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BREATH CULTURE.

By Jno. F. Morgan.

The Advanced Thought publications are devoting a great deal of space to deep abdominal breathing: "The Psychic Breath," "The Solar Plexus (The King's Brain)," "Dynamic," "The Sun," "The Moon," "The Magnetic," "The Electric," "The Etheric," "The Master Concentration," "Temple," "Through the Left Nostil," "Cross," "With Palms Up," "On a Black Spot," "The A U M," "The Brain," "The Breath of Life," and others too numerous to enumerate, as taught by the different schools and cults both in the Orient and Occident.

Power is destruction if we don't know how to use it or if we are foolish in its use, particularly to the selfish and undisciplined mind. Therefore Yoga practice should be under the instructions of a Master and can never be imparted by pen. To start at the beginning we must go back to Mother's Breath.

"MOTHER BREATH."

That indelible stamp that our mother impressed upon us at the moment of conception by her thought and environment and which will determine the duration of our length of life on this planet. If from two and one-half to three seconds we should live to be ninety years, if two to two and one-quarter seconds sixty-five years, but if only one and one-half second forty years which would indicate a negative condition at the hour of conception.

"DYNAMIC BREATHING"

means dynamizing the lungs and brain with the physical life qualities and finer essences of the air by the conscious use of the creative power of thought in the aspiration for the attainment of a metaphysical idea.

The whirling dervishes of Asia the marle trances of the Shamans of Siberia, the religious ceremonials of chanting and dancing of the orientals, the inspirational frenzy of Catier tribes of Hindostan during their phallic rites, the smoke dances of the American Indians, the Fakir of India levitating his body is produced by breathing the finer essences in the air.

FEATS OF THE AISSAOVAS EXPLAINED.

Although the feats of the Aissaovas at the World's Fair were repulsive (they are members of a Moorish-Arab tribe, found in upper Egypt), their immunity to the stings of venomous serpents and invulnerability to sword cuts, wounds and tortures, that under ordinary circumstances would result in death, is due to conditions induced by their psychic or astral bodies, as well as in the sphere of energy or aura that surrounds every human being.

"SOLAR PLEXUS BREATH."
(The King's Brain).

The solar plexus is really an abdominal brain the outer breath is the vehicle of the inner which is as necessary to the true life of the spirit as the outer air to the body.

THE MYSTIC ADAPT can breathe through the eyes, ears or any other organs of the body, in fact, by knowing how to control his lungs and breath he has been buried in the ground and (wheat has grown over the grave) encased in masonry for many days while he breathed the inner or spiritual breath.

"PRANAYAMA"

means the control of prana according to the Yoga Sstras a psychic energy. Vivekananda during the World's Fair taught as how to awaken the Kundalini (which is only the sympathetic nervous system) but Hatha-Yoga should be mastered before the mental training of Raja-Yoga is indulged in to any great extent particularly if the Mantram is used while inhaling since it has a peculiar vibratory

effect upon the subtle body. This ancient system is explained by Pantanjali in its esoteric meaning.

"SUSHUMNA,"

(which is the action of the spinal chord.) As long as the *tatwas* are not known to a person it is necessary for him to practice *Gnani-Yoga* concentration (but not meditation which produces a drifting tendency) and watch the effect of breathing upon the different *nadis* as the oil in them reflect everything in the "Sea of Mind." By *Prana-Yoga* the Yoga can climb the "Tree of Life."

"A U M BREATH."

Particularly if vibrated in the seventh note of the action will cause the brain cells to be illuminated. (See "Occultism and Symbolism, in SUNFLOWER.")

THE SACRED WORD.

The word "OM," or rightly rendered "A-U-M." (Both words are used by students of the occult who do not understand the potency of sound.) It is claimed that there have been students who have used it to awaken the "Kundalini" (which is only the nervous system), and have been driven insane by the intense and rapid vibrations engendered by it.

This is not the "Lost Word" that members (of — Degree) paid over one hundred dollars to obtain, but had not the power of calling forth the right color and number. It is not in merely pronouncing the word wherein resides potency — the sound, number and color must harmonize, and be directed by the awakened consciousness of the individual.

Every letter in the alphabet has its own sound, color, form and number.

The question of breath is very important at the present time. To the average American meat eater, alcohol and tobacco partaker, mammon worshipper, etc., and until they are concentrated to the *Universal Good* I would advise them to go slow in setting in motion vibrations that they can not control, since they may cause a reaction. Therefore we should learn how to breathe the

"INDIVIDUAL BREATH"

of seven seconds inhaling and exhaling, rhythmic breathing to attract, retain and distribute *Ga Llama*, (*Ga* centralizing, *Llama* life force.) See *The Secret of Long Life* published by SUNFLOWER; the setting of the brain functions into their normal conditions, the development of the twelve senses.

We should learn by the power of thought how to control the breath so that we can direct it to any part of the body and expel any pain or other undesirable conditions or disease.

We should be sure that the thought vibrations near us are of the kind that we are willing to absorb; otherwise we are liable to breathe in the thoughts and conditions that surround us and radiate them to others.

DEAD MAN SEEN ON STREET.

James Wynn, of Oxford, was seized with a conjunctive chill a few days ago and apparently died. A coffin was sent for and arrived duly at his father's home. The neighbors had the coffin in the room and were half through their preparations of the body when signs of life became apparent, and in a short time the young man regained consciousness and soon thereafter was able to assume a sitting posture.

His recovery was so rapid that in an hour afterward he was able to put on his clothes and take a walk. His friends were much frightened when they saw the dead man alive, and it was some time before the apparition could be taken as the real man.

Physicians are unable to account for the young man's coma and his sudden recuperation. In a few minutes he would have been in his coffin with the lid screwed on.

—The Buffalo Times.
Birmingham, Ala., Nov. 23.

WAR OF WORLDS.

BY STELLA B. CASE.

CHAPTER XI.

LIFE'S PHASES.

Out of the darkness or life's ravine
Cometh the tints of a fairy glow,
Living to each a mystic dream,
The glories dawned of a long ago.

Man is ethereal infinite and sublime, a living personation of all that is beautiful and divine. The decrees of nature abide in him and with him and are a part of the whole. Its perfections and imperfections are simply the outcome of growth and progress, and are a part of the all-concerning force in life that finds nutriment even in the breath expelled by man or beast. Each tone of the voice vibrating with harmony or discord, made musical with emotion, or harsh with intensest passion, finds in the resounding ether a level where its tones are caught and held and carried back and forth on the waves of sound. Its music means harmony to the originator, or health impaired if the sound be that of discord from jarring senses. Each tone of the voice represents the emotions that originates it, just as each thought represents the breadth or greatness of the thinker. To every human voice, melodious or otherwise, is given a healing balm, or a nettle rash, that irritates every sense of the hearer, and the originator also, to a newer soreness.

The cultivated tones of a cultured man or woman carry with them the effect that prompts the culture. The natural music of an uncultivated but naturally musical voice is an assured balm to a wounded heart or a tensioned nerve. Sympathy vibrates in its tones with the music of a tuneful heart and the natural tendency to irritably melt away before the sweetness that is distilled by the brain. The voice is indicative of the spirit and represents force in a vocalized condition. It often gives force, impressing the hearers with a new sense of something gained that is yet undefined portraying upon their consciousness the personality of the force from which it originated. The more powerful is spirit and strength the more powerful is the voice expressing their emotions. Therefore the voice is the greatest characteristic of the human, as it expresses all that the inner man creates. The excessive coarseness that it is habitually with some is the outcome of a spirit that meets the world in its roughest element and feels the necessity of a shield. The outward life of mankind is a mirrored reflection of what the inner craves.

Man's habits are governed according to his circumstances or his growth intellectually and morally. A mortal growth indicative of justice broadens and brightens his life whilst his ambition to become greater according to his standard of right enlarges with his capability and understanding. Justice is merely the outgrowth of individual rights, and there is no law, however broad, that could govern the whole according to the standard of a few. The development of man is varied according to the age in which he lives. New facts are constantly presented to his reason as he investigates the relative conditions of substance and shadow. From the failures and successes achieved by the progress of the ancients can man trace a channel toward the fountain head. Once started on the road to investigation he cannot retrace his steps and rest contentedly in the shadow of past beliefs and theories. But aided in his progress by reason and judgment he eschews theories that have been stripped bare of all their glitter and relies on facts that loom gigantically before him. In im-

penetrability he sees the truth that his soul waves and his reason feeds upon. Thereafter man progresses fast or slow according to his power of assimilation. The little wires of electricity that are attracted to a man's inner self and are distributed through space, sometimes reaching across the continent are his telephones and cables upon which messages are flashed to him by minds distant a great number of miles. Across these lines man often receives or loses his power of expression. From the undeveloped soul of some savage who exists as a part of uncultured nature he may receive all that is purest and best, and using it is surprised to find that he experiences something that his outer self had remained unconscious of. Then he may feel the thrill of unity with nature, the love that is universal, and his soul may be filled with the most eloquent expressions and suddenly he finds that it has left him. Perhaps if he could travel with the emotion he might find some fair maid tracing in sentences on paper, or an orator entrancing his hearers with that which his own soul had received. The expression is carried on the unseen wires of harmony and blended with the forces that attract, finds a source of expression congenial to its condition or the conditions from which it was drawn. Man is seldom the expression of his own forces, but is ever the expression of forces that find through a harmonious outlets

From out that mystic world sublime,
Mind finds mind on the wings of time.
And harmony, blended with worlds sublime
Gives to the thought that is born a rhyme.
Then blended together with force and love
Finds chimes, its growth to the world to prove.

CHAPTER XII.

CENTER POWER.

In the rays of the sun I wander,
On its mystery and strength I ponder,
For out of the hidden, whence soul hath come,

We find 'tis a mirage of life's center sun.

Man is a factor in the forming of one whole, and is great or small as he himself desires to be. This growth of his forces depends largely upon his porousness and sensitiveness and is very apt to give him but little outward pleasure, for in his development he must throw aside all self-satisfaction and contentment and keep stirring in order not to become, what we would term, stagnated. He receives from the forces that constantly surround him, all the nutriment needed for both intellectual and spiritual and attracts greater forces as he finds need for them.

When the life that actuates man throws aside the material garment it finds a work to accomplish to further its growth before becoming a part of one whole. Two souls form one whole or one link in the chain of individuality from which they attract their elements of growth, and when one soul finds freedom it naturally attracts to it the elements of growth that are needed to further advancement. If progressed in the thought field far enough, it feels the need simply of learning the workings of the great law of nature, therefore its work lies in the great field of investigation.

The soul and spirit progress by stages, each stage a representative of one field of growth. The first is that of the material, then the casting off of the garment of dust gives freedom so that the soul finds in the developing of the forces condensed to individualize its personality. From then the stages consist in worlds both near the material world and the electrical regions where

(Continued on Page 8.)

LYCEUM SUBJECTS.

BY JOHN R. SNOW.

PURITY.

Pure as the air at the dawn, which the sun
Cleanses afresh for a new day begun;
Pure is the water by mountain streams borne,
Fed from the clouds which the hill tops have drawn.

Pure as the flowers which spring from the ground,
Touched into life by the sunlight around.

Here is its meaning then—all from above.
All that our God gives to man in His love,
All he bestows on His children on earth
Purity has, as the gift of its birth.

But as the flower that peeps through the sod
Springs from earth's foulness to beauty and bloom,
Reaching its head from the ground to its God
So can fresh purity, mortals assume.

Let us then tend well the soil of our mind,
Water with wisdom and sow it with love
Then from its baseness a fresh growth will find
Passage to begin through grace from above.

The above poem was written very rapidly with a lead pencil in my presence on Saturday, March 25th, 1893, while I was preparing for the Lyceum subject of Purity that was discussed at the Malden Lyceum, Sunday, March 26, 1893. It was written by Mr. Arthur S. Ford of London, England.

Thinking it might be of some service to you as well as the cause of Spiritualism and particularly the Lyceum work, I send you a list of subjects that I have had the pleasure of discussing with others at the Malden Childrens Progressive Lyceum and the Boston Spiritual Lyceum.

The Malden Lyceum was discontinued September 13th, 1894 and does not now exist.

SUBJECTS DISCUSSED AT THE MALDEN
LYCEUM.

Purity.
Compensation.
Goodness.
What is the mineral kingdom?
What is the vegetable kingdom?
What is the animal kingdom?
What is the human kingdom?
What is the spiritual kingdom?
What is the angelic kingdom?
Memorial Selections.
Review opening, Sunday friendly greetings.
What can we do to make others happy?
Wisdom and happiness.
Which is better to be happy or wise?
What kind of knowledge should we seek?
How can we gain knowledge?
What is the first duty to ourselves?
Lyceum instituted Dec. 4, '92.
What is the duty of parents and children towards each other?
What are some of the bad effects of false education?
Christmas. Recitations and Christmas tree.
How will industry help us?
New Year's resolutions.
What are the evil effects of Intemperance?
Why should we shun the company of the wicked?
Intemperance and bad company.
How should children treat their companions?
Obedience to parents.
The evils of indolence and laziness.
Liberty and license compared.
Why need we watch our thoughts?
What is the Golden Rule?
What is principle?
The life of Socrates briefly related.
What is the duty of each member of the Lyceum?
Spiritual consciousness, what it is and how may it be cultivated?
Should we trust in force or love as a corrective of the fast age in which we live?
Is praying beggary in disguise?

(Continued on Page 5.)

Life in the Celestial Realm.

Written for THE SUNFLOWER.

While speaking to you of the celestial realms I will realize the contradictory statements you may have received concerning them, and I may be adding another to your preconceived ideas concerning them. But I am giving you my individual experiences and striving to give them understanding.

In my previous chapter I told you briefly some of my experiences in the more exalted realms and of my journeying to other inhabited planets.

These experiences were widely varying in their nature but did not fill me with wonder and awe equal to that experienced when I was brought to an understanding of the conditions of many of my fellowmen when they enter the spiritual life.

In order to carry you on in understanding of the results of certain lines of action, on the soul, or spiritual body, for the soul is that spark of Divine fire, wholly good and imperishable; 'tis the fountain-head from which all reason springs, and by its study man can fashion much as he chooses his spiritual being.

The incarnate soul is still clothed with the spirit from which you have fashioned through the inexorable law of being accordingly as your lives, or rather, impulses and desires has builded.

Your deeds have their impress, but to be grandly beautiful you must thoroughly desire to work for the good of others.

If wealth is yours, and you give for selfish purposes, love of fame, or notoriety, or that more may eventually be yours, the giving is lost in the spiritual sense, and only a shadow is added to the spiritual structure.

But to scatter blessings for the love of humanity, fills to the brim your storehouse of spiritual treasures, and rounds out and beautifies the spirit form, and clothes it about with garments of light.

The soul debauched, shrivels and shrinks into such insignificance that the "angels weep" that such things are.

And until that soul shall awake to a realization of its state, and desire to be lifted up, but little can be done to bring him into the light.

For friends, a desire to hide from the gaze of the pure in heart, causes the shadows to gather around about, and it seeks companionship of like characteristics.

Thus do these darkened souls wander on unconscious perhaps for many years, that for them there may be an open door to the beautiful realms where light and love is, and over all.

Friends these conditions surrounding your fallen brethren should not be.

He should not be taught that the gates of heaven are forever shut against him, but kindly led, while in the earth life, that he may seek the light and find help even though his poor, weak physical would not enable him to withstand the tempter's snare, and make his life bright while in the mortal form.

These uneducated denizens of the lower sphere, repel all offers of assistance, or help, sometimes for long duration of time.

They fancy they are to be taunted and jeered at, or shown the contrast between themselves and others of their friends who have led more exalted lives.

Perhaps in some cases those brighter spirits who strive to aid them, may have been the very ones who in earth, excited their envy and caused them such bitterness of spirit as to sink them yet deeper in their fallen conditions.

Thus they cherish rebellious feelings and shut the door to all overtures from the brighter ones in spirit life.

You in earth-life also, who can and do come in touch with the angel world, shut the door and keep out (with your guardian band of angels) all those not fit to become your associates. And this is well, otherwise there would develop in the land a greater degree of those who wreak vengeance and do grievous wrongs to their fellowmen.

Because the evil spirit rebels at his lot, (self-imposed, if he but understood) and desires to do even more of the things which have plunged him into such woe.

We tell you these things, Oh friends of earth, that you may know and understand the need there is to make plain to the erring one the results of his career, and also the fact, that if he choose he may not linger long amid the shadows, but may find the ray of light and work for his betterment if he will.

Gentle hands will draw aside the veil and show him the way to progress.

We desire you to do this work that the unguarded ones of earth may not be obsessed and stain their pure garments with the fruits of some unregenerate ones.

For when all shall know the truth these

darkened condition shall pass away and man shall no longer war against his fellowman, and all shall be united in purpose as one harmonious whole.

The above was written inspirationally through Mrs. F. A. Prosser, of Olean, N. Y.

AND AGAIN,

"Why Cannot Liberals Agree?"

By J. P. COOKE.

While it is a strange fact that liberals cannot agree, it is equally true that the il-liberals, the conservatives, and the hide-bound agree no letter.

I rejoice that the Editor wrote that timely article to remind us of our wayward folly; to point the pathway to pity, peace and love.

With perversions and misapprehensions of phenomenal Spiritualism, by either believer or opponent, we have nothing here to do. It is a matter of deep regret that there are doctrines held and practiced by a limited class of unfortunately organized persons in the ranks. They do not justly reflect upon the well ascertained principles of bodily health and mental development which are cherished by the thousands of pure and noble-minded Spiritualists whose daily life is glorious blessing to humanity.

Of course no philosopher or moralist will hold a system of ethics, or a theory derived from an adequate number and variety of facts, responsible for the misconduct and extremisms of a few of its avowed receivers and advocates.

After two thousand years in which the example of the self-sacrificing love of a devoted medium has been held up to teach the world what love means, how much does the world know and appreciate its meaning?

Love means willingness to suffer. You cannot have love without harmony nor harmony without love.

It means what a mother in her heart feels toward her babe, which is dearer than her own life — it means all this and more. Who will ever learn it. If we cannot learn it from books of life can we not learn it from motherhood? That love which counts itself as nothing and yet which is a force for good and for happiness.

Love that is patient, bearing all things, enduring all things, believing all things, and waiting, without envy or jealousy, without vanity and incivility. Love, with all its wondrous traits, when can we find a society that is filled with it? When can we point to a denomination that is marked off by the essential predominance of this heavenly quality. Echo answers, when?

MYSTERIOUS FORCE TOLD MOTHER AND SON OF ACCIDENT.

Those psychological speculators who maintain that some human beings are possessed of a sixth sense have an argument in the case of Miss Edith Myers, who was brought unconscious to the City Hospital. The young lady was waiting in Serodino's drug store shortly after 1 o'clock yesterday afternoon for her mother. Miss Myers is subject to fainting spells, having suffered sunstroke about a year ago, and while she was becoming anxious for her mother's arrival she suddenly felt one of those spells coming on. Before she could cry out she dropped unconscious to the floor. Immediately a large crowd gathered. At the same time a car stopped at the corner, among the passengers on which, were Mrs. Myers and her son, aged 10. The lad's attention was attracted by the throng and he insisted in getting off, but the mother, who intended to visit a neighboring store before meeting her daughter, told the boy to be quiet. Usually obedient the boy still insisted, and they got off to gratify his whim. As she entered one door her inanimate daughter was carried out of the other. The boy's curiosity being satisfied Mrs. Myers with him continued her shopping tour, returning to the drug store expecting to find Edith waiting. She called twice in the course of an hour, and then something told her that her daughter had met with an accident. Prompted by the same mysterious force she hurried to her home, at No. 1039 East Millman Street, where she found a message asking her to come at once to the City Hospital. Filled with dread at the realization of her foreboding she hurried to that institution. But her tears of grief were changed to those of joy when she found her daughter fully recovered and in a condition to be taken home.

Buffalo Times.

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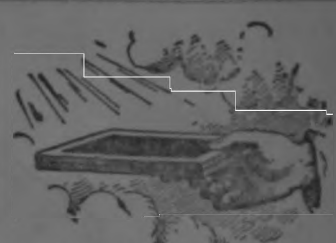
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Price, 16.35.



METAPHYSICAL.

Conducted By EVIE P. BACH.

THE CONFESSION OF A LUNKHEAD.

"EAT SOME AIR."

Now, I knew I was a lunkhead; but them fellows didn't know—
Thought they was the biggest pun'kins an' the purtiest in the row.
An' I, I utter laff an' say, "Them lunkhead chaps will see."
Wen they go out into the worl' what gawky chaps they be."

Joe Craig he was a lunkhead, but it didn't get through his pate;
I guess you've all heard tell of him—he's gov'ner of the State.
Jim Stump he blundered off to war—a most uncommon gump—
Didn't know enough to know it—and he comes home General Stump.

Then Hiram Underwood went off, the biggest gawky of all;
We hardly thought him bright enough to share in Adam's fall;
But he tried the railroad business, and he always grabbed his share
Now, this gawky who didn't know it, is a fifty millionaire.

An' often out here hocin' I sit down between the stalks,
Thinkin' how us four together all were lummuxes and gawks.
All was gumps and all was lunkheads, only they didn't know, you see;
An' I ask, "If I hadn't known it, where in natur', would I be?"

For I stayed at home and rustled in the cornfield like a chump,
Cos I knew I was a lunkhead an' a lummux an' a gump;
But if only I hadn't known it, like them other fellers there,
Today I might be settin' in the presidential chair.

We are all lunkheads—don't get mad— an' lummuxes an' gawks;
But us poor chaps who know we be, we walk in humble walks;
So I say to all poor lunkheads, "Keep your own selves in the dark;
Don't own or reckonize the fact, and you will make your mark."

STOPS.

Stop saying you are tired.
Stop rehearsing your troubles.
Stop bothering about your neighbor's performances.
Stop minding anybody's business but your own, and nine times out of ten it is best to stop minding that.
Stop fussing. Stop nagging. Stop criticising; and for heaven's sakes, stop thinking of yourself as a fool, a good-for-nothing, or a sinner.

—Eleanor Kirk's Idea.

WHEN YOUR NOSE IS ASLEEP.

We do not go to sleep all at once. Everybody knows that people are often suffocated by coal gas, or some equally poisonous substances, because they failed to awaken before the deadly odors did their mischievous work. This is accounted for by the fact that the sense of smell, although the second one disappearing, is the last to come back, as we are aroused from sleep. Touch is the last to go and the first to return; hearing comes quickly after; taste arrives almost immediately in its wake, and the eyes begin to flash impressions to the brain.

Before we fall asleep the senses give up their active working in regular and unvarying order; and when sleep is actually upon us, it is an orderly sequence of events that has brought it about. The first step taken is the closing of the eyes, and naturally, therefore, the first sense that is dulled is that of sight.

Immediately following upon this is the suspension of the olfactory nerves,—the loss of the power of smelling.

By-and-by the nerves of hearing gradually rest from their usual work, and finally the sense of touch succumbs to the soothing influence.

Among the muscles and sinews the same slow but sure loss of power occurs. Beginning at the feet, slumber steals along the limbs and trunk of the body until finally it mounts to the brain, dulls consciousness itself and leaves the entire body in complete rest. If the feet are cold, sleep, therefore, is tardy in coming; and if we want to cure insomnia one of the surest means is to place a hot-water bottle to the soles of one foot, and so aid Nature's work.

—Magazine of Mysteries.

Scowling and growling will make a man old;
Money and fame at the least are beguiling;
Don't be suspicious, and selfish and cold—
Try smiling.

Happiness stands like a maid at your gate.
Why should you think you find her by roving?
Never was greater mistake than to hate—
Try loving.

John Esten Cooke.

She was very tired and discouraged. For years she had carried about with her at home and abroad a quivering, aching, dilapidated stomach. She had taken it to England, France, Germany, and had it washed out by the most celebrated physicians to be found in these domains. She had also swallowed gallons of cathartics, and yards of tubing in her own United States, but singularly enough did not improve. At last some kindly power intervened in her favor and she was introduced to a crank doctor—in other words, to a man who did some thinking on his own common-sense account and who cared not a button for precedent or schools.

After she had quite exhausted herself with the story of her sufferings she cried out in tragic bitterness of spirit:

"And, Oh! doctor, what shall I eat?"

"Eat some air," was the strange response.

"Eat air? What do you mean?" the woman enquired with an evident suspicion of lunacy.

"I mean exactly what I say, madam; eat some air."

"But I thought air was made to breathe to take into the lungs?"

"So it is, but you have not been doing it. Therefore you will now have to eat it, and if you desire to keep in evidence upon this planet you will be compelled to eat air and nothing else until I give the word for a different diet."

This physician really meant what he said. He did not tell his patients to fast, but simply to eat nothing stronger than air, and to eat that assiduously every waking moment. This treatment involved an elevation of the chest, and long, deep breaths from the solar plexus.

"But doctor, when I get very hungry what shall I do?" the patient enquired.

"Eat some more air, and don't stop eating until your hunger is pacified."

Well, this woman ate air and drank all the water she desired for four days. For the next two days she had one square meal a day of stewed lentils and raw apples. Then there was another four days of atmosphere eating, broken in the same fashion. At last the diet was outlined by one day of air, and one day of fruit and lentils for one meal only.

This treatment was kept up for several weeks, and at the end of this time the woman's stomach was conducting itself with the utmost propriety.

—Eleanor Kirk's Idea.

THE STUPID FRIGHTENING OF CHILDREN.

Fear is the most dreadful of human sensations, and children suffer from it more keenly than others, says a writer in the New York Journal:

Stupid mothers and nurses frighten little children with lies about bears and bogies and ghosts and policemen.

In every conceivable way fright is made the strongest possible factor in child-life.

The child is told that he will go to hell if he tells lies. He knows that he has told lies, and therefore concludes that a horrible fate awaits him. This is stupid and harmful.

He is made to fear his father by a foolish mother, who threatens whippings when the father comes home. The whippings are not always forthcoming but the terror is induced none the less.

If you have young puppies or chickens growing up that you care for, you do not allow your children to frighten them. You have sense enough to know that fright is bad for young puppies and young chickens. Why haven't you sense enough to know that it is bad for your children?

Devote your energies to cultivating your child's reason.

Teach him to think logically of consequences and not of unreasoning fear. Explain things to him, don't frighten him. The world is sufficiently mysterious and alarming, anyway, to a nervous-minded child. It should not be made harder for him by filling his mind with useless fright.

Give your child a feeling of safety, of self-confidence and of reliance on your goodness and patience.

The News at Lily Dale.

"In order to ensure correct and prompt notice of arrivals, departures, improvements, or any news of interest, please write it and hand it in to this office. We want to give our readers all the news of the camp and you can assist us to do so in this way."

Mrs. H. T. Smith has returned from visiting her sister in Tennessee.

A number of our citizens are arranging to attend the lecture course at Cassadaga.

J. C. Schen spent a few days at home at Thanksgiving time. He is making splendid progress in his studies at Buffalo.

Homer Todd, whom all the campers know as our genial milkman, enjoyed the pleasure of having his family gathered under his home-roof Thanksgiving Day.

S. J. Richardson, magnetic healer, will soon leave for Lake Helen, Fla., where he will exercise his healing powers, in which he has met with remarkable success. His family will remain at Lily Dale.

A. Bowers is still gaining and was able to eat Thanksgiving dinner with the family and do full justice to it. His paralysis is slowly passing away and prospects are good for his complete recovery.

Mr. O. J. Johnson of Oakland, Calif. spent Sunday at the Dale. He is interested in a very valuable mining property in California and wishes to interest Spiritualists in developing it and having part of the proceeds go for the benefit of public Spiritualism. His address is 514, 22 Street, Oakland, Calif.

Something that seldom happens is to have a snow that remains from the first, but that is what we have. Snow came November 11th, to fall more than a few flakes, but it has snowed nearly every day since and the ground is still covered. If the present thaw keeps up, it will leave us within a few days, from present appearances.

The trains have changed time and now arrive from the south at 8:29 a. m. and 6:35 p. m., and from the north at 8:35 a. m. and 4:42 p. m., leaving Dunkirk and Jamestown about half an hour earlier. Since we have had a change in the management of our road from the N. Y. Central to the Lake Shore, and have an open station the year round, it is quite an improvement.

We had another alarm of fire Friday evening, Nov. 15. By some unaccountable means fire started in a pile of wood about three feet back of Alfred Winchester's cottage on Marion street. As it was early in the evening, M. F. LeRoy, who lives across the street, saw the sparks and soon had the fire under control. When the alarm was given and citizens reached there with their chemical extinguishers, the fire was out.

The exodus from the grounds still continues. Miss E. Keenan has gone to Bradford, Pa., Nellie Warren has gone to Corry Pa., to visit Mrs. Walcott. Mrs. D. W. Henderson and Nan Wilson have returned to Cleveland, O. Lucy Boarman has gone to Rochester, N. Y. Ada Davis has gone to Jamestown for the winter. Mrs. Maggie Wildrick has gone to Jamestown, where her husband has secured employment. Mrs. Cook has gone to Kennedy. Mrs. Pettengill has gone to Cleveland, where she expects to remain until the holidays, after which she will go to California. Julia Sacket has gone to Ransomville, N. Y.

Dr. and Mrs. Hyde have returned from California after stopping a couple of weeks in Chicago. The Doctor's patients are glad of his return as several of them are requiring his services at the present time. The few members of the Advance Thought Class who will remain here are delighted to have Mrs. Hyde back as her home is a center of learning for those interested in the progressive thought of the day. Mrs. Hyde comes home freighted with many additional evidences which prove the theories advanced by her which she will present to the class as opportunity requires them. They met many on the Pacific coast who have attended camp and Mrs. Hyde will write a newsy letter regarding them and some of the things of interest they had on their trip, for the next issue.

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FALSE PROPHECIES.

'Twas given me to love this dear old earth,
Its bounding waters and its brilliant skies;
The glorious trees sending their strong arms
forth,
The garden blossoms with their varied hues.

'Twas given me to love the poet's rhyme,
And singer's voice, melodious, sweet and low;
And listening to such voice at evening time,
I dreamed the angels came to earth below.

'Twas given me to love as woman loves,
With deep emotion and a passion strong —
A love that whispered in the leaves and flowers
And wove its fervor into all my song.

And it was said to me one childhood's day,
"The sky will dull as you grow old my dear;
The flowers, and sky, and waters will grow
tame,
And lose their charm with every passing year.

And yet to-day, the same old glory rests
Upon the sky, and splashing wavelet's gleam;
And flower, and star, and white moon's silver
crest

Are just as fair as when in childhood seen.

Another said: "Trust not the poet's rhyme,
'Tis but the story of a phantasy;
Discordant natures may the sweetest sing
And angels never can come down to thee."

The poet's rhyme holds more for me to-day
Than when a maiden, for his world is mine;
And angels oft have signaled on the way
By many a taken, and a living sign.

And the sweet music of the human voice
When echoing forth some soulful melody
Lifting sad lives to hope, and peace, and joy,
Ne'er as to-day has had the charm for me.

And with a sigh 'twas told to me one day
That my "love-apples" would all turn to dust;
And my fond hopes and fair ideals would lie
Under the iceberg of a cold distrust.

Years have been mine since all these prophecies
Were given to me; but I am loving still;
And all my rosy dreams 'neath love's young
skies
Have been realities, with hopes fulfilled.

WHY.

Why do we oft withhold the loving tribute
From those who strive to help us day by day,
With tender, loving, patient service,
And praise the absent, who are far away?

Why do we save our rarest, sweetest blossoms,
To place upon the graves of loved ones gone?
Knowing that all around us lives grow weary
Of planting roses, but to gather thorns.

Why do we think while swift hours past are
rushing;

"I have no time to tell my love to-day;"
When we know hourly some fond heart is long-
ing

For just the words our own would like to say?

Why do we smother tender, sweet expressions,
That almost reach out lips — love's offerings;
When we know, within our sight is living
A soul, that longs for just these blessed things?

O, let us pause and clasp the hands outreaching,
And press the hearts that would beat 'gainst
our own;

Life is so short — its sweetest blossoms fading,
Soon they may leave us; then we weep alone.

The above are specimen poems from Mattie E. Hull's
new book, entitled "Spirit Echoes," that will be ready
or delivery before the holidays. Write her for particu-
lars, at 72 York street, Buffalo, N. Y.

INTERESTING FACTS

Concerning a Rapidly Growing Institution.

BY A. C. WHITE.

Learning that Dr. Burroughs has established a Sanitarium in this city I was at once interested for I had good reason to remember the Doctor for the excellent work which he did in saving a member of my family when he was located in Indianapolis. Naturally I have taken a personal interest in the Doctor's affairs since that time and have watched with gratification his rapidly developing field of usefulness. When I called upon the Doctor at his office I was cordially received and the scope of his present work was interestingly and entertainingly detailed. From the few notes that I took at that time I write the following article which I know will be of interest to your readers and to all well-wishers of progress, Spiritualism and liberal thought.

I found the Doctor most comfortably situated, his accommodations embracing all modern conveniences. Believing that a healthy mind cannot exist without a healthy body the Doctor has taken especial pains to preserve his own health and physical strength. For this purpose he has several thoroughbreds and any nice morning you will find him enjoying a drive upon



PRIVATE CONSULTATION AND EXAMINATION OFFICE.

the Boulevards or enjoying a gallop with his wife through the parks. Excellent judges of horseflesh say the Doctor has one of the most valuable saddle horses in this city. Surely I have never seen a more beautiful animal, either in form, grace of action or lovable disposition. This animal is Mrs. Burroughs' special pride and pet.

The Union Sanitarium Company, of which the Doctor is President, is an incorporated institution under the laws of Illinois. The wonderful results which were obtained by the Doctor's psychic insight as demonstrated by his work in Indianapolis and Battle Creek attracted the attention of some wealthy men, who learning that the Doctor was free, invited him to explain his methods. Upon repeated demonstrations to them of his ability to correctly diagnose cases, they at once furnished the necessary capital and accommodations to carry out his work upon an ever-increasing scale that all those who might require and desire his services might receive them without any compensation, whatever.

The medical treatment, which is based upon the Doctor's diagnosis, is furnished by a corps of medical gentlemen. I have personally met a number of them and have taken considerable time to investigate their standing, and I am surprised to learn that medical men of such high social, financial and professional standing in this city should associate themselves in a work that is Spiritualistic or psychic. Their chief medical advisor is a leading Professor in Chicago's most distinguished medical college and he is an honorary member of numberless medical societies and hospitals. I am informed that he is recognized as one of Chicago's leading physicians and surgeons.

The Doctor's object in forming a company to conduct his work was to relieve his mind of all business cares and worries. It does not make any financial difference to the Doctor whether the company makes money or not as he is employed on a salary and all the business affairs are looked after by competent parties. The medical and surgical work is also left in the hands of a staff of competent physicians, though all cases treated by correspondence are personally looked after by Dr. Burroughs, he passing judgment upon the prescriptions, advice and the treatment generally, for his many years of successful work in this particular branch of the medical profession eminently fits him for the position. The most scrupulous attention is given to every detail of their work. Their medical remedies can not be classed as drugs but simply as the best vehicle for the administration of vitalizing magnetism.

I am agreeably surprised at the Doctor's request that I should invite any reader of your paper or any Spiritualist who desires his advice in any affairs of life where he could be of assistance, to write him freely. It is his desire to help anyone who needs assistance.

Life Beyond Death.

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The telegraph instrument through which it came was an ordinary Morse instrument, and Morse characters were used. It was set upon a common table and at all times in plain view of those present. Two gas jets lighted the room in which the manifestations took place.

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(Continued From Page 1.)

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Why do we attend the Lyceum?
What is Heaven?
What is meant by hell and is there such a place?

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What is a medium?

Does the character of a medium have any influence upon the communications received through them from the World of Spirits?

How was Modern Spiritualism first presented to the world?

Distinguish between the philosophy and the phenomena of Modern Spiritualism?

Name and define some phase of mediumship.

Charity.

Truth.

Temperance.

How is mediumship best developed?

How does Spiritualism help us meet the transition of a friend?

What methods should we mortals take to educate the spirits?

How far should we accept that which is given from the spirit world?

What methods should we take to advance the cause of Spiritualism?

What should the children do to advance the work of the Lyceum?

Progression.

Why do we celebrate the 31st of March?

Celebration anniversary Modern Spiritualism.

The invisible world.

How do we Spiritualists regard the life and teachings of Jesus of Nazareth?

Distinguish between right and wrong.

What is true prayer?

Immortality.

Does liberality in religious beliefs tend to improve the morals?

Self Sacrifice.

The value of the past and the present of our Lyceum.

Closing Sunday prior to the vacation Memorial selections.

General talk on Lyceum work.

How can we draw the spirit world nearer to us?

Why do we sit in a dim light for spiritual manifestations?

Harvest Sunday.

What are the fundamental principles of Spiritualism?

How can we interest the parents in the Lyceum work?

How does Spiritualism educate us?

What is the significance of Thanksgiving?

How can we best place Spiritualism before the world?

What is influence?

What value has music as an auxiliary to Spiritualism?

The origin and purpose of Christmas time?

In what way is Spiritualism of value to us in our every-day life?

What is the attitude of the Bible towards Spiritualism?

What is the mission of Spiritualism?

Why have we adopted the American flag for use in our Lyceum?

What constitutes true friendship?

What do we learn from the life and work of Thomas Paine?

What is evolution?

What does this country owe to Abraham Lincoln?

What do we learn from the life work of George Washington?

What effect has alcoholic intemperance on the human body and soul?

The philosophy of life.

The development of Spiritualism and its demands on its recipients.

Has Spiritualism progressed any in the last ten years and if so, in what way?

The Spiritualist's Easter.

How do we distinguish between reputation and character?

How is Spiritualism affecting the thought of the world?

In what way does organization benefit Spiritualism and Spiritualists?

How should we conduct ourselves to reap the best harvest?

Is Spiritualism a religion?

What is spirit.

What should we do to purify the exemplification of Spiritualism?

What value has the lecture and what the phenomena on the dissemination of Spiritual truth?

What relation has patriotism to Spiritualism?

What is the trance condition?

What are the best conditions for communicating with our spirit friends?

Why do not Spiritualists practice what they preach?

The fading flower of chivalry.

What is our mission in life?

If we claim Spiritualism is an emancipator, on what grounds do we make that claim?

Where is the hell and heaven of Spiritualism?

Where should we look for the errors that have come into our ranks?

Does the trance condition weaken or otherwise affect the will power of the medium?

Is it reasonable to suppose that an educated spirit or spirit child would give good business advice?

Do we retain our individuality at the change called death?

Is what is usually called success in life due more to opportunity than to ability?

Is the world growing better?

How should we judge an individual act?

What is the test of sincerity?

What significance has the Golden Jubilee of Spiritualism to the world?

Does materialization substantiate the resurrection of Christ?

In what direction has genius benefitted mankind?

In what way does association and environment affect the individual?

Is capital punishment justifiable from the standpoint of a Spiritualist?

What significance has the stars and stripes in our Lyceum? Memorial Lyceum.

What lessons have we learned from our vacation?

Is education necessary for the growth of Spiritualism?

What benefit is the National Spiritualist Association to Spiritualism?

What is thought, and what is it doing in the world today?

Question proposed at the meeting of the N. S. A. Oct. 19, 1898, where I attended as a delegate representing the Progressive Spiritualist Association of Malden.

What is the best method of conducting a Spiritual Lyceum?

What have we grown in our spiritual gardens during the past year?

What does Spiritualism prove to us? Also, what constitutes liberality of thought?

How can we, as Spiritualists, benefit humanity?

How can we prove to others that Spiritualism has benefitted us?

What is the meaning of Thanksgiving? Also, Do circumstances control our lives?

Do we believe in rewards and punishments?

What effect have flowers upon our lives? also is the theatre beneficial or detrimental?

Is the reading of novels beneficial to mankind?

Why should we always speak the truth? also, What is the higher Spiritualism?

What evidence have we that the spirit body is real?

Will there be a future existence for animals?

How can we best direct our will?

Which is the most important this life or the next?

Conscience, what it is and what it does, Can we love our neighbors as ourselves?

What do Spiritualists really know about the spirit world?

What historical evidence have we that Jesus Christ ever existed?

What is liberality?

What do Spiritualists lack?

Is clairvoyance a natural gift or a phase of mediumship?

Is the development of the intellect or the body the most important.

Who is your favorite poet?

Is man made holy by education?

What constitutes true courage?

Can anyone suggest some plan for increasing the interest in the Lyceum?

How can we find out the truth for ourselves?

How does mankind gain wisdom?

Lake Helen, Florida Camp.

Third and Fourth Excursions.

The boom has begun at Lake Helen. A number of people have arrived at this genial winter home. One-half of the floor of the Apartment house has been engaged.

Corresponding Secretary, Mrs. J. D. Palmer, is busy answering many letters of inquiry about the coming meeting. Mr. and Mrs. Palmer have arrived at camp and all letters to the Corresponding Secretary should be addressed there.

Mr. and Mrs. Lee Morse have opened the hotel diningroom and are catering for the guests. Mrs. Mary Northrup resumes the management of the rest of the hotel. The Morse and Northrup combination assure a good home for the guests.

Mrs. Thompson has settled for the winter in the Buddington cottage, and expects her friend, from Cincinnati, Mrs. Eva Glen Keck to join us early in December.

The Lily Dale party have arrived including besides the above mentioned Mrs. Sage and Coburn.

A. A. Butler, of Ohio, with a party, will go to Lake Helen early in December.

There is much inquiry to know if Mrs. J. Clegg Wright will accompany her husband this season. The campers will be delighted to give them a cordial home-warming when they are settled in his unique cottage.

Mrs. Dr. Brigham will go by rail early in December.

President Bond and wife expect to go to Lake Helen the first week in December.

H. M. Clark has gone and will assist Mrs. Brigham in renting Brigham hall.

C. D. Mathewson, of Vermont and C. Hagen, of New York sailed for Lake Helen, Nov. 29.

The speakers engaged for the season thus far are J. Clegg Wright, Carrie E. S. Twing and W. F. Peck. Nellie C. Mosier is engaged as platform test medium. Other speakers and mediums may be announced later. The meeting begins Feb. 2nd and closes March 16th.

Mrs. Twing has recovered from her late illness and is filling her engagements.

Those coming to camp should notify A. M. Spencer, Lake Helen, Florida, and he will meet them at the station, to convey them and baggage to the camp.

Mr. and Mrs. J. D. White have opened their cottage. Mrs. White's health is about the same as it was last spring.

Mrs. Still, of Boston, is stopping with Mrs. Philbrook.

Mrs. Hall is in the Apartment house.

Mrs. Francis' new home is very cosy.

Already there are six cottages occupied. Several hotel guests have arrived.

There was a white frost Nov. 16th but no serious damage resulted.

The orange crop is beginning to move.

Mrs. Myers was lately called to Tennessee by the illness and transition of her brother-in-law, Mr. Bosworth, who was a resident of the camp three years ago.

Mrs. Stevens and niece are dwelling in the Stevens' cottage.

The addition to the Webster hotel will not be ready for guests this season.

Mr. and Mrs. Bedell have returned bringing a niece.

Dr. C. B. Webster's child has recovered from her late illness.

Those who go by rail from the middle west should write for discount rates to W. C. Rinearson, Gen. Pass. Agt., Queen and Crescent route, Cincinnati, O.

Buy all your tickets via Florida East Coast R. R. from Jacksonville. This route takes you through St. Augustine, Ormond, Daytona and New Smyrna and allows stop-overs at all these places both going and coming.

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Chapter III is on the Canon Law, showing how the church controlled woman by making the legitimacy of marriage depend upon its own control of the ceremony.

Chapter IV—Marquette—is on Feudalism and its degradation of woman, the rights of "lords spiritual," the immorality of the heads of the church, baptism of nude women in the early Christian church.

Chapter V—Witchcraft. In the days of this phase of religious insanity Mrs. Gage shows how the possession of even a little learning was sufficient cause to suspect a woman of witchcraft, that to keep a jet was dangerous, so tabooed were the clergy not to suffer a witch to live.

The chapter on "Wives" shows how the disruption of the Roman empire was unfavorable to the personal and proprietary rights of woman.

In chapter VII is shown how polygamy was sustained by the Christian church, that the first synod of the Reformation convened to sanction this institution, that Luther and the other "principal reformers" favored it, as well as the American Board of Foreign Missions.

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LILY DALE, N. Y., DEC. 1, 1901.

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NO MORE PREMIUMS.

For the past two years there has been a series of rulings that have worked against the interests of the newspapers of the land and the latest is a ruling that takes the second class privilege away from a paper that offers premiums as an inducement to subscribers.

In order to spread literature and thus aid in the education of the people, Congress passed a law permitting publications that were issued regularly, as often as four times a year, to be sent through the mails at the rate of one cent per pound. This did away with the necessity of stamping each paper, and also made the rates so much cheaper that a publisher could put a much lower price on his publication, thus giving the people the advantage of it. It would seem as though this right was one that the servants of the people, in the postoffice department at Washington could not trample on with impunity, but experience proves the contrary.

For the past two years there has been issuing from the Third Assistant Postmaster General's office a series of "rulings" (not laws passed by Congress) that have been working against the interest of every paper and every reader of a paper in the land.

First the privilege of sending sample copies was curtailed. Then we were informed that we must not print to exceed twice the number of papers that we had actual subscribers for, no matter how they were sent out. Whether by express, freight, or by third class mail.

Just think of this ruling! By this a publisher is debarred from the use of the third class mail privilege which is open to everybody! The publishers of THE SUNFLOWER cannot print more than twice the number of copies that we have regular subscribers for and send them out in any way whatever without endangering our second class privilege and no paper can live without that privilege for it would cost 24 cents each year postage on each copy besides the labor of sticking the stamps on, which would be no small item. What would a merchant say if he was informed that he must not buy to exceed twice the number of articles for which he had actual orders or he would be denied the privilege of having his letters go through the mails? Yet the conditions would be exactly the same as they are in the case of the publisher of a paper who under these conditions is denied the privilege of using the third class postage privileges which are open to all others.

Then it was announced that papers must not offer premiums or prizes to secure subscriptions. The excuse for this was that it made so much extra expense that the postal system did not pay for itself. Suppose it does not! Who gets the benefit of it? The taxpayers. Who makes up the deficiency? The taxpayers. But there is another side to the question. Who supply hundreds of thousands of dollars to the postoffice revenue? These same publishers who are sending out premiums and paying postage on them in the third and fourth classes, and thus

carrying out the intention of the law which was to provide the people with reading matter at low prices thus aiding the education of the masses.

That this law has had its effect is clearly shown by the very limited number of people who are unable to read compared with other countries.

But there is another feature of this matter. While some papers are instructed to stop all premium offers, others are permitted to continue their offers! This might do for an unlimited monarchy, but not for a republic, where all are supposed to have equal rights.

Again, no subscription is counted as a subscription unless it is for three months.

How about the thousands of monthly subscribers to the daily papers? Will Mr. Madden deny them the right of counting these thousands as subscribers? It is time something was done to take this arbitrarily used power away from one individual. Congress should be appealed to in order that the powers of the third assistant postmaster general may be defined or definite laws made on the subject. The people can bring this about. Read this carefully, then make it a point to call upon or write your representative in Congress, explaining how it affects you and in that way we can have the case discussed at this session of Congress and get something done.

Do not delay. It is something that affects everybody. It will raise the cost of your reading matter if this condition prevails. Every paper should agitate it.

SPIRIT MESSAGE DEPARTMENT.

In this issue we again open a Spirit Message Department in response to the desires of those who have little opportunity of coming in contact with mediums and wish to have the messages to read and possibly to receive one for themselves.

The department is in charge of our most prominent message medium and will be conducted in the name of one of the message guides who will act as a messenger for those who cannot give messages direct, and desire to give it through another.

We request in justice to the control, the medium and this paper, that all persons who receive a message in this way, or any person who receives one for another person which they know to be true, will send a verification to this office for publication. If any wish private readings, send one dollar and three two-cent stamps to "Leda, Care of THE SUNFLOWER, Lily Dale, N. Y." and they will be sent by mail.

We hope this department will be instrumental in giving messages to many who will receive comfort through it.

MRS. PIPER.

The secular press still continues to be filled with articles on the "Confession of Mrs. Piper." Yet strange as it might seem Mrs. Piper has not confessed. As well might we take Edison's statement that he "does not know what makes the electricity travel over, through or under a wire and carry a message" as a fraud as to take Mrs. Piper's statement as a confession. Both have stated that a phenomenon took place and they do not know what caused it.

This is the matter in a nutshell. Those who expect to attend the funeral of Spiritualism will find it unprepared for burial.

Miss Anita Trueman in Buffalo.

Miss Anita Trueman's metaphysical lectures at Mrs. Charles DeLaney's grow more interesting as her quality of mind and thought unfolds itself and her audience is daily increasing and includes some of the most advanced thinkers and brilliant women in Buffalo.

Yesterday morning Miss Truman spoke on "How to Unfold and Use the Love Forces." Her philosophy holds every human being a soul, divine in origin and not only precious to God but a part of the Infinite. That in the indulgence of personal distaste for the least of these, in the rejection of anyone, God himself is rejected, bearing out the words of the Savior "Inasmuch as ye did it not to the least of these ye did it not unto me."

The great lack of the age, Miss Truman said, is something to adore reverence and worship, the great human need for companionship. A few great souls reflecting in abundant measure the light and love of the Infinite One could and would, she said, change the desired places of earth to fields of living green, and souls who could so reveal themselves and enter into the consciousness of others as to awaken love and hope, could only answer this need, and she pointed out

that anyone might by unselfish living and thinking, be that great companion for whom the children of earth vainly cry.

Criticism, unfriendly criticism, she pointed out is the corroding poison of many lives and she urged her hearers to look beyond the personalities that, coming in contact with their own, causes discord and friction, into the soul that no matter what its limitations are, is still divine, a part of God, Himself. The greater the soul the quicker will it break down the barrier which lies between it and another.

On Friday morning at 11 Miss Truman will speak on: "How to Gain the Wisdom to Guide and Control Our Forces in Harmony with Divine Law."

In the meantime Miss Truman is giving a course on Monday and Thursday morning on "Realization," at Miss Salter's in Franklin Street and also the Monday and Thursday night lectures to the Woman's Co-operative Club in Franklin street. Any and all of the classes are open to those interested in metaphysical teaching.

—Buffalo News.

November 21.

OBITUARY.



CAPTAIN E. W. GOULD

passed to spirit life at Pasadena, Calif., Wednesday, November 13th, after an illness of a few days. The cause of his death was heart failure induced by old age. He was a native of Westboro, Mass., and had he lived until December 15th he would have been ninety years of age. His remains were interred in the family burial plot at Belle Fontaine Cemetery, St. Louis, Mo.

In the death of Captain Gould, Spiritualism loses one of its most devoted friends. Always ready and willing to do all that was possible for its advancement, he traveled far and wide in its interest, wrote many articles for the papers and always raised his voice at campmeetings and other gatherings for harmony and organized effort.

Captain Gould spent many years on the frontier and on the rivers of the West and his book, "Forty Years on the Mississippi," is one of the standard books of reference on matters pertaining to the early settlement of the country and the part the river boatmen took in carrying civilization to that region.

Just previous to his last sickness he wrote an article for THE SUNFLOWER, writing to us that he wished to have space in the December 15th paper to withdraw from active participation in what had been for so many years a work of love and principle. After his transition, this article was found among his papers and in accordance with his desires it will be published in the December 15th issue of this paper.

Such is life. As this article is being written, in front of the writer is the familiar chirography of a dear friend whose voice is hushed on this side of the great divide, but ringing in exultant tones in that land where there is no more dying, and partings never come.

In the case of Captain Gould, we can truthfully say that the world is better for his having lived in it and sustained a great loss in his death. THE SUNFLOWER extends its sympathies to those left behind. While we have the knowledge that death does not end all, yet we miss the familiar presence.

PHILETUS JOHNSON.

Mr. Philetus Johnson passed to spirit life November ninth from the home of his daughter, Mrs. Ida Avery at East Aurora. He was an out-spoken Spiritualist, and its truths were his comfort to the end. His last words were, "The future looks just as I have always thought it would since this light came to me. I have no fear; it is all right."

OUR NEW SPECIAL OFFERS!

GET YOUR WINTER'S READING ALMOST

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OFFER NO. 1.

LEAFLETS OF THOUGHT
 GATHERED FROM THE
 TREE OF LIFE.

This is a book of 287 pages, given through the mediumship of
BEALS E. LITCHFIELD.

It consists of a series of
AUTOMATIC WRITINGS
 filled with good thoughts and information that makes intensely interesting reading. This book is out of print (excepting a few copies in our possession) and, as it will not be reprinted, it can only be gotten with a year's subscription to THE SUNFLOWER.

Leaflets of Thought, Price, \$1.00
 THE SUNFLOWER, one year, 50
 Total value, 1.50

OFFER NO. 1, POSTPAID, 60 CENTS.

OFFER NO. 2.

FORTY YEARS INTERCOURSE
 WITH THE DENIZENS OF
 THE SPIRIT SPHERES.

BY BEALS E. LITCHFIELD

is a book of 486 pages, nicely bound in cloth and gold, with a steel plate engraving of the author. It is a remarkable narrative of communications and messages from the spirit world and gives the author's experience in coming in contact with the leading mediums of the U. S. The last 100 pages are devoted to a fine collection of

INSPIRATIONAL POEMS.

Price of above book, \$1.00
 THE SUNFLOWER, one year, 50
 Total value, 2.00

OFFER NO. 2, POSTPAID, 70 CENTS

THE NEMESIS OF CHAUTAUQUA LAKE

By Hon. A. B. Richmond.



THE LATEST BOOK BY THIS CELEBRATED CRIMINAL LAWYER AND AUTHOR.
 YOU SHOULD READ IT.

It has historical fact for a foundation, around which is woven the details of

A Psychic Story.

The Nemesis of Chautauqua Lake lost all by the depredations of a band of Indians. The members of his family were killed or carried away into captivity, his home burned, and he, with only his rifle and ammunition pouches, went out into the wilderness to do all possible good to his neighbors and to avenge himself upon his enemies, the Indians. His headquarters were on what is now the Chautauqua Assembly Grounds and a numbers of skeletons that were dug up a few years ago in making foundations were supposed to be the remains of some of the Indians who burned his home and killed his family, as the legend says that he followed them until the entire band were exterminated. His name was William Munson and he was killed in what is known as the "Whiskey Rebellion" in Western Pennsylvania. He possessed a strong psychic power which he used for the benefit of his friends and the discomfiture of his enemies.

We have secured a number of these books and while they last we will make special offers to

Readers of The Sunflower.

READ THESE OFFERS!

SPECIAL OFFER NO. 3.

The Nemesis of Chautauqua Lake, price, \$1.00
 THE SUNFLOWER, one year, 50

Total value, 1.50

OFFER NUMBER 3 WILL BE SENT POSTPAID FOR \$1.00

SPECIAL OFFER NO. 4.

The Nemesis of Chautauqua Lake, price, \$1.00
 Forty Years Intercourse with the Denizens of the Spirit Spheres, 1.50
 Leaflets of Thought Gathered from the Tree of Life, 1.00
 THE SUNFLOWER, one year, 50

Total value, 4.00

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SPECIAL OFFER NO. 5.

JIM CARRIE E. S. TWING'S LATEST BOOK!
 AN INTERESTING PSYCHIC STORY!
 YOU SHOULD READ IT!

Jim; or The Touch of an Angel Mother, price, \$1.00
 Forty Years Intercourse with the Denizens of the Spirit Spheres, 1.50
 Leaflets of Thought Gathered from the Tree of Life, 1.00
 THE SUNFLOWER, one year, 50

Total value, 4.00

OFFER NUMBER 5 WILL BE SENT POSTPAID FOR \$1.30

WAR OF WORLDS.

(Continued From Page 1.)

planets are constantly forming and founding new worlds. Thus advancing slowly the greatest power an advanced spirit finds before becoming one with the center power is to be governing power in conjunction with its soul mate over some new planet just reaching the stage of vegetation where man's elements are commencing to breed. Each animal in the material has intelligence which is an individual atom of life that after the decay of the form that contained it while condensing, finds a magnet in the advancement of some spirit of man that attracts it thitherward for future growth. As man has power on earth to grow animal intelligence his power is limitless after the bonded spirit has found freedom, therefore his attraction is stronger and power greater. There is no waste of life, for life is everlasting and intelligence is the governing power of life. There is no retrograding for life progresses on collecting and attracting from the time of its creation. Thus the life Ego of the animal kingdom does not decay with the body but finding a sphere where it is attracted by a powerful magnet it continues its growth unhindered by physical bondage and human tyranny and ignorance. The greater the intelligence in man, the more intelligence can he see in his surroundings and the more intelligent they become. He may not be brilliantly intelligent nor stand forth like a star in the cloudless horizon, but his surroundings will bear the impress of his better self and all who come in direct contact will feel the effects.

The Earth plane is the primary room in the college of forces, the collecting period as it were of the atomized forms of life from all spheres. The greater the progress, the less does the spirit have to overcome in its evolution through the spheres of life and light and the sooner it reaches a stage where it becomes independent and is one factor in the forming of the whole. Mind controls matter, therefore controlling elements detrimental to growth. Let us develop mind and matter will become subservient. Then when the physical is in bondage the spirit will develop fast and the intelligence that forms our government will guide aright the faltering steps of our youthful growth.

Out of the darkness of midnight pain Cometh the power of a soul life again; Mind and spirit reigneth supreme Where idealism is no longer a dream; And man as a power, infinite, divine, Createth a sphere, that as a part of time Findeth a world and in worldly span Createth again the sphere of man. There founding a life of love a part Is the image complete of that same man's heart; But the dawn draweth nigh of a world replete With the divinity of God whose harmony sweet Dwelleth in all the dealings of life And the two worlds in meeting, createth no strife; But their meeting harmony and love will herald And life will consist of no War of Worlds.

[THE END.]

THE GREATEST CURSE.

If you will read my little verse,
I sure will tell to thee
Who I think is the greatest curse
To all humanity.
I think it's he who takes a pack
Of drugs, quinine and pills,
And swears that he not a quack —
That he can cure our ills.
He says you must, when you get sick,
Send out for him at once;
And send some one who can go quick,
Or you will be a dunce.
When he goes out to play hoodoo,
He looks exceeding wise;
And says he knows just what to do,
Although his patient dies.
He tells his victim that he's took
A "transmohydric chill";
And tells him, with a knowing look,
To "take another pill."
He tells him he is threatened with
"Anthraco-hyemen,"
And if he begins to wither,
He books another ten.
He tells him, when he says goodbye,
To "look out for a change,"
For he feels sure that he will die,
Unless there's something strange.
And just for fear his bill won't fit,
He adds another ten;
If patient dies he doubles it,
And then he sends it in.

JAS. E. MIZZLES.

New Hope, Ark.



C. Walter Lynn,

THE EMINENT

Healer

AND

GIFTED PSYCHIC.

HEALTH.

AN ASTONISHING OFFER.

Send three 2-cent stamps, lock of hair, age, name, sex, and the leading symptom, and your case will be diagnosed free by spirit power.

All diseases cured by the aid of Magnetized Spirit Remedies.

Mrs. Dr. Dobson-Barker, Box 132, San Jose, Cal.

YOUR LIFE and destiny REVEALED by the Stars.

Send sex, time and place of birth (hour, if possible) with 25 cents and two 2-cent stamps for a trial reading. Life readings, \$1.00 and upwards.

CINCINNATI, OHIO.

N. H. EDDY, Buffalo, N. Y.

PSYCHE Aids Development of Mediumship.

This is what PSYCHE has Done for Others. Why can it not do the same for You? Read what People say.

Mrs. Stewart, 4316 Champlain Street, Chicago, purchased one Thursday afternoon, between that time and Sunday, several members of the family had good results from its use, and a daughter, 13 years of age, got messages, names, and even drew pictures by its aid; she has developed automatic writing, is progressing finely and will doubtless unfold into a first class medium.

Harry Dalton, 5955 State Street, Chicago, said, after having tried one week: "I would not take \$25 for my Cabinet if I could not get another."

"Psyche arrived two days ago. It has helped me wonderfully in development. I more than appreciate the instrument and its aid."—Chas. J. Britz, Jacksonville, Fla.

"The little cabinet arrived and gives complete satisfaction."—Carrie Swenson, publisher "Scandinavian Spiritualist," Minneapolis, Minn.

"Psyche arrived two weeks ago and to say I was pleased does not express my appreciation. My boy, twelve years old, is developing most all the physical phenomena of Spiritualism with it. Independent writing came first sitting. We now get raptures, ringing of bells, trumpet speaking, moving of bodies without contact, etc. He has also developed Clairvoyance and Clairaudience."—M. Y. Thompson, Arkadelphia, Ark.

"We have one of your Psyches which we purchased in December. In about two weeks our little daughter developed as a musical medium by the use of it. She played as ordinarily children do, but now plays very difficult music and composes new pieces (entirely new) and words also, sings Spanish and plays the accompaniment to it. There is not money enough in this Globe to buy the gift she has received if it were transferable."—Mrs. Annie Godley, Chicago, Ill.

"I thought I must write and tell you of the success I have had since I received your Cabinet, Psyche, a short time ago. The first evening I used it I got a beautiful message and name of a dear relative who was lost at sea a number of years ago. I received this through automatic writing. I have tried for independent writing since. The slate was moved very rapidly but no writing. I would be pleased to recommend the Cabinet to anyone who wishes to test it."—Erastus C. Smith, Ashland, N. H.

"I take great pleasure in recommending your Developing Cabinet. I feel it has been a great help to me. I did not take my slate out of it for two months; then the pencil was moved about inside of the slate with such force as to be plainly heard. I am now getting independent slate writing right along. You are at liberty to use this as suits you best."—Mrs. F. A. Nelson, Minneapolis, Minn.



DIRECTIONS FOR USE.

The Cabinet can be placed on a table or held in the lap as most convenient. One or more people can sit with it as desired.

TO GET THE BEST RESULTS: Sit at a regular period time twice or three times a week, from one half to one hour at a time.

FOR SPELLING MESSAGES: Place the pointer on the Cabinet with the finger pointing toward the Alphabet; rest the tips of the fingers of the right hand lightly on the body of the pointer and place the left hand inside the Cabinet. After a few trials the pointer will move and spell out messages and names by pointing to the letters.

FOR TABLE TIPPING: Place the two V-shaped rests under the Cabinet in the slots prepared for them, and rest the hands lightly on top; soon it will commence to vibrate and rock from side to side, and by using the signals ONE, TWO, NO, TWO TIMES FOR HOUTER, or NO, TWO TIMES, and THREE FOR YES, communication is established.

FOR AUTOMATIC WRITING: Place slate or paper on top of the Cabinet, take pencil and sit prepared to write; if you are sensitive, the hand will begin to tremble and vibrate more and more rapidly, finally moving across the paper in an irregular way. Continue, and letters will be formed spelling names and messages.

FOR CLAIRVOYANCE, CLAIRAUDIENCE, TRANCE, IMPRESSIONAL, INSPIRATIONAL, and other developments of a similar character, sit in "twilight" light, over the cabinet with the slate and centralize your mind (quietude being one of the essentials), resting your hands lightly upon the Cabinet until the desired result is attained.

FOR CLAIRVOYANCE, CLAIRAUDIENCE, TRANCE, IMPRESSIONAL, INSPIRATIONAL, and other developments of a similar character, sit in "twilight" light, over the cabinet with the slate and centralize your mind (quietude being one of the essentials), resting your hands lightly upon the Cabinet until the desired result is attained.

The Cabinet in each case acts as a storage house for the magnetic energy and makes the attainment of the desired result in so rapid and certain. The assistance of a few harmonious friends will be beneficial, but all inharmonious subjects should be dropped while engaged in the search for psychic phenomena.

SENT BY EXPRESS, PREPAID, FOR \$1.20.

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PSYCHE, THE SUNFLOWER One Year, MEDIUMSHIP, (Bach.) GUIDE TO SPIRITUALISM, (Walrond.)

\$1.50.

For \$2 we will include "The Nemesis of Chautauqua Lake."

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PSYCHE, THE SUNFLOWER One Year, MEDIUMSHIP, (Bach.) GUIDE TO SPIRITUALISM, (Walrond.) "Forty Years Intercourse with the Demizens of the Spirit Spheres." "Leaflets of Thought Gathered From the Tree of Life."

\$2.00.

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All Chronic Diseases Cured by a System of Treatment Originated by Dr. J. M. PEEBLES, the Grand Old Man, of Battle Creek, Michigan.

PSYCHIC SCIENCE

In the Cure of Disease.

Dr. Peebles, the grand old man of Battle Creek, in whose brain originated PSYCHIC TREATMENT, has perfected his method that it has REVOLUTIONIZED the art of healing, and it can almost be said there are NO HOPELESS OR INCURABLE DISEASES. This system of treatment has brought thousands upon thousands back to health. AFTER THEY HAD BEEN PRONOUNCED HOPELESSLY ILL BY THE VERY BEST LOCAL PHYSICIANS. His cures have been proclaimed PHENOMENAL by the many thousands who have had a chance to watch the new neighbor, friend, or relative pronounced at death's door by the local doctor, brought back to perfect manhood or womanhood by this eminent doctor and his associates. These wonderful cures are brought about through a system of treatment originated by Dr. Peebles himself, the great authority on Psychic Phenomena, which is a COMBINATION OF MILD, MAGNETIC REMEDIES AND PSYCHIC POWER, MAKING THE STRONGEST HEALING COMBINATION KNOWN TO SCIENCE. This method has been so perfected by the doctor that ANYONE MAY USE IT IN THEIR OWN HOME WITHOUT DETENTION FROM BUSINESS OR THE KNOWLEDGE OF ANYONE. Mrs. J. W. Anderson, St. Johns, Wash., suffered for years with pain in the ovaries and uterine weakness; she was entirely cured by this treatment. Mrs. C. Harris, of Martinsville, Pa., says she cannot express too much gratitude for the results received from Dr. Peebles' methods, after they had been told there was no hope for them unless an operation was resorted to. The same may be said of men who are debilitated from excess and early indiscretions. Indigestion, stomach and bowel troubles, catarrh, liver trouble, rheumatism, kidney trouble, heart trouble, lung and bronchial trouble, dropsy, in fact, any and all diseases yield to this wonderful system. If you are unfamiliar with this treatment which is annually curing thousands of those pronounced incurable, do not fail to send at once for literature, giving full information concerning this grand treatment. It costs nothing whatever, and the information gained will be worth much to you even though you do not take treatment. If you are sick and discouraged, do not fail to have the doctors diagnose your case and tell you your exact condition. Just write them a plain, truthful letter about your case; they will immediately check the same, send you at once a complete diagnosis of your condition, and also literature on this grand system of treatment, together with Dr. Peebles' essay, "The Psychic Science in the Cure of Disease." All this is sent absolutely free, if suffering, write today.



DR. J. M. PEEBLES.

DESPAIR NOT, THERE IS STILL HOPE FOR YOU.

NO MATTER WHAT THE DISEASE, OR HOW DESPONDENT YOU MAY FEEL, BECAUSE YOU HAVE BEEN TOLD THERE IS NO HELP FOR YOU, THERE IS STILL HOPE. Hundreds of women suffering from irregularities peculiar to their sex, have been cured by Dr. Peebles' methods, after they had been told there was no hope for them unless an operation was resorted to. The same may be said of men who are debilitated from excess and early indiscretions. Indigestion, stomach and bowel troubles, catarrh, liver trouble, rheumatism, kidney trouble, heart trouble, lung and bronchial trouble, dropsy, in fact, any and all diseases yield to this wonderful system. If you are unfamiliar with this treatment which is annually curing thousands of those pronounced incurable, do not fail to send at once for literature, giving full information concerning this grand treatment. It costs nothing whatever, and the information gained will be worth much to you even though you do not take treatment. If you are sick and discouraged, do not fail to have the doctors diagnose your case and tell you your exact condition. Just write them a plain, truthful letter about your case; they will immediately check the same, send you at once a complete diagnosis of your condition, and also literature on this grand system of treatment, together with Dr. Peebles' essay, "The Psychic Science in the Cure of Disease." All this is sent absolutely free, if suffering, write today.

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HEALTH, ENERGY AND POWER FOR ALL.



J. A. BURROUGHS, President.

Of the thousands of voluntary testimonials which are being constantly received by the Union Sanitarium, we submit the following from recent letters:

Fox Lake, Wis., Nov. 1, 1901.
Dear Sirs—I cannot tell you how grateful I am that I put my case in your care. I am perfectly well.
MISS MATTIE RILEY.

Vanndale, Ark., Nov. 2, 1901.
Dear Doctors—Words cannot express my thankfulness to God and my gratitude to you. I am astonished when I think only three months ago I had despaired of my life, and three months of your treatment has brought me health and strength.
MRS. E. J. DAY.

Stockton, S. D., Oct. 31, 1901.

Gentlemen—I have taken one month of your treatment and am cured.
MARY NELSON.

Palestine, Texas, Nov. 3, 1901.

Dear Doctors—Your treatment has done wonders for me, restoring my health and strength after years of suffering. Before commencing your treatment I weighed less than one hundred pounds, now I weigh one hundred and forty-seven pounds. Words cannot express my gratitude.
ALICE E. SNOW.

St. Michaels, Md., Nov. 2, 1901.

Gentlemen—One month of your treatment has cured me of diseases which have caused me endless suffering for many years. May God's richest blessings be yours as the just reward of your noble, self-sacrificing labors.

By writing to the Union Sanitarium, they will send you absolute proof of the foregoing and refer you to a larger number of cured patients who do not care to have their names used in print.

If you suffer from any disease, weakness, mental trouble or nervous afflictions, write to the Union Sanitarium today, giving your:

Name, Age, Sex and Leading Symptoms

and receive a correct diagnosis, valuable printed matter and advice, free. Address:

J. A. BURROUGHS, Union Sanitarium, 2726-2736 Wabash Ave., Chicago, Illinois.

A GENEROUS OFFER.

There is no amount of misery and human suffering, mental and physical, traceable to some form of sexual weakness, liability, or private disease, a result of early indiscretion through ignorance of its consequences, excesses, improper association, an overburdened mind, or other over-taxation of the nervous system. Some have never sought treatment, while others have been imposed upon by unscrupulous quacks until they have become discouraged, but for all such there is a cure, sure and lasting; an honest, effective treatment, developed by years of deep study and experience of one of the most scientific physicians of the world, and which is now being used with remarkable success at the Reel City Sanitarium and Private Hospital, who will for a short time send to any man or woman who is suffering with any form of sexual inability or disease, and who is really in earnest in the matter of a cure, one month's treatment FREE. Those who wish to take advantage of this generous offer should write at once, as some time will be consumed in procuring for the cases which will be taken in the order received. Treatments will be sent privately if specially requested, and strict secrecy observed. Address THE SANITARIUM CO., referring to this notice, or use the private address, Spiney, King & Co., Reed City, Mich.



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