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T. G. NEWMAN,
EDITOR.

SAN FRANCISCO, CAL., THURSDAY, DECEMBER 28, 1899.

1429 Market-st.
Between 10 & 11th-Sts. No. 52.**GOOD THOUGHTS.**

ELLEN H. TOBY.

Thoughts, sweet thoughts, are sparks
divine
Sent to illumine life's weary path:
Sent from heaven, and they are thine,
And from thy soul sweet incense waft.
Impure thoughts are not of God,
Slyly like a panther creeping.
Leave them in the path they've trod
Broken heartstrings, crushed and
bleeding—
Fleet as a swift-winged bird they go,
To and fro like arrows darting,
Piercing hearts to fill with woe,
Shall we—e'er regret their starting?
Oh, child of earth, asleep or waking,
Let no thought e'er come to thee,
That in turn by its escaping
Will create much misery.

BORDERLAND.**Haunted by a Cat.**

Mrs. Gordon Jones contributes the following: "I have the strongest aversion to cats. After my marriage, I would never have one in the house until obliged to do so on account of mice. The one I then allowed to come was an ordinary gray and black striped one. One day I was told that the cat was mad, and by my authorization it was drowned by the groom in the copper. The same evening I was sitting alone in the dining-room reading. Presently I felt impelled to look up; the door seemed to open, and there stood the animal that had been drowned in the morning—the same cat, but much thinner and dripping with water. Its eyes were quite human and haunted me afterwards, they looked so sad and pathetic. Never doubting that it was the living cat which had escaped drowning, I rang the bell, and when the servant came I said: 'There's the cat: take it out.' But the servant looked frightened and replied: 'Oh, ma'am, I saw the cat after William had drowned it, and I buried it in the garden.' 'But,' I said, 'there it is.' Then the cat began to fade, and I saw nothing more of it."

A Haunted House.

A Mrs. Yearsley writes: "The haunted house we lived in for over three years still stands. It used to be 2 Kent Villas, Asylum road, Peckham. On the day we moved in I was sent with the other children to play up-stairs, so as to be out of the way. We chose the top staircase leading to the upper bedrooms. We had been playing for an hour when we saw a tall, thin woman, with a plaid shawl of red and white pattern over her head,

come slowly down the stairs, her dress rustling behind her. We all drew back against the wall while she passed us and disappeared into the lumber-room just below. We were all dreadfully frightened and flew, and some fell, down-stairs, to tell what we had seen. My mother was angry and chided us. The next Sunday, in the middle of dinner, we heard the latch lifted of the half-glass door leading to the garden. Several of us looked up and saw the door open and the shadow of some one go quickly up the stairs. My father called two of the boys, saying: 'Some one has got into the house.'

"They took heavy sticks, and one stood in the hall so that no one could pass without being seen, and the others searched every corner in the house and found nothing. The noises in the house were at times almost unbearable—exactly as if half a ton of coal had been shot down the stairs. Mother never actually saw the old woman, though she constantly followed the sound of footsteps up the stairs to try and discover what they could signify.

A Nocturnal Visitor.

Miss L— makes the following contribution: "In January, 1873, my aunt and I were sleeping together, when we saw our bedroom door open and a curious pale light streaming in. I got up to investigate, but the door shut immediately, and I found it dark outside and no one there. On subsequent nights we heard noises, doors opening, footsteps, and other strange things, and we learned that the house was reputed to be haunted.

Sometimes I felt touches when I was in bed, and the bed was shaken. One night I saw in the moonlight a figure burst through the closed door and rush past the bed to the window, the sweep of garments being audible as it went by. Occasionally I saw a figure of a man in a military cloak of the old style, and this same apparition was seen twice by a lady, Miss D—, staying at our house. It seems that the dwelling was understood to be haunted by its late owner, a Waterloo officer, who had died there."

Roadside Apparition.

A Mrs. Goodhall writes: "On a Summer's evening, about dusk, I was being driven by my daughter in a pony carriage on the road to the town of Bedford. It was in 1873 or 1874, I don't remember which. On both sides of the road was tall grass. Suddenly I saw a figure, dressed in black from head to foot, advancing. It appeared to glide along. Passing on the left side of the carriage on the grass, within two yards of us, it turned its face directly our way, and of all its fiendish faces, it was the most horrible you can imagine. Its garments seemed to trail behind it. My daughter looked back after it as it passed us. She says it turned its face over its shoulder and looked toward us. I myself turned around immediately, but it was gone. No real person could have disappeared in the way it did. Later I learned that this part of the road was supposed to be haunted."

Revisited by Grandmother.

A woman designated to be Mrs. T— contributes what follows: "My grandmother was ill in her bed, from which she never got up. I being about 10 at the time, said to her: 'Oh, grandmother, I shan't stay here when you're gone; I shall be afraid.' She replied: 'Nonsense, child; I shouldn't do thee any harm.' After her death I was dusting a room one day, next to that in which she died, when I saw my grandmother reflected in the looking-glass standing at the door. I turned around and saw her standing in her nightdress, with one foot in the room, and her head turned round to look at me. Then she disappeared."

Visits Celestial Abodes.

A death lately occurred in Indianapolis, Ind., of a man who firmly believed that he had died before and had seen heaven. Dr. William H. Kendrick, a personal friend of Abraham Lincoln, was buried Wednesday in Crown Hill Cemetery, after his family had made a careful examination to prove that he was in truth dead. Once before, his body was prepared for burial, when the man's spirit suddenly seemed to return to his corpse.

Dr. Kendrick was one of the most famous eclectic physicians in America, and formerly a professor in the Eclectic Medical College at Chicago. He was called to Washington during the Civil War, at the personal request of President Lincoln, and took a place on the medical staff of the army. He was stricken in Washington with pneumonia and after a brief illness was pronounced dead. The body was

**A Noted Lecturer and Author.**

Mrs. Mary A. Livermore, whose portrait adorns this page, is a noted temperance worker and a famous advocate of woman's rights. She is the author of quite a number of good books, and is one of the best known lecturers on the American platform. Mrs. Livermore began her investigations into occult subjects when the Fox Sisters were making such a stir in the world. She has related many of her peculiar experiences for publication, among them the following:

"The most convincing proof of all was an actual talk I had with my husband, some months after his death. I went to a medium in Somerville, and in a short time I was talking with my husband. I was perfectly unknown to the medium, and the details of personal things my husband told me could not have been known to her. He also told me things about his present condition. He said he was there what an infant would be on earth. He also said that his mother would soon join him, and gave me details as to her illness that happened exactly as he said. That convinced me, and now I am a Spiritualist."

about to be shipped to Indianapolis, when Kendrick suddenly returned to life.

Kendrick said that he had died. He felt his spirit leave his body and pass out of the room through the solid wall. It was met on the outside by an angel, and conducted swiftly through space for an immeasurable distance. It was then taken to heaven by two other angels. There Kendrick saw beauties inconceivable to mortal eyes. He met and talked with old friends from Indiana. He was enjoying celestial glories when the angels again sped away with his spirit, this time returning it to the room in which the shrouded corpse lay. The sensation, he said, when the spirit entered the dead body was not pleasant. The story of this apparent death and resurrection is vouched for by those who knew of the circumstances.—*Inter-Ocean.*

A Bright Spirit.

Mr. T. A.— writes: "I saw a darkish vapor leave my father's head when he died, about 12 years ago, and it formed into a figure, full-sized. For seven consecutive nights I saw this figure in my own room, and saw it go each night into the next room, in which the death occurred. It became more distinct and brighter each night, until it was quite brilliant, and even dazzling by the seventh night. I should say that it lasted a minute and a half on each occasion. It was dark when the phantom used to appear. I was quite awake, going to bed."

Army Captain's Story.

Captain C.— of the British army contributes the following: "Between 10 and 11 one moonlight night in Darjeeling, while riding my hill pony at a sharp trot along the mountain road to Jullapahur, I suddenly saw before me what appeared to be a dead native, wrapped in a white sheet and lying stretched across the road. My pony evidently saw the apparition, or whatever it was, at the same moment, for he instantly reared up and fell over backwards, dragging me close to the edge of the precipice. I regained my feet, and raising the prostrate animal by the bridle, found it trembling in every limb and much frightened. I looked around angrily to 'wig' the native, thinking him to be perhaps a drunken hill man, when, lo and behold! he had disappeared. On one side was a precipice, on the other the precipitous mountain side bare of trees, and not an object else to be seen. It is inconceivable that a living human being could have vanished in such a manner."

"My Old Lady."

Mrs. A. W. Verrall writes: "One evening about the middle of September, 1879, as I was washing my hands in a little room at the end of the passage leading to the front door at 24 Vernon terrace, Brighton, I heard footsteps, and, looking up, saw a little old lady coming toward me. She was clad in a dark dress, a gray knitted shawl over her shoulders, fastened with a brooch in front, and a cap. I did not see her face, though she was walking in my direction. The figure disappeared before reaching the room where I was. During the next three weeks I saw 'my old lady,' as I called her, several times, usually when I was alone, but once

when my sister and I were sitting in the dining-room. The brooch fastening the shawl was like one worn by my great-grandmother, Mrs. Watkins, who had died 10 years before. In the end, I called the figure my great-grandmother, but I never saw the face; there seemed a blank within the cap."

Philosophy of Human Life.

A. H. NICHOLAS.

Animate Nature perpetuates itself through birth, growth, decay and perpetual returning to the seed to repeat again the image of life; yet, when we enter the deeper domain of the spirit, the aspirations of the soul, the immortal longings for truth, goodness, knowledge, Nature offers no solution of the question why man desires eternal life. It is in the realm of mind or spirit that man aspires to a continuation of thought, to a wish to perpetuate the higher affections, to a desire to dwell in a realm where there can be fulfillment of these immortal prophecies. The hopes of youth that are freighted oftentimes with earthliness, are still upborne on the wings of aspiration that are far beyond the fulfillment of earth.

It is the complaint of middle age and old age that the hopes and aspirations of youth, the confidence in human nature, the trust and love for mankind, have been well nigh blighted by contact with the world; that those hopes have been disappointments, chiefly; that the fruition has never been found; and yet the middle-aged and those farther advanced in years look steadily forward to some place or time or condition where those hopes will be fulfilled—a realm or state of existence wherein the best aspirations of the spirit which have met with disappointment in external life may be carried forward to fruition.

The poet sees it in the redeemed earth when man shall meet the fulfillment of a higher life in a larger and diviner humanity. The humanitarian sees it in the more perfect endowment of human beings with truth, justice and love; and he hopes that in the larger humanity that is to come—in the greater and diviner sphere of human life that is to appear upon the earth—there will be the fulfillment of these promises and aspirations. But there is only one realm in which there is certain fulfillment and that is the realm from whence these aspirations come.

We cannot conceive that the hopes and aspirations for immortal life can come from the dust, or that the clay can reveal to man anything of what the spirit requires to know. By that intuition through which intuition comes to man from the inner realms of spirit, the soul declares itself: and even he who reasons blindly without inspiration may justly know that if there is an aspiration beyond what his senses and the formulas of the intellect declare, that aspiration must emanate from the realm wherein the fulfillment shall appear.

The culminating crown of all our lawful desires, wants and hopes await us in the spirit-world. If you desire true love and happiness not attained in earth-life, that awaits you over there. If you desire wisdom and truth, that awaits you. In whatever channel the natural aspirations run, the sure fulfillment awaits us, and sooner or later we will reach the higher altitude. Pine no more, ye hopeless, discouraged ones of earth: gird on your armor

of effort, hope and courage, press nobly and bravely onward, for victory at length is sure.

There are some good men and women whose lives seem to be free from shadow and pain, peaceful and tranquil. Though the world may not understand that sorrow has come to them, yet, rest assured, they have had their share of suffering. Matter chains spirit for a time that it may learn moral obligation—the real meaning of fraternity and religion. You wish to escape suffering, but you should learn that spirit should direct—that matter is servant, amenable to the higher law—that it moves in obedience to the ceaseless pulsations of the spiritual essence, working toward infinite forms of perfection.

When most we appear to fail we may be sowing the seed, to return in the form of lovely flowers, luscious fruits and golden grain, produced from the tiny seed, the little efforts of thought, word and deed which are often all the contribution we can make to the universal industry. When we find each day's hourly meed of ordinary effort furnishing us with all we require to unfold the grandest character, we shall see how true and sweet a thing life can be under even the most unattractive exterior.

We know that sometimes the discipline that is laid upon human lives seems rigorous and severe, for we cannot fully understand or clearly see the way before us. We feel the trying experiences; we know the clouds and sorrows that hedge in life, and, contemplating these alone, we are too apt to believe that only pain and trial and difficulty are the lot of humanity; but we can lift our souls above these limitations of the external and perceive the things of spiritual life and law; we can mount upward toward the realm of infinite love and peace, and be able to scan more of life and human destiny; more of infinite purpose, and so learn that these experiences which seem so hard at first are only a part of the great plan which is to unfold humanity to a higher and better state. When we view these things through calm judgment and enlightened reason, we may come to be thankful for the trials as well as the seasons of prosperity; for the storms as well as the sunlight; the shadows as well as the beautiful star-beams that fall upon our way: for we come to learn, as we scan and understand spiritual life, that all these are necessary in the great unfoldment of the higher, purer condition.

The exchange of earthly vestments for spiritual robing does not disturb existing loves, social relations, unities, activities or any of the spiritual forces which make spirit superior to matter in its varied organized forms. The mind of man comprehends its simple philosophy and harmony and finds in them a true solution of the problems of life. The heart leaps to embrace it and finds in it the solace and comfort which the sense of immortality within the soul craves. All the physical senses—these material inlets to the spiritual sensorium or consciousness—bear witness to its truth. The triune nature, in each and all its parts, powers and functions, testify in unison to the substantial verity of the spiritual Philosophy.

Oh, why is human life so constructed that the appeals of the spirit are frequently met with doubt and derision? Human society, in part, offers no welcome to the spiritual messenger or message, because

it is already crowded to overflowing with mortal aims, ambitions, employments. A full vessel can take in no more water until some of its contents are poured out; so a life full to the brim with external engagements and considerations has no place for the emancipator of the race who comes in humble guise, with no royal rank or magnificent apparel to commend her to the superficial. That the world has not learned the lesson well does disprove the need and beauty of the lesson: rather does it give a cogent reason for its more imperative importance: for when a great principle has been enunciated, and woe and confusion have ensued in consequence of its being disregarded, so much more plainly do we see the intense importance of the lesson which must be learned ere the race can be uplifted.

Circumstances limit no one who has not the cause of his own limitation within himself. A truly noble work is never really hampered or restricted because of a lack of earthly support. It may seem to languish by reason of outward embarrassments, but in reality is the more perfectly carried forward when it must appeal only on the score of goodness and genuine usefulness. Oftentimes the patronage of the great and exalted in this world will but tend to impede the progress of a divinely-commissioned undertaking by distracting thought from the essential nature of the work itself to its magnificent accompaniments. In like manner a very great and exceptionally illumined teacher of truth may work the freer and become all the better equipped for his mission by being deprived of those outer glories and comfortable assistances which seem to the externally-minded absolute necessities if work is to be carried on. It is surely the most singular test of greatness that a man can rise to the very highest pinnacle of success solely by virtue of his immense inherent power and intense fervor of devotion to the cause he has espoused. Almost any one could become great in a popular sense with influential backing and the added help of an aristocratic lineage and bearing; but for a village carpenter's son to achieve higher distinction than that of the monarchs of the world, is to demonstrate the force of an authority not dependent upon either precedent or circumstances, but relying for its efficacy upon the strength of genuine, unassailable worth.

Transfiguration.

A. B. C. DAY.

As there has been so much said and written on the subject of materialization and catching the spirit forms, and they proved to be the mediums themselves, I will relate an experience I had with Ralph Shear of Boston.

It was in the State of Maine, somewhere about 1882. He missed the train and came to our home a stranger, to await the morning train for Boston. This young man is now in the spirit-world, just as his father, who controlled him, told me he would be, if he did not give up to his control; he would take him on the other side, and so they did, in a short time after.

We were sitting in a room where mother was sick. As we sat there engaged in conversation, Mr. Shear says: "Who is this old gentleman walking around here with a cane?" I said: "Describe him, and I will see if I can recognize him."

He gave me a perfect description of father, and then I saw he was under an influence from the spirit side. He said: "I will see if I can show him to you; he has gone beside your mother." So he stepped beside the bed and immediately began to grow tall and broaden out, (my father was a large man), and my little girl, then about 9 years old, said: "Oh, see him grow, mama;" and so he did until he got to be a man as large as father, and just then he began to talk and say: "Go away, go away; you are too strong for me," and waved him back with both hands. Then he began to go down again, until he was his natural size. I have always thought if he had had a circle to draw from, father would have shown himself then.

I have never heard of anyone having a like experience in daylight, with no cabinet fixtures or anything. His father told me at the time if he would give up to them, he would be one of the grandest materializers in the United States; but he would not give up wholly to them, so they took him with them.

An honest materializer has a pretty hard time, with all the skeptics and a good many that pretend to be good Spiritualists, but it is a fact, all the same. I have seen them come out two at a time, when we were sitting for investigation. I have seen a colored man stand behind the blanket, just put across the door for a cabinet, and a white man as medium in the chair, in my own house. Bye-and-bye you will all want to be coming back to show yourselves; it is only a matter of time.

Carson, Nevada.

Unreliable Communications.

HUDSON TUTTLE.

Why are the communications received by the planchette and psychograph so untruthful?

The planchette, on account of its proclivity to distort the truth, has been facetiously called the "planchette," and the "little liar," and because of the conditions similar in both, the psychograph is sometimes unreliable. The use of these instruments requires a much lower degree of mediumship than almost any other form of manifestation. The medium at times exerts a marked influence over the messages, and there is often a stubborn effort to repeat any communication given, even when such message is erroneous.

The ease with which messages are given allows spirits to communicate who otherwise could not. A more potent cause is the conduct of the mediums or members of the circle. When they find that they can at any time receive messages through these instruments, they resort to them on all occasions, and make them oracles on business, and all affairs of life. This makes common the heavenly gift, and wastes its benefit. There would be no cause of complaint if a time were set apart for seances. Say, twice each week at an hour when there would be no fear of interruption, and this appointment unvaryingly kept, and on no account sittings held at any other time.

A little thought will make the reason for this plain: The spirit friends, knowing the appointed hour, will surely be present and prepared to communicate, and will not allow the approach of others undesirable. They will perfect themselves in the methods required,

which is often the contrary, if at the moment the medium is the instrument, his presence may be absent—present—absent—and within his sphere of influence. It may be that it may not be. It may be that the process of communication may be ignorant, erroneous messages may not do better.

Another problem is the question of suggestion and dissatisfaction at once to test the results relating to business, which the communication may be unless limited. The communication could know no more than control well known. The communication is plead, to of confidence, to be a certain brother, sister, or the answer and the control. Or the control and with them and integrity wrongly conveyed through the communication of the circle or is antagonism, the door is opened such communication and circle exist to prepare the way.

This advice is to this method but equally to of active participation be cultivated. Test questions unless it is first spirit if it is conditions to answer come when the demand. Sit whatever may there be apparent at once rush to you are the spirit being designed. The cause most self; you are broken transmission.

The idea of instruments are ought to turn any circumstances are only means advantageously the circle, or essential conditions grade this examination with pastime of an tract spirits and may expect results as their Berlin Heights.

The Circle

A. MARSH

We are just the twentieth century power and attainment the world has in which immortal life shall be established. We have what Ray." At present but little about advancing audiences. Edison are beyond his not long since hand through inches thick by Ray, which see I am experimenting and believe I can destroy the thin the two worlds then behold their friends in their condition.

So far, science

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Assisted by an Able Corps of Special Contributors.

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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, DEC. 28, 1899.

"Suggestion" for December records the remarkable phenomenon of the restoration of an organ to its normal condition after structural changes have taken place, and cites the case of a young lady who grew a new finger and a new nail. There is a case which has come under our personal observation in this city, where a new elbow has grown after the entire elbow joint of the left arm was removed for a space of six inches. The accident which caused the injury happened in this city, within three months, and the phenomenon can be verified at any time.

Author's Manuscript should pass through the mails as third-class matter. The 20,000 men and women who earn their bread by the pen have done their part to place this country in the front rank of the world for literary excellence. The aggregate of postage on manuscript in a year is quite an item when paid at letter rates. We hope to see a law for the relief of this class of toilers enacted by the present Congress.

Physical Phenomena is the foundation upon which has been builded the entire occult movement of to-day in the Western World. Spiritualism is an experimental science, the same as chemistry, and the paraphernalia of the seance room is as necessary as the apparatus of a chemical laboratory. The student of the higher thought forgets that the spiritual illumination which he enjoys is the fruit of the evolution of mind. Evolution has not ceased upon the physical plane because man has been produced; neither has it ceased upon the mental or spiritual plane because Theosophy and Mental Science has been evolved. Let us not destroy the bridge which has carried us safely over; there are others to follow.

War.—The editorial in its "The Spiritual" which will u some attention. a few thought the crude, unde of human prog the truths whic lished in the wo war. But we b has arrived whe necessary. Phy idly giving awa and we hope in t to witness the r world. The spi doing more to result than any in the world to-

Dwight L. successful evan has passed on to existence. The t at Northfield, He labored faith oration of the e manity; his met but his honest never been ques that he can com inhabitants of of existence, an ences in the a will be given to edification.

A Brother should be inat those who see n and sickness a world should be it. Its ranks s mented by thos looking for ev transaction of l chase a gold b fraud-hunter wo place there, a howler might ce Then there wou for a Peace Con

An Appeal funds to aid t phans of the Bo has been sent to The appeal is to tion in our colu widows and or cause under all especially whe widowed and or of liberty. The of the Relief Geo. W. Van Si New York, to v great or small forwarded by Africa, the he Association.

Fred Evan renowned indepe medium, has articles in the A trating the me obtains the w direct spirit-wr is illustrated. Esteemed conte portrait of Mr.

