

LILY DALE NEWS.

Buffalo Notes

Essie Turner visited at Stockton last week.

Word has been received that Mr. M. B. Little of Glens Falls, N. Y., a visitor to Lily Dale for many years, is very sick at his home.

J. H. Binney, who is working in Dunkirk, attended the dance last Saturday night. It was a beautiful night and attracted the largest attendance of any held this winter.

Our sick people are all on the mend and will be out within a few days. Scarcely a person has escaped a greater or less attack of grip, some having been laid up for a week or two with it.

The ice harvest has been going steadily on all this week, and cars are being loaded for Buffalo and other points. All of the available men are at work and if cold weather keeps up it will furnish quiet a little in the way of ice supply for the summer from this section.

The Whist club met at the residence of Mr. and Mrs. Homer Todd, last Wednesday evening, Mr. Todd taking the members out to his home in his sleigh and all reported an enjoyable time. Five tables participated in the game at the close of which a "sugar off" was enjoyed. While this was against the rules of the club, we have not heard any threats of vengeance against the hosts, so we conclude all appreciated so much that they forgot the rules and regulations. This week they met at the home of Mr. and Mrs. Hass on South street.

Mr. Hutchinson reports that Mrs. Besse Lloyd, of Erie, Pa., formerly of Ossadaga, has contributed seven new bound volumes to the Marion Skelton Library, as follows: The Wife's Desire, Congugal Love, A Strange Experience, A Marriage at Sea, Master Rocailler's Voyage, The Frozen Pirate, My Danish Sweetheart. In behalf of the Association I express thanks to Mrs. Lloyd for the gift, also to E. L. Gray, J. H. Osmer and W. H. Bacon for donations of books. Samuel L. C. Hutchinson, Acting Librarian.

G. M. Tremaine, the oldest insurance man in this section of the country, who has had the major part of the insurance on these grounds, passed away quite suddenly and unexpectedly February 9th at the home of his son in Fredonia. He did not feel well the day before, having had some trouble with his heart. Saturday morning he appeared to be feeling better and had his son he would get up and take a bath. Twenty minutes later G. M. Jr. again went to the room and found his father dead. The funeral was held Monday and was attended by many prominent insurance men. He was a life-long thinker, well informed on general topics and quite an interesting talker and writer. He had always been interested in local improvements and was one of the most prominent citizens of his home town Fredonia, where he had lived over forty years.

Hydesville Cottage Souvenir Postals

We have received a supply of colored Souvenir Postal Cards of the Hydesville Cottage, printed in Germany. Price, 3 cents each, 2 for 5 cents at the office, or if to be sent by mail, in one package, 4 cents for one, 6 cents for two, 11 cents for 4, per 100, postpaid \$2.25. If you would like them to be mailed to friends from Lily Dale, price will be 2 for 5 cents, and postage one cent each for domestic, 2 cents each for foreign.

Mr. W. T. Stead points out that in the messages he has received, and continues to receive, from his spirit friend "Julia," one thing he specially notes is that it is not only possible but lawful, and not only lawful but an absolute duty on the part of mortals to renew and keep up a loving intercourse with the loved ones gone before. Here we have clearly and emphatically given important teaching which Spiritualists cannot too frequently repeat or too strongly emphasize, because of its being so often pointed out for special attacks by the "materialistic Christians" of our time.—Message of Love, New Zealand.

Coquetry is a euphemism for flirting.

THE FIRST SPIRITUAL CHURCH of Buffalo meets at the Temple, corner Jersey street and Prospect avenue, Sunday 10:45 a. m. and 7:30 p. m. Wednesday evening service 7:30. Children's Lyceum Sunday 12 m. HARMONY CIRCLE meets at Keystone Hall, 351 Main street every Sunday evening at 7:45. Chas. S. Hulbert, Pastor. LITURGICAL THOUGHT EXCHANGER meets at Stirling Hall, 374 Connecticut street, Sunday at 7:45 p. m.

Mrs. C. Fannie Allyn of Stoneham, Mass., is serving the First Spiritual church during February, and last Sunday, February 10th, she gave a very interesting lecture in the evening from subjects taken from the audience. Wednesday evening she gave mental readings from articles laid on the table. She is an interesting and earnest worker. Very good audiences greeted her last Wednesday evening and also this week.

A pedro parry will be given in the Temple, Friday evening, February 22nd. Prizes will be awarded the winners. Tell your friends and be sure to attend yourself.

Tuesday evening February 12th, the Psychic and Social club held their second annual dance and social in the parlors of the Temple. A goodly number were present and a very enjoyable evening was the result. Refreshments were served.

Patrons of the SUNFLOWER in Buffalo N. H. Eddy is ready to take your renewal of subscriptions or new ones.

Harmony Circle society will hold a masquerade ball at Keystone hall, 351 Main street, Saturday evening, March 2nd. A good time is always assured those who attend Harmony Circle entertainments. Don't forget the date.

The three Spiritualist societies in Buffalo are doing a good work and creating much interest in spiritual that.

HARMONY CIRCLE.

Harmony Circle Medium's Day, Sunday February 10th, was all that the most ardent supporters of Spiritualism or of our society could wish. This monthly event seems to have taken a firm hold on our friends and the general public, as our hall was crowded to the doors, especially at the evening meeting, and the harmony of the gathering way truly remarkable.

The social session between the meetings brought out in strong relief the friendly character of our members to welcome strangers and make them feel at home, circles and groups, being formed around the hall with some medium as the central figure, giving out words of cheer from the arisen ones and tests to the investigator.

The Ladies Aid provided the plentiful repast to all who wished to partake of our hospitality. Several of our platform workers were unable to be present but Mrs. More ably assisted in the regular work at both meetings with splendid readings and tests, which were readily recognized. The address of the afternoon was thoroughly enjoyed from all standpoints as a clear exposition of Spiritualistic thot and a comprehensive view of the future state of existence for all.

The evening discourse was truly a magnetic one and full of pith and reason and created quite a sensation, especially to those who were new to the philosophy as voiced from our rostrum.

The control said in part: The grains of sands on the sea shore are not more innumerable than the various thots that are given to a future state of existence. The power to realize and accept truth belongs to each individual. But to realize and accept truth belongs to the thinker and the reasoner. The limelight of public opinion has diffused itself over all the religious conceptions of the past and present, and today we are treading on fields that are being thoroly threshed out and the chaff winnowed from the true kernel. No exception is being taken to any meaning given to the world these days that can be proven or demonstrated in some form, or manner, that would bear out the facts of their quotation.

Each and every truth as presented to the world of today must be proven. Science, the demonstrator of facts, has awakened to the realization that there are laws governing powers that they have no scope or power over, either on a known postulate or demonstrated premise. The law governing spirit is indissolubly linked with every chain of evidence of future individual exist-

ence. Yet man, from his material standpoint, can point to no parallel in his experience. Superstition has left its train and controlled the masses, until its matter has become fetid and mildewed, and to bring his mind to an exact relationship between the spirit man and the mortal man without the supernatural invading the thot, is a tower that must require almost superhuman effort. But such is the gigantic task of modern Spiritualism.

Its early fruits are seen on every side from the secular press to the modern preachers of the gospel. The way is wrong and filled with error, but its course will never be stopped—only delayed. Our aim is a truth both in the spirit world as well as the earth plane and the relationship of the two must be on conscious man's side and the two worlds will merge and bring out the best effort to create moral man on a plane of high thinking as well as right doing, with peace to the artist as well as peace to the present.

My spirit sister Foster gave psychic readings which were voted as all were recognized. On Saturday evening, March 2nd Harmony Circle will hold a masquerade ball at which our friends are invited. Prizes will be given for the best character and comic operettas.

BOSTON NOTES.

Mrs. W. W. Belcher. The Ladies Lyceum Union meets at Dwyght hall, 514 Tremont street, every Wednesday. Business meeting 5 p. m., supper \$0.30, evening meeting 7:30. Good mediums in attendance at all sessions. Mrs. M. J. Butler, president.

Dwight Hall. The Ladies Spiritualistic Industrial Society meets at Dwight hall every Thursday. Business meetings 7:30; supper 6:30. February 7 we had a large attendance. Rev. Mabel R. Witham and other fine talents. Feb. 24, we had a Valentine party and a fine time. Many fine mediums were with us and took part in the exercises. Mrs. B. W. Belcher, president.

Harmony Hall. The First Spiritualist Ladies Aid Society meets in Appleton hall, 9 Appleton street, every Friday. Supper at 6:15. Meeting at 8 p. m. with Mrs. M. A. Albee, president.

Harmony Hall. Mrs. Gray conducts spiritual meetings at Harmony hall, 724 Washington street. Sunday circle 11 a. m., messages 2:30 and 7:30. Tuesday and Thursday, 2:45. Best of talent present at all sessions.

Commercial Hall. 694 Washington street, Sundays at 11, 2:30 and 7:30. Tuesdays and Thursdays at 2:30 p. m. Readings and tests by good mediums. N. P. Smith, conductor.

Old Ladies Hall. 448 Tremont street, Mrs. Nellie Carleton Grover conducts a spiritual circle for lecturing and many of the heads of Boston and vicinity are there each week giving free treatments to all who wish it. She also has many message mediums Tuesday and Friday at 2:30 p. m. each week.

First Spiritual Science Church. 572 Massachusetts avenue Cambridge. Mrs. E. A. Wilkins, pastor. Services at 3 and 7:30 p. m. During the serious illness of the pastor Rev. Mabel R. Witham will conduct the meetings, assisted by many fine workers. The public is cordially invited.

Central Progressive Lecture. Meetings in Legion of Honor hall, 200 Huntington avenue, at 1 p. m. every Sunday.

Mrs. May Steinen conducts spiritual circles Monday afternoon at 48 Appleton street.

Mrs. W. W. Belcher gives sittings by appointment at 43 Linden street West Everett Thursday and Friday. Home address, 204 Pleasant Street, Marlboro, Mass.

DOCTOR OLIVER

of Philadelphia. Presents to the readers of the world a book entitled "SCIENCE OF THE SPIRIT, SOUL AND BODY." It tells you what constitutes man's estate. This clair-scient transmission took four years of his life to obtain. The "Truth" as presented was formulated by exalted intelligences from the earth plain to the Fourth Assention of progression in the world of spirit, up to the highest and most exalted souls in the Dominions of the Deity. The book is an educator of all souls incarnate and exanimate suffering in the lower states of servitude in spirit life, and a wonderful presentation of the value and truth of man's future state of existence and progression after the change called death—explaining why there is no death. It is a clear-cut portrayal in all its simplicity of the master of truth. Price \$1.00.

Can be had at this office or direct from DOCTOR OLIVER Colwyn, Pa.

Miss M. B. Hedrick, Psychic. 55 Herkimer St., Brooklyn, N. Y. Private sittings daily. Seances every Sunday, Tuesday and Friday at 8 p. m. Ladies Matinee Wednesday afternoon 2:30. Take Fall Ave. to Nostrand Ave. Telephone 2622 J. Bedford. Readings by mail \$1.00. 267-4f

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A PERFECT BEAUTIFIER FOR THE COMPLEXION. Guaranteed that one of our 50 cent boxes will give a perfect complexion.

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If mortals are weak and prone to sin, While principles hold forever, They gather the beauty of principle in, And use it with Christian endeavor.

F. E. PARKER.

A woman seldom listens to a man's explanation, yet it makes her angry if he refuses to offer one.

MEDIUMS' AND SPEAKERS' DIRECTORY.

Mediums and speakers frequently lose engagements because people do not know where to find them. To avoid this have your name and address listed in this directory, under the proper heading. Speakers and public mediums who subscribe for or advertise in the Sunflower by the year, can, upon application, have their names and addresses placed in this column under one heading free of charge. If more than one heading is desired, \$1.00 per year for each heading. Those marked with a star will attend funerals.

TEST MEDIUMS. Harriet H. Dandforth, Lily Dale, N. Y. Chas. Harding, 628 Dundas St., Woodstock, Ont. Mrs. B. W. Belcher, 203 Pleasant St., Marlboro, Mass. C. Walter Lyon, 784 1/2 St., Oakland, Cal. Mrs. O. W. Grant, 135 Prospect Ave., Buffalo, N. Y. Mrs. Edith McCrossman, 263 East First Ave., Columbus, O. Mrs. Elizabeth J. Demorest, 200 Anderson St., Allegheny, Pa. Alta A. McHenry, Excelsior Springs, Mo. HIMALAYA.

Dr. C. D. King, Onset, Mass. Mrs. F. K. Elvanger, 224 N 13 St., Philadelphia, Pa. Mrs. Mattie Recker, 140 Hicks St., Utica, N. Y. Mrs. Dr. Dobson-Barker, 230 N. 6th, San Jose, Cal. Mrs. A. A. Cascroft, 322 E. 2nd, Jamestown, N. Y. Vinced Drath, Jim Block, Cedar Rapids, Ia.

LECTURERS. Mrs. F. E. Elvanger, 224 N 13 St., Philadelphia, Pa. Mrs. M. E. Williams, box 261 Richmond, S. I., N. Y. Mrs. B. Harris, 185 1/2 N High St., Columbus, O. Rev. Dr. J. B. Giddie, 105 Lafayette St., Jersey City, N. J. Mattie E. Hull, Whitewater, Wis. *Hughes Moore, 126 W. 12th St., New York City. Mary C. Von Kanzler, Fulton, N. Y. *G. W. Kates and wife, Cheyney, Pa. *Mary M Jennings Moravia, N. Y. *SPIRIT PHOTOGRAPHERS. Mr. and Mrs. A. Normann, Lily Dale, N. Y.

SLATE WRITING. Mr. and Mrs. A. Normann, Lily Dale, N. Y.

ASTROLOGERS. J. N. Larson, 28 Union St., Titusville, Pa. M. H. Eddy, 25 Wabash Place, Buffalo, N. Y. Captain Geo. W. Walrand, box 22, Denver, Colo. George W. Kates, Cheyney, Pa.

TRUMPET MEDIUMS. Mrs. S. E. Pemberton, 47 Hancock St., Peoria, Ill. Frank McKinley, 15 West 64th St., New York City. Cora E. Moore, 126 W. 12th St., New York City. MARRIAGE MEDIUMS. Dr. W. H. C. Hough, 202 W. 24th St., New York City. Mrs. M. E. Williams, box 261 Richmond, S. I., N. Y.

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METAPHYSICAL.

Conducted by EVIE P. BACH.

OUT OF THE SILENCE.

Is this thing true, the preacher saith,
Or but a dreamer's dream?
Thou art in thy very midst the breath
That bade the star-flies stream?

Prayed all the universe Divine,
And slowly cell by cell
He t'up the body for a shrine
Wherein Himself might dwell?

Thou cares and fears are phantoms
Vain—
Thou of illusion bread:
Thou hungry soul, insatiate,
Thou inward and be fed!

Thou heart, with age-long error rife,
Thou art no soil for sin,
Thou through the eternal source of life
Wilt rise ever from within!

Thou think, and thy need shall be sufficed
Thou drought of death will fly;
Thou thereof drinketh, said the Christ,
Thou shall never thirst or die.

Thou mortal being gave thee birth;
Thou shake of the fleshly dream,
Thou housed albeit in walls of earth
Against thyself blasphemous!

Thou heaven is here for which we wait,
Thou life eternal now!
Thou who is this lord of time and fate?
Thou brother, sister, thou.

Thou power, the kingdom, is thine own;
Thou arise, O royal heart!
Thou pass inward past the doubting zone
And prove the God thou art.

THE ART OF RESTING.

When we know how to rest, we do not have to rest. Complete activity is never necessary; but always injurious.

Every moment of inactivity is a moment of waste; and is another step toward inability and decay.

It is possible for the different parts of the system to be temporarily inactive, but it is not possible for you to be inactive. You must continually act; and to act you must act upon something. Therefore, if you wish to give rest to a certain part of the system, you must go and act elsewhere; do not try to become inactive; it is not possible; such attempts but prevent the exhausted part from receiving rest.

Absolute standstill is impossible; if you are not going forward, you are going backward.

Most people seem to be at a standstill; but they are simply taking one step backward, immediately after one step forward.

The average person thinks he can rest only by stopping all action; to stop all action is harder than work, and uses up more energy than the most strenuous kind of work.

To go and do something else is the one secret in the art of resting.

When you want to rest one set of muscles, go and use another group.

When you want to rest one part of the brain, think of something different.

When you want to rest the objective mind, use the subjective. When you use the objective mind while resting, and the subjective while resting, you will get the greater good.

When you sleep when you give your subjective mind something definite to do, especially if that work is interesting and instructive.

When you are going to sleep, tell your subjective mind what you want to have done; and it will be done, and in addition, the objective mind and the physical body will receive complete rest.

A disturbed sleep is caused by consciousness acting partly upon the objective mind and partly upon the subjective. During sleep consciousness should act wholly upon the subjective mind; and this will be done, if you give the subjective something special to do before you go to sleep.

While the outer self is resting in sleep, the inner self should build up the subjective side of talents and faculties, and thus increase constantly the capacity of the mind

and the strength of the body.

When you give the subjective mind nothing definite to do, it will spend the night creating monstrous pictures; a few of which you remember and call them dreams.

Perfect rest during sleep is therefore secured by giving the subjective mind something definite to do. In other words, if you want to rest the objective go and do something in the subjective. Do not fall asleep in the attitude of weariness; but go to sleep with the purpose of going into the subjective and doing something there that is constructive.

Such intentions of course must be serene. No work can be properly executed unless we go about it serenely.

Perfect rest for any part of the system during the waking state, can be secured by learning to withdraw consciousness absolutely from one part and cause it to act wholly upon another part.

Consciousness is produced by the I Am living; therefore, consciousness acts on a certain plane, so long as the I Am lives on that plane.

Consciousness always is active; an inactive consciousness is as impossible as a dark ray of light.

Whenever anything is conscious, it does something, and it continues to do so as long as it is conscious.

No part of the system can rest until we become unconscious of that part; because so long as we are conscious of that part, we will act upon that part, and energy in that place will continue to be used up.

The purpose of rest is to recuperate or regain energy that has been used up in work or worry. But it is not possible to regain energy in any part of the system so long as we continue to use up energy there. And energy is used up wherever consciousness acts.

When you are simply quiet in any part of the system, you are not unconscious of that part; therefore the rest is not complete.

Some people recuperate slowly because they are always conscious of the entire mind and body.

The person that can become wholly and instantaneously absorbed in another line of thought and action, recuperates rapidly. Such a person will not wear out; neither will he retire from usefulness at four score and ten. He will then be in his prime, both physically and mentally, and on account of his extensive experience, his service will be of the greatest value to the world.

To turn consciousness wholly into another channel, reposeful or well-poised action is necessary. When we work in the attitude of poise, we concentrate well without trying to do so. We naturally give our whole attention to the present action; and all other things are given a complete rest.

When we act or think in the nervous or excited attitude, consciousness flies all over, and no part of the system is left free for many seconds at a time. Recuperation is therefore impossible; and the system continues to remain in a "run down" condition.

That inactivity, or rather attempt at inactivity, produces inability and decay is readily understood when we examine the process involved.

So long as you try to make a certain part inactive; you act upon that part, and energy in that part is used up. The longer there is not sufficient energy left to carry on the work of repair, and decay sets in.

It is therefore plain to be seen that a great deal of premature senility comes because we do not know how to rest.

There is no reason whatever why brain workers should lose their mental brilliancy after they pass the sixtieth year; nor is there any reason why the physical strength should diminish in any one at that age, or any other age.

Physical organs wear out because we do not give them the proper rest; and faculties become dull because of the same reason.

In the art of resting the first rule to follow is never to attempt to become perfectly quiet in the entire mind or body while you are awake. Second, if a certain part of body or

mind need recuperating, simply withdraw consciousness absolutely from that part and become alive with interest in something else. Center thought and attention upon something that does not require the activity of the organs or faculty you desire to recuperate. Third, if the brain needs rest, go and take some physical exercise that needs no direct thought. Such exercise will rest the brain ten times quicker and better than to enter a rocking chair and think how tired you are. Fourth, when the body needs rest, sit down and read an interesting book or listen to harmonious music. Fifth, about something that takes you away from physical exertion. Sixth, the loftiness, the beauty and the life of spiritual religion rest the body in a remarkably short time.

When you wish to rest a part of the system, do not try to concentrate away from that part; simply divert your attention elsewhere; and become wholly interested in the object of your attention. Consciousness will then follow all action be removed from the part that is at rest.

Whenever consciousness acts, the energy is used up; but when consciousness is withdrawn, consciousness is withdrawn.

That is the reason why we become unconscious of our organs and faculties before they can regain their strength.

When we remain conscious of a certain part too long, the part is not fully recuperated of its energy, but the part is used up, just as a starting motor lives for a while on the elements of his own body.

When we remain unconscious of a certain part too long, the accumulated energies are lost, and the system decreases in capacity.

Whenever any part of the system has increased its strength, we proceed at once to use this for constructive purposes; so that as our energy is used, it should turn our attention elsewhere, that it may again be taken up.

In this way we use constantly the energy we accumulate; and increase our capacity.

During these moments when we are resting, particular attention should be given to the physical body. There is no reason why your physical body should be overworked, if you give your thought upon some object or talent that you wish to develop.

In this way the tired parts of the body will receive perfect rest, while the time will be usefully employed.

The average person through several hours every day is being partially active. He is resting because he is not working; but he is working; he is using up energy; thus consciousness upon the entire system.

When you are not working, you are not working; your particular attention upon development. In this way the tired parts of the body will receive perfect rest, while the time will be usefully employed.

No time nor energy is wasted, and work, rest and development will constantly be maintained throughout the entire system.

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D. A. V. & P. R. R.

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

No. 11 No. 2	DEPART MAY 17, 1906.	No. 21 No. 4
7:10 a.m. Lv. Dunkirk	Ar. 9:15 a.m.	9:00 a.m.
7:20 " " Lv. Fredonia	Ar. 9:25 " "	9:10 " "
7:30 " " Lv. Leona	Ar. 9:35 " "	9:20 " "
7:40 " " Lv. Lily Dale	Ar. 9:45 " "	9:30 " "
7:50 " " Lv. Cassadaga	Ar. 9:55 " "	9:40 " "
8:00 " " Lv. Moon	Ar. 10:05 " "	9:50 " "
8:10 " " Lv. McClairville	Ar. 10:15 " "	10:00 " "
8:20 " " Lv. Gerry	Ar. 10:25 " "	10:10 " "
8:30 " " Lv. Palmer	Ar. 10:35 " "	10:20 " "
8:40 " " Lv. Jameson	Ar. 10:45 " "	10:30 " "
8:50 " " Lv. Jameson	Ar. 10:55 " "	10:40 " "
9:00 " " Lv. Robinson Junction	Ar. 11:05 " "	10:50 " "
9:10 " " Lv. Warren	Ar. 11:15 " "	11:00 " "
9:20 " " Lv. Titusville	Ar. 11:25 " "	11:10 " "
9:30 " " Lv. Titusville	Ar. 11:35 " "	11:20 " "

SUNDAY TRAINS.

Leave Titusville 7 a. m. Falconer, 8:15; Lily Dale, 9:00; arrive Dunkirk, 10:30.
Leave Dunkirk 8:30 a. m. Lily Dale, 9:30; Falconer 10:15; arrive Titusville 11:30 p. m.

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