

March-April, 1930 - - 10c

# Weltmer's

## M A G A Z I N E

### ANNOUNCEMENT EXTRAORDINARY

*Read the announcement of the great course in healing  
given by*

*The Weltmer Institute at Nevada, Missouri*

*April 28th to May 23rd*

*This is in many ways, the greatest course of healing  
that the Weltmer Institute has ever taught*

*Read the announcement, beginning on page three  
of this number*

# Psychology-Healing-Prosperity



DEPOSITORY: THE THORNTON NATIONAL BANK, Nevada, Mo.

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# THE WELTMER FOUNDATION

NEVADA, MISSOURI, U. S. A.

PURPOSE

TO PERPETUATE THE  
WELTMER TEACHINGS  
AND TO BRING ITS  
SERVICE TO ALL  
PEOPLE.



The Weltmer Foundation was incorporated October 16, 1924 under the laws of the State of Missouri for the purpose of "fostering, promoting, teaching, spreading and perpetuating the Weltmer Philosophy and Practice of Living and the Science of Healing, as expressed in the writings and teachings of Sidney A. Weltmer and Ernest C. Weltmer for the good of Humanity for all time; and for the establishment of schools, chapels and hospitals in aid thereof; and the acquiring of construction of suitable grounds and buildings and equipment for the carrying out of the purposes of this Association, with the right to dispose of any real estate not deemed suitable or needed for the purposes of this Association; and for doing all things that are necessary or germane to these purposes."

It is a non-profit sharing Foundation, governed by Sidney A. Weltmer, Ernest C. Weltmer, or their successors whom they shall appoint, assisted by a board of directors and trustees. It will be impossible for commercialism ever to rule the work of The Weltmer Foundation. It is organized and will forever work solely for the purpose of blessing men through teaching them to know that the Kingdom of God is within them. Its first great work will be the organization of a school in which men will be taught to live more abundantly by putting into practice in everyday affairs the teachings of Jesus. The Weltmer Foundation is supported entirely by voluntary contributions. Its governors invite all who wish to share their wealth with God to become partners with them in this great work.



Do you tithe to the work of God on earth? Do you share your abundance with God? Investigate the Weltmer Foundation and you will see that it is the agency through which your money can do the greatest good.

Send your contributions or write for information, to The Weltmer Foundation, E. B. Stone, Secretary, Nevada, Missouri.

# Weltmer's Magazine

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NUMBER 12

Devoted to the teaching of practical methods of demonstrating, in everyday life, the Kingdom of God within.

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## A WORD FROM THE EDITOR

I am writing this in Ft. Worth, Texas in the Westbrook Hotel. I will be here for the rest of this month, when I will finish my fourth Ft. Worth class.

This is a great city in a great state. These folk down here have shown their appreciation of a great teaching and we are having a great time.

I have been so busy I have hardly been able to get the magazine on the press. I have been finishing my work about two o'clock in the morning and lately I have had to be ready to begin my broadcast on W. B. A. P. at 8:45 in the morning.

It's a great life if I don't weaken.



## A PRINCE OF TRUTH

DEDICATED TO DR. ERNEST WELTMER

I know a Prince both gentle  
and wise;  
Not dressed in regalia but a  
Prince in disguise.  
A Prince to mankind both a  
brother and friend,  
Whose helpful words gladden to  
life's journey's end.  
To those who've grown bitter  
through life's darkest hours  
He brings back the sunshine  
and reveals the bright flowers.  
He proves that it isn't our  
lot that is bad,  
But the way we view it  
that makes us so sad.  
Oh, this Prince is a sage, who  
will lead us forsooth  
To a life full and joyous,  
This beloved Prince of Truth.

L. G. Moomey.



**YOU  
CAN  
HAVE  
HEALTH**



**YOU  
CAN  
HAVE  
WEALTH**

# WELTMER'S MAGAZINE

There are no Hopeless Cases.

There is no Incurable Disease.

**LEARN MORE ABOUT YOURSELF THAN YOU EVER DREAMED YOU COULD KNOW**

*DEVELOP GREAT HEALING POWER*

*by*

*The WELTMER METHOD*

## A SPECIAL TRAINING COURSE

APRIL 28th to MAY 23rd

at

The Weltmer School of Healing, Nevada, Mo.

There has been such a general demand for another Brief Course of instruction in the Weltmer Method of healing, with special emphasis on the development of healing power and instruction in the therapeutic use of hypnotism, suggestion, and magnetic sleep that we have decided to offer a very practical and highly specialized course of training this spring. If the enrollments for this course received before April 15th warrant our going ahead with it we will teach this most highly specialized practical course ever offered in the four weeks beginning April 28th and ending May 23rd. If you are interested in healing by any method, if you are already a practitioner and wish to multiply your powers and enormously increase your ability to serve the needs of the sick, read the following brief announcement and let us know your decision as soon as possible.

You will be taught to manipulate every part of the body by the fine Weltmer Method of Massage.

You will be taught to use your hands in the treatment of the sick for the relief of the diseases of all the organs of the body.

You will be taught the use of affirmations and how to command and employ the tremendous powers of the mind.

You will be taught to use the powers of your mind in consciousness by means of suggestions and healing thoughts.

You will be taught to use the deeper powers of the mind in Absent Treatment.

You will be taught to use the inexhaustible powers of the spirit through your hands, your spoken words, and your unspoken thoughts.

You will be taught to use maneffluvium, the astral forces.

You will not merely learn about these things. You will learn to use these powers by training in actual practice.

## **WELTMER'S MAGAZINE**

### **HYPNOTISM VS. MAGNETISM**

We will teach you the art of hypnotism in order that you may understand this method, its virtues and vices, its powers and dangers, and how to protect yourself and your patients against its improper use. We will teach you a much better method of getting all the results that hypnotism can give without any of its objectionable features and with increased values in every legitimate field. You will learn to induce and handle the magnetic sleep. The magnetic sleep is the only safe method for reaching the deeper realms of mind. In the magnetic sleep heretofore undreamed of powers may be brought to light and trained into powerful expression.

---

### **MIRACULOUS HEALING MAY BE ACCOMPLISHED**

Tremendous mental powers may be discovered and developed. The magnetic sleep discovers new realms of life to the investigator.

The teacher of this class brings 35 years of experience to the class room.

All phases of the deeper psychology will be touched upon and all the practical and important methods that can be made of real use to you will be carefully studied and you will be trained in their use.

---

### **YOU MAY HAVE THE GIFT OF HEALING**

Even though you have the gift of healing you need to know how to make the most of it and how to reach and deal with the sick who need your services. Even though you are specially gifted in this way you still can learn the fine art of healing and develop the universal powers of life which make all men

potential healers of some degree.

Healing is not merely a matter of method; it is far more a matter of consciousness and realization, a matter of spiritual unfoldment and the development and training of the deeper powers of life.

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### **THE FOUNDATION**

of this course will rest upon six special subjects.

- (1) **SPIRITUAL UNFOLDMENT.**
- (2) **THE PSYCHOLOGY OF EVERYDAY LIVING IN HEALTH AND SICKNESS.**
- (3) **PRACTICAL METHODS.**
- (4) **METHODS FOR AWAKENING AND DEVELOPING THE DEEPER POWERS OF LIFE.**
- (5) **DIET IN HEALTH AND SICKNESS.**
- (6) **MASSAGE.**

Other subjects will be introduced as necessary.

#### **(1) SPIRITUAL UNFOLDMENT**

Your healing power depends upon the development of your consciousness and your ability to express the deeper powers of life within you. You can learn all the arts of manipulation and all the formulas of suggestion and affirmation but these will be of little value until you develop the power that teaches you to develop the deeper spiritual powers for the healing of others and for your own healing.

#### **(2) THE PSYCHOLOGY OF EVERYDAY LIVING IN HEALTH AND SICKNESS**

Many persons are sick because they have never learned to express themselves with a



## **WELTMER'S MAGAZINE**

sense of life's fulfillment and every person's state of health is influenced in a large degree by his failure or success in making adjustment to the conditions around him.

Our class in practical psychology teaches you to understand why you and others are failing to make adjustments and how good adjustments can be made. This course prepares you to deal with the most difficult psychological problems. It's subject-matter should be compulsory in the education of every doctor, nurse, or practitioner of any method whatsoever that deals with the sick. This course alone is worth the cost in time and money of the whole course of instruction and training.

### **(3) PRACTICAL METHODS OF HEALING**

Weltmer methods are practical methods, methods that work, methods that get results. The Weltmer Methods of teaching are just as practical. They consist in training you to do things by teaching you to do them and drilling you until you do them well. The Weltmer Methods of healing are methods of practice, not finespun theory alone. We teach enough theory to make your work intelligent but we teach also enough work to make your theory practical. A Weltmer healer knows what to do when he is called upon for help.

### **(4) METHODS FOR AWAKENING AND DEVELOPING THE DEEPER POWERS OF LIFE**

Much of occultism, mysticism, and metaphysics is plain bunk, but even its frauds rest upon a foundation of tremendous power latent in the average man's life. Man rarely uses one per cent of his mental or spiritual powers. By our methods, you can learn to do much more than you have ever done before and you

can become acquainted with realms of life in your deeper self that probably you have not had a glimpse of. Our methods of inducing magnetic sleep enable you to bring the deeper powers of many of your patients and possibly your own deeper powers under control. Many miraculous healings have been performed in this way. Many men have won world-renown by some commonplace experiment in this field. We will teach you the methods of the hypnotist, the occultist, the fakir, the medium, psychometrist and clairvoyant and teach you how to guard yourself against the dangers of self-development. We teach you to induce and use the powerful but safe magnetic sleep for your own benefit and the benefit of your patients.

### **(5) DIET, IN HEALTH AND SICKNESS**

Diet as a means for maintaining and regaining health is becoming more and more important. We are only just beginning to get out of the fad stage of diet. It will soon be possible to organize the latest discoveries in diet into a sound and reliable system. Our course of instruction in diet is a very practical one which prepares you to use its very latest and most authoritative discoveries and puts you in the vanguard of the new dietiticians.

### **(6) MASSAGE**

Our massage course is unique in its application of sound anatomical and physiological knowledge. It is based on the structure and functions of the human body as it is. Massage is taught in a thoroughly practical way in the Weltmer Institute. You are trained to use your hands in the actual manipulations. The teacher drills you until you leave the class an expert, prepared to deal with any condition that massage can reach.

# *A Wonderful New Course*

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This wonderful course of instruction is new. It is new in much of its subject matter, in much of its teaching methods, and entirely new in its combination of subjects. Every graduate of the Weltmer School should have this course, not only as a review of the most important elements of the work he has already done but because of its teaching that never has been offered before. **In order to encourage Weltmer Graduates of previous resident classes to take this new course we will enroll them for half price.**

Every chiropractor, osteopath, physiotherapist and mechanotherapist should have this course because of the tremendous power it will give them through its teachings and their development along spiritual lines.

Every physician or other therapist using drugs, diet, or other chemical methods should have this course for the reason that it will deepen his under-

standing of his patients and give him an insight into the patient's deeper nature that will enable him to awaken powers of response that he can never reach with any other method.

For the person who has never taken any course of treatment in healing this is the best of all practical short courses to a working knowledge of the healing art. You learn to heal by healing. You learn to massage by massaging. You learn to know what your patients think by learning to think. You develop your own deeper powers and from a knowledge of your deeper self, you can invoke the power of the patient's deeper self for his healing.

In four weeks of intensive thinking you learn to heal. And if you follow our instruction there is no reason why you should not be able to establish yourself in a lucrative profession and render a great service to suffering humanity.

<b>TUITION INCLUDING TEXT BOOK AND DIPLOMA</b>	<b>\$60.</b>
<b>ADDITIONAL MASSAGE INSTRUCTION, TEXT AND DIPLOMA.....</b>	<b>5.</b>



# The Kingdom Of God Within You

Henry C. Ruhmkorff

The Kingdom of God is within you. How strange, how marvelous, the finding of this Kingdom within! What achievements one can attain by knowing the Kingdom within as taught by the Weltmer School!

It was the Weltmer teachings that took me from the crowd, opened the door to let me enter a house by the side of the road, where the race of men pass by, good men, bad men, men as good and as bad as I. It drew the curtain and revealed to me that Man is the equilibrium of the chemical substances he manufactures in his body, through his mind by thought, word and deed.

As we grow in years we leave childish things, so also should we leave the crib of childish weakness and grow up to the Kingdom of God within, The Truth of Life. We are the arbiters of our fate. No greater truth has ever been expressed, I think, than the Weltmer teachings. These bodies of ours are Temples in which we live, and we are the builders of these Temples. We build them according to our ignorance or wisdom. We may learn to build according to the Kingdom of God within. We are always rewarded with abundance when we are receptive and obedient to the Kingdom of God with-

in.

Some several years ago I was called to the home of a colored family, they had a little boy, about three years of age, his little legs twisted around each other, and all out of shape; his little arms in the same condition, could not hold up his little head as it would wobble up and down, could not sit up without being supported.



HENRY C. RUHMKORFF

This child had been in an Indiana Institute for two years, finally given up as incurable. I was treating a little girl that lived across the street from this little colored boy. The little girl's weak eyes were getting stronger as the days went by and the mother of this little colored boy noticed this. She followed me for a block before I heard her calling me. When I stopped she said "I know you

can do something for my baby."

I told her that I would come to see her baby. In a few days I called on this child. I saw nothing but a mass of twisted bones but I told the mother that I could help her child.

I started to treat that little colored child. Today he is walking and using his arms. That was about three years ago. The child is about six years of age now. I had not seen this child for about three years until the other day the  
(continued on page 31)

# The Law Of Thinking

By Ernest Weltmer

All thinking is affirmative. It is a process of bringing into expression the creative powers of life and of adapting those expressions to the conditions of environment. There are no exceptions to this fact. It is impossible to deny anything in the practical effect of thinking upon the life of the thinker. An attempt at denial is only a sort of affirmation of some phase of the existence of the thing denied.

Thinking is a mental expression of Divine Creative Power. That power which creates universes and molecules becomes conscious, plans, strives, and builds in man. The process of planning and striving is known as thinking when it is conscious and it is just as truly thinking when it is unconscious.

No matter what we think about a thing, every thought we think creates that thing according to the power of the thought, the vividness of the idea, and the interest in it.

Given a certain amount of interest, a certain force of thought and a certain time of application to some condition, one creates that condition in his life with thinking which attempts to deny as well as with thinking that positively affirms.

To think about a thing at all is to build it up. The important point is not "What do we think about it?" but "How much do we think about it?"

The fundamental law of mental life is "We express the thoughts we think in proportion to their monopoly of attention." Attention is best measured by interest, not by intention, purpose, wish, or concepts of values. We give attention to our thought in proportion to our interest in them.

So long as we are interested in evil things our thoughts will create evil. So long as we are interested in disease our thoughts will create disease. So long as we are interested in the things

we do not like our thoughts will create the things we do not like. So long as we are interested in harmful things our thoughts will create harmful things. So long as we are interested in our lacks and deprivations our thoughts will create for us lacks and deprivations.

Our thoughts are only one factor in the conditions of our lives at any given time. Other factors are racial tendencies and inheritances, all previous thinking and its results, environmental conditions, and our physical condition.

Thinking is the immediately controllable and very commonly the most important factor, and persistent wrong thinking will most certainly overcome the good tendencies of all the other factors if they happen all to be good. When wrong thinking follows upon and emphasizes some wrong tendency in some of the other factors of life, it then emphasizes the evil tendencies and hastens the bad result.

On the other hand, when good thinking, that is thinking the expression of which we would wish to make actual in our lives, persistently combats wrong tendencies in the other factors of life it will minimize such evil tendencies and if its influence can be made powerful enough it will overcome them. Whole-souled primary interest in health, achievements of worth while life purposes, and a loving interest in others appears to be practically without limit in its power to overcome evil tendencies in the other factors of life.

A very simple rule, a rule as reliable as it is simple, may be made for universal application to thinking: "Think the thoughts which you wish to express."

In other words, meet the undersirable conditions of any situation as simply, as directly, and as efficiently as possible and then give your thought and your interest to the betterment of your



condition. Note that this does not say "to the betterment of the objectionable condition." You do not think about the objectionable condition at all after you have done all that you can to meet it. To think about objectionable conditions further is to magnify and emphasize their objectionable nature. Do not try to deny the existence of objectionable conditions but recognize them with appropriate action and then concern yourself wholly with desirable alternatives. "Think the thoughts you wish to express."

When you meet an objectionable condition with a direct creative effort, dispose of it as quickly as possible, make your only concern with it the effort to correct it and improve your adjustment to it, you are thinking a thought you wish to express. You are not thinking about the condition as objectionable. Let me give an illustration of this point:

I asked a client "What seems to you the most important fact you know?"

"That I am in debt" was his reply.

"So long as that seems to you the most important fact you know you will remain in debt and no power of heaven or earth can get you out," I told him. "There is a far more important fact than that and that is the fact that must dominate your thought and hold your interest: The most important fact in relation to your debts is not that you are in debt, but rather, that you have the ability to pay your debts. Concentrate on this and build all your thinking and efforts on this foundation and then no power in heaven or earth can keep you from getting out of debt"

The same principle applies to all evils.. The simple rule "Think only the thoughts you wish to express" covers the whole matter.

We might add a threat to this rule, although if you are really taking the rule to heart a threat is unnecessary. However, for some persons it may be necessary to threaten with the bad results of the misapplication of the rule and point out the truth that the rule

works whether we wish it or not. For those we might say, "Think only the thoughts you wish to express, for you express the thoughts you think no matter what your wish may be.

Free your mind from the adventitious impulses, tendencies, desires, and hopes that have been planted there by parents, teachers, friends, and the suggestions of environment and learn to listen to the voice of your heart's aspirations as they spring spontaneously from within. Learn to know the hopes God gives you and then live true to those in your thoughts and actions, and you may be sure that life will prove that fig trees still bear figs, and orange trees still bear oranges, and apple trees still bear apples, and you will not need to be concerned with the fact that thistles still bear thorns.

"Seek first the Kingdom of God and his righteousness" and all those things of the world which you might desire, all that is needed to make your life full and complete, all of health and strength and creative vision that are necessary for the fulfillment of the Divine purpose by which you have BEING, will be yours.

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# The Twenty-Third Psalm

Ida E. Ross

"The Lord is my Shepherd I shall not want."

Victoriously up through countless incarnations I have been climbing to develop my soul, that it may finally be worthy of its Divinity. I have been led by a Loving Way-Shower. He is my Keeper and I rest serene in His care, knowing the real I shall not perish in the storms of soul-culture.

"He maketh me to lie down in green pastures."

He leadeth me beside the still waters."

He causes me to seek the best in life and to surround myself with every evidence of provision for growth. He guides me away from lack and barrenness. He guards well my rest and relaxation that I may better serve. He directs my steps in quiet ways—away from the confusion and distraction of strange, uncharted pastures of the world. In the stillness I see my Shepherd more clearly.

For the sake of this soul of mine I have been working for millions of years. It is the Real I. Ofttimes I become discouraged and doubtful—yes, even full of fear. Then, indeed, I need the consciousness of His presence and indwelling. It assures me and restores my soul to its joyous progression up the paths, strengthened.

"He leadeth me in paths of righteousness for His name's sake."

His name is LOVE, GOOD, INTELLIGENCE, OMNIPOTENCE. Only in the right paths does my loving leader lead. If I lose my way and take misleading by-paths, LOVE and INTELLIGENCE pull me back to safety again.

"Yea, though I walk through the val-

ley of shadow of death, I will fear no evil for Thou art with me; thy rod and staff they comfort me."

After I have added to the refinement of my soul during a certain infinitesimal time termed a "life", by physical suffering or any of the many other ways to gain fortitude—and I come to the end—then my Shepherd tenderly lifts me up and carries me through, lovingly, Death is no longer my enemy: I recognize it now as my liberator. I fear nothing for I KNOW my Divine Protector is here to comfort and support me.

"Thou preparest a table before me in the presence of mine enemies."

Thou, my caretaker, hast provided great riches for me but my enemies—doubt, misunderstanding, fear, poverty and sickness—have been so vividly present that I have sorely needed, O Enfolding One, to be led to a consciousness that THOU ART ALWAYS PRESENT."

"Thou anointest my head with oil: my cup runneth over."

"The Saints of old used oil in anointing as a symbol of love. Thou hast poured love upon me from the dawn of creation and I am happily grateful for the brimming cup of blessings in this life."

"Surely goodness and mercy shall follow me all the days of my life: and I will dwell in the house of the Lord forever."

The Kingdom of my Shepherd is WITHIN and there in the ETERNAL NOW I am learning to dwell in perfect At-one-ment with Him. Selah!



# Lovers Of The Light

(A visitor's impressions of the Weltmer  
Institute.)

By BERTHA HYDE KIRKPATRICK

We now know that we were fortunate when we were guided through the the advice of a friend to spend a few weeks at the Weltmer Institute. We came with some questionings and some doubts but with open minds, so that these same questionings and doubts have proved not a hinderance but merely a challenge. Our doubts are removed. Our questionings remain but have taken on new form. We are searching now to analyze and find the sources of the strength and spirit of this unique place.

"This is a place of healing, to humanity dedicated," we read. Yes, we are sure this is true, but this does not tell it all, for we soon discovered that it is very much more than a place of healing. We discover rather that a true place of healing involves many things that one does not include at first thought. It is a place where one may, if he will make progress in the much talked of but poorly developed and little practiced art of living, where one may get a running start in the free, purposeful life that takes account of man in the physical, mental and spiritual planes, where one may learn to direct his life so that unfoldment of the Kingdom of God within takes place in these three planes.

It is at the daily half hour unfoldment services and the daily lectures that one begins to understand what this unfoldment means and begins to learn the secret of the universal spirit that pervades this place of healing. Here, morning after morning, Dr. Ernest Weltmer shows us the value of relaxation, of right thinking, the positive constructive thinking that rebuilds diseased and unused tissues, that brings into use unknown mental powers, that opens our

inner eyes to hidden spiritual truths, "Learning to be at peace with our selves." "Happiness, not the Goal of Life"—such is the type of subjects developed, always centered around and coming back to the thought that we are children of God and are not fulfilling our God-given mission or the object of our creation if we fall short of developing our latest endowments to the utmost. Are we not man, made in the image of God and are we not endowed with capacity to draw upon the Infinite Reservoir of love, strength, wisdom and power? The words "O, son of man, noble have I created thee, yet thou hast abased thyself, Rise then unto that for which thou wast created," come to mind.

We sense a certain freedom here in this place of healing both in teaching and living and mark it as one of the things fundamental to the spirit of the place, this spirit which is conducive to self-development, self-realization, unfoldment. Dr. Weltmer in his talks gives abundantly of his own experience, theories, ideas, conclusions, always emphasizing that they are his and each of us is free to agree or disagree, make them our own or reject them in just as far as they help or hinder our unfoldment, the attainment of our own individual goal. We can hardly emphasize too strongly the necessity as Dr. Weltmer sees it that each individual shall find his own goal, make his own pattern, recognize his own place and his own value in the world and work out his own salvation. Freedom of thought and action are thus necessitated.

We are interested too to find how consistently Dr. Weltmer would and

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does apply this theory to child education. The child is truly a sacred individual. The wise parent is a guide in giving that child freedom to find himself. But that is another story. We cannot in a few lines hope to cover Dr. Weltmer's philosophy. Read his books and writings or better go to the Institute and listen to him for a few weeks. You will be repaid for the personal touch.

For although Dr. Weltmer insists that the personality of the messenger has nothing to do with his message the fact remains that most of us are better able to absorb a message and are more greatly inspired to act upon it when we receive it orally and see it practiced by its proponent.

We may be excused then if we note a few characteristics of the man whose life and message like his father's Dr. S. A. Weltmer are to humanity dedicated. Unspoiled by formal schooling Dr. Weltmer is possessed of an inborn culture and self-mastered education. He tells us of his few months of schooling among the "Hill-Billies" of the Missouri Ozarks and how even two hours after school was not long enough for him to learn a four-line verse. He tells us, too, of his youthful struggle to master speech and language difficulties which his present fluency make it hard for us to believe ever existed. In the self-imposed tasks of his education he has been thoroughly scientific and scientifically thorough. For example his knowledge of anatomy is based not alone upon books but upon repeated careful dissection of the human body. His studies in theoretical and practical psychology, which is really his major subject, led him into the field of psycho-analysis. Five years of study in this field and another year of experimental practice he considered none too much before he felt warranted in engaging in professional

practice. Add to this a capacity and passion for scientific accuracy, a sensitive spiritual and somewhat intuitive nature, a deep love of his fellow-men, and we understand a little why he has joined with his father to work out and teach a philosophy of healing, right-living and high thinking.

Can we understand too something of what is the root of the appeal of the Weltmer message? One might say it is a fusion of science and religion. Its scientific appeal is based on sound psychology. Its religious appeal is to the higher spiritual nature in each. It is both a philosophy of life and a way of life. Some months ago an article appeared in a leading magazine with the arresting title, "Wanted a Substitute for Righteousness." If there is such a thing this substitute is embodied in the Weltmer message. "Right" and "Wrong" have little appeal to the modern scientific mind, which is always asking why. But when a sound psychological reason is given why, for example, we should love our enemies, the appeal goes over. Does this seem to take the sacredness out of righteousness, to make the great ethical and spiritual truths that Christ taught commonplace? (It is well indeed if they do become in a sense commonplace, the common and accepted standards.) But rather this Weltmer method elevates all knowledge and all science to the high and sacred use of making each human soul more worthy of the Kingdom of God within. All true knowledge becomes knowledge of God, the God who is all and in all, who is ever pervading the universe. The physical becomes recognized as subject to the mental, the mental to the spiritual. The inner spiritual light then illumines all.

So we like to think of these teachers, the Weltmers, father and son, as lovers of the light, seeking light and knowledge everywhere and a seeking of God everywhere. God is life, and so in all

(concluded on page 14)

# How To Sympathize With Nervous People

By Prof. J. O. Crone

The old way of sympathizing with nervous or sick people has been completely changed. A wonderful change has taken place, I have learned how to sympathize with nervous people through thirty years of experience in handling the sick. I have learned that the old way is wrong.

I remember an old lady I used to know when I was a boy who would come to see any of our family that were sick. She would come to cheer us as she and as we thought. She would step into the room, shake hands, and say:

"How awful you look. What did the doctor say about you? Did he say you were going to get well, or that you were dangerously sick? I am afraid you will never get well you look so awful. I thought I would come over and see you, try to help you, sympathize with you, you poor thing. I am so sorry you are sick. I am afraid that you are going to die."

My work in the Institute is Suggestion and I try to avoid such suggestions as I heard when I was a boy. Now when I am called to see a sick person or a nervous patient I step into the room with a smile and I say:

"Good Morning! It is a lovely morning. You are not feeling good, you say? Well, I have come here to make you feel good," with a smile. "You don't look so bad. I know you are sick, that you have pain, but I have learned how to relieve your ailments. Now, I want you to close your eyes and just let yourself go, let loose for a few minutes and try to relax completely from head to foot."

Then I use judgment as to whether I should rub that patient's back, give a massage, or just hold my hand on the stomach and head and try to get relaxation and send the thought vibrating through my hand. Then while holding my hand and just thinking for the patient "I am getting better

now." I let my hand carry that message to the unconscious healing mind and the work is begun.

I have to use judgment in choice of treatment for my patients right then and there. I have learned human nature by studying different conditions of people. We have had a great many nervous people to come here and I have studied how to reach them.

Nervousness is brought on by hard work, or overwork, or worry. With all my experience I have found how those things cause nervous breakdowns.

I had a patient who was running a wholesale and retail store, trying to do it all himself. He had worked from daylight to 10 o'clock at night week-days and Sundays. For 15 years he never lost a day and a nervous breakdown was the result.

Now it is up to me what to do in a case like this. I told the man to come to my office, take off his coat and shirt and to lie down on his face on my table. I gave him a deep massage on the spine and the back of the neck up to the base of the brain. I then had him to turn on his back and I gave him a pretty thorough treatment over the solar plexus. Then I sat down by the table, put one hand on his stomach and the other on his forehead and told him to breathe three times and relax completely. The man was relieved somewhat after the treatment, said he felt better, felt some improvement. He was a nervous man.

We had a room in the same building where he was staying, right across the hall from him. At 2 o'clock one night I heard three loud raps on the door. I jumped up and opened the door and there stood that man, eyes wide open and hands shaking. He was tottering there in the hall, saying:

"Crone, I am dying! Save me, please."

I caught hold of the man, shook him



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does apply this theory to child education. The child is truly a sacred individual. The wise parent is a guide in giving that child freedom to find himself. But that is another story. We cannot in a few lines hope to cover Dr. Weltmer's philosophy. Read his books and writings or better go to the Institute and listen to him for a few weeks. You will be repaid for the personal touch.

For although Dr. Weltmer insists that the personality of the messenger has nothing to do with his message the fact remains that most of us are better able to absorb a message and are more greatly inspired to act upon it when we receive it orally and see it practiced by its proponent.

We may be excused then if we note a few characteristics of the man whose life and message like his father's Dr. S. A. Weltmer are to humanity dedicated. Unspoiled by formal schooling Dr. Weltmer is possessed of an inborn culture and self-mastered education. He tells us of his few months of schooling among the "Hill-Billies" of the Missouri Ozarks and how even two hours after school was not long enough for him to learn a four-line verse. He tells us, too, of his youthful struggle to master speech and language difficulties which his present fluency make it hard for us to believe ever existed. In the self-imposed tasks of his education he has been thoroughly scientific and scientifically thorough. For example his knowledge of anatomy is based not alone upon books but upon repeated careful dissection of the human body. His studies in theoretical and practical psychology, which is really his major subject, led him into the field of psycho-analysis. Five years of study in this field and another year of experimental practice he considered none too much before he felt warranted in engaging in professional

practice. Add to this a capacity and passion for scientific accuracy, a sensitive spiritual and somewhat intuitive nature, a deep love of his fellow-men, and we understand a little why he has joined with his father to work out and teach a philosophy of healing, right-living and high thinking.

Can we understand too something of what is the root of the appeal of the Weltmer message? One might say it is a fusion of science and religion. Its scientific appeal is based on sound psychology. Its religious appeal is to the higher spiritual nature in each. It is both a philosophy of life and a way of life. Some months ago an article appeared in a leading magazine with the arresting title, "Wanted a Substitute for Righteousness." If there is such a thing this substitute is embodied in the Weltmer message. "Right" and "Wrong" have little appeal to the modern scientific mind, which is always asking why. But when a sound psychological reason is given why, for example, we should love our enemies, the appeal goes over. Does this seem to take the sacredness out of righteousness, to make the great ethical and spiritual truths that Christ taught commonplace? (It is well indeed if they do become in a sense commonplace, the common and accepted standards.) But rather this Weltmer method elevates all knowledge and all science to the high and sacred use of making each human soul more worthy of the Kingdom of God within. All true knowledge becomes knowledge of God, the God who is all and in all, who is ever pervading the universe. The physical becomes recognized as subject to the mental, the mental to the spiritual. The inner spiritual light then illumines all.

So we like to think of these teachers, the Weltmers, father and son, as lovers of the light, seeking light and knowledge everywhere and a seeking of God everywhere. God is life, and so in all  
(concluded on page 14)

# How To Sympathize With Nervous People

By Prof. J. O. Crone

The old way of sympathizing with nervous or sick people has been completely changed. A wonderful change has taken place, I have learned how to sympathize with nervous people through thirty years of experience in handling the sick. I have learned that the old way is wrong.

I remember an old lady I used to know when I was a boy who would come to see any of our family that were sick. She would come to cheer us as she and as we thought. She would step into the room, shake hands, and say:

"How awful you look. What did the doctor say about you? Did he say you were going to get well, or that you were dangerously sick? I am afraid you will never get well you look so awful. I thought I would come over and see you, try to help you, sympathize with you, you poor thing. I am so sorry you are sick. I am afraid that you are going to die."

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I have to use judgment in choice of treatment for my patients right then and there. I have learned human nature by studying different conditions of people. We have had a great many nervous people to come here and I have studied how to reach them.

Nervousness is brought on by hard work, or overwork, or worry. With all my experience I have found how those things cause nervous breakdowns.

I had a patient who was running a wholesale and retail store, trying to do it all himself. He had worked from daylight to 10 o'clock at night week-days and Sundays. For 15 years he never lost a day and a nervous breakdown was the result.

Now it is up to me what to do in a case like this. I told the man to come to my office, take off his coat and shirt and to lie down on his face on my table. I gave him a deep massage on the spine and the back of the neck up to the base of the brain. I then had him to turn on his back and I gave him a pretty thorough treatment over the solar plexus. Then I sat down by the table, put one hand on his stomach and the other on his forehead and told him to breathe three times and relax completely. The man was relieved somewhat after the treatment, said he felt better, felt some improvement. He was a nervous man.

We had a room in the same building where he was staying, right across the hall from him. At 2 o'clock one night I heard three loud raps on the door. I jumped up and opened the door and there stood that man, eyes wide open and hands shaking. He was tottering there in the hall, saying:

"Crone, I am dying! Save me, please."

I caught hold of the man, shook him

severely, turned him and started him into his room, pushed him down on his face on his bed and went to pounding his back and shaking him, his head and legs, saying all the time:

"You are getting better now. It is all going away."

In less than five minutes he said:

"It is all over. It is all right. You have saved my life."

When he came up to the Institute the next day he looked different. He looked better, but he said to me:

"I want something to do outdoors."

I knew that was what he needed. I told him to go around town somewhere and see if there was any cord-wood he could get to cut. He cut up a cord in a week. During that week's treatment I could see he was improving and asked him no questions about what he was doing, just giving him the treatment. Saturday evening at 5 o'clock he came for his treatment, smiling. He said:

"I had a peculiar experience a few minutes ago. I cut a cord of wood up, split it, put it in the wood house and this is 5 o'clock Saturday. I finished my job and put the axe and saw on the back porch and started for the Institute. I got to the front gate when the lady came running out crying 'Come back and get your money for that work.' I told her I didn't want any money, that Prof. Crone of the Weltmer Institute had told me to cut a cord of wood this week and I had just finished it. He said I would be a well man and I want to tell you I am well."

Another patient came here who had a nervous breakdown from overwork at the University of Missouri. He was a Chinaman from Peking, China. His father sent him here to the University to learn to be a journalist. He accomplished that but he broke down with a nervous condition. He simply went to pieces. He came here telling me that he could not go home in such a condition and that if I didn't get him well he would commit suicide, that his folks knew nothing about his condition and

he didn't want them to know it. I told him I could get him out of it if he would do what I told him. He said he would do anything. I gave him a few magnetic treatments. After studying the case two or three days I saw he needed exercise the same as the man who cut the wood. I told him to walk ten blocks the next day. Each day for three days he increased the distance. Then I told him to walk two miles due west of Nevada where there is a bridge crossing a little stream, then to rest 10 minutes and walk back. By doing that exercise for fifteen days he got so he could trot out and back. He stayed here five weeks and went home a well man and happy.

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## LOVERS OF THE LIGHT

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life: God is Light, and so in all light; God is Law, and so in all law, God is Knowledge and so in all knowledge; God is Truth and so in all truth. Yet He is none of these things. God IS. In reality, they tell us, that this is as far as we can hope to go. This limit, however, being Infinite, sets no boundaries to our knowledge. These two, then are humble learners as well as teachers and believe themselves still learners, they refuse to crystallize their beliefs into a creed, knowing that the increased light which they constantly seek would soon dissipate such a creed. Rather they would have us all grow with them in knowledge, illuminating it by the inner spiritual light, searching for truth by the light of the Inner Self, finding light in truth, God in all things and the Kingdom of God within.

Bertha Hyde Kirkpatrick



# The Selfish Unselfish

By MARY BLAKE WOODSON

Reprinted from the Housekeepers Magazine, Topeka, Kans.

JANE TROOP has just left my house and left me—wondering!

I like Jane Troop. She's one of the sweetest, most unselfish women I know. But she's a menace, too. She became one long ago just by being so sweet and unselfish. For long ago, Jane Troop elected herself a sort of family goat. And her "unselfish" life has hurt, ruined, a good many people. And now they're pretty trying. But somehow she never blames herself.

There's her father. He soon got used to loading Jane with hateful little jobs nobody else would do. They weren't particularly Jane's affair. Nevertheless, he soon got used, also, to severely reproaching her if she didn't do them. Now he's a surly, crabbed, tyrannical old man, unreasonable, faultfinding. And her querulous, perfectly able bodied old mother soon got used to whining and complaining constantly, so she could impose scandalously on Jane, exact too much. Both are frightfully spoiled, unselfcontrolled. Jane's patient pampering! They couldn't live with anybody else now! Jane's fault! And what if Jane wears out before they rust out? Who's going to put up with two trying old people whose tomfool crotchets Jane tenderly nourished, encouraged to grow through years and years.

And there's Emmy, Jane's younger sister. Jane always served Emmy with passionate unselfishness. Regardless of her own weariness, wishes, inclinations, even her own sense of right and wrong. Unjust or fair, she always "did" for Emmy constantly, tenderly—and actually. Nobody made her, least of all Emmy. They started even. But Jane just got a selfish thrill out of unselfishly slaving for Emmy until by the time they were grown, she hadn't a right left. They were all Emmy's. Emmy who'd been taught to count on Jane but disregard her otherwise as a poor,

spineless creature with no excuse for personal desires. Of course, Emmy finally demanded preposterous things. And then if Jane even threatened refusal, Emmy stormed until Jane meekly and unselfishly gave in. Today Emmy's an unlosable burden. Arrogant, spoiled, ungrateful, dictatorial, unmerciful, a chronic leaner. She's utterly selfish and inconsiderate. And utterly unhappy. She can't understand the world isn't Jane. And when the world registers a healthy, resentful reaction to her she's all abused and sorry for herself. Outsiders know she's outrageous to Jane. So does Jane sometimes, now. But she's elected herself family leaner. She goes right on spoiling Emmy. She never sees how responsible she is nor that Emmy's just another victim of her own weak-kneed selfish unselfishness.

HER brother's a victim too. For Jane was always the scarred shield between him and consequences from diaper days. She took all the battering. And he the weak type whose only hope, was **having** to depend on himself; Was having to suffer consequences, get what he gave, develop upstanding, real manhood by steel, pain, hard knocks! They were necessary for his particular development. But Jane always "saved" him. So, incidentally, she's just "saved" him from the penitentiary now. Weepingly she confided she'd just given her last savings therefor. But some way his newest iniquity didn't impress me. Nor her newest great unselfishness. For what about the twenty-seven years Jane's definitely trained this burly, full-blooded male to fall back on her? Assiduously kept him from being the man God meant him to be? He's not entirely to blame. He's just a weak, likeable chap now who hasn't had a chance. Jane always impeded—and meddled insufferably, perhaps, with God's own devices to help him grow as he should!

And now, Jane's beginning all over with Emmy's children. For of course Emmy married and unwillingly had the children Jane wanted so much just as she got college, music, travel, culture, all the other things Jane would have bloomed under, was equally entitled to, only nobody was made to think so. Jane just unselfishly stayed home with the old folks and let Emmy have all. The old folks couldn't do without Jane even then, you see. They spared Emmy willingly, though. She disturbed them! Anyhow, here sat Jane planning unselfishly to "do without" so Emmy's children wouldn't be "cheated out of all she'd had to miss." I felt like shrieking at her:

"For heaven's sake, woman, wake up, however late. Realize you've cheated yourself, made yourself miss things. Let Emmy's children alone. Life's their nut to crack. They'll be better, happier citizens if you'll just let them crack it themselves. Who created you a doormat, anyway? Nobody owes **anybody** all you've given. From now on do let Emmy, your brother, father, mother, the rest of the world stand on their own feet while you salvage what little's left you for middle and old age. Nobody's stealing things from you. Nobody can. Nobody has stolen. You've just prodigally stolen from yourself to give, willy-nilly, to others. It hasn't helped. It's only hurt. Them. Yourself. Do cultivate enough self-respect now to get what's still due you. Everybody'll think more of you for it."

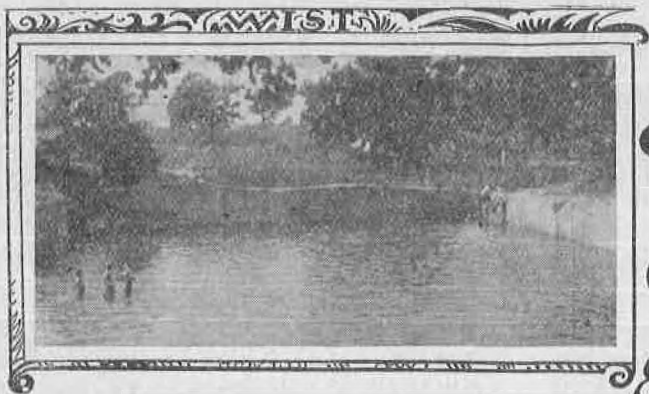
But Jane wouldn't have understood. She'd just have thought I wasn't her friend any more. And yet it's all true. For a certain amount of selfishness is as necessary to any human welfare as all the unselfishness on earth. And the only unselfishness there's any excuse for is constructive unselfishness. That's a virtue. The other kind is only a fault, foolishness, a bad habit. In excess it just creates an excess of the wrong kind of selfishness in others and a decadent backbone in ourselves. It doesn't

deserve to be called blessed, like constructive unselfishness, because it doesn't really make life finer, sweeter—any life. And it doesn't earn, merit, or very often get, even thanks, gratitude, recognition, or anything but contempt and the little end of the horn.

Everybody has a right to live, to be, to get the most possible out of life personally. And sometimes, getting that most helps others most in the long run. Leaving your own burdens until you're too tired to carry them because you've been "saving" others perfectly able to pack their own, isn't sensible or just. It's useless martyrdom. What really helps is carrying your own **side by side** with others with smiling courage, hope, persistence. It's lending a hand when a hand's really needed but otherwise just cheerfully encouraging the other fellow to carry his own high-heartedly. To attend to his own business scrupulously. To look out for himself. That's inspiring, since doing for others doesn't really help nearly as much as helping them do for themselves. And they have a side to the story. A right to consider. And surely duty to others includes recognizing this right, just as duty to ourselves includes decent self-respect. Yet back of nearly every human failure, mistake, is some "unselfish" person who wouldn't see that letting the other fellow develop himself, his own resources proclivities, be responsible for his own life entirely, was the greatest kindness possible.

UNSELFISHNESS isn't always beautiful. It's even hideous if it merely represents a personal fetish for suffering, sacrifice, beyond the limits of common sense, justice, fair play. And that's what happened to Jane Troop. If she'd just lived her own life her whole family would have been better off. Besides, she'd have spared all the other lives directly and indirectly touching theirs. She wouldn't have gotten them all out of line. Most of all she wouldn't have forgotten her own life away down the

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# The Secret of the Quarry

by Ernest Weltmer

A Story for the Young Between the Ages of Seven and Seventy

## THE FIFTH CHAPTER

### WHAT HAS GONE BEFORE

A party of children assisted by Mother and Dad are camping at the Old Quarry near Nevada when they are frightened by the sudden appearance and disappearance of an old man, first in daylight and then at their camp fire. One of the boys standing guard that night shoots something which he believes is the old man. The next morning the old man, dressed in strange clothes, is found with a bullet wound in his scalp. He tells a story of spies, a secret hiding place near by, and an international plot in which he is involved and which now involves the camping party. That evening the parents of the children assemble around the camp fire and the old man, who gives his name as Sigund, tells them his story. He is the exiled heir to the throne of Gravenia which for many years had been in the hands of a pretender who is trying to find and raid the secret sapphire and ruby mines and treasures of the Kingdom. Gravenia is a small state in a valley of the Caucasus supported by its jewel mines. The secret of their location and of the treasures in which stores of jewels are kept, being in the keeping of the rightful king. A signet ring carries the key by which the mines can be located. The assassins who thought they had killed Mr. Sigund had taken an imitation bearing a false key as they will discover upon their return

to Gravenia. Until that time Mr. Sigund is safe to perfect his plans for his return to his throne.

When years before he had escaped to America he had found employment through one of his former subjects, at the Quarry and discovered near the bottom of the workings a thin layer of clay which supplied the materials for making sapphires and rubies which he had learned to manufacture in the state laboratories of Gravenia. He had contrived a secret door for a small cave he found in the bank of the ravine and had enlarged this cave until he had completed a subterranean home and laboratory in the hill. Here he had lived for 40 years perfecting his chemical skill until he was able to manufacture all the necessities of the life from a thin layer of coal, and jewels with which to ransom his kingdom, from the clay outcropping in his underground chambers.

Mr. Sigund convinced the parents of the children that they would be safe in keeping his secret and that they would be in danger if they did not keep it. They agreed to protect him. He took them into his underground home, showed them some of his machines and living quarters and was preparing to show them the documents in proof of his story when the sound detector by which he kept watch over the surface about his home, gave warning that the camp was being disturbed by visitors. Mr. Sigund and his guests hastily left the cave to return to camp.

### THE STORY CONTINUES

Dad led the procession up the bank of the ravine to the camp. Mr. Sigund was close behind. As they came up to the camp they saw several strange men apparently trying to quiet the children who were milling about on the other side of the camp fire, the youngest ones screaming, the older ones trying to quiet the younger ones and the dog, which stood in front of the children barking at the intruders.

When the children saw Dad they all ran to him. He stopped to quiet them. While the other parents were coming up, Mr. Sigund stepped forward and spoke to one of the men

whom he seemed to know. Dad could not understand what he said for he spoke in a foreign tongue.

When the children quieted down so anyone could be heard, Pierre explained that while they were sitting around the camp fire talking about the remarkable events of the day and wondering what story Mr. Sigund had told their elders and where they all might have gone, these men had come up to the camp out of the deepening dusk. Their first warning was Chummy's sudden violent barking. They had all been startled and the younger children were so frightened that they could not be quieted.



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The children having been reassured and feeling safe in the presence of their parents, they all gathered around the camp fire and Mr. Sigund introduced the visitors as ambassadors from Gravenia who had come to assist him in planning the coup which was to restore him to his throne.

Mr. Sigund asked permission to talk for a few minutes with his friends, explaining his relation to the campers, and their parents so that they might all go together to finish their inspection of his underground home. He explained that while all the Gravenians talked and understood English fairly well their skill was not sufficient for a rapid explanation and he felt that the children of the parents would not wish to be kept too long from their homes.

While he and his visitors stood apart talking in the language of Gravenia, which sounded so strange to the ears of the Americans, the rest sat about the fire listening curiously and occasionally talking in hushed tones about the remarkable things they had seen in the cave. However, the Americans were all so interested in the strangers that no conversation among themselves was possible at the time. Very soon Mr. Sigund and his friends rejoined Dad and his party, announcing that everything was understood now, and if his American friends would be so kind as to go with him he would show them something more of his home and tell them more about his plans.

"I am very happy," he said, "to assure you that my friends have accepted you and your relations to our fortunes. This relieves me of an anxiety that I mentioned before, my reluctance to accept the full responsibility for disclosing to others the secrets of our country upon which rest the safety of so many persons and of the country itself. I am glad that my visitors have agreed with me that I have acted wisely. They join me in thanking you for assisting us by keeping our secret until we can perfect our plans.

"I think it would be unwise for us to leave the children out here by the camp fire. With your permission I would like to invite them to go into the cave with us for I think I can show them something that will interest them. Our fortunes depend not only upon their elders but

also upon these children. I think I can show them something that will make them wish to keep our secret."

Before their parents could reply the children swarmed all over them demanding that they be allowed to go along into the cave. The matter was promptly settled satisfactorily to all concerned and again Mr. Sigund led the way to the cave.

The woods were quite dark by this time so it was necessary for the members of the party to pick their way carefully down the steep southern bank of the ravine, across its dry bed and up to the broken crags where magically and suddenly appeared before the astonished eyes of the children and the strangers an opening between the rocks which gave entrance to an electrically lighted passageway leading into the heart of the hill.

With starting eyes the children stumbled after their parents, hardly daring to breathe for wonder at the strange things they saw. When they were somewhat more than half way through the passage, a door suddenly opened under the impulse of a hidden spring which Mr. Sigund had pressed and they followed their host into a tunnel that none of the visitors had seen before. This tunnel curved around the other rooms until Dad calculated that they had passed to the east of the library and pretty well under the higher part of the hill.

After about 150 yards of travel along the passage they reached an opening into a large room and Mr. Sigund stepped aside so those immediately following glimpsed the room that lay before them. They stopped in wonder and awe and had to be prodded by those behind to move out of the way. It is not strange that they should have been surprised and awed by what they saw.

It was a room cut out of the living stone which Dad guessed and later proved was an exact hemisphere 50 feet high and 100 feet in diameter. In the center of the room was a circular swimming pool which their host later informed them was 50 feet across and ten feet deep in the center. The water glowed with phosphorescent light. It was sparkling blue, the blue of an amethyst. Regularly disposed

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around the edge of the pool and extending across it were various apparatus, the full equipment of a very complete gymnasium. Around the edge of the room was a broad divan covered with gray waterproof fabric.

"This is the Club of the Moles", Mr. Sigund explained. "The Moles is a secret society. Its members are these children and as long as they tell no one any of our secrets, about the cave, and about me, they will remain members in good standing. This is a very much better swimming pool than at the Quarry. Its water is absolutely pure and always at the same temperature."

As he finished Mr. Sigund pressed a pair of buttons near the entrance. The lights of the room went out and light sparkled up from the water of the pool. The room was in darkness except for the light that radiated from the water which seemed alive with light. Even Martha's matter-of-fact father exclaimed with delight at its beauty. The mothers followed the children to the edge of the pool to keep them from falling in. The youngsters were so eager to get into the water that they could hardly wait till they could get their bathing suits and come back to enjoy it.

"Why it's too beautiful to swim in," Marilyn exclaimed.

"All the same, I'm going to get my bathing suit and try it right now," Russell asserted. Immediately there was a scampering toward the door but Dad stopped them.

"Wait a minute, not so fast" he protested. "Let's talk this over a bit."

He had some difficulty in quieting the children but finally when order was restored, he continued, "We had first better find out where your dressing rooms are."

Mr. Sigund pressed two buttons on the wall near the entrance and doors opened on each side of the entrance to the tunnel. "Over here is the boy's dressing room and there is the girl's dressing room, he announced." The boys and girls ran into their respective rooms with exclamations of delight over the appointments they found there. They soon returned more than ever eager to go to the camp and get their suits, but Dad restored order again and in his capacity of Camp Chief directed their program.

"Russell and Pierre can bring the suits. The rest of you stay here, for you would only get in each other's way and someone might get hurt running across the ravine in the dark," Dad directed.

The boys needed no second prompting and started running down the tunnel but Mr. Sigund called after them, "Wait a minute boys and I will show you how to get out." Mr. Sigund went with them and showed them where to press the secret buttons that would open the doors going out and coming back and gave them careful instructions so that they might not open the doors into the wrong tunnels.

Upon his return to the Club Rooms, as the gymnasium was henceforth to be called, their host explained to the party that he had been using this room for a number of years to keep himself in good physical condition. He explained that he had made the dressing rooms in order that he might be able to accommodate any party of friends that might eventually come to him from Gravenia.

Dad and Martha's father had been trying to discover how the tunnel and the Club Rooms had been made. They could see no signs of tool marks and it was incredible that one man could excavate such extensive rooms even in 40 years of labor by any methods they knew.

"Would you be so kind as to tell us how you excavated these enormous rooms, Mr. Sigund?" Dad asked.

"I will show you my excavating machinery sometime," Mr. Sigund promised. "I think I need only tell you now that I have perfected a method by which I dissolve the sand into its elements and reduce most of it to liquid in which form it is very easily disposed of through pipe lines. I also use some of it in making materials for my fabrics and the rods and structural materials I have used in my apparatus. Some of it I carry away as gas in an airblast. It is quite easy to excavate a room the size of this. While I made it a good many years ago, I am quite sure that my memory plays me no trick when I tell you that I spent less than a week on the work of excavation. I finished and fitted up the room at

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# A World Campaign

By E. A. BARRON

Did you know, folks, that a world campaign is on for the spreading of the Gospel of the Right to be Well and Strong and Happy in a practical way for everyday living? People are waking up everywhere to this new, yet ancient Gospel of Jesus that man may have life and have it more abundantly here and now.

Some two thousand years ago Jesus taught this same Gospel but few in his day realized the underlying truth sufficiently to claim it.

It is different now. Numbers are clamoring for the right to heirship to the hidden stores of the Kingdom of God within. Health is becoming contagious, becoming a conscious possession of man. It has always been an unconscious treasure of man's mind. When he begins to get a glimpse of this truth and gives it recognition then he lays claim to it and it comes into his consciousness as a working basis for his life's effort. The same thing applies in all phases of his life, verifying in a scientific way one of the early slogans of the Weltmer School of Suggestion Therapy that "Man Can Achieve What Man Can Conceive."

Men have not thought about this wonderful unfoldment of man's mind in the fields of industry as an application of the laws Jesus taught. It is in the line of healing and similar work that this realization is coming forth and men are glorifying God in giving expression to such thoughts and actions. Man's "will to be well" is growing up. He is slipping out of the old clothes, threaded with the glamor of miracles and mysterious things, through which God formerly worked, His worders to perform, into a keener knowledge of plain scientific, demonstrable fact, a living faith

that questions not but takes for granted the right to live as a child of God should live. Man is making practical and actual the tenets of the Weltmer philosophy that we are children of God, and gloriously all right.

Men are refusing to be "almost persuaded" to be well. Instead they are stepping across the line of indecision into the ranks of the determined, finding the way to health. Let all the readers of Weltmer's Magazine who are "almost persuaded" join the ranks of the determined ones and start on the road to health today. Choose this day whom you will serve. Choose your method. Mark out your course. Then act on your decision and leave the outcome to The Infinite Father.

Let your determination be true to the convictions deep within you that you can be well. Be as one armored with the spirit of God and feel as Paul did when he said "I can do all things through Christ which strengtheneth me."

Determined men are men of action. They make their choice. They assume responsibility. They are willing to face the result. You too can do likewise and the chances are two to one in your favor when you make your choice and determine to be well. It is the sick man who gives up hope and ceases to try, ceases to believe in himself and his right to be well, that goes under in the struggle.

"When we come to the end of human skill and power and realize that there is nothing left but dependence upon a Higher Power than that of man, and then pray with faith and genuine acceptance of the Divine Plan of life for us, we find that we tap limitless sources of power and our defeats may become the beginnings of our victories."



# A World Wide Need

MARY E. CAUVEL, D. S. T.

(Editors Note. The following article from the pen of Dr. Mary E. Cauvel, a very successful Weltmer student and practitioner at Walla Walla, Washington, 411 Denny Building, pictures the world wide need for practitioners of the Weltmer methods of healing. At the end of her article she adds this personal note which I am taking the liberty of copying:

"Just as busy as ever. I wonder sometimes what I am going to do. I have been out of this building just once since Christmas. I am getting tired of having people ask me why are not more people doing this work? Where is this School? and how much does it cost to learn this?" And a thousand and one questions. I wish I could get someone to help me, someone who has had a special training along this line. My last appointment is at 8 o'clock tonight. I could work all night I suppose."

Mrs. Cauvel's experience shows what any earnest, sincere practitioner of the Weltmer method can do if he will follow instructions and devote himself to his work. Of course to make a success of the practice of Suggestion Therapy requires the same kind of devotion and the same application to business as any other business would require. This is not an easy way to make money fast but it is a wonderfully good way to make money through rendering a great service which all the world needs.)

I wonder if a word from me after twenty years of practice, might bring more people to understand the Weltmer System of Healing. We do need so many more workers. The harvest is so great and the workers so few. The suffering of humanity is appalling. Real work is what they want, and they are so willing to pay the price if they get results.

Many times while working with someone who has been told his case was hopeless, when I see the wonderful results with the Weltmer method, I often

wish I could tell the world of this wonderful system. There is absolutely no failure when you understand the teachings of these two great minds; Professor S. A. Weltmer and Dr. Ernest Weltmer.

My patients are those who have tried every other method, and have failed. I know there is no failure in the Weltmer method. Professor S. A. Weltmer teaches you that all healing comes from within. Dr. Ernest gives you the physical manipulation. With the two combined there is no failure. Dr. Ernest has the best system of manipulation of any that I know, and I have studied many. He is an authority on anatomy.

One M. D. whom I was treating, said, "This is wonderful. Where did Prof. S. A. Weltmer get this wonderful system?" Then I asked him, "Is electricity any good?" He said, "No, only temporarily. If you can hold with what you are doing, you have more than electricity." I said, "I am better now than when I started twenty years ago."

This system teaches you how to keep young. Professor teaches that there is no age to the mind which is active and doing a work of service.

People ask me everyday, "Why are not more people doing this kind of work?" One of my patients has asked me if there is some one in Phoenix, Arizona who is giving this kind of treatments. She has a friend there whom she would like to have treated by this method. She has sent some of my cards.

Whenever I say I am going away for a vacation, they want to know if I can't get someone to come here in my absence. I do wish we could have twenty thousand more healers. This is the coming science, and there will be a greater

(concluded on page 31)

# QUESTIONS *and* ANSWERS

**Question.** I am a very sad and disconsolate woman and fear I have even lost the way of praying. I am happily married but last year I lost my only beloved child of 10 years old, the joy of my life, and I have been miserable ever since.

**Answer.** Life is but an incident in Eternal Being. Before your child came to you it was itself. Before time began it was itself and it still remains itself. It visited with you for a while and then, because its body became unable to sustain life, it has passed on to some new adventure, some new phase of Eternal Being. You must learn to be happy in the memory of its visit with you and thankful for the years of the joy of companionship it brought to you. As you would wish any loved one God's speed on any journey it might undertake in this world, so you must wish your child God's speed on its eternal journey, and cease trying to hold it back to you by your longing and desire for its immediate companionship.

If you can realize your child did not begin being when you gave it a moment of life and that it was after all only a visitor to you, then you will be in position to release it from your claims and you will also be in position to find, not just one but at least two, other children who have come into this world for a few years of life and whose parents have gone on and left them homeless and all but loveless. I advise you to think of children as they are and learn to see the relative unimportance of parents in the advent into the world and life. When you do this you will find that you can learn to love children you have not given birth to just as well as though they had come into the world through the gateway of your own body.

If you adopt a child, adopt two. And take them as very little babies. One child alone has a very hard time of it. It is almost impossible for a child to be reared alone and yet have good nervous health and be happy in life. I am quite sure if you will take two little babies of about the same age and give them

the care you wish you could give to your own child you can find again the happiness that seems to you to have been lost through the death of your baby. If you do this do not serve your adopted children for the sake of the one that is gone but serve them for themselves. This is the way of joy and of peace and of true motherhood. I think I will add another paragraph in explanation of the relation of the child to the parents, for this is the basis of your adjustment along the lines of my suggestion. I am taking for granted that you are financially able to support two children and that they will not make burdens that you cannot carry.

Anyone (you or your children) can say of himself, "Before time was I am. Through all of Eternity and after time shall have passed away and is no more, I am, the ageless child of God, without beginning and without end."

"Before form was, I am. Through all the changing forms of existence and after all created things shall have passed away and all is void, I am, the changeless child of God, Divine human Principle. I am."

Your child, eternal being from chaos to chaos, a child of God, your child for only a moment of existence, came to you and you clothed it in a body and you fed it, you warmed it and protected it and you gave it birth, and then you clothed it and bathed it and fed it and served it and enjoyed its companionship and then it went on leaving you precious treasures of memory. It could not, in the very nature of things be with you long for the difference between 10 years and 100 years is only 90 and even that is a much longer time than you could have had together. Why then grieve about the lost years, the years you have never had, and so cloud and obscure and even forget the years that you did have, the years that are so much clear gain, the years that are your treasures as long as memory holds them for you.

Take joy in the memory of the years this Eternal Being gave you as your child and in

gratitude, give thanks to life and to the generosity of this Eternal Heart that gave you such a precious treasury of memories. Pluck out all the thorns of sorrow or at least cover them with flowers of memory of your child. Fill your heart with the joyousness of service to other children who are eternal souls of God for a brief time in this world.

We are praying for you that you may find solace and comfort and new and deeper joys through this experience.

Question—I would be very grateful if you have some literature that explains the difference between the healing hand and hypnotism.

Answer—There is a tremendous difference between the use of the healing hand and all other forms of the Weltmer methods of healing, and hypnotism. The practice of hypnotism is based upon the idea that one mind has power to influence and even to control another. There is also a general notion that the controlling mind is stronger than the mind that is brought under control. I might say in passing, that there is no such power in existence. This is a wicked delusion which has a very bad effect upon those who accept it.

The Weltmer methods of treatment are based upon the recognition that the Kingdom of God, as a present, immediately available power to be well and strong and happy, to achieve the highest purposes of the heart's aspirations in real life, is within the healer and his patient and that the right thoughts, the right words, and the right prayers, in any form whatsoever, will awaken this power into manifestation in the patient's life.

Hypnotism binds both the operator and the subject while the Weltmer methods of treatment free them both. The weltmer methods bring into the fullest expression and application the principles of Jesus' teachings. I trust that this makes the point clear.

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**A Successful Athlete Relaxes In Contest:**  
His muscles slow down and become clumsy if he becomes tense.

**A Successful Parent Is Relaxed When Dealing With Children:**  
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**REMEMBER THE 1930 CONVENTION, THE LAST WEEK IN AUGUST**

## REASONS WHY WE SHOULD HAVE OUR OWN STATE BOARD

By B. W. Olson, S. T.

In the discussion of this theme, we wish to emphasize the importance of one factor which is a distinguishing characteristic of Suggestotherapy—the right use of mental images.

It is not the purpose of this article to discuss what is commonly known as "imagination," a term which refers to unreal things. We can best define "mental images," as we shall use that expression in this article, by a few illustrations: take, for instance, a look at a human hand; then close your eyes, and you can "see" that hand in your mind. We call that a mental image. Now make an experiment by mixing some chemical ingredients and watch the process; then close your eyes, and you can mentally "see" the process. Thus you can form mental images not only of objects but also of motions and processes. In like manner you may hear a sound, and after the sound has ceased, you may mentally "hear" that sound; or, you may experience a sensation of some kind, and later "feel" that same sensation. It is in this broad sense that we shall use the term, "mental images," to mean the reproduction in mind of anything that we have seen, heard, or otherwise experienced.

Mental images are the patterns after which a person fashions his circumstances. The body was originally formed according to a certain image, and its condition is dependent upon the images of the mind occupying that body. In the work of healing, it is important that the practitioner knows how to form perfect images, for his success

depends largely upon such action of the mind.

Even the Creator had a pattern in His mind at the time he brought forth man. We read in Gen. 1st chap. that God "created man in His own image." This was a perfect image; therefore the result, man, was perfect.

But, later, the woman, Eve, entertained images that were not perfect. She "saw that the tree was good for food, and that it was pleasant to the eyes," etc. That is, she formed images of sensual things? and accordingly became sensual,—carnal. It was after this that Adam and Eve brought forth children "in (their) own likeness; after their image." Gen. 5:3. Hence we see that even the offspring conforms to the mental images of the parents.

Did you ever consider how the whole body, with its various limbs and multitudes of organs, composed of many different kinds and differently specialized cells, can grow out of one cell, the ovum? It happens this way: As the whole sun is reflected in every dewdrop, so is the image of the complete body reflected in every cell in the human organism. With this image as the pattern, the creative force in that cell multiplies the cells, which all reflect the image, until the whole body is finished in the fashion of that image.

The Great Physician, the Man of Galilee, understood the importance of the right use of mental images. He taught that we enter the kingdom of heaven by "seeing" the kingdom. "Except a man be born again, he cannot see the kingdom of God." Joh. 3:3. The kingdom of God, or heaven, is that realm where God rules supreme, the ideal, or

perfect, condition. It is a spiritual realm. "The true worshippers, shall worship the Father in spirit." Joh. 4: 23. It is only when we are "born again," or, "born of the spirit," that we can "see the kingdom of God." By the first birth, when we were "born of the flesh," we received physical eyes by which we can behold the objective world; by the second birth, the birth of the spirit," we receive the spiritual vision, by which we form perfect mental images and "see the kingdom of God."

This is something we must seek. "Seek ye first the kingdom of God and His righteousness." And the Master taught that if we do so, all these things—"bodily needs, health happiness"—"shall be added."

This is a natural law. It is important that we understand this law and "seek" to follow it, if we desire to attain to the good things in life. The apostles understood this law and wrote about it. Paul says, "We all with open face beholding as in a glass the glory of the Lord, are changed into the same image from glory to glory." 2 Cor. 2:18. This "Lord" is the brightness of His (God's) glory, and the express image of His person." By visualizing this perfection, Paul says we are changed into the same image.

We have, perhaps, all noticed that adopted children often come to look like their step-parents; married people, who love each other, often resemble each other so much that they may be mistaken for brother and sister; students in a school assume a likeness of a teacher, to whom they may have been attached. Thus, we see it is a natural law to grow into a similarity of the image we mentally see.

St. John has the same understanding when he says, "We know that when He shall appear, we shall be like Him, for we shall see Him as he is." 1 Joh. 3:2. He is so positive, he says, "We know"—we do not hope— but "we know that

we shall be like Him."

Since these things are so, it becomes apparent that the admittance of only the highest and noblest images into our minds is of the utmost importance. Especially is this true in regard to those who wish to heal by the laying on of hands." Every mental image is in form of vibrations. These vibrations are reflected in every cell in the body, particularly those of the hands. If the healer knows how to formulate the image of perfect health while holding his hands on the patient, this image will be photographed into the unconscious mind of the patient, and the happy results do not fail to obtain.

This is not an easy thing to accomplish. The healer needs a thorough training in anatomy, physiology, etc. But he should have an altogether different instruction in these subjects than that given in the old schools in order that he may have in his mind an untainted image of the perfect body. But, on the other hand, he should not study pathology, bacteriology, etc. The images of disease created by such studies are a menace to the Suggestotherapist. Diagnosis should be studied only under the wise and careful supervision of a well-trained, experienced, and conscientious suggestotherapy teacher, who knows how to reveal to the student the fact that symptoms of disease are, as a rule, also signs of recuperative forces at work in the body. And the healer should only study enough of symptomatology to be able to recognize serious conditions, which should be referred to a regular doctor with whom he can cooperate.

The last named studies are all negative, and, while they are very important to the medical practitioner, they are a hindrance to the Suggestotherapist. Ours is an entirely different profession, requiring a different training from that of any other school.

From these facts, it should be clear that no person trained in other methods

# Western Medicine In China

Dorothy Gould, writing in the New York Herald-Tribune tells how Western medicine is gradually replacing native remedies in China. Although Western medicine and hospitals are gradually taking the place of the Chinese remedies and methods the western doctors still find that the Chinese methods are more powerful than their own under some circumstances. Sometimes the Westerners prove big enough to admit this. At other times they try to explain away the confusing results with the usual amusing subterfuges, for instance, witness the following:

"The difficulty is that nature herself is responsible for many cures," said an American doctor here recently, who has been much interested in studying native remedies.

"We relinquish a case, for example, as beyond cure, and the patient goes to his old Chinese doctor and recovers. We are then given a sample of the wonderful medicine, analyze it, try it out again and again, and never once does it repeat its power. We are forced to the conclusion in this case that the patient would have recovered by himself, probably, without the aid of our hospital, without the aid of the native drug."

There seems to the ordinary mind something wrong with an explanation which first says the patient cannot be cured, because the Western doctor cannot cure him, and then concludes he would have recovered when some other agency does the work. We have been familiar with that explanation of our cures for many years.

Sometimes the results of the Chinese methods appear to be due wholly to the mental factors involved, while in other

Sometimes the results of the Chinese of healing is competent to examine the magnetic healer, or Suggestotherapist. We must, therefore, insist on having our own state boards. We have a great profession of which we may well be proud. Let us uphold it in its purity and push it forward in true progressive

materia medica may be the more effective. At least one very important drug now in use in Western medicine has been found by the study of Chinese remedies. Take the following instances:

"Not long ago in this hospital a child seemed to be dying of convulsions. Western medical science had exhausted itself to no avail and the distracted parents decided to summon a noted Chinese doctor. The German physician gave up the case, but about an hour later one of the staff nurses went into the sick room to see what was happening to the child.

"To her astonishment she found that a small, live frog was sitting on the little girl's mouth, another one was placed over the heart, a third was strapped on the abdomen and a fourth had been placed on the spine. The patient lay perfectly still and soon recovered."

The good suggestions and hopeful expectations of this treatment, rather than the frogs, did the work in this case.

"In another instance a child was suffering from spinal meningitis and the case was regarded as beyond help. Here, too, the German doctors consented to have a renowned Chinese physician summoned by the child's parents. He gave the patient one small white pill and the little boy got well. But the ingredients of the native pill remained the secret of the Chinese miracle worker."

There may be some questions as to the benefits to the Chinese from the substitution of Western drugs for the Oriental medicines but they are bound to be the gainers from the adoption of the superior nursing, hospital, and surgical methods of the West.

knowledge, and let us not permit it to be degraded by any influence from any school of negative ways of thinking.

In our next article we shall endeavor to show what ought to constitute a state examination of Suggestotherapists.



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## THE SECRET OF THE QUARRY (concluded from page 19)

my leisure through several years. I have a number of rooms in my home beneath the hill, some larger than this and yet I have not worked too hard, although I have been busy. I have always had enough to do to keep me from growing lonely."

The boys were back with their bathing suits. When the suits had been sorted out the boys and girls hurried to their dressing rooms and returned to try the new pool.

The older members of the party watched enthralled. Mr. Sigund had not turned on the general lights of the room. All the light still came from invisible sources in the pool. With every splash the separated drops seemed to become living jewels, the children seemed wrapped in robes of light and the streams of bubbles made by their thrashing legs and arms were like streams of fireflies flashing through the deep blue of night skies.

When Mr. Sigund suggested that they should

leave the children at their play and follow him to inspect the laboratories and library all were reluctant to leave.

Dad called Pierre, Russel, Marilyn, and Margaret to the edge of the pool and instructed them to watch out for the younger children. Denise, Margaret, Beckey and Joe raised a storm of indignant protest. They insisted that they could swim any part of the little pool and immediately set out to demonstrate it. Dad saw that he had made a mistake and quickly followed the others, leaving the children to the enjoyment of the pool without parental interference.

## THE SELFISH UNSELFISH (concluded from page 16)

years, still waiting just where she dropped it to begin snatching burdens off her family. And nobody else would have forgotten it. In the end she'll only find it again when it's too late. When she's too far behind to catch up. And then she'll realize nobody has thought

of her in the years. And nobody then will care. But they'll all notice. Already they talk of what a fine this or that Jane Troop might have been if she'd just had her chance. But she did and she muffed it. It was hers equally if she'd just been willing to take it within reason and let everybody else have theirs in exactly the same way!

### THE KINGDOM WITHIN

(continued from page 7)

mother called me for herself. The first thing that greeted me as I entered the door, was this little boy, walking toward me with outstretched arms. I wish that you could have that feeling of joy that went through me at that time, I could not speak for a moment. I choked up with pleasure, I could only think "Thine O Lord is the greatness, and the power and the glory, and the victory, and the majesty; thine is the Kingdom, O Lord, and thou art exalted as head above all. Both riches and honor come of thee, and thou reignest over all; and in thy hand is power and might, and in thine hand it is to make great, and to give strength unto all." I. Chron. 29.

Could anything be greater? I started the Kingdom of God within that child to work, and He did it. If I had never learned how to use the Kingdom within, this child might have been the mass of twisted bone up to the present day that I first found.

If all who believe in Christ could understand the Kingdom of God within, the truth as divulged by Him, instead of believing its average misinterpretations, the thinking world at large would have been revolutionized long ago.

It has been my privilege to be able to help men and women to health and happiness, to bring them out of sickness and discouragement and to help them to great successes.

No matter who you are, or where you are, or what your present degree of success, you can positively bring about a big and quick improvement in your personal and business affairs.

These are facts, facts that you can put to immediate use to bring to you health, wealth, and happiness, as has been done for me. The Weltmer teachings are a gift of the day to me. They have shown me the way to the Kingdom of God. As Shakespeare said, "To thine own self be true and it must follow as night the day, thou canst not then be false to any man."

This is the gift of the day that has made me an M. D. Magnificent Dreamer. This is the gift that has made me a D. D., Doer of Deeds. This is the gift of the day that has made me a D. S. T., Doer of Sure Things, It will do the same for you! "Come! said our Host," Follow me, for I have much to show you."

### A WORLD WIDE NEED

(Concluded from page 21)

demand as time goes on, for metaphysicians.

To the young man and young woman seeking a profession: Why not learn something to help humanity? The remuneration will be beyond your expectations.

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The magic wand of the old time fairy stories has been excelled by the magic of modern psychology. Fairy story magic gave the fruits of desire with one hand while with the other it took away the greater joy of achieving. Modern mental magic enables the fortunate beneficiary to build in solid stone the castles of his dreams and gives, with possession, the everlasting joy of consciousness of achievement.

There have always been some men, apparently favorites of fortune, who, without education, favor, or wealth, could have what they wanted at the hands of fate. Usually we accounted for their good fortune by calling it luck while they accounted for it by claiming the common virtues of honesty and hard work, practiced by the larger percentage of those who failed to win the successes and honors they achieved.

We have at last discovered the true source of their good fortune and now we are able to teach the average man how he may win to places of honor, to positions of power, and to that radiant happiness that formerly was possible to only the fortunate few.

The answer to all of these questions has been found in the practical application of the laws of psychology to real life.

First understand yourself and your

relation to other men and the universe. After you have acquired a good working knowledge of life and your relation to it, you have but to establish yourself in the habits and modes of action which will enable you to claim the things you desire.

The Weltmer Institute lessons in practical psychology, the philosophy of life, healing, and Suggestion Therapy, teach you to understand yourself and train you in the best practical methods for achieving great success in your chosen fields in life.

The proper use of your spare time for a few months will give you such a sense of power through the knowledge that brings mastery that you will find every working hour multiplied in its efficiency and earning power; you will find your capacity for creative and constructive thinking increased and growing; you will find yourself richer in every phase of life.

When one becomes master of the deeper powers of life and conscious of his power over himself and others, he is better able to succeed in any undertaking. When he achieves this consciousness of mastery he finds himself not only able to achieve greater things in the realms of the ordinary activities of life but he is able to learn to heal by the silent thought, the spoken word, and the ministering hand.

The study of the Weltmer Correspondence Course prepares you to be successful, healthy and happy in any walk of life. It teaches you to heal the sick, whether your own loved ones or your patients in professional practice. Fill out the blank on the next page and send it in at once. The price at present is only \$50.00 cash or \$65.00 on easy payments. This price is subject to increase without notice.



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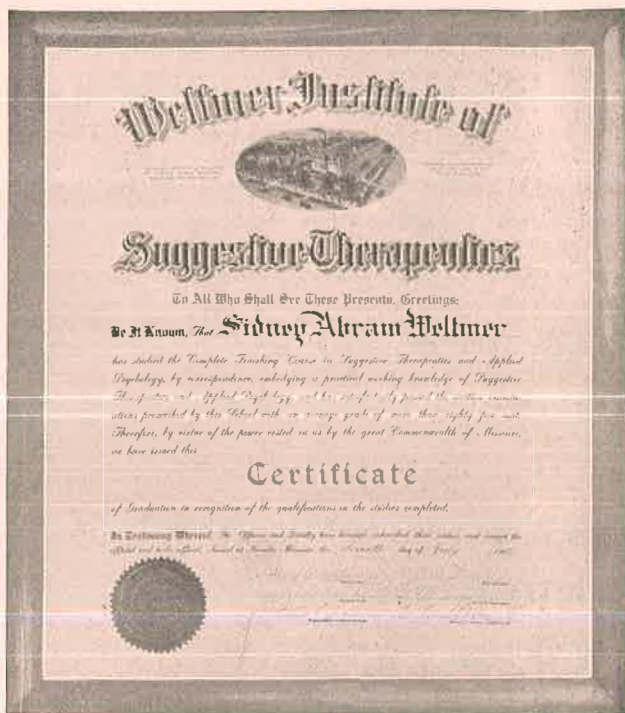
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# Life Is Becoming

We live at a portal, a door, the present, which is forever closing upon the past and opening upon the future. We move forward whether we will or not between the grave in which the past is being buried and the couch upon which the present is being born.

Yesterday's mistakes and follies, yesterday's faults and failures are gone. The fruits remain and sometimes life forces us to eat a bitter meal of them but we do not need to plant again and grow another sorry crop of poison grain.

That which can be is constantly becoming that which is to be. We live at the meeting point of that which has been and that which is to be; life is a process of becoming.

Time is a zealous housewife who constantly sweeps into the rubbish heaps of the past chips that fall from the workbench of life. Do not allow your interests to keep you forever grubbing among the trash heaps. Creative work is done at the bench where the tools of life shape and bring into form the plans of Creative Purpose.

Every thought you think molds the forms of your life. Your body, your mind, your personality, your character, your future, feels some impression from every thought you think. Let the dead past bury the dead with all of the follies and mistakes and faults of the past.

If you have sinned go sin no more. If you have made mistakes correct them. If you have walked in paths that lead to dissatisfactions and unhappiness choose more wisely the paths you follow in the future.

Do not allow your interests to be turned backward to the past. Turn away from the trash heaps and the graves. Do not let your heart be held by what has been but give your whole interests and all your efforts to the birth of that which is to be.

Life is a process of becoming and you have power with your thoughts to shape that which is coming into form. You can make your life what you wish when you persistently and consistently think the thought you wish to express.