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WONDERS OF THOUGHT  
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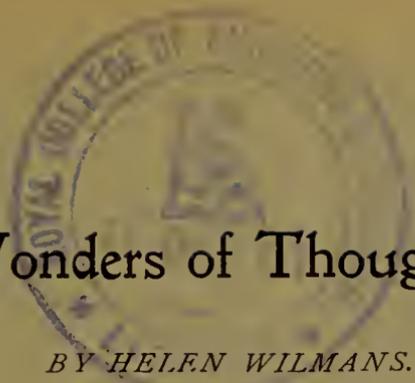


BY

HELEN WILMANS

[Author of *The Conquest of Poverty*; now in its seventieth edition.]





# The Wonders of Thought Force.

BY HELEN WILMANS.

Thought is the creator of things, and conditions. It is the prime factor both of health and success. "As a man thinketh, so is he."

Thought educed from the world's past beliefs in human weakness, breeds disease; for, all disease has its origin in that lack of self conscious power that causes a man to feel his helplessness, unworthiness and smallness, and that holds him in the realm of self engendered fear. They who believe in man's inherent weakness are without knowledge of the Law of Life, the ubiquitous vital principle that infuses and vivifies all creatures, and that renders them (in proportion as they understand it) diseaseless, powerful and happy. A man therefore is strong when he recognizes the truth concerning himself and his relation to the Law of Life. If he sees himself as a weak, helpless creature it is because he is ignorant of the principles underlying his existence; because, to understand these principles is to render himself at ONE with them; a part of them; or an expression of them; and as diseaseless as they are.

Man being a creature of intellect, and living from his intellect, it therefore happens that—though there is no law of disease and no foundation in *absolute truth* for its existence—yet because he does believe in it, he takes the consequences of his belief and shows forth his belief in his body and his surroundings.

Here then is the opportunity for the mental healer. The mental healer knows that a belief in the power of disease is the only foundation for its existence. Since it is the law that as a man believes, *he is*. The mental healer has studied the Law of Life until a comprehension of it has entered her brain and permeated every atom of her body, until she sees the truth; and by her knowledge of the truth is able to correct the erroneous belief in the power of disease in other persons.

She does this through *Thought Transmission* or telepathy, which is also a recently discovered power of the human mind. I have very little hope of making this mighty subject understood by the general reader in a treatise as short as this must necessarily be; and must trust to proving the truthfulness of all I claim for the transmis-

sion of true thought to absent patients by submitting the sworn testimonials of cure, nearly all of which came in within three weeks.

I have been a close investigator of the powers of mind for many years. I have found that mind is positive to matter and that thought trained in a knowledge of its power can control disease, and many other undesirable conditions. It can do this not only when the patient is present with the healer, but when he is hundreds and even thousands of miles away. Through these distances—no matter how great they are—it is possible to transmit the healing thought by forming a conjunction with the thought of the patient; thereby proving that absent healing is an absolutely scientific and demonstrable thing.

Mental healing is the power of mind to control matter. When a mind has been regularly and thoroughly trained in this knowledge, its power to overcome the ills of the flesh is beyond computation. All medical practitioners admit the power of mind in the cure of disease, but very few of them admit that when this power is developed by that course of training, which is known as Mental Science study, that every other form of healing sinks into insignificance as compared with it.

The fact is, the mind has absolute and perfect control over every part of the body, if it only knew how to use it. The mind is finer than the body, and is positive to the body. The body being thus negative to the mind, is under obedience to it.

I studied Christian Science in Chicago in 1885. Soon after, circumstances took me to Douglasville, Ga. There I treated a case of consumption that had been pronounced incurable. As this patient was a gentleman well known and greatly respected, a knowledge of the cure spread rapidly over the State and throughout the Union.

Then the people began to come unsolicited to be healed, and I healed hundreds of them. The more of them I healed, the more came to be healed, until it seemed as if I could never get a moment alone. When I waked in the morning the yard would be full of them; and on Saturdays the street in front of our house was filled with carriages, wagons, mule carts and ox carts.

As I got nothing for all this healing, and as I had engagements to write for certain papers, I was compelled to break away from the people and go North for a time.

I was gone three months and refused to take patients after I went South again. But I literally could not get out of the business. Letters began to pour in on me from a distance—actuated, no doubt, by the reports of my power that the people whom I had cured set afloat. These I refused to answer for a long time. But I yielded at last; I was forced into taking patients. I had found out before this that—except in death-bed cases, absent treatment was as good as present treatment; so I began to treat patients by the mental methods, while they were in their own homes and I in mine.

I had found out how they could come into my thought, and I sent them printed instructions that guided them in making this connection, and I wrote them every week, either myself or my assistant, who was a thorough mental science healer, and who understood the healing method as well as I did. The strong, helpful, hopeful thought the patients imbibed from me, acted upon their depleted systems with wonderful vigor and power, and almost all of them began to recover. Indeed an immense percentage of them did recover; which was all the more remarkable, as almost all the cases I got were such as the regular physician had pronounced incurable.

My success in those early days was really a matter of astonishment to me. I had studied mental science and I believed in its power; and yet when I made practical application of its principles, I must confess I was unprepared for the great success I met with.

All this was *Thought* healing. Thought could not heal if it were the vapory nothing that most persons conceive it to be. But it is a fluid generated in the human brain, and is powerful in its ability to heal disease in the ratio of its intelligence and its forcefulness. In the course of time my brain became charged with a growing knowledge of the law of life, and with a constantly decreasing recognition of the *power* of disease. Indeed, after a time it seemed to me that a belief in the power of disease over a patient, was the utmost folly. I could realize nothing but health and strength and all desirable environment. It was into this atmosphere of thought that my patients brought the weaknesses and sorrows that seemed so insurmountable to them, and there saw them fade away as the days passed, until they were gone. Their diseases could not continue to live in the positive atmosphere of my better trained and powerfully opposing thought.

It takes two things to make a successful mental healer.

First, a thorough knowledge of the truth of mental science.

Second, an unconquerable will. A will that forever refuses to be set aside or beaten down. This is no place to tell how the lower or animal will evolves, through the growth of knowledge, into the intellectual, or spiritual will. It is only after it has reached this high place of reposeful self trust that the healer becomes great in her (or his) ability to heal the sick and relieve all distressed conditions.

I give no medicine. Thought trained in a knowledge of its own power is a greater healing agent than any medicine. Mental communion of the patient with the healer strengthens the patient's will; strengthens it so much that it asserts its mastery in the disease weakened body until the nerves, muscles and blood vessels quicken in their work and resume their proper functions in his system.

Vitality cures everything that is curable, and almost all things are curable. No doubt but in time, when this science has developed

to a greater extent than at present, the healing of all diseases will come within the range of its capacity. Let no one be surprised at this, and least of all those who believe in the mighty power of Jesus. It is recorded of Him that He raised the dead. And yet He said to His disciples, "Not only the work that I do shall ye do, but greater." And Jesus healed by the power of his mind, trained to believe that He was the invincible incarnation of the Law of Life. Did He not say, "I and the Father are one?" When the mental healer shall have come into a further knowledge of the Law of Life, and of man's relation to it, she will say, "I am one with the Law." One with the Law; and the Law is Life itself; and not disease, neither old age or death; only ever present and unconquerable vitality.

Therefore I say, when the time comes that the healer, through further developments on this mighty line of thought, shall recognize her oneness with the all pervading Life Principle or Law of Life that exists in every creature and infuses every creature with its own power, that she too, will be able to heal all things; it is my firm conviction that we are growing in this direction and will reach the summit in time.

In the meantime, with such knowledge of the Life Principle as we have, we are doing the most remarkable healing on record since the crucifixion of Him whom they call "The Master." And it is no profanation of Him to recall His memorable words, "Not only the works that I do shall ye do, but greater."

Vitality cures. From the first experience I had in healing I observed that no matter what the disease, the first indication of improvement was in a strengthening of the patients digestive systems. The stomach began to act better. Even in cases where the patient had no idea that he had a weak stomach, his stomach grew stronger; he began to make better blood. Evidently the reorganizing thought tried its power on the digestive system first. When I came to think about it I knew that in order to be thorough it could do nothing else than begin at the beginning.

In this way new vitality was generated; and pretty soon there was sufficient strength in the system to cast out the disease. In nearly all patients there has been a weakened digestive system; a relaxed condition of it; often a complete breaking down where it scarcely acts at all. The body has become like a worn out machine in which the cogs are too much worn to turn the wheels, so that they do not bear upon one another with sufficient force to produce the necessary movement to carry on the work required. The mental treatment, in raising the patient's vitality, adds to the power of attraction between the different organs, and brings them into stronger relation with each other, so that their former condition of weakness or relaxation is corrected; the system is built up and the disease is cast out.

Vitality expresses itself in *will*. The will is master of the hu-

man organism, and if it is strong enough it can keep out every form of disease by itself. If it is not strong enough, then disease enters and finds ready lodgment. The disease weakens the patient's will more and more; and at last, if nothing checks this increasing weakness of the will, the patient dies. The doctors go to the patient and administer medicine, and perhaps the patient recovers; but it is not the medicine that has cured him, but the basis of hope which the medicine has supplied; the hope gradually and unconsciously ripening into will. In addition to this, the doctor also administers his own will along with his pills, and his will is very much the stronger agent in effecting the cure.

All cure is effected by changing the vibration in a patient's mind. The presence of a doctor whom we have become accustomed to trust, will often change the vibrations and supplant fear with hope. He gives his medicine because custom demands it, and he himself would not be satisfied not to. And yet our most intelligent doctors have lost faith in medicines, proof of which I am going to submit in the shape of quotations from their own writings.

I have spoken of hope and fear. Hope is allied to the will. The will takes its rise out of hope. As soon as the vibrations are changed from fear to hope, the will begins to gather force and assert itself. Mental treatment strikes squarely into the effort to arouse the patient's will. It is easy to do, and when it is done the patient begins to recover.

I have tested the power of mind over matter, until I believe it will, before many years, be within the power of mental science to cure every form of disease, either by taking treatments or by studying the subject. It is a vast subject; mighty in its range of thought; even now opening up the most wonderful conceptions of what life may become, with the further self-development of the individual minds that are beginning to investigate it.

People write and ask me to treat them for poverty. There is no occult cure for poverty. No one possesses the supernatural power to bring the applicant a well filled purse or rich estates. The best the healer can do is to treat such applicant for moral courage, and will power; yes, and for the intellectual scope of thought that can grasp the passing opportunity. The vitality that results from treatment quickens the body all over, the brain as well as the other organs.

The world at this time is full of charlatans, who are robbing the people by pretending to be able to bring them wealth; they know nothing of mind control, and those who fall into their clutches, simply fool away their money. No true healer pretends to be able to bring money to the unfortunate. His power is limited to the strengthening of man; to the building up of his weakened energies, and to the awakening of his confidence in himself. Self confidence and a clear brain are the foundations of success.

Moral, mental and physical courage are the result of mind con-

trol. A sense of power, if strong enough, conquers disease; and it can conquer the negative, weak-kneed and wabbling thought which is the all sufficient foil to success in business. No one should be discouraged who has not tried the mental science cure, for it surely can cure under proper conditions.

The most virulent of poisons are administered by allopathic doctors. These medicines do not cure.

When they seem to cure they simply deaden the person to the pain of the disease, and leave him in a condition where he breaks down easier than before, and where old age, with all its debility, overtakes him sooner than it would have done if the medicine had not been given him.

One-fifth of the inhabitants of the United States today, are martyrs to such deadly poisons as strychnine, opium, chloral and calomel. All these and many more of the most fearful poisons known, are daily poured down the throats of the people, the result of which in the long run is to weaken the patient's constitution and leave him an easier prey to every other form of disease.

The most intelligent and honest physicians that have lived have lost all confidence in medicine to cure, and have pronounced the entire system a snare and delusion, and not worthy to be called a science at all. Read the following extracts from some of the world's greatest doctors:

These extracts were compiled by a society in Boston known as The Liberty League. They were used to defeat legislative enactment against mind healers in the state of Massachusetts.

John Mason, M. D., F. R. S., says:

"The science of medicine is a barbarous jargon."

Prof. Mott, the great surgeon, says:

"Of all sciences, medicine is the most uncertain."

Dr. Marshall Hall, F. R. S., says:

"Thousands are annually slaughtered in the quiet sick room."

Prof. S. M. Goss, of the Medical College, Louisville, Ky., says:

"Of the science of disease very little is known; indeed, nothing at all."

Sir Astley Cooper, the famous English surgeon, says:

"The science of medicine is founded on conjecture, and improved by murder."

Dr. Hufeland, the great German physician, says:

"The greatest mortality of any of the professions is that of the doctors themselves."

Dr. Talmage, F. R. C., says:

"I fearlessly assert that in most cases our patients would be better without a physician than with one."

Dr. Abernethy, of London, says:

"There has been a great increase of medical men lately, but, upon my life, diseases have increased in proportion."

And I say, no wonder; when we see of what stuff the doctors

are made. In a small village that I know, in one season a half dozen of the most trifling boys in town were picked up by their parents, and run through a medical college, simply because the parents were at their wits' end to know what to do with them. They had become the terror of the place by their dissolute ways, and something had to be done to get them out of the community. So they were sent for two winters to a medical college, and came out just what a full half of them do—licensed murderers, with legal authority to prey off the unoffending and ignorant people, whose unfounded belief in the medical profession renders them easy dupes.

Prof. Gregory, of the Edinburgh Medical College, has the honesty to say:

"Gentlemen, ninety-nine out of every one hundred medical facts are medical lies, and medical doctrines are, for the most part, stark, staring nonsense."

Dr. Kimball, of New Hampshire, says:

"There is a doctorcraft as well as a priestcraft. Physicians have slain more than war; the public would be infinitely better off without them."

Dr. Mason Good, says:

"My experience with *materia medica* has proved it the baseless fabric of a dream, its theory pernicious, and the way out of it the only good thing about it."

Dr. Cogswell, of Boston, says:

"It is my firm belief that the prevailing mode of practice is productive of vastly more evil than good, and were it absolutely abolished, mankind would be infinitely the gainer."

Prof. F. B. Parker, of New York, says:

"Instead of investigating for themselves, medical men copy the errors of their predecessors, and have thus retarded the progress of medical science, and perpetuated error."

Prof. Jamison, of Edinburgh, Scotland, says:

"Nine times out of ten our miscalled remedies are absolutely injurious to our patients."

Sir John Forbes, physician to Queen Victoria's household, says:

"No classification of disease or therapeutic agents ever yet promulgated, is true, or anything like truth, and none can be adopted as a safe guidance in practice."

Dr. Alexander Ross, F. R. S. L., of England, says:

"The medical practice of today has no more foundation in science, or philosophy, or common sense, than it had one hundred years ago. It is based on conjecture, improved by sad blunders often hidden by death."

Prof. Magendie, of Paris, says:

"Oh! you tell me the doctors cure people. I grant you people are cured. But how are they cured? Gentlemen, nature does a great

deal; imagination does a great deal. Doctors do devilish little—when they don't do harm."

Dr. Benjamin Rush, of Philadelphia, says:

"I am incessantly led to make apology for the instability of the theories and practice of physic. Dissectors daily convince us of our ignorance of disease, and cause us to blush at our prescriptions. What mischief have we not done under the belief of false facts and false theories? We have assisted in multiplying diseases; we have done more—we have increased their fatality."

Dr. Ramage, F. R. C. S., of London, says:

"How rarely do our medicines do good! How often do they make our patients worse! I fearlessly assert that in most cases the sufferers would be better off without a physician than with one. I have seen enough of the malpractice of my professional brethren, to warrant the strong language I employ."

In speaking as I am doing of the failure of medicine to cure, I am not trying to injure the thousands of honest though ignorant doctors, who really believe in it, and do the best they can with it. But I will say this, that the majority of practicing physicians have become case-hardened to the fact that medicine is not a certain cure for anything. They have fallen into the rut of the profession, and feel that their duty is done by prescribing the medicine as the colleges direct. They do not think about the matter at all, but simply content themselves to do as they have learned to do.

And their living is involved in it. It is this fact which prompts them to antagonize every other school, and actually locks the door of progress for them. It has caused the great body of them to become the persecutors of every advanced idea that invades the realm of the healing art; a realm they consider to be sacredly and entirely their own by virtue of its age—which is simply antiquated ignorance.

But the knowledge of the healing art has constantly developed in spite of them. It has come up through various stages, marked by the use of less and still less medicine, until it has reached the highest pinnacle yet in the total abolition of all medicine.

It has not been very long since the world first heard of Mental Science Healing. But in the few years since its discovery it has grown most marvelously in the confidence of the people. It rests upon demonstrable principles; and it heals diseased and feeble conditions in a manner no past efforts can compete with; and this is why its votaries are so persecuted by the narrow minded men who constitute a majority of the medical profession. I say a majority of them; there are thousands of honorable exceptions among them, in whose hearts lives the desire to see some method that will heal more perfectly than the method they are pursuing. And yet even this class are slow to accept new ideas.

The deadness of the world's old system of unfounded beliefs have had a lethargic effect upon their brains, so that—except in

isolated cases—they are incapable of receiving the full truth; the truth that before very long it is going to be in the power of mind to control matter with absolute perfection. It is a fact that even now this mighty mental movement has caused them to insert another chapter into their healing curriculum, which they have named "Mental Therapeutics."

The advanced mental scientists see in this an entering wedge that will eventually burst up the whole existing medical system. The change must come. The entire trend of evolution—natural growth—is from matter to mind. It is a refining process that is casting out the deadness of our present physical conditions, and elevating human belief to a position of intellectual power scarcely to be conceived of in our present state of ignorance about such things.

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### THE CHARACTER OF THE THOUGHT THAT HEALS.

The healer must bid good-bye forever to the race's preconceived opinion of its helplessness and worthlessness, and must live every day and every waking hour in her better educated belief. She must see her patients mentally as creatures of ineffable will power, against whose laudable desires no hindering influence can prevail. The patient being in conjunction with the healer's thought for the time being, becomes *one in opinion with the healer*, until the healer's belief in the mastery of man, and in his right to that mastery, becomes the belief of the patient also; at least so far as his complaints are concerned; and his body shows forth the result of the healer's higher and more powerful thought.

This is the result of this commingling of thought; a commingling in which the stronger, higher and truer thought dissolves or otherwise casts out the weaker. It is the triumph of truth over error; of positive knowledge over negative and useless beliefs. And in this work the will of the patient is not submerged as in hypnotic healing; on the contrary it is strengthened mightily. The combined effort of patient and healer is like doubling a team to pull the load up a steep hill.

As this pamphlet will reach many who have no knowledge of mind control, and who cannot form an idea of its wonderful healing power, on this slight and imperfect statement of it, I am compelled to submit proofs of what it can do. These proofs are in the shape of sworn testimonials. They came to me as the result of a cruel and malicious conspiracy on the part of enemies of the new thought to destroy my influence among the people. In this effort the hands of the regular medical practitioner is quite visible, though to how great an extent we shall probably never know. They used as tools a few useless employees whom we had discharged for incompetency,

and who on being prompted were ready to ruin us, at no matter what sacrifice of truth.

Last winter there was an attempt on the part of the physicians of this state to pass a bill in the legislature that would prevent any person from practising mental healing. This effort miscarried; but the fact that it did not go through antagonized many of the regular practitioners. In consequence of this antagonism which surely foreboded trouble for me, I gave notice in my paper, "*Freedom*," that I wanted affidavits from those patients who had been, or now were, under my treatment. In the course of a month I had received hundreds; some of which I am going to insert in this small book, thinking that they will have a more convincing effect of the power of mental healing upon those who do not as yet understand its principles—than any argument I am able to make.

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## Sworn Testimonials of Cures, or of Benefits Received Through Mental Power Exercised by Helen Wil- mans Post. Seabreeze, Florida.

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450 16th St., Brooklyn, N. Y., Sept. 11, 1901.

This is to certify that I have been treated by Mrs. Helen Wilmans Post for about eight months, with the most gratifying results. My health as I now write is in superb condition, due to the constant and faithful efforts of Mrs. Wilmans Post, whose sympathy, patience and generosity I cannot refer to too highly. From a pronounced doubter I have become a firm believer in the effectiveness of Mental Science healing, as illustrated in my own person from day to day—being a much younger, stronger and more vigorous man (mentally and physically) than I have been in the last fifteen years. Am acquainted with others who can give almost similar testimony. I have read Mrs. Wilman Post's Mental Science Lessons, and a more logical and nobler work for the benefit of the race I have not found in the whole range of literature. Exact justice is taught from first to last—the golden rule—"Do unto others as you would they would do unto you," finds a ringing echo in every lesson. I have further to add that I have tested Mental Science in every conceivable form, and have found it all (and more) than it has been represented by Mrs. Wilmans Post and other leaders of the New Thought.

(Signed)

Gerald Carlton,

Author and Ex-United States Consul.

I certify that Mr. Gerald Carlton, whom I have known in this

city to be a man of letters for many years, has acknowledged the foregoing signature to be his.

Dennis A. Spellissy, Notary Public.

### SWORN TESTIMONY OF A WONDERFUL CURE.

This is to certify that my upper lip and a large portion of my nose and one cheek, were eaten away with cancer of so pronounced a character that physicians declared the case incurable, and me a doomed man. My situation and my feelings were beyond description, when I heard of Mrs. Helen Wilmans and her power over every form of disease. After I put myself under her mental treatment, the eating of the cancer ceased, and new flesh began to grow from the edges of it, which gradually spread over the cheek until the unsightly opening was closed. The nose at this time is about completed, and the lip is nearly filled in. I am able to pronounce her effort a success. My general health is fully restored, and I have gone to work again with my customary strength. This testimonial is given from a thankful heart; and I am glad to add that my faith in her is so great that I believe she can cure any disease under the sun. All this was done without the use of medicines, by mental treatment alone.

Respectfully,  
J. M. English.

State of Florida, Volusia County.

Subscribed and sworn to before me this 1st day of March, 1897,  
at Daytona, Fla.

C. M. Bingham, Jr.,

(Seal)

Notary Public.

I wish to state that I have had J. M. English in my employment for a long time, and know that his statement is true. I know also that he was under treatment of a number of the best physicians, also that he spent some time at the Surgical Institute of Atlanta.

C. A. Ballough, Seabreeze, Fla.

I am acquainted with Mr. English and can truly say that the case is not only true in every particular, as set forth by Mr. Bingham, our Notary, but that the cure spoken of, I must confess, surpasses human comprehension. During more than forty years of observation and experience I have met nothing like the above case. This contribution is voluntary.

Dr. E. Dayton.

Seabreeze, Fla., March 2, 1897.

Mr. J. M. English, the patient who gave the above affidavit, and was healed four years ago, has been heard from within the present month. He is still well, and his present address is Titusville, Florida.

San Bernardino, Calif., S.S.:—Z. P. Glass, being first duly sworn, deposes and says: I am a resident of the city of San Bernardino, county of San Bernardino, state of California; that I am a graduate of the Psycopathic Medical College, of Cincinnati, O., graduating from said college in the year 1850. That I practiced medicine for upwards of fifty-one years; that I was an invalid for

at least fifty years, and during my years of sickness I tried many of the best physicians in America, but none of them could or did do me good. And while an invalid and given up by the best doctors obtainable, I became a student of Helen Wilmans Post, Sea Breeze, Florida, which was during the year 1887. That I was cured by her of diseases of long standing, and I have staid cured. I am well and have been since she cured me. My treatments from said Helen Wilmans Post have always been absent treatments, and they have resulted in curing me perfectly. I am the only living member of a large family, and I owe my present perfect health and life to Helen Wilmans Post and Mental Science as taught by her. Since I became a student of said Helen Wilmans Post, I have taken no medicine, nor been treated by any one. This affidavit is freely and voluntarily made.

Z. P. Glass, M. D.

Subscribed and sworn to before me at this office in Postoffice Block, city of San Bernardino, county of San Bernardino, state of California, September 16, 1901.

Cramer B. Morris,  
Notary Public.

John M. White, North Wales, Pa., S.S.—Mrs. Wilmans Post: I most cheerfully give you my testimonial of the great good you have done me by your absent treatment. Five years ago I was a physical wreck beyond the reach of the best medical doctors, as five years of experience proved. I went to the best doctors to be found here and in Philadelphia, and as a last resort I went before a clinic of doctors and the late Prof. Pepper, at the University of Pennsylvania, and they all pronounced my case incurable, as they said the stomach *was gone*; therefore nothing to build on; then I gave up in despair until I found one of your circulars, and like a drowning man, grasped it, and I bless the event ever since, for you built me up beyond my hopes—yes, saved my life. Today my stomach can digest almost any kind of food and I am in high hope of being a stronger man than ever I was. As you know, my case was a desperate one, and I had lost all interest in life.

Sworn to September 18, 1901, before A. Lincoln Saxton, Notary Public.

W. A. Edwards, Nashville, Tenn., S.S.—I have been and am yet receiving absent treatment from Helen Wilmans Post, for a trouble that has refused to yield to drug treatment. The success attending this treatment has convinced me that Mrs. Wilmans Post has substantial grounds for the claims she makes; that she is a successful practitioner of mental therapeutics, whether her philosophy of life be true or false.

Subscribed and sworn to before me, September 18, 1901.

W. M. Pollard, Notary Public.

Ermine J. King, 318 York Ave., Chicago, Ill., S.S.—To whom it may concern:—I have for the last five months been receiving absent

treatments from Helen Wilmans Post. for ailments which the medical profession could not reach, and I have received great benefit from the same, and I believe that Mrs. Wilmans Post is doing a great good through the power of her kindly, uplifting thought. She is a true healer in every sense of the word, and the treatments are well worth the modest sum which she accepts for them.

Subscribed and sworn to before me this 19th day of September, 1901.

Helene B. Farmsworth,  
Notary Public.

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State of New York, City of New York.

A. Z. Mahorney, being duly sworn, deposes and says that he was a clerk for Helen Wilmans Post for a year ending April, 1900, and during that time according to his best knowledge and belief she cured at least eighty per cent. of all patients under her care, and that her methods are entirely consistent with the principles laid down in her writings.

A.Z.Mahorney,

Walter E. Perkins, Witness.

Sworn to and subscribed before me this 21st day of September, 1901.

Francis C. Larkins, Notary Public.

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Mary C. Wiley, Columbia, S. C., S.S.:—Mrs. Wilmans Post:—I am so glad that I can say I am better of my nervousness and weakness. I think your treatment the most wonderful thing! I study daily to learn something more about it. I don't think another dose of medicine will ever pass my lips. All your reasoning is so natural and good. The truth proves as I never saw it before. How can any one doubt when you prove everything. I assure you I watch you with a jealous eye—have seen nothing but your wonderful truth and love.

Sworn to before me, at Columbia, S. C., September 17, 1901.

John S. Wiley, Notary Public.

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Mrs. B. C. Copeland, Evansville, Ind, S.S:—I can truly say that I have been successfully treated and *cured* by you of diseases that the old school doctors had failed to cure, and even went so far as to say I could *not* be cured. I am now almost 72 years of age and am feeling well, and can stand more work than the generality of younger people, and people who do not know me take me to be about fifty years of age. And in truth I must give the power of your mind the honor and credit of all my good health and youthful appearance. Ten years ago I was a perfect wreck—could not walk any distance without stopping for breath and strength. I now can walk miles with comparative ease.

Sworn to before Chas. L. Roberts, Justice of the Peace, September 20, 1901.

Mrs. I Carmichael, St. Paul, Minn., S.S:—This is to certify that my daughter was taken sick late in July with summer complaint. Her trouble would not yield to ordinary care, so we called a physician; but her trouble developed into inflammation of the bowels, and she kept growing weaker until I saw that she could not last much longer; then I sent a telegram to Helen Wilmans Post for treatment, and we felt the vibrations in the room when she commenced her treatment, and my daughter recovered very rapidly. In three days she was able to dress and go down stairs and has been well ever since, and I am satisfied that she owes her life to Helen Wilmans Post.

Sworn to September 20, 1901, Henry Neff, Deputy Clerk of Municipal Court, St. Paul, Minn.

Wilda Moody, Mesopotamia, Ohio, S.S:—For the past two months I have been receiving absent treatment from Helen Wilmans Post for nervous trouble that the doctors failed to reach, and have been very greatly benefited, and can truly say I have received the worth of my money and am well satisfied.

Sworn to before me this 18th day of September, 1901.

E. Sperry, Notary Public.

Lattakoo, S. C., Sept. 23rd. 1901.

Mrs. Wilmans Post:—For five weeks I have been taking absent treatment from you for a serious malady that medicine and herbs have failed to cure, and am today much improved. I feel the life giving principle of your thought vitalizing my body, brain and brawn. I have had every proof I want that you do everything you promise. My manly vigor has been increased much, and my health has improved wonderfully for the last five weeks. W.L.Motes.

Sworn to before Jacob S. Hattinanger, Notary Public.

Newark, N. J.

Dear Mrs. Wilmans Post:—When I wrote you about five months ago, I was suffering from nervousness, shortness of breath, and a choking feeling, when I walked or tried to do any kind of work. I was so nervous I did not like to go out alone. I felt nothing could be done for me. I had enlargement of the liver, and heart trouble. I was in a very weak and hopeless condition. Only two weeks after coming into your thought I commenced to improve. The gain has been steady since. At times I forget I had all the aches and pains of which those mentioned here are only a few. Friends and acquaintances, who knew how sick I was and how badly I looked, now all remark how much better I look. I know I will get well. I have a perfect belief in your power to heal and overcome all forms of mental and physical ills.

Adolphine Withel.

Sworn to before me this 23rd day of September, A. D. 1901.

Wm. N. Raef, Notary Public.

Denver, Colorado.

This is to certify that I have received absent treatment for nervous prostration from Mrs. Helen Wilmans Post, and have been greatly benefited, and am perfectly satisfied with her work, and I thoroughly believe in this method of treatment.

Murritt, L. Marlow, Denver, Colo.

Sworn to before Peter W. Shaw, Notary Public.

Langtry, Tex., Sept. 21st, 1901.

I hereby certify that for three years past I have suffered from bronchial asthma, a greater part of that time being confined to my bed. That on or about July 5th, 1901, I began taking absent treatment from Helen Wilmans Post, that from and after the date of the commencement of the absent treatment, I began to steadily improve in health and strength. In about six weeks thereafter I considered myself free from all traces of it, and am in better health than at any time during the four of five years immediately preceding.

J. H. Russell.

A. N. Riley, Witness.

Sworn to before Ray Bean, Ex-officio Notary Public.

Ozark, Ark., Sept. 23rd, 1901.

Helen Wilmans Post:—I have been a constant reader of your publications for the past fourteen or fifteen years. I have always found every sentiment and expression from your pen, of the highest and noblest character. No writer has ever done me so much good. Some twelve or fourteen years ago, I purchased your "Home Course in Mental Science," and I paid you \$25.00 for it, and I now consider it the best investment I ever made. At that time I had for several years suffered severely with asthma; at times I could scarcely walk across the street without being exhausted, and could not lie down for two or three weeks at a time. After studying these lessons my trouble disappeared so completely that I have never been bothered with it since, and I attribute my restoration to them and your writings. I am sure there is a latent healing power in every human being, that needs only to be awakened to astonish its possessor, and I know of no one so competent to do this awakening as yourself. You are well aware that I am not interested in your business, nor related to you, and am not a healer or teacher.

Very truly yours,

W. W. Adams.

Sworn to before me this 23rd of September, 1901.

J. D. McIlroy, County Clerk

W. J. Hickox, Alma, Nebraska, being duly sworn, says: That Frances Fireman Hickox is his wife and that she has been afflicted for the last fifteen years with what some of the best physicians in our state call a scirrhus tumor. She was treated by this class of physicians for about six years, without any benefit. Affiant says

that he has paid out over a thousand dollars for such treatment, and after this experience his wife joined the Raltson Health Club, of Washington, D. C., and remained a member of that club for about five years, following closely their instructions as to diet and exercise, and that she received no benefit from that course. About one year ago affiant says that his wife commenced taking treatment of Helen Wilmans Post, and during that time her general health has greatly improved and the tumor has decreased to about one-fourth its former size and affiant firmly believes she will fully recover. Affiant further says he believes the Wilmans method of treating disease, or healing, to be correct, and it is the only instance in this case where good value has been received for the money paid.

W. J. Hickox.

Sworn to before me, September 20, 1901.

W. R. Beddeo,

Notary Public.

Annie Octavia Ford, 229 Seventh St., San Francisco, Calif., testifies that Mrs. Wilmans Post cured her of various chronic maladies, and that she is now well physically and mentally. Also that Mrs. Wilmans Post treated her for the mental qualities that go to make success; after which she was able to put so much spirit into her work as an artist, that she soon had more orders than she could execute. She sent the customary fee of \$10 for the first month's treatment; but told Mrs. Wilmans Post that she was not well off. Since then though she has called on Mrs. Wilmans Post for herself and friends a good many times Mrs. Wilmans Post has never asked her for a cent, nor has she sent her any. She has perfect confidence in Mrs. Wilmans Post's integrity and ability. She is a firm believer in the power of Mental Science.

Sworn to before Geo. T. Knox, Notary Public.

Charles Morse, Cuprum, Idaho, being sworn, stated that he has received material benefit from the absent treatment of Mrs. Helen Wilmans Post, for stomach and heart trouble; that in his case her treatment has done what the doctors failed to do; and that he firmly believes the treatment by Mental Science to be far more efficacious than the drug treatment.

Sworn to before Lester P. Smith, Notary Public.

Nelson Armstrong, Los Angeles, Calif., being sworn, says he was suffering with many disablements from being broken down in the army of the rebellion. That he tried many physicians and many climates without relief. That he began treatment with Mrs. Wilmans Post. That soon afterwards he—being discouraged, wrote her that he did not believe he could hold up any longer. Her reply was prompt, and so encouraging that he continued, and is well satisfied with results. That her letters are educational and helpful, kind, cheerful and encouraging. He says he has received more benefit

from her treatment than from all the medical treatment of his life, and at much less expense. That she is willing to wait for pay until he is entirely well and able to earn the money.

Sworn before Thomas Lloyd, Notary Public.

I. S. Cooco, Twin Lakes, Colorado, being sworn, testifies that he has never found the same health and happiness in anything else that he has found in a study of Mental Science, and by applying its principles. Since studying Mental Science he takes no medicine; he can banish any pain that attacks him by using his mind, and in an incredibly short time.

Sworn to before me, E. J. Hoefnagels, Notary Public.

Fred Bernet and Martha J. Bernet, his wife, being duly sworn, testified as follows: Our baby, Olive, was afflicted with eczema, which covered her scalp and part of her face. Helen Wilmans Post treated her mentally and in less than five weeks she was entirely well. On several other occasions we received benefit from the treatments of Mrs. Wilmans Post, which we consider worth more than anything with which we could reimburse her.

Sworn to before me, the 12th of October, 1901.

Anderson McFall, Notary Public.

Patrick Byrne, of Brazil, Ind., states upon his oath as follows: That he is now receiving absent treatment from Helen Wilmans, and has been for two weeks past, for cancer on the lip, and other troubles, and that he has been relieved and benefited by such treatment. Residence, Brazil, Indiana.

Sworn to before Arthur H. Ratcliffe, Notary Public.

I have been a sufferer from rheumatism and other troubles for nearly twelve years. Doctors, magnetic healers, clairvoyants and patent medicines have failed to help me. I am now receiving absent treatment from Helen Wilmans Post. She has helped me more than all the other treatments combined. I have perfect faith in her method of treating the sick, and believe she will restore me to health.

Mrs. M. A. Whitney,  
473 Main St., Fitchburg, Mass.

Sworn to before Geo. Raymond, Justice of the Peace.

I have received absent treatment from Helen Wilmans Post with entirely satisfactory results. From experience I believe this method of healing is to be relied upon.

Mrs. M. H. Caskie.

State of Maryland, City of Baltimore, S.S.

Sworn to before me, Sept. 21, 1901. Wm. A. Schauneloeffel,  
Notary Public.

I have been receiving absent treatment from Helen Wilmans Post for stomach trouble, which medicine failed to heal, and have been benefited by your treatment, and am still improving.

Thomas Chambers,

Baraboo, Wis.

Sworn to before me this 20th day of Sept., 1901.

H. L. Halstead, Justice Peace.

I, the undersigned, herewith wish to state that I have been receiving absent treatment from Helen Wilmans Post for indigestion and chronic constipation and that I have been benefited by her treatments, and am now in better health than I have been for years. I have also received more healthful and vital thoughts through her publications, and I have read nearly all of them, than anything I have ever read before. Adolph H. Bieger,

207 Melrose St., Chicago, Ill.

Subscribed and sworn to before me this 18th day of Sept., 1901.

L. F. Huntley, Notary Public.

Beebetown, Ohio, Sept. 19, 1901.

To Whom it May Concern:

This is to certify that I have had the services of Helen Wilmans Post, of Sea Breeze, Fla., as healer for a daughter who has had a most serious affliction for several years, and that she has very greatly benefited her in many ways. I have all faith in her as a healer and also in Mental Science; for it is God's law in operation with a *knowledge* of its application. The principles of Mental Science are not only scientific but *divine in origin*. It is meeting God's commands in a greater degree than ordinary. My faith in Mrs. Wilmans Post and her science and ability to heal are greater today than it ever has been.

Julia Krill.

Sworn to this 21st day of September, A. D. 1901.

Frank V. Wood, Notary Public.

In the fall of 1896, I was taken with a violent headache, and suffered such agony that my head was drawn back 'til it almost touched my spine. This lasted two months, and was accompanied with such sick stomach that I couldn't bear the taste or sight of either food or water, though I seemed to be dying of thirst. I was so extremely nervous that I could not bear for my nurses to walk across the floor, nor could I sleep. My bowels refused to act for the strongest purgative, unless followed by repeated enemas. The liver and kidneys could scarcely be induced to act at all. My throat and heart were seriously involved. I had spells of fainting, when my hands and feet would cramp and become rigid. My physician was afraid to use analgesia for fear of lesion of the brain. During this period of suffering, I lost the sense of smell and my

taste was seriously impaired. My vision became affected. I at first had double vision, and then it began to fade away 'til I lost my sight entirely. Before I became entirely blind, the State Medical Association, for Middle Tennessee, met at Lewisburg. Our family physician, Dr. S. T. Hardison, called in the best talent at that meeting, to consult with him in my case. Among them was Dr. B. W. Stone, a nerve specialist, of Nashville, Tenn., now of Louisville, Ky., Dr. J. S. Nowlin, of Shelbyville, Tenn., Dr. C. C. Abernathy, and Dr. Davenport, of Pulaski, Tenn., and others. *They each diagnosed my case differently*, but all agreed that I could not live. My family refused to accept their verdict and took me to Nashville, to two noted specialists, Drs. Savage & Hale, who said I had sclerosis of the optic nerve. My spine was badly affected and pained me constantly. I could not walk across the room without falling; this they said was because that nerve was hardening also, and that my suffering would grow more and more intense until death released me. Neither of them thought I could possibly live three weeks, and told my mother to try and keep me lulled on opiates; that she need have no fear of my forming the habit of taking them, for I couldn't live long enough for that. They suggested no other medicines, and said there was no known cure for sclerosis. There was nothing for me to do, but go home and die. I went home and would have died long ago, but hearing of Helen Wilmans Post and her wonderful powers, I began treatment with her. I didn't have much faith in her absent treatments, but like a drowning man catching at a straw, I was anxious to try anything that promised relief, so I began taking absent treatments of her, for I have never seen her. The first improvement I noticed was that she relieved me of those severe headaches. (I only had one spell after beginning treatment.) I then grew stronger, my digestion improved, and my monthly periods (which had been stopped for eight months, and which the medical doctor said would never appear again) came on regularly. I had never in my life been regular in this respect, twice in succession. My bowels hadn't moved naturally in fourteen months, but now became regular in their action. After eighteen months treatment, I was as well as the average woman. Yes, better, for the average woman isn't as well regulated in health as I was then, though I was still blind. Mrs. Wilmans Post continued treating me for the nominal sum of five dollars a month until I had taken treatment two years, when I wrote her that I had taxed my family as long as they could bear and would have to discontinue treatments. My family gave her all the credit for curing me, but thought it impossible for her to restore my sight. When I wrote her this, and how much I hated to discontinue her treatments, she very kindly proposed to treat me free of cost, hoping as she said that it would be in the power of mind control to restore my sight. In conclusion, I will say, that I would have been

dead long ago but for Helen Wilmans Post, and her power over the physical body.

Lilly A. Murray.

Lewisburg, Tenn.

This is a correct statement of our daughter's condition.

Mary A. Murray,

J. J. Murray, Attorney.

Sworn to before P. D. Houston, Jr., Notary Public for Marshall Co., Tenn.

I have been under the treatment of Helen Wilmans Post, at Sea Breeze, Fla., for quite a while, and she has done me a world of good, in curing me by her wonderful treatment—Mental Science—which I have all confidence in. And I have a right to have faith in the treatment, for she cured me of certain sickness which medicine failed to cure. And I believe in her.

Mrs. Hannah Hall.

910 Plum St., Cincinnati, O.

Sworn to in my presence, this 18th of September, A. D. 1901.

Harry Eruke, Notary Public.

Mary G. Selfridge, Buffalo, N. Y., being duly sworn, says: For the past five years I have been a great sufferer from nervousness and rheumatism; during that time I have tried many doctors and taken a great deal of medicine, and failed to get any substantial relief. For about two months I have received treatment under mailed instruction from Helen Wilmans Post, of Seabreeze, Florida, and I can now say that by reason of such treatment I am entirely cured.

Sworn to before me this 20th day of September, 1901.

John H. Morey, Notary Public.

Frank J. Baker, Huron S. Dak., says: I believe the power of Mental Science in removing the necessity of diseased action in the human organism is *absolute*, and I heartily testify of my own free will and with a glad desire to add my evidence, that Mrs. Helen Wilmans Post, of Sea Breeze, Fla., has so cleansed my blood by the science of mental healing, that an ulcer, the result of blood poisoning, has disappeared from my face. And I further state that this ulcer has long defied all ordinary means of healing.

Sworn to before me this 19th day of September, 1901.

Frank S. Browne, Notary Public.

Miss Clare M. Fowler, Dallas, Tex., says: During the spring (1901) I applied to Mrs. Helen Wilmans for absent treatment, having heard much of her great ability, from friends, who had been cured by her. I had suffered from indigestion and its attendant ailments all my life. Drugs, baths, and dieting had failed to effect a cure or even to afford relief. My experience with Mrs. Wilmans Post emphatically confirms my trust

in her ability. I improved very rapidly under her treatment and now enjoy the best of health, going through day after day of heavy routine in teaching, with such ease and constant vigor that I look upon work as a pleasure instead of the wearing struggle it once was. For my cure I give entire credit to Mrs. Wilmans. Step by step with the physical improvement, she inculcated a philosophy of optimism and courage which alone would be of incalculable benefit to any invalid. I personally know three mental science healers who cure the greater per cent. of all their patients, including many seemingly hopeless cases, and there is no doubt in my mind that Mrs. Wilmans Post's system of treatment is more effective than that of medical practice. Wherever possible, I shall recommend and sustain it.

Sworn to before me this 21st day of September, 1901.

J. W. Lindsley, Notary Public.

Dallas, Texas.

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Mrs. Francis Benton, Guilford, Conn., states as follows: Mental Science has been of more benefit to me in the past year than all the doctors. I had a terrible stomach trouble for years, and with all the medicine I have taken nothing ever did me one particle of good until I tried Mental Science healing. Then, last spring, I had what two doctors called cancer of the breast. I took medicine with no effect. Then I heard of Mental Science and tried it. To all appearance I am cured of the cancer and several other ailments. I can't reach a notary public to make oath to this; but am willing to do so at any time when I can.

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Allen Wright, Smiley, Texas, being sworn states that he is under mental treatment by Helen Wilmans Post, and is being constantly benefited, for which he expresses much gratitude.

J. P. Ward, J. P. and Ex-Officio Notary Public.

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Aquila Kempster, Art Department New York Journal, being duly sworn, makes the following statement: I have received telepathic treatment from Helen Wilmans Post for certain well defined ailments, which a continuous use of drugs for three years failed to relieve. A rational investigation of Mental Science has convinced me that the claims of its adherents are well founded.

Sworn to before Wm. V. Garrison, Notary Public.

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Miss M. Monge, Corpus Christi, Texas, testifies that she has been under Mental Science treatment by Mrs. Helen Wilmans Post, and has been greatly benefited. The malady she has, had been pronounced incurable, and for this reason she applied to Mrs. Helen Wilmans Post and she is improving right along, and intends to continue the treatment.

Sworn to before A. A. Thompson, Notary Public.

Lida K. Rozelle, 1803 North Broad St., Philadelphia, Pa., being sworn, states that she wrote Mrs. Helen Wilmans Post for treatment after a conclave of regular physicians had said there was no hope for her life beyond a few months. But thanks to Mental Science treatment, I have been a well woman for years. I expect to see the time when the mental method of healing takes precedence of every other method.

Sworn to before Michael J. McLaughlin, Notary Public.

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George Graul, Evansville, Indiana, having been duly sworn, certifies that he is receiving absent treatment for sickness of four year's standing that several doctors have failed to reach. He has only been under the treatment of Mrs. Helen Wilmans Post a short time, but has already received great benefit, and feels that he is going to be permanently cured. That he appreciates the mental method of healing above all others.

Sworn to before me, Sept. 21, 1901.

George W. Nexsen, Notary Public.

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Martha Upton, Auburn, Me., having been sworn, testifies that she is being treated by Mrs. Helen Wilmans Post with much benefit. She has been unable to send money to Mrs. Wilmans Post for a long time, but the treatments are going on the same as before, and the letters are as regular and as encouraging as ever.

Sworn to before me, Sept. 20, 1901.

Tascus Atwood, Justice of the Peace.

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M. S. Hall, Fredericton, N. B., Canada, being sworn, testifies as follows: I have been and am receiving absent treatment from Helen Wilmans Post, for sickness that medicine failed to cure, and I have been cured, and greatly benefited in other ways. This mode of treatment will cure where other modes fail.

Sworn to before me, September, 1901.

G. S. Peters,  
Justice of the Peace.

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J. J. E. Arnold, of Ardmore, Ind. Ter., being duly sworn, states that he suffered with liver and kidney disease for years, that he has taken medicine from a number of doctors, and it did him no good. Since Mrs. Wilmans Post began giving me absent mental treatment, I have been greatly helped. I am a firm believer in her methods, and am satisfied with my experience of it.

Sworn to before Fred. O. Kinkade, Notary Public.

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Mrs. B. C. Peterson, Osceola, Nebraska, having been sworn, says that she has been entirely cured of a certain form of sickness that medicine failed to reach. That Helen Wilmans Post did it. That

she believes in this system of healing over any other. She is sixty-five years old.

Sworn to before C. V. Nelson, Notary Public, Sept. 21, 1901.

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Harry C. Gidney, Amity, Me., being sworn, states as follows: I believe in the efficacy of Mental Therapeutics. Since I began the study of it and its practical application to the needs of life I have experienced the very best results; and more especially since I have become conjoined in thought with Mrs. Wilmans Post I have received more benefit than I had dared to hope for.

Sworn before me, September 23, 1901. Harry M. Peters,  
Justice of the Peace.

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Mrs. Jennie Rippard, Wieser, Idaho, testifies to being cured of goitre by Mrs. H. W. Post.

Sworn to before W. D. Lovejoy, Notary Public, Sept. 20th, 1901.

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Elizabeth Berry, Syracuse, N. Y., being duly sworn, says that she was carried through the severest mental strain of her life, upheld and aided by the mental treatments of Mrs. Helen Wilmans Post, and she believes there is no lifting power on earth to equal it.

Sworn to before Merwin S. Roe, Notary Public.

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Pella H. Mason, 302 F St., Washington, D. C., having been sworn, says that Mrs. Wilmans Post treated her for serious eye trouble that eminent oculists had failed to cure; that up to this time she has made good improvement; that she attributes to mental treatment. Mrs. Helen Wilmans Post also treated her for neuralgia, and chronic dyspepsia, and great improvement has resulted. Pella H. Mason says she don't know how it was done, but attributes it to Mrs. Helen Wilmans Post's treatment, because nothing else she ever tried produced the same beneficial effect.

Sworn to before Charles H. Snyder, Notary Public.

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M. M. Shepard, Darlington, S. C., says: Five years ago my little son's head and face broke out all over and remained in such condition that we could not take him to the table for fear of nauseating those present. His condition was simply awful. We wrote to Mrs. Helen Wilmans Post for treatment. In three days the sores began to dry up, and in a short time they were well. A year later the breaking out returned, but we did not apply anything, nor give him medicine; we put him in the hands of Mrs. Wilmans Post, for mental treatment, and she broke up the condition again, *and for good*. My daughter had been suffering for months with indigestion; at last dysentery set in and she had to take to her bed. The medical doctor came and prescribed, but she grew worse; fever very high, and hemorrhages set in. The medical doctor became uneasy;

came three times a day; she grew worse all the time until I had Mrs. Wilmans Post take the case. Oh, what a change took place! Before many days she was on the streets promenading with other girls. Mrs. Wilman's Post has treated every member of our family with the greatest success. Her charges are made to agree with the finance of the patient. We paid her a few dollars for what was worth fifty. I state boldly that if one values life or the health of the family a first class mental healer is the one to employ.

Sworn to before Eugene Vaughn, Notary Public.

Cora Giltner, Deep Water, Mo., says: From a baby I had breaking out on feet, legs, head and breast; also risings in head that caused deafness. The eruption is cured and my hearing has improved wonderfully. Before I took absent treatment I could not hear the whistle of a train when I was close to it. Now I can hear it a mile away, also the bell; and I am still improving. Papa spent thousands of dollars on me, trying to have me cured. We tried every doctor that came around, and I got worse all the time. I can not say enough of mental science as taught and practiced by Mrs. Wilmans Post.

Sworn to before W. S. Banta, Notary Public, September 20, 1901.

August Fack, Lewis County, Montana, says: I have for years been a sufferer from locomotor ataxia; the extreme peculiarity of my case being lightning like, shooting pains in my lower limbs. Many times I have been taken home from my place of business, suffering from these hellish and excruciating pains, and for a time was afraid of losing my reason. The doctor would be sent for, and the only relief I was able to obtain from the terrible pain was by use of hypodermic injections of morphine. I have tried various methods, allopathic, homeopathic, osteopathic, electric treatment, etc., none of which gave me more than temporary relief. The absent mental healing which I have received from Helen Wilmans Post has been most beneficial in character. It has given me absolute and permanent relief from my suffering; thanks ten thousand fold for her wonderful system of relief to suffering humanity. She can positively cure without the use of medicines. Truly do I appreciate the one who has brought this relief to me. I have paid a hundred times more to different doctors than I have paid Mrs. Wilmans Post, without the least showing of benefit.

Sworn to before me this the 4th of September, 1901.

Albert J. Galen,

Notary Public, for Lewis and Clark County, Montana.

Georgia E. G. de Borges, St. Louis, Mo., says: I certify that in the last week of December, 1899, Mrs. Wilmans Post—through the recommendation of friends—began giving me mental treatment. I had been a great sufferer for four years, with an extreme case of

nervous prostration, nervous dyspepsia and heart failure. For two weeks after commencing my thought treatment with Mrs. Wilmans Post, according to her "Instruction to Patients," I felt no change. The first change I felt was to me a most alarming appetite. I ate ravenously three times a day, and sometimes between meals. I wrote to her about it, and she replied that it was what nature demanded, and was a good sign, and that I must not be alarmed. This lasted six weeks, and gradually subsided. During all this time I—who had scarcely dared to take food of any kind in my stomach, under apprehension of serious trouble—felt no trouble whatever. I gained in weight; my color improved; my strength increased, and my shocking nervousness left me; all this in a few weeks. There can be nothing but good in thinking and radiating abroad the pure, strong and loving thought that relieves pain, banishes despair and plants hope and happiness in the human heart.

Sworn to before M. L. Hoover, Notary Public.

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Madeline S. Home, Stoneham, Mass., being sworn, says she was a mental and physical wreck for years; that she is now well and happy and that Mrs. Wilmans Post cured her.

Sworn to before Silas Dean, Notary Public.

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Mrs. L. E. W. Cool, Los Angeles, Calif.: For qualities that lead to business success. Declares that she is making great progress.

Sworn to before E. L. Kenny, Notary Public.

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Mrs. Jane Walker, Petrolia, Calif.: Many disorders: Weak lungs, diseased bronchial tubes. Has been benefited beyond any power of medical aid. Is still improving. Thinks Mrs. Helen Wilmans Post stands first in the ranks of the magnanimous, and ahead in the world of advanced thought.

Sworn to before James Hart, Notary Public.

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Mr. George Dorflinger, Bisbee, Ariz., believes in Mental Science. Has employed Helen Wilmans Post on several occasions for himself for general debility. For his relatives—for coughs, for typhoid fever, piles, etc., and in each and every time received the benefit he sought.

Sworn to before J. M. Connell, Notary Public.

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Wm. Roediger, 153 Octavia St., San Francisco: For consumption in advanced stage; pronounced incurable, voice gone, raising quantities of puss from lungs. Began treatment with Helen Wilmans Post. It now able to work hard all day at the carpenter's trade.

Sworn to before F. O. Monbact.

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Orella L. Kimball, Providence, R. I.: The doctor told her family there was no hope of curing her. Began treatment with Helen

Wilmans Post; feels almost well and claims the right to continue Mental Science treatment.

Sworn to before Lewis L. Angell.

Caroline Drummond, Copalis, Wash.; Internal injury, eminent physicians, regular homeopathic and electric, pronounced case incurable. Declares that Helen Wilmans Post is curing her by absent treatment. Denies the right of any one or any power to deprive her of the privilege of employing said Helen Wilmans Post to treat her.

Sworn to before Wm. B. Ogden, Notary Public.

Samuel Mitchel, Madison, Wis., says he was cured of rheumatism, and his wife of stricture of rectum by Helen Wilmans Post, when other remedies had failed. Says they both responded to the treatment immediately and obtained relief from indescribable pain.

Sworn to before L. H. Towne, Notary Public.

Fred Wissman, Sacramento, Calif., says he had chronic kidney and bladder trouble. Paid lots of money to be cured, to no purpose. Took absent treatment of Helen Wilmans Post six weeks, and was a well man again.

Sworn to before John W. Johnston, Notary Public.

Mary C. Gillespie, Tower Hill, N. B., says her sister, Mrs. Julia E. Brown is taking treatments of Mrs. Helen Wilmans Post, and being cured of heart disease of 20 years standing; and of an ulcer on her ankle, from which she has suffered intensely for 12 years. Both of these troubles are getting well rapidly. The ulcer has diminished to a small scab no larger than a pea. She says she feels like a new woman..

Witness, W. C. H. Grimmer, Notary Public.

Frances E. Cheney, Saybrook, Ill., a minister, states that he took treatment of Hiram Wilmans Post, and was greatly benefited.

Sworn to before M. C. McMurry, Notary Public.

John G. Russell, Liberty, N. C.: Bitten by a mad dog. Took absent treatments of Helen Wilmans Post. Believes her treatments prevented serious results. She calmed his nervous fears, and in a measure sustained the hope of his friends during the ordeal.

Sworn to before A. W. Curtis, Notary Public.

Mrs. E. B. Rowe, Portland, Me.: Cured of violent nervous headaches, to which she had been subject for years.

Sworn to before S. M. Watson, Justice of the Peace.

Mrs. Martha J. Hosmer, Rock Point, Oregon., says: It is my whole soul's wish to make a true statement of the great good that I

and my two daughters received from the treatments of Helen Wilmans Post. I had been sick for years with very weak bowels, weak back, lame arm, with almost constant fever in my head and neck. Medicine gave me no relief. In two months the healing power of Mrs. Helen Wilmans Post has worked wonders with me and my children.

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Celia Read Woodruff, Detroit, Mich., says: I have been under eminent physicians, both in New York and Philadelphia, but received no permanent benefit until I came under absent treatments by Mrs. Wilmans Post. I now affirm that my life has been prolonged by her. I have paid to regular physicians hundreds of dollars to every one I have paid her. I also believe I know that she has done great good to others without receiving a cent for it.

Sworn to before Mercer D. Linton, Notary Public, Sept. 17, 1901.

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Dear Mrs. Wilmans Post:—I had been so sick for a long time, and no one has done me so much good as you. I had two tumors in my side, and you have made me all well. And I have been almost blind, and now I can see to read. My feet and legs were so large they were a sight to look at, but now I can go around again, and do all my own work. I cannot give you up, dear Mrs. Post; you have saved my life by the help of God.

Lou Bell.

McGregor, Ga.

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J. B. Curl, Des Moines, Iowa, says: This is to certify that after having rheumatism for thirty years, and getting no relief from medicine, as a last resort I applied to Helen Wilmans Post, for mental treatment, and after two months, I found myself free from the disease, and am still well, and free from all sickness. The treatment lasted two months, whereas by the old treatment, I had doctored for years, and paid hundreds of dollars, and received no benefit whatever, but damage in abundance.

Sworn to before Robert O'Brennan, Notary Public.

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Mrs. Helen Wilmans Post:—On the 17th of July, 1896, I sent to you for treatment. I had catarrh of the head and stomach, and indigestion. I was very bad off. My head at times was all I could endure. I was losing my mind, my vitality was almost gone, my throat was always full of phlegm, so that I was constantly coughing or making other efforts to clear it, but never succeeding, until I was a misery to myself and a nuisance to my friends. At the end of the first month's treatment I was better. At the end of the third or fourth month, I pronounced myself well.

Bushnell, Ill.

J. D. Murphy.

Sworn to before O. C. Hicks, Notary Public.

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Anna A. Babbitt, Providence, R. I., says she was cured of illness and weakness by Helen Wilmans Post, when eminent physicians

both in America and Europe had failed. Only the mental method was used.

Sworn to before James T. Eagan, Notary Public.

Mary B. Snyder and Mrs. M. Snyder, Cleveland Cliffs Camp, Mich., says: We both believe in mental treatment. We know from effects received from Mrs. Helen Wilmans Post's treatments that it is the only way to be permanently relieved and healed.

Sworn to before John D. Winters, Notary Public.

Mrs. Annie Sprague Smith, Vergennes, Vt., says she has taken mental treatment and knows she has had her money's worth. Also knows that Mrs. Helen Wilmans Post is more than kind to those who cannot pay, and is far from exacting with those who can.

Sworn to before H. H. Booth, Notary Public.

C. M. Brown, Fort Worth, Texas, states as follows: Helen Wilmans Post healed me entirely of severe inflammation of stomach and bowels; also of diseased spots in my lungs. She treated me on credit and knew nothing of my ability to pay. She will get every dollar, however, and that will be small reward for her services. as the old school doctors said I would not be alive at this time Her power is wonderful and beyond words to express. My treatment was during last year.

Sworn to on the 18th of September, before J. Robinson, Notary Public.

Jennie Faulkersin, Walthall, Okla. Ter., states that she has been taking absent treatment from Helen Wilmans Post for a complication of diseases, and is greatly improved. She believes in the healing power of Mental Science as taught by Mrs. Helen Wilmans Post.

Sworn to before John W. Courtney, Notary Public.

Wm. Bowman, Leon, Iowa, states as follows: I was cured of constipation of 35 years standing, and with it went weekly headaches, and many other disagreeable things caused from early indiscretion. Also a fixed belief that I was going to die was changed to one of expectancy of living. These cures were produced by studying the Home Course in Mental Science, consisting of 20 lessons by Helen Wilmans Post, and also by taking absent treatments from her.

Sworn to before M. F. Stookey, Notary Public.

Mrs. Lizzie Ellis, Los Banos, Calif., states as follows: In January, 1890, I was afflicted with a disease in the bones of my left foot and leg. I had the best of doctors. They failed to cure me. In June, 1892, the same doctors amputated my leg. In 1898, the same disease appeared in my right foot. A friend applied to Helen

Wilmans Post, for absent treatment for me, and she relieved me in a short time. Since then I have been able to walk as usual, and my general health has been better than for years. She also gave my son absent treatments with great success. I believe in her methods.

Sworn to before C. O. Freeman, Notary Public.

Adeline S. Horne, Stoneham, Mass., states that she believes Helen Wilmans Post, by her treatments and teachings, saved her from insanity.

Witness, Silas Dean.

Laura McIntosh, Marysville, Mont., certifies that she is under mental treatment by Mrs. Helen Wilmans Post, and though not yet entirely restored, she has been benefited in many ways; that Mental Science, of which Mrs. Helen Wilmans Post is so able an exponent, is destined to be the savior of mankind. Mrs. Helen Wilmans Post is trustworthy and reliable in every respect.

Subscribed and sworn to Sept. 27, 1901.

Sylvanus Whipple, Oak Hill, Mich., says he is taking absent treatments from Mrs. Helen Wilmans Post, for chronic catarrh of the stomach. That he took the treatments as a last resort, medicine having proved useless in his case. He says he has received much benefit and heartily indorses her system of healing.

Sworn to before Thomas C. Howard, Notary Public.

B. C. Bean, Fayetteville, Ark., says: Your treatment of my daughter has been a success from the beginning. Her progress has been steady and entirely satisfactory.

Sworn to before J. J. Curry, Notary Public, Sept. 26, 1901.

Mrs. F. C. Maynard, Townsend, Mont., being sworn, states that she received more benefit from one month's mental treatment from Helen Wilmans Post than from all the doctors and all the medicine she ever tried. After a month's treatment with Mrs. Helen Wilmans Post, the healing went right on until she was cured. Her trouble was constipation of 30 years' standing.

Sworn to before Peter Meloy, Notary Public.

I, Jennie Warburton, of 89 Prospect St., Pawtucket, R. I., have received absent treatment from Helen Wilmans Post, and believe in her method of treatment, as it has been demonstrated on my own body by her on two occasions, and I know that positive thought can heal the body.

Sworn to before Matthew Curran, Notary Public.

Mrs. Maud Robinson, Gloverville, N. Y., being sworn, says: I wish to add my testimony to the faithfulness and ability of Mrs.

Helen Wilmans Post in attending to my trouble. I had been suffering with nervous prostration and with other diseases that medicine had failed to cure, when she told me how to conjoin my thought with her's, which I did, and got well.

Sworn to before B. H. Arthur, Notary Public.

From E. C. Pfeiffer, Manager Circulation Department Buffalo Express, Buffalo, N. Y.: For more than two years from about 1898 to 1900 my wife, Frances Holbrook Pfeiffer, was almost completely prostrated by a continuously impending collapse of her nervous system. Three physicians, under whose care she had been successively—agreed in stating that no medical skill could benefit her unless she went to a sanitarium, where she could be in bed at least three months—under special treatment with absolute rest and quiet. About October, 1900, my wife learning of the restorations to health which Helen Wilmans Post was effecting, stopped taking medicine and following general rules prescribed by her physicians. Although I personally did not think it possible Helen Wilmans Post could sooner do that which medicine seemed so slow to do. Nevertheless facts are facts. And since she has given up following a physician's advice, and has taken up with that of Mrs. Wilmans Post, Mrs. Pfeiffer has gradually but surely progressed from being in a condition of almost complete collapse (Oct. 1900) to being well nigh continuously active in various ways, and restored to a condition of health, (Sept. 1901). Therefore it certainly must be acknowledged by me that Mental Science has accomplished for my wife what medicine could or did not bring about.

Sworn to before me, this 20th day of September, 1901.

R. F. Penton, Notary Public.

Laura A. Wilson, Evansville, Ind., says: That I am receiving absent treatment from Mrs. Helen Wilmans Post for a certain form of sickness that medicine failed to heal. In fact, I have been an invalid all my life and never received encouragement from any doctor of medicine that I could expect to be well and strong. My troubles seemed to baffle their understanding. I have been receiving absent treatment from Mrs. Helen Wilmans Post. I am growing stronger in every way. I also say that I am satisfied and have perfect confidence in her and her method of treatment and teaching.

Sworn to before me, this 18th day of Sept., 1901..

George K. Denton, Notary Public.

Leona Webb, Buida, Colo., says: I am stronger and more hopeful than I have been for years since Mrs. Helen Wilmans has been treating me these last three months for spinal disease. I know she is curing me fast through mental treatment. I am a believer in mental healing. My experience has taught me that this glorious truth is doing more for suffering humanity than anything else in the world. I am glad of the chance to speak for Mrs. Wilmans Post. I

testify before high heaven that she is true and great, generous and sympathetic; that she is speaking words of life and immortality that will never die.

Sworn to before A. A. Beard, Notary Public.

Mrs. Jeannette Albrecht, 78 Woodruff Place, Indianapolis, Ind., says: I have been much benefited by the absent mental treatment I have received from Helen Wilmans Post, I have been freed from much intense suffering; and have gained physically a great deal. I have reason to believe, and am confident that under her treatment, I am being cured of an abdominal tumor, which was pronounced incurable by the medical profession. I express here my entire satisfaction with the help and benefit I have received from Helen Wilmans Post's absent treatments.

Sworn to before Frank Edenharter, Notary Public, Sept. 28, 1901.

Marie Taylor Dickie, Rockford, Ill., says: I am and have been receiving absent treatment from Helen Wilmans Post for a very serious complication of diseases of long standing, which after treating with several most excellent, and some noted physicians of the regular school, had remained uncured. I herewith wish to testify that I have received immeasurable benefit from her treatment and have received more permanent relief therefrom than from all the regular physicians combined.

Sworn to before Hosmer P. Holland, Notary Public.

Oscar C. Mallock, Kyle County, Texas, says: This is to certify that I have been receiving absent treatment from Helen Wilmans Post for bleeding polypus of nose and throat for some time, and have been greatly benefited. I believe she can cure me. I have been treated by eight good physicians, some of them being the most eminent in our state, and they could not cure me, or even give me relief, and would send me home saying I could not be cured and could not possibly live more than three weeks. So about three years ago, I quit all doctors and all medicine, and Mrs. Wilmans Post began to treat me. Then I was eighteen years old and weighed about ninety pounds, and couldn't walk three hundred yards to save my life, and was bleeding from nose and throat every two or three weeks, until most of the time I was confined to the house from weakness. Now since she has been treating me, I weigh from 100 to 110 pounds, and can ride horse-back any time and as far as I want to, and run a pack of hounds one or two nights in a week. Have worked in the field, ploughing, hoeing, gathering corn, etc., all this year, a thing I have never been able to do before, since I was about nine years old. And I haven't had but one bad bleeding spell since she has treated me, and I can breathe better than I ever have since '92, and I believe she has done all of this and more for me. I haven't a doubt about Mental Science.

Sworn to before Wm. Groos Notary Public.

Mrs. Ella Watson, of True, Young County, Texas, says: I have been taking absent treatment from Mrs. Wilmans Post for the last two months. I am in better health than I have been in for seven years. I have not taken a drop of medicine during the time I have been taking treatment from her. Seven years ago I gave birth to twin boys, each weighing seven pounds. The mouth of the womb was torn open, also the outside. The doctor that waited on me left me in that condition, to live or die. I dragged along for two years and got down bedfast. Our family doctor—one I had all confidence in—gave me local treatment for two years, but did not do me much good. He said I would have to have an operation performed as soon as I got strong enough. I never had the operation performed. By accident I got hold of Mrs. Wilmans Post's work. I decided to try her. I found she has the power to cure even while she is in Florida and I am in Texas. I am a thorough Mental Scientist. Nothing can stop the spread or check the power of Mental Science.

Sworn to before M. A. Hardy, Justice of the Peace.

Mrs. R. Ellza Beckly, of Causon, Conn., says: I most sincerely believe in Mental Science treatment, taught by Helen Wilmans Post. I have been receiving absent treatment from her for a certain form of sickness that medicine failed to heal, and have been *wholly* cured. I have studied her complete course in Mental Science and find it the most advanced thought of the age, and perfectly satisfactory. I believe in this method of healing and consider Helen Wilmans Post to be a *true healer*, and I desire that she may ever continue this method and thereby help and relieve suffering humanity

Sworn to before George S. Fuller, Notary Public.

[The course of study often referred to in these testimonials consists of twenty lessons on the subject of Mental Healing. It is called the Wilmans Home Course in Mental Science.]

May, Brown Co., Texas, Sept. 21, 1901.

I have been taking absent treatment under Helen Wilmans Post, for catarrh and lung trouble that medicine had failed to cure, and I can say that I have been greatly benefited and she will cure me if I keep taking the treatment. I can say that I, for one, do believe in Mental Science.

Sworn to before J. S. Harlow, Notary Public.

Helen Wilmans Post cured me through absent treatments of an illness of seven years standing, and of inherited tendencies. The doctors, including a noted specialist in Paris, France, had all declared I could never be a well woman. I am now a perfectly healthy woman stronger than ever in my life before, and I am forty-eight years old

Mental Science is the highest and most efficacious of all the sciences known in the cure of disease.

Sarah Rogers McConnell,

137 Broadway, N. Y.

Sworn to before Josephine Thurman, Notary Public.

All my disagreeable feelings have left me and I am once more well, strong and happy, after years of suffering. I feel that I am indebted to your kind, patient and able soul inspiring treatment for the healthy condition of my body. I am thankful that I heard of you, and hope many may share the same blessing.

Mrs. Farrion.

Goldsboro, N. C.

This is to certify that I have been cured by absent treatments by Helen Wilmans of a certain form of sickness which medicine failed to heal. Her terms were satisfactory, and her method of healing perfectly in accord with my own belief.

Mrs. P. Ditmor.

3502 Quitman St., Denver, Colo.

Attest: Jas. R. Pollock, Notary Public.

My attention was called almost a year ago to the writings of Mrs. Helen Wilmans Post. I became deeply interested and decided to have her treat me at her home in Seabreeze, for success in the line I had decided to operate in. To that end I began correspondence with her the first of this year. I consider that I have been more than simply benefited by her method of treatment, and am more than satisfied with my experience thus far, and earnestly desire to continue. More thinkers on her plane would be of untold advantage to humanity.

H. N. Lee,

El Paso, Texas.

Sworn to before John D. Bryan, Notary Public.

Having been a victim of malpractice of medical doctors from childhood, besides being made a cripple through their ignorance and given up as incurable, I at last began to take absent treatments of Helen Wilmans Post, who has cured me of two chronic diseases, and am fast being healed of two more, besides which my life is completely changed by the practical application of the principles of Mental Science.

Letta Wentworth,

Oskosh, Wis., Sept. 25, 1901.

Attest: Geo. B. Simmons, Notary Public.

Eugenia N. Magraw, of Silver, Montana, states under oath, that she has received absent mental treatment from Helen Wilmans Post. Said treatment commencing about February 1st, 1896, and continuing about six months, ending in almost a complete cure. Four months before said treatments commenced oculists and physicians in Montana and Illinois said that nothing could be done to save

her eye sight, and gave her from six to eighteen months in which to go blind.

John D. Haines, Notary Public.

I wish to state that your healing power along with your encouraging letters and teaching, have brought me through several severe sick spells. My sickness was of serious chronic nature and none of my family expected me to recover, as I was never very strong. I only paid a little—what I could spare—and would have been glad to be able to pay your regular price. To me you are the same as any family physician, and I regard the bills which you have *never sent me*, equally as binding in honor as any doctor's bill. If I have been swindled by you I want to be swindled again in the same way if I am ever again sick.

Laura E. Stout.

Hays, Kan.

Attest: Frank Stout, Notary Public.

I am receiving absent treatment from Helen Wilmans Post for certain troubles which medicine has failed to cure, and am being benefited by the treatment. I am a firm believer in Helen Wilmans Post and her power to heal, and in Mental Science as a saving truth for the race.

Mrs. H. F. Morley.

Ontario, Calif.

Sworn to before E. E. Leach, Notary Public.

I have paid to Helen Wilmans Post for the past two years money at different times in sums from 50 cents to \$10.00 for treatments in sickness and for her publications. I have received for such money full valuation in return. More, I have regained my health, which for twenty years was not good, through her teachings and treatments, and enjoy life more than I ever did before.

John Schadt.

Leesburg, Ind.

Attest: Custis C. Farber, Justice of the Peace.

I had what the doctors called Bright's disease, with dropsical swelling, very bad. The doctors said I could not be cured. I had Helen Wilmans treat me eighteen or twenty months, constantly improving all the time. In the meantime I had purchased the Wilmans Home Course in Mental Science, and other works, by her, and had studied them. She discontinued the treatments herself, telling me I could now stand alone, as I knew enough of the science to care for myself. My child was very sick with malarial fever. I gave her no medicine. Helen treated and cared for her.

Frances Howland.

County of Dona, Ana, Territory of New Mexico.

Attest: L. W. Lenord, Notary Public.

One year ago my daughter, Jennie, fifteen years of age, was in a state of nervous prostration, bordering on brain fever. I wrote to

Helen Wilmans Post to treat her. On the very day that Mrs. Wilmans Post received my letter Jennie's condition became suddenly so much improved that she played her piano, sang, and showed unmistakable signs of such strength, health and happiness as she had never before displayed; and from that day, with but slight interruptions, her improvement was rapid and steady, until after one month, I considered her sufficiently recovered to discontinue treatments; and she shortly afterward re-commenced school. This testimony is from the depths of a grateful mother's heart. Mrs. S. G. Brown.

Lake View, Minn.

Attest: Frank Crassweller, Notary Public.

I have been under treatment by Mrs. Wilmans Post at different times, but rather as a preventative than as a curative, for I was not really ill. Increased steadiness of the nerves, particularly visible in a few days in my handwriting, and an improved circulation, were two quite noticeable effects of her treatment. But the case of my niece, Mrs. James S. Cohill, deserves description. A dangerous experiment made in ignorance, resulted in a disordered condition which seemed permanent. A long course of medical treatment had given only temporary relief, and the painful symptoms of a dreaded disorder of internal organs had appeared. A specific highly recommended failed to help. Then Mrs. Wilmans Post was employed for four months. At the end of that time the dangerous symptoms had ceased; the disordered condition had disappeared; her looks and movements showed the change from invalidism to health so plainly as to call forth the congratulations of friends; and she said to me joyfully, that she had not known before for five years what it was to "really feel well." I don't consider it necessary that patient and healer should sit at the same time, since I am sure that Mrs. Wilmans Post is at all times thinking life and health. In turning our minds toward her, we "touch the live wire of her thought," and draw thence increase of life and health. Mary E. Bridge.

Richmond, Va.

Attest: Arden Howell, Notary Public.

Mary McNoah being duly sworn, says, that in January, 1898, she met with an accident which left a lameness in her left foot. Soon afterwards the foot swelled and became very painful and grew decidedly worse. Having previously been helped by Helen Wilmans Post, and her treatment, she again applied to her for a month's treatment. The pain and swelling left after the first treatment and has never returned. Mary McNoah.

357 E. Willis Ave., Detroit, Mich.

Attest: Emanuel Berger, Notary Public.

I was taken with rheumatism on the first day of January, 1891. My knees and wrists swelled until I could not move without help. I also had a pain in my chest that bothered me every breath I took.

I suffered untold agony for four or five days, when my wife wrote Helen Wilmans Post, who wrote, sending printed directions, and a letter, saying she could cure me if I would follow her directions which I did. In four or five days after she commenced treating me I got out of bed; in two weeks I went up town and in four weeks went on a trip, looking for a location for business; and in six or eight weeks was entirely free from any symptoms of my illness, and had gained eight pounds in weight.

Chas. E. Osgood.

Tonkawa, O. K.

Attest: E. E. Cass, Notary Public.

I feel it my duty in gratefulness to Helen Wilmans to say that I have been receiving treatments from her for nervousness, despondency and general weakness, and have been greatly benefited. I sincerely believe in Mental Science and its methods of healing.

Clara Voss.

Kiel, Wis.

Attest: Henry Goers, Notary Public.

Mrs. M. A. Sackett, of Big Horn, Wyo., testifies that she was afflicted with rheumatism more or less every year since 1856, and paid large sums to doctors who helped her only for a short time. That she had a severe attack in April, 1897, when she telegraphed Helen Wilmans Post that she was suffering terribly and needed help at once. That at 9 o'clock on that night the pain left her, and has never returned, and that she has had good health ever since, and has not taken a dose of medicine since being healed, but has bought and studied Mrs. Wilmans Post's lessons, called The Wilmans Home Course in Mental Mental Science; also that without the use of medicines of any kind and without pain or soreness a wen has been removed from her head.

Subscribed and sworn to before J. F. Hook, Notary Public.

I was cured by Helen Wilmans Post of nervous prostration brought on by female weakness. I was sick and in bed for over two years; doctored until I was discouraged and sick of drugs. I began her treatments and was better very soon, and am now well and happy. I am positive that I was cured by her treatments.

Mrs. T. J. Newman.

Battle Creek, Mich.

Attest: Victor E. Spalding, Notary Public.

I was born in 1829, and was never sick until I was 15. I was taken with what the doctor called winter fever, while from home at school. The doctor said he must bleed me to reduce the fever, which he did immediately. Then he gave me a big dose of calomel, and told my boarding house mistress to give me all the sour buttermilk I could drink. I learned afterward that he said he could break up

the fever by salivation, then heal the salivation very easy, but I was so badly salivated that he did not heal the ulcers permanently for seven years. Most of the alviola process disintegrated and kept sloughing off until all of my teeth but thirteen dropped out, and I finally had these pulled. I was never really well after the salivation until Helen Wilmans Post cured me sound and well over three years ago by Mental Science absent treatments, as explained in her home course in Mental Science, and her correspondence with me. Indigestion, liver, lung and heart troubles set in immediately after I was salivated; and I learned afterwards that the four or five doctors whom my father employed told him I could not live to be twenty years old. I was a wreck physically and mentally; and epilepsy had set in when Mrs. Wilmans took me. Now it is hard to find a man of any age as well as I am.

B. P. Hanan,

Proprietor Arlington Nursery and Fruit Farm.

Arlington, Kan.

Affidavit before E. Eaton, Notary Public.

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I am not not an aggressive Mental Scientist—I am no faddist, but I have been made over by Mental Science. People who knew me ten years ago say I seem ten years younger than I did then. The work has been done by study and absent treatments. Should the government decide that such absent healing is fraudulent, and stop it's use, I should feel defrauded.

Annie B. Rogers.

574 Warren St., Boston, Mass.

Attest: Duncan Robinson, Notary Public.

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You have helped me so much that I feel I have taken a new lease on life, which when I think of the number of years I have lived already seems too good to be true. The freedom from pain, the quiet beating of the heart, the improvement in all my old ills, seems wonderful to me. I had been a chronic invalid so long, and had tried to set all in readiness to leave this life; but now I feel so differently. If all the world were against Mental Science it would not change my ideas of its efficacy in both soul and bodily ailments.

Gratefully,

Jennie M. Clark.

Cohasset, Mass.

Attest: Abraham Tower, Notary Public.

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I, Eva Turman Taylor, Ouray, Colo., certify that I have received absent treatments from Helen Wilmans for a very troublesome nervous disease of many years standing, and that I have received more benefit from six months treatment from her than I did from the use of medicines in nine years. I should consider it a great injury to myself and others if this truly wonderful woman is not permitted to help and bless suffering humanity.

Attest: Thomas Y. Broadhead, Notary Public.

This is to certify that I was treated by Helen Wilmans Post in the year 1895 for indigestion, torpid liver and Bright's disease of the kidneys, and was cured and am now as well as any man of my age. She has also cured cancers for other patients by my request. Some she got pay for and some she made no charge against.

E. P. Edgerston.

Fremont, N. C.

Attest: J. M. Perkins, Notary Public.

Your treatment has done me more good in the short time I have been under your care than I ever dared hope. Though the heaven fall, I shall always believe in Mental Science. I have been for years an invalid; liver trouble and other chronic ailments which medicine failed to reach, although I have had treatment from some of the most eminent physicians in the states of Wisconsin, Iowa and California. Other persons, when told there were some cases that medicine could not reach, were induced to turn to Mental Science and have found a panacea for all their ills. *Mental Science will cure*

Mrs. Alice L. Dickerson.

Needles, Cal.

Attest: James Carroll, Notary Public.

I have been cured of rheumatism and other troubles by Helen Wilmans Post's absent treatment. You do not need to see her; you can feel her treatments. I know that all things good shall bless her.

Mrs. O. E. Ericson.

Strousburg, Neb.

Attest: J. H. Coleman, Justice of the Peace.

Fourteen years ago my son, Clifford G. West, then two years of age, was very ill. I consulted five doctors, and at different times each one attended him. They all pronounced the case extreme indigestion, and not one of the five seemed able to help the child in any way. He was getting weaker every day, and had to be carried from one room to another as he was too weak to walk. I wrote Helen Wilmans, asking her to treat him. In three days after she commenced treatments he was much better. In one week he could walk all over the house; at the end of the second week he was entirely cured and stopped treatments. He had been ill for nine months before Mrs. Wilmans Post's treatments.

Mary West.

27 St. Stephen St., Boston.

Attest: John N. O. Mealy, Notary Public.

You did so much for mother, we have not forgotten it. She well and happy, and we still thank you.

Deesta Newman.

278 E. Maine St., Battle Creek, Mich.

I have known Mr. and Mrs. Post (Helen Wilmans) for many years, and know them to be strictly honorable in all their dealings.

I have seen several patients cured by Mrs. Wilmans Post, and know that if a telegraphic message can be sent without wire, by a machine made by man, Mrs. Wilmans Post can do much more effective work with her wonderful brain.

E. L. Groat.

Noratin, Conn.

This is to certify that I have taken absent mental treatments from Helen Wilmans Post, the same having been received after I was bitten by a mad dog, the scars of which I bear to this day. It is my earnest belief that through her treatments serious results were avoided, and healing of the wounds hastened.

John G. Russell.

Liberty, N. C.

R. T. Lyle, of Biloxie, Miss., makes affidavit that through the reading and study of Mrs. Wilmans Post's published works he has been changed from a sickly and despondent man to a healthy and cheerful one; something that physicians and drugs failed entirely to do, and that he is very grateful to Mental Science and Mrs. Wilmans Post.

Attest: A. B. Austin, Notary Public.

About the last of May, my mother was attacked with neuralgia, and for two months she had a regular homeopathic doctor attending her, but could get no relief. Then I wrote to Mrs. Wilmans Post for Mental Science treatments. Two weeks from the time of writing, mother commenced to get better (Mrs. Wilmans received the letter in about one week from time of writing). And in a short time she was well of neuralgia, also better of other ailments. We are well satisfied with value received for money sent, and believe in this method of healthin.

J. A. P. Vauclavin.

1108 Cedar St., San Diego, Cal.

Attest: A. E. Dodson, Notary Public.

Helen Wilmans Post treated me four years ago for a severe cough and I was restored to health after three months. Since then she has treated my wife for nervous indigestion, and has helped her a great deal; all through absent treatments.

T. H. Hall.

Goldsboro, N. C.

Attest: R. W. Craton, Notary Public.

Mr. Hall in a private letter says: "I know of parties you have rescued from the grave by absent treatment; parties who had been pronounced incurable with Bright's disease."

I am receiving absent treatment from Helen Wilmans, for chronic tarrh of thirty years standing. I have tried many different kinds of medicine and found no relief until I began my present course with Helen Wilmans. I have received untold benefits from her system. I am almost well. I know her treatment has wrought this

change. I believe a few days more of it will make me as near free from disease as if I was never infected with it. I have now been treated for about three months.

F. F. Weed.

927 Market St., San Francisco, Cal.

Attest: A. J. Henry, Notary Public.

Nellie S. Dorr, Chicago, Ill., being sworn, says that in the month of July, 1887, she went to Douglasville, Ga., to be treated by Helen Wilmans Post for inflammatory rheumatism; that at the time of her arrival there her husband had to carry her into the house in his arms; that she was treated by Helen Wilmans Post for a few weeks by mental treatment, and when she left was able to walk to the train without any assistance, but a cane; that she knows that thought force can and does cure whether the Healer is present with the patient or at a distance.

Attest: Gideon F. Lanaghan, Notary Public Cook Co., Ill.

Stowe Island, Richmond, P. O., Muskoka, Ontario.

To Whom it May Concern:

I regard Helen Wilmans Post as one of the world's benefactors in calling attention to the power of thought as a force in building or disintegrating living tissues. She has formulated the great truths enunciated by the ancients and some moderns, and erected thereon a school of philosophy, which, in true missionary spirit, she has sent forth for the benefit and enlightenment of the masses. From the knowledge I possess I firmly believe that thousands of persons, if called upon, would testify that their teachings, combined with her powerful and uplifting thought in their behalf have been the means of restoring them to health and a life of usefulness. The truths taught by her have reached out into the pulpit and invaded the medical profession. The power of thought (Suggestive Therapeutics) is today widely understood and used as a remedial agency by the most intelligent and successful practitioners of medicine. I have been a careful reader of her publications for at least ten years and have derived much benefit and education therefrom. I am a graduate of the New York Medical College for Women, also a member of the College of Physicians and Surgeons, of Ontario, Canada. In the city of Toronto I have practiced medicine for thirty years.

Emily Howerd Stowe, M. D.

Witness, Caroline Sall, Emily Wray Stowe. Attest: N. Orcha  
Justice Peace.

My son Henry was afflicted with enlarged tonsils to an extent that they almost entirely filled his throat, and two of the best physicians in the city, after treating him for months without his showing any signs of improvement declared the tonsils would have to be removed. His nervous system was much deranged from the effect of an operation to save his life, when he had membranous croup following an especially severe attack of tonsillitis. And he also

bladder trouble. On account of his condition the doctors did not wish to operate on his tonsils for a year. (He was only five years old). I engaged Helen Wilmans Post to give him absent treatment. In two weeks his nervous symptoms improved; in a month the tonsils were much reduced in size; soon after the bladder trouble ceased. She treated him eight months with the result that the peevish, irritable child became a happy, harmonious one, and the tonsils were reduced to nearly their normal size. He is now thirteen years old, and has never had any further trouble with them. The bladder trouble has never returned.

Also from studying "The Wilmans Home Course," I transformed myself from one who had grown from a nervous, sickly child into a delicate woman, whom one day's over exertion has often put in bed for weeks, to one to whom plenty of hard work is a pleasure; which never results in more than a healthy fatigue.

Nettie Doerner.

Care Colorado National Bank, Denver, Colo.

Attest: W. H. Walfusberger, Notary Public.

To which the notary himself, adds: "I wish to state that my wife has been treated by Mrs. Wilmans Post for neuralgia, and has readily improved from the beginning, and never before received any relief, although she had doctored for years with regular physicians.

Signed.

W. H. Walferberger,

Class 80, U. S. Naval Academy.

From 1889 to 1894 I was a terrible sufferer from severe headaches and other complications from which physicians could give me no relief. I spent every cent my husband could make and gained nothing. I went to one physician who asked me fifty dollars for an examination. I did not have it and the examination was not made. Finally one doctor frankly told me he did not know what was the matter with me, and advised me to quit taking medicine, as it seemed to do me no good. Then a friend sent me Helen Wilmans Post's little pamphlet, "You Can Be Cured." At this time I was on the verge of losing my mind, and so weak that I could do nothing about my home or to help myself. I wrote Mrs. Wilmans Post to give me treatments which she did on the 16th of August, 1894. When I had been treated by her just one month my head was perfectly relieved. I was doing all my own housework, and have continued to do so ever since. She is now doing excellent work for my little girl. This is written from the depth of a grateful heart, in the hopes that it may help in some small measure one whom I love and revere, and who never failed me in my utmost extremities.

Helen P. Simmons.

Box 173, Warren, R. I.

Attest: S. W. Kroff, Notary Public.

To Helen Wilmans Post: This is to certify that I have been cured of a nervous disease including indigestion and neuralgia of

the worst kind by Mental Science without drugs of any kind,  
absent treatment from Helen Wilmans Post. Albert Baker.  
139 Rodney St., Brooklyn, N. Y.  
Attest: Jonathan Hall, Notary Public.

Twenty years ago my eyes began to trouble me so I did not know  
people whom I met on the street. Seven years ago I consulted  
of the best oculists, both of whom told me I had cataract on both  
eyes, and would never see any better than I did at that time, and that  
I would eventually be blind. Hearing of Helen Wilmans Post's wonderful  
cures I wrote her for treatments, which I took nine months  
and now for six years my eyes have been all right. And no sign  
the cataract returning. I think my eye sight is better now than  
most people of my age. L. L. Barrett.

Putnam, Conn.

Attest: Jerome Tourtelotte, Notary Public.

I have been greatly benefited during the last two months through  
absent mental treatments from Mrs. Helen Wilmans Post, for  
eyes, which physicians failed to help. Before taking treatments from  
Mrs. Wilmans Post they were in constant pain night and day, and  
was almost impossible for me to use them in close work. Now  
am teacher of 51 pupils, doing fifth grade work and my eyes are  
sound as those of the average person doing the same work.

Lena Seriff.

Sheridan, Wyoming. Attest: J. F. Hoop, Notary Public.

I have received absent treatment from Helen Wilmans Post  
female trouble of long standing; for severe pain in urethra of  
years standing, and hereditary headache; and was completely  
permanently cured by her. This too, after being doctored for years  
by both aopathic and homeopathic physicians.

Mrs. Emma Jarren.

Trent, Wash.

Attest: Geo. P. Cragin, Notary Public.

Please receive my thanks for your kindness to me and continue  
your treatments. They have helped me. I have read a great deal  
about mental treatments, but a personal experience in testing  
method has convinced me of the power of mind over the disease  
flesh is heir to.

H. J. Taylor

Saginaw, Mich., September 25, 1901.

Attest: S. E. Bradt, Notary Public.

I, Gilbert Durand, of the County of Fayette and State of Iowa  
do solemnly swear that I have taken treatments for nervous debility  
by Helen Wilmans Post and that through her treatments, I  
greatly improved.

Sworn to before C. F. Chambers, Notary Public.

## FROM ONE WHO KNOWS.

I hereby certify that I have been in Mrs. Post's employ for five months and during that time I have answered weekly letters of over two hundred patients. Among these are cases of cancer, consumption, blindness, deafness, mental derangement, scrofula, syphilis, tuberculosis of the bowels and other so-called hopeless diseases. Nearly all have made steady progress towards health, and many have been cured. I can recall but one instance of a patient expressing dissatisfaction with the treatments.

Mrs. Post has always opened her own mail and frequently written special instructions on the back of the envelopes, to the effect that she was giving, certain cases requiring it, extra attention when they were very low treating them at frequent intervals throughout the day and night. These cases invariably responded promptly.

At times she simply wrote "consult me" on the envelopes, so that I would go to her for verbal instructions. She has treated and cured many patients without receiving any compensation whatever, when they have been too poor to pay. And when a patient proposed to discontinue the treatments because they felt they could not afford to pay any longer, she continued the treatments without pay.

I have never once in her name suggested to a patient that they pay up when in arrears, but on the contrary have by her special directions refused to permit them to make any sacrifices to obtain money for the treatments.

I believe she cures or benefits fully ninety per cent. of those who come to her for treatment.

Through Mrs. Post's treatment and the study of her lessons I was cured seven years ago of goiter and heart disease. Drs Marmion and Magruder Muncaster, of Washington, D. C., can attest to the serious condition I was in at that time. I am myself a Mental Scientist and believe I fully understand Mrs. Post's methods of healing.

During the last seven years I have paid three visits to Sea Breeze, Fla., and have met Mrs. Post often and intimately. I believe her to be absolutely honorable and conscientious, devoting her full time and all her energies to her business.

Sea Breeze, Florida.

Mabel Harding.

Sworn and subscribed to before me on this 21st September, 1901.

L. S. Morrison, Notary Public.

[I now submit the opinions of a few physicians of the orthodox schools, who have made a mark in their profession, and are too large intellectually, and too honest morally, to deny the truth when they see it.]

After twelve years of close observation of the efficiency and therapeutic power in treating of old, incurable chronic cases, cast off by the various Medical School Practitioners; I find that four-fifths, and even more, are fully restored to health, by the high grade Men-

tal Healers in a comparatively short time. And, for the past ten years, when I find cases unduly obstinate I advise them to take up Mental Science, and at the same time be treated by a good Mental Healer.

This is my prescription, and when followed out, it seldom ever fails to reach the desired results. I am not a Mental Healer myself but practice medicine, with medicine. But for humanity sake I give my patients the best that is going for their relief.

I class the good, sincere, God-loving Healer far above the learned medical fraternity of the various medical and surgical schools of this day.

Homeopathy for years was persecuted, but its principles are now established, and it is here to stay; it has lowered the death rate from ten to twenty-five per cent. as can be proven and demonstrated and its followers are among the most intelligent people.

Now comes the Mental Science Healers, whose principles and practice has lowered the death rate and suffering of mankind far more than all other methods of treatment. It is divinely sent, to save all mankind from sin, sickness and poverty, and to educate them to a knowledge of health, happiness, and abundant supply and here also its followers are among the most refined thinking people in the world.

Signed.

Morris Hale, M. D.

Dr. Hale's card reads as follows: Morris Hale, M. D., Physician, Official Surgeon, Electro Therapeutist, Practice limited to Diseases of Long Standing and Diseases of Women and Children. Brain. Nervous System, Rupture, Goitre, Cancer, Hydrophobia. No. 326 Centre Avenue, Hot Springs, Arkansas.

To Whom It May Concern:

This is to certify that I have read Helen Wilmans Post's writings every year since she became a Mental Scientist, and for some time before she wrote her first lessons teaching Mental Science.

I am a graduate of Miami Medical College, of Cincinnati, (Allopathic) of the class of 1876, and have been in practice, or practicing physician since that date and am still, at the present time

to that time lost four sisters with tuberculosis, medicines failed to improve my health. I applied to said Helen Wilmans Post for her Mental Science treatment, received her treatment one and a half months; at the end of this time I was improved and wrote her that I then felt I could paddle my own canoe, etc.

I have perfect confidence in Mrs. Wilmans Post's Mental Science treatment, and in her sincerity and desire to improve, not only the physical, but the intellectual and spiritual condition of her fellow-creatures.

It is my judgment that she is doing not only honest but great

work in Mental Science treatment and in imparting a knowledge of its principles to others.

W. H. Feurt, M. D.

Box 105, Proctorville, Ohio.

Sworn to and subscribed before me this 24th day of Sept. A. D. 1901.

I. O. Ollom, Notary Public, Lawrence Co., O.

To Whom it May Concern:

This certifies that, in my opinion, the practice of Mental Science as a curative agent, being largely Suggestive Therapy, is not only a very harmless method of treating diseases, but a pre-eminent-ly successful one. The feature of absent treatment, to which exception is usually taken is perhaps, the most salient one, as it leaves that which is called the subjective mind free from the conditions of outside persons, which would arise from present treatment, who might not be believers and thus impress their own antagonistic suggestion upon the subject, which, in effect, would annul the potent influence of the original suggestor. Again, it is well known that thought transference has no limits, at least so far as this planet is concerned, and would be felt in Europe or any part of the globe as easily as it would a few feet away, or in contact with the originator. Telepathy needs only the conditions to become responsive, and as Mental Science healers, such as Helen Wilmans Post and those of her school, promote the conditions necessary, they do without fraud or chicanery, cause to be cured very obstinate diseases, which have in most instances baffled the skill of the scientific physician. Therefore, as co-workers in human suffering, they should be allowed to pursue their occupation in the field of healing and their practice be considered legitimate.

W. A. Glover, M. D.

Sea Breeze, Fla.

It is unnecessary to add anything to the evidence here recorded. No fair minded person can read it and not be impressed by it.

The affidavits are not all dated; this is because the space was needed. Yet all of them except less than a dozen came in in one month; and they are still coming in every day. Besides this, I have hundreds of testimonials not sworn to, all saved within a few months. Truly there is no such power in any other form of healing; it only needs a broader recognition to become universal. To the accusation of selfishness, and of being influenced by mercenary considerations alone, that Mental Science Healers are reproached for, I now make the most positive denial; and the testimonials I have printed prove what I am saying. On that subject, my position is this: Where patients are well able to pay for treatment, they ought to pay well. Where they are less able to pay, the price should be reduced, but only in cases of real poverty should the treatments be free. It is a fixed fact that those who pay are the quickest to receive benefit. This is because people attach little or no value to what costs them nothing. Free patients are far the slowest in re-

covering. They for the most part undervalue the treatments, and often neglect to follow the instructions.

My terms for treatment are \$10 per month, paid monthly in advance. As many of the affidavits herein printed show, there are cases where this price has been lowered in order to meet the circumstances of the patient.

Those wishing to communicate further with me will please address,  
 Mrs. Helen Wilmans Post,  
 Sea Breeze, Florida, U. S. A.

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#### LATER.

The testimonials I have herein printed nearly all reached me the latter part of September, or the first of October. I made a request for them in my paper, Freedom, and hurried them into print, thinking that a knowledge of the power of mind healing would have a tendency to prevent the legislation against mental healers that is threatened in many states. As I read them in proof, I see that I could have made this little volume stronger by waiting until I should hear from my foreign patients, who are now beginning to send me their affidavits from England, Germany, Scotland, France and Australia. But these I must now reserve until some future time, as this pamphlet has already reached the prescribed size.

Helen Wilmans Post.

Seabreeze, Florida, U. S. A.

