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THE Talisman

A MONTHLY JOURNAL

*Devoted to Practical Idealism
and the Study of Nature's Finer
Forces.*

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THE

Talisman Publishing Co.

52b, Station Parade, Harrogate,

Yorks., England.

To our Readers.

The present period is one when many people are recognising that they need no longer be the slaves of circumstances, need no longer suffer from disease or ills of any kind, need no longer leave others to do their thinking for them. The truths of Mental Science, or the New Thought as it is variously called, have begun to permeate the thinking classes in the West, and it is with the object of spreading these teachings in a more widespread manner that this magazine is published. Books and lessons are both very expensive, and many of these are written above the heads of those who would benefit from them. Although *The Talisman* may be small, its matter, it is hoped, will make up in quality what it may lack in quantity: if a small part of the teaching conveyed month by month is assimilated and practised, the subscription will be more than returned.

The matters dealt with will include Practical Metaphysics, Astro-Chromopathy (the colour cure), Science of Breath, Therapeutic Mesmerism, Vital Food, Dreams, Palmistry, Graphology, Astrology, Birthday Information, Asturel's Memory System without Mnemonics, Lucky and Unlucky Days, General Predictions, Talismans, Theosophy, Yòga, Spiritualism, &c.

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 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 bookshelves, and worth the subscription paid for Magazine.

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Readers desiring palmistry should mix some glycerine and indian ink or dark water paint, smear both palms and placing a sheet of vellum (smooth no use) note-paper on a hard cushion, press the hands firmly down. Several impressions should be sent.

Interesting and novel features will be introduced from time to time, so that for the 3s. 6d., many times that value will be given to the student.

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

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The Talisman,

A Monthly Magazine devoted to Practical Idealism.

Conducted by Geo. W. Bratley.

No 3.

July, 1903.

Price 3d.

The Planchette.

IF YOU HAVE MET WITH NO SUCCESS, READ THIS.

During the last few months, circumstances have drawn public attention to the "planchette," a little instrument well known to spiritualists and others interested in the psychic. The name is French, signifying "a thin board." It is usually heart shape, having a hole at the apex to hold a lead pencil; at the base there are two small wheels or castors, the whole forming a tripod, and easily moving in any direction. When placed on a sheet of paper marks, lines, drawings, writing, etc., appear according to the motion of the pencil.

Many people claim, and can bring forward sufficient evidence as to its having written messages for them in readable characters; to its having the gift of prophecy, and answering questions regarding the past, present and future. Often the answers prove correct, and often otherwise, indeed it is on record that a certain person wished to know the winner of the Derby, and received the following answer: "I write lies, as well as truth, and will not be troubled with such nonsense." Of course, I am well aware that many who read this will laugh, and pooh! pooh! the whole thing, and perhaps none more so than those who own a planchette and have met with no success with it. Now, should this be the case it might be worth their while to give it at least a month's trial, and during this time follow the hints given below.

If the instrument is a bought one, or if it has been used by others beside yourself, the first thing to do is to purify it of all foreign magnetism. This can be done by placing it for at least twenty minutes in the sun's rays, letting the apex point to the south, and turning it over repeatedly during this time. Should another person use it at any time let it be purified in the same way, for where two or more use the same instrument cross magnetism is set up, or in other words your magnetism and theirs will mix and act upon the instrument. The rays of the sun will draw all magnetism from it, but should only be used in the case of mixed magnetisms or when you at first buy the planchette. If it is only used by you, keep it from the sunlight, for the more it becomes charged with your own magnetism the better. Remember it is a sensitive instrument, and should be treated as such. When once you have met with success, and found it to answer your purpose,

treat it with care and keep it for your own use. When not in use let it be placed in the dark and let it lay with the apex facing the north, for this will considerably increase its power. During the month try it once or twice each day, though the best times are on a Wednesday, the first hour i.e, the first sixty minutes from sunrise, and the eighth, fifteenth, and twenty-second hours from sunrise of that day, these are good times for anything connected with writing and Mercurial affairs.

Let the mind be easy, neither too positive nor negative ; place the planchette on a sheet of foolscap and let this be smooth and level. The fingers of the right hand should rest lightly on the surface of the instrument. Sit in such a way that the arm will not get tired or cramped, and if possible have the room to yourself. You can ask a mental or verbal question, or if you prefer it, wait for anything that may turn up. If you are at all mediumistic you will find after sitting a few minutes that the instrument will move, or you will feel a pricking sensation in the arms and hands, or a fulness in the fingers. Any of these signs should encourage you to persevere, for they show you have the power and it only needs developing. If after a month's trial, and following these instructions you find no result then you can take it that you are not mediumistic, but even then if your patience is not worn out you might by perseverance develop that power.

I am of opinion that the best instruments are those made from hazel, acacia, cedar, or sandal wood ; the three latter woods are expensive, but the first is cheap, and is one of, if not the best, mediums.

Two persons can use the instrument, but if this is done do not forget to have a second instrument for this purpose, so as to keep your own for your use only. If two sit, they should be of opposite temperaments, and better if of opposite sex, both should place their hands on the planchette, the right hand of one and the left of the other. More power will be obtained if the disengaged hands are clasped together.

Numerous are the explanations given to account for this phenomena ; some give the credit to disembodied spirits ; others to magnetic emanations or force which is communicated through the hands to the instrument ; another section says it is elementals and shells ; others the double, or subliminal self ; while some stand by the unconscious cerebration theory.

Kipling in "Primum Tempus" says,—

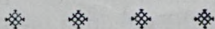
“There are nine and sixty ways of constructing
tribal lays,
And every single one of them is right.”

Perhaps it is the same with the planchette, and all these theories may be right, though it is difficult to see how the unconscious cerebration theory can stand,



for with a good medium the movements of the instrument and the messages, and words written all point to some outside force quite independent of and often beyond the intelligence of the sitter.

It is always well not to ask trivial questions for the best results come to those who are serious; who live clean and pure lives; for with physical, mental, and spiritual fitness there is nothing to obstruct or repel the force or agency whatever this may be, and should it be an evil agency, or as some say, 'of the devil,' then no harm can be done if it is repelled, and certain it is that such would be the case if the sitter is clean and spiritual.



Memory without Mnemonics.

ASTUREL'S MEMORY SYSTEM—(*Continued*).

I have thought it advisable to devote this month to "neurasthenia:" for under this heading must come "brain-fag." Many students are completely spoiled through this disease, and it is often reached through not knowing the early symptoms, Nature's warning of something wrong, or not realising the serious results if these are neglected. With a proper system and a gradual strengthening of the brain it will be a long time before Nature finds it necessary to speak.

The brain in common with the body must have sufficient rest and nourishment, without these it is nearly impossible to keep it "fit," and in good condition; the same rule applies both to this and the limbs. In muscular exercise the beginner soon arrives at the point of fatigue and cries "enough," and though this point can be extended by gradual training and perseverance, yet it will be reached sooner or later. A strong willed man may rush this point, then we hear of utter collapse, and he finds himself unfit for work and often damaged for life. Again, a man who sets out for a certain place, who keeps to the direct road, and refuses to stray aside, will arrive at his object fresher, and in quicker time than the one who is attracted by every shop window, and strange sight he may come across.

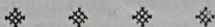
So with the brain worker, this point of fatigue must be observed, for it is there however clever and capable a man may be, if the man who can avoid worry, keep the mind steady, not allowing it to stray from the subject in hand, well and good, but the distance is great before that point is reached.

Nature will give many warnings as the point is being approached and the following are a few of them. When any of these occur, take heed, pull up, for you may know you are approaching the road to neurasthenia.

The usual physical signs are a white face, the red appearance of the eyes, and a full, or bursting feeling in the head. The brain gradually becomes exhausted, and work is not done so easily, nor so satisfactorily; the task takes longer to accomplish, the brain is overtaxed and unable to rest when the owner goes to bed, and in the morning he rises with a tired feeling.—Other symptoms are,—Impaired Memory.—Names, numbers, words which he has had occasion to refer to almost daily for years, have entirely gone from his mind, and he has to refer to books for what he requires.—Partial Loss of Expression.—If he writes he is unable to find the words to express the most ordinary ideas, and when he wishes to speak, the words are quite different from those he intended to say.—Inability to fix the attention on a subject.—This is shown in many ways. The mind may be unable to begin the study of a subject; or it may wander off in spite of all efforts to keep it fixed; or it will apparently cease its action; there may be a few minutes interval of confusion, and the face assume a vacant look, then all will go well again. He is often obliged to read a simple sentence over and over again before it can be grasped. The tendency to change the letters of a word.—As “good doy,” for “good boy,” “adn” for “and,” &c.—Repetition.—This may be a set of sounds or words which he has heard. A common occurrence is to have a tune running in the head.—Irritability.—Often this becomes so bad, that there is hardly any bearing with him.

If the student has arrived at the state where any of the above warnings are experienced, no system can be of much benefit till he has given the brain a rest, this with proper physical exercise and suitable food are the things needful. The use of drugs cannot be recommended; even tea, coffee and tobacco are best left alone; shun stimulants and drink plenty of pure water. As to rest, seven to eight hours sleep must be secured. Fish, eggs, and plenty of green vegetables, and those foods which will not overtax the digestive organs should be taken. Keep the mind from worry, give books and study a rest. A few weeks of this treatment will soon bring about an improvement, when the recuperated student can recommence study, taking care to build up the mind slowly and surely.

(To be continued)



Talismans, Amulets and Charms.

By George H. Bratley.

THE SEVEN PLANETS.

No Talisman, whether it is for the bettering of one's fortunes, for travelling, love, or contest will give a satisfactory result unless the planet under which it is constructed holds a strong position in the heavens. The operation must be performed at the right time of the year and in the proper hour of the day. Virgin

parchment can be used for writing the characters on ; by virgin parchment is meant the skin of a lamb, or kid, new and scrupulously clean ; stones or gems may be used but the metals have the strongest affinity to the planets and should be used when possible. It must also be remembered that the fumigation is necessary, there are many spices and herbs related to the different planets and some of these can easily be procured. How to find the proper hour, how to fumigate &c., will be dealt with in later articles.

SATURN.

The Talisman constructed under Saturn is to render a person powerful and safe ; to cause success of petitions with the great ; for success in building and agricultural pursuits, and to help childbirth.

The Angel of Saturn is, CASSIEL. The number 3.

Day of the week, Saturday.

Hours of this day first and eighth from sunrise ; third and tenth from sunset.

Zodiacal Signs, Capricorn, Aquarius, and is exalted in Libra.

Metal, lead ; colour, black ; stones, onyx, sapphire, crystal, beryl, &c.

Herbs, spices, &c., for fumigation, seeds of black poppies, henbane, pepperwort, myrrh, mandrake root, frankincense.

JUPITER.

The Talisman constructed under Jupiter is for health, wealth and prosperity, for honour, dignity, peace and all kinds of good.

The Angel of Jupiter is, SACHIEL. The number 4.

Day of the week, Thursday.

Hours of this day first and eighth from sunrise ; third and tenth from sunset.

Zodiacal Signs, Sagittarius, Pisces, and is exalted in Cancer.

Metal, tin ; colour, blue ; stones, topaz, amethyst, emerald, hyacinth, &c.

Herbs, spices, &c., for fumigation, seeds of ash tree, lignum aloes, nutmegs, cloves, gum of Benjamin, and storax.

MARS.

The Talisman constructed under Mars is for courage, to make strong in contests and petitions, for military matters and to protect against violence.

The Angel of Mars is, SAMAEEL. The number 5.

Day of the week, Tuesday.

Hours of this day first and eighth from sunrise ; third and tenth from sunset.

Zodiacal Signs, Aries, Scorpio, and is exalted in Capricorn.

Metal, iron ; colour, red ; stones, bloodstone, load-stone, jasper, &c.

Herbs, spices, &c, for fumigation, root of hellebore, cypress, gum armoniac, lignum aloes, lignum balsaam, and Uphorbium.

SUN.

The Talisman constructed under the Sun is to preserve health, and elevate the fortunes; for honour, dignity and renown, to secure the favour of those in authority. The Angel of the Sun is, MICHAEL. The number 6.

Day of the week, Sunday.

Hours of this day first and eighth from sunrise; third and tenth from sunset.

Zodiacal Sign Leo, and is exalted in Aries.

Metal, gold; colour, yellow, stones, diamond, ruby, iris, &c.

Herbs, spices, &c., for fumigation, musk, cloves, fruit of laurel, ambergris, storax, myrrh, and frankincense.

VENUS.

The Talisman constructed under Venus is for love affairs and intrigues; for all dealings with the opposite sex; for friendships, and success with stock.

The Angel of Venus is, ANAEL. The number 7.

Day of the week, Friday.

Hours of this day first and eighth from sunrise; third and tenth from sunset.

Zodiacal Signs, Taurus, Libra, and is exalted in Pisces.

Metal, copper; colour, green; stones, green jasper, coral, chrysolite, opal, &c.

Herbs, spices, &c., for fumigation, musk, saffron, red roses, lignum aloes, and ambergris.

MERCURY.

The Talisman constructed under Mercury is for business success, eloquence, travelling, games of hazard, to help the memory, and for divination and dreams.

The Angel of Mercury is, RAPHAEL. The number 8.

Day of the week, Wednesday.

Hours of this day first and eighth from sunrise, third and tenth from sunset.

Zodiacal Signs, Gemini, Virgo.

Metal, mercury; colour, purple or mixed; stones, red marble, spotted stones, pink jasper, carnelian, &c.

Herbs, spices, &c., for fumigation, bayberries, cloves, mace, mastich, and cinquefoil.

MOON.

The Talisman constructed under the Moon is for preserving the health and for fortunate journeys on land and sea.

The Angel of the Moon is GABRIEL. The number 9.

Day of the week, Monday.

Hours of this day first and eighth from sunrise, third and tenth from sunset.

Zodiacal Sign, Cancer, and is exalted in Taurus.

Metal, silver; colour, white: stones, moonstones, pearl, green and white stones, &c.

Herbs, spices, &c., for fumigation, seeds of white poppies, myrtle, leaf of bay tree, camphor, and frankincense.

(To be continued.)

Astrological Department.

By the Editor.

THE OUTLOOK FOR JULY.

The figure for the month favours commerce, the Church and State. The Government will meet with much opposition; political excitement will be great in the first week. There will be many accidents to pleasure parties and young people. Theatres and places of amusement do well and some improvement in prisons, workhouses, &c., looks probable. Serious fires, damage to the crops by lightning and destructive storms. Probable strike amongst miners. The birth rate increases. We may hear of some menace from Russia, and of disruption in our Colonial possessions. Interest will be centered in China. An unfavourable month for Russia, China, Japan, Germany, Australia and Arabia. Exciting news in daily Press on the 6th, 11th, 13th, and 23rd.

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—3, 10, 12, 15, 19, 20, 23, 26, 29.

Unfortunate are—1, 4, 7, 9, 11, 17, 18, 21, 22, 27, 31.

Mixed influences are—2, 5, 6, 8, 13, 14, 16, 24, 25, 28.

Those born on the 2, 5, 6, 9, 13, 17, 20, 24, 27 and 30 will need care to avoid mishaps and quarrels.

Those born on the 1, 4, 11, 13, 18, 21, 24, 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 5, 15, 17, 20, 26, 28.

Love affairs are interesting to those born on the 3, 8, 19, 23, 25, 27.

“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. They are also useful for the general public to do business in. Try them.

Call on plumbers, shoemakers, dyers, curriers, maltsters, agriculturists, and builders on the 6, noon; 9, 10 to 11 a.m.; 16, 11 a.m.; 23 and 30, 10-30 to 11-30 a.m.

On brewers, fishmongers, oil merchants and dealers in all kinds of fluids on 6 and 13, 11 to 12 a.m.; 14 and 16, 4 to 5 p.m.; 20, 11-30 to 12-30 a.m.; 27, 11 to 12-30 a.m.

On clothiers, woollen merchants, and provision dealers on 2 and 9, 11 to 12 a.m.; 14, 4-30 p.m.; 16, 11-30 to 12-30 a.m. and 4-30 p.m.; 23, 11-30 to 12-30 a.m.; 27, 11-30 a.m.

On stationers, printers, lawyers and teachers on 2, 2 p.m.; 8, 11 to 12 a.m.; 13, noon; 15, 22, 29, 11 to 12-30 a.m.

On artists, musicians, drapers, jewellers, and confectioners, on 3, 11 to 12 a.m.; 4, 4 to 5 p.m.; 8, 10 a.m.; 17, 24, 31, 11-30 to 12-30 a.m.

On ironmongers, gunsmiths, chemists, smiths, cutlers, barbers, on 7 and 14, 11 to 12 a.m.; 21 and 28, 11-30 to 12-30 a.m.

On inventors and electricians 17, 4-30 p.m.; 8 and 15, 11 to 12 a.m.; 22 and 29, 2 to 3 p.m.

GENERAL ADVICE.

Good days for pleasure, marriage and dealing with the opposite sex are 4, 8, 10, 14, 16, 23, 27, 29.

Ask favours on 10, 15, 20, 28.

Travel and remove on 10, 13, 22.

Start new enterprises on 10, 15, 17.

The Mastery of Death.

By A. Osborne Eaves.

WHY PEOPLE GROW OLD.

So far what may be termed the mental causes of old age have been dealt with, but now we may consider the question from a physical standpoint. It is not necessary to dwell upon cases of premature old age by leading a fast or careless life, nor those cases where the person has been born of diseased parents or contracted some complaint which has brought about senile decay, while vigour and vim should be the principal characteristics. Take the ordinary individual—a man of forty. At this early age pathological changes have been detected in the tissue, and that suppleness and elasticity noticeable in youth is no longer present. There is stiffness in the joints or limbs; whenever a movement is made, cracks are heard as though one were composed of brittle substance. In childhood the bones were pliant. Why not now? Alas, the suppleness has left the frame, the step has lost much of its spring, the movements are less graceful; if activity is present, the movements of the limbs are more allied to a series of jerks. The change which has begun, and which will continue up to the time of death, unless unchecked, insidiously weaving itself into the very fabric of the system, is known as calcareous degeneration. This it is which is so frequently the cause of apparently strong and healthy men in the prime of life suddenly terminating their existence. No sooner has youth passed away, than this process of hardening and infiltration of the tissues begins. The walls of the arteries begin to harden, and the inside lining is liable to be attacked by the deposits over which they spread in patches, and gradually eat their way into the middle coat. "At length the whole tube may become hardened and set in shape, the fibres of the middle coat having now lost all their pristine elasticity. Much interference is occasioned to the circulation, but the ever present danger is the likelihood of an artery at some unusually brittle spot, unable to stand the pressure of blood as it leaves the heart, perhaps through capillary obstruction by uric acid, or by bodily excitement or labour, giving way and letting the blood escape therefrom into the surrounding tissues." It is this degeneration of the arteries which spells death, and even the arteries of the brain ossify in this fashion, and the slightest excitement means a breaking of the walls and the blood oozing from them on to the brain.

The fossilizing of the body often takes place with the fossilizing of the mind, and in these cases there is no remedy. Cerebral softening or senility, which arises when the calibre of the blood vessels is too diminished by this incrustation for the blood to properly nourish the brain, is thus caused, as is all apoplectic fits, with ensuing paralysis. The cause of

this ossification is the lime found in food, but more particularly in water. When water is pure, it is usually more or less soft, and in this condition there is a tendency to dissolve the lead in the pipes it passes through before it reaches the consumer. Hence arises lead poisoning, to obviate which recourse is had by local authorities to placing lime in the reservoirs. There are two alternatives: either distilled water can be substituted for ordinary fluid, or fruit can be used instead. Prof. Chas. A. Tyrrell, M.D., of New York City, in an editorial in "Health," says: "Old age is simply ossification, and if after maturity was reached, only distilled water was partaken of, it is safe to say that from ten to fifteen years would be added to the life of the individual, simply by cutting off the excessive calcareous deposits in the system." Filtered or boiled water is a poor substitute, the latter leaving the matter it boils in the water, and if it stands for any length of time it is more injurious than ordinary water, while with regard to the former, the filter soon becomes a source of filth itself. Distilled water can be procured from any chemist almost, or portable stills can be obtained. Water is taken into the system very rapidly, and carries the poisonous or waste material with it, flushing the internal organism as heavy rain flushes our sewers. In fruit we have an ideal drink. The acids dissolve the limy formations referred to above and restore the suppleness of the body. Unfortunately, fruit has been regarded as a luxury, not a food, hence the comparatively small quantity consumed. A meal should be begun with it, instead of the usual fashion of concluding it; but one should not leave off all other food, because one is convinced of the value and superiority of fruit over other food.

All changes in diet, as in ordinary habits, should be made slowly, and no harm will result. A study of the chemistry of food will well repay the student, as he can then consult his own idiosyncracies by a little experiment. Unfortunately, nearly everyone is haunted by the bogey that should a change be made in the dietary, should a meal or two be missed, it will not be long before they are removed to some other sphere beyond the realms of matter. A little reflection would allay their agitation: life is not so easily snuffed out. If they look round them they will see people who have been assiduously trying to cut short their existence by soaking themselves in intoxicants for years, perhaps drunk nearly every day for two months at a stretch, or excess of other kinds, as deleterious, have been indulged in, yet they go on living. This is because nature, always desiring to preserve life, does her best to meet the new conditions imposed on her, and it is this very adaptability of the body which is so valuable an asset in life's capital. It is the ability to form a *habit* which gives such wide possibilities to man. He can, for instance, withdraw the props in the shape of stimulants, impure food, and gradually his taste. Many people declare that

certain foods have no flavour, they are insipid, tasteless, till sugar, salt, or pepper, or other condiments are added. This is not so : there is flavour and taste in the foods, but the palate has lost its delicacy through gross feeding, and strong flavours are necessary before any taste can be perceived. One of the signs of a return to the normal life—of the Golden Age—is this ability to enjoy unseasoned foods, and more and more people everywhere now are met with who use no salt. The butters of twenty years ago were simply coloured brine, and the difference between one class and another was distinguished by the adjective “salt.” To-day an increasing demand has arisen for this valuable food in which not a particle of salt is used. It may be taken as an axiom that coarse food makes a coarse body, and with a coarse body is generally associated a mind of a corresponding type.

Further, a coarse body is generally synonymous with disease. This fact is not generally recognised, and the possessors of such physical frames are admired and envied by some, but coarseness is allied with liability to rapid disintegration. It is always the coarse grained in animal structures that putrefaction most readily and rapidly attacks, therefore the elements in which death inhere more commonly.

The subject of food is a large one, and it is not proposed to deal with it in detail here, but hints will be found from time to time in these pages, and those who merely desire good health, apart from longevity, will find it to their advantage to so arrange their dietary and find out what foods suits them, remembering the adage that what is one man’s food is another man’s poison. Blood and carcasses should be avoided entirely. In a few months’ time a pure bloodless diet will not only have materially improved the sense of taste, but that of smell into the bargain. I know one case where a student almost knew the difference between one person and another by the smell, and drink or tobacco-soddened people made their presence very unpleasantly felt, even some yards away. Some people pride themselves upon not possessing a very keen scent, saying that they escape being troubled by bad smells, but does it ever occur to them that the sense of smell was intended to warn and guide man? It may have its unpleasant side, granted ; so does ordinary physical eyesight and the other senses ; but would it be a blessing to deprive one of sight, in order that he might not witness anything undesirable? There will be improvements in other directions, and these in themselves will sufficiently reward the student.

(To be continued.)



Breathing Exercises & Muscle Stretching

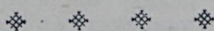
A System for Physical Development based on Astrology.

By Asturel.

EXERCISE FOR JULY 1ST TO 23RD.

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.

Take the proper position with heels together, toes slightly turned out. Close the hands tight, let the arms be at right angles with the body and hands facing upward. The muscles of the arms should be perfectly rigid; then bend the arms at the elbows toward the head, until the joints of the closed fingers touch the shoulders. Then return the hands to position without relaxing the muscles. As you are bringing the hands toward the shoulders, slowly inhale so that the lungs are filled with air to the utmost capacity. As the hands touch the shoulders, exhale as you return the hands to position. While taking this exercise repeat mentally "My chest is strong, my lungs are healthy, I get stronger every day." Exercises for the 24th to end of month should be those given in previous numbers, or stand with the body evenly balanced, place the hands on the hips, and inhale a deep breath forcing out the chest and drawing in the abdomen. Hold the breath from four till nine seconds, but do not strain the lungs, then exhale slowly and repeat.



Bookland.

MAN VISIBLE AND INVISIBLE is the title of a new work by Mr. C. W. Leadbeater. The book is probably unique either on this side of the channel or the other in regard to the beautiful plates showing the human aura of various classes of men standing at different points of evolution. The meaning of the tints composing these auras is given and much matter of an interesting nature. Price 10s. 6d.

THE MENTAL ADVOCATE, Chicago, for June contains very readable articles on "Churchology not Christianity," "Mothering the Unborn," and several other topics. The magazine is increasing in circulation, which is a hopeful sign for the spread of Mental Science.

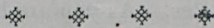
RE-INCARNATION finds in the HERALD OF THE GOLDEN AGE, published at Paignton, Devon, which is an English exponent of the higher life which should command a larger circle of readers than it does.

The official organ of the London Psychological Society—THE PSYCHO-THERAPEUTIC JOURNAL contains "A Key to the higher Laws of Health," an article on the training of mentally defective children by Dr. Bernard Hollander, and the continuation of Dr. Krisch's "Diet."

OUT OF THE SILENCE is the new title of "Anubis," one of the monthly magazines devoted to the classical side of the new thought movement. The science of symbology occupies a prominent part in its pages, and the question of old age is interestingly treated by Mrs. Heigham.

THE SPIRITUALIST is a bright and helpful organ of this widespread movement, issued at $\frac{1}{2}$ d. a month.

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You and I.

I take this opportunity of thanking those readers who have so kindly written regarding "The Talisman," and would remind them that it is impossible to individually thank them. The aim of the magazine is to enable every subscriber to help himself, for lengthy experience teaches one more and more that self help is the most valuable.

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