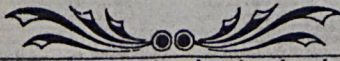


42

P.P. 1556. de.



THE TALISMAN

A Monthly Magazine devoted to
Practical Idealism.

VOL. I.

MAY. '03 .

No. I.

CONTENTS.

	PAGE.
TO OUR READERS	1
ASTRO-CHROMOPATHY	5
TALISMANS, AMULETS AND CHARMS	8
ASTROLOGICAL DEPARTMENT	11
BREATHING EXERCISES AND MUSCLE STRETCHING	13
THE MASTERY OF DEATH	14

Published Monthly. Price 3d.

Edited by GEO. H. BRATLEY.

Published by NEW CENTURY Co., Station Parade,
Harrogate.



THE ZOLENIAN SYSTEM.

This System aims at helping thoughtful people to realise the truths of Mental Science, but recognising the wide divergence between one person and another.

Every lesson is prepared for each student.

Whatever the ideal may be, the Zolenian System will aid in its actualization, advice being given as to the books which should be read, and aspects not emphasised by the American or European teachers and literature are explained in detail.

Further particulars on receipt of stamp.

Address :

Z., " TALISMAN " OFFICE,
52b, Station Parade, Harrogate, Yorkshire.

Every reader of the '**Talisman**' should send rd. stamp for free sample copy of "**Anubis**," a journal of Idealism, Occultism, Mysticism.

Contents : Serial Story based on Colour Influences.
Horoscopes by Heinrich Däath and Kymry.
Palmistry, Chromoscopy, etc., etc.

Free Horoscopes. Lessons in Chromoscopy.

Price 7d. monthly, 6/- per annum.

Editor, Dept. T.,
St. Lawrence, Jersey, Channel Isles.

THE COLOUR CURE.

Instructions for the Self-Treatment of Disease at home, without expensive apparatus, sent on receipt of 1/8. An admirable adjunct to Mental Science beginners, 64 pages.

Address : **A. OSBORNE EAVES,**
Beulah Chambers, Harrogate.



The Talisman,

A Monthly Magazine devoted to Practical Idealism.

Conducted by Geo. H. Bratley.

No 1.

May, 1903.

Price 3d.

To our Readers.

THE latter part of the Victorian era has witnessed a vast expansion of thought all over the civilized world, which even the press devoted to the chronicling of the most trivial of man's sayings and doings has awoke to. The ideals of one age become the habits of the next, and the present age is surely one of ideals. What period in the history of the world gives us so multitudinous an array of societies for the promotion of this, that, and the other object; or when was so keen an interest manifested in the affairs of the various nations as at present? To the student of life all this is suggestive; it is pregnant with meaning, and its meaning is this: man can no longer be regarded as a "fortuitous concourse of atoms"; he is not an isolated fragment in the economy of the universe, but he is a link in an endless chain, portions of which from time to time pass through his grasp, but which elude him when he would examine it more carefully.

It is the object of the "The Talisman" to collect these links, to piece them, to show in other words, man's relation to nature. The demand for this knowledge is coming from all sides; people no longer remain content with the sops thrown them; they are tired of home-made theories; *they have begun to think*, and they seek for deeper knowledge. This demand is being met by a few journals in this country, but there is need of more, and the present venture hopes to supply this want in some measure. More than four thousand years ago the Chinese recognised five deadly evils, three of which were poverty, misery and old age. Apparently many of our fellow-countrymen have not reached this point yet, and it will be the aim of this magazine to show how these undesirable conditions can be totally eliminated from the life, and joy, success, health and youth take their place. The most

advanced thought of the day, whatever it may be labelled, will find advocacy in these columns, and the subjects dealt with will include practical metaphysics, will culture, therapeutic mesmerism, vital food, dreams, astrology, memory culture (indispensable to the business man or student), muscle-stretching, birthday information, thought control, astro-chromopathy, breath-science, Theosophy, Yôga, Spiritualism, &c., and in addition to these a subject which will be unique—talismans. The age has lost touch with the unseen side of nature in some of its aspects, and it will be our province to restore it. To many the word talisman is synonymous with superstition, but in the past a belief in their virtues was productive of hope, courage, confidence, self-reliance, enabling the difficulties of life to be met, its bitterness to be rendered sweet. The aiding and protecting power talismans have will be demonstrated later to all mankind.

To ensure the popularity of the Magazine, all yearly subscribers will be entitled to *free reading* by Astrology, Palmistry, or Astro-Physiognomy. Subscribers inducing three others to become subscribers will be entitled to have their names entered on our Occult Bureau, or as an alternative to the above benefits, a unique offer is made to annual subscribers, to each of whom will be presented each month a hektographed copy of a Talisman, with typewritten explanation, which will enable anyone following the instructions to select the proper materials, time, and hours for making Talismans for various purposes. Even to those who have no belief in their power the twelve copies and instructions will, if bound together, be a valuable addition to their book-shelves, and worth the subscription paid for the Magazine.

Subscribers who prefer free readings should state whether male or female ; year and date of birth ; time of day ; place of birth.

Interesting and novel features will be introduced from time to time, so that for the four shillings many times that value will be given to the student.

Subscribers' readings will be dealt with in rotation, so that early application is desirable.



Astro-Chromopathy.

By A. Osborne Eaves, the Author of the "Colour Cure."

Prior to the appearance of "The Colour Cure," which was published in March, 1901, scarcely anything was known or heard of the subject in this country, although it is now some years since Dr. Babbitt issued his "Principles of Light and Colour" in America, and General Pleasanton his "Blue and Red Light," or Pandit Jwala Prasad Jha, of the Provincial Civil Service, India, presented his little pamphlet "Chromopathy" to the world.

A few months after the publication of "The Colour Cure," in which the fact was mentioned that an apparatus running along these lines was in use at the London Hospital, presented by Queen Alexandra, several daily papers "wrote up" the subject, reproducing illustrations of Prof. Finsen's apparatus. The appeal made to the public for another one at the institution referred to has been successful, and the scourge of lupus and other diseases will now be lessened considerably by the light and colour cure.

Experiments with plants have long since demonstrated that colour plays a very important part in either hastening or retarding their growth, and when applied to human beings similar effects have been produced. The information given in these articles will contain sufficient to enable anyone to eradicate most if not all diseases and to restore and maintain health, irrespective of age or sex, but for those who would know more of the subject they should send to the author for "The Colour Cure," 64 pages, price 1/8 post free, as its perusal may save pounds and years of suffering.

Preparatory to commencing the Colour Cure, the following Golden Rules of Health should be carried out, if the best results are to be obtained. It may be said that there is nothing new in them. Quite true, but scarcely anyone follows them because everyone lives by habit, and it is so difficult to depart from the beaten track. The change which will be wrought by adopting these rules will render the system more susceptible to the subtle influence which chromopathy

exerts on it. It will, so to speak, lay the foundation of the cure.

1. Leave off all drugs except those ordered by your doctor. Thousands of patients are treated every year in this town and other health resorts without any medicine save the mineral waters and baths, and astonishing cures are made. With the more enlightened practitioner they are falling into disuse, the remedy being often worse than the disease.

2. Wash the body all over at least once a week without fail in hot water, with plenty of soap; preferably use one of the portable Turkish baths now so extensively utilised. When man ran about like an animal much of the waste of the body passed through the 28 miles of pipes which compose his skin; to-day very much of the work is given to the kidney, lungs and other organs to perform, with the result that they break down. Wrong food and too much of it also tends to throw more work on the system, and it becomes clogged up with impurities and effete matter. To those who aim at health above the average ten minutes spent in a sponge down first thing on rising with tepid (not cold) water will simply "work wonders," using a rough towel to dry the body with, and allowing the air to play upon it for a few minutes. "Cold catching" would be minimised by this practice.

3. Sleep with the bedroom window open an inch or two summer and window, avoiding draughts, of course.

4. Practise deep breathing. It may be news to some that there are "breath specialists," and in the case of consumptives and others, marked benefits have been derived. After the morning tub go to the door, and throwing the chest forward and the shoulders back inhale slowly until you count 20, then exhale, using the nostrils in each case, not the mouth. Repeat five or six times and practise these breathing exercises six times a day.

5. Let your food be simple, avoiding whatever experience has proved disagrees with you, and eliminating pig in any form (the Jews escape many epidemics their christian brethren fall victims to, although

their sanitary surroundings are often vile), strong smelling foods, and "game" which is in a state of putrefaction. Pure blood can only be built from pure food, and the less animal food consumed the greater the chance of maintaining the health. Three-quarters of the earth's inhabitants never use it. Use tea sparingly, and don't drink until you have finished your meal. To the dyspeptic or the rheumatic-ridden patient a fortnight's course of hot distilled water with the juice of half a lemon slightly sweetened taken half an hour before breakfast or in lieu of supper will put the system into order. Dyspeptics and those suffering from constipation should substitute Hovis bread for white, and as much fruit, fresh or dried, should be eaten, but as a meal, not as dessert. All radical changes should be made slowly, because, as before observed, the body is a creature of habit; whatever it has been accustomed to, though it be poison (as in the case of opiates) that it will demand. Stimulants should be eschewed entirely.

6. Anger, envy, melancholy and ill-feeling, which disturb the mental equilibrium, must be avoided, for these states reflect themselves in the body. A cheerful and contented frame of mind is an absolute necessity, for nothing saps the life-forces of the vitality more than the above, and it will often be found that an outburst of anger is followed by a headache, and an enraged mother has been known to poison her infant by the chemical change which her milk has undergone, so that there is a reality in the phrase "enough to turn milk sour." The effect of the mind over the body is dealt with in the second part of "The Colour Cure," and here later. As is pointed out in the book referred to, there is no need for even the colour or any other kind of treatment once the forces of the mind have been organised, but until this is done more material props to health will be found necessary.

(To be continued).



Talismans, Amulets and Charms.

By George H. Bratley.

THEIR HISTORY AND WORLD-WIDE POPULARITY.

PART I.

The word "Talismans" is derived from the Chaldean *Tsilmanaija*, a figure or image; *Tselem* is the Hebrew, and *Talitsman* the true Arabic term for these objects. The Israelites had their *Maghen*, which signifies an escutcheon or shield, but these were prepared strictly in accordance with the commandment "Thou shalt not make to thyself any graven image," and were inscribed with selections from the various names of the Deity, while it was the practice of surrounding nations to invoke the Sabean host.

The preparation of Talismans would seem to have originated in the very earliest ages. Those of the Hebrews were different from the Chaldean, Egyptian, Persian and Arabian. The *Maghen* of the Hebrews was what its name implies, "a shield" against the many evils of life, while the Talismans of the latter were to command subjection, through a binding or constraining of the elementary powers to aid the behests of the possessor; this was done by preparing them at certain times and by observing many singular forms and ceremonies. In process of time a mixture of the sacred characters of the Hebrews, with the symbols of the Sabeans was adopted; in subsequent ages, during the Grecian and Roman periods, the planetary symbol were retained, but blended with Greek or Roman letters at the time of the supremacy of the Roman Pontiff, Latin mottoes, chiefly of a scriptural kind, were placed round the Talismans, though the centre still retained the symbols of the Chaldean seers. At the present day we find amulets, charms, and talismans are in great demand in England, on the Continent, and among the people of Africa, Arabia, Persia, India, and China.

Much opposition has been directed against this mysterious science of Talismans by those who are unable to understand the sublime though secret

mysteries of nature, yet the art has stood its ground, and who shall say that our rings, miniatures, locketts, mottoes, armorial bearings, and the signs used in heraldry are but so many relics of talismanic learning? How numerous are the pieces of metal bearing strange or unknown characters, hoarded in cabinets, or carried in purses, and to which some undefined virtue or value is ascribed, and even the "lucky shilling" or halfpenny are preserved with no small degree of care, and some latent expectation of their proving fortunate to the possessor. In the mythology of England the horse-shoe has always been considered a "luck-bringer;" indeed the belief in this crescent piece of iron is world-wide; it is found in the far west and as far east as Hindustan.

Royal personages are not exempt from a belief in talismans, and at this day there is doubtless not a crowned head in Europe who does not possess an ornament of some sort to which is attributed magical power, and the loss of which would fill them with dire forebodings and dismay.

It is reported that when Napoleon went to Egypt he was presented with a Talisman, by a learned rabbi, the effect of which was designed to protect and defend him from sudden attacks, assassinations and all manner of hurts from firearms, and though many attempts were made to wound him, and the bullets frequently threw up the ground under his horse's feet he seems to have escaped, free from harm; so narrow were some of his deliverances that he was inspired with the belief he was under some special supernatural agency. The Talisman was supposed to have been formed under the power and influence of the Sun.

Of a similar kind was the Talisman worn by Charles V., Emperor of Germany; it was cut upon a plate of polished wrought iron and had the symbols of Mars engraved upon it. The old chronicles say "that he relied upon its virtues, and with success."

Then there is the famous Spanish Opal which is said to bring ill luck to its possessor. The Comtesse de Castiglione, one of the most beautiful women in Europe, had among her admirers Alfonso XII then a

pretender. When he came to the throne he married one of his royal blood and this so piqued the Comtesse that she determined to have a terrible revenge, and with this object in view she made Alfonso a wedding present of a brilliant opal set in a filigree gold in the form of a ring. The King gave it to his wife Queen Mercedes, who wore it on her finger. From that moment he pined away, and in a few months she died. It was then worn by his grandmother, Queen Christina, who died a few months later. Next the ring was given to Alfonso's sister, the Infanta Maria del Pilar, who wore it but a few days before she died of a mysterious illness. The King then gave the fatal jewel to his sister-in-law, the youngest daughter of the Duc and Duchesse de Montpensier, and in three months she was dead. After this the King determined to keep the ring himself and slipped it on his little finger. From that moment his health commenced to fail and in twenty-four hours he died. Physicians could never account for his strange illness, and the affair was hushed up. Queen Christina took possession of the ring and after much persuasion had it hung round the neck of the patron saint of Madrid where it is said to be at the present day, yet the Spaniards are not satisfied, and credit the war with the United States to this evil opal ring.

The Czar carries about with him a ring said to contain a small piece of the cross on which Christ was crucified, this is supposed to be endowed with occult power to preserve its wearer from danger.

The Shah of Persia wears a belt set with a fine emerald to which he ascribes the same virtue as the Czar attributes to his ring.

King George of Greece has a Talisman made from a bullet which was fired at him and missed its mark, at the conclusion of the war with Turkey.

A richly bejewelled miniature dagger is the Talisman of the Sultan of Turkey.

The Ameer of Afghanistan has a gold ring to which he ascribes great magical properties.

Most of the leading writers believe in the magical virtue of charms. B. L. Farjeon carries his luck in the form of a green stone which dangles from his watchchain. Rider Haggard wears a quaint signet ring which once adorned the finger of an Egyptian king. Haydn, the great composer, had a ring to which his inspiration was owing. "Cheiro," the celebrated palmist, wears a charm in the form of a ring set with three blood stones.

M. Santos Dumont is said to attribute his marvelous escape from injury in 1901 to the fact that he was wearing on his wrist a bracelet to which hangs a medal of St. Benoit given him by the Countess D'Eu.

Even lawyers are not proof against a belief in charms. For many years a horseshoe was nailed up in the chambers of an eminent lawyer, while another carries a plain silver brooch attached to his waistcoat.

A famous actress has for her talisman a black cat.

And so on down the scale from the emperor to the ballet girl who carries a hare's foot or a Japanese imp as a luck-bringer.

(To be continued.)



Astrological Department.

By the Editor.

THE OUTLOOK FOR MAY.

At the lunation on the 27th inst., Jupiter will occupy the 7th house, this will put us on more friendly terms with other nations, though Mars near the cusp of 7th will make the expenditure of the country heavy with large army and navy estimates. The position of Uranus is rather detrimental to agricultural matters, and the mining industry. Much excitement is in the minds of the people and the existing Government is not in favour. Saturn is not well placed for schools and places of amusement; its position points to a high death rate among young people. The Church and clergy benefit this month. The month is promising for the King, though he may be a bit indisposed in

The Talfsman.

second week. The figure is not good for Paris, Turkey, Russia, Italy and Arabia. Plague, bloodshed, and labour disputes are threatened in these countries. Spain and Portugal will benefit.

BIRTHDAYS.

The following remarks are for those born in this month, any year, and will cover the following twelve months, *i.e.*, from now to birthday of next year.

Fortunate birthdays in a general sense are—2, 3, 8, 9, 12, 16, 20, 23, 29, 30.

Unfortunate are—1, 4, 6, 7, 10, 14, 15, 19, 21.

Mixed influences are—5, 11, 13, 17, 18, 22, 24, 25, 26, 27, 31.

Those born on the 1, 4, 7, 10, 14, 18, 22, 25, and 28 will need care to avoid mishaps and quarrels.

Those born on the 4, 7, 10, 14, 18, 23, 25, 28, and 31, will be wise to pay some extra attention to health; sickness and bereavement are around them.

Those in employ will benefit if born on the 2, 16, or 22.

Love affairs are interesting to those born on the 9, 20, or 29.

“TIPS” TO TRAVELLERS.

Commercial travellers will find the following days and times of special value; they should be used when possible for calling on firms where little or no success has hitherto been met with. Try them.

Call on plumbers, shoemakers, dyers, curriers, maltsters, agriculturists, and builders on the 8 from 9.30 to 10.30 a.m., the 27 at 2 p.m.

On brewers, fishmongers, and dealers in all kind of fluids on 11, 9 a.m., 20, 11 a.m. to 2 p.m., 21, 9 a.m., 25 noon.

On clothiers, woollen merchants and provision dealers on 7, 21, and 28 at 12 a.m., the 11, 9 a.m.

On stationers, printers, lawyers, and teachers on 6 and 13 at noon; 25, 3.30 p.m., 27, 4 p.m., 29, 1 to 3 p.m.

On artists, musicians, drapers, jewellers, and confectioners on 7, 3 p.m., 14, 3 p.m., 20, noon, 21, 3 p.m., 25, noon, 27, 5 p.m.

On ironmongers, gunsmiths, chemists, smiths, cutlers, barbers, on 5, noon, 12, 1 p.m., 19, noon, 26, 1.30 p.m.

On inventors and electricians 9, 3 p.m., 19, 9.30 a.m.

GENERAL ADVICE.

Good days for marriage, pleasure, and dealing with the opposite sex are 20, 25, and 29.

Ask favours on 2, 16, 24, 29.

Travel and remove on 8, 16, 29.

Start new enterprises on 2, 8, 16, 20.

Breathing Exercises & Muscle Stretching

A System for Physical Development based on Astrology

By Asturel.

The twelve signs of the Zodiac represent the physical framework of man, each sign having rule over different organs and parts of the body. The Zodiac is a circle or rather belt, with the ecliptic passing through the middle of it. Along this belt the Sun takes its apparent annual path, entering the first sign each year on or about the 21st of March, it passes through a sign in about thirty days, then enters the following one, making the complete circle of the Zodiac in twelve months. This Luminary has great influence over that part of the body ruled by the sign it may be passing through. These exercises are based on the foregoing, recognising as we do, that it is always well to work with nature if the best results are sought for. The exercises given each month should be strictly adhered to, and from four to eight minutes devoted to the exercises night and morning. The window should be open top and bottom so that the air can circulate freely. It is a good plan to take a cold or tepid sponge down immediately after the exercises and finish with a good rub down with a rough bath towel.

EXERCISE FOR MAY 1ST TO 22ND.

Stand erect with heels together, toes slightly turned out. Close the hands tight so that the muscles become perfectly tense, extend the arms horizontally at right angles, hands facing forward, then bring the arms slowly forward with rigid muscles till the hands meet at front; return the arms slowly to the same position. While bringing the hands forward, slowly inflate the lungs (breathing through the nostrils with closed mouth) so that they are filled when the hands meet. As you bring the hands back to the first position, slowly exhale the air. While taking the exercise repeat mentally "The blood circulates well in my throat and neck. My neck and throat are strong." Exercise for the 23rd to end of month. Extend the arms horizontally as in first exercise and keep all the muscles of the body tense, inhale slowly and fill the abdomen, then exhale by contracting abdomen. Repeat mentally, "I am strong, I feel well, I have great strength and vitality."

The Mastery of Death.

By A. Osborne Eaves,

The Author of "The Colour Cure," &c.

IS IT DESIRABLE?

The last great enemy to be conquered, according to one of the world scriptures, is death, but this opinion, like everything else nowadays, is an "open question." There are too many to whom death is the truest friend they have had, the making of whose acquaintance will mean for them, as they verily believe, the cessation of a life in which misery has been the prime factor. To large numbers of persons the conception of a day dawning when they could lay down the tools of life and look forward to rest has been one of surpassing sweetness. Who does not know the man or woman to whom life has been a failure? Is not the sea of life thickly strewn with human wreckage? To these the offer of a means by which life may be indefinitely prolonged must be repugnant and undesirable, as fresh vistas of disease or poverty open before their eyes.

Then what will the average man or woman gain by physical immortality? He will see his closest and dearest friends age under his eyes while he himself remains stationary; they will pass away one by one, leaving him alone to form fresh ties, which in turn must be broken. Will this contribute to human happiness? There is something pathetic in seeing a husband outliving his wife, his children and grandchildren, whilst the novelist has already depicted for us the trials undergone by a woman who refused to grow old, and thus created an undying rancour in the breasts of her female acquaintances. To the expectant heir, whose relative has lived but too long as it is, the waiting for "dead men's shoes" will be intensified to an unendurable extent, while the keen competition in every walk of life would be rendered keener if men did not die. In all these instances and many more which might be cited the prolongation of



life here would be distinctly distasteful, and these admissions will perhaps render the critic's task lighter. To the inventor, the philanthropist, the scientist, the worker, the reformer, who has spent years in trying to perfect his scheme, and who has been compelled to leave it unfinished, the glories of a life terminated at pleasure cannot be described in words.

The Mastery of Death is not as yet for the million, not even for the average man, because the dissolution of the body is a necessary feature in man's evolution, but to him who is prepared to lead a single-eyed life, to pay the price demanded by nature it is a possibility.

THE QUALIFICATIONS.

Readers of my little book "The Colour Cure" will gain a hint here and there of the qualifications demanded of the aspirant, and Lord Lytton's "Zanoni" is a mine of occult gems, pregnant with suggestion to the student. Death is inevitable, but instead of being of the *whole body* the process may be reduced to one of *parts* until the critical period, of which more anon, is safely passed. Man has too long remained in gross ignorance of his real nature, and if he is to conquer the greatest sin—that of ignorance—to which humanity is heir, his weapons must be knowledge, love and power. His first duty will be to calmly survey the problem which is set for his solution, and once having grasped its nature to forge these weapons with which he will win his freedom from the bondage of death.

Before a new house can be built upon the site of an old one it is necessary to first pull down the former, and this is the same with the mental house. Life is composed of experience based upon beliefs, and however painful the process may be the student will be under the necessity of destroying slowly those beliefs which a long heredity has built into his very being, and which he himself has more firmly cemented by his addition to the stock belief; these must be supplanted by others which will go counter to them, and hence inevitable conflict. There will be this wide difference in the process; whereas his old beliefs are

accepted on authority which he has never questioned and upon which the use of reason is of no avail, the new will now be verifiable, as he progresses, and therefore will be more satisfactory than his old ones have ever been. If the ideal seems chimerical, impossible of realization, that is a belief like the rest of his opinions, and one fatal to success. Convince an athlete thoroughly that he cannot perform a feat which he may have done hundreds of times, and he will certainly fail to do it when he tries, because he has lost his belief or faith, which is much the same thing; numerous concrete instances could be given, but space forbids. Get rid of the rock-embedded notion, then, that man is mortal, that Death is a necessity, that there is, in fact, such a thing in nature as death, but that matter is indestructible, and that it can but change.

(To be continued)

Reviews, &c., have been crowded out this month, and the proprietors hope to be able to enlarge the magazine as time goes on.

KNOWLEDGE IS POWER!

—o—

Guard against the evils of life by learning how to control them..

LESSONS

Specially written for individual cases, in
Astrology, Magnetic Healing,
Hypnotism.

For terms address:

GEO. H. BRATLEY,

"TALISMAN" OFFICE,

52b, Station Parade, Harrogate.

