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THE PHILOSOPHICAL JOURNAL

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T. G. NEWMAN,
EDITOR.

SAN FRANCISCO, CAL., SATURDAY, MARCH 30, 1901.

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No. 13.

THE UNIVERSAL WHOLE.

The universal whole
Is God's own frame;
His eyes, the glowing stars
That ever flame;
All seeing in their light
Their matchless power
Forever flashing bright
From hour to hour.

His parts are planets grand
And lo! his face
Is beaming everywhere;
Its name is space.
Not as a puny man
His form and build,
But as the Universe
Divinely willed.

No likeness can we trace
In human guise
Of God, the master mind
Whose law is wise;
But in potential soul
Of man or bird—
To found the living Whole,
The eternal Word.

God is the All in All
And Everywhere;
In planet, sun and star,
In sea and air,
His potent forces reign,
His mandates reign
From earth to highest heaven
And back again.

IRA C. FULLER.

FIFTY-THIRD ANNIVERSARY

Of Modern Spiritualism—March 31, 1901.

Of all the days in the Calendar not one is so important, so absorbingly interesting to Spiritualists as the anniversary of the day when the Fox girls first heard the "rappings" at Hydesville, N. Y. That day marks an era in the Spiritualist Calendar, and this year is the fifty-third since that great event.

This "rapping," so very little at the first, but quite distinctly heard, has now reverberated throughout the known world, marking an era of increased knowledge concerning the condition, location and employments of those whom the world calls "dead."

This philosophy has tintured the thought of the world and made it possible for progressive minds to delve into the mysteries of the Universe and bring out the Occult or hidden treasures therefrom.

For these and many other reasons we celebrate this day.

:000:

THE BIRTH-PLACE OF MODERN SPIRITUALISM,



The Fox Cottage at Hydesville, N. Y., where the "Raps" or "Knockings" were heard.

:000:

TWO OF THE FOX SISTERS,

Who First Heard the "Rappings" at Hydesville, N. Y.



KATE FOX JENCKEN.



LEAH UNDERHILL FOX.

positive assurance of a wreck which I should be in, at least 15 hours in advance, upon any other hypothesis except through spirit return? W. R. CLIFFORD.
Iconium, Ia.

Dreamed of a Suicide.

Scientists and wiseacres are endeavoring to explain the wonderful dream of Miss Nora Senger of Erie, Pa., in which she saw her grandfather, John Kern, commit suicide. All sorts of theories are being advanced in explanation. The girl herself can give no reason why she dreamed of her grandfather putting a rope around his neck and slowly strangling to death.

She declares she saw the details and said that she tried to awake and give the alarm, so that he could be rescued, but without avail. When she awoke in the morning she at once told of Kern's suicide and described minutely how the body would be found. Relatives scoffed at the idea, although the old man had been missing 24 hours.

When they finally searched for him in the place to which she directed them, every detail of the dream, down to the size of the rope, was found to be absolutely correct.—*Philadelphia Inquirer*, Mar. 5, 1901.

Shadows in the White House

On several occasions during the last three years singular shadows have appeared in the main porch of the White House, Washington, says the London *Two Worlds*. About the time that President McKinley's brother died a shadow appeared, taking the form of an aged, bent woman, seen in profile. This was seen for two or three weeks last Autumn. The shadow had its forearm and hand raised, with the forefinger held up as if in warning.

The other day, when the sun was shining brightly, a nondescript shadow appeared, which soon took a definite shape, representing a profile of President McKinley. The appearance lasted for two minutes, and gradually changed as the sun altered its position, until it assumed a remarkably perfect likeness of the late Queen Victoria, having on the head an object resembling a crown. This lasted for two or three minutes, then disappeared. Two hours later the same forms re-appeared in succession on the opposite side of the portico, about 40 feet distant. Those employed at the White House are prepared to substantiate this.

BORDERLAND

Accident Foretold.

A few years ago (I can give date and names of all parties concerned) my business called me to a town in Illinois to do some work which required about two weeks. While there I became acquainted with two nice old people who were Spiritualists. Mrs. — was a good clairvoyant. I spent several evenings with them. I finished my work and was to leave the next morning. Before doing so, however, I went to bid my friends good-bye. The lady became entranced and said to me: "You are going to be in a railroad wreck tomorrow."

I replied immediately: "I will not go."

"Yes," said the control, "go, and do as I tell you, and you will not get hurt, and can save life." The control continued: "Take the hind car, and right side, midway."

I followed the instructions to the letter, and was in the wreck—never got a scratch—saved the life of a two-year-old child, and put out the fire, and remained perfectly cool during all the excitement.

The train was making about 35 miles an hour. The accident was caused by broken ties letting the track spread. Our car rolled over and turned bottom side up.

Can anyone tell why I had the

A Barrack Room Warning.

Corporal W. H. R. says, writing on Feb. 12, 1901, from Aldershot, England:

"Last Friday night I saw a vision while in bed, ('lights out' having gone fully an hour) a coffin, also someone appeared to be in it, but I could not see the features in it clearly. At the same time I saw a comrade (or double) beside the bed of one who was at the time sleeping in the next room. The impression given with this vision was that my comrade would lose one of his family. Both of us being employed in the same office, I mentioned the matter to him next day, that he may take it for what it was worth. He usually gets a week end leave, being a reservist, his home being in London. On Sunday a telegram was received, to the effect that his child had passed away, also asking for extension of leave."—*Two Worlds.*

The Secret of Long Life.

JOHN F. MORGAN.

It lies in breath and chest exercise. If you would have good health, brilliant mind, enjoy life, be happy and successful, live long and be physically and mentally strong, you must harmoniously tune yourself up, find out your correct keynote and build for yourself an individual physical body, the same as you would build a material house in which to live, and stop paying rent and taking the chances of being evicted by the landlord—all of which is very easily done when you know the laws of breath and health culture, as are now being taught to over 300 pupils by the Rev. Dr. Ottoman Zaradusht Hanish, Rab-Magi of Math El-Kharman Temple, Persia, free of all charge, in a course of twelve lessons, one each week, of one hour's duration, in which the pupil is instructed in the laws and rules of health, and an exercise illustrated, which is to be practiced at home three times a day for three minutes each day, between sunrise and sunset, for one week, to bring the individual into a normal condition. The exercises are very simple, yet thoroughly scientific.

Deep breathing generates vitality, and is an exercise that, if scientifically practiced, will raise the physical standard to a condition of perfect harmony, which is good health. The pupil is taught to sit in an upright position, spinal column straight, other limbs and muscles relaxed, with weight of the body balanced upon the base of the spinal column and weight of lower body balanced on the balls of the feet, hands resting lightly on the knees with thumbs out, since the will power is represented in the thumb, and a closed thumb represents a negative condition. In walking we should close the fists, since an open hand is liable to absorb all the vibration that is afloat in the atmosphere. That is the cause of sensitive ladies feeling depleted after mingling with a crowd. I would suggest to such sensitive ladies, when on the crowded streets and compelled to be seated in a car with a gross physical man, to lock themselves up by crossing the right foot over the left and closing and pressing the first fingers with the thumb, and hold the thought that, I am an egg and my shell extends four feet from me, and no

one can break through my shell or atmosphere.

Breath is life. Correct breathing is the most important step towards consciousness of life. To gain the greatest benefits from breathing it is necessary to breathe the individual breath. The purpose and object of such rhythmical breathing is to attract, retain and distribute Ga Llama (Ga—centralizing, Llama—life principle), which is contained in the oxygen of the air we breathe, and manifests its greatest effects during the light period, from sunrise to sunset. The result of this is the building of life-tissues throughout the body, the setting of the brain functions into their normal condition, the development of the twelve senses to the highest degree, the increase of the vibrations of the ganglia of the nervous system, the regulation of the circulation of the blood and its purification, and the magnetic circles of individuality in which all live, move and have their being.

HOW BREATH IS FORMED.

This breath begins with the filling of the upper lobes of the lungs, thus opening the cells of the entire lungs, which is the greatest factor in man's existence—the mainspring of life—setting all the magnets of organic existence into activity, normalizing or centralizing the cellular tissue, building substance, insuring longevity and consequent perfect youthfulness. The newly-born child breathes first before giving attention to feeding. Where the breathing is faint, it must be established by vigorous manipulations to such a degree as to give the necessary vigor and force before nursing. Should breathing fail, life is lost, and no force will retain or regain it. The breath must be full, regular and easy, without strain or a feeling of discomfort to any part of the system.

Physical culture, to be of benefit, must necessarily pay attention to perfect breathing, since through the applied breath the nervous system becomes normalized, and the muscles are strengthened and developed without apparent effort. The individual breath being properly established, pure, wholesome ideas will follow because of the centralized sense condition, resulting in common sense. Then it will be known what, when, and how much to eat and drink. Instead of filling the stomach with food sufficient for eight or ten persons, the requisite amount for one person only will be used. Sickness, constant struggle through life, extreme wealth and poverty, the result of unbalanced brain conditions, will no longer be known. The medical student will not write prescriptions, but will be in the kitchen superintending the cooking and preparation of foods; the patience of the pharmacist will no longer be tried by the compounding of drugs, but he will derive his principal revenue from the sale of cosmetics, lotions, perfumes, etc. Medical schools will turn into cooking schools, where formulæ will be studied for the preparation of various foods. Physical culture and gymnastics will take an elevation to higher realms.

Correct breathing builds up the brain. We must learn how to take brain breath and not stomach breath. The only way to accomplish this is to concentrate the mind and control every vibration of the nerves and polarize every atom of the entire system.

THE REAL ELIXIR OF LIFE.

By right breathing one can bring himself in harmony with his Creator or source of life. This is the elixir of life that the world seeks. To be in entire harmony with the Creator of this universe is a privilege man possesses, but does not use because he is ignorant of the powers he possesses.

Right breathing opens the door to all that is desirable. It is the key to unlock the secrets of life. It vitalizes, refines and spiritualizes all one's life forces and puts one in control of every emotion and sensation of the body, thus uniting the lower with the higher will. When we were born we breathed "Mother Earth Breath" about three seconds at each inspiration, but we must learn to breathe the "Brain Breath," a rhythmic breathing of about seven seconds to each inspiration and respiration.

In all breathing exercises all strained action is to be avoided. Our clothes should be loose. Ladies should not be harnessed up with corsets. When we take our right position we need no support, the spinal column being properly adjusted. Our rooms should be well ventilated, with plenty of sunshine, and decorated with colors that harmonize with our different temperaments. Our clothing should also be adapted to our temperaments. While the magnetic temperament can wear to great advantage certain fabrics, texture and colors, the electric temperament needs a different kind. But fine silk underwear, which is the cheapest in the end, seems to be a common meeting ground. When we retire at night we should relax every muscle of the body from all tension and take full and regular inhalations through the nostrils until asleep. Suggest to ourselves that we go to bed to rest and recuperate the physical body. Sleep with the head to the north and upon the right side.

When we awaken in the morning we should open our windows and, if possible, face the east and take long, regular, deep breathing exercise for three minutes.

During the day, in walking always walk on the ball of the foot; never throw the weight upon the heel, since it jars the nervous system.

MENTAL GYMNASTICS GOOD.

Mental gymnastics are a good thing to practice in connection with all breathing exercises. We must concentrate the mind upon why we breathe, viz: to obtain by each inspiration more life than we inhale, and when we exhale we desire to expel from the system all the effete matter. By such breathing one can generate vital force and make nimble the stiffest muscles. Repeated during the day it will aid in overcoming many of the undesirable conditions that the human body takes on, thus exhilarating every atom, cell and organ of the body.

Will power is required to concentrate the mind upon what one is doing at all times, to overcome the drifting tendency of the senses. We have twelve senses—seven full senses and five half senses, which correspond with the seven full notes and the five half notes of the musical scale; and when we have these twelve senses properly developed they emerge into the thirteenth sense, which is common sense, that point of development which we are all striving to obtain to become self-centered, well-

poised beings. When we become masters of ourselves and all that surrounds us, the elasticity of the body and the clearness of the mind, the strength of the memory, that follow the continuance of these exercises, are declared to be beyond credibility, and the poise and comfort that succeed, more than repay those who understandingly practice them. This brings to each one the "Kingdom of Heaven" which is within, and no one will find it in any other place than within himself. We have wasted too much time in the past in looking everywhere outside of ourselves for it, and the secret of life is to be found in breath and the control of thought, because thought is like God, creative; we create our conditions and environment by the power and kind of thought we entertain. "As man thinketh so is he."

Chicago, Ill.

Materializing Mediums.

G. E. LOTHROP, JR.

Who are these mediums? What do they do? Are they endorsed by famous scientists? Why are they ostracized by the ignorant or the high-salaried clergy? Do they really "raise the dead," as did Jesus, and what are the great lessons they teach? Are they the most important and famous people in the world from scientific and religious standpoints?

Now, these mediums literally materialize, or make visible, or material, the almost invisible spirit of the so-called dead. They are a rare and choice type of humanity who perform great feats by the aid of grand spirit chemists who utilize their peculiar chemical and physical properties to clothe the residents of the spirit-world in fleshly bodies as in life.

Materialized spirits have been examined and endorsed by some famous scientists, besides thousands of reliable witnesses. There is no question but what the so-called miracles can be performed. Boston, Mass.

Thoughts for a Living Age.

J. P. COOKE.

What are our aims? What is our effort in the spiritual movement pointing at? We seldom do any great thing worth the speaking about and yet the humblest can aim at supreme things. Though the ideal is never reached, yet it is noble and inspiring. If it was reached, or could be reached here, it would not be the ideal. Work and wait.

The man or woman who "knows it all" has ceased to acquire knowledge. The man who thinks he has attained complete virtue has lost his aspirations after it. Creeds that can be repeated and rattled off are not worth the repeating. And yet we all of us have thoughts that do sink "too deep for tears." Our purpose is to fill old verbal forms with new life and meaning; to bring to the living age the jewels of truth that have been overlaid in the sand heaps of time.

We wish to transfer what men mean by religion and philosophy—the sentiments of hope, reverence, awe, aspiration, love of the Supreme Truth, to their proper foundation.

The senses of man are far more deceptive than the mind. What the eye sees is only an approximate

vision. You are not certain of your sight. The focus may be wrong; a slight change in an optical instrument or in your visual organs may invert the whole system of the universe. If I whirl a lighted stick before you, it seems to be a wheel. It is not, and yet on the testimony of your eyes there is a wheel of light. The sun does not rise on us daily. It is Mother Earth who turns around in her rocking-chair. Sound is equally deceptive, and the sense of touch can be more easily deceived than any other. Planets are discovered by mathematics long before they are revealed to vision.

Savants have investigated spiritual science, and they find that there is no external light; that light is subjective—it is of the soul, or spirit. Light is spiritual. Now the builder on knowledge has got a wide, tangled field before him which he must clear.

We are determined upon nothing less than the establishment of the full rights of reason—of the soul—over the whole domain of theology; an unlimited range for the human mind; a free course and boundless expanse for culture, for introspection; the overthrow of all monopolies in the department of dogmatic theology—an overthrow made in the interest of truth, of spiritual religion, of enlightened philosophy.

Every theology claims to have a particular revelation of its own. We want the *revelations of Nature*. Her scriptures cannot be falsified or counterfeited. The Spiritualist can read all bibles with equal reverence. He listens to all teachers with respect; he bends the head before the true sages, and prizes their golden words of truth; but he does not 'crook the pregnant hinges of the knee, that thrift may follow fawning.'

Our spiritual philosophy is striving to show the meaning of the cosmos—the intelligibility of this, our life; that the human-bearing planets are but training grounds, primary schools of life, to teach men the knowledge and purposes of the Divine mind, that Living Light.

The purpose of the universe is to create human souls in all the symmetry of Divine splendor; to create minds and to bring them into angel rapport with the Light and the Being of Glory! This is our Ideal Knowledge!

Man is more than the sum of what has preceded him in nature. This is proved by his moral nature and his free will. These spiritual qualities exempt him from the destiny of material things. It is this participation of man in the Central, Divine Life that makes him transcend nature. This is his abiding, eternal element.

As Epps Sargent has well told us: "But for those who were dead to the outward life, who existed in the air above me and in my consciousness, I had no peopled fancies of the brain, no thought of philosophy, no aspiring hope; but for those whom you call dead your days and nights would be void of all ambition. You would have no thoughts, no mental air to breathe; the higher strata of existence would be cut off; the super-sensuous nature would be starved; you would be stifled and famished in the prison house, and the little, feeble spark of living light, of God's life in you, would die out, leaving the bodies shriveled, shrunken, lifeless automatons. But for that which you call death, that quickened, vital breath, that living

instinct of being, that sheltering and protecting power, that harmony and splendor of all things, you would not be here; there would be nothing to move you here. The living, spiritual impulses of the universe would be forgotten; there would be no fountain of inspiration, no thought of religion, no touchstone of Immortality."

Do you ask: "Will the spiritual light ever make anything of man?" Do you know how long the sun has waited for the single "Jack" rose that will blossom in your garden next June? Do you know how long the great, many-fingered orb of day has been plying and weaving to make the lily that grows by the stream? Why ages that have no number—beyond the night of chaos, beyond all that mind can conceive, that great, patient, laboring orb has thrown off his children from his breast and waited for their recognition.

Worth Careful Consideration

DEAR BRO. NEWMAN: Amongst a lot of clippings I came across the enclosure, which I clipped from the RELIGIO-PHILOSOPHICAL JOURNAL some years ago. It was from Bro. Bundy's pen. I think it will bear republishing as his and our sentiments at this anniversary time. It is understood that everybody must have food and clothes and shelter, all but spiritual editors, writers and speakers; they can live somehow, somewhere, who knows and who cares?

ONE OF THE LECTURERS.
San Francisco, March 21, 1901.

A TYPICAL CASE.

That newspapers devoted to the exposition of Modern Spiritualism have a vastly greater number of readers in proportion to their subscription lists than any other class of papers, is well known to all in a position to obtain information on the subject. This is pre-eminently true of the JOURNAL.

The paper being independent and free from sectarian bias, as well as fully committed to the scientific study of psychics and the higher philosophical and ethical branches of Spiritualism, may be placed in the hands of non-Spiritualists with the certainty of commanding respectful attention, and for this reason many of its regular subscribers are constantly sending their copies to friends.

Many Spiritualists have, individually, no conception that any duty devolves upon them in the matter of strengthening the hands of those engaged in presenting the Cause to the public and in building up a science and philosophy calculated, when fully evolved, to carry the world to higher planes of knowledge and conduct.

So long as "by hook or crook," fair means or foul, the publishers succeed in keeping their heads above water, it is a matter of so little concern to the average individual who calls himself a Spiritualist or a seeker of psychical knowledge, as to how it is done, that he usually gives the matter no thought, and if he does he expends his energy in words rather than in substantial help in the way of soliciting new subscribers or assisting the publisher to furnish it to those too poor to pay for it.

Here is a specimen of the method which many follow to "help the Cause," and which in the end tends to weaken, if not pauperize, publishers. A correspondent, whom we feel sure is an excellent and

amiable woman, in a postscript to a letter writes as follows:

"Mr. Editor, God speed you in your good work! My sister, Mrs. — of Iowa, sends the paper to her son in Wisconsin; he sends it to me and I send it to my brother—we are all old pioneers in Spiritualism."

To which the editor, throwing aside his editorial pencil and taking up the publisher's pen, thus publicly replies: "God deliver me from publishing a paper for 'old pioneers in Spiritualism,' if a majority of them are like this good woman and her penurious relatives; would that these four and no more were the only remaining representatives of the 'old pioneers' in that case."

For many years the JOURNAL was sent free to a blind medium; when she passed to spirit-life the paper was continued to a relative, in response to his plea of poverty. After it had been thus going for some years the publisher learned that this deadhead had regularly sent the paper to a man in the State of New York who was worth not less than a quarter of a million dollars, and he circulated the copy among rich relatives living near by.

In another case, where for reasons of charity the JOURNAL was sent free, the good woman, after reading, sent it regularly in a sealed envelope to another woman in the same city, worth not less than \$50,000, who read and re-mailed it to a wealthy friend in an Eastern State. These are not rare instances. We know of towns where a copy of the JOURNAL is subscribed for by one person and then regularly circulated among a dozen Spiritualist families, all able to take the paper. We are not complaining, but only giving history.

Nuts for Talmadge.

J. MARION GALE.

I see it announced that a Chicago enthusiast is about to start a paper to give communications from Adam and Eve and other ancient biblical characters.

What fine opportunities this will present to Revs. T. DeWitt and Frank Talmadge to brighten up in spiritual philosophy. Perhaps we may get some knowledge further than that given in DeWitt's picture book about the first pair and the snake.

Perhaps, too, we may be enlightened about those straight rams' horns that blew down the walls of Jericho, as pictured in that delightful book. There are other ancient questions also that may be settled.

Letter from Springfield, Mo.

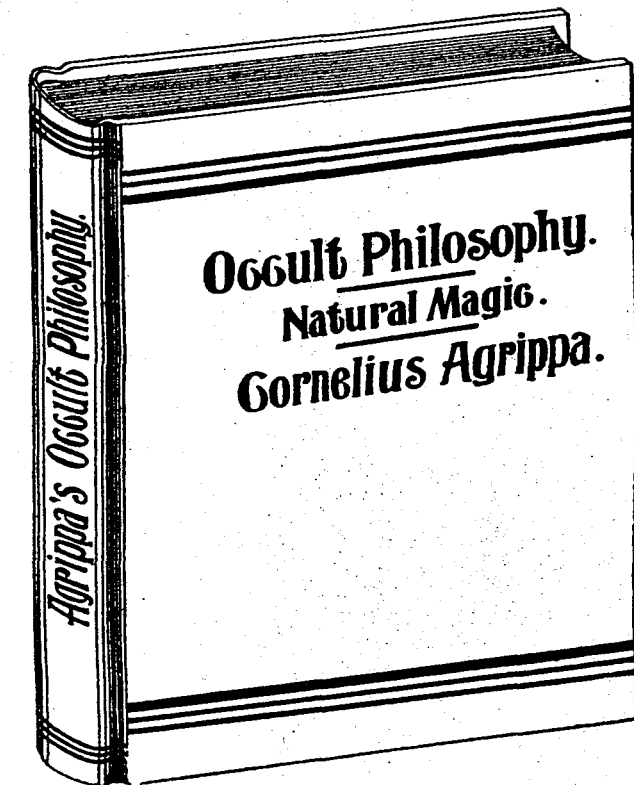
TO THE EDITOR:

Our work here is developing nicely. Am giving much attention to the systematic unfoldment of mediumship, both in classes and in individual sessions, and am having good results. Several other mediums are here and doing good work, both in a public and in a private way. M. THERESA ALLEN.

Postal Cards.—Reader, do you write on postal cards with a pencil and then mail them? It may surprise you to know that one-half of these postal cards are so defaced in passing through the mails that they cannot be read. Please don't do it again.

Remarkable Book.

OCCULT PHILOSOPHY, or Natural Magic, by that Mystic, Thinker, Teacher, Scholar, Statesman, Philosopher and Author—Henry Cornelius Agrippa, Counsellor to Charles V., Emperor of Germany and Judge of the Prerogative Court. \$5.00.



In 1509 Cornelius Agrippa, known as a Magician, gathered together all the mystic lore he had obtained by the energy and ardor of youth and compiled it into the elaborate system of Magic, or Occult Philosophy.

All the original illustrations, and some new ones, are found, as also various etchings of characters. The chapter on the Empyrean Heaven contains some of the much-hidden knowledge relating to the Masonic "Lost Word." The engraving is a much older plate than the work it was taken from.

A Special OFFER.

Desiring that every reader may possess a copy of this very remarkable Book, we make this wonderful offer: We will send the JOURNAL for one year and mail this Book, both for \$3.00, until further notice.

A Great Premium.

The Secret of Life, or Harmonic Vibration, by Professor Francis King.

This book is substantially bound in cloth, and will be sent from this office at the publisher's price, postpaid, for \$2.00. It contains Prof. King's Course of Lessons and Treatments, in detail. We present (to every subscriber) this JOURNAL one year to every purchaser of this book. If the JOURNAL is paid to some time in the future, we credit it for a year beyond that time. This is part of the content:

It teaches—How to cultivate and use the Electric and Magnetic Forces of the body—How to fully develop the Muscular System and Nerve Energy without mechanical means. The only natural method of Physical Culture—How to acquire Grace, Beauty of Face, Figure and Expression—How to possess Robust Health and Great Mental Vigor—Natural Voice Culture and Artistic Deep Breathing—A systematic course for developing Passivity and Concentration, and unfoldment of the Subjective Powers—A thorough training of the eye—Strengthening and Revitalizing it. It brings to woman, knowledge and power to determine, mould and control Life—Her true sphere—Her Divine prerogative.

The book contains over 200 exercises. It is a Perfect Encyclopedia along progressive lines of culture and training and will bring a rich blessing to every home.

THOMAS G. NEWMAN, Editor & Publisher
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THOMAS G. NEWMAN,

EDITOR AND PUBLISHER.

(Assisted by an Able Corps of Special Contributors.)

The Editor must not be held responsible for opinions expressed in the communications of correspondents.

No notice will be taken of anonymous communications. Whatever is intended for publication must be authenticated by name and address of the writer—if not for publication, then as a guaranty of good faith.

Communications not accepted will be returned if stamps for that purpose accompany them. They will not be preserved more than 30 days, after being received at this office.

Newspapers sent to this office having matter for inspection, should be marked by a line drawn around the article.

This JOURNAL will be sent to subscribers until ordered to be discontinued, and all the arrearages are paid.

SAN FRANCISCO, MARCH 30, 1901.

To Find the Good in what appears to be otherwise; to find in disaster an opportunity for developing courage, to compel victory from apparent defeat, should be the aim of the progressive individual.

Medical Freedom.—We have found that 18 States are now seeking to restrict the liberties of the people, remarks the *Banner of Light*. We believe that it is unconstitutional for any State to compel its citizens to employ physicians they do not want. It is a most unwarrantable interference with the sacred rights of every individual, to seek to restrict him to one or two schools of medicine for his choice of healers.

A Discussion on Spiritualism will be held at Munsie, Ind., on April 2, 3, 4 and 5, between Moses Hull and W. F. Jamieson. It will no doubt be an intellectual treat, no matter whether viewed from one side or the other, for both parties are well-posted and good debaters.

Dr. Andrew Jackson Davis congratulates the editor of the *Banner of Light* upon the ability with which that periodical is conducted. We heartily endorse the sentiments expressed by Dr. Davis, and approve the following, which is his concluding sentence:

May every Spiritualist receive its glorified and manifold ministrations, and long live its editor-in-chief, and may all who loyally sustain its mission be happy and prosperous as they advance toward the Summerland.

A Fog caused the sinking of the steamship Rio de Janeiro in the San Francisco harbor. Fogs are expected to be neutralized by the operations of wireless telegraphy. Experiments are now being made in that direction.

New Society in London, Eng.

The new Spiritualist Society in London, England, of which we made mention in the JOURNAL of March 16 (page 8) as being in prospect of organization, was duly formed on March 10, and bids fair to become quite a power.

Mme. Florence Montague has been engaged as its regular speaker and medium, who recently wrote to us as follows: "When I was consulted about the name to be given to the new society, my answer was: The California Psychic Society, London Branch." In accordance therewith, the new society has engaged Steinway Hall, Portman Square, located in a fashionable and populous quarter of London.

The editor of the PHILOSOPHICAL JOURNAL has received the following cablegram from the new secretary of the society announcing its birth and sending greetings to California Spiritualists:

"The London Branch sends greetings to the parent organization, the California Psychic Society. The meeting for instituting this branch on March 10 was a success. ROSENWAY, Sec."

Another engagement preventing the editor of the PHILOSOPHICAL JOURNAL from accepting an invitation to be present at the anniversary celebration given in Woodmen Hall, Oakland, by the Psychical Society, Mr. M. S. Norton, president of the California State Spiritualist Association, kindly consented to read the cablegram during the anniversary exercises last Sunday, which he did with appropriate remarks. The announcement of the birth of this branch in the old world was received with enthusiasm.

In a recent letter Mme. Montague gives the following particulars concerning the formation of the Psychical Society at Oakland:

I am glad to see through the JOURNAL that the societies of the Pacific Coast are increasing in numbers and in strength, and I am particularly interested in the Psychical Society, which is my grown baby, although it has changed hands and administration since. I was holding independent meetings in the Oakland Synagogue, and the place was too small to contain the audience. (This was toward the end of 1893).

Four of the gentlemen who used to attend occasionally with their families (and four grander men never lived) decided to consolidate, take a larger hall and engage me yearly for speaker and platform worker of the new society. Then Fraternal Hall became the cradle of the new society, which received the name of California Psychic Society, to which the name "Oakland" was added at a later date. The four gentlemen were: General I. Stratton, Judge H. S. Brown, Dr. Charles Walker and Mr. W. G. Roberts. Mr. Roberts has now gone to the spirit-world. He remained a staunch friend and supporter of the society until I left Oakland, holding the office of treasurer at that time. I shall always retain the sweetest memories of those early days.

Mr. W. J. Colville, it is announced, intends soon to return from Australia and then will also visit England. He reports having had a very successful tour in Australia and New Zealand. He will probably return by the way of San Francisco, and his friends here will then be able to give him a welcome.

In Topeka, Kan., a Spiritualist mass meeting was held, closing on Sunday, March 10. Those present from abroad and who, in fact, occupied the rostrum the most of the time during the meeting were H. D. Barrett, president of the National Spiritualist Association; Geo. W. Kates and wife from Minnesota; Daniel W. Hull from Norton, Kan., and Alonzo Thompson from Nebraska.

The *Psychic Century* says: "The electric Barrett, the humorous, philosophical Mr. Kates and the magnetic, invigorating Mrs. Kates, make a strong combination for revival work in Spiritualism."

Daniel W. Hull is very much like his brother, Moses Hull, and both of them are adepts in the matter of finding in the Bible the philosophy and phenomena of Spiritualism and of harmonizing the same with most of its other teachings.

The Newest Invention is a sun motor. A model has been put up in South Pasadena, Calif. It drives a ten-horse-power engine from morn to night, and it is expected to have it run even day-railroad trains. It will lift 1,400 gallons of water per minute, at a height of twelve feet, when used for irrigation, and will be of great benefit to ranchmen in arid regions, for there is a complete saving of fuel. It catches the sun's rays and stores the power for use when desired. Heat is reflected in 1,788 plain mirrors, 3½x24 inches. Its possibilities and benefits are enormous.

Mrs. Eunice S. Sleeper.

At a regular meeting of the Board of Directors of the Progressive Spiritualists' Society, San Francisco, Cal., held March 14, 1901, the following preamble and resolutions were adopted:

WHEREAS, We have been called upon to record the birth on March 2 of our beloved benefactress, Mrs. Eunice S. Sleeper, into the higher life, we feel that we should rather rejoice in the release of our sister from the burdens of life which she carried so faithfully 87 years, and express our appreciation of her long and valuable service to the cause of Spiritualism, which was so dear to her heart, and which she outwardly expressed in the beneficent gift to this society, and the purpose of which was to build an enduring monument to the memory of her beloved husband, and the perpetuation of the eternal truths of Spiritualism. Therefore be it

Resolved, That in the life-work of our beloved sister we see the living example of "Do unto others as

ye would that they should do unto you" exemplified, laying, as she did, upon the altar of her faith the all of her material possessions.

Resolved, That in the unselfish and self-sacrificing spirit of our sister we read the prophecy of the soul's highest attainment.

Resolved, That we commend to all Spiritualists everywhere the lesson which this life teaches, and would say with the Master: "Go thou and do likewise."

Resolved, That a copy of these resolutions be sent to the spiritual papers for publication, and a copy be spread upon the records of this society.

Henry Ward Beecher's church, of which Dr. Hillis is now pastor, has made a great innovation. It now provides a lunch after the Sunday evening sermon. *Unity* thus tries to figure out the ecclesiastical equation:

Sermon plus sandwich equals crowded house! Or: Low spirituality plus high appetite equals church prosperity! Or: Piety plus pie equals increased pew rentals! Or: A full heart plus a full stomach equals salvation!

Transition.—Dr. J. Stone Armstrong passed to spirit-life on March 4 from his residence in Buffalo, N. Y., where he has resided during the past 25 years. He was a prominent Mason, a Templar, a Shriner and a Past Master, Workman of the Supreme Lodge of the A. O. U. W. He was examining physician for many insurance companies and fraternal orders and highly appreciated for his many virtues.

A widow, the Rev. S. Augusta Armstrong, survives him. Both Mr. and Mrs. Armstrong have been constant readers of the PHILOSOPHICAL JOURNAL for many years.

The Reviewer.

Any of the Books noticed in this Department can be obtained at this office. When to be sent by mail, add 10 cents on the dollar, of the price, for postage.

The *Metaphysical Magazine* for March is replete with good things. The first article is entitled "The Occult Meaning of Some Words," by Franz Hartmann, M. D., and is intensely interesting. "The Evolution of Mental Science," by Eliza Calvert Hall, is also worth much consideration. It compares Mental Science with the practices and theories of the priest and the physician, showing how incompetent the latter two are when compared with Mental Science. It is published at 121 West 42nd St., N. Y. Price, 25c.

The *Forward Movement Herald* has been moved from Los Angeles to 58 San Pablo Ave., Oakland, Cal., and from whence it will be issued hereafter as a monthly instead of weekly. Mr. Fritz is a hard worker and we wish him and the *Herald* abundant success.

The *Occult and Biological Journal* for March is received, and as usual contains much interesting matter. Among its contents we find the following: Esoteric Stepping-Stones, An Original Prophecy, New Practical Methods, Whatever is, is Right; Delineation of Character. Esoteric Pub. Co., Applegate, Calif. Price, 15c.

James B. Chase.

At a regular meeting of the Board of Directors of the Progressive Spiritualists' Society, San Francisco, Cal., held March 14, 1901, the following preamble and resolutions were adopted:

WHEREAS, In the transition on Feb. 22 of our friend and brother, James B. Chase, we feel that the cause of Spiritualism has lost an earnest and efficient worker, and the Progressive Spiritualists' Society a conscientious officer. Therefore be it

Resolved, That while we deeply regret his unexpected demise, we feel that his faithful labors have gained for him the joy and happiness that ever comes from a well-spent life.

Resolved, That we cherish the memory of his upright life, his honesty of purpose, his gentle and kindly nature and his ever-generous response to the call of need.

Resolved, That we commend the integrity of his character as a guiding light for all who were his associates to strive to emulate.

Resolved, That these resolutions be sent to the PHILOSOPHICAL JOURNAL for publication, and a copy be spread upon the records of this society.

Anniversary Celebration.

The Oakland Psychical Society celebrated the fifty-third anniversary of the advent of Modern Spiritualism in Woodmen Hall, 521 12th St., Sunday, March 24, 1901.

The morning service was a conference meeting participated in by Mrs. Drake of Oakland, Dr. Anderson, C. F. Van Luven and Mrs. R. S. Lillie. Mrs. M. E. Van Luven read a very interesting paper appropriate to the occasion.

AFTERNOON.—At 2:30 p.m. the meeting was opened by the congregation, who joined in singing a familiar spiritual song. Mr. M. S. Norton, president of the State Association, spoke briefly on "What we Celebrate." Mrs. E. Greer sang "Good-bye, Sweet Day," followed by a splendid anniversary address by Mrs. R. S. Lillie, who spoke of some of the vicissitudes and triumphs of Modern Spiritualism for 53 years. Mrs. Greer gave another vocal selection, followed by Mrs. Jennie Robinson of San Francisco, who gave a short, pleasing talk, followed by spirit messages. Mrs. Clara J. Meyer of San Francisco gave several spirit messages. The last speaker was Dr. Muehlenbruch, the well-known psychic and healer of Oakland. The afternoon session closed with a song and the benediction by Mrs. Lillie. The hall was well filled and much interest manifested. In the banquet room adjoining the hall a collation was served, which supplied material sustenance after the spiritual feast.

EVENING.—At 8 p.m. the meeting opened with "Joy to the World" and an invocation by Mrs. Elizabeth Lowe-Watson. Mr. Fred Manchester rendered a vocal number, followed by Mrs. Anna L. Gillespie in a stirring anniversary address and a poem by Emma Rood-Tuttle, "The Two Pictures." Mr. C. F. Van Luven of Oakland and Miss Harrison of Alameda each sang vocal solos, and the anniversary exercises closed with an address by Mrs. E. L. Watson fraught with eloquence and power.

The seating capacity of the large hall was inadequate to accommodate the people eager to do honor to the natal day of Spiritualism. Mrs. H. F. Michener presided at all the meetings.

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[This is a Fund suggested by Spirit Col. Hopkins to supply the JOURNAL to poor Spiritualists who are unable to pay.]
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When Life's white pages before us unroll,
And all things whisper "peace" to the soul,
Learning for aye of his will—
Is it this to be old?

Are we growing old?
All the impatience of youth
Has past, and here, filling deeply its
place, [face.
The angel of Patience we meet face to
Learning ever of Truth—
Is it this to be old?

Are we growing old?
As a tale that is past,
The strife and contention all suddenly
cease; [ful peace.
The hush of the house brings a beauti-
We are asking at last:
Is it this to be old?

Are we growing old?
As children we stand,
With the trust and the love befitting
the child, [and mild.
Still strong for the truth, though gentle
Still lead by His hand—
Is it this to be old?

Are we growing old?
We have climbed to the top;
The hillsides show fair in soft sunset
light; [to night,
The birds sweetly singing their love song
Without hurry, without stop—
Is it this to be old?

We can never be old!
At the clear fount of Truth
We drink, our souls a-thrill with life-
giving love
For all things created, below or above.
Crowned with immortal youth,
We can never be old.

FLORENCE SHAW KELLOGG, Fay, Kan.



The Editor is not responsible for the opinions of correspondents.

Letter from Fresno.

TO THE EDITOR:

There has been formed in this city of recent date an "Ethical Society," which gives promise of great success. Through the effort of Mrs. Sophia B. Seip of San Francisco and Mrs. Lora E. Wells of Fresno, the society gave its first public meeting on Sunday, March 10, in Donohoo & Emmons Hall, 1 and Mariposa Sts. Every available chair and space was occupied with Fresno's brightest minds to hear the brilliant disciple of the living truth.

Mrs. S. B. Seip was introduced by our secretary, Mrs. Wells, when she answered written and verbal questions on the higher lines of thought, clearing away much mysticism. She gave psychometric readings and held her audience with wrapped attention until a very late hour.

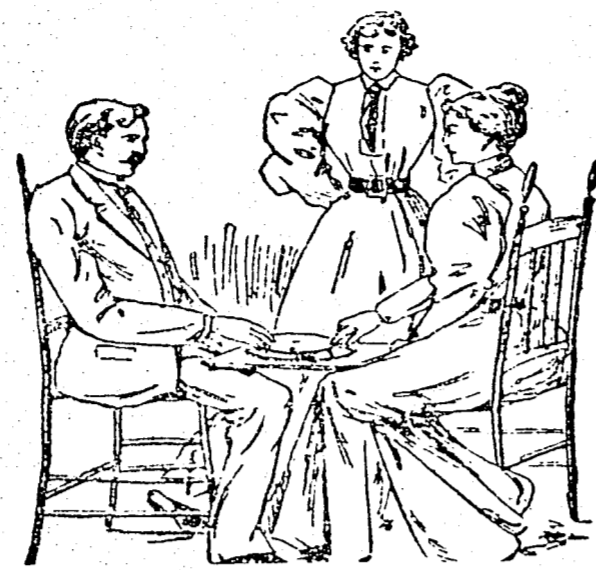
Fresno needs and will gladly welcome all such workers from time to time. Mrs. Wells, our secretary, has been a trance medium of a high order for some years and advances rapidly with the newer thought, and together with her husband have organized a spiritual society in Hanford. They will do a grand work here in Fresno. We are alive and send our greetings.

JAS. B. WORTHINGTON.

VACCINATION A CURSE AND A MENACE TO PERSONAL LIBERTY, by J. M. Peebles, A. M., M. D., Ph. D. Battle Creek, Michigan: Temple of Health Publishing Co., Upton Court. 326 pp., cloth, gilt. Price, \$1.25. For sale at this office.

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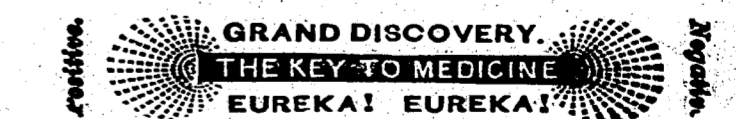
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Children's Progressive Lyceum meets every Sunday morning at 909 Market St., San Francisco, at 10:30. Free spiritual library. Visitors welcome. Regular social on second Friday of each month at 305 Larkin. C. H. WADSWORTH.

Mission Lyceum meets every Sunday afternoon at 2 o'clock in Mission Opera Hall, 2131 Mission St., San Francisco. Friends of the Lyceum movement are always welcome. The regular monthly entertainment is held on the last Saturday evening of each month. W. T. JONES.

LADIES' AID SOCIETY.—Headquarters at 305 Larkin-st., San Francisco. On the last Friday evening in each month dancing will begin at 8:30, interspersed with musical and literary exercises. Admission ten cents. Business and social meetings every Wednesday afternoon, at 2 o'clock. All are invited. Take the Elevator.

Letters and Flowers were read psychometrically last Sunday evening by Mrs. C. J. Meyer at 335 McAllister St., San Francisco.

Mrs. Maud Lord Drake held a seance last Sunday evening at 909 Market St., San Francisco, consisting of tests and psychometric readings. She was assisted by other speakers and mediums.

The Children's Lyceum will visit the Kings' Daughters' Home on Monday evening, April 1, instead of March 31.

Mrs. Eberhardt held her usual meeting last Sunday evening at 3250 22nd St., San Francisco, giving tests and messages. She holds three meetings each week—Tuesdays, Thursdays and Sundays.

At Oriental Hall, 605 McAllister St., after an interesting lecture by Mrs. Seal. Mme. Young gave practical demonstrations of spirit return. Music was furnished by Professors Young and Bothwell-Brown.

Whitney Hall was filled last Sunday evening with those who were anxious to hear from their spirit-friends through the guides of Mrs. J. J. Whitney. Interest is increasing.

Our Anniversary.—The next number of the JOURNAL will contain a report of the celebration to be held in Scottish Hall, San Francisco, on Sunday, March 31, under the auspices of the State Association. The arrangements are all complete, and the committee anticipate a large attendance and a pleasant celebration.

We desire to urge the friends to fill the hall in the afternoon, as many of the numbers will be of special interest. M. S. NORTON, Chairman.

Dr. C. H. RinEs, the veteran spiritual worker and medium, who for half a score of years has held Spiritualist meetings in Pythian Castle, San Francisco, passed to spirit-life on March 20, 1901, at his home on Arlington St. in this city, aged 68 years. Dr. RinEs was a member of the Masonic fraternity and other fraternal orders, but chose the simple spiritual service for the last sad rites.

The funeral exercises were held in the hall where he had labored so long, and was conducted by Mr. F. A. Green, vice-president of the society. Prof. Richard Young and Prof. Bothwell-Brown opened the services with two appropriate instrumental selections, followed by an invocation by Mrs. K. Heussman, who also delivered a short funeral oration. John Slater and Mrs. Maud Lord Drake each spoke words of praise for the integrity and usefulness of the physical life just ended. Prof. and Mme. Young gave a musical number, entitled "Hardships and Trials," by request of the deceased. The service closed with "Nearer, my God, to Thee," and the benediction. The mortal remains were interred in Cypress Lawn Cemetery, and the record of the life-work of Dr. RinEs on the physical plane was ended.

The Free Spiritual Meeting was held on Wednesday night at Dr. Sol Palinbaum's, 856½ Isabella St., Oakland, Cal. Mrs. Palinbaum read a poem, "Man, Know Thyself." Mrs. Drake followed with an interesting address on the subject of the poem. Dr. Sol Palinbaum being entranced, gave messages from spirit friends to many in the audience. Mr. Preston closed the meeting with an invocation. VOX.

Election.—The regular semi-annual meeting of the Ladies' First Spiritual Aid Society for the election of Directors and transaction of other important business will be held at Occidental Hall, 305 Larkin St., Wednesday, April 3, 1901, at 1:30 p.m. Per capita tax is due at the present time.

ANNIE WADSWORTH, Sec.

Another Celebration.—The friends in Oakland who meet every Wednesday evening at the residence of Dr. Sol Palinbaum, 856½ Isabella St., will hold an anniversary celebration on Wednesday evening, April 3. They expect to organize and charter with the State Association in the near future. They deserve a helping hand.

John Slater entertained a large audience at Lower Scottish Hall, San Francisco, last Sunday evening.

The Fosters held a seance last Sunday evening at 305 Larkin St. Mrs. Foster gave communications and tests and Mr. Foster gave independent slate-writing and the materialization of hands. My slates were sewed together with picture wire, but most of the others were nailed together with wire nails and clinched. My question written on folded paper between the slates was answered satisfactorily. The time taken for writing inside the slates was from one-third of a minute to a minute and a half. As many as six or eight hands were materialized and in plain sight in the bright gas light at one time, while Mr. Foster sat there handcuffed. There was but little writing on the slates (we can't expect the whole earth for 25c), but it was independent slate-writing and the hands were genuine materialization. C. H. WADSWORTH.

Mrs. LeNott of Seattle, Wash., gave a very interesting address on "The Growth and Unfoldment of the Soul." Capt. Bert Stout read a beautiful poem pertaining to the Beyond. Mrs. Foster spoke of the Transition of the Soul, touching many hearts, followed by messages from the spirit-world. Mr. Joseph Regensburger gave a zither solo. Mrs. Sadie Cooke presided at the piano. The Fosters engaged Occidental Hall for another month. Copies of the PHILOSOPHICAL JOURNAL will be given away at the evening meetings.

Card Party.—A very enjoyable Whist and Euchre Party was held at the residence of Mr. and Mrs. J. J. Whitney, 1164 O'Farrell St., on March 20. Fine vocal and instrumental music was furnished by Mr. Keller, Mr. Darrell and Mr. John T. Lillie. Refreshments were served after the games. Among those present were: Mrs. Sherwood, Cincinnati; Mrs. Millie Willie, New York; Mr. and Mrs. Foster, New York; Miss E. Carpenter, Minneapolis; Mrs. Marsh, Mr. Trott, Mr. and Mrs. Lillie, Mrs. Maud Lord-Drake, Mr. Drake, Florence Temple, M. D., Mr. Keller, Mr. Darrell, Mr. C. V. Miller, Mr. Gans, Mr. T. Winders, Mr. and Mrs. T. G. Newman and Mr. and Mrs. Whitney.

Don't Miss the fun at the Ladies' Aid masquerade party next Friday evening, March 29, at Occidental Hall.

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DR. J. M. PEEBLES, Battle Creek, Mich.

The Friends of Miss Pearl Evelynne, who is playing in Way Down East Co., will be sorry to hear that she has been severely ill at Albany, N. Y. She has rejoined her troupe at Portland, Me., but is playing with the utmost difficulty.—Banner of Light.

Miss Evelynne is a grand-daughter of Mrs. B. F. Small of San Francisco, and this talented young lady is well known to many of its citizens. In the severe illness of her devoted husband, as well as her grand-daughter, Mrs. Small must have suffered much anxiety during the past month. We are glad to announce that Mr. Small is slowly convalescing.

"The Occupation of our Spirit Friends" called forth some very interesting remarks from Mrs. Gunn, Dr. Bonesteel and Vice-President Taylor at the afternoon meeting of the Union Spiritual Society at Fraternal Hall, Oakland on March 24. Mr. Swan, Mrs. Stewart and Mrs. Smith followed with well-recognized messages. The evening meeting was devoted to messages through Mr. Swan. The Union Society celebrates the 53rd anniversary April 7, afternoon and evening.

Col. J. L. Dryden is now occupying the platform of the Spiritualist Society at San Bernardino, Calif., where he has been for some time, and reports that much interest is manifested in spiritual truth. He adds: "I feel better encouraged and more thoroughly interested than ever before. My work for the few remaining years that I am to stay in the physical form has been carefully planned for me by the unseen directors, and I feel that I have fully entered upon it and am going to be successful."



DR. J. M. PEEBLES.

Open Meeting of the Hermetic Brotherhood was held last Thursday evening at 509 Van Ness Ave. Music and addresses by the members made up the evening's entertainment. There is to be a change of program. During the next eight weeks a course of lectures on Phrenology will be given by Dr. Morton, well illustrated by charts and diagrams. The first lecture will be free. They will be instructive and profitable. SEC.

The Mediums' Meeting at Loring Hall, Oakland, shows no lack of interest. Wednesday evening, March 20, Mrs. Cowell, Mrs. Stewart and Mrs. Smith gave well-recognized messages.

Photo Restored by Spirit Hands.—At a recent public seance held by Mr. C. V. Miller in San Francisco (20 persons being present) Mr. Rutherford of Salt Lake City was given by his spirit-daughter a button-photo of herself which her mother had lost and grieved over, which had been found and dematerialized and kept by the spirit-child until this opportunity came to restore it. G. V.

Deep Breathing for Psychical Development, or Internal Respiration, by Respiro. Price, 50c. For sale at this office.

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