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## PSYCHOLOGY AND METAPHYSICAL THOT

R. E. FLECTION, M. D.

The investigation of the mysteries of these Scientific Researches, is so much shrouded with ambiguity, with incomprehensibility, and seeming impossibilities to the careless investigator, that it behoves the student to thoroly understand the instrument with which he is working.

First, we must concede that the mightiest forces in the Universe are the unseen as exemplified in the mind: "Mightier than the Sword." In electricity, magnetism, electro-magnetic force, heat, air, vacuum, voice, adhesion, cohesion, attraction, gravitation, and repulsion. Sir Wm. Crookes, as well as other distinguished scientists have proven that the spirit or mind, is a substance, and have given—by mechanical appliances—the weight of a thot.

### WHAT IS A SOUL?

All Lexicographers give the same definition, i. e. "The soul is that part of man that is immortal, spirit, life, intelligence."

The term "psychic" is a synonym for soul, spirit or mind. It is a Greek word and signifies "breath," or the process of breathing.

The Lord breathed into the nostrils of Adam the breath of life, and he became a living being." If this part of biblical history is to be credited, it would indicate that the breath was considered life, soul, spirit. Let us analyze the breath and see of what it is composed. We know the constituents of the air as it is inhaled in health, and what changes necessarily occur as it is exhaled normally.

The breath being an exhalation of the blood, it carries with it—in an infinitesimal measure—the most if not all of its constituents, consisting of water, (oxygen and hydrogen) nitrogen, sulphur, lime, iron and the various salts. When the breath is thrown on the highly sensitive plate of a camera, it reveals motion colors, not unlike those of a spectroscope. It is conceded that every atom, and molecule has an individual polarity; and that the mass of all material, living or dead, is governed by their co-relation and nature's universal polar influence.

ORIGIN OF THE HUMAN SOUL.

It is the product of the union—in the matrix—of two bodies, one positive in its polarity, (the Spermatozoa,) the other negative in its polarity, (the female ovum,) uniting by electric-magnetic or chemical power as vehemently as the magnet and the needle.

Modern criticism of "The higher Science," which embraces the Psychic Phenomena, adheres to the postulate that the soul had an existence before the body. It declares that the spirit was and is the life-giving principle of human growth. While the soul was in the body, it was a body-builder, and bore the same relation to its environment that a chit<sup>1</sup> a kernel of corn or any other cereal bears in its functions of body-building.

If the human soul has its origin in a germ, cell, chit, animal-culcule more infinitesimal than the twenty-thousandth part of an inch in length, is it not less strange that the beginning of another life might emanate from the "breath"? Remember that "material is never lost."

We know that in normal somatic death, that the breath is the last that leaves the body. "To be born again"—in spirit,—is an oft repeated biblical axiom. Yes, but the inquiring mind asks earnestly the rationale, the modus operandi.

We must understand that the laws in the spiritual world are natural, and the same as ours here.

The unit of the physical world is the atom, all atoms are identical in nature. When the atoms of a body

rub each other the body expands, the causation is a gas. When they attract each other, the body contracts and becomes a solid. When the atoms of a material body are brought into such volition that they are similarly potentized, they repel each other, when they are so related that those of opposite polarity are brought together, they attract each other.

Thus it may be seen that psychic forces are due to electro-magnetic influences operating in accordance with the natural law of harmony or equality. When the negative and positive forces are enraport, organic evolution may be possible, and expected.

If some departed Biological scientist could frame this postulate to us, giving established truths, the causation, formation and intelligence of psychic life based upon the polarity and chemical affinity of the constituents of human blood, as exemplified in exhalation therefrom, we would grasp it with avidity.

### PSYCHIC FORCE.

It must be admitted by all, save the willfully ignorant, and (they are not entitled to the name skeptic). The careful investigation by thousands of scientists all over the world, have proven without cavil or doubt, that communications between incarnate and discarnate spirits are occurring constantly. Intelligent and rational communications require certain conditions.

To those versed in electro-magnetic processes, it appears obvious that the elements should be as potential, and in unison as those in a telegrapher's office, for all communications are controlled by the laws that govern the modes of motion. The mysteries connected with the modus operandi of demonstrating spirit return, "baffles the comprehension of metaphysicians, psychologists, ontologists and all scientists, as did the Marconi, and even the old Morse system in their incipency. And yet we are told by those who have "passed over" that it is but "nature" and to them it appears as plain as the noon-day sun, for it is "simply another form of telegraphy, and is electrotying the world in the arts and sciences, in sociology and religion. It is the great truth, that even Gladstone predicted."

### THE VARIOUS METHODS.

In the majority of instances instruments are required to communicate intelligently. They are called mediums.

Many mediums have a peculiar idiosyncrasy, with many it is innate, and with others it is acquired after a long and tedious practice. Those who are highly and naturally sensitive to mental and physical conditions, those of a delicate physical organization, and easily influenced by the various emotions, and are readily hypnotized or those who stand on the border or threshold of that nervous cachexy of hallucination and hysteria, and particularly those whose subliminal consciousness is well marked, become the most efficient mediums. Mediums are classified according to their ability to meet certain requirements. Thus there are various phases; some tip tables and others materialize, some are entranced and delineate by speeches and are evidently inspired. Some do independent slate writing, others automatic writing on paper, draw pictures with pencil, water colors and in oil, some are unconscious, others not.

### CONTROLS OR GUIDES.

It is supposed "that every intelligent person has from birth a control or guide. These guides represent all nationalities. The Indian or Red-men, however, are more frequently represented than any other uneducated nation. From early childhood his nature brings him nearer the earth, he is more earthly and spiritually inclined, taught to worship the Great Spirit, (the sun)

which he watches with diligence and adoration from its early rising to its setting in the "Happy Hunting grounds,"

Whether the condition sciences fine arts, decorative art, is real or imaginary, it has doubtless made many happy, feeling that in re-unions and social gatherings, they were being protected and being kept from harm. Mediums of all denominations aver that unless their control is in good condition and in tune, they cannot expect good results, hence their frequent failures are due to unknown causes beyond their jurisdiction.

The causation of many failures is due to obsessing spirits, discord, and a lack of harmony. Mediums are also defective, inadvertent and grossly dishonest, permitting commercialism to sway, not infrequently, disparaging and inhibiting the progress of the great truth.

The requirements for success in any and every method selected for communication, are: First, quietude, tranquility and harmony should prevail. When the adjustment of these relations are accomplished, and the spirit has reached the state in which it is able to exist, and can apply the peculiar force, it can manifest itself. If the line is opened simultaneously, and equalization exists with the potentials, rational communications may be expected. If however, the electro-magnetic forces are disturbed in any way, and particularly by strong negative impulses, the result is the same as cutting a telegraphic wire.

Raps are produced by a sudden and momentary attraction in the polar relations consequently a percussive sound is produced. Voices are produced by operating on the air, causing a succession of alternating condensations and rarifications of various intensity, which are reflected and intensified and become audible to the ear as articulate sounds.

Little is known of a future life. Psychologists, however, aver that the spirits of our nearest and dearest friends are always with us wherever we may be, and those with whom we are in rapport guide us in our avocations, and impart knowledge of the most desirable character.

### FOURTH LESSON IN ASTROLOGY.

BY MYRTLE HYDE DARLING.

#### LIBRA.

The first decan is ruled by Jupiter. The ambitions are masterful, but the nature is doubting and the sympathetics narrow. The person is a strong sectarian, disposed to religious austerities, and at times to self-immolations. The person is a fatalist, believes in the occult, ever fearful of his destiny, yet has self-confidence and high ambitions. Relatives assist, yet often obstruct progress. Secret evil mars the life and threatens fame of fair destiny. Strong religious feeling and a high worthy ideal marks this nature.

The second decan is ruled by Mars. It gives forceful self-assertion, intense ambition, red-hot enthusiasm.

The person may achieve high military honors, and is in danger of overstepping limits of prudence, and suffering speedy downfall. The powerful friends are many. Favors fall to the native. He is gifted with extreme energy, and may be despotic unless the opposite influences are brought to bear. The rivals are constant and many, and they threaten fame and position. With moderation and proper feeling, he secures high honors, and wide fame. The key-note of life is conquest, and again conquest.

The third decan is ruled by Sun. Pride, austerity, unsympathetic tendencies rule. There is suffering thru children, and risk of financial ruin thru speculation. He becomes melancholy and gloomy over life's problems, and the death may be premature. He struggles hard and becomes self-centered, and devoid of wider sympathies.

#### ARQUARIUS.

The first decan gives a cheery, artistic, human mind, which gathers friends, and excels in lighter

London, England Vicar Creates a Sensation By  
His Views on the Resurrection.

It has fallen to two clergymen to provide the latest sensation. One is the Rev. Forbes Phillips, vicar of Gorleston, who has dramatized Mr. Guy Thorne's book, "When it was Dark," and who in reference thereto has declared emphatically that he does not believe that Christ ever rose from the dead, and the other is the Rev. S. W. Thackeray, of Harrow, who has become a publican, and declared it is no breaking of even temperate course.

The second decan is ruled by Mercury. There is scientific and philosophical depth of thought, and extreme patience. Inventive faculty is successful applied to medicine and hygiene. There is mathematical ability in science, astronomy and occult research. The spirit is independent, the mind penetrating, with power of assimilation. A lover of solitude or learned society, fortune comes by science or art, and success is slow but sure, and a fair name and good reputation ensues.

The third decan is ruled by the Moon. The mind is melancholy, solitary, full of lugubrious fancies, and weird experiences, visions, hallucinations. The fancy is changeable. The person is disposed to wander and make long voyages. The vision is feeble and afflicted, and the appetites are peculiar and fantastic.

#### PISCES.

The first decan is ruled by Saturn. There is loss of position, false friends, secret enemies, morbid enthusiasm, corrupt sympathies and religious fanaticism. There is trouble in love and with children. There is danger of drowning. Quarrels arise with powerful enemies. There is early death or affliction of one parent.

The second decan is ruled by Jupiter. There is much success.

There are two marriages or there is inconstancy in marriage. Eminent friends, certain elevation and honor come to the person. The nature is kind, warm-hearted, genial sympathetic and inconstant. The inherent merits raise and confer wealth.

The third decan is ruled by Mars. Strife, enmities and loss come by means of unknown secret persons. There is success in foreign lands, but a menace of danger, and troubles in the married state. There is separation from wife and children. Female influence is strong and detrimental. There are seven removals, but assistance comes from friends in high position. The person is sometimes timid, sometimes audacious, not reliable, loses opportunity for advancement. A certain religious or fanatical enthusiasm inspires the mind from time to time, but this is fluctuating. Fanciful projects make plaything of the native, and lead from one disappointment to another. There is a strong disregard for the consequences of an act.

#### AN ARABIAN LEGEND.

The Arabians had a tradition that when the devil started forth from his own place to the garden of Eden he was to lazy to walk and begged the animals, one after another, to carry him. All refused except the serpent, which was then a quadruped and the most beautiful of all beasts. Yielding to the entreaties of Satan, the serpent took up the devil on its back and carried him the rest of the way, no one knows how far, and after the consequences of the devil's entry into the garden became apparent the angels were commanded to look up the serpent and punish it, so Michael cut off its legs, and it was doomed henceforth to travel about as best it could.

There are two ideals in my mind connected with the day of rest. One is that it is intended for the worship of God in the first place and in the second that it is for such recreation as will fit a man for going about his duties for the rest of the week. I shall therefore try to induce my visitors to attend some divine service on Sunday and see no objection to their fishing or boating if they desire.

"I am not doing this out of pure philanthropy. I hope to make money out of it and will cater for my customers on the best side."

So far the Rev. Mr. Thackeray has raised no protest from his fellow clergymen.

#### LOW RATE EXCURSION.

To New York via D. A. V. & P. R. R. and Lake Shore Ry., April 12. Round trip \$11.00 good ten days.

2t.





# METAPHYSICAL.

Conducted by EVIE P. BACH.

## THRU OVERCOMING.

To him who overcometh—peace—  
Persistency brings sure release;  
To earnest souls God giveth grace;  
He leadeth them thru time and  
space,  
Up—into Light.

To cleanse the self—to purge the  
mind;  
To leave the dross of that behind;  
To live the truth—to learn of God;  
To lay all else beneath the sod,  
Brings liberty.

Aye—freedom, hope, health and  
wealth—  
Lust, mars the life—destroys with  
stealth  
Man's noble, God-sent, Godlike  
power;  
Man's peace on earth—most pre-  
cious dower—

Is born of mind.

Then cleanse the mind of grosser  
things,  
Abide in safety "neath His wings;"  
God knoweth all—He lifts thee  
there—  
Unto that Upper House of prayer—  
If ye so will.

Thru "overcoming" cometh "Peace,"  
Hold fast "the good," and find  
release  
From poverty of mind,—and store,  
Love swings with ease the steel-  
bound door

That bars the way

To victory, dominion, power;  
Life's jeweled crown—the Chris-  
tian's dower,  
Ah! he who in God's blessed name  
O'er mind and body learns to reign,  
Finds heaven on earth.  
—Ella Caroline Clark.

CONSCIOUS AND SUB-CON-  
SCIOUS MIND.

Much is said and written about the conscious and subconscious mind, as if there were actually two minds, whereas in reality it is one mind and two conditions. All that has ever been experienced by the individual is recorded by mind, not simply that which pertains to his present phase of being, but the full record of all his past life, and this store of experience is what is called the sub-conscious mind. It is a hall of records or a picture gallery in which is hung up, as it were, the impressions of all that has transpired. Nothing is ever omitted. When the mind is consciously focused on one picture, all that of other pictures is blotted out. We can look at but one picture at a time, this looking may take but an instant of time, and these impressions are either harmonious or discordant. When the sorrowful or unpleasant impressions predominate in the sub-conscious mind, the man or woman so saturated, you might say, with such that pictures are often depressed and melancholy when outwardly there seems no adequate cause to account for it.

Occasionally we are confronted by a situation which calls for immediate action along lines which we do not understand ever having exerted ourselves, yet to our surprise we are able to do the right thing in the right way, acting, as we say, instinctively. What we have done is to respond to the imperishable record of past experience, that which covers much that antedates our present earthlife, and instinct proves to be but the fruit of repeated experiences, safely stored up in the sub-conscious mind.

Years ago people thought that the disagreeable records of the past could be wiped out, and even today there are healers who think it possible that, thru treatment, wrong mental pictures can be erased. Yet what is written in life's book is written, and cannot be blotted out. There is one thing, however, which we can do, and that is to change out attitude toward these records of past experience. When we once realize that "There's nothing either good or bad but thinking makes it so," and that all our experiences are but good in disguise, we will not be made gloomy, but quite the reverse, by what is stored up in the sub-conscious mind.

Some of our hardest experiences are the very thing that in the end contribute much to our happiness. Even Jesus "learned obedience by the things which he suffered." Of course, while we are passing thru the trial, we do not always see it in its true light, but when we can learn to do this, the greatest element of discord will be eliminated. Thru such elimination disease will be overcome. The way we think of life, the way we picture things, affects the body for good or ill; and when we can rest consciously in the that all is working together for good, our bodies will respond wonderfully to this mental tonic.

If we hold this that, and are consciously in touch with the Great Spirit of Wholeness, which is the source of power, health and happiness, we can effectively help others to health. There is nothing arbitrary in God's dealings with us. That old saying which reads, "For unto every one that hath shall be given and he shall have abundance; but from him that hath not shall be taken away even that which he hath," offers much food for thought. Only those who are so filled with love for their brothers that they actually breathe forth blessings upon them receive in any degree the true blessings of life.

Many people look upon others as a means of personal benefit, desiring them to do and be that which will advance their own worldly ends. And often these very people give and do much for others with the underlying motive of receiving more in return. Such giving is really taking away. The self-seeking one not the self-giving one, and his regard is not the same quality as his real desires.

Our suggestions to others relate us to kindred spirits, and those who are selfish are connected by bonds stronger than the ties of blood, to selfish people throughout the world. Furthermore, when one finally comes to himself and says, "I will arise and go to my Father," all this power of selfishness to which he has related himself, will impede his progress, and not until he has established new relationships by desiring above everything else to love the God-life will he find the road other than steep and stony. But let us never forget that what we really desire, that we become; and also that the relationship we form with the unselfish spirits will much more than counterbalance the former evil relations.

Thru the law of suggestion we can become just what we will become, and do what we will to do. We can exercise it for ourselves as well as for others, but this can be done only by being pure in our motives. We can will to be well, and if our desire is to use our health and strength for others, there is nothing selfish in such a will, but quite the contrary; we can will to be prosperous also, if it is in order to do for others, and if we would not prosper at the expense of another.

Everything then which we know is right for us to do and to be, we should hold strong in mind, with the strong assurance that we shall realize it all. Some people hold that in a weak, fearful, or passive way; but we must focus the full force of life on that which we know to be ours, and when we have realized it in the realm of the ideal it will surely materialize in the other realm.

When we have determined upon a certain object of attainment, we must give it our best efforts, guarding it carefully from our own less earnest thoughts.

Strong, true thoughts are messages of light. They are powers which are building the temple of a redeemed humanity. This very moment, your influence is limitless, — the whole world is your field.

Beauty comes from within, and the soul which is beholding the beauty of holiness sees beauty everywhere. Everything starts from the center of life, and to know strength, hope, love, beauty, we must know them in ourselves when we shall find them everywhere.

CHARLES BRODIE PATTERSON.  
—Magazine of Mysteries.

The Practical Relation of Diet  
to Spirituality.

Many people confound spirit and soul as being one. This is not so.

Spirit is being, everlasting, eternal (which means out of the earth), undying, the rock foundation, or basis of all manifestations.

Soul is the individualized consciousness of this being.

Now man (from man as the thinker), is divided into seven principles of which body, soul and spirit are the greater divisions.

In this gross physical body of ours are seven distinct (but interpenetrating) systems corresponding to the seven different principles or planes of being, and the one to which the most nourishment is given becomes, of course the most developed, as does its corresponding plane in our individuality. The body is purely material or physical. Soul is made up of the astral and mental planes (or principles.)

Spirit is God; and Christ spoke truly when he said that "those who would worship him must do so in spirit and in truth."

It is only by a cultivation of soul that mortals may discern spirit, and realize the whole truth.

We all know something of what the mind is, and that the nerves and brain is its physical system; but few understand as much about the astral.

This latter is the plane upon which most of us are in sleep, and our dreams belong to it. We are consciously acting on this plane in our dreams. It is the plane on which we go at death and from which the so-called "spirits" come in seances, being next to the physical in density, tho it is much finer than the ether of space; itself the most rarefied division of the physical plane. This is the plane of desires and emotions, and any well defined that tends to produce itself in form, out of the essence of this plane. This explains the different stories told by these "spirits" as to the conditions of the life after death, each finding itself (generally) in about the same circumstances as it is expected to be.

It is not the plane of reason, as this belongs to the mental or intellectual principle.

Just here is where the value of dieting comes in. If one eats animal flesh extensively he panthers especially to the physical plane of his being. If he is able to digest and assimilate his food well, it will give him a super-abundance of physical strength; but the mental plane (or system) receives hardly enough nutriment to do more than just exist in the form and cannot develop to any great extent.

All animals have a well developed astral or desire body, and an eater of them also takes into his own body a great deal of the astral attributes of his food, thereby developing the more, the animal desires and characteristics of the lower principles of being.

An excessive meat eater has not and cannot have the intellectual qualities of a Vegetarian, and his tastes and inclinations are not as refined.

We have physical bodies as have the animals, thus proving our kinship with them, even if there were no closer tie.

We are horrified at the idea of cannibalism. If we extend this that farther and refuse to take the life of another animal, only less developed than ourselves, this act of the will (a spiritual attribute), the sacrifice of our lower desire for the sensual taste of the meat, because of our pity (akin to love) for the animal, we thereby consciously help the soul exercise independently of, but thru the physical body.

Notice the difference in every way, body, habits (of desire or passions) and intellect, between a butcher and a refined student, almost if not entirely a Vegetarian.

The great majority of the leading intellects of all past ages were Vegetarians, "Weaker" (physically) "but wiser" (stronger in mind and soul) is a truth. This does not mean a lack of endurance for endurance is a soul, not a physical attribute.

Who would exchange a brilliant intellect and an enduring will for a weak one, with ever so strong and handsome a body?

Evolution is taking place continually with everyone and everything in some way or other. It is

natural law, God's wisdom made manifest. All change (including death) conduces to it; but if any soul should hasten its own and bring itself into a far greater understanding of the truths of being into immortality—a conscious mastery of the higher principles of life, whence it has passed all death and decay, and subject to them no longer,—let him consider diet, for it is a foundation stone.

God's power, wisdom, love and life surround us continually. They are everywhere, fill all space.

It only remains for us to fit ourselves and be able to assimilate them and be at one with him, heirs of his enduring peace and glory.

LILLIAN.

(Central Standard Time.)  
One hour slower than Eastern Time.

No. 1 Nov. 3.	IN EFFECT Nov. 5, 1906.	No. 2 Nov. 4.
7.00 5.00 Lv.	7.00 5.00 Lv.	8.40 6.00
7.10 5.10	Dunkirk	8.32 5.52
7.15 5.15	Albion	8.35 5.55
7.23 5.20	Lily Dale	8.38 5.60
7.35 5.30	Cassadaga	8.68 5.25
7.44 5.40	Watson	8.70 5.18
7.55 5.50	Sinclairville	8.73 5.00
8.03 6.03	Gerry	7.63 5.01
8.14 6.14 Lv.	Falconer	7.35 5.52
8.45 6.45 Lv.	Lowell	7.40 5.52
7.45 5.45 Lv.	Jamestown	8.00 5.15
8.19 6.19 Lv.	Falconer Junc.	7.30 4.44
8.03 6.03 Lv.	Baldwins	7.40 5.00
10.25 8.20 Ar.	Tioga	7.30 5.00
10.45 8.40 Ar.	Tioga	7.30 5.00
10.45 8.40 Ar.	Tioga	7.30 5.00
10.45 8.40 Ar.	Tioga	7.30 5.00

SUNDAY TRAINS.

Leave Tioga 7 a.m., Falconer, 9:00; Lily Dale, 4:45; arrive Dunkirk, 10:15.

Visitors to Lily Dale from the east and west can make connections with D. A. V. & P. trains at Dunkirk, Falconer Junc., Warren and Irvineton, 9:21 p.m.

Central Standard Time is one hour slower than Eastern Standard which is used by the towns along this line.

Visitors to Lily Dale from the east and west can make connections with D. A. V. &amp; P. trains at Dunkirk, Falconer Junc., Warren and Irvineton, 9:21 p.m.

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## THE SUNFLOWER.

## MEDIUMSHIP, HYPNOTISM, ETC.

I am a great lover of flowers, but I never plucked one that gave me as much satisfaction as the little SUNFLOWER I plucked off from the floor a few evenings ago, which was the first I knew there was such a blossom, so full of good news.

Two men had called, one to hypnotise the other and when they went they left the SUNFLOWER. I have read a number of Spiritualist papers, but not one that I could call everybody's paper as I do this one. They all seemed to belong to no one but the editor.

With your permission I would like to help a good cause along, and in a paper that is not under a surgeon's knife. If anyone will follow my advice they will know there is a real Spiritualism, for it seems as if they have been slow about getting real science worked out of it in the right way.

No one on the face of the earth knows what a treasure a medium is, as their power has not been tested in the right way.

Now, ladies and gentlemen, as mediums are scarce and hypnotists are not, I will start on the latter. Go to a good hypnotist and tell him you wish him to hypnotise you, and develop you as a medium. Tell him to keep on suggesting that you are getting into a deeper and deeper hypnotic sleep until he gets you deep enough to answer his questions. Have him keep repeating them to you over and over again, and giving your words right back to you, calling your name every time.

Question No. 1.—Have you any good suggestions you would like me to give you? That you would keep always well, make you a good healer and a good medium, clairvoyant and clairaudient?"

No. 2.—Give the words right back as the subject gives them, with name. "Now when you wake up you will be under full control of your spirit friends." Repeat these words and add, "You will hear every word they say to you, and see everything they show you." Repeat the question until they do not answer. Then say, "When you wake up, you will hold up your right hand and count five, and go into a deep trance any time you wish to. Do you hear me?"

Repeat this until they answer, when the suggestion will be deep enough to hold. When they go into their first trance, repeat the suggestion to them, and you are then thru with that subject and ready for another one. You will find you have produced one of the best healers, mediums, clairvoyants and clairaudients that the city holds, and no sick folks need fear a medium like this, for this is what I call a full developed person.

We all know that it is our spirit friends who help all mediums, and it is no more than right that you should help them for they have to have some power over the medium in order to make the ears hear what they wish to say, or over the eyes to make them see, or over the lips to make them speak and over the mind when they wish to entrance us, or there will be blunders.

When developed in this way mediums can keep themselves and others well, uphold their own vitality, and their spirit friends can tell them how to do it.

I do not advise anyone who has heart trouble to be hypnotized by a human hypnotist, but they can be controlled by spirits, and have the most serious or delicate troubles cured in that way, as well as making their mediumship of untold benefit to themselves and others.

S. C. O.

Reply to *Veteran Editorial*.

A friend, nearly four score years of age, says he can remember the time when people were much troubled about the possibility of whales becoming extinct. "What shall we do for light?" they said. Whale oil then, —electricity now. Do we wish to return to the whale oil lamp?

The wheels of progress will not be stopped by our fears, and even now there is a vegetable composition that takes the place of leather for shoes, being more durable than leather and finer in appearance. When the call demands the supply will appear. As for belts and other things used in mechanics and the arts, the number of creatures that die naturally each draw perfectly, but will not produce year would amply supply the market. A blister even on the skin of an animal if we breed only for the use of the fawn, no matter how long it is a product, there need be no superfluity left to remain on the part.

of animals. We do not depend upon our reading for this assertion. One of our college Hindu students kindly gives us the desired information. He says that milk and butter are in common use in his country, and that butter sells for less than in America; that life is held sacred, and that there is no superfluity of animals to deal with; the ox is used as a creature of burden,—and all are kindly and humanely cared for. The wild animal problem also solves itself.

As to vegetables being free from disease, may we ask if there is any material that is free from change? Should not the question be "Are vegetables more liable to disease than flesh?" This could be readily answered by a careful observer, but we will leave the reply to the students who are making a specialty of this subject, and it is this: Flesh is much more liable to be diseased than the vegetable—and the changes are much more rapid. Flesh is a natural breeding place for certain poisonous germs. The vegetable has a rind, or husk, that protects it greatly from outside influences."

Sound, clean vegetables and fruits, does not mean half rotten ones. If we are so foolish, or possess so depraved a taste as to use diseased food, we are to blame,—it is simply individual and not the fault of the vegetarian diet. The best there is,—the best that we are able to command, to build the best body. And our best today may be improved upon tomorrow. Thus it is that evolution carries us onward in the scale of expression.

JESSIE S. PETTIT FLINT.

## The song that moved my soul.

I heard a song that moved my soul. The same in story has oft' been told, I heard, at a funeral, sad, but grand;

Where the singer arose with book in hand,

And beautifully those words he sang, "Sometime we'll understand."

Death has claimed a wife, a mother dear,

But it seemed her spirit hovered near.

Dr. Wise had witnessed many a death,

And bravely he fought to ward off death;

But she was called, and soon she left

For that heavenly home where there is no death.

I shot of the change in that home of joy,

How she had idolized her boy.

A boy that a mother might feel proud,

And now she lay lifeless in her shroud.

She had kindly asked her boy to give

His life to Christ, and Christlike live;

He waited until the sad death bell

Awoke the undecided spell.

And then, without delay

He walked up to the breathless clay

And gave his life to Christ that day,

And then beside her knelt to pray.

While he prayed it seemed that he could hear

Her sweet voice whispering to him near

"I am so pleased, God bless you dear."

He arose, and by her cold form stood,

Brave as one 'mong the heavenly host,

And by the person he was baptized

In name of Father, Son, and Holy Ghost.

Twas at her funeral, sad, not long I listened to the heavenly song.

I had often heard the funeral dirge

In the sad home or in the church;

But it never had impressed me so

As sang so heavenly by those two.

As I looked upon the lifeless clay

And listened to the singers' lay,

There seemed an echoing voice to say

"Yes, you'll understand it all some day."

—Mrs. Emma Chapple.

Here's something about making a mustard plaster which is so beneficial in many cases, that all readers ought to know. In making a mustard plaster no water should be used but the mustard mixed with the white of an egg.

The result will be a plaster that will of creatures that die naturally each draw perfectly, but will not produce year would amply supply the market. A blister even on the skin of an animal if we breed only for the use of the fawn, no matter how long it is a product, there need be no superfluity left to remain on the part.

## Sunday Should be a Bright Day.

Rev. J. Stephen Barass, a London clergyman, makes the following plea for more sense and sympathy in the keeping of the Sabbath Day: "Sunday should be the brightest day in the week; it should give tone and color and background to the rest of the days. To millions of people it is the most desolate; a day when time drags wearily, and the hours are winged with anything rather than pleasure. In the march of time ideas have advanced upon most subjects for the increase of the sum of human happiness, but Sunday still retains much of the impenetrable gloom of the ancient Jewish Sabbath. The English Sunday of the fourteenth and fifteenth centuries was a day glowing with human warmth. Men were not then less religious, but perhaps even more so than they are to-day. Divine worship was not neglected, but the solemn mass of the morning put no undue check upon the afternoon revels on the village green, and the parson was not less revered for taking part in the pastimes of the people. But with the severity of Protestant ascendancy came the stern reaction, lightened, it is true, by the days of King Charles, but only to fall again at the hands of Cromwell, from which it has never quite recovered. Sunday became a very solemn day, indeed. Its very watchword was severity. What is needed is the exercise of a little more common sense and sympathy—excellent Christian virtues—and a little less vituperation and thoughtless abuse. Then in our striving after the higher life we shall be able to take others with us."

## The Weather Plant.

Almost every magazine has a small advertisement for a plant known to botanists as "abrus precatorius," or weather plant. It is a climbing exotic, and is held in great veneration by the natives of India, who say that the state of the weather may be told some time in advance by the position which the leaves assume.

Thought his theory is disputed by some, it is held by botanists of established reputation as being within the bounds of reason. Atmosphere unquestionably affects the leaves of flowers, plants and shrubs, and to a close observer this action may indicate coming changes in weather which can be correctly foreshadowed. One of the great beauties of the plant is its small egg seeds of bright scarlet tipped with a black spot. These seeds are very hard, and for this reasons are used for necklaces and ornamental purposes. Their size is so uniform that they are used in India as the standard of weight, and called "rati." It is a recorded fact that the weight of the famous Kohinoor was first determined by the aid of the seeds of this peculiar plant. Probably the specific name "precatorius," meaning prayer, came from the fact that the seeds are used by the Buddhists for rosaries.

## Injurious to the Memory.

Besides inattentive reading, there are other things injurious to the memory. One is the habit of skimming over the newspapers, all in a confused jumble, never to be thought of again, thus diligently cultivating a habit of careless reading hard to break, says Home Chat.

Another is the reading of trashy novels. Nothing is so fatal to reading through story after story and forgetting them as soon as read.

An elephant has a delicate sense of smell that when in a wild state it can scent an enemy at a distance of one thousand yards.

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## GOTTLIEB, HIS LIFE; OR LOVE TRIUMPHANT.

BY S. P. PUTNAM.

"Ah! Gottlieb," said he, "this bliss is almost unendurable. Love can only give one strength to enjoy it; to the selfish heart it is exquisite pain, for it sings of an unattainable glory. This is something infinitely sweeter than heaven itself. I remember how happy I spirit is this mighty expectation once was in those bright abodes, and you exalted. I know the fearing but his glory. But it was ful conditions of my sway—that if shallow happiness, for after awhile my right arm is palsied I am at once the basest of slaves. Should for sovereignty, for a breath of the world, my will falter, my empire is gone, universal life, I did not have it with all my angelhood, I was friends. So roll the ages; no rest, limited and obliged to bow before no triumph. Yet we are forever an outside authority; I must obey dreaming of what may be; for who a foreign power and not what my own free heart asserted. Perhaps comes for service. We must abdicate the finite and then we are heirs of the infinite. If we crystallize the finite into selfish predominance, the waves of dark fate beat against our bower. We are willing to it; but if we let it flow in beaming tides of love, then fate becomes a bright ocean into which it rolls in music and joy forever. I must find but this secret of surrender; I must master it, or rather, it must master me. I will be a servant and rejoice in the dignity of humble service."

Satan—shall we not now call him Lucifer, the Light bearer?—had a great plan after this, namely, to bring all Pandemonium over to his own new that. It was no easy task, as his own experience told him. He must be thoroly prepared; his heart and brain must be full to overflowing. He must triumph by the simple truth; but the simple truth is not always the easiest thing to find out or to handle. A lazy being cannot be a reformer. There is no converting power in "goodness." Luck never made a hero, only his own indomitable spirit.

It was years before Lucifer returned to Pandemonium, but his authority was all powerful yet. His vast determination had not lifted its shadow from the millions of the damned. They were still his slaves; would they follow him into the new philosophy, or tear him to pieces?

With surpassing effulgence Lucifer sat upon his throne. He was welcomed with a storm of shouts like the thunder of a thousand seas. In fierce, far splendor the multitudinous armies bent before him. Spears and shields flashed in immeasurable luster. Tall ranks of kings and princes and mighty gods gathered about his seat beneath the jeweled canopy that caught and rolled the intense light from the almost measureless roof of Pandemonium. Hell never witnessed so extraordinary a scene. All felt that some prodigious enterprise of honor and profit was before them.

After the prolonged tumult there was silence. Lucifer arose and advanced to the front of the imperial platform. More stormy applause than ever greeted him; far and far away rolled the tossing sea of bucklers. He raised his arm, and the tossing effulgence became at once like a burnished mirror.

Surely he had never looked so splendid and majestic before. Never did his brow beam with such intellectual might; never was his appearance so expressive of sublime determination; never was his voice so marvelously eloquent as on that eventful day. It was distinctly heard by every one of the vast assembly. It was freighted with a new revelation presented with surpassing skill. In tones of indescribable sweetness he began:

"We yearn, friends, for power; we desire sovereignty; to command is our highest ambition; to be gods, rulers, potentates—our supreme endeavor. It is for this that we everlastingly struggle. This is the secret of our activity; the source of our mightiest that. We do not wish to be servants, but masters. We wish to be enthroned. There is not one of you but intends to occupy this jeweled seat. This is your hope; this is why you live and pass away. This is what makes existence brilliant it is for each. I ask you

bearable—the possibility that some time you may be monarch in these gloomy realms, and give the law, as I do. This power seems more worthy to you than all the golden mansions of heaven; you despise these subtle slaves, who dare not strive for dominion. You would not accept eternal happiness as the poor reward of eternal allegiance. Hence there is perpetual conflict. I hold my position simply by the strongest arm. You are waiting for your opportunity. You bow and cringe, but deep in your deepest self, I remember how happy I

(To be Continued.)

## MEDIUMISTIC EXPERIENCES.

BY EVA CASSELL.

### NUMBER IX.

(Continued)

I experienced no more trouble with the broken ankle and after arriving in San Francisco for the winter I found that W. J. Colville was located there—indeed, I was led to the house where Miss Young, who helped to organize his classes, was boarding.

I shall never forget that happy winter in San Francisco and Miss Young befriended me in many ways. She is a woman of worth and well fitted to help organize classes—tender and sympathetic to those in need of a kind word. Altho I, being the pioneer daughter of pioneer parents, had six uncles and aunts and thirty-four cousins in California, yet I had no relative living in San Francisco—they lived in other districts.

After I arrived in Frisco I began to seek that of infinite bliss. We long develop very rapidly. I felt impressed not for the easy servitude of heaven with its pomp and songs. Better development of psychometry and I with these dire abodes, these awful must say that I outstripped the shades, this endless conflict, this other students, without effort on hideous slavery of sheer force, for my part. After four lessons, I was in this is the dim hope of final given, one day at my boarding triumph, of universal dominion, of house, a small package by Mrs. infinite lordship. Yes, I declare Knight, to psychometrist. As I unto you, valiant spirits, that held it in my hand I seemed to see power is indeed sweeter than all a beautiful little girl before me, but happiness that comes from mere even as I gazed on her she faded submission. It is right for us to away, only to be resurrected a strive for power; it is the law of moment later with closed eyes, pale our being. We should seek for and rigid.

universal sovereignty, and that I exclaimed with a shudder, impulse that urged us on to battle "Oh, how sad. I saw such a lovely with heaven's king was a noble one; child—but now she is dead; how it was founded in the everlasting dreadful—her hair hung in golden nature of things. We fought ringlets, what a pity she died."

against an outward authority, and Mrs. Knight took the package because outward wrong, beautiful from me silently, unrolled the wrap, and holy tho it seemed, flaming in pings exposing to view a long curl awful radiance and protected by cut from the head of her little dead thunders that we could not equal. daughter.

The second object I ever psychométrized was given me by Mrs. Nathaniel that swept us on, and as I look an. It was securely wrapped in back I do not regret that I entered several thickness of paper. I held upon the flaming way I did."

Lucifer paused, while the vast cope shook with thunders of applause.

"Have we not, however, made some profound mistake? The end we sought was right. Have we to declare that it was cloth and I pursued it by the best means? refrained from telling what I saw. How shall we come into this universal life, this supreme dominion? I, because I feared ridicule. I How attain the perfect freedom of our souls? We have hitherto acted resisted the "power," but I feared I on the assumption that in order to raise ourselves we must crush others. We have interpreted supreme dominion as sole dominion. Is this so? Must we rise by another's fall? This has been my theory hitherto. I have ruled by subduing others. I have seen no other way by which I could rule, by which I could satisfy the hunger of my soul for power. I have felt that I must draw all authority to my individual self and regard nothing but my own welfare. I have fought for myself and cared for my other only so far as I could make him my slave. I have ruled, but my authority has been to me a perpetual imprisonment. I have been a slave to it if to nothing else. It has not ushered me into universal life and made me really free. I have been a sovereign over your outward selves, but not over your inner spirits. I have been monarch in hell, but I have not commanded the light, the loveliness, of the primeval power. There has been a glory that I could not reach, and because I could not reach it I was miserable. The more I toiled for it the further away its mystic beauty swept. If I could only reach that, all was mine, all power, splendor, light, freedom, and excellence. If I could not reach it then all I had was a vain show. Friends, I have found out the way to that mystic slowly.

When I ceased speaking Mrs. Nathan exclaimed, "Good! good! narrow selfishness, but to give, give, while it crowns with greater glory, and its resplendent omnipotence is mine, not to hoard in his heart. The sick-set man was his husband—he was a sea captain and he was a vain show. Friends, I have found out the way to that mystic slowly.

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perfectly hypnotized by her. They opened a lecture hall and I used to go and study this couple secretly, for they were said to be soul mates. I will say here, that after a few years this man broke away from this woman, returned to Boston to his wife and children, feeling degraded by the step he had taken and doing penance for his sin. I guess he now thinks very little of soul mates.

Nature is not built on so small a plan as the limiting of one man to one woman. Temperaments run in classes, embodying several in a class and one may have as many soul mates as belong in one's sphere—as can affinitize with that sphere, tho a man may meet with but one such in his earth life—in another life he may meet more.

What is a soul mate? It is one who answers every requirement of your nature. Yes, but natures change with the passing years, on the mortal plane, and also in the spiritual world. It then becomes necessary to drop your mate—she is not a soul mate any longer, in spirit life, after you have outgrown her.

You must progress upward, from sphere to sphere, and attain to a soul mate in each sphere, more adapted to your new growth, tho it is possible that you may take along your earthly mate, yet I doubt it, for spirits wear out magnetic elements, the same as mortals; there may be no polarity between them, with the passing of time, and they need the magnetic elements of a newer soul mate in spirit life.

I often laugh at the stories told by people who believe implicitly in one soul mate and who grow gray in looking for such a mate—elderly people who do better to put their minds on something of more account than fostering ideas which can never be realized, at least on this mundane sphere.

At that same seance a spirit called forth saying, "I am Hiram Abiff." I wondered what Hiram Abiff was doing in that third-rate seance—after all the years since he had died. Evidently he had not progressed a single particle but was still groping in the earth-bound state.

At that time I visited all the slate-writers in the city but after due investigation I detected fraud in them all—the most celebrated—some of them are even now posing, after all these years, as genuine slate-writers. I squandered a lot of money while in the city, visiting the various mediums and yearning to see something genuine.

As I beheld my ideals and expectations swept away in the vast number of tricksters who posed as mediums. As I beheld the vast crowds of yearning souls in our ranks who hungered—thirsted for knowledge of their loved ones gone before, and gladly accepted the chicanery offered them as genuine, I withdrew into the background, disgusted, aspiring, "Spiritualism—what a farce!"

I gradually let go of the things I had held to, and turned my attention to the mental phases of Spiritualism. At this time I began to hear a good deal about "soulmates." This is an idea that seems to be engrafted on the Spiritualistic cult—at any rate I never heard about soul mates till I met with Spiritualism and then I heard it mooted on every side.

There was a man named Kimball who had just landed in Frisco with a woman not his wife. Both had come direct from Australia where they had been for years. But before that he had been beguiled from his lawful wife in Boston and her children, by this woman. He called her "mother of his soul" and was com-

War is an instrument entirely inefficient toward redressing wrongs; it multiplies instead of indemnifying losses.—Jefferson.

### PREMIUM BOOKS? YES.

We still have a few.

They are well bound, most of them have gilt tops, and they are something everyone wants to read. They are yours for 25 cents each, one or all of them, when the order is sent with a year's subscription to THE SUNFLOWER.

HEROES AND HERO WORSHIP. A series of lectures by Carlyle on this interesting topic, given in the imitative style of the author, and it makes an interesting book, that is calculated to throw light upon the myths of the present and past. No verbiage is necessary regarding any of Carlyle's works.

ROMANCE OF TWO WORLDS by Marie Corelli. One of the most interesting romances ever written and as it deals in a practical manner with many abstruse points in occultism, it becomes more than a story to the student of such.

SARTOR RESARTUS. This is Thomas Carlyle's greatest work on the Philosophy of Life. If you have not read it you have missed a treat that you now have an opportunity of enjoying for a very modest sum.

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Life Readings by mail, \$1.00 and upwards. Trial readings, 25 cents and two-cent stamps. Send six lines, place and if possible hour of birth. Many mistakes are of great benefit to business men, men to parents in dealing with their children. Many mistakes are avoided by having a horoscope of a child, showing its natural tendencies.

Circulars, with full explanation of different price, or Detail Readings Sent Free Upon Application.

The Wonder Wheel. An Astrological Game. Anyone can give a perfect reading after a few hours practice. An instructive and amusing device for an evening party or to mystify your friends. They have them at date of birth, and in a few minutes you tell them all about themselves. Price, with book for instructions, \$1.00. Postage, 10 cents.

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Astrology in a Nut Shell. A book of 150 pages, filled to overflowing with plain, logical, easy to understand information in Astrology. Tells how to read your own horoscope, and how to tell the favorable times in each year. 27 pages questions and answers. Price, postpaid, \$1.50.

## LIGHT FROM EVERYWHERE



This department is conducted to enable Spiritualists and Public Workers to keep in touch with each other and with the world. Send us notices of your engagements, and the names of the speakers. Other Societies, send us reports of your meetings, entertainments, what speakers you have, your elections reports of annual meetings, and any other facts you may have which you would like to know about other societies.

Write reports with typewriter or plainly with pen and ink. Never use a pencil or write on both sides of the paper.

Make items short and to the point. We will adjust them to the space we have to use. A weekly column of four columns written on a postal card would look well in this column.

Always sign your full name and address to every communication; it is necessary for publication. If you are a spiritualist, please put "spiritualist" or "spiritual worker" gives us a clue to the author. The printed article can be signed if you wish. If we must have your name for publication, we will do so.

Manuscripts will not be returned unless stamps are enclosed for return postage. If not used they will be returned thirty days and then destroyed. Retain copies of poems as we do not return them if we can not use them.

Suggestions for the improvement of the paper are invited.

THE SUNFLOWER PUB. CO., LILY DALE, N. Y.

L. A. Munday writes from Rochester, N. Y.: The Anniversary services of the First Spiritualist church were held at Columbia hall, Cox building, on Sunday evening. The rostrum was beautifully decorated with a large cluster of calla lilies and a profusion of carnations. The services were opened with congregational singing followed by a recitation by Mr. J. B. Pointon. Mrs. Frick, our soloist, sang, "Beyond the Gates of Paradise, and Mrs. C. D. Greenamyer then gave a fine address which was listened to by a large and attentive audience. After another solo entitled "Only a Whisper," Mrs. Greenamyer reached many with messages and brought comfort and encouragement to many hearts. Mrs. Greenamyer made many warm friends here and it is hoped she will return to us another season.

Mrs. S. A. Zinow writes: The Golden Rule Spiritual Society No. 7, of Milwaukee, Wis., celebrated the 55th Anniversary of Modern Spiritualism in Columbia Lodge hall, March 25th, at 8 p. m. Dr. and Mrs. F. L. Mehrtens, as speakers. The program was a select one. Mrs. Anna Mehrtens gave a beautiful discourse on "Spirit Rappings." Miss Louise G. Loebel and Mrs. Sophia A. Zinow sang some very appropriate songs. Mrs. Anna Mehrtens read messages by flowers which is one of her main phases of mediumship. Dr. F. L. Mehrtens released Mrs. Mehrtens by continuing readings for the friends present. We had a good attendance and a very nice floral decoration. The work during the entire evening was greatly appreciated by all present.

D. Feast writes from Baltimore: The First Spiritual Church of Baltimore held the 55th Anniversary of Modern Spiritualism in their beautiful church, Sunday, April 1st. The chancel and its surroundings were beautifully decorated with growing palms and beautiful bouquets together with an abundance of American flags. Mr. Oscar Edgerly, the speaker for the church, officiated with the president of the society, Chas. W. Shirn. The guides of Mr. Edgerly spoke on the advent of Modern Spiritualism. The subject was handled in a masterly manner. The large and intellectual audience appreciated what was given them thru the organism of our speaker. Our President followed with a short address which was cordially received. I am glad to report that our gatherings are steadily increasing in numbers, thru the ministrations of Mr. Edgerly, who has been with us since March 1st, and who will continue with us until the last Sunday in this month.

Miss Merle L. Muntz writes: The Sunset Lyceum of San Jose, Cal., gave an entertainment Sunday evening, March 25th, under the management of Miss M. Muntz. Following is the program: Song, "Sing all Together." The Sunset Lyceum, Address of welcome, Dahl Hamby. Recitation, "The Kiss in School," Lizzie Clotter, Song, "Boys and Girls," Max Obetz and Evelyn Hamby. Piano duet, selected, Linda Zink and Helen Bock. Wand Drill, the girls of the Lyceum. Recitation, "Casey at the Bat," Dahl Hamby. Song and dance, "Jolly Girls." Four of the Lyceum Girls, "The Origin of the Lyceum," Ada Parr. Recitation, "The Puzzled Census Taker," Opal Ringle. Song, "Every Little Bit Helps,"

Evelyn Hamby. "Short Speeches for Little Philosophers," seven of the Lyceum scholars. Presentation of the promised prizes by the conductor of the Lyceum, Miss Merle Muntz. "Good Night." Four of the Lyceum scholars. A large audience was present and all enjoyed the above program judging by the applause each child received. One third the proceeds were given to the Spiritual Society of this city, one third to the State Association, and the remaining third to the Lyceum. Ella Anderson received the prize, a beautiful book, for bringing in the most scholars from the first of the year to the present time, and Merle Muntz, the conductor, was presented with a beautiful Sunflower pin from the society, as a token of "Love, friendship and appreciation."

She responded to this with a few words of thanks and fair would have said more, but her emotion was too great. Perhaps the most unique thing on the program was "Good Night," when four of the smallest children dressed in night dresses with candles (and the light turned low) toddled on the platform and sang a few words of good night, then blowing out the candles toddled away again. Altogether the entertainment was voted a grand success.

D. B. Jimerson writes from Hamilton, Canada: We have started an Independent Society, Mrs. R. S. Greenlees, formerly of Manchester, England, permanent speaker and message bearer giving food to those who are hungry for truth. Services on Sundays at 3 p. m., 7 p. m. and spiritual greetings at 8:30 at Sons of England hall corner King and Charles street.

Hon. A. B. Richmond, who has been living in Pittsburg with his son for several years, has returned to Meadville, Pa., his son having returned there for business reasons. Mr. Richmond has been in poor health for some time.

Mrs. Elise Stumpf writes that she will leave Lake Helen for Lawrence, Mass., where she has an engagement of two months with the German Spiritual Society, the "Wahrheitssucher." Address her at 127 Newbury street, care of M. H. Dick.

Geo. R. Sinning writes that he recently formed a circle near Titusville, Pa., which met twice a week, with people who knew nothing about Spiritualism and after sitting six times they developed a medium thru whom they got materialized hands that are plainly seen. Independent voices, music without musical instruments and independent slate-writing in both English and German.

Mrs. C. A. Buss writes from San Diego, Cal.: Mr. A. F. Brown has just made us a visit as state organizer and is preparing for a Mass Meeting here May 4, 5 and 6. March 26th we gave Mrs. Malette, one of our workers a surprise party and a very enjoyable evening was spent by all. Mrs. Selover read an original poem and served the lunch. The friends presented Mrs. Marlette with presents and flowers. A circle was also held the mediums present being Mrs. Marlette, Mrs. Elliott and Mr. Buss.

D. W. M. Lockwood is filling a two-month's engagement with the First Spiritual Church of Pittsburgh, Pa. His address will be 219 Oaklawn avenue during that time. A fine reception was tendered him on his first public appearance and it looks as tho his present engagement would be the most successful of any of his trips to Pittsburgh.

Mrs. Mary Stein writes from Detroit, Mich.: "We have the exposé Hagaman here and with his lectures and fake demonstrations he is drawing crowds." The Spiritualists of Detroit need not worry. The reaction will come and Spiritualism will be the gainer by it. Those who have seen and heard him will begin to wonder if all the thousands who accept Spiritualism are deluded; many will investigate, and probably Spiritualism will get a boom in Detroit on account of his visit.

Mrs. Geo. Bailey writes from Rochester, N. Y.: It has been some since an article has been sent you in relation to the Spiritualistic work in our city. Mrs. E. H. Messersmith has been conducting very successful meetings here for many months in the unique chapel, 180 Williams street. There has been much enthusiasm and interest expressed in her work. This being the Anniversary of Modern Spiritualism, Mrs. Messersmith held a floral meeting.

The platform and many of the tables were beautifully decorated with potted plants and cut flowers brought in memory of the arisen ones. Many comforting messages were given therefrom. There was also a fine musical program. Miss Bessie Rehmlon of Hornellsville rendered two solos for Sunday evening also Miss Anna Carpenter two solos, Mrs. Aber being the accompanist. Mrs. Aber gave two very beautiful instrumental solos. Thursday evening, March 29th, a musical and literary program was given in the same hall. Spirit messages were given, refreshments were served and a good social time enjoyed. A large assembly gathered on both occasions. The work done by Mrs. Messersmith must be fully appreciated, judging from the audience which gathered in the interest of her work, which is above the average. May she continue in the work allotted to her and comfort the mourning hearts who are seeking light in the good and glorious cause of spiritual unfoldment.

### 58th Anniversary at Morris Pratt Institute.

Spiritualism received due honor at the Morris Pratt Institute on Sunday, April 1st, when the 58th anniversary of its birth into modern times was celebrated right royally.

The early morning train brought Judge William Smith and wife from Janesville and their sister, Mrs. Smith from Milton. Other friends came in from the city and country for the services at 2:30 p. m., bringing with them baskets loaded with good things to eat. After the "feast of season and flow of soul" that occupied the time for two hours in the beautiful little chapel of the School building, which was furnished by Judge Smith and Prof. Weaver as speakers, and enjoyed by all, the tables were spread in the long dining room and thirty-six guests sat down to enjoy another feast provided by the generous hands of friends from outside of the School.

Happily the hours passed and at length the bell rang for evening service when Judge Smith, Prof. Weaver and Mrs. Owen addressed the meeting, evidently to the satisfaction of the large audience assembled.

I cannot undertake to give a synopsis of the addresses given, enough to say that they were appropriate to the occasion, and that each speaker left something in the minds of those who listened, to be retained and that of in time to come.

During the afternoon and evening services, our accomplished teacher of Oratory, Mrs. Alfa H. Niver, recited selections suited to the occasion, much to the gratification of all. As an orator or reader Mrs. Niver has few equals, and no superiors.

Judge Smith has most generously favored the School several times this winter with lectures which for depth of thought and convincing argument, can scarcely be equaled.

Spiritualism is taught in the Morris Pratt Institute every school-day in the week, and upon every Sunday evening when the Spiritualist Church of Whitewater holds services in the M. P. I. chapel, but this Anniversary meeting was the crown-blossom of all, and it will live in our memories for many a day.

Life in the school runs on with almost the smoothness and regularity of clock-work. We have a little busy world within our doors, and as the end of the school-year approaches, and we realize that all this happy bustle and work will soon be over and we shall go on our separate ways to meet with one another no more, at least until the summer is over and another school-year opens, we faint would stay the flying moments, and delay indefinitely, the hour of parting.

Members of the Morris Pratt Institute Association will please take notice that the annual meeting of Association will be held at the Institute, on Tuesday, May 15th, this year and that all who can come are cordially requested to do so.

EMMA J. OWEN,  
Sec'y M. P. I. A.

TIME.

Time—it is long and stern and strong.  
Relentless and wise and kind.  
Hope—it is true, ever bubbling anew.

Twill some day the answer find.  
Ernest Green Dodge.

### Song and Sermon.

ELIZABETH LOWE WATSON.

Among the readers of the SUNFLOWER, there are many friends and appreciative minds to whom the ministrations of Elizabeth Lowe Watson are dear red-letter days. To whom her gentle spirit has been guide, philosopher and friend, leading them on through nature up to nature's God, the living Spirit.

If the bravest of men need support in the battle of life, much more do sorrowful men and women need it for their weariness.

Think as cheerfully as we may of the world we live in, it is still true that earth existence has its melancholy side; and to this side of our human experience the faith of a Spiritual Philosophy comes with the holiest consolation. The struggles for right-doing and right living are not in vain.

This devoted child of the spirit helps us to see that

"We receive but what we give  
And in our Light alone does Nature live."

Her spirit often leads us where we sense a groping of life after Love, till the spirit aspires unto Divinity, seeking to transmute the clod of earth. The little volume is crowded with heart-healing thoughts, words that comfort with the healing balm of Truth and Love.

It is useless to call special flowers from a beautiful bouquet. "Generation," "The coming woman," "Sunrise in Religion," "To the King's daughters," "From Adam to Angel," "The music of Life," and many others make up a volume that is a "dear delight."

Barring a few typographical errors, there is nothing to invite criticism. But we should be doing injustice to our feelings as well as the feeling of all who have read the volume if we did not in a single word advert to the charm and grace of its execution of the felicity of affectionate feeling which breathes thru its pages.

J. P. COOKE.

"Song and Sermon," price \$1.00 postpaid. Address either Elizabeth Lowe Watson, Cupertino, Cal. or B. Grant Taylor, Room 6, Farmer's Union Building, San Jose, Cal.

### New Thot Summer School.

"Now" Folk announce that they will conduct a New Thot Summer School, from May 1st to October 31st, 1906, at their "Now" Folk Mountain Home, near Glenwood, Santa Cruz County, Cal., via S. P. R. R., Narrow Gauge. Special Campers ticket from San Francisco \$3.00 round trip. Spend your vacation where you can combine the most beautiful mountain scenery with rest and rambles among virgin redwoods, streams and farms, together with opportunities and advantages of a Summer School along New Thot lines. This combination is well worth your consideration.

INSTRUCTORS.

Henry Harrison Brown, Sam Exton Foulds, Leona Beatic Chapman.

pell, and J. W. Wilkes M. D. Sessions each day except Saturday and Sunday. Addresses on Sunday. Subjects of lessons; Soul Culture, Suggestion, Suggestive Therapeutics. Art of Living, Mental Science, Mental Healing, Present and Absent Treatments, Psychic Unfoldment, Psychometry, Inspiration, Extemporaneous Speaking, Composition on New Thot Themes and Principles of Success in all the Walks of Life.

The lessons will be so arranged as to give abundant opportunity for enjoyment and rest and rambles among fine mountain scenery as the state possesses. Native redwood groves are plenty, and one fine group is prepared where most of the sessions will be held. An amusement hall is provided for leisure hours.

Terms will be made for more or less lessons as desired. Each lesson will be as independent of the others as possible.

Hotel open the year around. Cottages and tents. Write and let us know what you want and terms will be given. For further particulars address Everett R. Chappell, 105 Steiner street, San Francisco, California.

Your burden may be heavy, but remember you are not the only one who bears a burden. There are many; yes, all are burdened—until they learn to live in the Spirit.

Then there is peace, and in peace no one liveth unto himself alone. Find Peace.

The day of dogma has gone by and the day of high holy living has begun.—George H. Hepworth.



THE GREAT RESTORER OF DISEASE OF ANY KIND.

It matters not how long standing or how hopeless how many doctors you have had.

This Great Remedy will Cure You.

ALLIANCE, OHIO  
"Ma. Entron—Dear Sir: I wish to say to your readers that I have taken treatment from Dr. R. P. Fellow, who claims to be the greatest healer in the world. Mine was a complicated disease, as each organ of my body was diseased. I had no hope of recovery, and in sheer despair applied to Dr. Fellow. I have improved by the use of your Remedy, and am becoming strong and well. I honestly and earnestly recommend any and all who are suffering from any disease to apply to him. I have had a fair trial and feel assured that the result will be satisfactory."

Yours, E. A. E. E.

DR. FELLOWS,  
Vineland, New Jersey.

As this Marvelous Remedy is a spirit prescription, the Spiritualists of the land who are sick, should send for it. They will find no earthly remedy can compare with its great healing power.

### Some Plain Facts Regarding the Gold Eagle Mining Company of the Black Hills, So. Dakota.

THERE can be no uncertainty in buying treasury stock from a company for the purpose of installing a reduction plant on a body of free milling gold ore, which is almost limitless and in the middle of the greatest ledges of gold ore in the world. Such are the conditions under which we now offer at 20c a share for a short time, some treasury stock, to raise funds quickly to build our mill and add a cyanide plant to it and put our mine on a paying basis. The Gold Eagle Mine adjoins the Homestake, and THE GREAT LEDGES OF GOLD ORE that make the Homestake the most reliable mine in the world, RUN THROUGH THE GOLD EAGLE FROM THE HOMESTAKE. The Gold Eagle property has water, timber, railroad and the inestimable advantage of showing how to proceed without making any mistake, that is, to follow the methods of the greatest gold mine in the world, namely the Homestake. The mine adjoining the Gold Eagle on the east, is known as the Penobscot and is owned by Lieutenant Gov. Maitland of Michigan. The net profit of the Penobscot for the year 1905 will exceed \$500,000. No stock has a better future than the Gold Eagle and none is so free from uncertainty. It is not a case of making a thousand or losing one hundred. It is a case of having the one hundred safe and the one thousand sure, with dividends certain. Every essential of a great permanent gold mine exists, lacking now but some machinery. Stock sold upon the installation plan, but in no case less than 100 shares. Maps and expert's report on application.

Address all communications to the

**GOLD EAGLE MINING COMPANY,**

240-66 129 South 11th Street, Lincoln, Nebraska.

## PRACTICAL THOTS.

## FROM DARKNESS TO LIGHT.

Mrs. M. Klein on the Subject of Mediumship.

While reading Mrs. Eva Cassell's mediumistic experiences in a recent issue of the SUNFLOWER, I was strongly impelled to write things which I and perhaps all mediums know to some extent, in that we see things differently after being drilled thirty or forty years by wise spirits from the upper realms, from what we saw them when we began our studies under their tutor.

Speaking for myself, also including our present society in these studies, we can now, after all these years of training, see those beginnings as well as pursuits in their true light and why our experiences have been just as we realize them. For instance, one cannot positively say one knows a thing unless one has experienced it to some extent, at least, seeing it and hearing about it does not always awaken in us the necessary sympathy for enslaved sufferers, no matter from what cause, and as long as we do not wholly enter into the conditional arena and have our system and strength tried, acquiring thru such trials the mental and spiritual unfoldment which then enables us to comprehend the messages we receive in the inner shooch. I repeat, without this, we are not competent of understanding rightly and are not fit messengers for public service to the world.

I have seen that in action between spirits and mortals and have consciously experienced it many times myself, and know therefore, how easy it is to get things mixed. There is, in most cases, a vibratory difference of brain activity between the spirit transmitter and the mortal receiver. This is, and always has been, the cause of all misunderstandings that have been such a baneful oppression to humanity. It is due to such vibratory misfit or mental inequality, that a word is left off here or there, or a wrong one used where the entire meaning hinges upon such word.

The mediums may be, and nearly always are, innocent enough, but not spiritually unfolded to the right degree for such services at all times, and overtaxation of certain nerves used as telegraph lines for such interchange of that is detrimental. The angels labor so patiently and so hard to overcome these misfit conditions and resultant statements, but they need our cooperation, active, sincere cooperation to learn the lessons they give us. Really no one is competent to teach others what he himself does not comprehend rightly.

In concluding her experiences Mrs. Cassell says: "Why could not some of the fine mediums I have come in contact with have been controlled by the higher powers and given me the important revelation, instead of my having to wait twenty years for it to be given to me personally?"

Dear sister: therein is contained the wisdom of the wise of the higher realms in the withholding. You needed all this time to unfold and grow into fitness for the services proper for which you say you were born.

I have had forty years experience. I was promised at the outset that I should realize my request, viz: to learn the wisdom of the wise and to understand their ways of externalizing that wisdom for humanity's blessing. The process has been slow and often painful in experiences, but I am thankful that I have been thus led and taught. I know now that there was a vast difference between seeing grand sights and hearing grand truths expressed and being able to understand them in their true meaning and application to work out the contained purpose.

With kindest wishes for everyone's welfare.

MRS. M. KLEIN.

## Excursion to New York City

Via D. A. V. & P. R. R. and Lake Shore Ry., April 12. \$11.00 for the round trip. Tickets good on forenoon and afternoon trains connecting at Dunkirk with thru trains for New York, and good to return until April 22. Pullman sleeping cars will leave Falconer at 4:50 p.m., running thru on Lake Shore's "New York Special," No. 44. See agent at once to secure sleeping car reservation and for full particulars.

21.

## How Death Affected an Ardent Church Member.

Who shall tell the agony of the when hour there comes a hasty summons and we stand by the bedside of some loved one just passing from our sight? Who measure the depth of our misery, as we watch with bated breath the last moments of life lingering in the body of some cherished loved one? Darkness and despair seem to be the mood of our earthly life, for how can we live when our dear ones shall have passed into eternity and their fate and destination, is to us a matter of doubt and uncertainty.

Our religion tells us they are gone to heaven, a place in the dim and distant future, where we may, if we live proper lives, find our own again. But oh! how vague and unreal to us is this belief of heaven, as taught by creeds of church.

Not many years ago there came to the writer such an experience.

The one "altogether lovely," in our sight was smitten with a fell disease and in the midst of youth and brilliant prospects of a life filled with noble purpose and grand achievements, our darling was cut off.

Who indeed shall tell the misery of that hour when we stood in the presence of death! All the long hours of that night we sat by that silent form and wondered whether the spirit of our loved one had flown. No answering peace came to us; but despair, too deep to fathom. It was indeed a time to try our faith; and as the hours passed we could but ask the question, "Of what avail now is the spirit and belief of a life-time since it brings no answering peace?"

Where oh where! Still no answer. But this awful thot: If he were not a Christian his awakening had brought added torment instead of relief from the pain of illness. In our anguish at this most terrible that we cried out to the God we had been taught to love, fear and reverence, for some light to show us the fate of our child.

Friends came to lead us from that chamber of death, and each in the thot of comfort said "you must not weep as it is God's will and we must submit. Your son is safe in heaven and by and by will go to meet him."

"Go to meet him?" Where? How do you know he is in heaven? Have you seen heaven? Where is this place you say our loved one is?" "Oh, away beyond the stars."

"Did any one ever tell you they were away beyond the stars?"

"Oh no, but we must believe the Bible and it says if we believe in Christ and repent we shall be saved and dwell in heaven and continually live in the presence of the redeemer."

"But who indeed are the redeemed?"

"They that have washed their robes and made them white in the blood of Christ."

In that hour of pain and sorrow there came a doubt of the real truth of the religion we had tried to live and believe for years but never understood. Never had it seemed so vague and unsatisfying as now in our dire need of consolation.

As the sun sunk beneath the horizon, on a beautiful autumn day we laid our loved one to rest beneath the flowers he so loved in life. As we turned from that lonely grave with our hearts buried there, how could we return to the home bereft of the dear presence was to us a question too sad to answer. Never again would the dear form be seen within that home, for had it not gone "away beyond the stars," so said those who tried to comfort. Mystery of mysteries, dead! and what does death mean?

As time passed on and we searched the scripture for some answering word. Does the soul of man die? If not where is my child? As surely as this world exists, if the teachings of my childhood be true my son was at that moment either with the redeemed or forever shut out from the presence of an avenging God and did not the Bible tell me we must repeat and believe or be forever lost?

(To be continued.)

Will human nature be sufficiently improved to see the advantage of settling disputes without first cutting one another's throat?

Franklin.

## PSYCH-TELEPHONE—THE COMING MEDIUMSHIP.

In a previous article the modus operandi of development for materialization and etherealization was discussed upon—the effects of which is produced thru the astral body of the medium sitting for these phenomena.

In connection with this are other phenomena to be considered. As before stated, the creative force in man is the one most active or in nearest rapport with the creative force of nature—must be to produce like effects. But as sense and self-spiritualized lead to inspiration and clairvoyance, the creative force spiritualized (attaining a greater spiritual than material energy) leads to the development of an astral body around the medium—the result of continued creation, but for a spiritual effect. This astral body becomes the real medium for spirits to operate on or thru for material effects—so-called spiritual phenomena.

But as all such astrals are not capable of being detached from the body of the mortal possessor, they may nevertheless be utilized for other phenomena than materialization, such as the ordinary cabinet manifestations, independent voices or trumpet, healing and slate writing—either one distinct or powerful comparative to the spirituality of the medium or other spiritualized animal forces existing in connection with the mediums; and all such forces being operative thru the astral, and exalted according to physical or moral education.

But there is one phase only operative among mediums themselves, highly sensitive individuals or where perfect love exists between two persons. It is usually termed mind-reading—also telepathy. But it promises a far more sublime factor than either of the aforementioned, should it become perfected as a means of intercourse between mortal mediums or sensitives. We would term it Psycho Telephone.

But, as a perfect materialization this too will need a detaching of the astral body—to be sent to the listener or receiver of the message.

As a thot may be sent and caught so the astral may be projected. But the receiver must be sensitive to its presence. If inspirational, communication may be held with it as with a spirit. If clairvoyant the same may be seen; and if an automatic writer the message may be obtained in that way.

The astral bodies of mortals are frequently seen by clairvoyants; but always due to the fact that the possessor of the astral is thinking of the person who sees it. A knowledge of the practical utility connected with it, may lead to interesting revelations, and the astral medium, who understands its utility, may elicit some interesting revelations or thots from the one whom he desires to visit—provided the aforesaid is unaware of his presence.

Moderately, of course, are always aware of spiritual presences (including mortal astrals) and may temporarily guard their thots accordingly. But as a medium for eliciting secrets from criminals or selfish schemers in general, the development of the Psychic Telephone will be the great factor, and perhaps, need of the future.

ARTHUR F. MILTON.

## "Life and Soul Growth."

Law controls all. Order must reign thru all. Life is willed by higher powers.

Seek nature, find her secrets and you will find truth. Have faith in thine own soul. Cultivate the higher thot, and vibrations will come to you. That will enable you to grasp the full meaning of life. These vibrations will become a part of your daily life. You will perceive the inherent beauty and recognize their true worth.

Your thots will become higher as the vibrations are intensified by the spirit of love that creates. Study and work to get a knowledge of thy soul. Thru meditation and concentration get in harmony with the soul's aspiration, then love the true life in accordance with divine law, and heaven and earth will blend in our earth life.

Many trials and temptations come. They are good for us if we do not let them conquer us. Yea, life is a battle field, and to be victorious we must be well armed with the weapons of "love" and be pro-

tected by the helmet of "truth." Thus equipped we will gain a victory in every fray and when the soul rises above the conflict, we have an eternal possession of soul strength, that fits us for future battles. As a consequence, we are a step higher on the spiritual alps.

AMANDA L. COFFMAN.

The monument which is to be erected over the grave of Senator George Frisbie Hoar, at Concord, Mass., bears in bronze letters this inscription, which he himself wrote: "I have no faith in fatalism, in destiny, in blind force. I believe in God, the living God. I believe in the American people, a brave and free people, who do not bow the neck or bend the knee to any other, and who desire no other to bow the neck or bend the knee to them. I believe that a Republic is greater than an empire. I believe, finally, whatever clouds may darken the horizon, that the world is growing better; that tomorrow is better than yesterday, and tomorrow will be better than today."

Another case of suspended animation is reported from Indian Territory. "On Christmas Eve, Carrie Moss was supposed to have been frightened to death by the explosion of torpedoes in the hands of her brother while the family were seated on the veranda of their residence. The girl fell from the chair and there was every evidence of death. The physicians who were summoned could find no pulse or heart-beat. Their verdict was that she died of fright. The body was prepared for the funeral and friends came to pay their last respects. The mourners were gathered about the coffin, the preacher had paid his tribute, the village choir had sung a hymn and the undertaker was in the act of screwing down the lid, when, to the amazement of all, Carrie sat bolt upright. She was apparently as well as ever, but she could recall nothing since the shock from the torpedoes."

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ARTHUR F. MILTON.

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