

METAPHYSICAL.

Conducted by EVIE P. BACH.

THRU OVERCOMING.

To him who overcometh—peace—
Persistence brings release;
To earnest souls God giveth grace;
He leadeth them thru time and
space,
Up—into Light.

To cleanse the self—to purge the
mind;
To leave the dross of that behind;
To live the truth—to learn of God.
To lay all else beneath the sod,
Brings liberty.

Aye—freedom, hope, health and
wealth—
Lust, mars the life—destroys with
stealth
Man's noble, God-sent, Godlike
power;
Man's peace on earth—most pre-
cious dower—
Is born of mind.

Then cleanse the mind of grosser
things,
Abide in safety "neath His wings,"
God knoweth all—He lifts thee
there—
Unto that Upper House of prayer—
If ye so will.

Thru "overcoming" cometh "Peace,"
Hold fast "the good," and find
release
From poverty of mind,—and store,
Love swings with ease the steel-
bound door
That bars the way

To victory, dominion, power;
Life's jeweled crown—life Chris-
tian's dower,
Ah! he who in God's blessed name
O'er mind and body learns to reign,
Finds heaven on earth.
—Ella Caroline Clark.

CONSCIOUS AND SUB-CONSCIOUS MIND.

Much is said and written about
the conscious and subconscious
mind, as if there were actually two
minds, whereas in reality it is one
mind and two conditions. All that
has ever been experienced by the
individual is recorded by mind, not
simply that which pertains to his
present phase of being, but the full
record of all his past life, and this
store of experience is what is called
the sub-conscious mind. It is a
hall of records or a picture gallery
in which is hung up, as it were, the
impressions of all that has transpired.
Nothing is ever omitted.
When the mind is consciously
focused on one picture, all that of
other pictures is blotted out. We
can look at but one picture at a
time, tho this looking may take but
an instant of time, and these im-
pressions are either harmonious or
discordant. When the sorrowful or
unpleasant impressions predominate
in the sub-conscious mind, the man
or woman so saturated, you might
say, with such that pictures is often
depressed and melancholy when
outwardly there seems no adequate
cause to account for it.

Occasionally we are confronted
by a situation which calls for im-
mediate action along lines which we
do not understand ever having ex-
erted ourselves, yet to our surprise
we are able to do the right thing in
the right way, acting, as we say,
instinctively. What we have done
is to respond to the imperishable
record of past experience, that
which covers much that antedates
our present earthly, and instinct
proves to be but the fruit of repeat-
ed experiences, safely stored up in
the sub-conscious mind.

Years ago people thought that the
disagreeable records of the past
could be wiped out, and even today
there are healers who think it pos-
sible that, thru treatment, wrong
mental pictures can be erased. Yet
what is written in life's book is writ-
ten, and cannot be blotted out.
There is one thing, however, which
we can do, and that is to change
out attitude toward these records of
past experience. When we once
realize that "There's nothing either
good or bad but thinking makes it
so," and that all our experiences
are but good in disguise, we will not
be made gloomy, but quite the
reverse, by what is stored up in the
sub-conscious mind.

Some of our hardest experiences
are the very thing that in the end
contribute much to our happiness.
Even Jesus "learned obedience by
the things which he suffered." Of
course, while we are passing thru
the trial, we do not always see it
in its true light, but when we can
learn to do this, the greatest ele-
ment of discord will be eliminated.
Thru such elimination disease will
be overcome. The way we think of
life, the way we picture things,
affects the body for good or ill; and
when we can rest consciously in the
fact that all is working together for
good, our bodies will respond won-
derfully to this mental tonic.

If we hold this thought, and are con-
sciously in touch with the Great
Spirit of Wholeness, which is the
source of power, health and happi-
ness, we can effectively help others
to health. There is nothing arbi-
trary in God's dealings with us.
That old saying which reads, "For
unto every one that hath shall be
given and he shall have abundance;
but from him that hath not shall be
taken away even that which he
hath," offers much food for thought.
Only those who are so filled with
love for their brothers that they
actually breathe forth blessings upon
them receive in any degree the
true blessings of life.

Many people look upon others as
a means of personal benefit, desiring
them to do and be that which will
advance their own worldly ends.
And often these very people give
and do much for others with the
underlying motive of receiving more
in return. Such giving is really
taking away. The self-seeking one
not the self-giving one, and his
regard is not the same quality as
his real desires.

Our suggestions to others relate
to kindred spirits, and those who
are selfish are connected by bonds
stronger than the ties of blood, to
selfish people thruout the world.
Furthermore, when one finally comes
to himself and says, "I will arise
and go to my Father," all this power
of selfishness to which he has
related himself, will impede his
progress, and not until he has estab-
lished new relationships by desiring
above everything else to love the
God-life will he find the road other
than steep and stony. But let us
never forget that what we really
desire, that we become; and also
that the relationship we form with
the unselfish spirits will much more
than counterbalance the former evil
relations.

Thru the law of suggestion we
can become just what we will be-
come, and do what we will to do.
We can exercise it for ourselves as
well as for others, but this can be
done only by being pure in our
motives. We can will to be well,
and if our desire is to use our health
and strength for others, there is
nothing selfish in such a will, but
quite the contrary; we can will to
be prosperous also, if it is in order
to do for others, and if we would
not prosper at the expense of another.

Everything then which we know
is right for us to do and to be, we
should hold strong in mind, with
the strong assurance that we shall
realize it all. Some people hold a
thought in a weak, fearful, or passive
way; but we must focus the full
force of life on that which we know
to be ours, and when we have real-
ized it in the realm of the ideal it
will surely materialize in the other
realm.

When we have determined upon
a certain object of attainment, we
must give it our best efforts, guard-
ing it carefully from our own less
earnest thought.

Strong, true thoughts are messages
of light. They are powers which
are building the temple of a redeem-
ed humanity. This very moment,
your influence is limitless—the
whole world is your field.

Beauty comes from within, and
the soul which is beholding the
beauty of holiness sees beauty
everywhere. Everything starts
from the center of life, and to know
strength, hope, love, beauty, we
must know them in ourselves then
we shall find them everywhere.

CHARLES BRODIE PATTERSON.
—Magazine of Mysteries.

The Practical Relation of Diet to Spirituality.

Many people confound spirit and
soul as being one. This is not so.
Spirit is being, everlasting, eter-
nal (which means out of the earth),
undying, the rock foundation, or
basis of all manifestations.

Soul is the individualized con-
sciousness of this being.

Now man (from man as the
thinker), is divided into seven
principles of which body, soul and
spirit are the greater divisions.

In this gross physical body of
ours are seven distinct (but inter-
penetrating) systems correspond-
ing to the seven different prin-
ciples or planes of being, and the
one to which the most nourishment
is given becomes, of course the
most developed, as does its cor-
responding plane in our individ-
uality. The body is purely mater-
ial or physical. Soul is made up of
the astral and mental planes (or
principles).

Spirit is God; and Christ spoke
truly when he said that "those who
would worship him must do so in
spirit and in truth."

It is only by a cultivation of soul
that mortals may discern spirit, and
realize the whole truth.

We all know something of what
the mind is, and that the nerves
and brain is its physical system;
but few understand as much about
the astral.

This latter is the plane upon
which most of us are in sleep, and
our dreams belong to it. We are
consciously acting on this plane in
our dreams. It is the plane on
which we go at death and from
which the so-called "spirits" come
in seances, being next to the phys-
ical in density, tho it is much
finer than the ether of space; itself
the most rarefied division of the
physical plane. This is the plane
of desires and emotions, and any
well defined thought tends to produce
itself in form, out of the essence
of this plane. This explains the
different stories told by these "spirits"
as to the conditions of the life after
death, each finding itself (generally)
in about the same circumstances as
it expected to be.

It is not the plane of reason, as
this belongs to the mental or in-
tellectual principle.

Just here is where the value of
dieting comes in. If one eats
animal flesh extensively he pan-
ders especially to the physical
plane of his being. If he is able to
digest and assimilate his food well,
it will give him a super-abundance
of physical strength; but the
mental plane (or system) receives
hardly enough nutriment to do
more than just exist in the form
and cannot develop to any great
extent.

All animals have a well developed
astral or desire body, and an enter
of them also takes into his own
body a great deal of the astral at-
tributes of his food, thereby de-
veloping the more, the animal
desires and characteristics of the
lower principles of being.

An excessive meat eater has not
and cannot have the intellectual
qualities of a Vegetarian, and his
tastes and inclinations are not as
refined.

We have physical bodies as have
the animals, thus proving our kin-
ship with them, even if there were
no closer tie.

We are horrified at the idea of
cannibalism. If we extend this
thought farther and refuse to take
the life of another animal, only less
developed than ourselves, this act of
the will (a spiritual attribute), the
sacrifice of our lower desire for the
sensual taste of the meat, because
of our pity (akin to love) for the
animal, we thereby consciously
help the soul exercise independ-
ently of, but thru the physical
body.

Notice the difference in every
way, body, habits (of desire or
passions) and intellect, between a
butcher and a refined student, al-
most if not entirely a Vegetarian.

The great majority of the lead-
ing intellects of all past ages were
Vegetarians. "Weaker" (physic-
ally) "but wiser" (stronger in mind
and soul) is a truth. This does not
mean a lack of endurance for en-
durance is a soul, not a physical
attribute.

Who would exchange a brilliant
intellect and an enduring will for a
weak one, with ever so strong and
handsome a body?

Evolution is taking place con-
tinually with everyone and every-
thing in some way or other. It is

natural law, God's wisdom made
manifest. All change (including
death) conduces to it; but if any
soul should hasten its own and
bring itself into a far greater un-
derstanding of the truths of being,
into immortality—a conscious
mastery of the higher principles of
life, whence it has passed all death
and decay, and subject to them no
longer,—let him consider diet, for
it is a foundation stone.

God's power, wisdom, love and
life surround us continually.
They are everywhere, fill all space.

It only remains for us to fit our-
selves and be able to assimilate
them and be at one with him, heirs
of his enduring peace and glory.

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My Dear Mrs. Dr. Dobson-Barker:
I am very glad to write you this month that I am
feeling very good. The last month's treatment did
wonders for me, causing the pain in my side to
disappear and my appetite to increase, which caused
me to gain flesh most rapidly, and I look fine. I have
never felt better. I am so glad to feel you and
only wish the suffering women all over the land
could receive these rich blessings which you can give.
Yours Most Sincerely,
Adele Johnson.

Dearest Doctors: I am hoping fine now and don't
think I will take any more medicine after my month is
up.
My dear, good doctors, your medicine has done me
more good than any medicine I have ever taken, and
I shall still when I am cured, very much. My advice to
anyone that is sick is to take your treatment.
This is the best I have ever seen, a testimonial from
me and also to the land.
Belle Travers, Watsonville, Cal.

Dear Friend: I must call that, for you, ha-
ve been a friend indeed to me. I am sure if I had never
received your help, I could not have lived much longer.
I could not clean up my room, or do any-
thing at all when I commenced taking your medi-
cine, and now I can do most of my own work and walk
anywhere I please, something I never could before.
I feel like a new woman entirely, and I know that you
and your band have done it all.
I can never tell how thankful I am, and you can
publish this letter if you like, and I would be glad if
you would, as I have never seen a testimonial from
Mississippi, and besides I want people to know what
you and your band have done for me.
Wishing you and your band a greater success,
and thanking you again for what you have done for me,
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MEDIUMSHIP, HYPNOTISM, Etc.

I am a great lover of flowers, but I never plucked one that gave me as much satisfaction as the little SUNFLOWER I plucked off from the floor a few evenings ago, which was the first I knew there was such a blossom, so full of good news.

Two men had called, one to hypnotize the other and when they went they left the SUNFLOWER. I have read a number of Spiritualist papers, but not one that I could call everybody's paper as I do this one. They all seemed to belong to no one but the editor.

With your permission I would like to help a good cause along, and in a paper that is not under a surgeon's knife. If anyone will follow my advice they will know there is a real Spiritualism, for it seems as if they have been slow about getting real science worked out of it in the right way.

No one on the face of the earth knows what a treasure a medium is, as their power has not been tested in the right way.

Now, ladies and gentlemen, as mediums are scarce and hypnotists are not, I will start on the latter. Go to a good hypnotist and tell him you wish him to hypnotize you, and develop you as a medium. Tell him to keep on suggesting that you are getting into a deeper and deeper hypnotic sleep until he gets you deep enough to answer his questions. Have him keep repeating them to you over and over again, and giving your words right back to you, calling your name every time.

Question No. 1.—Have you any good suggestions you would like me to give you? That you would keep always well, make you a good healer and a good medium, clairvoyant and clairaudient?"

No. 2.—Give the words right back as the subject gives them, with name. "Now when you wake up you will be under full control of your spirit friends." Repeat these words and add, "You will hear every word they say to you, and see everything they show you." Repeat the question until they do not answer. Then say, "When you wake up, you will hold up your right hand and, count five, and go into a deep trance any time you wish to. Do you hear me?"

Repeat this until they answer, when the suggestion will be deep enough to hold. When they go into their first trance, repeat the suggestion to them, and you are then thru with that subject and ready for another one. You will find you have produced one of the best healers, mediums, clairvoyants and clairaudients that the city holds, and no sick folks need fear a medium like this, for this is what I call a full developed person.

We all know that it is our spirit friends who help all mediums, and it is no more than right that you should help them for they have to have some power over the medium in order to make the ears hear what they wish to say, or over the eyes to make them see, or over the lips to make them speak and over the mind when they wish to entrance us, or there will be blunders.

When developed in this way mediums can keep themselves and others well, uphold their own vitality, and their spirit friends can tell them how to do it.

I do not advise anyone who has heart trouble to be hypnotized by a human hypnotist, but they can be controlled by spirits, and have the most serious or delicate troubles cured in that way, as well as making their mediumship of untold benefit to themselves and others.

S. C. O.

Reply to Vegetarian Editorial.

A friend nearly four score years of age, says he can remember the time when people were much troubled about the possibility of whales becoming extinct. "What shall we do for light?" they said. Whale oil then, —electricity now. Do we wish to return to the whale oil lamp?

The wheels of progress will not be stopped by our fears, and even now there is a vegetable composition that takes the place of leather for shoes, being more durable than leather and finer in appearance. When the call demands the supply will appear. As for belts and other things used in mechanics and the arts, the number of creatures that die naturally each year would amply supply the market. If we breed only for the use of the product, there need be no superfluity

of animals. We do not depend upon our reading for this assertion. One of our college Hindu students kindly gives us the desired information. He says that milk and butter are in common use in his country, and that butter sells for less than in America; that life is held sacred, and that there is no superfluity of animals to deal with; the ox is used as a creature of burden,—and all are kindly and humanely cared for. The wild animal problem also solves itself.

As to vegetables being free from disease, may we ask if there is any material that is free from change? Should not the question be "Are vegetables more liable to disease than flesh?" This could be readily answered by a careful observer, but we will leave the reply to the students who are making a specialty of this subject, and it is this: Flesh is much more liable to be diseased than the vegetable—and the changes are much more rapid. Flesh is a natural breeding place for certain poisonous germs. The vegetable has a rind, or husk, that protects it greatly from outside influences."

Sound, clean vegetables and fruits, does not mean half rotten ones. If we are so foolish, or possess so depraved a taste as to use diseased food, we are to blame,—it is simply individual and not the fault of the vegetarian diet. The best there is,—the best that we are able to command, to build the best body. And our best today may be improved upon tomorrow. Thus it is that evolution carries us onward in the scale of expression.

JESSIE S. PETTIT FLINT.

The song that moved my soul.

I heard a song that moved my soul. The same in story has oft' been told. I heard, at a funeral, sad, but grand;

Where the singer arose with book in hand, And beautifully those words he sang, "Sometime we'll understand."

Death has claimed a wife, a mother dear, But it seemed her spirit hovered near.

Dr. Wise had witnessed many a death, And bravely he fought to ward off death;

But she was called, and soon she left For that heavenly home where there is no death.

I thot of the change in that home of joy, How she had idolized her boy. A boy that a mother might feel proud,

And now she lay lifeless in her shroud. She had kindly asked her boy to give

His life to Christ, and Christlike live; He waited until the sad death bell

Awoke the undecided spell. And then, without delay

He walked up to the breathless clay And gave his life to Christ that day. And then beside her knelt to pray,

While he prayed it seemed that he could hear Her sweet voice whispering to him near

"I am so pleased, God bless you dear." He arose, and by her cold form stood,

Brave as one 'mong the heavenly host, And by the parson he was baptized

In name of Father, Son, and Holy Ghost. 'Twas at her funeral, sad, not long

I listened to the heavenly song. I had often heard the funeral dirge

In the sad home or in the church; But it never had impressed me so

As sang so heavenly by those two. As I looked upon the lifeless clay

And listened to the singers' lay, There seemed an echoing voice to say

"Yes, you'll understand it all some day." —Mrs. Emma Chapple.

Here's something about making a mustard plaster which is so beneficial in many cases, that all readers ought to know. In making a mustard plaster nowater should be used but the mustard mixed with the white of an egg.

The result will be a plaster that will draw perfectly, but will not produce a blister even on the skin of an infant, no matter how long it is allowed to remain on the part.

Sunday Should be a Bright Day.

Rev. J. Stephen Barass, a London clergyman, makes the following plea for more sense and sympathy in the in the keeping of the Sabbath Day: "Sunday should be the brightest day in the week; it should give tone and and color and background to the rest of the days. To millions of people it is the most desolate; a day when time drags wearily, and the hours are winged with anything rather than pleasure. In the march of time ideas have advanced upon most subjects for the increase of the sum of human happiness, but Sunday still retains much of the impenetrable gloom of the ancient Jewish Sabbath. The English Sunday of the fourteenth and fifteenth centuries was a day glowing with human warmth. Men were not then less religious, but perhaps even more so than they are to-day. Divine worship was not neglected, but the solemn mass of the morning put no undue check upon the afternoon revels on the village green, and the parson was not less revered for taking part in the pastimes of the people. But with the severity of Protestant ascendancy came the stern reaction, lightened, it is true, by the days of King Charles, but only to fall again at the hands of Cromwell, from which it has never quite recovered. Sunday became a very solemn day, indeed. Its very watchword was severity. What is needed is the exercise of a little more common sense and sympathy—excellent Christian virtues—and a little less vituperation and thoughtless abuse. Then in our striving after the higher life we shall be able to take others with us."

The Weather Plant.

Almost every magazine has a small advertisement for a plant known to botanists as "abus precatorius," or weather plant. It is a climbing exotic, and is held in great veneration by the natives of India, who say that the state of the weather may be told some time in advance by the position which the leaves assume. I thought his theory is disputed by some, it is held by botanists of established reputation as being within the bounds of reason. Atmosphere unquestionably affects the leaves of flowers, plants and shrubs, and to a close observer this action may indicate coming changes in weather which can be correctly foreshadowed. One of the great beauties of the plant is its small egg seeds of bright scarlet tipped with a black spot. These seeds are very hard, and for this reason are used for necklaces and ornamental purposes. Their size is so uniform that they are used in India as the standard of weight, and called "rati." It is a recorded fact that the weight of the famous Kohinoor was first determined by the aid of the seeds of this peculiar plant. Probably the specific name "precatorius," meaning prayer, came from the fact that the seeds are used by the Buddhists for rosaries.

Injurious to the Memory.

Besides inattentive reading, there are other things injurious to the memory. One is the habit of skimming over the newspapers, all in a confused jumble, never to be thought of again, thus diligently cultivating a habit of careless reading hard to break, says Home Chapt.

Another is the reading of trashy novels. Nothing is so fatal to reading through story after story and forgetting them as soon as read.

An elephant has so delicate a sense of smell that when in a wild state it can scent an enemy at a distance of one thousand yards.

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PRACTICAL THOTS.

FROM DARKNESS TO LIGHT.

PSYCH-TELEPHONE—THE COMING MEDIUMSHIP.

Mrs. M. Klein on the Subject of Mediumship.

While reading Mrs. Eva Cassell's mediumistic experiences in a recent issue of the *SUNFLOWER*, I was strongly impelled to write things which I and perhaps all mediums know to some extent, in that we see things differently after being drilled thirty or forty years by wise spirits from the upper realms, from what we saw them when we began our studies under their tutor.

Speaking for myself, also including our present society in these studies, we can now, after all these years of training, see those beginnings as well as pursuits in their true light and why our experiences have been just as we realize them. For instance, one cannot positively say one knows a thing unless one has experienced it to some extent, at least, seeing it and hearing about it does not always awaken in us the necessary sympathy for enslaved sufferers, no matter from what cause, and as long as we do not wholly enter into the conditional arena and have our system and strength tried, acquiring thru such trials the mental and spiritual unfoldment which then enables us to comprehend the messages we receive in the inner school. I repeat, without this, we are not competent of understanding rightly and are not fit messengers for public service to the world.

I have seen that in action between spirits and mortals and have consciously experienced it many times myself, and know therefore, how easy it is to get things mixed. There is, in most cases, a vibratory difference of brain activity between the spirit transmitter and the mortal receiver. This is, and always has been, the cause of all misunderstandings that have been such a baneful oppression to humanity. It is due to such vibratory misfit or mental inequality, that a word is left off here or there, or a wrong one used where the entire meaning hinges upon such word.

The mediums may be, and nearly always are, innocent enough, but not spiritually unfolded to the right degree for such services at all times, and overtaking of certain nerves used as telegraph lines for such interchange of that is detrimental. The angels labor so patiently and so hard to overcome these misfit conditions and resultant statements, but they need our cooperation, active, sincere cooperation to learn the lessons they give us. Really no one is competent to teach others what he himself does not comprehend rightly.

In concluding her experiences Mrs. Cassell says: "Why could not some of the fine mediums I have come in contact with have been controlled by the higher powers and given me the important revelation, instead of my having to wait twenty years for it to be given to me personally?"

Dear sister: therein is contained the wisdom of the wise of the higher realms in the withholding. You needed all this time to unfold and grow into fitness for the services proper for which you say you were born.

I have had forty years experience. I was promised at the outset that I should realize my request, viz: to learn the wisdom of the wise and to understand their ways of externalizing that wisdom for humanity's blessing. The process has been slow and often painful in experiences, but I am thankful that I have been thus led and taught. I know now that there was a vast difference between seeing grand sights and hearing grand truths expressed and being able to understand them in their true meaning and application to work out the contained purpose.

With kindest wishes for everyone's welfare.

MRS. M. KLEIN.

Excursion to New York City

Via D. A. V. & P. R. R. and Lake Shore Ry., April 12. \$11.00 for the round trip. Tickets good on forenoon and afternoon trains connecting at Dunkirk with thru trains for New York, and good to return until April 22. Pullman sleeping cars will leave Falconer at 4:50 p. m., running thru on Lake Shore's "New York Special," No. 44. See agent at once to secure sleeping car reservation and for full particulars. 2t.

How Death Affected an Ardent Church Member.

Who shall tell the agony of the when hour there comes a hasty summons and we stand by the bedside of some loved one just passing from our sight? Who measure the depth of our misery, as we watch with bated breath the last moments of life lingering in the body of some cherished loved one? Darkness and despair seem to be the meed of our earthly life, for how can we live when our dear ones shall have passed into eternity and their fate and destination, is to us a matter of doubt and uncertainty.

Our religion tells us they are gone to heaven, a place in the dim and distant future, where we may, if we live proper lives, find our own again. But oh! how vague and unreal to us is this belief of heaven, as taught by creeds of church.

Not many years ago there came to the writer such an experience. The one "altogether lovely," in our sight was smitten with a fell disease and in the midst of youth and brilliant prospects of a life filled with noble purpose and grand achievements, our darling was cut off.

Who indeed shall tell the misery of that hour when we stood in the presence of death! All the long hours of that night we sat by that silent form and wondered whether the spirit of our loved one had flown. No answering peace came to us; but despair, too deep to fathom. It was indeed a time to try our faith; and as the hours passed we could but ask the question, "Of what avail now is the faith and belief of a life-time since it brings no answering peace?"

Where, oh where! Still no answer. But this awful thought: If he were not a Christian his awakening has brought added torment instead of relief from the pain of illness. In our anguish at this most terrible thought we cried out to the God we had been taught to love, fear and reverence, for some light to show us the fate of our child.

Friends came to lead us from that chamber of death, and each in the throes of comfort said "you must not weep as it is God's will and we must submit. Your son is safe in heaven and by and by you will go to meet him."

"Go to meet him?" Where? How do you know he is in heaven? Have you seen heaven? Where is this place you say our loved one is? "Oh, away beyond the stars." "Did any one ever tell you they were away beyond the stars?" "Oh no, but we must believe the Bible and it says if we believe in Christ and repent we shall be saved and dwell in heaven and continually live in the presence of the redeemed."

"But who indeed are the redeemed?" "They that have washed their robes and made them white in the blood of Christ."

In that hour of pain and sorrow there came a doubt of the real truth of the religion we had tried to live and believe for years but never understood. Never had it seemed so vague and unsatisfying as now in our dire need of consolation.

As the sun sunk beneath the horizon, on a beautiful autumn day we laid our loved one to rest beneath the flowers he so loved in life. As we turned from that lonely grave with our hearts buried there, how could we return to the home bereft of the dear presence was to us a question too sad to answer. Never again would the dear form be seen within that home, for had it not gone "away beyond the stars," so said those who tried to comfort. Mystery of mysteries, dead! and what does death mean?

As time passed on and we searched the scripture for some answering word. Does the soul of man die? If not where is my child? As surely as this world exists, if the teachings of my childhood be true my son was at that moment either with the redeemed or forever shut out from the presence of an avenging God and did not the Bible tell me we must repent and believe or be forever lost?

(To be continued.)

When will human nature be sufficiently improved to see the advantage of settling disputes without first cutting one another's throat?—Franklin.

In a previous article the modus operandi of development for materialization and etherization was discussed upon—the effects of which is produced thru the astral body of the medium sitting for these phenomena.

In connection with this are other phenomena to be considered. As before stated, the creative force in man is the one most active or in nearest rapport with the creative force of nature—must be to produce like effects. But as sense and self-spiritualized lead to inspiration and clairvoyance, the creative force spiritualized (attaining a greater spiritual than material energy) leads to the development of an astral body around the medium—the result of continued creation, but for a spiritual effect. This astral body becomes the real medium for spirits to operate on or thru for material effects—so-called spiritual phenomena.

But as all such astrals are not capable of being detached from the body of the mortal possessor, they may nevertheless be utilized for other phenomena than materialization, such as the ordinary cabinet manifestations, independent voices or trumpet, healing and slate writing—either one distinct or powerful comparative to the spirituality of the medium or other spiritualized animal forces existing in connection with the mediums; and all such forces being operative thru the astral, and exalted according to physical or moral education.

But there is one phase only operative among mediums themselves, highly sensitive individuals or where perfect love exists between two persons. It is usually termed mind-reading—also telepathy. But it promises a far more sublime factor than either of the aforementioned, should it become perfected as a means of intercourse between mortal mediums or sensitives. We would term it *Psyche Telephone*.

But, as a perfect materialization this too will need a detaching of the astral body—to be sent to the listener or receiver of the message.

As a thot may be sent and caught so the astral may be projected. But the receiver must be sensitive to its presence. If inspirational, communication may be held with it as with a spirit. If clairvoyant the same may be seen; and if an automatic writer the message may be obtained in that way.

The astral bodies of mortals are frequently seen by clairvoyants; but always due to the fact that the possessor of the astral is thinking of the person who sees it. A knowledge of the practical utility connected with it, may lead to interesting revelations, and the astral medium, who understands its utility, may elicit some interesting revelations or thots from the one whom he desires to visit—provided the aforementioned is unaware of his presence.

Mediums, of course, are always aware of spiritual presences (including mortal astrals) and may temporarily guard their thots accordingly. But as a medium for eliciting secrets from criminals or selfish schemers in general, the development of the *Psychic Telephone* will be the great factor, and perhaps, need of the future.

ARTHUR F. MILTON.

"Life and Soul Growth."

Law controls all. Order must reign thru all. Life is willed by higher powers.

Seek nature, find her secrets and you will find truth. Have faith in thine own soul. Cultivate the higher thot, and vibrations will come to you. That will enable you to grasp the full meaning of life. These vibrations will become a part of your daily life. You will perceive the inherent beauty and recognize their true worth.

Your thots will become higher as the vibrations are intensified by the spirit of love that creates. Study and work to get a knowledge of thy soul. Thru meditation and concentration get in harmony with the soul's aspiration, then love the true life in accordance with divine law, and heaven and earth will blend in our earth life.

Many trials and temptations come. They are good for us if we do not let them conquer us. Yea, life is a battle field, and to be victorious we must be well armed with the weapons of "love" and be pro-

tected by the helmet of "truth." Thus equipped we will gain a victory in every fray and when the soul rises above the conflict, we have an eternal possession of soul strength, that fits us for future battles. As a consequence, we are a step higher on the spiritual Alps.

AMANDA L. COFFMAN.

The monument which is to be erected over the grave of Senator George Frisbie Hoar, at Concord, Mass., bears in bronze letters this inscription, which he himself wrote: "I have no faith in fatalism, in destiny, in blind force. I believe in God, the living God. I believe in the American people, a brave and free people, who do not bow the neck or bend the knee to any other, and who desire no other to bow the neck or bend the knee to them. I believe that a republic is greater than an empire. I believe, finally, whatever clouds may darken the horizon, that the world is growing better; that today is better than yesterday, and tomorrow will be better than today."

Another case of suspended animation is reported from Indian Territory. "On Christmas Eve, Carrie Moss was supposed to have been frightened to death by the explosion of torpedoes in the hands of her brother while the family were seated on the veranda of their residence. The girl fell from the chair and there was every evidence of death. The physicians who were summoned could find no pulse or heart-beat. Their verdict was that she died of fright. The body was prepared for the funeral and friends came to pay their last respects. The mourners were gathered about the coffin, the preacher had paid his tribute, the village choir had sung a hymn and the undertaker was in the act of screwing down the lid, when, to the amazement of all, Carrie sat bolt upright. She was apparently as well as ever, but she could recall nothing since the shock from the torpedoes."

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