best with cream, and use four heaping teaspoonfuls at a meal. I am sure there are thousands of persons with stomach trouble who would be benefited by using Grape-Nuts." Name given by Postum Co., Battle Creek, Mich. Read the little book, "The Road to Wellville," in pkgs. "There's a reason."

Dual Personality.

The following item is from the Cincinnati *Evening Star* of January 9, 1906, sent to this office by A. W. Buchtman, Cincinnati, Ohio:

The most remarkable story of dual personality ever investigated by the medical fraternity of New York is told in connection with the death by his own hand of Dr. Robert W. Steger, the Nashville physician, whose note of farewell to the world vaguely hinted that the "story of 'Dr. Jekyll and Mr. Hyde'" was not overdrawn. Bit by bit, from his friends and acquaintances, a bare skeleton of his dual life has been pieced out. By his own wish, the New York College of Surgeons may try to find a clue to the puzzle by an autopsy. At one time Dr. Steger had a practice of \$25,000 a year. He lived well, though not extravagantly. Then he became conscious, according to his own statement, of a second self that at times strove for the mastery over his physical being. It was the scientific curiosity of a physician that led him to yield himself at first to this second self. At the beginning it displayed no evil tendencies. Outwardly, the only manifestation of its control lay in an alteration of the features, hardly to be described, and yet sometimes sufficient to prevent his recognition by his closest friends. His voice also changed during these periods. It became gruff, uncertain. He had difficulty in articulation. In the beginning he told of his obsession to one or two of his close friends in his profession.

At first, they did not believe him. To convince them he called on them during the period in which the second self had control. He bought every book upon dual personality he could find. He spent his fortune in scientific investigation of the mystery of self. Then, it would appear, the nature of the second self was first revealed. The real Robert Steger fought for days at a time against a madly murderous desire which dominated the other. He longed to commit hideous crimes. In his struggle he paced his office floor until physical exhaustion enabled him to get the upper hand of himself. It is believed by his friends here that he preserved the mastery to the end. It is not thought that he ever yielded to the obsession which bedeviled him day and night of late. But he felt his power of resistance growing weaker. The Mr. Hyde of his nature was gradually gaining complete mastery. He felt that his one refuge was in death. In dying he asked that his fellow physicians strive to find the clue that had eluded him.

Advice About Health by Mail.

MRS. MANNETTE MARGUERITE PRATT, 1 West One Hundred and Second street, New York, will give hygienic advice by mail. If your health is not satisfactory, send her a letter, stating symptoms, and inclose \$1, and Mrs. Pratt will give you information and advice suited to your case. She uses natural methods of cure only; no medicines of any kind. Mrs. Pratt is entirely competent and trustworthy, and has been to my knowledge successful in very dangerous cases.

ELMER ELLSWORTH CAREY,

Manager SUGGESTION.

Husband Deceived

BUT THANKED HIS WIFE AFTERWARDS.

A MAN ought not to complain if his wife puts up a little job on him, when he finds out later that it was all on account of her love for him. Mighty few men would.

Sometimes a fellow gets so set in his habits that some sort of a ruse must be employed to get him to change, and if the habit, like excessive coffee drinking, is harmful, the end justifies the means—if not too severe. An Illinois woman says:

"My husband used coffee for twenty-five years, and almost every day.

"He had a sour stomach (dyspepsia) and a terrible pain across his kidneys a good deal of the time. This would often be so severe he could not straighten up. His complexion was a yellowish-brown color; the doctors said he had liver trouble.

"An awful headache would follow if he did not have his coffee at every meal, because he missed the drug.

"I tried to coax him to quit coffee, but he thought he could not do without it. Our little girl three years old sat by him at the table and used to reach over and drink coffee from papa's cup. She got like her father—her kidneys began to trouble her.

"On account of the baby I coaxed my husband to get a package of Postum. After the first time he drank it he had a headache and wanted his coffee. We had some coffee in the house, but I hid it and made Postum as strong as I could and he thought he was having his coffee and had no headaches.

"In one week after using Postum his color began to improve, his stomach got right, and the little girl's kidney trouble was soon all gone. My husband works hard, eats hearty and has no stomach or kidney trouble any more. After he had used Postum a month, without knowing it, I brought out the coffee. He told me to throw it away." Name given by Postum Co., Battle Creek, Mich. Read the little book, "The Road to Wellville," in packages. "There's a reason."

The World New Thought Federation annual convention meets in Chicago on the 23d of this month, October. For information address T. G. Northrup, 218 La Salle street, Chicago.

A Nature School.

THE FOLLOWING statement is received from Dr. W. I. Gordon, of the National School of Manual, Physical and Suggestive Therapeutics, Cleveland, Ohio:

The National School of Manual, Physical and Suggestive Therapeutics, 133 Colonial avenue, Cleveland, stands for *Natural Law* and its application in healing the sick and distressed. If people are natural or healthy, nothing worries them; they can throw off all habits, even the sick habit, and be perfectly happy. Nature is the basis of all science. The students of this school are settling in every state in the Union and practice unmolested because the school is legally incorporated and will not grant diplomas to any one unworthy of its high calling—a Natural Doctor.

It claims the following: Our teaching makes the student the master. Nature's laws properly applied stimulate the operative forces that are often inactive, hence inoperative; regenerates man. Thus the sick are healed, the blind cured, and the leper cleansed. The person who suggests nature's provisions, or is the physician employed, must live near to nature, then nature bestows almost unlimited power on him. Humanity needs a vast army of men and women who understand how to keep man's physical nature pure; then man will be free from suffering from the various pains to which we are now subject, and he will be ready to believe in the philosophy laid down by the lowly Nazarene, and will grant universal brotherhood; no mistakes in diagnosis; no mistaken remedy; results sure with the new treatment taught our scholars.

It was incorporated February 12, 1898, under the laws of Ohio. A corps of scholarly men are educating students in various branches.

For additional information address W. I. Gordon, M. M. D. O., School Director.

The sooner a child is put into "Deimel" the better for its health and comfort. It is our belief that much of the restlessness for which children are blamed is the fault of the itchy, uncomfortable and absolutely unhygienic underclothing which they are forced to wear. The Dr. Deimel will do away with all this and assure to the little wearer perfect comfort and contentment.

Booklet, with Sample Swatches free, upon request, by the Deimel Linen-Mesh System Company, 491 Broadway, New York.

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“There is only one cure—
CIRCULATION.”



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OUR HEALTH VIBRATOR is really all that its name implies. Every one of the many thousands of vibrations it gives off each minute is charged with Health and Healing and Relief from Pain and Suffering. Based on the true and fundamental principle that “Congestion” is the real cause of all disease, the stimulation to the circulation effected by the Vibrator *must* remove that Congestion and so relieve quickly and surely.

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RHEUMATISM, Sciatica and Lumbago promptly yield to our Vibrator, because its beneficent action displaces the Uric Acid Deposits, sending them out of the body by increasing circulation. Mr. H. B. Page, Box 824, Denver, Colo., says: “I have cured myself of Sciatica and other diseases by your Vibrator, and would not be without it.”

DEAFNESS in a very large percentage of cases is completely cured by our Vibrator, because its gentle, yet effective action clears away the Catarrhal obstructions and stimulates the whole mechanism of hearing.

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Mrs. C. S. Smith, 804 N. Anderson St., Stillwater, Minn., writes: My husband has been deaf for over 50 years. After a few treatments with the Vibrator he is able to hear me talk.

WHAT DOCTORS SAY. Our Vibrator is used and endorsed by many thousand physicians of all schools of medicine. No matter how much they may differ in their opinion about drugs, they unite in agreeing that the Vibrator is a truly scientific apparatus, safe yet powerful and of unquestioned efficacy in practically all diseased and disordered conditions. Dr. Lemon, Sault Ste. Marie, Mich., says: “Your Vibrator received and used with great satisfaction. Enclosed find express order for two more.”

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NOTICE—The basic patent covering our Vibrator has been sustained by the Federal Court of New York City and the U. S. Supreme Court. Infringements will be vigorously prosecuted.

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THIS is an institution for the prevention and permanent cure of *all acute and chronic male, female, and children's diseases* without drugs and operations, by the simple means of **NATURE CURE**, as *pure, natural food, cold water treatments, sun and air baths, physical culture, magnetism, etc.* All those who have been vainly seeking for relief from their various ailments by the old ways of healing and who feel that they are not yet ripe for the eternal rest, should carefully read the following. By giving *Nature Cure, pure and simple*, a fair trial, they will soon find that they do not get "stones instead of bread," and be spared further disappointments.

Drugs never heal; they only suppress symptoms which always appear in the form of pains, fever, eruptions, etc., when the laws of nature have been grossly violated. The old school of medicine has a thousand different remedies for as many ailments. One disease is constantly substituted by another. The system is saturated with drug poisons which momentarily stimulate the organs, but in time seriously impede vital action, causing chronic diseases in their various forms and endless suffering.

The natural method of healing always aims to clean the entire system and to increase its resistive power against injurious influences.

The organs of the body are inter-dependent and we cannot injure one organ without affecting the others. All healing must come from within and every sick organism can only recover if it is put under the same conditions which are necessary for the perpetuation and propagation of organic life in general. These are in their natural order as follows: *Sunshine, fresh air, water as drink, fruits as food, exercise and rest.* Only if these are properly used, water may be employed as a specific healing factor in the form of baths or ablutions, but always in its natural temperature, neither artificially heated nor cooled. In short, we teach and practice the great and universal truth that the preservation of health is only a matter of living in perfect harmony with Nature. The Supreme Intelligence which develops an invisible cell into an organism of the most wonderful perfection, certainly knows how to restore health if not hampered in her wise but often misconstrued ways.

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Terms.—Treatment, board and room, \$2.00 per day and up.

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Complete diagnosis from the eye and consultation, \$2.00

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Hours for Consultation—Daily, 8-10 a. m. and 4-7 p. m. Saturday, 1-3 p. m., free of charge.

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No man has learned anything rightly until he knows that every day is doomsday.—*Emerson.*



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Do you want health, a strong muscular body or a beautiful form? Do you want to increase or decrease your weight? Have you been spending money for medicines for a number of years and failed to be benefited? Wouldn't you be glad to know that there is hope after all—hope for a permanent cure and a new life by nature's methods? If you have been saturating your body with poisonous drugs and deadened the natural forces of the system, give nature a chance to cleanse your system. Then build up on a new foundation and obtain all the benefits which nature intended you should have.

Our system of Physical Culture is especially adapted to the remedying of the following ailments:

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| Indigestion | Dyspepsia | Dropsy | Insomnia |
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Women will find almost immediate relief (no matter what the cause) by our special treatment. We have had remarkable success with some of the most stubborn cases. Read what these people say about our course:

Chicago, Ill., Apr. 12, 1906.

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Not only is your System correct so far as its scientific principle is concerned, but your mode of applying it has been so satisfactory and beneficial as to make me your friend and advocate forever.

Wishing you the success you so richly deserve, believe me
Very truly yours, MARTIN M. RITTER, M. D.

Chicago, Ill., Mar. 15, 1906.

Gentlemen:—

It gives me pleasure to state that I derived great benefit from the course of treatments taken at your Institute. My trouble, as you know, was rheumatism. I had been afflicted with this disease for some time and when I finally visited your place was able to walk only with a cane and the assistance of an attendant. I was soon relieved, and before the course is completed I am practically cured.

Very truly yours,
ALBERT MORGAN.

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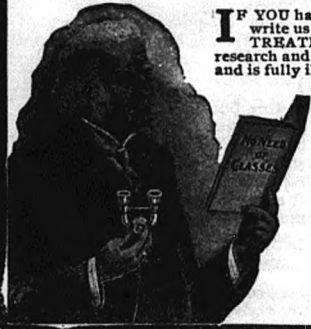
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In the October issue is also an article by **Ella Wheeler Wilcox** on "The Sowing of the Seed" for beginners in *New Thought*, several pages of "Stray Thoughts" by **William Walker Atkinson** (which never stray far from the mark) another of the beautiful lessons of "The Attainment Class" conducted by **Uriel Buchanan**; an article by the Japanese writer, **Kilichi Kaneko** on "How to be Happy;" a fascinating article on that spot of happy hope for homeless boys--"Allendale Farm," a rural cottage community of boys, for boys (with boy police, a boy "court," etc.) but which makes MEN. It is as bright and interesting as a novel.

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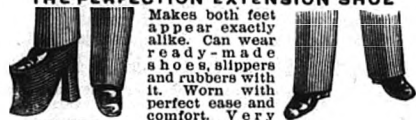
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But feed him plenty of

EGG-O-SEE 10¢

all there is in wheat—and he'll be your heart's joy—strong, healthy, bright, smart and quick at his studies.

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Prepared under conditions of scrupulous cleanliness.

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'TIS THE NATURAL WAY! CATARRH CURED WITHOUT DRUGS

IT IS FOLLY TO LOAD YOUR "STOMACH" WITH DRUGS FOR THE CURE OF A DISEASE IN YOUR "HEAD."

Ninety-three per cent of the people of this country are afflicted with some form of Catarrh. They are living store-houses, or distributing stations, disseminating germ life that breeds diseases ranging from incipient Catarrh to quick consumption. Air is the agency through which these germs find lodgement in the air passages—air should be the agency through which they are destroyed and removed.

I say, I CAN CURE YOUR CATARRH. I say this confidently because I know what my new and Wonderful Discovery has already done for hundreds. I know what it will do for you and all I ask is that you will LET ME PROVE IT. In order to prove its benefits I am making a Special Offer to readers of this Magazine. Read it.

Catarrh Sufferers should realize the fact that Catarrh is a very dangerous chronic. It is the beginning of nearly all diseases of the head, throat and larynx and is the forerunner of consumption.

First a slight cold, acute in form, being neglected becomes worse, finally chronic, and leads to still worse conditions. How important it is that every person consider this matter seriously for himself. Catarrh is constantly on the increase.

There is more today than five years ago. Almost all people are subject to frequent colds. They are seemingly becoming more susceptible to this influence each year. Various causes lead to this condition. I am offering you my Spray Mediator and Liquid Spray to counteract these emergencies.

I OFFER what is really a GODESEND to sufferers from

MY AFFLICTED FRIEND, do not suffer longer from this cruel Catarrh. Don't drag out a miserable existence, a curse to yourself, a nuisance to those around you. Don't let down the bars to more dangerous disease. (CONSUMPTION MOST FREQUENTLY STARTS IN CATARRH) MY NEW TREATMENT is applied direct. No drugs to swallow; its application is a pleasure. As if by magic it stops the hawking, spitting, sniffling and snuffing, relieves the maddening head noise, does away with the nauseating dropping of mucus into the mouth; the queer, stuffy and oppressed feeling of the head; the painful burning and smarting of the air passages. Soothes and heals the irritated membranes and leaves the head as CLEAR AS A BELL. IT IS FOLLY to take Medicine into the stomach to kill the germs of Catarrh in the head.



I deal direct with the patient—there are no doctors' fees, no agents' profits—no chance to substitute. Every instrument, every treatment, goes direct from my laboratory to you. Mine is the latest appliance—the most perfect cure on the market to-day. It soothes and heals the irritated membranes. I offer to prove this, FREE.

Catarrh, Head, Bronchial and Throat troubles.

A new and wonderful medical discovery that cures by striking at the root and cause of the disease—by KILLING THE GERMS.

A CURE for YOU, no matter in what bad shape you are.

NOW I DO NOT ASK YOU to take my word, nor that of the cured hundreds. Instead, I want you to try this treatment, entirely at my personal risk, at my expense. Just say the word and I will send the treatment to you without pay or promise on your part. If, at the end of ten days trial, you do not feel like a new being, if you do not honestly bless the day that you answered this advertisement, simply return the Mediator to me. You are nothing out. Isn't that a fair and honorable offer? Your word decides it. I fully trust and believe you.

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It often costs me more than \$2.00 to place this treatment in the hands of my customers, and I have not one cent of profit except I receive future orders through your influence. I will deal fairly with you as I do not want your money unless benefited. Sufferers from Catarrh realize that delay is dangerous, therefore, write today and get the treatment started. Address,

E. J. WORST

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My special offer should be convincing proof to any reasonable person that my treatment is meritorious—is just as I represent it.