



# The TEMPLE OF HEALTH



## A Monthly Journal Devoted to Life, Health, Hygiene and Home.

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### Better.

Better to weave in the web of life  
A bright and delicate filling.  
And to do God's will with a ready heart,  
And hands that are swift and willing,  
Than to snap the minute, delicate threads  
Of our anxious lives asunder.  
And then blame heaven for the tangled  
ends,  
And sit and grieve and wonder.  
—Maudslayi Pioneer.

### Effects of Tobacco upon the Stomach.

M. Lyon, an eminent French physician, has recently published in the *Union Medicale*, an account of careful researches which he has carried out respecting the effects of tobacco upon the stomach. He finds that tobacco lessens the contractility of the muscles which partly compose the walls of the stomach, thus producing indigestion and dilatation. This is an important addition to the charges which medical men have brought against tobacco.

### Worry.

Worry is killing. It is bad management that kills people. Nature will let no man overwork himself unless he plays her false, unless he takes stimulants at irregular times, smokes much, or takes opium. If he is regular and obeys the laws of health and walks in the way of physiological righteousness, nature will never allow him or any person to work too hard. I have never yet seen a case of breaking down from overwork alone, but I admit that it is necessary above all things to cultivate tranquility of mind.

Try to exercise your will in regard to this—for will counts for something in securing tranquility—to accept things as they are and not to bother about yesterday, which is gone forever; not to bother about to-morrow, which is not ours; but to take the present day and make the best of it. Those persons who will continually peer into what lies beyond, never have any present life at all; they are always glazing over the past or prying into the future, and this blessed to-day, which is all that we are sure of, they never have.—SIR ANDREW CLARK.

### Color From Black and White.

A top in which the motion of white and black spots or tracings produces a succession of spectrum colors is, to say the least, a scientific puzzle, and it may be that it sets a problem well worthy of scientific solution. The top, as now constructed, consists of a revolving disk half black and half white. On the white half are short concentric arcs of black. When the top revolves close under a bright lamp, these arcs appear, not as gray lines, as might be expected, but as lines of color. To most eyes the effect is as follows:

When the revolution is such that the black line is preceded by the black half of the disk, and followed by the remainder of the white; it appears red; when the direction of rotation is reversed it appears blue; when the lines are on the central portion of the white (so as to have equal white immediately on each side), the color is green; intermediate positions give approximately the intermediate colors of the spectrum. A few people see the colors differently, and some, by no means color-blind, can see no color at all, curiously enough.—*Popular Science News.*



The above cut is a reproduction of a recent photograph of Dr. Peebles' residence, 3121 K street, San Diego. The adjoining lots and residence has been purchased, remodeled and thoroughly overhauled, and the interior beautifully papered and painted. These two properties give him ample room for his offices, consulting rooms, laboratories, and a few rooms for patients who desire the personal attention which their occupancy of rooms in the doctor's residence warrants. These buildings, beautiful now in the luxuriant semi-tropic shrubbery which embowers them, will be enlarged and extended from time to time as occasion requires.

It is not enough to win rights from a king  
and write them down in a book;  
New men, new lights; and the fathers'  
code the sons may never break.  
What is liberty now were license then;  
their freedom our yoke would be;  
And each new decade must have new  
men to determine its liberty.  
Mankind is a marching army, with a  
broadening front the while,  
Shall it crowd its bulk on the farm paths  
or clear to the outward life?

Its pioneers are the dreamers who heed  
neither tongue nor pen  
Of the human spiders whose silk is woven  
from the lives of tolling men.  
—John Boyle O'Reilly.

### Science Gossip.

Laszloworking is the most disastrous of all trades to health.

The only quadruped that lays eggs is the ornithorhynchus, of Australia.

Spectacles were first used in the latter part of the thirteenth century.

The climatic limit to the cultivation of wheat is not so much the cold of winter as the heat of summer.

The brain is not affected by the movements of the body, even though these are sometimes very violent, because it rests on a basis of soft cushions between bones of the spine.

It is estimated that 293 hairs on the head, 30 on the chin, 23 on the arm and 19 on the back of the hand are respectively contained in an area of a quarter of an inch.

Coffee is so called from being first brought to Europe from Caffa.

LEAKING FROM NATURE.—The air tight compartment theory of building ships was copied from a provision of Nature shown in the case of the nautilus. The shell of this animal has forty or fifty compartments, into which air or water may be admitted, to allow the organism to sink or float, as he pleases.

The most wonderful vegetable in the world is the truffe, it has neither roots, stem, leaves, flowers nor seeds.

## Science in Tennyson, the Poet.

(Annette Sherwin.)

Pure science is a very recent creation. Until 1830 there was little scientific knowledge, but since that time there has been a greater advance than ever before in its history. In the literature of the last half of this century this scientific element has been dominant, and among the poets Tennyson is perhaps the most scientific.

Science has established beyond question three fundamental laws—the law of uniformity, the law of conservation of energy and the law of evolution. These laws, however, are not human, as they interpret only a part of man; they say nothing to man of his immortality or of his spiritual and moral life. Tennyson accepts these laws but carries the further and applies them to the spiritual life of man.

In the poem entitled "Epilogue" we find three scientific elements. First is the reference to evolution of man—the fact that we are results of the past.

But since our mortal shadows, ill  
To waste this earth began—  
...Perchance from some abuse of Will  
In worlds before the man  
Involving ours—he needs must fight  
To make true peace his own.

Here, too, we see the change wrought by evolution in our conception of evil. The theological theory of evil is that sin is an alienation from God and involves a sense of our relation to a power above us while the evolutionary theory is that sin involves a relation with the past out of which we have come. It is for us to work out the beast.

..... Arise and fly  
The reeling Faun, the sensual feast;  
Move upward, working out the beast,  
And let the ape and tiger die.

Secondly, science has enlarged our conception of time and space. While man was formerly thought to be the center of things, now he is recognized as only an atom about whom countless laws move independent of him, and we contrast time and space with our brief humanities.

For dare we daily with the spheres,  
As he did, half in jest,  
Old Horace! "I will strike," said he,  
"The stars with head sublime,"  
But scarce could see, as now we see,  
The man in Space and Time.

We find this same element in vastness where the largeness of the poet's imagination, due to the large scientific discoveries makes small man's life.

The third element is the question of the immortality of the poet.

Let it live then—aye till when?  
Earth passes, all is lost  
In what they prophesy, our wise men,  
Sun-flame or sunless frost,  
And deed and song alike are swept  
Away, and all in vain  
As far as man can see, except  
The man himself remain.

According to the scientists, in time, the earth shall vanish. Of what use then is earthly immortality? The belief that man passes on through the individual dies is of no value if the existence of the earth is limited. The immortality then must be spiritual, not physical.

As I have said, the scientific theory of evolution appeals to only a part of the man; love is left out and the material side only is considered. According to the material science mankind will vanish, both the species and the type. Nature says:

.... A thousand types are gone  
I care for nothing, all shall go.

Further science represents in the doctrine of the survival of the fittest a purely selfish and unlovely struggle for existence. This has brought despair into the modern world. Tennyson expresses this despair chiefly in "In Memoriam" but also in some of his other poems.

What is it all, if we all of us end but in  
being our own corps-cadavers at last,  
Swallowed in vastness, lost in silence,  
drowned in the deep of the meaning-  
less past!  
What but a murmur of gnats in the  
gloom, or a moment's anger of bees  
in their hives?

From this despair Tennyson finds relief in the theory of the spiritual as well as the physical evolution. A statement of his evolutionary creed is in "In Memoriam."

They say,  
The solid earth whereon we tread  
In tracts of fluent heat began,  
And grew to seeming, random forms,  
The seeming prey of cyclic storms,  
Till at last arose the man;

Who throve and branched from clime to  
clime  
The herald of a higher race,  
And of himself in higher place  
If so he type this work of time.

Within himself from more to more;  
Or, crowned with attributes of woe  
Like glories, move his course, and show  
That life is not as idle ore,

But iron dug from central gloom,  
And heated hot with burning fears,  
And dipt in baths of hissing tears,  
And battered with the shocks of doom  
To shape and use.

Self he believes, is built out of God's  
world-self, and the spirit passes, growing  
ever nearer and nearer to Him who  
made Man's personality.

.... and still depart  
From death to death, thro' life and life,  
and find  
Nearer and ever nearer Him who  
wrought  
Not Matter, nor the finite infinite.

But this main oracle, that thou art thou  
With power on thine own act and on the  
world.

Thus the three laws of material science Tennyson carries into a spiritual world. The first law, the law of uniformity does away with all miracle and revelation. But man is conscious of revelation, hence revelation is one of the staple elements in the seen and unseen world.

Thou canst not prove that thou art body  
alone,  
Nor canst thou prove that thou art spirit  
alone,  
Nor canst thou prove that thou art both  
in one;

\* \* \* \* \*  
For nothing worthily proving can be  
proven,

Nor yet disproven; wherefore be thou  
wise,  
Cleave ever to the sunnier side of  
doubt,  
And cling to faith beyond the forms of  
Faith!

As to the second law why is not man's consciousness, his energy and will indestructible as well as nature, and will they not, like nature, remain in the unseen world?

According to the third law, man's physical nature is evolved, then why not extend this law into the moral and spiritual world? The thought with reference to this spiritual and moral evolution is Tennyson's most significant contribution to modern literature; this law of evolution, an ascending spiritual and physical evolution of the universe, is the key to Tennyson's scientific poems. "Eternal process moving on."

Frym state to state the spirit walks  
until the soul shall draw nearer and  
nearer to that—

One far off divine event to which the  
whole creation moves.

—The Philosophical Journal.

## A Cause of Nervous Disease.

Dr. Beers, a writer in the Columbus Medical Journal, speaks as follows concerning the cause of the increase of nervous diseases so noticeable at the present time:—

"One of the principal reasons, in my opinion, for the enormous increase of nervous diseases, is to be found in the management and rearing of the infant as practiced now and for some time past, especially in the average American families.

It is almost a universal fact that from the hour of its birth to the hour of its maturity the American infant is constantly subjected to a course of stimulation, so far as the nerve centers are concerned. The young parents, and the older ones, as well as the grandparents and uncles and aunts, are each and all so anxious to have the baby a smart, cute little thing, that every device that can be thought of is resorted to in order to stimulate the child's mental faculties, and to have it notice objects as soon as possible; and here let me say that I really believe in some instances they have succeeded in developing that faculty as early as the first few days of life. As the infant grows older, it is urged by every means known to humanity to talk, to give expression to its thoughts in any possible way or form; and by the time such an infant is four or five years old its nerve centers have been so fearfully developed and over-stimulated that it is quite possible for it to give expression to opinions and ideas which would compare favorably with those of maturity. This condition of things is made to ramify every channel of life which it is possible to bring before the infant; and such conditions are continued until the child degenerates into hopeless lunacy from overstimulation, or else 'becomes its own master,' as the saying is. When such an infant has reached its majority and maturity, it usually comes before the world with a nervous system already wrecked by having been overstimulated and developed, and therefore, unable to stand the strain usually demanded from a healthy, well-balanced system."

With these remarks by Dr. Beers, the editor very heartily agrees. Other modes of stimulation, however, than those mentioned must be added, as, for example, stimulating diet, the use of flesh food, condiments, highly seasoned sauces, etc. Doubtless, also, heredity has a decided influence in the predisposition to nervous disorders.

## Droit Thought.

Back in the days of childhood dawn,  
I gathered the "daisies" with care,  
Fragrant they, as the breath of morn,  
That swept o'er the earth so fair;  
Gathered them pure, and sweet as a pearl,  
Pressed them close in my heart and hand,  
Gathered them out of life's swift whirl,  
Wove their tints into aural band,  
Out of the depths that their beauty  
might last,  
Gathered I "daisies" in days that are  
past.

Oh do those days come back to me,  
Though we may not weave with the  
thread now lost,  
Of hours that never again may be,  
The wheel once turned, that water is  
past;

Yet over it all comes a golden glow,  
And my heart grows warm at the  
thought of Jesus,  
Though the "daisies" lie beneath the  
snow,  
And my dream buds are wet with sad,  
sad tears.

Into the cloud land those "daisies" of  
morn  
Are held perchance by an Angel hand;  
Again on earth, will they return?  
Can I gather again at my demand?  
Out of the limitless dark and unseen,  
The dream comes again and again  
to me,  
And I would clasp to my heart again,  
The "daisies" now blooming far o'er  
"life's sea."

—ABBIE A. GOULD.

## Vegetarian Athletes.

Until recently it has been believed that vegetarians could not compete with flesh-eaters in athletic feats. Late experiments seem to show this to be an error, though we need still further tests perhaps to settle the question to the satisfaction of all. In the great walk from Berlin to Vienna, a distance of 361 miles, the vegetarians were so much ahead that the flesh-eaters were really not "in it" at all. At another late walking match in Germany, thirteen vegetarians and twenty-six flesh-eaters entered for a walk of some forty miles. The two first at the goal were vegetarians. They ate only brown bread and apples. The first flesh-eater in was only twelve minutes behind. He ate, before starting, a hearty meal of beef, chocolate, and a pint or more of milk. And now we read of a vegetarian cycling club, a member of which ran 100 miles in six hours and 152 miles in twelve hours, with mud, wind and rain so bad as to be very discouraging, but he kept up his heart and won the medal. We hope these experiments will continue till both friends and opponents are satisfied.—English Paper.

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## The Mount of Inspiration.

Upon Parnassus' brow I stand,  
And view with anxious eyes,  
The stormy sea of human life,  
Whence prayers, like incense rise.

I gaze upon the angry strife,—  
The sordid race for gain,—  
While simple precepts Jesus taught,  
On Calvary's cross remain.

I look upon the ripening fields  
That wait the reaper's hand;  
I long to burn the tares of wrongs  
That now infest the land.

A city fair, by faith I see,  
All built by human hands;  
Where man, for Use and Beauty lives,  
And law of love commands.

May I in patience learn to wait,  
My daily toil pursue,  
Till I a builder may become,  
Within that city new.

Here, at Parnassus' sacred shrine  
My spirit shall not cease  
To call upon the Great First Cause  
For reign of earthly peace.

### Valedictory.

Extract from Mrs. Dr. Ida A. Brown's valedictory at the College of Science graduating exercises, San Diego, Cal.:

"\* \* \* Then, when the College required each of us to answer in writing its long list of scientific questions, reviewing the new and philosophical researches of this day, and told us a knowledge of the books submitted, would bridge the chasm we queried as to the result.

But the faithful president of our College of Science extension soon devised the practice of meeting, studying, questioning and deciding together, and we all know this has aided us to master the books and appropriate to our minds the knowledge of the professors and others.

Soon we were blessed with the satisfying thought and experience that we had worn off the days, weeks and months in hard study instead of skimming hastily over, and demanding the high honor of the diploma before we merited it by true knowledge.

Classmates, we have passed through it all and our written answers have been complimented by the professors of the College at Los Angeles of which as our Alma Mater we will ever be proud.

And now we have come to the day of our graduation when by the kindness and interest manifested by the professors we are to receive our diplomas and go forth to enter upon the lines of work contemplated, that of educating hungry souls in the new lines of thought and of using knowledge and scientific methods for the cure of disease.

By the accession of this grade of knowledge we have greatly enhanced our responsibility, for knowledge is talent.

In this understanding to which we have advanced more will be expected of us in the curing of disease than commonly expected of the old medical practice. With them and in their halls the degree of M. D. is the measure of their authority and under it they may deal out the general variety of drugs in use, and are permitted to cut the flesh and amputate the limbs of many whom we are sure

could be cured by methods milder, more humane and in accord with the understanding of this day.

Receiving the degree of S. D., or Doctor of Science as our standard of authority, we may heal but not maim, cure but not carve humanity. While we carve the body, we must also guide the soul for our graduation makes as physicians of soul as well as body.

Our meetings should be kept up and studies pursued and as time rolls on we may decide as the Alumni of the College of Science, like students of other Colleges to hold annually a convocation for the comparing of progress made, and the stimulation of each one to greater deeds in the future. Standing as we do in the science of telepathy, we may often make mental calls, wafting thoughts to the homes of each, in this way we can aid each other often, making the knowledge gained more practical and life more pleasant.

In conclusion I will say I hope the professors who so kindly helped us to our high understanding, the president who stood ever ready to assist and aid us, and the classmates who have been so united in their efforts to gain knowledge may ever feel the bond of unity strong around them and that in thoughts and kindly feeling we may follow each other and try to aid and strengthen, no matter where duty may call, and now  
Good night."

### Health Habits of Dumas.

Dumas, the famous author, gives us some account of his health and working habits and also some bits of wisdom: "For my exercise I walk about two hours every day; sleep seven hours every night; go to bed always alone; get up as soon as I wake; work as soon as I get up; eat only when I am hungry, and drink only when I am thirsty, and eat and drink always slowly.

I always advise never to speak except when it is necessary, and never say more than half of what you think. Never write anything that you cannot sign, and never do anything that you cannot avow. Never forget that others will count upon you, and that you must never count upon them. Value money at its real worth, neither more or less. It is a good servant, but a bad master.

Live chastely. Never attempt to produce anything without a thorough understanding of that which you undertake, and destroy as little as possible. Pardon everybody beforehand, to be on the safe side. Do not despise men; do not hate them, and do not laugh at them beyond measure. Be sorry for them.

Think of death every morning when you see the light, and every evening on the approach of darkness. When your sufferings are great look your grief in the face; it will console you and also teach you something. You cannot afford to be sick. Health is your right. Try to be simple, to become useful, to remain free, and before denying God wait until somebody proves that He does not exist.

For a man and for a woman there is a succession of duties to be fulfilled which enables them to always look ahead and to become accustomed to the absence of the objects of their most dear affections.

The world would come to an end too quickly if the first child was not able to survive the death of the first mother.

Misfortunes and trials attack noble souls but do not hurt them. They are like the rocks of granite that the sea covers in times of tempest with its furious waves, fancying that it is drowning them, while it is merely washing them, so that they reappear again in the sunlight more polished and beautiful than ever. Adversity embellishes those that it cannot cast down.

In truth, the average man is only above ambient humanity on one single plane, virtue; and, as there can be no virtue without humility, those alone have the right to consider themselves the superiors of others to whom the knowledge that they are superior is denied. Talent, and especially its higher form called genius, is involuntary. It is not the result of the efforts of man; it is, like beauty, the gift of God. That is why it is of secondary order; and posterity will only remember it for its virtue, its sincerity. Seeking glory for glory's sake is a shameful waste of life's forces. Be yourself—your higher self."—Journal of Hygiene.

### The Gate of Day.

Many come and many go  
Past the gate of day,  
And as they wander to and fro  
Along life's thorny way,  
Many burdens do they bear,  
Many garlands do they wear,  
Many songs their hearts do sing  
In winter, summer, autumn, spring.

In this mystic, midnight way  
Throongs are passing now;  
Laughter, tears and sobs aloud,  
Chasing o'er the brow,  
Peace and warfare side by side,  
Surging ever with the tide,  
Power, patience, passion, pain,  
Sunshine, shower, storm and rain.

Through the gate of brighter day  
Some have entered in;  
Reaching them the golden ray  
From the gate within.  
Meanings new to all things past,  
Flashing now in showers past,  
Minds enlightened, souls enlarged,  
With Heaven's magnetism charged.

ORLANDO F. RYERSON.

Santa Cruz, Cal., Oct. 25, '95.

### DIET AND MORTALITY.

#### Length of Life Amid the Worst Sanitary Conditions.

And yet we seem some distance removed from a complete solution of the phenomena of disease and death. It would seem natural that sickness and death should be most prevalent in the tenement house quarters of the great cities, like New York, where the conditions are, from the sanitary point, most unfavorable, and where there is neither pure air, pure water, decent food, cleanliness, nor, it might almost be said, morality; yet, according to an exchange, the recent investigations into the tenement houses of New York show some surprising things. One of these is the fact that among the Russian and Polish

Jews of the Tenth ward of that city, where the crowding is most dense, and where the sanitary conditions are apparently among the worst known in this country, the death rate is decidedly below the average for the rest of the city, being annually but about 17 for each 1000 persons. That would make the average duration of life among these people almost 59 years, and this among a people not robust of frame, most of whom are engaged in sedentary occupations, and about whose lives there are at best few of the safeguards which those in more favored circumstances have come to regard as indispensable. A physician commenting upon this fact, suggests that the explanation of an apparent incongruity may be found in the fact that these people adhere to the Mosaic dispensations and doctrines regarding the purity of their food—that which goeth into the mouth—and this theory is certainly worthy of consideration. Israelites eat no swine's flesh, insist upon circumcision, and their hygienic habits tend to longevity.

### Likes San Diego.

The Rev. Myron Reed, one of the most popular and brilliant preachers of America, writes thus of San Diego after visiting the city for a season.

"I shall never in this world or in any world see anything that will rest me like the coming in of the sea at and about San Diego. It does not pound and rear like the Atlantic. San Diego is an ancient settlement, and has history enough to keep the mind of the sojourner as busy as it ought to be in vacation. I saw San Diego celebrate a holiday; the city knows how to do it. Those people do not make a toil of pleasure, and they do not take their pleasures sadly. They spread a holiday out into several days, and do not fatigue themselves. What is the use of noise? And what is the use of pushing about? And what is the use of heart failure? There are people in or about San Diego over a hundred years old, who still enjoy existence. There is no worry nor fret about the place. It is pacific.

San Diego is a perilous place to visit in vacation. One wants never to come away. People born there or who have lived there long are gentle, soft-voiced, easy-going, hospitable. It does not remind one of Chicago. In that climate if you miss a train you are glad of it; did not mean to go away. There is a rumor, a legend that it snowed once in San Diego. It is not generally believed.

\* \* \* It is said to be the healthiest city in the Union—certainly I saw no cemeteries in the city or suburbs. The climate is Italian, the sunsets golden."

### To Rest the Eyes.

A medical journal says that in the continued use of the eyes in such work as sewing, typesetting, bookkeeping, reading and studying the saving point is in breaking off work at short intervals and looking around the room. This may be practiced every 10 or 15 minutes. By doing this the muscular tension is relieved, the eyes are rested and the blood supply becomes better.



# THE TEMPLE OF HEALTH.

LIFE, HEALTH AND HOME

The only Journal in the world devoted exclusively to hygiene, psychic healing, the demonstrations of the spirit, therapeutic medicines, the finer forces, and the laws to be observed to live a century.

"For ye are the temple of the living God,"—1 Cor. vi. 19.

"Know ye not that your body is the temple of the Holy Ghost?"—1 Cor. vi. 19.

"Beloved, I wish above all things that thou mayest prosper and be in health."—1st Epistle of John, second verse.

"I beseech you to get well and keep well."—Emerson to a friend.

"Sickness, unless from inherited taint or tendency, is sinful. Each should live a hundred years and grow old gracefully."—Dr. Peebles.

[Entered at the post-office at San Diego as second-class matter.]

J. M. PEEBLES, . . . EDITOR AND PUBLISHER

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DECEMBER, 1895.

As a winter resort there's no place on this continent equal to Southern California. Not only invalids, but pleasure seekers and visitors of all classes are gratified without stint at the various attractions that abound in San Diego and the regions round about. It has wisely been denominated the paradise portion of America. Throngs from the United States and Canada are already flocking to this coast.

BREATHE deeply and thereby you will increase the circulation, purify the blood, and send it charged with vital force to warm the feet, make ruby lips, and paint roses on the cheeks. It will fortify the digestion, give you a clean, sweet breath, promote sleep, quiet the nerves, strengthen the vocal organs, and increase the chest capacity. It will also prevent asthma, catarrh, bronchitis, and lung troubles.

THE Mohamedan bigots of Turkey continue to massacre and murder the Armenians of Asia Minor. A Turkish Musselman is the greatest bigot on earth. He not only hates christian nations, and christian culture, but he hates christian brother. While filling my Consular appointment under Gen. Grant in Asiatic Turkey, and stepping into a Mosque in Trebizonde with my shoes on, I was summarily hustled out by a half dozen fiery-headed, bare footed Turks—hustled out because I was an 'infidel' and American shoe-shod. If European nations do not speedily 'carve that Turkey' and restore order they will not do their duty.

THE masses of Americans are idolaters. They worship the golden calves of wealth, wine and power—but in the end they will prove to be the ashes of Sodom, the slime of the adder.

As a physician with several assistants, we have not the least objection to our women patients riding bicycles. It is healthy exercise. But we strenuously object to their wearing corsets, chewing gum, breathing through their mouths and wearing peaked-toed shoes.

"THAT the researches of medical men in general, and in all ages, have been singularly barren of successful results, is a fact that is abundantly evinced by nearly every page of our Standard and Current Medical Literature. It is seen, not only in the innumerable discrepancies and incongruities of authors, but also in the multiplicity of their admissions as to want of knowledge, and this on questions that are plainly fundamental, and, therefore, of the first importance."

\* The above is part of the confession of the distinguished Thomas Powell, M. D., member International Health Association, Corresponding Secretary American Science Health Association, etc. And what a confession! How can the public have faith in such doctors, or rather in the drastic poisons they deal out to their patients? A glance at the tongue, or a touch of the pulse constitute no part of a true exhaustive diagnosis. These are but external signs, changing with every heart beat. Causes are unseen. Diseases are chemical, mental or psychic in origin. The paralyzed limb is painless. A corpse never aches. It is the mental that suffers—and so the mental and the psychic must divine the causes of the disturbances, and then wisely, skillfully remedy them with just the right medicines. These may be through will, mind, ozone, air, water, roots, herbs, and other medicines compounded by educated physicians. Drugs are not medicines. Drugs include such substances as are not food, as do not make blood, as do not nourish, as do not build up tissue or nerve. Drastic drugs depress. They poison and load down the system. They produce disease. They kill, while choicely selected medicines, skillfully prepared and magnetized by educated psychic physicians cure—cure and bless the invalid.

## FAST LIVING AND FAST DYING.

The word "fast" has latterly obtained a peculiar significance as indicating a tendency to general high living and indulgence in sensual pleasures. A man of reckless expenditure, who indulges himself in all that can gratify his sensual tastes, is a "fast man" in the common sense of the term. This expressive adjective has also been applied to those who habitually risk money in games of chance, and has in some instances been coupled with the names of others, who speculate in doubtful stocks.

We have come to the conclusion that sensual indulgence, exciting games of chance, or speculation in fancy stocks, are not the only ways in which men may live too fast.

Many a godly and devout divine is a fast man. Many an editor, lawyer, merchant, or scientific man, against whom no thought of suspicion exists as to the soundness of his moral character, is fast in as just, though not in so reprehensible a sense, as the man who wastes his substance in riotous living.

Fast living in the sense of such living as shortens life, is a much more common evil than it is generally regarded. We have been an observer of faces and character for a long time, as we have had opportunity in cars, stage coaches, and our daily intercourse with men, and we believe that in the vast majority of cases it would be found that the rapidity of the pulse in Americans is above the normal standard. Every man's life may be measured by pulse-beats. He will, accident excepted, to make a definite number of these, and his life will be shortened in proportion to the excess of work performed by his vital organs, in a given time.

Excitement, physical or mental, is the cause of the rapid rate at which most American people are living. The love for excitement is a vice, as positively evil in its effects as the love for strong drink, licentiousness, or gambling. It matters not what kind of excitement; all excitement is fast living, and begets a feeling of exhaustion in intervals of indulgence, which clamors for relief from some other form of stimulant.

Thus it is that the universal demand for artificial stimulants has increased, until there is perhaps not one in a thousand who does not resort to something of this kind. Alcohol, absinthe, opium,

harshish, tobacco, coffee, tea, or whatever else it may be, is taken to support the system under the effect of nervous prostration, and to supply in another form the excitement which it craves.

Now all this is just the reverse of what should be the case. Instead of seeking excitement, health and long life demand that we should shun it. The natural, healthy condition of the mind and body is that of unruffled calmness. If excitements occur, they should be exceptional, not the rule of life. As soon as they become a necessity there is a diseased state of mind and body, and the candle begins to burn at both ends.

It is not the Somerviller, the Florence Nightingales, the Lucretia Motts, women of brain and heart, that men object to sitting in Congress, but to whinning, grunting, pessimistic women, who, with the ability to accomplish little or nothing, yet push their barren personalities noiselessly to the front. It is the peaked-nosed "club women" of cities that need to be reminded that according to the fixed fiat of nature they cannot be men, neither can they out men from their legitimate places and fill them. If poetry belongs to woman, chivalry belongs to man. With few exceptions women are immeasurably more severe in their criticisms of one another, than men are in their judgments of women.

Ex-Senator Ingalls being asked what he thought about women being sent to Congress, replied: "It would depend very much on the kind of women. If they were disciplined parliamentarians, philosophic thinkers, trained debaters, students of history, acquainted with political economy, accomplished in oratory, and exempt from all the incidents of maternity, the result might be beneficent." Personally, we believe in woman's suffrage, woman's rights and man's rights, too.

CHRISTMAS is coming—fill up the Christmas box for the poor. Be not only charitable but generous. The hand of misfortune has fallen heavily upon many. There will be many cheerless homes, many sad hearts, many dinnerless children in American cities on Christmas Day—aye, and on many days. Feed and clothe the poor, and what is better help the poor to help themselves.



THE lemon is a member of the citrus family and closely allied to the citron of commerce. It grows wild in Northern India, and has long been in cultivation among the Arabs, who introduced it into various parts of Asia and Africa. Its introduction into Europe is accredited to the Crusade period. It is not naturalized in the West Indies and other parts of America. In the states it is cultivated, some in Florida, but mostly in Southern California, being introduced into the latter about forty years since. It is not only delicious in drinks, but is anti-billious, and useful in many ways as a remedial agent.

A tribute we bring to the "apple of gold,"

And tributes of praise to the fruit of the vine,  
With clusters abundant as fables of old;  
Peach, Apricot, Pear, Plum, Olive and Lime,

Crown princes, each one that responds to our call  
But Lemon, King Lemon is monarch of all.

The subjects of Olive fought long for his crown,

And thousands to Orange have banded the knee.  
Long years hath old Grape held the place of renown,

Long years reigned as king in this land by the sea;  
But Lemon arose in his might at our call;

Now this sturdy young monarch is king over all.

—Rose Hartwick Thorpe.

THERE has been quite a spicy controversy carried on for several months in Southern California journals between Dr. Remondino of our city, and Dr. T. Foo Yuen of Los Angeles, as to the merits and demerits of Chinese doctors and their remedies.

Without taking any part in the pending discussion we have to say that Chinese medical practice, questionable and puerile as it is in America, is an entirely different matter, consequent upon contact with American physicians, from the medical practice of Chinese doctors in China. Having spent some time with Dr. Kerr in Canton, China, who is both an M. D. and a D. D., and traveled extensively in the Empire, we write what we know. It is absolutely true that Chinese doctors in their native country are pitifully ignorant of anatomy, physiology, chemistry, and materia medica. Their practice is a jumble of superstitions—and their prescriptions a hodge-podge of indescribable, unverifiable potencies. In fact, some of

their drug compounds may be summed up in two words—*excremental filth*. And how any decently informed American can dope down their nameless ill-odored, ill-omened doses is to me the mystery of mysteries. Dr. Remondino, of San Diego, is not only a superior surgeon, but a broad-minded, cultured and highly educated physician, abreast and in advance of the times in medical science. If there were more such the world would be the better for it.

#### NOBLE WORDS

From Illinois' Much Abused Governor.

The following brave utterances were made by Governor Altgeld in closing his recent address in Chattanooga. They are not the vaporous words of politician, but the sober words of a man who loves his country and its institutions:

"Instead of an armed foe that we meet on the field there is today an enemy that is invisible, but everywhere at work destroying our institutions; that enemy is corruption. It seeks to control the press; it seeks to direct official action; it dictates and endeavors to control the construction of laws. It seeks to set the fashions and to shape public sentiment. It has emasculated American politics and placed it on the low plane of jugglery. The tendency now is for political parties to shirk principle and follow expediency, and their platforms are often drawn to evade or to straddle every live issue. The idea is to cajole, rather than convince, to ignore great wrongs and wink at abuses, to court the support of confiding interests though it involves the deception of one or both. We are substituting office-seeking and office-holding in place of real achievement, and instead of great careers in public life we are facing a harvest of slippery, bleary-eyed and empty mediocrity, which glides into oblivion without the assistance of death. To be an eligible candidate now often means to stand for nothing in particular and to represent no definite principle, but be all things to all men, and in the end be contemptible.

"Thirty-four years ago the call was for men to fight an open enemy in the field; today our country is calling for men who will be true to republican institutions at home. Never before did this republic call so loudly as it does today for a

good, sturdy manhood that will stand defiantly and dare to do right. For more than a decade the tendency in this country has been toward a colorless and negative dilettanteism, having the countenance of the Pharisee with the greed of the wolf, and drawing all its inspirations from the altar of of concentrated and corrupting wealth. The flag has been praised with champagne dinners, while the very pole from which it floated was being eaten off by corruption, and republican institutions were being stabbed to the vitals. A new gospel has come among us, according to which it is mean to rob a hen-roost or steal a hen, but plundering thousands makes us gentlemen. My friends, the men of the past did their duty. Shall we do ours? They were asked to face death—you may have to face calumny and obloquy. No man ever served his country without being vilified, for all who make a profit out of injustice will be your enemies, but as sure as the heavens are high and justice is eternal, will you triumph in the end!"

THROUGH an educated appetite man learns to adapt himself to climatic changes and to the varying fortunes of travel. The most uncomfortable persons to entertain are not those who have had wide experience at tables in many homes and different lands, but rather those who have become so accustomed to having their food prepared "just so" at home, that they are made uncomfortable by any infringement on their pet habits of eating. Many persons, by effort of will, have learned to eat something which was at first distasteful because they thought it was proper to eat; tomatoes, oysters, olives, or olive oil. Do we make the same effort to learn to eat what is good for us?

The development of a healthy appetite should be the cornerstone of education at home and in school. Self-denial learned in babyhood, the sense of taste educated to select right foods, and a better, stronger race of men and women, will arise to settle the questions which perplex us.

#### Antidote to Carbolie Acid.

There seems to be no restrictions to the sale or use of carbolie acid, one of the most powerful and dangerous poisons known, and the result is a large number of cases of accidental poisoning are reported. Dr. Edmund Carlton recommends cider vinegar as the best antidote.

The following personal tribute is from the Banner of Light:

To J. M. Peebles, A. M., M. D.

How good it was for us who have not seen

Thy face so long, its semblance fair to see,

And by life's sketch again converse with thee,

And walk beneath the springtide branches green,

That now with autumn fruitage bend and lean;

Thy spirit is a freeman of the Free,  
A worker brave thou wast and still must be,

A Pilgrim who pursues a Light serene!  
Such course as thine, which winds the world at large,

Yet blesses home with healing thought and act,

We know the guiding angels have in charge,

Their living presence life's most glowing fact;

Thy feet have wandered far, thy hand been kind,

And like a lighted star shines forth thy mind!

WILLIAM BRUNTON.

#### Natural and Narcotic Sleep.

Natural sleep strengthens the will.  
Narcotic sleep weakens the will.

Natural sleep strengthens the muscles.  
Narcotic sleep makes the muscles tremulous.

Natural sleep strengthens the nerves.  
Narcotic sleep paralyzes the nerves.

Natural sleep gives a regular beat to the heart.  
Narcotic sleep makes the heart beat irregularly.

Natural sleep strengthens the digestive organs.  
Narcotic sleep causes dyspepsia, furrowed tongue, nausea, loss of appetite and jaundice.

Natural sleep rests the whole body.  
Narcotic sleep causes dreams, and does not refresh the body.

Natural sleep builds up.  
Narcotic sleep tears down, exhausts.

Natural sleep makes one awake cheerful and pleasant.  
Narcotic sleep is a cause of melancholy, and frequently leads to suicide.

Never take morphine.

#### You Will Never Be Sorry.

"For being strictly honest.  
For living a white, clean life.  
For doing your level best.  
For your faith in humanity.  
For being kind to the poor.  
For looking before leaping.  
For hearing before deciding.  
For being candid and frank.  
For thinking before speaking.  
For harboring pure thoughts.  
For discouraging the tale bearer.  
For being loyal to the truth.  
For standing by your principles.  
For stopping your ears to gossip.  
For being as courteous as a duke.  
For the influence of high motives.  
For bridling a slanderous tongue.  
For asking pardon when in error.  
For being square in business deals.  
For sympathizing with the oppressed.  
For giving an unfortunate fellow a lift."



## If Christ Should Come Today.

(By James G. Clark.)

I have come, and the world shall be shaken

Like a reed, at the touch of my rod,  
And the kingdoms of Time shall awaken  
To the Voice and the summons of God;  
No more through the din of the ages  
Shall warnings and chidings divine,  
From the lips of my Prophets and Sages,  
Be trampled like pearls before swine.

Ye have stolen my lands and my cattle  
Ye have kept back from labor its meed,  
Ye have challenged the outcasts to battle,

When they plead at your feet in their need;  
And when clamors of hunger grew louder,  
And the multitudes prayed to be fed,  
Ye have answered with prisons or powder,

The cries of your brothers for bread.  
I turn from your alters and arches,  
And the mocking of steeples and domes,

To join the long weary marches  
Of the ones ye have robbed of their homes.  
I share in the sorrows and crosses  
Of the naked, the hungry and cold,  
And dearer to me are their losses  
Than your gains and your idols of gold.

I will wither the might of the spoiler,  
I will laugh at your dungeons and locks,  
The tyrant shall yield to the toiler,  
And your judges eat grass like the ox;  
For the prayers of the poor have ascended

To be written in lightnings on high,  
And the walls of your captives have blended  
With the bolts that must leap from the sky.

The thrones of your kings shall be shattered  
And the prisoner and serf shall go free—  
I will harvest from seed that I scattered  
On the borders of blue Galilee—

For I come not alone, and a stranger,  
Lo! my reapers will sing through the night

Till the star that stood over the Manger  
Shall cover the world with its light.

—The Arena.

## The Sun Bath.

The eminent astronomer, Sir Robert Ball, in closing a lecture at the Royal Institution, delivered to a juvenile auditory a few days ago, when speaking of the marvellous phenomena of light, said: "It must be admitted that too little attention has been paid by modern therapeutists to the properties and uses of sunlight as a remedy for the treatment of certain diseased conditions of the human system, when it is considered what an important part is played by the sun in the physiological development and growth of all living organisms, whether belonging to the animal or vegetable kingdoms. It is a well-established fact that animals acquire all their energy from plants—either directly by eating vegetable food, or indirectly by eating

animal food which has been fed upon vegetables—and plants obtain all their energy from the sun, which is the parent or original source of all the energy or life of organized beings.

## LIGHT A FORM OF ENERGY.

Let us consider this for a moment. In the life and growth of plants there is an absorption, as it were, and a storing-up of energy. This energy being contained in the various foodstuffs consumed by animals, again shows itself as the energy of life in their organisms. But as no form of energy can be obtained except from some other form of energy, the question arises, from whence do plants obtain their energy? The answer to this question is simple and certain: they obtain it from the sun, whose rays are absorbed into the tissues of the plants. We owe it to the researches of Mayer and Helmholtz that science is now assured that the various forms of energy can be transformed into one another, but that no part of energy can ever be lost—it can never be destroyed. The form of one energy may be changed into the form of another, but that is all. And this is what takes place as between the sun and plants, and between plants and animals. The kinetic form of energy derived from the sun is absorbed from the sun's rays of light into plants which possess the power of transforming the kinetic energy into the potential form of energy. This form of energy is absorbed into the animal system and again transformed into the kinetic energy of the animal, and thus we trace all energy of life direct from the sun.

## LIGHT TRANSFORMED INTO LIFE.

In the foregoing remarks, however, account is only taken of the indirect transformation of the energy of life from the sun to the animal organism through the intermediate organisms of plants. But whilst admitting plants to be the principal medium by which animals obtain their supply of energy from the sun, it cannot be denied that they have a power comparable to that of plants, but of course in a much less degree, of absorbing directly the kinetic energy of sunlight and transforming it into potential energy within their own organisms.

We are thus brought to the consideration of the effects of direct sunlight upon the human system. It has always been held that many diseases—such as struma, goitre and tuberculosis, are fostered by the want of a due exposure of the body to sunlight. The anti-hygienic effects which result from a life passed in dark corners and streets and overshadowed valleys, are too well-known to need recapitulation. The question of most interest to us at the present moment is, How far can those energizing and vitalizing influences of sunlight be made use of in the restoration of diseased conditions of the body?

## VALUE OF SUNSHINE TO THE SICK.

The value of sunshine and bright light in many wasting diseases and conditions of exhausted energy has been proved incontestably by the benefit which is derived by such patients at the numerous health resorts where these physical conditions form principal factors in the climatic treatment; and without dwelling upon this part of the subject of the ther-

apeutics of sunlight, I desire to draw the reader's attention to a form of sunlight treatment which is little known, and is never practiced systematically in this country. I refer to what has been styled the sun bath.

It would appear that this bath was much used in the time of the Greeks and Romans, most of the houses of the wealthier classes being furnished with means for taking such a bath on the roof of the dwelling. The mode of using this bath was to expose the naked body to the direct rays of the sun for a longer or shorter period of time, the head being protected to avoid injurious effects on the brain.

## DR. RIKLI'S INSTITUTION.

It is at Velds, in Austria, where treatment by the sun bath has been most thoroughly carried out in modern times. Here Dr. Arnold Rikli has used it for over forty years past, with more or less success, amongst a numerous colony of patients.

The sun baths of Dr. Rikli's institution are arranged in long galleries, consisting of numerous compartments or cubicles exposed to the direct rays of the sun. Here the body of the patient (excepting the head) is exposed at first for about ten minutes, afterwards longer. The bath is, as a rule, only taken in a morning, but sometimes it is taken in the afternoon; then, however, it is generally only a local bath, one part of the body being exposed at one time, chiefly the lower extremities. It is customary to take a tepid water bath after the sun bath and then the body is cooled slowly as after a Turkish bath.

The climate of the United States, especially Southern California, is favorable to the use of the sun bath as a regular medical agent. It can be used with advantage in a large number of ailments.—The Journal of Hygiene.

## Spirit.

I am what is and is not; I am the Soul of All.

I am the chain of living things, the ring that binds the world;

Creation's ladder and the foot that mounts it but to fall.

I am the brick, the mortar, the builder and his plan,

The groundwork and the roof-tree, the building and its fall.

I am the sickness and the leach, the bane and the antidote;

I am the bitter and the sweet, the honey and the gall.

I am the whispering of the leaves, the booming of the wave;

I am the morning's joyous gleam, the evening's darksome pall;

I am the tongue and all it tells; Silence I am, and thought;

I am the sparkle in the flint, the gold- gleam in the ore,

Breath in the flute, the soul in man; the preciousness in all.

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## So Goes the World.

Laugh and the world laughs with you;  
Weep and you weep alone.  
For this grand old earth must borrow its  
mirth,

It has sorrow enough of its own.  
Sing and the hills will answer;  
Sigh, it is lost on the air.  
The echoes bound to a joyful sound,  
But shrink from a voice of care.

Rejoice and men will seek you;  
Grieve and they turn and go,  
They want full measure of all your  
pleasure,

But they do not want your woe.  
Be glad and your friends are many;  
Be sad and you lose them all:  
There are none to decline your nectared  
wine,

But alone you must drink life's gall.  
Feast and your halls are crowded;  
Fast and the world goes by;  
Succeed and give, and it helps you live,  
But no man can help you die.  
There is room in the halls of pleasure  
For a long and lordly train,  
But one by one we must all file on  
Through the narrow aisles of pain.

Written through W. T. Church by  
Miss Fannie Fleetwood in 1882, who has  
been in spirit life over six thousand  
years.

## Parker Pillsbury's Testimony.

This old veteran worker in anti-slavery,  
temperance, woman's rights, arbitration  
and all the reforms that shed their kind-  
ling light upon this century, writes thus  
of vegetarianism:

"I cannot, and do not attempt to assail  
the fact that every stomach is the tomb  
of something, and I question if even  
Apollonius himself, with all his wisdom  
could have drawn a strict and true line  
between animal and vegetable life. Is it  
not generally considered that the juices  
of all fruits and plants contain microscop-  
ical forms of animal life the same as pure  
water? I, of course, would not insist on  
abstinence from such animal food unless  
we had ambrosia and nectar, or some  
other angel food to fill its place.

What I wished, and still wish to insist  
on, is this. We will never be truly kind  
to each other, till we cease to be cruel  
to the animals, and so long as we know, by  
many excellent experiments, that it is  
possible to sustain life without animal  
food—which at best is only second-hand  
vegetation—is it not cruel and unjust for  
us to take the lives of those animals  
which are not directly and distinctly  
dangerous to us? and is it not specially  
wrong to breed and confine such animals,  
that they may be sent from city to city  
expressly to be killed. I do not believe  
that war, capital punishment, and kindred  
curses, will ever cease in so-called  
"civilization," till we consider our cruel  
injustice to the various animals around  
us; and I do believe that, whether we  
should obtain occult power or not, we  
would more truly merit the love of our-  
selves and of each other, if we would  
follow the creed of Apollonius, and "eat  
nothing that ever had life."

I hope I am not afraid or ashamed to  
stand alone in this matter, if it were  
necessary, but I am pleased to think  
there is a large and growing party of re-

formers who agree that we have no right  
over the lives of the harmless animals.  
Since allusion has been elsewhere made  
to what I privately wrote of Mr. Pills-  
bury I will quote from a letter I received  
from him, which may do him more jus-  
tice than did my brief allusion. The  
letter is dated Nov. 27, 1887, and from a  
reading of it, I see that I made one or  
two slight misstatements when I cited  
certain things from memory. He says:—

"Some seven years ago there appeared  
to me reasons, weighty, if not many,  
against human reasoning, and reasonable  
beings descending to the bloody butch-  
ering business of preying upon the brute  
beasts below them to sustain material,  
mental, and spiritual existence. And  
even inordinately and unnaturally fatten-  
ing them for so monstrous a purpose!

Three or four years later my appetite  
for fish of every description had so far  
declined, as to include the whole product  
of the waters in my bill expurgatoriums.

Now, a walk through a market, with  
its Flesh, Fowl, or Fish, seems a walk  
among corpses! and to devour them  
would be to me a type of cannibalism  
worthy only of the remotest South Sea  
Islanders.

For eggs, I have no fondness unless in  
custards or pies, though I do sometimes  
eat them when set before me. Under-  
ground vegetables, I have also abandon-  
ed, but not others.

More than forty years ago my old and  
excellent friend, Mr. A. Bronson Alcott  
answered my question, what shall we  
eat? with this, 'eat the sunbeams.'

In the grains and fruits I do now eat  
them, and happy for me, as I now be-  
lieve, would it have been had I heeded  
the counsel of 'the wise sage of Concord'  
from the hour it was given. I know that  
it would have been well for me in body,  
soul and spirit.

Nor do I believe the human race can  
ever be redeemed and regenerated up to  
its divine estate until even a good while  
after it has ceased to mingle the blood  
and life of brute beasts, birds and fish  
with its own mental, moral and spiritual  
being. And when shall we be ready to  
even commence the conquest?

I do not believe we shall ever know  
the perfection of body's health, muscular  
strength, nor personal beauty; nor cer-  
tainly of moral and spiritual health,  
strength, beauty and excellence, till such  
a victory over animal appetite is adju-  
red.

For, in the last analysis, it will be  
found that the animal appetite, just, is  
the secret of the present murderous use  
of the flesh of fattened brute beasts as a  
staple article of diet with the human  
race.

Hastily but sincerely yours,  
PARKER PILLSBURY,  
Concord, N. H."

## The Highest Observatories.

The very highest observatory in the  
world is that situated on Mont Blanc,  
at the height of 14,500 feet above sea level.  
The highest in Asia is that on the side of  
Point Everest, 10,000 feet above the  
Mediterranean's level, and the highest in  
the United States is that on the top of  
Pike's peak, in Colorado. It is 14,147  
feet above the level of the gulf of Mexico.  
The highest on the Atlantic coast of  
North America is the one situated on  
Mount Washington, height, 6,288 feet.

## Some Poetic Gems.

Were half the power that fills the  
world with terror,  
Were half the wealth bestowed on  
camps and courts  
Given to redeem the human mind from  
error,  
There were no need of arsenals or forts.  
The Arsenal.

God's ways seem dark, but soon or late,  
They touch the shining hills of day;  
The evil cannot brook delay,  
The good can well afford to wait.  
Give ermined knaves their hour of  
crime;  
Ye have the future grand and great,  
The safe appeal of Truth and Time.  
—Whittier.

Whene'er a noble deed is wrought,  
Whene'er is spoken a noble thought,  
Our hearts, in glad surprise,  
To higher levels rise.

The tidal wave of deeper souls  
Into our inmost being rolls,  
And lifts us unawares,  
Out of all meaner cares.

Honor to those whose words or deeds  
Thus help us in our daily needs,  
And by their overflow  
Raise us from what is low.  
—Longfellow.

## J. M. PEEBLES, A. M., M. D.,

Since the burning of my large and elegant  
sanitarium in San Antonio, Tex., last year, I  
have been measurably unsettled in my medical  
practice. This magnificent sanitarium was the  
center of advanced medical practice in the  
Southern State, with every facility for the  
curing of the sick.  
Numerous friends, acquaintances, and ex-  
patients from different parts of the country  
have been and still are frequently writing me  
for medical advice or treatment.  
Having settled permanently in San Diego,  
Cal., the finest climate in the world, I have now

## A FINE HEALTH HOME,

ready for patients soon, with Mrs. Peebles, the  
presiding matron.  
It is well known that J. M. PEEBLES, M. D.,  
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## The Blood Shows Evil Effects of Tobacco?

The excessive use of tobacco can be clearly demonstrated by the examination of a properly spread slide of blood. In such cases red corpuscles will be found to be crenated, that is the corpuscle, instead of possessing the absolute regularity of margin noticed in health, will present a series of scallops somewhat irregular in their distribution. A few such crenated corpuscles, in the proportion of one to three hundred and fifty occur in normal health, but in tobacco blood the ratio is often as high as one to ten and sometimes attains a much larger proportion. Opium and other narcotics produce the same result. Nervous excitement and certain diseases will frequently produce crenation, and the blood in dense urine will often be found in this state. Where the patient is otherwise healthy a number of crenated corpuscles in his blood may safely be ascribed to the excessive use of tobacco, opium or some narcotic, and it is then necessary to stop their use.—Popular Science News.

## How Our Churches and Schools Are Busily Engaged in Fostering the Savage in the Young.

I find, in a recent number of the excellent little paper entitled Our Dumb Animals, the following from the philanthropic editor, Mr. George T. Angell:

Armed Christian Endeavorers.—Why not? If it's a good thing for Sunday schools why not for Christian Endeavorers? Think of a million of Christian Endeavorers—white endeavors and colored—armed with rifles, bayonets, swords, cannon and galling guns—and a great Christian Endeavor navy of ironclads, rams and torpedoes. What a power they could bring to convert the heathen to a knowledge of Christianity! If it is a good thing for the Sunday schools, why not for the Christian Endeavorers?

Speaking of this subject reminds me of an article which appeared in the Chicago Times, a short time before it was purchased by Mr. Scott, from which we take the following quotations:

The United Boys' Brigade of America, composed of companies of youths organized under military discipline in the various Christian churches of the land, has just been incorporated, with headquarters in Chicago. The incorporators are the Rev. H. W. Bolton, D. D., representing the Methodists; the Rev. P. S. Henson, D. D., the Baptists; D. C. Miller, D. D., of Armour mission; John Rusk, Ph. D., of the Fullerton Avenue Presbyterian church; Rev. R. E. Morse; Frederick L. Chapman, the editor of Ram's Horn; Dr. Charles R. Morrell, formerly eastern secretary of the National Boys' brigade; O. L. Rickard, adjutant of the Baptist Boys' brigade, and William J. Robinson. This national organization will give added strength and purpose to the movement and will largely recruit, it is expected, the ranks of the juvenile Christian soldiers. The brigade movement has for its object the development of patriotism and piety in boys and its essential features are the drill, the study of the Bible and missionary work. . . . It is esti-

imated that there are now close to 1000 companies in the United States all of which, it is hoped, will unite in this new movement, which bids fair to rival any organization of modern times in numbers and power, and it may and probably will exercise influence that cannot be ignored in the future of the destinies of this nation.—Arena.

## Adulterated Drugs.

Dr. Tucker, of the New York Health Board, gives an alarming picture of the adulteration of many of the drugs in common use. From 1891 to 1894 inclusive 8,305 samples were examined, and not one-half were of good quality. Among the drugs mentioned as of inferior quality were the bromides and the iodides and especially precipitated sulphur, which was found to be impure in three-quarters of the 248 samples tested.

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## When Science Lengthens Life.

A prominent physician believes that the time will come when the physicians will be able, through government endowment, to concentrate themselves on investigations, instead of wasting their energies in the struggle to live. He says that when medicine is in the immediate future better understood, and when those temperate habits which physicians might counsel, but which practitioners could not enforce, obtain a deeper and larger hold on the great masses of the civilized world, as undoubtedly they would, the span of human life should be extended to the patriarchal term of 120 years. Popular Science News.

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