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T. G. NEWMAN,
EDITOR.

SAN FRANCISCO, CAL., SATURDAY, JUNE 28, 1902.

1429 Market-st.
Between 10 & 11th-Sts.

No. 26.

OLD FRIENDS ARE BEST.

Old friends are best—forsake them not—
Whatever feud or fate hath wrought,
To cast a shadow o'er their lot,
Their honored name to blight or blot—
Oh, charge thy heart—they bravely
fought

For thy defense when foeman sought
To taint thy life—forsake them not!

Old friends are best; pass them not by,
When Fortune's beacon lights thy sky.
Their star ascendant once shone high,
Whose hopes like ashen lilies lie.
Be steadfast, true, to live or die
For those you loved in years gone by.
Old friends are best—bless them for aye!

Old friends are best Life's long day
through,

To cherish, guard and comfort you;
'Mid weal and woe, roses and rue,
Old friends are better than the new;
When sorrows gather like the dew,
And loved ones sigh their last adieu,
Old friends are best to comfort you!

LOUISE J. R. CHAPMAN.

were clothed in red, and the sun shone so bright that the gleam of their arms, consisting of muskets and bayonets, dazzled their sight."

What was it?

Recently one of our well-known merchants, at a late hour in the evening, sat reading at his quiet fireside, and his attention was directed to the steady dropping of water, or what sounded like it, near or by an outside sash door, and the night being still and freezing. His search discovered nothing, but the sounds did not cease, and the puzzle remained unsolved.

It was after midnight when he was aroused by a knock at the front door by the night watchman, who came to inform him that a small water-pipe in the story above his business had burst from freezing, and his goods were being

drenched. He hastened to his store, and there witnessed and heard the same dropping of water he had heard at his home, several blocks distant, an hour or two previous, and for which he was unable at the time to assign a cause by the most diligent search. Was it a mere coincidence, a case of wireless telegraphy, or a spirit warning of danger?—A. G. S., Painesville, O.

Prophetic Omens.

Lord Marcus Beresford can tell some curious stories of racing omens that have come true. The strangest of all happened to himself. He had been down to Ranelagh, and, having lent his private hansom to two ladies who had managed to miss their host, was walking leisurely along the lower Richmond road, when a smart shower of rain descended. Lord Marcus

quietly opened the gate of a tiny villa and stood in the porch for shelter. The name blazoned in golden letters on the fanlight was Jeddah. Needless to say, Lord Marcus was one of the few people who backed that rank outsider for the Derby of '98.—*Liverpool Echo*.

Seeing Without Eyes.

With the new and wonderful X-ray in its hand, science is said to have taken another stride toward the eminence from which it can look upon a world spiritual and perceive the wonders of the other existence which are believed to await us on the other side of the valley of the shadow. According to Dr. Heber Roberts, who has made the study of the new and wonderful ray a specialty, a discovery has been made which unfolds a world of promise in establishing conclusively not only that man has a soul, but that it is fitted to the enjoyment of things which to the senses of flesh and bone and sinew are imperceptible. In other words, science seems to be on the threshold of the entrance to the mysteries of another existence of which man has hitherto dreamed, doubted, scorned, hoped or believed blindly, because he believed.

The discovery which promises so much, he says, is that the retina and optic nerve are not necessary to the sensation of sight. In other words, the mind, the consciousness, the soul, may see and have no eyes, no optic nerve. By seeing is meant may be conscious of the same sensation which would have been produced had the retina and optic nerve been in place to convey the impression to the brain. This fact was demonstrated by learned scientists while experimenting with the X-ray on the blind.

Dr. Roberts says that the experiments have conclusively demonstrated that by means of the Roentgen ray there are other avenues of transmitting light to the organs of light sensations in the brain than the retina and optic nerve. Quoting from authority he says that the evidence has come in a way that clearly points out the fact that every pore in the human cranium is a window from which the soul may look out upon the common world and common things, and by changing its focus just a little behold the transcendent beauties of a more ethereal existence.

In reference to the discovery Dr. Roberts says:

"By means of the X-ray the soul can look through the human body or other opaque substances. Such is the belief of churches, taught for hundreds of years, that the spirit, freed from the grosse

BORDERLAND

A Realistic Dream.

According to a report in the *Morning Leader*, it has transpired that on the night of the collision between the Liverpool steamer Alfonso and a Spanish vessel, which occurred recently off Oporto, the wife of one of the officers who was drowned had a realistic dream, in which she clearly saw her husband go off in a small boat with others. As they passed they waved farewell. The dreamer took hold of the hand of her little child, who was asleep beside her, and told her to "wave good-by to father," at the same time shaking the child's hand. This action awoke both mother and child. The shadow of the dream was still upon the household when news came on the third day of the terrible calamity.

A Phantom Army.

The Duke of Argyle contributes to the *Pall Mall Magazine* a remarkable and well-attested account of a vision of troops on the march, which was seen at Inverary in 1746. The apparition remained visible long enough for the two people who saw it to give a fairly accurate description of its appearance, as the following passage will show:

"They counted that the army had 15 or 16 pairs of colors, and they observed that the men nearest them were marching upon the road six or seven abreast, or in each line, attended by a number of women and children, both above and below the road, some of whom were carrying tin cans and other implements of cooking. They



A Beautiful Woodland Summer Scene.

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EDITOR.

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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, JUNE 28, 1902.

The Fox Cottage at Hydesville, N. Y., has been repaired and has now a presentable appearance.

Mr. W. J. Colville has been lecturing to large audiences in Liverpool, Sheffield, Halifax and Morecambe, in England, and is doing much to wake up the people there to the New Thought and all its phases.

A Temple of Truth is established at 506 No. Central Ave. (Austin Station), Chicago, Ill. The Summer season opened on June 22 and will close on Sept. 23. For further information concerning the plan of work, write to Georgiana McIntyre at the above address.

Mr. J. J. Morse, with his good wife and daughter, will go to Australia on July 24 per White Star liner Suebic, via the Cape of Good Hope. The voyagers will be six weeks en route, arriving in Australia about Sept. 1, where they will receive a very hearty welcome.

Coronation Week opens up in England with beautiful sunny weather after the recent rains. London is crowded with people from all parts of the world who have come to witness the pageantry and ceremonial of the coronation. As this is the first time during the present generation that many could have witnessed such an event (the last one occurring 64 years ago), the occasion is an all-absorbing one. The coronation is to take place on Thursday, but by that time this issue of the JOURNAL will be in the hands of many of its subscribers. LATER.—The coronation is indefinitely postponed on account of the illness of the King.

Psychic Influences.

Rev. C. Snowden, at a meeting of the Congregational Ministers of Chicago, gave an address on Religion and Psychology. It created much interest and a lively discussion. He urged the application of psychological methods to church and school work, emphasizing the importance of the Sunday-school and criticizing the present methods of teaching as antiquated. He also intimated that church members might profit by the exhibition of faith made by the Christian Scientists, followers of Dowie and other so-called divine or mind healers, declaring that through the use of mental suggestion they were undoubtedly accomplishing many cures, and that it would be well for the churches, instead of sneering at the subject, to recognize the question of suggestive therapeutics as a practical reality and a field from which church members should not be barred.

Epidemic of Fraud.

Fraud is everywhere apparent—everywhere practiced; the whole trend of public transactions and business at the present day is toward cheating, fraud, deception and deceit. And Spiritualism is not an exception, we are sorry to say. Its ranks are open to all, and as it has but little organization, it is very nearly impossible to make a line of demarcation between the good and true, and fraud and imposition. Its foes point to charlatans whose flaming advertisements are found in the daily papers, claiming through clairvoyance to be able to cure all the ills of humanity, including love sickness, inharmony among the married, how to get husbands for foolish girls, and wives for simpering men, and all such clap-trap nonsense, whose only aim is to swindle the unwary and rake in the shekels without giving any equivalent.

Its enemies try to fasten all these mountebanks upon Spiritualism when they must know that all such fakirs are as obnoxious to hundreds of thousands of Spiritualists as they are of any other members of society. It is foolish as well as unjust to attempt to do this.

A late number of the *Progressive Thinker* contains an article on this subject giving the following pertinent remark:

The epidemic of fraud is widespread. It is by no means confined to Spiritualism alone. It permeates to-day all kinds of business. The liquor dealers concoct and compound vile liquors, poisonous as well as health and reason-destroying. Articles of food-consumption are adulterated and even made poisonous. Manufacturers make shoddy goods of various kinds. Cheating is the real vocation of many a firm whose signs advertise a legitimate and honorable business. Religion and politics bring up the rear of the ignoble procession, linked together

in a common brotherhood of deception, trickery and fraud unmentionable.

As Spiritualism presents a wide field for the practice of the arts of the imposter and deceiver, it is not to be expected that it will escape the epidemic infection of dishonesty everywhere prevalent. So, sad to say, there are those who, for the sake of the paltry dollar, will sell honor and their souls' virtue.

But the prevalence of dishonesty in others is no excuse for those who practice fraud in the name of Spiritualism.

Spiritualism is in its nature so sacred and holy and so pure a thing, that to counterfeit it, morally considered, is a most heinous crime against humanity and all its sacred relationships.

The Babylonian Origin of Hebrew Ideas was the subject of a lecture, accompanied with stereopticon views, before the Emperor of Germany by Prof. Delitsch, who has given a great amount of study to the subject. The Emperor was so well pleased with the lecture that he requested to have it repeated, and invited many members of the royal family and the learned men of Berlin to hear it, and much discussion followed in which the Emperor took part. It gave the theologians much trouble to reconcile it with their tenets, and will provoke an immense amount of comment.

A New Temple has just been dedicated in Blackburn, England. The foundation stone was laid in June of last year. It is a handsome building of red brick, two stories high, the lower one being used by the Lyceum and the upper being the temple proper. Each room is capable of accommodating 500 persons. The society there is in a very flourishing condition, and much enthusiasm is displayed.

Mr. D. W. Hull of Norton, Kas., the noted lecturer and debater, has been engaged by the New Era Camp, Oregon, for the entire season, July 5 to 21. Mrs. Ladd-Finnican and Mr. H. R. Allen will present the phenomena, assisted by many others.

Prof. Fred P. Evans has received an invitation to go to England and give a series of seances. He has declined, but may go at some time not far distant.

Capt. Geo. W. Walrond of Denver, Colo., the well-known inspirational lecturer and test medium, will make a professional tour of the States of Colorado, Utah, Nebraska, Wyoming, New Mexico, Nevada, Oregon, Washington, Montana and California, calling at all of the principal cities and towns in these States. Those desiring his services for public or private work should write to him at once, as he is making dates and arrangements to begin early in July. Letters and applications must be addressed to Capt. Geo. W. Walrond, 1734 Ogden St., Denver, Colo.

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.

THREE ESSAYS, written by Mrs. Effie M. Shirey and Mr. Charles Sampson (of the Celestial Spheres) and inscribed to Mrs. J. A. Lender, 2201 Lincoln Ave., Denver, Colo. Price, 35 cents.

The first essay is on "Personal Beauty," the second on "The Unfoldment and Development of the Soul's Latent Faculties," and the third on "The Effects of Planets on Mining."

These essays are all well written and very intelligent. The second one, on the "Sixth Sense," is particularly interesting. It shows how to develop this clairvoyant sense, and points to four or five other senses leading into life in the spirit-world.

NOTHING EVER HAPPENS, by Alwyn M. Thurber. Paper, 50 cents; cloth, \$1.00; postage, 10 cts. For sale at this office.

This is a new novel on new lines, giving a beautiful conception of Love, Circumstance and Philosophy, interblended with pleasant humor and life-like pictures of people as we know them.

"The Christian Bible and Civilization" is the title of a pamphlet by E. W. Sprague in reply to an onslaught on Spiritualism by Rev. T. J. Freed (disciple), Remington, Ind. It is a very clear answer to the ignorant attack of that clergyman. At the end there are 20 important questions for the clergy to answer.

The July number of the *Phrenological Journal* contains an illustrated article on "How to Study the Mind through the Brain and Skull," which every student of the subject should read. Mr. Eland writes on "Balance of Power." The article on "Will Power versus Fate" is an excellent answer to a critic. Fowler & Wells Co., 24 East 22nd St., New York.

The *Metaphysical Magazine* for June is received. Its table of contents includes the following: Astrology, a Department of Medical Study; The Absolute Standard; The Religion of the Universe; The New Era, etc. 10c. 114 West 32nd St., New York.

The *Arena* for July opens with a symposium on Imperialism. There are other articles on Evolution and Optimistic Politics; Socialism in Ancient Israel; The Present Political Outlook; As a Man Thinketh, etc. Editor McLean announces a series of papers on The Fraternal State, by B. O. Flower, to begin in August. 25c. Alliance Pub. Co., Fifth Ave., New York.

Harmony for June and July is a double number, and contains many very interesting articles. The first one in this issue, by the editor, Mrs. M. E. Cramer, is entitled "What Code of Morals Does Divine Science Offer?" and is a very clear statement and code of morals which cannot be excelled.

striving to overcome his passions or weakness, and doing good as though it is to be rewarded.

If health produces happiness, and it can only be attained absolutely by moral practices in conjunction with temperate habits, we can readily understand the connection. Nature representing harmony, law and order, man naturally strives to come in rapport with her to reap the benefits of the influences that obtain under such conditions. We know that harmony, law and order in society or government is conducive to good feeling, then why not find them in nature, the cause from which man was born? As the effect, so the cause, and *vice versa*. Attunement with nature is therefore man's aim, and the greater this attunement the greater the joy. And as nature also represents positive good—unalloyed by human inconsistencies or self-love—the method of instituting a harmonious relation with her, is to imitate her, just as we imitate good people when we desire their acquaintanceship.

Like attracts like in everything that contains life or motion, energy or force, and man and nature are certainly endowed with these beyond all doubt. That they should be therefore closely allied goes without saying. If Nature is God, or if God is distinct from Nature, is indifferent to be a ruler in her realms we must partake of her powers or qualities, and whether we become "one with God" or Nature is perhaps also indifferent. To become one with either we must perfect ourselves; and if ill-health is traced to inconsistencies with harmony, law or order—whether self-created or inherited—it is certain that we must free ourselves from these inconsistencies before any such "oneness" can be established. Man's first aim, then, should be to study self in order to find the cause of his ailments and remove the cause as a first duty he owes to himself if he hopes for happiness, whether in the present or the future life. If health is happiness, then happiness must also imply health—physically, mentally and morally.

"The New Thought."

PAUL TYNER.

A new departure, characterized at once by sturdy optimism, earnest purpose, and settled confidence, is the metaphysical movement of today. Essentially American in its origin, it has already made its way across the sea, with other American products, and claims an international scope, not losing its Americanism, however, in its transatlantic extension.

There is reason to believe that what is somewhat vaguely known as the "New Thought" now numbers more than a million adherents, of whom more than half a million are in the United States. To most of these, the cult stands for a practical, every-day working philosophy that takes the place of a religion, and is, indeed, to these people, the only possible religion. At the same time, thousands of its followers retain their conventional affiliations, finding in the "New Thought" welcome aid to understanding and appreciation of the living spirit under the dead letter in all religions.

Thus, the new teaching appeals only to people in and out of the churches, emphasizing the essentials on which people of various

beliefs or of no belief, may very humanly unite. One reason for its rapid spread in popularity is here apparent, and makes interesting an examination of its development.

The movement has for its basic purpose nothing less than a lively realization of the metaphysical truth at the base of all religion and philosophy, not as a mystical or intellectual abstraction, merely, but as a working force in actual life, eligible to all men everywhere.—*Review of Reviews.*

Richmond and Medical Ring.

TO THE EDITOR:

The appeal case of Dr. Richmond vs. The Los Angeles County Medical Close-Corporation, came up before Judge B.N. Smith in Department 1 of the Superior Court of this county, on June 21. The appellant was represented by two eminent counsel—Messrs. J. H. Krimminger and W. H. Shinn; while the cause of the People was maintained by the prosecuting officials, Messrs. Beebe and McComas.

This is an appeal by Dr. Richmond from Judge Morgan's decision, by which Richmond was fined \$100 for practicing medicine without a license, the prosecution being instigated by the local medical society, whose hired spy, with an accomplice, called upon the doctor for medical treatment, pretending to be sick, when, in fact, she was only pursuing her nefarious calling.

Mr. Shinn, an able pleader, occupied a full hour in presenting the case of the appellant, taking the ground that the facts presented in the complaint do not constitute an infringement of the law as contained in Chapter 51 of the statutes, and was not a public offence. He also insisted that the complaint itself did not constitute a valid statement. As regards the law itself, he claimed that it was, in part, unconstitutional, inasmuch as it goes on to define what the practice of medicine is. He said it is generally agreed that the object of the law is to shut out every healer but the members of the "regular" school, and that the evidence presented in the lower court, even taking the law as it is, is insufficient to warrant a conviction of defendant. This law offers a premium to spies and informers, who ought to be imprisoned rather than made the recipients of half the amounts imposed as fines in each individual case.

Messrs. Shinn and Krimminger then cited numerous decisions by courts of various States in support of their contentions, as also did the counsel for the People, in rebuttal.

Considerable discussion took place between the presiding Judge and counsel of both sides as to where the line should be drawn between the practice of medicine and the application of ordinary remedial agencies, and as to whether, in the case of the latter, it would be a violation of our statutes regulating the practice of medicine for any person not duly licensed under this act to prescribe such remedies as massage, magnetic healing, etc.

It was eventually agreed, the court assenting, that both sides should furnish a short brief, with authorities cited in support of their various contentions—the counsel for appellant within five days, and the counsel for the People to answer it within the five days succeeding; and then the

Court would take the case under advisement. The honors of the legal battle were certainly with the counsel for appellant.

WILLIAM LOVEGROVE.

Los Angeles, Cal.

The Harmonial Society.

Mrs. Maude L. Von Freitag prefaced her spirit messages for this society last Sunday by saying that there was one particular subject that seemed to interest investigators intensely, and that was: "What do you mean by guiding spirits or guardian angels?" From the moment we are born some spiritual intelligence is attracted to the new-born soul, and from the moment of birth into the earth-life until born again into the spiritual existence, that spirit intelligence watches over the spirit clothed in mortal garments. How sweet the thought that some one is watching over us, grieves when we do wrong rejoices when we conquer self.

One of the teachings of the orthodox religion is that Jesus came to earth, lived a godly life, then gave that life to bear all the sins of the whole world. Spiritualists do not ask any one to stand in their place and bear their punishment; they know each must work out his own salvation.

Many things that seem to us as burdens almost too heavy to bear, will prove blessings in disguise, and we will be better and purer over there because of trials here.

A little sailing vessel in a storm almost swamped by the gigantic waves, is about to sink, when a large, stately steamer comes to its aid, takes part of the heavy cargo, and the little vessel rights itself and merrily rides the breakers and lands safely in port. Just as when we feel our burdens too heavy to bear, and we feel we cannot sail on any longer over the sea of life, our spirit friends, those guardian angels, are like the steamer and want to help us.

Let us be, not "Spiritists," but "Spiritualists," living pure lives, so that those with whom we come in contact will say: "If that man or that woman is a Spiritualist, then I am going to investigate." Let us hold the thought that our guardian angels are with us, watching lovingly over us, and not a man or woman but will live better and purer lives day by day.—*Medium.*

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ETERNAL LIFE,

By Rev. Minot J. Savage, pastor of the Church of the Messiah, New York. 10 cents. This famous sermon is calculated to inspire a demand for scientific demonstration of the continuity of life. It cannot fail to awaken an interest in any thoughtful mind. It should be scattered everywhere, and for this purpose 10 copies will be sent postpaid for 50 cents.—For sale at this office.

Just How to Wake Solar Plexus,
By E. TOWNE.

Price, 25c. For sale at this office.

It teaches that as the sun is the center of the solar system, so the Solar Plexus is the center of the physical body. As the sun radiates life and warmth to its system of worlds, so the Solar Plexus, when awakened, radiates life and health to the physical body. The book gives original breathing exercises of great value, tells how to KILL FEAR, control the emotions, develop courage and strength.

J. F. Willis, Breckinridge, Colo., writes: "I received more special benefit from one reading of 'Just How to Wake the Solar Plexus' than I have during a period of over ten years with medicine chests and doctors' bills of over \$800.00, aside from much time lost."

Milan Doane, Creswell, Ore., says: "The knowledge derived from the Solar Plexus Book is renewing my youth."

Dr. Franz Hartmann, the celebrated German occultist, says of this book: "I regard it worth more than a whole library of books on occultism and metaphysics."

Eleanor Kirk's Books.

Influence of the Zodiac upon Human Life.—This is a volume of 180 pages, handsomely bound in cloth, giving 20 pages of explanation, and, on an average, 10 pages to each sign of the Zodiac, including in each, Mode of Growth, Occupation, Marriage, Virtues, Faults, Diseases, Government of Children, Gems, Astral Colors, etc. It explains the individual to himself, and as it requires the date of the month only, and not the year, is invaluable as a parlor entertainer. Price, \$1.00.

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It furnishes the information every Spiritualist and every investigator desires. Price, 75 cents; by mail, 40 cts.

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senses of mind and body, soared master of the realm and fancy, and passed through solids as if they were not there, or glanced through substances as if they were but ether.

"Now on top of this comes the astounding fact that the retina and optic nerve are not necessary for the transmission of the sensation of light to the brain.

"Following up this lead the room for speculation is unlimited. If light may be perceived by people who have neither eyes nor optic nerves, why not other things than light? Why not the so-called material things of life? Does the discovery show that the life, the inner consciences, may perceive all things when unfettered from the body; that it may perceive them in a more ethereal aspect as it now looks through the body with the X-ray, and as it now perceives the glories of light without the eye to transmit it to the seat of sensation? Is it not a wonderful discovery? Its possibilities are vast. Possibly it will soon be demonstrated that the inner consciousness, or spirit, may look upon a new world which now is obscure, because of the want of proper conditions. It may soon establish that there are relations between the outer and inner being, and show the relation between spirituality and materiality, and that the now known universe has its counterpart in the invisible.

"I have said that if the sensation of sight can be transmitted to the brain without the retina and optic nerve, then why not other sensations? It seems possible that science is on the eve of demonstrating that the inner being may have no eyes, no optic nerve, and still see; that it may have no ears or auditory canal and nerves, and hear; that it may have no material sense of smell, and yet vibrate with delight in the odor of roses; that it may have no mouth or organs of taste, and still be able to receive that sensation; that it may have no hands or body honeycombed with nerves to transmit the sense of touch to the brain, and yet be sensible of touch.

"I noticed in the *Mirror* soon after the X-ray was discovered, an editorial in which Mr. William Reedy made the assertion that possibly the new ray might prove the stepping-stone to the solution of the very mystery of being itself. His words now come in the nature of a prophecy."—*St. Louis Republic*.

Missionaries' Report.

During the 61 days of March and April we held 64 meetings, visited 18 towns, organized and chartered 7 new societies, and visited 7 of the old chartered associations. Three of these having met with adverse conditions, neglected their per capita dues, but new interest was created, they paid the arrearages and were reinstated.

Our lectures and messages were received with evident appreciation by all classes, a goodly number of our listeners hearing the sweet message of Spiritualism for the first time.

It is a great satisfaction for us to know that our national organization is growing in favor with the people as they learn more of the great work it is doing for our Cause.

The work in the missionary field has demonstrated that the Spiritualists are ready to co-operate in

the good work as soon as some one is sent to assist them to organize.

If we could reach the millions of Spiritualists and make plain to them what may be gained by thorough organization and co-operative work, our Cause would take the lead in the world's reforms.

The few missionaries the N.S.A. is able to send out now can reach, comparatively, but a small proportion of the many Spiritualists of the country. Many of the few they do reach, as is plainly seen, are ready to join the organization and put in practice the belief in co-operative work.

E. W. SPRAGUE.

618 Newland Ave., Jamestown, New York.

The Shrine of Silence.

TO THE EDITOR:

When I called on you last week to renew my subscription to your excellent JOURNAL, I realized that in buying a copy of Henry Frank's "Book of Meditations," entitled "The Shrine of Silence," I had found a treasure. You will remember the moment my hand touched the outer cover, and had read the title, I said: "This is a book of divine inspiration, lofty ideals and heavenly wisdom"—and the more I read it, the nearer I get to all that is good and true.

I feel in a mood to-day for quoting some of its many truisms and lofty imagery. I would rather be Henry Frank to-day (if I were a man) than King Edward on his coronation day. To have given such a book to the world is worth having lived a life-time. Here is a quotation from the first chapter on "The Soul":

"Let us become acquainted with ourselves, let us realize our own powers, let us conjure courage, hope, faith, joy, peace, goodness, victory." What words of power these are!

"Let us be good that we may attract goodness; forgiving, that we may be forgiven." "Light looms not from the stars, but from within." "The sun may always shine in the soul; it may always be daytime in one's heart."

Ah, me! if we could only realize this, when days are dark and Hope seems dead, and Despair knocks at the gate!

In the chapter on "Ideals," how truly he says: "If we contemplate the ideal we exalt the commonplace. Dreams are the prophecy of facts; poetry is the chord of harmony that thrills with melody the prosy walks of life. Open all the windows of the soul, and let in the air of heaven." Here is a truth from "Deeds, not Creeds, make Character": "We live in what we do; our thoughts are the storage of our deeds." Listen to this on nature: "A sublime and triumphant purpose is in every atom. From molecule to mountain, from mammal to man, from seed to star, and solar worlds, I doubt not one increasing purpose runs. From primal force to final man, one impulse moves forever."

This chapter is intense and full of deep meanings. The idler, and the readers of trash literature will pass this book by, but the hungry-hearted, the souls athirst along the desert ways of life, will reach for it. To all such, and to students of the occult, I say: "Buy it! One dollar and a half can not be more wisely spent. I would not part with mine for five times that sum." Heaven bless its author. Yes, it has blessed him, even as he wrote,

for he had first to receive before he could give out unto others.

The chapter on "Life's Promise" rings like a bugle call: "Fret not, nor worry over by-gones. Each day, new born, re-opens life afresh. Each dawn is flushed with hope. Forward is the call. Be true to thyself; live for love, for honor, and for right; hate not; forgive."

The chapter on "Solitude" is beautiful: "Solitude is the soul's opportunity. Be thou the friend of Silence, and she will bless thee with her crown of Peace."

"The Faith of Science" is another interesting chapter:

"The minutest atom cannot be annihilated. Nothing that is shall ever cease to be."

Here is a line from the chapter on "Cosmic Vibrations":

"God is the center of cosmic vibration. Would we become one with the universe, we must think the thoughts that sustain the universe.

"Thoughts that Breathe" is another beautiful chapter. Listen to this:

"To build the 'House Beautiful,' thou needst but muster the children of the mind, and they will serve thee as architect, master mason and toiling artisan. As thou thinkest from the early blush of dawn, 'till thine eyes are touched by sleep, thou dost build, stone by stone, timber on timber, the house wherein thou dwellest."

The chapter on "The Scandal Breeder" is worth the price of the book:

"The innocent are his victims; the defenseless he destroys. He is the slayer of peace, the murderer of sleep, the annihilator of hope, and the vanquisher of life. He stabs in the dark, and rushes under cover. He has sown the wind, and shall reap the whirlwind. Let him beware!"

The chapter on "Nirvana" is so true, particularly where he says:

"Dwell in thoughts of peace, truth, kindness, love, gentleness, mercy; forgive the wrong; forget the offender, and thou shalt enter Nirvana.

That is easy reading, isn't it? But how much depth to those few words!

These lines from "The Foundation of Success":

"We face the day, we behold the light, we follow the sign of victory," seem to us, as we read them, a certain prophecy for the author of the book.

As we lay our psychometric hand upon his picture on the first page, we see many things for him, out on the years. He belongs on the heights; the lights of soul-land are all about him. He will write other books, but none better than this, "The Shrine of Silence."

But now back we come from the book-world to the noise and din of the great city.

We had an excellent sitting with Mrs. D. M. Colby of 1041½ Valencia St. She gave us not only several fine tests, but something better—words of tender sympathy, good cheer and hope.

We attended also Mrs. Eberhardt's Sunday-night circle, another local medium, who gave us good tests. Thursday of this week we attended an afternoon circle at the home of Oakland's famous medium, Mrs. Cowell. Some of her tests were marvelous. There were at least 20 ladies present, and she read for each, and I think all went away pleased.

Another wonderful medium, known to us by correspondence

only, is Dr. Max Muehlenbruch of Oakland. Several of the prophecies given us by letter have been fulfilled, and his reading of ourselves—spiritual, mental and physical—was absolutely correct.

We watch your paper for news of Dr. Peebles, on his fourth journey around the world. Long before going the third time, spirit voices told us of it, also of this, the fourth journey, telling him so by letter. He replied: "I would like to go, but see no way at present. If the spirits say I am going, they know more than I do." (How often they do know more than we!) I am here in Berkeley for a year or two, so they say, and I myself had planned to be in San Francisco instead.

Said a would-be critic to me the other day: "What good is your Spiritualism and your mediumship?" Said I: "Madam, take the true, earnest Spiritualists and mediums out of the world, and there wouldn't be much left!" When she wanted to read something on the subject, I told her of your Occult Book Store on Market St.

MAY HESS FANNING.

Berkeley, Cal.

Is Health Happiness?

ARTHUR F. MILTON.

Feeling peaceful, happy or content, indicates a rapport with like conditions. The soul that is ever discontent has some discordant force that vibrates in conflict with nature, or is attracting influences to itself that harmonize with its own state of being. Self-knowledge is perhaps the only physician that can give a correct diagnosis of the trouble, with self-culture as the only effective medicine.

That most of our ailments are due to incorrect living is generally admitted, and that a removal of the cause is the best remedy cannot be questioned. But whether medical aid can remove a dominant evil passion, is doubtful. It may purge the system of the impurities which these emotions generate, but they will be renewed as long as the origin of their creation remains intact. The ailment is then labeled "chronic," which implies that the cause cannot be removed by drugs or medicines. Doctors give no prescriptions for soul-tribbles. Their province ends where mind begins. Mental Science, with its healing branch, finds fertile ground at this stage, but not all patients are within range of its healers. Self-study then becomes the substitute, and those foremost in the undertaking not only obtain an understanding of human nature thereby, but attract conditions from nature that vibrate in unison with their own attained state of health, and produce those sensations referred to in our opening sentence.

If "health is happiness," then happiness must indicate health—lasting in degree to its moral foundation. Contentment and peace of mind are its complements, and the three representing those attributes of nature known as harmony, law and order (authority).

What man experiences as sensation, feeling, delight or joy exists in nature as a principle, even though it may not be in the exact form as man experiences it. But we can infer it to be something desirable by man's instinctive longing for happiness, and his intuitive reaching out for it by the method of correct living—the

