

THE HAND INVISIBLE

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CHARITY

FOREWORD

Man's life holds for himself one great desire, as a usual thing; with me that great desire was to be able in some way to be a help, an instrument through which God's love and power might be shown to those who crossed my pathway. In a measure, in my humble way, I was able throughout my earthly existence to do this, but not with the fullness which was in my heart; hence when I crossed the border it was still my ardent wish (for one does not change in the passing over), and when I saw an opportunity to express myself through the hand of one on your plane, it gave me great happiness. My prayer is that the words which have been sent through by this means may be understood to have been written with all reverence, homage and love for the One who is All-powerful.

Let those who cannot find a reason for sorrow, or a justification for trials, know that often through suffering the love of God is first realized to be the power and real worth which it is.

The greatness of love! its power is far-reaching, and without it there is no real life.

The intent of these words is to let those who will know how close we of this sphere are to you upon

the earth plane, and that we will, if you but let us, help and comfort you. None need ever be alone, for each has his guardian spirit, as was told you in the Great Book. Those who strive to follow the Master and to do His bidding cannot fail to see the truth of this, for did He not go upon the Mount and commune with the spirits?

With love and charity for all in your hearts, God's beauty will manifest itself through you.

My prayer is that in some way, however small, I may have been able to comfort one who is weary or oppressed, and to bring to him a realization of the continuity of life after death.

WALTER L. CURZON.

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Aim high;
Thus strive to reach the mark,
God nigh,
Will lead thee in the dark.

Be gay
When sorrow comes to crush
And pray,
So shall thy grievings hush.

Make love
The spirit of mankind,
A dove
To clear the mists that blind.

Seek peace
Which all who yearn may know,
Then cease
Your strife with ev'ry foe.

Walk straight,
Halt not, nor look behind,
No gate
Is barred against thy mind.

Hold fast!
Triumphant, thou shalt sight
At last,
The clear celestial light.

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October 10th, 1909.—Monetary motives are so prominent in many lives that when we strive to approach the truth of a future existence there is little or no attention paid to our entreaties. Not only in this great subject but in much besides we are misunderstood, which causes us great distress. The everlasting truths whose profundities our broader-minded brothers are striving to fathom will eventually produce wonderful results upon mankind, therefore be not disheartened.

November 8th, 1909.—Many healthy people seem the farthest from the world beyond, and they are sorely tried when without warning one is taken from their midst. Must we not then strive to live nearer to the Righteous One, fashioning ourselves more like unto Him? Greater grace and power to serve the Lord will be given when it is sought after with a spirit of righteousness. Serve the Lord always and much happiness will be yours.

November 9th, 1909.—When reason unassisted fails to assimilate new theories, well chosen words often act as a stimulus to waken the dormant mind which, once aroused, makes rapid progress. Man

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rarely assumes a fitting attitude toward worthy counsel trying to convey the simple truths which exist unobserved all around him.

November 10th, 1909.—Choose those who will listen, scorning such as are not able to hearken to other than their own doctrines. Where methodical thinking has established a negative condition in the mind our only aid for such seems to be in prayer.

November 13th, 1909.—Riot and ruin result continuously when infidelity takes the rule of things. Trouble wounds but seldom kills. Often remorse brings home new lessons which so comfort the roaming spirit that it returns more blessed and gains wondrous truths of manifest divine goodness, obliterating sad thoughts by a realization of the Creator's love and mercy for the least of His children.

November 14th, 1909.—Zealous efforts should be made to promote the knowledge that the spirit triumphs over death, which is so generally regarded as an eternal severance from those we love. Let us strive so to live that when our translation shall have taken place we may be enabled to alleviate the sorrow of those left behind by the transmission of comforting thoughts.

January 5th, 1910.—Many tangible evolutions contain the problem of contentment. Mingle without reserve among people whose standing socially

may not be high but whose souls are infinitely larger than those of great estate. Weed out the silly, brainless fools whose gold is all that keeps them within the realm of tolerance. If more brains were used the conditions of things would alter, but since the beginning of time those who have wealth have been tolerated whether deservedly or not.

With an awakening to the real state of affairs those who many times have jeered and laughed at religious teachings will be the first to uphold the truth before their brethren. Such men are often unable to help others of their own class because their former associates look upon them as fanatics and so feel only pity for them. Often their work is very great for, with worldly goods to put their teachings into practice, the demonstration of their faith before the masses is enough to set men thinking.

Cleave to the undisputed truth. Nothing gained without a struggle avails in the vanquishing of desire. Tenacity counts for much; but with each person the way is different. Many work with unfaltering zeal and their reward at times seems slow. The reason for this is beyond your sphere of knowledge; enter not into the intricacies of nature's ways.

February 8th, 1910.—Cast thy burdens upon the Lord; He will give assistance. Do not pay much attention to those annoyances which the ignorant thrust upon one who in all ways is striving to follow

God's laws. Give no one an opportunity to wound a second time. If one finds that his efforts have been wasted upon those unable or unwilling to see the true condition, place the same amount of energy where it will be appreciated. Often man striving to aid finds his field of effort to be barren soil. Fear not; the good seed is there and, although it does not reproduce at the expected time, it grows and will slowly ripen. To all whose efforts are fraught with difficulty I would say: "Be not disheartened; let the Master's work continue, for in uplifting all things the struggle to accomplish one's desire is great." Into the heart of the materialist comes the wish to overthrow the work of the spiritualist by thrusting all obstacles he can into the way of one striving. Let no hasty word become a poisoned dart to wound you in a vital spot. Upon a project which with God's help you are determined to carry out, bend all your best efforts, that you may override all obstacles. To this end, work. Man does not consider the importance of right living in this age of materialism whose shackles hold in bondage many who listen not to the voice of the Master.

May 31st, 1910.—When those who wish to oppress bear heavily upon you, seek relief by withdrawing your mind from them, either by changing the environment or through an act of will. Things with a trend to deplete the energy should be avoided,

since without the full complement of energy little is accomplished.

Memories of mingled hope and happiness it would be well to hold in mind; when husbanded, hope begets joy and bears one insensibly onward with little realization of the many difficulties passed, thereby justifying its cultivation. Grasp in truth the deep importance of hope. Meet all things with a placidity which places the most trying ordeal outside the bounds of destructiveness. With might strive to hold all that is best, firmly believing that things will right themselves.

November 8th, 1910.—Waning home ties leave many a dupe who, in surrendering to an alluring tempter, reaches out to grasp what proves to be a phantom and in the end brings upon himself untold suffering. Some when warned take heed, others turn aside from the warning, scoffing at the idea of so honest a proposition.

Anticipate nothing that brings aught but happiness. To men a true understanding of the situation upon this side comes only with their translation from mortal life, which must be experienced that the glory of immortal life may be known. Hence those on your side may anticipate the beauty of the future life, but the realization awaits the glorious awakening. Close to those who really watch for it may be seen the spirit force, willing at all times to aid.

Live truthfully each hour, that each day may be crowned with the knowledge that the best in you has predominated; the rest and peace which come with such knowledge will then be yours. Love given forth produces thoughts bordering upon the majestic and awakens powers of emotion which otherwise would lie dormant forever. Little sayings which ease a troubled mind are like jewels in a king's crown. Such have their beauty and place which render them, for their particular part, indispensable. Strive to scatter such jewels broadcast, that their beauty may react as blessings both upon the giver and upon the receiver.

With God's blessing and guidance I now leave you.

December 10th, 1910.—Little problems often solved make the road more clear. Each difficulty surmounted gives you more confidence to combat the next one. Energy is often wasted in arguing with those determined not to be convinced. You simply pile up, as it were, a great fortification about them, since the tremendous desire to see nothing which meets with their disapproval makes their enlightenment impossible. To let no word of argument pass your lips would also be wrong. Know by the other's attitude when to drop a controversy.

Assist those who try to see. A little light will shine and, properly nourished, will grow brighter,

giving cheer to those about. When opposition is encountered, it is advantageous to retain freedom of thought while emphasizing the one theme which sinks deepest into the consciousness.

Grant any sane request which one may make relative to your explaining or helping in this work. Some seek the phenomena only, which makes evident their selfish temperament. Others really wish for more. Often by encouraging messages a troubled heart is eased, the recipient's burden becomes lighter and he is consoled and filled with the desire thus to lighten the burden at all times.

Make those think whose aim it is to live a life of comfort and ease. With a little of their time diverted each day from themselves to some creature less fortunate, would they not find their time passing more quickly? Would not their efforts to strengthen another quicken a feeling within their breast so foreign that at first it would not be understood? With such an awakening a new life would be born in them.

Those who live a life of indolence, thinking of material things, are surrounded by an evil atmosphere. With some this is not as noticeable as with others. Some find the tedium of the passing day great because they are surrounded by conditions which blind them; were they to clear their vision they would see enough to employ them for many days.

The neglected baby for this very reason learns to depend upon itself for those things which a mother should be only too eager to give it. On this hinges the great domestic problem of happiness. The husband observes the lack of mother instinct in the wife and perhaps tries his best to awaken some spark of real motherhood; failing, his hopes are shattered and, oftentimes too weak to withstand unfulfilled dreams, evil forces work their will upon him.

December 11th, 1910.—No man with the manner of an austere judge is able to convince people that his opinion is correct. A more pleasing manner accomplishes more in the way of attracting a following. Give, therefore, heed that the attitude you take be one of kindly guidance, not one of dictatorship.

Love is a substance upon which is nourished much that is best. When the heart is filled with love for fellow man the yearning for useful accomplishment waxes and, if need of assistance is perceived, supercedes all previous desires.

Within the breast there is that something which is the man. Many a man regards it as something beyond his control; he feels that, since he has been placed upon the earth through no fault of his, he is sure of being taken care of. He feels that no responsibility rests with him. My friend, this view is an erroneous one. With each, there is a cause for his being and once he acquires consciousness his

responsibility begins. The laws of the Divine Being must be obeyed by all. The individual through transgression suffers and by that suffering learns. By the transgression of one many are affected; therefore it behooves man so to live that no act of his brings suffering to those about him.

With logical thought the way may be made plain. When one who believes not in the future life sets out to treat those of his fellow men with whom he deals in a manner to elevate and help them, his heart becomes lighter and he unconsciously paves the way for advancement when he shall cross the border, although this truth may not be known to him.

Nothing in nature is destroyed; how, therefore, should nature's highest product, man, carefully developed by his mortal life, be with one blow annihilated? A candle burning brightly may, by a puff of wind, be extinguished, yet this has not destroyed the candle which, when relighted, will burn again as brightly as before. And is not man of more importance than the candle?

When life is snuffed out and the worn container of the spark discarded, the spark still glows and in its new environment burns brighter than before. Ponder this and you will see the better what is meant.

December 15th, 1910.—When the mighty troubled waters rush with angry wrecking force, turn away lest you be the victim; seek safety upon an eleva-

tion. Turbulent thoughts work havoc that we cannot assuage. A dreary atmosphere is one to shun.

December 22nd, 1910.—Squander not what time you have upon one made rich with earthly goods. Great actual talent may lie incased within him, poor and useless from the very constraint which he has placed upon it. Such a man may never search his consciousness to find what jewel lies within. Oh, the pity of his awakening!

The stagnant mind gropes about for worthy action which will open the gate for enlightenment to enter. Rather the pauper than the silly, simpering rich whom you see bedecked with gaudy treasure such as in years gone by graced those bidden to a nuptial feast. What if these creatures yield an offering mighty in the value of actual advantage for many procured by its means? What good is it to the giver when the giving has not inconvenienced him one little jot nor permitted his real being in any way to influence such gifts? Total indifference to the true condition of his fellow man manifests itself in many smaller ways. When gifts are large glamour and social glare are turned upon them, thereby satisfying the inner being.

December 29th, 1910.—No seed of thought is small enough to count for naught. Love is the key which opens wide the door of happiness; who loses the key we find lonely and miserable. Many times the grossest condemnation is laid upon one whose

only fault lies in trying to please too many, thereby bringing little joy to any and least of all to himself.

January 1st, 1911.—Doubtless weak and even strong persons fall because of their willingness to be flattered, not being awake to the true state of affairs or to their own limitations as to certain achievements. Beware of the glib-tongued flatterer; rather the sharp-tongued critic whose words bring one to a realization of his weakness or deficiency.

To do the best you can at all times, to say the kindest you can at all times, to be what you know to be just and right, sends a wave of contentment over all. Strive then to be just, honest, loving and true.

January 9th, 1911.—Man! man! the inconsistency of man! When everything around smiles and strives to uplift, the spirit within moodily decries its many blessings. Things without the jar of trouble have not the savor of perfect peace. Wander in the desert of life; it yields fruits that are stubbornly passed by those who will not partake of them. Foolish man! thus to be robbed by himself of things so essential! With you the light has pushed its way through the darkest clouds; the little ray which now you see will grow in strength and mightly be.

January 10th, 1911.—Thoughts are stimuli which meet the vibratory waves and either increase or diminish the aptitude for improvement. Meet things then with not too light a tension. The growth of the materialist we sometimes find very flour-

ishing—many times beyond the most conservative opinion. Yet, when the crucial moment comes for the manifestation of the good derived, the account falls short of the mark. Worldly wishes are of gradual growth, abounding solely for the gratification of desire, which causes the ego to lack independence.

Mistakes may be the silent workers toward a higher plane when the culprit seeks improvement. Lend a portion of your life to those who, through their less advantageous positions, have to struggle in the dark, looking for light which their money cannot buy. The discontent which arises so many, many times in the lives of the young may be attributed to over-abundance of time and money which they recklessly squander.

The vital force which is at work round and about all serves no purpose with these folk. Nothing matters but the satisfaction of their esthetic tastes. When the time arrives for the spirit to leave its earthly home the erroneous idea that all will be well with the soul never fills those left behind with a great degree of comfort. The void seems greater than can be filled.

What comfort would be gained were they truly to believe that the spirit had gone to a higher plane! Yet the actions of such people would of necessity be altogether different had they your belief, for otherwise they would be signing their own death warrant

by continuing in the vile manner of living in which they now indulge.

January 13th, 1911.—Without things which make the people set up a barrier of scepticism, where would the scientific world be today? Things which savor of the mysterious claim certain adherents, while others whose brains, if you please, seem too small, turn aside with a shrug, manifesting only contempt. Pity such, their opinions count for little and their awakening will be, of necessity, slow.

January 14th, 1911.—Master first thyself, then hope to influence others. A pitying act often molds the ability to penetrate the outer austere bearing. All have the power of strong attraction; its force is independent of the desire to live a broader life.

What is counted as disaster in life many times turns out to be a blessing in disguise. The ways and plans of the Omnipotent are far too advanced for the weak understanding of the mortals of the earth plane. The way and manner is given to some to penetrate the dark and obscure knowledge, through the intervention of the spirit friends; hence they are looked upon as marvels by their companions.

Were the people to take the Word of God as impartially as the teaching of some modern scholar, not leaving it at the mercy of different sects and doctrines, some to translate this way and others another way, a mighty good and a vast difference in the policy of the masses would be realized. Who

is there needless of a guiding hand—a head to whom to bow? When one becomes so well satisfied as to need no master the time has come to watch him, for the pity of his condition is apparent and the foolishness of his belief will soon be manifest.

Those whose minds are broad and who seek help of others reach a state where they are as children eagerly gathering the sweets which may be had for the asking, thereby storing up for themselves a great knowledge advantageous in the work of reconstruction. Such men we call philosophers.

Make Christ the pattern to follow. O how hard were the trials He mutely bore! May God's influence be around and with you now and forever.

January 16th, 1911.—Opportunity comes to each and every one to help another. Those attired in a wealth of honest desire make the best progress. None is left outside the realm of happiness; each to a large degree shapes his own suffering. Turn aside that which, from another's shortcomings, throws a shadow over you that you may be outside the radius of his darkened shade.

Within the keeping of each soul is the power to hold uppermost the sacred trust which our Creator gives us. With proper care and guidance from the cradle, the right influence brought to bear, thrusting selfish personal gain aside, we should see developed a being whose greatness of power and strength would startle the world. How would such a one

be looked upon by the masses? Some would term him angelic while others would say he was possessed. The time for such has not yet come. He would not be understood; yet it is not so far distant—this awakening to a new era.

With kindness may you be overcome. Clouds which gather upon the horizon will not seem so huge and dark if you know that nothing is sent but for a purpose; whether this purpose is seen by you at the particular time matters not if your faith is great. Any who have that faith understand the mystery of the unseen. Be therefore ready and eager to learn.

January 17th, 1911.—No person maintains his proper poise who allows energetic, perplexed and separate matters to grate upon the delicate thread of his sensations. Much that is help for the ignorant brings misery to the wise. Why, O why, will those who are so blind refuse to be led?

Bodily concerns keep many from a serious consideration of the soul until the time for separation draws near; thus their wider development is marred. More thought is given to the metaphysical side of the argument than ever before. Such energy cannot be wasted. The fruits of the labor seem multiplying in a wondrous manner.

The clamor for gold is maddening. Those whose desires have been appeased manifest very little enjoyment over the attainment. With misery on all

sides they are frequently both blind and deaf to the conditions. O the pity of it, for the spirit of such an one will of necessity suffer very many times the agony which he leaves unameliorated.

What appears but a hope to fulfill in the dreams of desire, becomes in time a reality. Wait upon the righteous; to him look up. Opportunity to observe and learn is given each one who embraces it.

January 21st, 1911.—Willing hands make light work with the small as well as with the large. "Spare the rod and spoil the child" is a very foolish proverb to tamper with. Hold to the teaching which is meant. Use the rod and make the child obey, when his will would do otherwise. Master the young through kindness preferably, but when kindness is imposed upon try the rod.

January 24th, 1911.—Educate the mind to withstand disappointment. Things of much moment may be destroyed in the twinkling of an eye. Let not your ambition get beyond the laws of propriety. Let not memory bring back things which sting, rather thrust them aside to be buried and forgotten. Let that which is noblest in your nature come out; nourish it, that many may partake of its fruits.

January 26th, 1911.—Mystery makes the feeling of inquiry keen. Thoughts which throw a mantle of doubt over a proposition cause the semblance of mystery to lurk in its folds. This makes the mind more keen to observe each and every move pertain-

ing to its construction, modifying here and there anything which seems to make the sense more logical.

Why talk when much more can be proven by an act? Who, having made minute inquiry into these phenomena, seeking truth, can perceive their wondrous character? Many times the enlightenment comes in such a simple manner that the searcher is nonplussed by the very method, which, to the ignorant, must be one of great trumpeting. Watch for such that they may be enlightened. God's way has always been in simplicity.

Were the people to leave perplexities alone, just take things as they appear in a simple truthful manner, how much would be accomplished! Win ever through the will to see the right which will prevail. Always love much that the power to aid may be great. Achievements avail nothing if love be absent—love, the very keynote of all that is essential.

Without a doubt or a fear of any that would enter upon the field, stand ready to help and to point out the way which now seems quite clear to you.

January 29th, 1911.—Men who attribute naught to the workings of the spirit friends weave in their consciousness a barrier to an understanding of the true state of being. Most of these hold to a cynical belief upon most other theories as well.

February 3rd, 1911.—When wisdom fails to con-

vince, one has little hope of ever becoming enlightened. When man throws his body into the waters the price would be death were his wisdom not sufficient to urge the breath being used in the manner befitting the condition and the proper carriage of the body. Man must learn self-preservation from the mortal standpoint or rather the material standpoint. Such action often is ridiculed and laughed at, with little thought that the laughter must and will rebound in a serious manner at some future day.

Words will not suffice. Walk in the very light, knowing and realizing that each day is a part of your life, which does not end upon your side but continues through eternities. The sooner you learn how to walk, the sooner you will walk well.

Consider the principle of acquisition. What is worth doing at all is worth doing well, as the saying is. Then make it applicable to the most important thing—life. Many trials of a worldly sort can be borne with great fortitude if you have trust in God, that He will save and help you with those things which prove so hard. Live with merry, happy heart, sending out love's rays wherever you are.

February 4th, 1911.—Ananias with all his faults cannot occupy so mean a position as some of your public men of today. No conscience, no heart! History measures their acts, with few exceptions

atrocious in the light of this enlightened age. Mad after the gold whereby personal gifts may be obtained, the origin of or manner in which the gold is secured matters not.

Men will be made to think, for when situations as we see them today exist, destruction is bound to follow. Otherwise where would be the virtue of logic? Wise indeed is he who so lives his life that he may make known to another the worth of the spirit's action upon the everyday life, meeting thereby the requirements of inward development. You find him ever ready when the call comes. His work upon earth nobly accomplished, with a parting word he leaves earth, to begin afresh his labor in the next sphere.

Man, until his mind is open to all conditions which will send forth different degrees of light, or the reverse, will be unable to advance far. The mind must be ready and willing to know and understand the obstruction and difficulty which takes place frequently owing to the severe animosity of those upon your side.

Gently, very gently, let your knowledge trickle, as it were, upon the soil where the seed has been planted. It is a delicate substance, yet in its infancy, and needs kind and tender treatment. Work slowly.

February 6th, 1911.—Mystery plays a wonderful part in the minds of the susceptible, moving the lethargic mind to activity through the stimulus of

curiosity. Meeting with spirit phenomena, they become interested and a simple conviction is wrought, making the conversion one of lasting durability.

With such be not dismayed, for their place is not to be lightly filled. Many through ignorance stumble, but those who are blind and willing to be led may not be the ablest advocates; the belief of the pig-headed man is not easily shaken and the opinion of the too suave counts for little. Meet rather the man whose ideas are strong but whose mind is open: when this topic and theme is thoroughly understood and believed, which comes with understanding, you have in him a noble adherent.

To all who see in mortality the end of personal intercourse or existence the belief that a spirit lives and knows what is taking place brings great comfort, and is, therefore, close to the point of being a heavenly inspiration, changing all things which before mattered so little. Note carefully this change.

Material gain is a matter of indifference to those who believe in the continuity of this life and the next. Material things when acquired in a proper manner are very delightful, giving comfort and happiness and rest to many who need it. This need is real to many persons, though you may not recognize it.

This is the way the universe is purposely operated, giving to one what another wishes, with the idea of creating an ambition to strive and attain by

better work that which is desired. Often, however, the desire is created within the mind of one who could not honestly attain anything. This, we find, is what produces the rascal—lack of honesty with which to acquire that which he covets.

We meet many types, but how many are able to fathom the depth of a character at sight? Watch and learn, that this may become an acquisition with you. Do not judge too quickly while in the developing stage, but note the impression made and watch if the development be real. You will find this a help in many ways. Susceptible to the wail which is sent out for pity, your kind heart is much imposed upon. We urge this new development of character reading, as, like all else, it is a matter to be acquired slowly.

February 9th, 1911.—Mercy was never evinced in the dark ages. Monetary motives did not exist to the extent they do now. The flame of fame and acts which were called heroism accentuated dark deeds of cowardice. More often the mode of gaining power and becoming celebrated was through intrigue with the ladies of the court, and these were frequently beheaded or thrust in prison and made to suffer untold agonies.

With the present conditions society is not one whit better than of old but the women suffer less on your sphere. When the soul awakens to a realization of what has resulted from its past, great is the mental anguish. Those who cause suffering must

of necessity come to endure it. From such arise the problems which make conditions so appalling. The home must become more sacred before better conditions can prevail. Those whose ways are not easy are especially enjoined to lighten their burdens by elevated and bright associations.

February 11th, 1911.—In the education of the spirit the effect is everlasting. With the physical being it is merely a matter of time when it ceases to be of account. Learning must not be thought of no value, however, because such is not the case. What is meant concerning this is that the education of the spiritual being is by many not thought of, while in material matters their time and attention are wholly occupied.

Without a knowledge of your anatomy, what could the surgeon do in solving the subtle senile tissue disturbance? How would the physician aid in illness if he knew naught of disease?

We see then those whose hearts are weary helped and cured by the mental activity displayed by some brother who is conversant or familiar with the mode of treating disease of a spiritual nature. With the individual the greater part is spiritual, though were you to say so, many would scoff.

With a contented mind the world is bliss; with mind tormented all in life is hell. Live, then, your daily life in a manner befitting the Master's work, that when completed it may be a glorious manifesta-

tion of love and devotion, bringing nothing of anguish to yourself or to those you love.

Watch each day for the opportunity you may have to enlighten the sorrows or to ease the burden of one whose very existence has become but habit, without his participation in its workings.

Work with a will and may God guide and watch over you; this is my earnest prayer.

February 13th, 1911.—Who dwells with iniquity and remains unscathed? Who may dwell with the righteous and not profit by their many deeds of good? Yea, verily it may be said, none may be without the influence of his companions, be it for good or evil; thus is it necessary, if the desire to progress be held, to choose those friends who uplift, not degrade.

We see many men ready to condemn their brothers who seem without reason to be utterly devoid of the stimulating force of self-upliftment; with such be not lightly moved to disgust. With a little thought the cause may be found, and with reasoning and study the foolish one may be brought to a full realization of the utter uselessness and the absolute worthlessness of the life he is living. The cause is too little real thought of life—Life in its broadest sense, in which the continuation of the spirit after parting from the physical frame is included surely, not merely imagined.

Who is there that doubts the phenomenon of the

oak's growth from the tiny acorn? If the Almighty can work such marvels what then is so strange in the new birth of man? Be more than assured that such is the glory of the new life that those who have reached this shore would not go back to the earth plane with the physical body for any inducement.

Much does and will hold the masses from believing which could be eliminated were the seekers after light strong in their demands and desire for truth. The few who really make this object a life study meet with obstacles at every turn in the form of ridicule, some incredulity, and other most annoying and obstructive sentiments.

With a full realization by humanity that this new life is a reality, not a myth or speculation, the cause will be so firmly founded that naught can shake it.

February 18th, 1911.—Men become like willful children—whining, whining, when their desire is overruled. What was ever gained by such acts? The biggest bully in the lot will win out, with children, but not so with men. Wisdom only must be used, with the purpose of showing wherein the theory is different. More willingly than you believe they will acknowledge they may not be just. Things possess a different value to or for each; the weakest point is brought out more strongly before the sight of others. With the wise a word is sufficient, but we do not find all men wise.

February 20th, 1911.—Man works in the dark

most of the time, which makes his labor arduous and the result not always satisfactory. This enormous hindrance might be overcome. What interest can one show for something which is beyond his understanding? It is clearly man's duty to grasp first the fundamental rules that govern the universe, then advance. Could any man teach Conic Sections to a babe? We find the principle wrong; the foundation must be clear and firm. Know people by the simple method, living what you teach.

February 21st, 1911.—Universal belief in occult matters is lacking for the reason that those you feel are patiently analyzing the question are looked upon as erratic, and thus their energies are wasted so far as the people at large are concerned. With our work this is not the case. The working out of the scientific solution yearly increases; we find the followers of fact more than double what they were last year, which we feel is a glorious reinforcement of a mighty army, which it will be impossible to rout. When those who are searching for truth will acknowledge what they find, then things will be easier for all. Some are secretive with their findings, which is wrong in those who are looked to for help and enlightenment.

Wherein is the wisdom of such a course when in pursuit of truth? Those who have expounded truth have been persecuted since the world began. Therefore, wonder not that man continues in his narrow

way of thinking; this must be so until a full realization is had of so shallow an existence as mortal life, without the truth that a life beyond is but the continuation of this life, and those things which are omitted here will of necessity have to be completed there.

February 22nd, 1911.—Material matters urge one to pass onward incessantly lest he be left behind in a bewilderment which grows insufferable as conditions press upon him. There are many things with which circumstances make it impossible to cope; consequently it behooves one to be up and alert, watching his surroundings and making the most of any advantage he may have, to eliminate suffering and distress in future.

Your many friends often make most persistent demands upon you and deem your response merely a little friendly act or advice. Many whom you have thus befriended have ill appreciated the good which was given. Make it now more emphatic that you will not be thus treated. Who offends a benefactor is base indeed.

Make your life's work one of noble deeds which will count for much. Attune your hearts to rightful thinking, which constitutes the proper way to live, meeting all situations with open minds, viewing things and conditions with vision clear on all sides. Wise is he who knows his error and strives to live in a manner which will insure the

rectifying of his weakness, making the example mightier in its power of arousing those similarly affected.

We are sublimely aware of the modes of transgression of all upon the earthly plane, making it much easier, therefore, to aid them and to view the situation with lenient criticism. Work with a might and things little dreamed of will soon be witnessed. Where is the glory in conquering a yielding adversary?

Watch, then, the wonders which God's power creates.

February 26th, 1911.—Lo! when the angel of death is your watcher there is manifest a veil of gloom which should not be. Friends we would wish at home with us have found a greater peace than could be known before. Weep not for him who leaves you; the need of sympathy is with those left behind. With the passing of so kindly a friend from the earthly sphere you gain a new friend within the ranks upon this side.

February 27th, 1911.—The man who would inflict misery upon you, by natural law, you must not combat. We find none who has not kicked against the pricks; in the undeveloped mind the so-called kicking is the greatest. Many times the actual disturbance is created by a transgression of laws which to the offender are quite clear.

More ably are these stupendous theorems culti-

vating what bids fair ere long to become a firm and fixed reality in the minds of many. Grow slowly, that your strength may be maintained. The forced flower blooms but for a short time, whereas that which blossoms unaided save by nature's tonic gives pleasures for the season.

More and more is the efficacy of prayer becoming known and believed in. Humanity is slow, very slow, to treat facts as facts, not fancies. Man opposes all which his small mind seems incapable of grasping without a struggle. We seldom find this applicable to things material, however. The spirit is an unknown quantity to many who are quite satisfied to have it remain so, but to these the realization will come and with great force as to the utter hopelessness of their lives without a foundation having spirit as the keynote.

Work then with those whom you may have the opportunity to help enlighten as to these truths. Much will not be convincing at once, but wait. Things will occur in which no honest man could doubt the spiritual influence.

The way of the Creator is best although not plain to mortal eyes. To those whose hearts are trusting, willing to be shown, it will be given to see this; those who doubt must wait.

With the blessing of Him who is all-powerful to guide and show the perfect way, I now leave you.

February 28th, 1911.—Why such earnest work by

only a few? Manifold blessings have been allowed to pour upon them, giving them the ability to comprehend things of an ethereal nature. You see, then, only these few, imbued with noble desire and impulse, striving with mighty force to enlighten the world. Is it strange that this enlightenment is not yet accomplished? Until the awakening of the soul much is never understood. This may be comprehended even now.

Words without a true sentiment behind them were best left unsaid. What is gained by unnecessary argument? Some, after years of misunderstanding brought about by futile argument, meet upon the spirit plane and, when the situation is made clear, feel intense sorrow at the time lost upon your side which could have been spent so admirably.

Hesitate before a too hasty argument be disastrously felt. With firm step, knowing what is right, march on. Avoid those whose tongues are sharp and capable of inflicting needless pain; by all, however, make your nobility of purpose felt and understood. Having once taken the stand of right, be not shaken in purpose. Man is but a fragile plant, willing to bear fruit but often unable to do so because his strength is not sufficient to bear the burden of it; and when we see the will to help along those who are ill, in a manner quite unusual, help a wanderer to keep his feet. In this way you will find the path is full of flowers, but, alas! sometimes the fo-

liage is so dense you have to hunt before the flowers are observed.

March 6th, 1911.—Marvel not. Reveal growth above material worries. Wise is he whose mind masters the situation, making what otherwise would rankle a buckler to thrust aside all disturbing environments or influences. Contentment is the key to positions which seem perplexing. It were better to shun him who would manifest marked maliciousness, letting his unclean thoughts cast their malignant stigma without the circle in which you dwell. Those who cut malicious thoughts out of their consciousness gain much. When one is about to plunge into deep despair, intent upon his woes, do not permit him to dwell upon the material thing which constitutes his trouble. Make the heart light through many kindnesses, which is possible if every truth be clearly understood. Watch, labor and love. The work is worthy your most earnest endeavor.

March 8th, 1911.—Who means well may often err in the undertaking. It matters not. Lightly we watch them from afar, knowing those whose hearts are right must triumph in the end. Knowledge which is gained through experience is often dearly purchased, yet those who will not listen to the teachings of the wise have to learn thus. Wise is he who listens to reason, helping thus not only himself but the informant, who grows in strength with the repetition. Most of all, be fair in criticism, not

allowing your prejudices to control your mind and close it to facts which could ease and help elucidate many intricacies.

Woe to those whose stubbornness shuts out the light through fear lest they be convinced. With one whose mind is closed to reason the time is lost in ministering to his prejudices, while the hungry who are only too eager to learn a little truth are waiting for your teaching.

Many persons collect together and debate much as to the possibilities connected with the spiritual hypothesis. Numerous minds seem upon the verge of a material change of sentiment; more are eager to hold up before people the truth which is the light by which progress is made. With such a foundation and the support of those who are looked upon as wise and sane, the matter will be firmly fixed and will take the position which has been its due for many years. When this occurs the sailing will be easy. Many who for silly conventional reasons are standing in the background will come forward and lend material aid.

No matter what the world may say, know you are right and the increasing influence of this work will be great. Often there are despondent thoughts which grip hold of one; fight against them, for such only weaken the armor. Glorious contentment is what you need. The fault is not in wishing for the means to promulgate what you desire. But show

your belief by your faith and the reward will be much greater.

Lift your eyes and see the light which sheds its rays about your head. Many who would make hope a phantom can do nothing but believe. Who is there that knows and feels he could live alone and be a creature of his own will to master storm or sun? You see none who could do this. Why will they then live blindly, thinking of nothing but selfish gain? Why not realize that they are but in the playground of life, systematic in its teaching for all? Words convince not. The experience sent to the hard-headed sends a tremor through the brain which sets it thinking along a different line.

There are all sorts and kinds of ideas as to the future life. Those who think thousands of years pass before the soul is brought before the judgment seat, I cannot understand. Why the delay? Who is there within your band that, in the face of truth, dares stand waiting for the leadership? With the little company working earnestly the light will spread farther than you know or realize. Inharmony has caused trouble since the beginning of creation, so let it cease.

March 10th, 1911.—Encourage souls who seek help of Providence. Miracles today would be lightly considered and called fraud by the public, which sets a ban upon such marvelous works. Many miracles which do occur fail to prove to the sceptic

that matters beyond the veil have contact with earthly affairs. When people hinder their advancement by meaningless objections, they must learn their lesson bitterly.

Years have gone and more will pass before the people of any class can be brought to think aright, they are so blinded with selfishness.

March 11th, 1911.—A listening attitude will tremendously help an already vacillating mankind. Without that things which could help enlighten some persons will remain in seclusion. Without an audience the preacher's words are wasted; just so with the work of spiritism. The harm which the charlatans have done has kept many from following in its wake and caused them to look upon the subject with contempt. Prove first the facts, in a manner less demonstrative than has been attempted by a certain few. Prove that the spirit ministers to the living, but it cannot at all times and in all conditions be manifest or able to communicate.

Conditions always make the means easy or difficult, as the case may be. With quiet, earnest quest things may be brought to each which could not fail to be a word from the departed. Mistakes occur in the messages many times owing to the manner of transmission, which is more difficult than anyone can know. This, though, is put down by the sceptic as proof positive that the entire matter is fraudulent and not worthy of consideration. Has the same

individual never given to a friend a message which was not carried in the manner given, thereby entirely altering the meaning and causing a friction in plans to be attained? Watch the inconsistency of man; much patience is required at times to keep one from being utterly disgusted and discouraged.

Manifest no discouragement to the sceptic, for then his joy over your discomfiture would be too great. Hold to the theory that right will prevail, though slowly, very slowly. It is difficult to bore through a mountain, but it has been done and can be done; just so with this cause. Little by little it will penetrate the thick and dark minds, but each small advancement means a step further and the denseness not so great. Have courage.

March 14th, 1911.—Napoleon overstepped his bounds when he tried to grasp all another had, after lavish acquisition not willing to accept with satisfaction what was given. Deeming himself impregnable he worked upon that basis; but even the mighty fall, without the backing of the spirit world. Can you name anyone whose power and might has attained undisputed eminence, whose mind was not moved by some force which was beyond his being or apprehension? With all things strength is essential. Look about and this will be more fully understood. Gain strength, the most effective weapon with which to battle against the world. Have the armor strong; with wealth added

what could not be achieved! Separately one may accomplish little in comparison to that which collectively might be achieved.

March 16th, 1911.—Certain facts will bear oblivion for a time. When the occasion is suitable, the people, brought face to face with things they thought had been shelved, will gasp in such wonderment that their prejudices will be overcome.

Look not on the fallen tree when within your gates is one whose foliage is beautiful and a covering from the intolerable rays of the sun. Let little conditions help much; make any work you do a service that will not react in an unpleasant manner, rather have your acts those that will bear retrospection, causing enjoyment to you and others. Were you to realize the part each tiny deed occupies in the making up of one's character, these small steps which are taken rashly would be considered twice before being indulged in. With each it is the same.

Where is he who has never done a wrong? Things which to one seem but an error are in the sight of Him over all a wrong, for from that error a measure of pain and discomfiture changes the effect of the ethereal vibrations received by many as they plunge onward.

March 18th, 1911.—A cynical manner often covers a penetrating mind which has failed to see that its cynicism bars it from the very thing it most desires. When you know such to be the

case, try to be patient, though at some points this becomes well-nigh impossible. Were folk but honest in policy, how much easier all things would be!

March 20th, 1911.—Loneliness clouds the horizon with many imaginary conditions. Closely apprehending serious ills will surely sap one's mentality. In a clear and healthy mind unpleasant sensations cannot cause the serious uneasiness which they cause in weaker minds.

Watch then your mental state, not allowing those thoughts to enter and control which harass the tranquillity of your being. Give when you may of that wisely philanthropic something which will aid, but watch for those whose overeagerness to receive would seem an abuse of your kindness.

Look continually for truth in all things; should none be found discard that thing. Clouds which come express a little seriousness needed to teach some lesson which, though you may not understand it at the time, will appear quite clear at a later date.

Humility and modesty find little place in the character of the majority; the qualities chosen by the greater part are arrogance and pride. Love is the keynote which all mankind must sound, if they would succeed to happiness and contentment.

If an intended act cannot be cheerfully contemplated, abandon your intention; your reluctance would rob your act of good result.

March 21st, 1911.—With words of wisdom it is

not easy to dispute, where sane reasoning is required. Wise is he who will not argue with fools, but saves much energy, while their opinions remain a matter of conjecture. Materialists view all things within a very narrow horizon, the central figure being themselves. Those whose only thought is material gain have absolutely no idea or conception of any other world. Their concept of heaven is like a fairy tale; the meeting place of a king and all his courtiers, where life is one round of song. Pity such; their warped mentality shrivels the spiritual. Time and experience alone can broaden them.

March 22nd, 1911.—Grow upon the help given, which is held strong by the force from which it is sent. Givers of strength often know not of their achievement, neither do those who sap the very vitality of another realize their power which, if understood, would many times be strongly resisted.

Who is there that has not been lifted from the depths of despair by some kindly word or act of one whose very presence raises the afflicted from that state which breeds harm? Let things which irritate be dealt with more keenly, but with some degree of sense such injury may be avoided. Always these influences are manifest when knowledge is held of their power of annoyance. Lose not the truth here made so evident. Hold fast to your true convictions when in the struggle, keeping sacred anything which would be of spiritual enlightenment.

Work together for the good which must be for all.

March 24th, 1911.—Many times the strength of adversity is masked and not realized until it is upon one, the methods used oftentimes hampering the welfare of the individual, but only for a short period. Nothing sincere lies in social intercourse which appeals only to the esthetic. Silent working upon the mentality often produces marvelous results. Work in this way until you find things so progressing as would seem well appointed to you, according to the light received.

March 26th, 1911.—Must desire be felt before the achievement is secure? Without desire what is secure? With untiring manipulation of the necessary productive ingredient success will be realized. Who would manifest discouragement over the outlook of a progressive building when but the excavation was completed? Though in this work the success is not achieved as yet, the foundation is strongly finished and the constructive work is well under way with nothing to fear in the way of a collapse. When in construction the ground is rocky or there is some other obstacle, time must be taken to remove such hindrance.

This is just to set one thinking—that with material building all is not smooth sailing, yet the builder does not throw up his hands in utter discomfiture and desolation. How much more difficult is the building of the spiritual monument!

April 14th, 1911.—Comfort those who weep; often, perchance, they weep from sheer lack of love. Much cause for sorrow is found in the lack of knowledge that loved ones who have passed beyond can see us and bestow a glow about us, did we but realize and understand their power to aid us.

With one and all the situation is the same. Those whose worldly position should be used to benefit and aid many make the position of no value by utter lack of feeling for their fellow man. Their hope of ease and comfort in the next sphere will not be realized without a great struggle, while, for those who have little of earthly advancement, giving of their share willingly, treasures are laid up in the heavenly sphere.

To all, we say, "Live to love your fellow man." Think what a little kindness does for a fellow being; remember the enormous value of the condition which is created through the exercise of even a minute degree of love.

With those on earth the celebration of the resurrection of Christ should be a grand and glorious opportunity to come forth and declare the everlasting life which is made certain by the Savior's return into the world, interviewing as He did those who knew Him before His death. To them His appearance could not be denied. Thereafter, those who departed reappeared but were deemed phantoms or illusions by most of those who saw them. With

what happiness will mankind be filled when the time comes that those departed will be clearly seen by all who have been able to throw doubt and scepticism aside! The spirit lives and grows, shedding light upon those who look and listen, seeking and trying to know their friends up in the sky.

April 16th, 1911.—Gigantic war lays its hand upon the struggling man who seeks the light from forces unknown. Work with a zeal superior to any little improvident condition which may arise. Cross not the bridge until you come to it, is the motto for you to observe. Borrowed troubles sap more of your strength than can be replaced by twice the ordinary effort.

April 17th, 1911.—Unto such as seek with purity of purpose the things sought will be given. Lasting is the stigma of selfish gratified desire; of such defilement one cannot be purged over night. Move with alacrity, surmounting all obstacles by a tenacious adherence to the purpose you set out to accomplish. Men fail through lack of courage to do this when any small encumbrance falls in their path.

April 19th, 1911.—Adjust matters amicably when you can, but if opposition persists in blocking the way to progress, use force. Who judges the man by his worldly possessions looks not into the truth of his condition. Perhaps the most unhappy of the lot is he who seems not to care for anyone. Great would be his consolation if allowed to hold

communion with a loved one departed; the happy realization of the fact that this is possible would brighten the entire world for him. Intrenched upon both sides we find the people waiting for an opening to show their loyalty to the cause. Nothing definite is formulating, but all are in readiness to fall in line when the bugle sounds calling forces to the standard. Without a doubt affairs are progressing, possibly not so swiftly as some would like, but the seeds are planted deep and the growth is there and will blossom in good time. Look, then, to the life of today, knowing that with strength the way is being cleared and that slowly the chain of God's workers is being formed.

April 26th, 1911.—Men invite through their own acts much that comes to them, often entirely unwelcome. The situation which overtakes one frequently is of his own making. When it is a disappointment it is not looked upon as self-inflicted, but everyone is eager at all times to accept the responsibility when success is the outcome.

Much distrust among fellow beings and associates is deplorable, but the situation at times warrants some suspicion when we see a brother eager and anxious to profit by another's less keen observation. The age appears to be one of grab, the common individual seeming unimportant to the schemer other than as a machine from which to obtain as much work as is possible.

Until the man in power is brought to the realization that the least man in his mesh of money-making assumes, on this side, as prominent a place as the powerful hold on the earth—until then the way will be hard; mere words would be as straws in the wind in the endeavor to bring truth to his soul.

Men have tried with honest hearts to impart to fellow men that each should live and strive to serve the other in perfect equality, all work securing in proportion equal pay. It was tried and succeeded, when famished hounds scented what they had and slew them; we find now but few who try to live such a life. The enlightenment of the multitude, whose only aim is gold, seems too great a task for the average being. Enterprise must obtain through ages the help necessary to reconstruct those most greedy. Woman could help with this work were man to realize her ability to cope with subjects which many hold are too intricate for her to grasp.

April 27th, 1911.—Success is the result of perseverance. Youth should strive to do a deed which taxes all its strength and persevere until the deed is accomplished. This strengthening of character is the most tremendous task to average people, the trouble arising from the parent not realizing or understanding the importance of the undertaking before him. Wild beasts show a mighty sane and logical method in treating their young. In many cases the male satisfies the mouth with food while

the female guards the young with finely devised tactics. When they are in need of the protection of their father and mother no longer, they are made dependent upon their own activity for support, which teaches them to develop a keener sense of hearing and smell, so that by virtue of their own sense-perception they are guarded from harm.

Be wise and mindful of things which have a hold upon each moment of the day, causing sensations which are infinitely more helpful than is supposed; much care must be taken to analyze and understand events which seem obscure.

May 2nd, 1911.—Maintain the spirit of confidence. Choose naught which would disturb the peace. Anticipate pleasure, not pain; the effect is more beneficial. Things which are pictured in the mind are stamped upon the individual and are shown through the facial expression, though some can hide this. The disposition, however, is charged with vicious energy which saps the strength.

May 5th, 1911.—Laud those things which are acquired through dint of hard struggle with one's self to master them. Many sacrifices having to be made, thereby much greater is the reward. Amelioration is the means by which strength is acquired from those things which are sent with a lesson to teach. Fathom the depths of mysteries which foster discontent or disbelief in any theory. With a thorough knowledge of a subject discussion is a pleas-

ure, allowing the enlightenment to flow freely and witnessing the intelligence ignited by a tiny spark within the mind of the adversary.

Listen with patience and tolerance to those whose ideas and beliefs cannot, by virtue of their very ignorance, be as yours. Simply and with slowness retrace their steps until the starting-point is reached, then strongly define the next step, which will seem so hard for them to take. Practice makes perfect, so after the first short period of struggle the gait will be easy.

May 7th, 1911.—In midwinter's chilling blast and frost the sun shines through and with a surprising warmth melts the icy surroundings. In much the same situation is a person enveloped in material worries which check his progress and of necessity send despair afloat. Men with the will to do those things which leave behind them a monument built at the cost of many shattered lives, maintain utter contempt and ignorance of a project which will be the destroyer of their petty accomplishments.

Do not chill the ardor of any who show signs of sincerely meeting the situation. Suitably encouraged, much worthy service held in the background to escape the ridicule incurred by the pioneer, would be brought to light. Give thought and time to those things which hold for the hungry the greatest consolation of truth. More should be told of the efficacy of prayer through the intermediation of the

departed; less of the thought of materializing those who have gone on: the effect of the former is far healthier, simpler to understand and yields greater comfort to all.

May 13th, 1911.—Adhere to things which savor of truth. Cautiously fight that which is influencing to wreck; hope that the desire will come for invigorating thoughts. Misery lurks where there is inability to throttle the tempter. Sending thoughts of comfort to allay mental anxiety, while it may not assist the sufferer, will with certainty add to the force and confidence of the sender.

Mental influx of strength may be had by barring out those thoughts which tend to harass and to weigh heavily upon the consciousness by their very significance. Meditate upon the present conditions, which though improved will require no light struggle to master. With a mind impregnable to worry, the countenance displays a characteristic serenity and happiness. Measure well the store of comfort obtained through certain acts.

With God's guidance the pathway, high and narrow, passes around and about those roads whose seeming openness makes them appear desirable; yet they lead to confusion and, from the very fact of their exposure, will burn the feet weary with travel. God's way is best; it leads through the sheltered wood where cool and gentle breezes refresh the weary wayfarer.

May 14th, 1911.—Many are the ways of progress which a willing hand may take though the result is but roughly satisfactory. With each the concept has a different meaning; the individual has sensibilities which cannot be overlooked; therefore it is best to know the ways and desires of each and not show too hasty disapproval. Man has the situation to overcome, if it be one of disastrous contamination. Upon the strength with which the individual does his part is he judged; do, therefore, what is your duty willingly and with firm desire to attain the very best results from the light which is yours.

May 15th, 1911.—Minus hope, where would be those poor creatures crushed beneath a hundred burdens seeking to break the oppressed spirit? He that would isolate himself from his companions is wrong in his thought, for with so narrow a view the world could not progress. Stand firmly by all convictions which tend to the betterment of mankind. Be not too severe with those whose teachings are inharmonious with higher thought, for by contact they may see their error through perceiving the strength you find in the spirit teachings.

Mistakes are made by all; so have patience with the fallen up to the point where this self-analysis causes weakness, through lack of energy exerted. Even though guarded and aided, one who through indifference is neither alert to guard against tempta-

tion nor strong to fight it face to face must, through his willful unconcern, lose the battle.

May 20th, 1911.—Yonder shines the sun, so glorious, with a beam for everyone who will watch and follow truth. Moonlight is but the pale ghost of light, a light but not a glow. Be humble that words need not be wasted in justifying your methods of teaching. Modulate the voice. With meekness comes strength to gain a listener where harsh words and pride would repel him. Molest not the viper whose soul is in the quagmire of vice, by virtue of will unmindful of kindness done, or reason taught. Midway we find those who, through weakness of will, follow the easiest way to happiness; they think only of the pleasure of the hour, not realizing the long agony required to undo their work.

Attend to affairs of the day. Watch each cause and in that way learn to live aright, making each measure show some light.

May 23rd, 1911.—Men, yes, many men, pursue phantoms of madness when serious thought would show the utter ruin of a life thus spent. Much that is put forth in the way of belief meets the support of the idlers; a new and varied cult gives tone to the atmosphere wherein they are interested. When truth arises and tries to assert itself who stands ready to follow? It must be garnished with materialists' ideas to make it palatable. Mark what was said: "New theories until standing firmly are easily top-

pled over." The placing of this teaching on a firm foundation is a great work not to be accomplished in a short time. Assistance is sometimes withheld when it seems most necessary for the encouragement of a project; time alone can solve the reason.

May 24th, 1911.—Give people an honest avowal in all walks of life, saying that which you feel to be true even though it wound the pride of the listener. Statements veiled with a polish of conventionality often fall short of the mark. Learn to clothe your meaning in words which hit the point directly but in as kind a manner as possible. It were better to suffer the pain caused by the severing of a friendship rather than to continue holding a friend who could not hear the truth from your lips. With such a one where is that comfort which should result from the intimacy of true friends?

May 25th, 1911.—What sting is so poignant that love will not overcome it? Master yourself well, not only in the company of strangers but in the home, which is the greatest test of self-control. Beneath the placid face often dwells a potent force lacking but the smallest provocation to flame like a volcano. Herald not your shortcomings, yet strive to outwit those who would use them as a lash upon the slightest provocation. Shine forth through purity of thought, strength of purpose and fearlessness of what the narrow and brainless mass of indi-

viduals may think of your teaching. What matters the opinion of any who, through lack of will, failing to affiliate themselves with any sect or creed, willing to be swayed by the man or men they are with at any time, are too cowardly to hold an opinion, or at least to disclose one?

Youth may be forgiven for vacillating, age never. Misery would be less were brotherly love put into practice, not theory. To society we trace the pervading school of selfishness. What is the means by which the social ladder is scaled? It matters not so long as the individual gets nearer the top. What other destructiveness could be so appalling, so far-reaching, as the cruel selfishness acquired by following so false a lure? From out this school we find families deserted by mother, wife, husband or brother, for the pursuit of senseless pleasure. But stop and think of the cost in home ties broken and lost. Would you wish to become like devotees of fashion, blind to better aims?

Youth is attracted by glitter and fails to see the threatening abyss toward which it is bound. Society's lure draws many an innocent victim who, through lack of courage to choose a path less enticing, follows blindly where another leads, fearing lest refusal meet derision. Be firm in your decision in what you know to be the proper path and follow that way, sometimes narrow and difficult, but in the end opening upon a prospect so

beautiful that your effort in reaching it will gain a tenfold reward.

May 27th, 1911.—When an apparently apropos and suitable procedure is formulated in the mind, weigh well the proposition, ascertaining what influence such a course would exert; then go ahead if it seems based on sane reasoning. With many plans the outcome is not thoughtfully weighed; the plans seem promising from a personal standpoint; but has the ultimate ending been taken into consideration? Make a careful and slow search in all directions, then follow the one which may not loom largest at the start but bids fair to lead to great results with proper following. Hold fast to that which is right. Modern teaching would say, "Pass along that which is good, withholding naught from any man which may be of benefit to him." Hold firmly to a good doctrine, but at the same time send it forth to others.

May 28th, 1911.—Within the bounds of reason hold all things, but be not imposed upon. All good is worth a sacrifice, yet many cannot see this because of its very simplicity in practice. Wishing and willing to be aided, the receiver should become self-eliminated, throwing himself upon the higher powers for help and relief.

Mind is a sponge which swells with thought vibrations; around an inspiring thought the vibrations quicken to a rapidity which is wasting if the in-

spiration be a purely material one. The mind then saps the vital energy needed for physical maintenance. High ideals keep the mind expanded so that it neither withers through disuse nor suffers waste from overstrain. The mind must be carefully watched; little disturbing thoughts come in and fasten themselves upon it like parasites which thrive and grow, robbing the thought power of its proper coördination.

Wear the countenance of the contented; perhaps that look will be a signal to someone in distress to ask of you the way; another may find that, though all looks serene, he has in reality not so good cause to be content from a material standpoint as the one looking for succor. Grow in strength daily. This is often said, but for the purpose of constantly keeping it before your mind, it being so important a factor on the earth life-plane.

The tiny shoot of green which appears in the woods at the first touch of spring shows the little seed has been nourished and cared for beneath the snow and hardened earth by the all-merciful and powerful Creator. Sunshine makes it thrive until at last we see a beautiful plant. Just so with man. Within the cold and darkened mind is a small seed which, when the loving touch of sympathy causes it to sprout and God's love shines upon it, behold! one of His children springs forth ready to help and teach others the way to perfect peace.

Your work takes time, but the realization that each little act leaves an effect, whether good or bad, must guide you and show the importance of insisting that each act be from the better self, free from influences which destroy. Watch the tiny acts; the great ones need not then be so cautiously guarded. Think upon what has been said and the gain will be great.

May 30th, 1911.—Let not little trifles annoy. When they are overcome the larger exactions will be met with ease. Grow in strength from day to day. As the flowers live so should you, in beauty and power to give happiness to others. Lost upon improvident people is the caution to live aright, desiring to display the best within us that man may derive some benefit from our being.

Nothing is entirely without good effect. When disaster overtakes anyone it often results in improvement. Those who see and know the cause learn that they should pause in many matters and look to see if their acts are well-advised, using their strength of will to intensify the desire for truth.

Why should gold be so ardently sought if not that it may be instrumental in bringing happiness to others? Its use is for the purpose of allaying any fear which might clutch one regarding the necessities of life. When employed to make life more comfortable in a wholesome way it is indeed

good to have, but if acquired for mere love of gain the power of avarice marks it for its own and holds to it with a tenacity which is appalling.

Look about and see the friends who help one another; you feel a twofold thrill of honest pleasure at the love of fellow man which prompted the act and the happiness brought to the receiver. Go about your daily task and the things which you ask will be sent if they are for your good.

June 2nd, 1911.—Wade only in water that is shallow; when very deep it is best to swim. Make sure, though, that you can swim, for if not a swimmer, there is great likelihood of disaster befalling you. Who is there, when life's struggles become so hard to bear, but is willing to seek rest and comfort at any place which presents an open door that might lead to some avenue of peace? Look then to Him who always guides. To the superficial observer all things upon earth seem very haphazard, yet in reality they are unique in the coördination of mighty forces. Mold your life accordingly.

June 3rd, 1911.—Man's perplexities are many. Have faith and the strength will be given to battle with those things which persist in disturbing. Finally the defense will be so strong that to weaken it will not be possible. Man, in his frailty, attempts projects beyond him without the full realization or idea of the undertaking. When affairs assume a hue which appears undesirable in any way, knock

powerfully upon the will, making self-evident the condition, then act at once, but with caution which keeps the surroundings clear. At times the mental activity is dulled through anxiety or fatigue having sapped its strength. Then is the time to be most cautious, to beware.

June 4th, 1911.—When the desire for progress is absent, retrogression begins. The wish to float along with the tide seems inherent. Some men, however, have a craving for the advancement of those around them, showing thus the beauty of unselfish love for mankind which, in itself, is a wholesome possession.

Men thoughtlessly throw aside any responsibility outside material ones and therein lies a grave mistake. There is importance in trying every little hour to exemplify right living. With increasing seriousness of purpose there comes wisdom, which leads to indisputable truth. Man is more willing to fight for that which he fully appreciates as truth; with knowledge comes light.

Gather around the tree of love that the blossoms from above may fall, and in the passing touch you lightly. Let the contact waken within you the slumbering instinct to live and by living to help those about you who stumble blindly—living, yet making their presence felt but feebly. Walk in the light of truth, omnipresent, though without clear sight you see it not.

June 5th, 1911.—A tiny light will guide afar. Those seeking aid must watch the light, keeping it always in sight lest, once wandering in the wrong direction, it may be hard to find the light again. What would the willing mind find difficult to grasp when presented in a logical manner? When mystery sends a thrill through the consciousness only, the service of fathoming it is not sincere. The theory of desiring knowledge for its own sake, while intricate in its inception, is one which when thoroughly grasped makes its promulgation very simple and easy to understand. Place your trust in the power to perceive clearly and strength will be gained to attain your desires. When thus equipped with a true sense perception, much serious discussion will not be needed.

Man should see the necessity for a change in his mode of living, which at present yields all to the frivolous. Nature demands for the well-being of the child a life permeated with cleanliness of thought. The man who frequents haunts of vice when much dearer pleasure lies in the home must expect himself to suffer for the thoughtless manner in which he thrust from him fortune's hand in the form of family love.

The masses would consider spiritual things more seriously if they knew that there is a time when the sin committed has to be paid for; whether upon the earth plane or the higher, rests with the in-

dividual. Grow in strength, that those who would pull at your mental resources may seek in vain to tear them down. Estrange not yourself from the higher influences who would guide and aid when the strain becomes great.

Willingness to follow the teachings is most essential. The mind may not at all times be able to grasp the situation; therefore work on the basis that light will be sent, together with the full equipment of knowledge needed to assist you. With the road to follow made perfectly clear, walk upon the way with a slow but firm and confident step. Without the means to know the depths of another's feelings use a most careful method to discover when the brusqueness may have an irritating tendency which is hurtful.

June 6th, 1911.—Men who fathom the depths of scientific problems meet with constant unfavorable criticism which really springs from minds too small to partake of any knowledge that requires brains. Manifest then no uneasiness when criticised harshly; observe the source and have pity. Acts which send a thrill of pleasure through the frame in consequence of their helpfulness or mercy to another are good to cultivate. By such acts is character broadened.

Men throw aside those things which they deem unnecessary for their welfare. The concepts which secure one's ethical position, whether or not impor-

tant from his standpoint, must be obtained before the entity can progress. Many are not concerned at all about the life beyond. In consequence they go blindly along lifting up before themselves barriers which must be destroyed before they can advance, retarding their own souls in a most lamentable manner; for who is there who cannot see the evidence upon all sides of a great and glorious power which rules the universe? Who admits not this must indeed be blind.

Behold the flowers, the fruits, the mighty waters, mountains and all nature's beauties; whence came they and what power fosters and directs them? Surely not chance. Mighty in its splendor shines the sun and by the light it sheds upon the earth the seeds are sprouted which bloom forth in beauty. How can man be blind to works so wondrous? Among encumbrances to spiritual growth are the acquisition of position and wealth, seeing not the manner and the heinous crimes committed in securing them—homes destroyed, spirits crushed—which mean naught to the individual if the coveted gain is obtained.

June 7th, 1911.—The keen edge of curiosity gets the possessor into many an active controversy. Listen when the inner man seeks speech with you. Results are not haphazard; they accrue from a rational or irrational order of events mystifying often, yet sent for a purpose not to be mistaken.

What is more instructive in the molding of the young than to observe the mountain lion, whose instinct teaches it to watch and guard against invaders coming to attack? From the first the young are taught that life is to be guarded. How much more essential that intelligent beings should guard the life which is being plundered before their eyes! Of this beware; let not those wild and savage beasts outdo you in their wisdom. The parent animals protect their offspring, which is more than many human parents can say is done by them.

Go back to nature, that the value of her freely given bounty may be felt and may inspire the new life which is rightfully your due but which so many miss through vainly imitating some unworthy brother. Give to the body the freedom which is its due. Live in the shining light, bask in the sun. When darkness overtakes you, your day is done.

June 9th, 1911.—Come where the light is ever shining, brightening the path, that obstacles may be seen and care taken to pass beyond them. Though the individual be eager and willing to follow in the righteous way of living, the way at times will be found difficult owing to the weakness of the flesh, but if his mind is filled with determination for right to prevail the mortal will be given strength to withstand temptation and to overcome the weakness occasioned by transgression.

Mere outward show seems the desire of the

individual whose very religion is masked in forms so little worthy of it. The show and pomp serves many whose mentality has through servitude become so warped that outward forms fill all his wants. Mighty will be the force required to awaken the spirit within, crushed unto suffering from the obsession which has gripped the intelligence and made of the individual a mere plaything to the wishes and caprices of those about. Watch therefore the spirit which you possess, not allowing the unwholesome suggestions often thrust upon you to enter and play havoc with your peace and happiness. With a manifestation, those who watch and guide you will step in and, at your appeal, keep you from harm. Hold not back when the desire to appeal descends upon you. By willing thought you may become a power through which a spirit may voice teachings that will aid many, and thus create the beginning of a mighty army to fight the adversaries and uphold the truth. May God in His wisdom and might shed much light upon your mind and thus mold a being whose teachings and straight living will be an example that all may follow. A blessing upon you all.

June 10th, 1911.—Give freely where the gift will be appreciated and bring strength to others. Man's inability to know the ways of the Creator blinds him to the significance of certain events, as when affliction is put upon him to develop his latent worth

of character. Each day strive to let the light be such as will, with conviction, cause surrounding conditions to be met with a placidity which will do much to lift one into the sphere of contentment. Once this ability is acquired, the world will know no shadow and life will be a garden filled with flowers. Grace to attain this condition will be accorded each in proportion to his yearning for it.

Loving all and hating none,
 Thus the victory is won;
 Fled is passion, banished lust,
 If in God we place our trust.

When your fellow creature falls
 From the path where reason calls,
 When he stumbles, lost of men,
 Gladly lift him up again.

With each kindness you may show
 Higher shall your spirit grow,
 Till our sphere above shall ring
 In a joyful echoing.

Work then with a will to this end, knowing that by helping others God's blessings fall upon your head. The Master is ever happy over the smallest deed of charity. God bless you and may the work progress, shedding light where now is gloom.

June 11th, 1911.—Unto the willful transgressor comes pain. Ofttimes the most material consciousness learns that we find invaluable lessons by practicing unselfishness and charity to fellow man. In

none is the spirit wholly indifferent, but the materialism of the individual makes his acts appear without ardor. Meet any and all conditions with tranquillity, which cannot be obtained without due consideration and prayer. From the heavenly host will come your strength.

June 12th, 1911.—Neither awe nor the arousing of latent emotion avail when the justice of the situation is concerned. Must seriousness hold one in its grip while he meets the requirements of duty? Work with a will subject to the requirements of duty without manifesting too strenuous proclivity for unwarranted service. Words often serve as a panacea when material worries bar the way to the service which is due those with whom you dwell. Great forbearance should be the shield with which to resist undue yearning for public works righteously conducted. The nobility of your work is not questioned. The objection lies in the inadvisability of too close application, closing as it were the store-room of knowledge which must stand open for the further adjustment of other conditions.

Serious service stimulated by a mind not too warped makes a situation less trying. Yield to the dictates of reason and abolish too constant a pursuit of that which hampers. Wealth of might is gained from the power of versatility.

June 13th, 1911.—In palace halls the mighty dwell, their faces held masklike by their arid minds.

Verily, it were better to be a pauper whose inmost spirit could speak out than to be clothed in richest garments and incapable of free expression. Wise indeed was he who said, "All that glitters is not gold." So peaceful is the method which the spirit friends adopt, peaceful verily. Strong indeed is he who holds to the doctrine adopted by him, bearing with resignation burdens put upon him, knowing the reason for them is just. Thus arises that serenity which clothes one of the disciples of divine thought, which lights the face and causes the spirit within to shine in a radiance felt by all he meets.

Unto all is given opportunity to grasp a store of wealth, the worth of which is more precious and vastly more essential than mere earthly riches. He who holds such wealth may not stand high upon the ladder of social prominence, yet his grasp even upon the material will be greater owing to his purity of purpose and right estimate of values. His presence will be felt and his influence will outlive vain pomp.

Great is the strength accorded where high thoughts reign supreme. If those who are eager to learn the secret of spiritual development would ask help of the heavenly host, their sight would become more keen and the wish to learn would be gratified. One must not work alone. Make those who stand near send their vibrations out in unison, filling the atmosphere with a force which searches out the

weakest spot in the recipient and in time makes it whole.

For each, duty stands out clear,
To forge ahead and have no fear,
Since in God we place our trust
All things shall happen as they must.

June 17th, 1911.—Mitigate sorrow with pleasure, gaining thereby strength to combat those thoughts which deprive one of sweet memory pictures. Meet any cross sent into your life with as noble fortitude as your individual stability is capable of with the guidance of those you have allowed to lead you.

New light sheds a rich glow where previously all was darkness. The radiance from such purity cannot fail to be felt and the influence thus exerted cannot be other than good in your acts, which meet the necessities in the way of comfort, adding thus new blessings to your store.

More true happiness comes from serving than from being served. Beneath the mask of sincerity often lurks the demon, deceit, to be shunned when he is discovered. With a fair and open adversary one may combat, but those whose deceitful appearance leads one to suppose them friendly often slay in the dead of night. Know then with honesty whom you serve.

June 18th, 1911.—Nothing acquired without an effort is worth the attempt. With triumphant heart

work each day with the best within which will grow, bear seed and multiply.

June 21st, 1911.—Master first thyself. Awful seem these words when their full meaning bursts upon you. Do not marvel at the lack of comprehension evinced by the man who, with material desires paramount, thoughtlessly thrusts spiritual matters aside, and who looks upon nature's beauty without the thrill of God's goodness and might permeating his whole being. To each the power truly to live is given. God's influence is everywhere—in the palace, in the hovel. Sometimes those who dwell amid the beauties of the spiritual are outwardly material, that they may smother what should be expounded.

July 1st, 1911.—Meet squarely each situation which presents itself, though it involve suggestions hurtful to peace of mind. Such must be treated with quiet dignity, thus defeating each attack calculated to produce disaster. Gather those around you who would aid in thwarting the adversary's efforts to torment. The necessary means seem to be beyond the comprehension of the majority, yet in reality it is simple. Given the desired confidence in one's self, the impotence of those who would wreck the peace is astounding and with very little resistance the cause is won. One fight with a thorough philosopher would bring sardonic activity to a standstill where he was concerned.

With each little gain the victory is nearer. Work

with this in mind, that results may be greatly multiplied. A task which in its scope ascends to the realms of great achievement encounters by virtue of its greatness many obstacles that need great strength to surmount. Wherefore gird yourself with a firm resolution to depart from all things that bring discouragement and discontent. The breadth of this project is realized by few. More supporters would logically be forthcoming if the men would direct their time and reason into proper channels.

At present acquisition of wealth plays far too great a part in life. When wealth is acquired what is the result? The way is paved for the downfall of many. Were it used as a lever to lift the burdens of others wealth would be desirable, but used as it often is, the propaganda of vice startles the mind of one who sees and understands. Poverty is to be coveted rather than wealth which wrecks so many lives.

Honest labor-loving people enjoy a happiness that few can understand. They work and strive by their labor to earn that which would make for the happiness of the family. Again you see the necessity for family ties and true love which seeks to elevate, not tear down. O the misery caused by infidelity in the home! The certain result is felt and seen through many ages.

July 2nd, 1911.—In everything a manifestation

of the Divine may be seen if one looks for it. Prayerfully journey amid the pleasant scenes which God in His goodness has so freely provided, only through lack of vision hidden from man's view. Look therefore upon all things with careful scrutiny as to their ultimate end, which may effect so much if kept in view from day to day.

Make thy voice sweet in song, melting all bitterness and holding close to you those whose presence is a safeguard protecting you against those who would annoy or harm.

The friends upon this side witness with happiness the battle which is being fought and won by sheer determination and through willingness to be aided by the friends upon both sides. In ways yet unforeseen will your friends guide and protect you. Obstacles of long standing cannot be uprooted in a moment, but only by slow and patient work with friends to aid you. As the dune is formed of countless grains of sand, so is the hill of progress built by the accumulation of innumerable petty achievements.

When the enemy sees his attacks frustrated by you with little effort his patience is soon exhausted. The realization of his lost domain is immensely disturbing and his strength wanes. The fight which was yours is his now.

With a firm and steady tread walk with Him who watches and guides you, knowing you will with

surety reach the haven of happiness and peace. After so hard a struggle the victory will be the greater, the peace will be more peaceful, full of joy and pleasure in the realization that, though so small a part of the great universe, God's angels have protected you and through your willingness to be led have guided you through troubled waters to that peace which passeth all understanding.

May God's holy light shine down upon you, shedding its brilliancy upon all sides. Unto Him do I now leave you.

July 3rd, 1911.—From the conventional viewpoint the wisest utterances upon certain subjects are looked upon as the ravings of fanatics, though in truth the term fanatic applies more often to him who uses it. He is frequently guilty of lack of reason, subscribing to outworn dogmas which flourish in the stifling atmosphere that smothers free thought. Every man must reason for himself with an honest desire for enlightenment.

Constrained by teachings which past generations have forced arbitrarily upon them, many stand idly by, making no effort in search of truth, until they become impotent of thought and so believe nothing. To them I say, search for truth among those whose minds are broad and open to conviction, not ruled by the voice of one who, by virtue of his position, teaches what he may not himself believe.

Work with this concept ever in mind. God is will-

ing and able to help those who with all their might do His bidding. The life to live is one of unselfishness, full of love for mankind.

July 19th, 1911.—Many things appear gruesome when looked at through the medium of the new light which discloses their true form. Years of study will disclose to you the accuracy of what has been said while as yet you were but a beginner in the advanced thought of the day. Make the most of all things put before you in a clear and logical way. The foundation of fact upon which these concepts are built will then be clearly defined to the eyes of an observer eager for truth. We find many searching for light and truth, yet how do they search? They walk unobservantly past those small objects in which careful analysis might discover the key to great truths. Because of their very smallness these clues are allowed to go unnoticed.

There lives no man but has his doubts at times as to how he may approach the perfect life. The way is not clear to some; yea, nearly all at some period of their lives experience an upheaval, so to speak, in the mind's workings. When this occurs let the individual seek the solitude of his chamber and in the fervent prayer which he offers, ask for help and enlightenment. Let him then question himself as to the workings of the Almighty in the universe. Who and what directs the orderly march of nature's sequence; the beauty of the flowers and trees which

spring from mother earth; then in the winter, the garment of purest white which covers the earth, protecting flowers and verdure; storms which are sent; the night, the day; how fittingly all is arranged so that nothing can disturb its course.

Each day come from God His many wonderful gifts of endowment, manifest to each of us, if the eye but employ its vision in observing the blessings. All things will become much clearer when the veil of ignorance is lifted from the mind. New light will enter, making clear those things which now perplex and disclosing how trivial they are compared to the dull uncertainty they cause.

Make each step in advancement plainly felt and known as a demonstration of those teachings which to you have been so clearly set forth. Work, not allowing to overtake you that mighty demon of despair who wrecks so many round about you. The trust which you display will be the rock upon which achievements of yet greater moment will be founded. May God bless you.

July 20th, 1911.—Man wills that which he most desires; God wills that which is the best for mankind. Much of man's desire for changed conditions is erroneous because of his ignorance of what is best. Make, therefore, much harvest of what you have. The thoughts now sent you are those in which the experience of time has shown a strength and force which prompted many achievements.

July 21st, 1911.—What manner of man is he who, when told of his shortcomings, profiteth not by warning? We are made to feel much unhappiness by the willful transgression of those mortals who, though warned, amble along in the same careless and indifferent manner until they find it beyond their power to cope with conditions. The misery they cause affects not them alone but is felt even more keenly by those with whom they come in contact, making it a threefold greater disaster than if the transgressor alone were the sufferer. All their acts send abroad a wave which is felt unerringly outside the field of contact. Hear what is said. Walk with such deliberation and firmness that your sincerity and honesty of purpose none can doubt. The influence will be far-reaching and will, of necessity, bring many to know the truth. It is true that the attainment of progress seems unduly prolonged; truth is slow to permeate the spirit, but once it has done so, its blessings are everlasting.

July 23rd, 1911.—The fruits of much of the parent's labor are gathered by the children. Meet the trials as they come with tranquillity, making the burdens thus more easily borne. Concepts which seem indistinct are more clearly understood with patience and consideration, that they may sink into the mind's organism and presently take root. The days when pleasant scenes seem far removed from out one's horizon will be looked back upon

with pleasure in days to come. The knowledge that these ordeals are a training, though little appreciated now, will then mean much. Strive, therefore, to smile though the effort be great. Each little drop that falls to earth is not too small to be of worth; of tiny atoms is the great mass made.

July 30th, 1911.—While the time seems fleeting, be not impatient; consider rather how to improve each moment. Enter into the race with a firm step and a willingness to follow instructions which may not be to your liking. Foods of sweetest flavor are not always the most nourishing. Accordingly watch whither some foolish moment may lead you. Ever young is the spirit whom worthiness makes master of the throng, his leadership born of the voice within. Attend to the duties of each day; let not the past creep in to rout the spirit of restfulness and pure contentment with which your days are blessed.

August 9th, 1911.—Man loves a situation which places him upon a pedestal encircled by dreamy admirers who passively accept his leadership. Once the spiritual sense is awakened to its duty to fellow man, the entire aspect changes and one seeks his fellow man with the desire to uplift and aid in his daily walk in life, little heeding the delight with which many of his actions are received. Such is the condition of the pure in heart.

Grow according to the light which is vouch-

safed unto you, clearing the way that you stumble not through lack of foresight. When light is strongly desired it is granted bounteously, giving to those whose will it is to use their strength for the betterment of mankind the power to do so.

With many a thrill of delight is the smallest act of mercy or charity observed by the friends upon this side. Great is the rejoicing when by another's kindly act a heart has been made light. Verily, were this upliftment of spirit better known, the opportunity to aid another would be more diligently sought.

Many are the faults of every man. With some, the trouble lies in an utter lack of desire for personal improvement. With others the desire for improvement is very great, yet their environment holds them back. It behooves each to choose his companions, seeking the ones whose minds are pure and open to the teachings of Him from whom comes the light.

With form and ceremony be through,
Live your life good deeds to do.

By so living will you create a new desire in man—the wish to uplift his fellows. For you, my children, striving with all earnestness at your chosen task of advancing man's knowledge of divine law, my prayer is for success.

Let not the heart be burdened with sorrow when,

apparently without reason, results are not as you would have them. Strive to know and believe that they are the will of the Master in carrying out a great plan.

August 11th, 1911.—Man is impelled by some power to dismantle his defenses against much that we hold in dire disdain. This failing is disclosed when we discover that which attracts to be the very thing we most should shun. As you would crush a serpent striking at you with venomous fang, so vanquish poisoned thoughts which spring upon you with the same intent. With mastery of yourself, how great is your achievement!

The quality of mercy should be acquired by all, both high and low. Worldly possessions oftentimes make it necessary for the humbler and more gentleman to deal most mercifully with the possessor. With difficulty some rise to the acknowledgment that they are far from the standard which the Master set. Such are the reasons which brought forth the statement that "it were easier for a camel to enter the eye of the needle than a rich man the kingdom of heaven." Look well into the heart of the rich man; few there be whose hearts could reach through their wall of self-esteem, thick and hard as adamant.

Give with willing hand where help is needed and is thankfully received. Unto him who takes all, never trying to assist himself, give nothing. The thrill which passes through the honest, wholesome

giver is a feeling much to be desired. What costs us nothing it is not fitting to bestow; when true and noble sacrifice is made, the pleasure is the greater.

Desirable indeed is the noble spirit which prompts acts of charity. Proceed upon your field of effort with love in your heart and that willingness and eagerness to serve the Master which illumines life itself with a brighter and clearer light.

With earnestness shoulder anew the burden and march unwaveringly; "Fear not; I am with thee," saith the Master. Yea, verily, those upon this side walk with many upon your shore, helping in their unseen way the traveler in his arduous ascent. Learn to trust us and lean upon us, asking our aid, which will gladly be given. Attune your hearts to God's splendor, from which emanate waves of mighty strength bringing light and happiness where all was gloom. Mighty are the workings of His will; with thoughts of gentle purity are potent deeds performed. Work with this in mind, hoping by love and purity to become like unto the Master.

With life a schoolroom, know that some lessons must of necessity be difficult, yet the achievement indeed is great, and your happiness as well. Misfortunes on the earth fall fast at times; in seeming great adversity hold firm your faith. God knows the way and understands that what has been is for the best.

August 12th, 1911.—Analyze well all you desire

to do; with love and truth the friends will guide you and make the course to follow clear. Judge not another until entirely acquainted with the causes underlying those actions which are under criticism. Use mercy and justice, never severity, remembering always that mortal is weak and frail. What man is there in whose life are no transgressions to be borne in mind when dealing with a transgressor?

Youth will gain many lessons from the spirit of forbearance in a kindly teacher, one who tempers justice with mercy. The contentions seem needless that arise out of the slightest deviation from the paths which convention has established within a community. It is, however, necessary for the populace to hold to certain conventions lest chaos prevail.

Much in convention passes far beyond the realm of common sense. Many customs, formulated by the few for their own particular benefit, are none the less ruthlessly imposed upon the majority in defiance of the liberal and kindly laws expounded by the Master.

Form and ritual are but mockeries. The man of a true heart by his every act worships the Creator and does not, by rite and ceremony, strive to show his neighbor with what devotion he follows Christ. In such a man is reproduced much of the character of the Master, humble at all times and without the pomp and pretension which mark the sects of this day. With liberation of the spirit the individual is

allowed to grow into a beautiful soul as intended by the Almighty.

Lonely ofttimes we see the mortal who because of his lack of material possessions is doomed to suffer. Should such be the case? Nay, brother, mortals are alike the children of God and when they live a life of purity and unselfish love and serving their God, they should receive the hand of welcome in your midst. Spurn only the mortal whose soul is steeped in sin. Garments of silk and gold make the man no less a culprit. Watch then the men whose worldly possessions mark the division between themselves and their poorer brothers. It were well for the poorer brothers to treat them as evil companions to be avoided. There are some who do much good with their worldly possessions, but, sad to relate, they are much in the minority.

August 13th, 1911.—Make beautiful the silent hour of prayer. Men who hope for great achievements take heed lest the personal desire sway the whole trend of activity. Therefore do not make matters under discussion personal to the extent of undue persuasion. Leadership would be easier were it possible to know whether the utterances of the multitude were the expression of their inner beliefs and were lived up to.

The confidence of those who depend upon and look up to the leader for guidance must never be

disturbed through any breach of trust on his part. Hurl aside the insidious tempter who would, by honeyed speech, procure your downfall. A mind awake and thoroughly alive to all conditions liable to occur is ever alert when such a one draws near, knowing by instinct the lurking enemy behind the smiling countenance.

Apportion to all who are deserving of sympathy that which is their due, but waste not kindness upon those too dense to appreciate it. Within the silence of the night, when quiet reigns, shut out those thoughts which crowd the day, and in the darkness think and pray. Let this become your daily habit and the proper path, the lighter way, will be shown you and will bring to you a solace devoid of fear. Lean on the shoulders of Christ's emissaries who stand ready to help you over rough and stony ground.

Assist one another in the work of the day. Grow in purity with each new victory won, showing to your fellow man the nobility which accrues to those who follow the teachings of the Master. Call unto the silent and invisible friends, who hear and with sureness of purpose answer the appeal in a manner best suited to your needs.

August 16th, 1911.—Advance slowly step by step, moving carefully that no retracing may be needed. Words causing sadness were best left unsaid, for the heart of an innocent person is sometimes

crushed needlessly and wounded so badly that the healing is difficult.

Words which sting like a serpent's bite were best throttled in one's throat ere utterance be granted them. It is true that words were best not understood if spoken in aught but in a kindly manner. All must remember and think well on this. Merit the love and respect of all by the kindness of your manner, for gruffness would repel those who might otherwise call upon you for aid when the heart is heavy. Heed now the lesson taught; even the overbearing man whose arrogance and pride gives pain to others may be influenced and led by gentleness.

Love one another. This is the key to happiness and the perfect life, for where love is, unselfishness abides, making life's burden lighter. Watch, therefore, your every act, that it may be unselfish and spring from a desire to aid another; thus is molded a finer character for yourself. This should be pondered well by all who seek earnestly to live a life which the Master would approve.

With the light of holiness shining from the heavens upon the little flock of God's disciples working for truth to prevail, I now leave you.

August 23rd, 1911.—Minor acts of charity, although seemingly unworthy of attention, often serve to show the recipient that he is the object of another's kindly thought and thus cause even the most ungracious to pause, reflect and wonder. Be,

therefore, ever ready to aid such men, for the precise moment of their need may not be evident to you.

Make what you can of each little scant moment—let none be wasted. Time spent in relaxation is not wasted, for by the casting aside of cares much new strength is gained which can be utilized when great activity is necessary.

August 24th, 1911.—Proceed with caution in introducing Spiritism, confining your statements to pertinent and indisputable facts. Messages from the friends in this sphere to those upon your plane are often sent to spare the unnecessary pain sure to result from acts which might easily be avoided. Often when some messages are sent we hear discussions as to the personal identity of the sender or the expression of a desire for facts which would throw light upon the past life of the spirit while upon the earth plane.

Much difficulty is thus experienced. Not that we upon this plane forget or desire to withhold from friends those facts which would give to them much satisfaction, but those very facts seem irrelevant and in many ways the spirit is barred from repeating them because of the selfish and domineering decree that such must be told before the spiritistic hypothesis will be considered.

How great the struggle is for those who wish to advise and aid, none upon your side may know.

Many, many are the attempts made by friends here which fail through inability to command the attention of the individual. After one or two attempts the mortal seems to lose faith, and when faith is wanting spirit finds an insurmountable barrier before him. In desire to be led and in willingness to follow when taught are found the keys to progress.

Through harmonious surroundings, with life's worries and cares thrust aside, and by humility and trust in one's heart, the mortal can enable those on this side to come close and, either by writing or through sight or hearing, to convey to him all that it is right to know.

With great and wonderful strength are those about one able to aid him. Many through ignorance know not of this; others, through willful stubbornness, will not listen to those who could direct and show the way quite clearly to them. Years of sorrow await him who, through unwillingness to listen, becomes a hindrance to the progress of others.

Work together with unity of purpose, with the interest of mankind at heart. Many will be the vexing obstacles thrown in your way by the unbeliever. Surmount the obstructions by purity and nobility of character so foreign to those opposing that it will be noticeable and will make them feel shame for their demeanor.

Coöperate with those who wish to exalt their

spirit and to maintain their being in righteousness. Often the mortal will become weary; strive none the less, by the might which is in your being; hold fast to hope and know that friends are ever with you; though very near, at times they may not seem so, owing to the presence of the adversary working with a might to destroy that which, by virtue of your deeds, belongs to you.

August 27th, 1911.—With what joy is the meeting of an old friend attended! What, then, could surpass the delight which one on this plane experiences when recognized by a friend he has left behind. Would you could know the comfort such a meeting brings to so many who, through the veil, see the misery and useless sorrow which is caused by their having passed on. In many cases the wish to soothe and console the poor mortals whose sufferings pain the spirit, keep him near, though powerless to aid either himself or those he holds so dear.

With the realization that this life is a continuation of earth life, but only a higher plane, the agony caused by disbelief would disappear.

Conditions here depend upon the spirit's words and deeds while in his worldly environment. Much that is beautiful and desirable in spirit life you may not comprehend because of the utter unlikeness of the spirit and mortal life. This sphere is filled with abounding love. Upon those entities whose will it is to be deaf to the entreaties of the higher spirits, the

pain and suffering they endure is self-inflicted. It thus behooves each one to live the life that Christ taught, that he may the better progress when called here to live.

There are those whom you know whose grief is still poignant over the parting from a loved one. Strive to let them know and see how their sorrow and tear-stained countenances are a cross for him or her gone on, while if with a light heart they show a happy countenance to all they meet, the spirit on this side is at peace, to think as he should, and to follow in the way shown by those who stand ready to direct him. When the vital fact is understood that spirits do exist and do surround you, the shock of losing those you love is lessened and the thought that they are ever with you to guide and direct is a comfort much to be desired and cherished.

With this lesson well learned, a great duty has been done. Let those know who may. With the telling you will have done your duty, all else rests with the individual. With this injunction and the Master's guidance in your undertaking I leave you.

August 30th, 1911.—Through words of undesigned teachings come many lessons; come hours of thought upon which hang decisive moments in one's life. Let reverie be carefully controlled, with no plaint of sorrow tingeing the survey. Wisdom without spiritual light holds no vantage point;

though poor in education man may see and grasp the truth of future happiness and life.

In some the learning they acquire, being the product of different men who may be thought wise, makes conditions too complex and leaves the mind in pitiable plight knowing not where to turn for light.

No one seems satisfied with personal experience which, if analyzed, would show the hand of the unseen working in a marvelous manner. The first essential is to live with spirit free and open, letting the best and purest permeate your thought and being. When this is tried and faithfully continued, the result surprises even the sceptic. Kind thoughts send out beneficent vibrations which calm the turbulent atmosphere and spread serenity about.

August 31st, 1911.—Must present hopes bear taint of sorrow? Not so, I say, for though improvement halts at times, it will resume its march and final achievement will bring joy to many. Allow to grow within you a thorough appreciation for those blessings which have been given you. When wont to feel depressed by troubles of a material nature, stop and reason; think of your numerous advantages which many poor creatures lack; astonishment will give you pause and contentment will ensue.

Misfortune arising from the act of another inflicts as great pain as if the fault were your own;

from this springs the feeling that the innocent suffer. True, you may suffer through another's fault, but only when you have given him the power to wound you. Thus grief and regret over another's misdeeds which you could not prevent, robs you of part of what is yours by right—your strength to fight adversity. If this were only understood, existence on the earth life would be harmonious and beautiful.

The wealth of sunlight, free to all, we see lightly treated, not appreciated as a thing of wonder. The natural gift, by God bestowed, is taken with indifference. For other blessings which you have and to which in like manner you have become accustomed, no word of thanks is given to the Master. That so small a portion of the universe should be able thus to know the might and splendor of the Creator and never realize His goodness, passeth the understanding.

September 1st, 1911.—The daily life of many is the expression of strange and illogical formulas assumed in deceit and practiced for purposes of social advancement. The very deceit practiced blinds the dupe to the worthlessness of what he hopes to gain. Were he to doff the cloak of artifice and stand forth clothed in his honest beliefs, much more would he profit. Comprehension of these principles is as the lifting of a millstone from around the neck of the drowning. One thus unburdened

can again breathe freely, speaking his mind openly and unashamed and imparting to his every act new vigor.

With sham have no dealings, thus avoiding much discomfiture. Must consolation meted out to an afflicted one be garbed in the conventional style that it may bring comfort? No! words that ring true from the heart of him who speaks without conventionality bring greater comfort to the afflicted through the assurance that those who pass beyond are not forever gone.

If those whose dear ones have gone could but feel confidence in another who has had communication with the departed, they would be marvelously comforted. In this regard, you will be able to aid many in their trials and to confer blessings far beyond your knowledge. Extend the hand of comfort and friendliness wherever you may see the advisability of assisting. New worlds would open then for many whom ignorance or willful blindness has prevented from grasping the truth held out to them.

In the young, progression may seem of uncertain growth, but with time and cultivation, good seed sown in youth will flower in great beauty. As the exemplar of desire that truth and purity may rule, your teaching will yield permanent results.

Reincarnation? Minute details would be necessary to make the subject plain. One thing only

would I make clear; that is, I am as I was upon your plane. That which I was upon earth has not changed other than in aspiration and a purer and better realization of what must be attained to reach the highest plane of spirit life.

Arguments for and against reincarnation deal with much that is the subject of deep study, yet many of the conclusions which its partisans draw seem wholly unwarranted. Of what material benefit, in matters of the spirit life, is this delving into insignificant things? Attend to the life you live on earth, confident that you can progress when taken thence and not be forced to enter another body of a lower order. The life upon this sphere is one of progress. Each spirit enters upon it as an infant in experience and works his own way upward.

September 4th, 1911.—The child of labor masters those insistent demands of lifehood which mean worse than death if not heeded. Let each be a child in the labor of serving God by attention to the trivial duties of existence which are so necessary to the building of the whole.

Matters which are given daily attention are more easily kept in order than those which are allowed to drift into a most perplexing tangle when looked into later. With lessons of this kind kept well in mind, the way is made much smoother.

September 14th, 1911.—Untraveled roads grow

rough and full of weeds and in time almost impassable. With the human mind it is the same; lacking the frequent traverse of the conscience the mental highway is defiled with evil seeds by those who lack not truth alone but charity and love as well, becoming soon a weed-grown byroad quite unfit for noble thought to travel. With such a mind man may seem to mortal eyes content and prosperous in the enjoyment of his earthly privileges. Unmindful life-long of development of self, he sees at last, when death approaches, the pitiable truth relentlessly portrayed.

Fill each day with uplifting thoughts, discarding ideas which tend to depress. Should depression win the day detach yourself and prosecute a self-analysis. When the cause is found, remove it and with a newly enlightened mind, resume your duties. Through communion with the friends your manifold blessings will be made manifest. Commune with nature so far as you consistently can, for strength is gained from outdoor life and without your knowledge the body is refreshed by bracing air.

Work diligently upon your ever-growing problem. Notice the opinion of the public. This you must treat with respect, else the cause you are striving so ably to defend is not benefited but harmed. When you seek to aid with this work, you will find those who would ridicule, yet a way will be shown

whereby you may approach these sceptics with gratifying results.

While no true man denies his friends, neither does he introduce them into a social set where they would be ill received and insulted. With us you must be as careful, for the pain at being rejected is very keen, not from personal feeling but from the sorrow felt for those who are so blind and so willfully cast aside that which they must know before they can progress. Frequently you will find yourself misquoted and your teachings distorted; give serious thought to this and you will understand.

We are your friends and as such you must treat us with love and affectionate consideration, though you may think we are so far above you that we do not feel the need. My child, we do; the powerful stimulus which makes our work easier is the feeling which you hold for us and for our work. To you and to your friends I say, "God bless you in this uphill work." Your pathway is indeed one filled with briars and rough in places, but it leads, my children, to the open road so easily traveled when once those barriers are passed. Material wants need cause you no anxiety. The power of God, whence comes your inspiration to achievement, will provide your sustenance as well.

September 17th, 1911.—Mythology held no theories more intolerant than many latter-day doctrines.

Why must men hold up their hands in horror when the conversation is turned to the subject of Spiritualism? The idea expresses to them an impossibility for the reason that they have never given any thought to the subject. Why stubbornly deny the good or use of a belief whose virtues they have never tested? Gradually will the significance of certain things in daily life be understood as the spirit force is taken more into consideration.

September 20th, 1911.—With joy and thankfulness welcome those few who, hearkening to your teaching, seek to join the followers of the Master, for with each comrade received new strength is gained. Let not the grace which may be accorded to some through deeds of charity and love to bless them be destroyed by an unkind word. Words which rob another of a moment's happiness, which serve no purpose but the venting of malignant spite, were better left unsaid. Many who seem willing to acknowledge their fault may find in this an admirable precept.

March firmly; let each step ring true in thought, in speech, in acts, that all may grow mighty with your advance. Your work will gain in ease and durability and many will be taught to help and comfort others that had before no thought but self. Awake the sleeping soul and show to it the shining goal which only earnest effort may attain.

Would that all could know the joy of serving

Him, the Master, with a willing and contrite heart. At first the way seems hard and wearisome, but soon the heart is lightened and much that seemed essential is seen to be but senseless formula, useless as a maker of happiness. Thus is the way to true felicity defined more clearly than before.

Walking with confidence, you may strike an unforeseen obstruction and suffer such injury that for days you limp in pain; with proper observation this would not take place. In spiritual progress your danger is the same, for without due circumspection you become involved in controversies causing unhappiness and discouragement which you will be long in overcoming. Watch then for pitfalls; with care avoid them or, having suffered a fall, accept it as a lesson and when in future your affairs go smoothly, feel not too great self-confidence. Thus may adversity become a boon through showing you your weakness.

In this school and playground which is life, when pupils grasp you by the hand with the desire to walk with you and learn, show patience with them and that love which the Master holds for each and all. May God give each one strength to bear and forbear.

September 22nd, 1911.—Only a lucky chance event serves to bring home a truth to some who fail to see what is so plainly put before them, but this need not concern you. The lesson told is theirs to

grasp or to reject and failure to attain what is within their power is their own loss, to be retrieved before their progression can begin.

Make of your teachings a lamp for the enlightenment of many, shedding forth its rays of light which, though they may not banish darkness, will yet send a glimmer into gloomy places, discovering to view new and unsuspected beauties.

With what indifference are received the propounded truths by the highest intelligences, showing the stupidity and blindness of man a thing deplorable. If the mind sought spiritual truth as other truths are sought, fathoming its depths with untiring energy, more would be achieved, but this seems so unnecessary to the majority of men. They live and therein seems their only interest. The fact of leaving this existence is with most a problem not considered. They realize they must in time depart from mortal life, but whither the spirit goes or how it enters a new life are questions quite unheeded. Were it but known that the splendors of earth are as naught beside the wonders of eternity, would not men seek the way to enter upon these glories, feeling no longer mystery but exaltation?

September 26th, 1911.—Messenger of truth, grow in strength, owning as harmful anything which shakes your serenity; stand aside when vicious enemies show their teeth. Who will not accept a plainly stated truth must endure the consequences

which his refusal involves. While concord rules all is well, but with the first ripple of dissension harmony is shattered and consternation reigns. Let discord pass you by without the power to grip you. Disregard unpleasant circumstances which might cause dissatisfaction and discontent only too pleasing to the adversary. Dwelling upon unwholesome things brings naught save misery. Meet events of the day with a bright and happy countenance, which must not fade in the face of fiery criticism which, if allowed to take effect, would wilt the desires and aims of the most steadfast.

Comply with the present demand for serious teaching, wasting not weeks and months in vain aspirations which bring only misery and unhappiness in their wake. When a mortal, plainly admonished and the full understanding of his situation brought before his notice, none the less persists in his course, the fault grows graver and the anguish through which alone it can be eradicated becomes keener as time passes without help from self.

In the word self how much is comprised! The peace and happiness of many are centered in the self of each. Forgetfulness of self makes time less heavy on one's hands; the joy of working for another soon manifests itself when a trial of self-sacrifice is made.

Honor the arduous labors of those who think and

with high ideals strive for the betterment of mankind. Many are the times when the heart grows heavy through lack of fortitude to meet adversity; in this is a common manifestation of human weakness. You will readily understand how progress on the earth plane is thus hampered from time to time. Perfection is as yet unattainable, though the present cycle is rising to a much higher level than the last. The advance is very slow and only through much thought and effort is it gained.

When obstacles are overcome the joy is often tempered with the weariness of long striving to pierce unyielding barriers. Yet be not discouraged, for nothing can long endure without change; all things must either advance or recede, so if no retrogression is observed you may be sure that in some subtle manner advancement is proceeding.

September 27th, 1911.—Mystery invites many who would not otherwise be attracted sufficiently to become strongly interested, this being true even of those who sincerely desire knowledge. Meet curious ones upon the plan of scientific hypothesis, setting forth only those facts which are beyond dispute as to their authenticity and the minutest details of which have been investigated and known to be true.

Appropriate no time to guiding sceptics in the dark, especially when your spirit friends manifest their presence. An impenetrable barrier would ex-

ist and the little that might be seen or heard would not be believed. Energy is only wasted in the effort to influence the mind of the sceptic who continues to scoff at the very thought of the departed being alive and near to those they wish to help and guide. If asked if there are others who understand these facts, I would say that, aside from the Spiritualists there are not, though there are some who believe in the existence of spirits but deny the possibility of communication with them.

Strive patiently to cope with those adversities which are an inherent part of man's perplexities, with the mutual understanding that all shall work together toward that perfection which is of the Master's making.

September 28th, 1911.—Animosity kills those higher thoughts which would bring peace and contentment to a mind torn asunder by worry and consternation. Wait! You will meet with that which will justify all aspiration. Advance with the hope that the obstacles now in the way will be removed in an amicable and peaceful manner. Strive to withstand those many small annoyances which are sent you, with a fortitude which will thwart the desire of the sender.

With patient spiritual desire for the approach of that which will hold for you the greatest happiness, be willing to abide the fullness of time when your destiny will be molded. Cast from you all

depression. Have peace with all and live to enjoy those benefits which God has sent you. Make those about you happy in your smile, which is to them a radiance much needed.

September 29th, 1911.—Meet undesirable conditions with a certainty that they can be overcome, that they continue only by your acquiescence. Make lighter a burdensome task by a cheerful demeanor and the battle is half won. Allow each circumstance to appear only in its most favorable aspect. Shun all whose woes are always being aired, but bear with great fortitude what you must. Ask of us, your spirit friends, the help you need to carry your burdens. What a mercy it is that the mind may become possessed of those spiritual concepts which, if their potency be believed in, will lift the spirit into higher realms! Horror of impending disaster drags to an untimely grave many a man possessed of everything to make life pleasant and to be of service to his fellows.

Live each day in a manner befitting a child of the Master. What the next day holds is the secret of that day. Wait until it comes and meet its joys or sorrows with that manliness which proper living will bring forth. Make of each task a service to the Master, to command your highest abilities for its worthy achievement.

How free from care the birds seem, yet to them life is as great a struggle as is the life of struggling

man. They sing and hold themselves in happiness, free amid the beauties of nature.

November 1st, 1911.—Rejoice in the delight felt by the deserving through whose efforts right prevails. Meet with firmness the petty annoyances of daily life, accepting them as means through which perfect tranquillity and evenness of temper may be gained. Be nothing daunted by the thwarting of desire, for it may point some lesson, though at the time you see it not.

When the mind is bent upon one sole desire its energy and strength of will center upon that thing while other purposes suffer a weakness easily influenced by outer forces ready to step in and dominate. Youth is greatly given to this fault, thinking of naught in life but pleasures. With innocent enjoyment there is no fault found, but when all the energy is bent on pleasure, development of mind must suffer. This is but one example of the general truth that an undue share of energy must not be expended upon one desire or project.

November 2nd, 1911.—Man desires those things which please his faculties; the question of their good or bad effect is put in second place. In each attempt to gain material wishes, weigh well the consequences ere a step be taken. Many walk blindly into pitfalls in their striving to obtain their heart's desire through failure to perceive that gratified craving is but a snare. All thoughts of charity or aid to

others fade from view when personal ambition fills the mind.

Make of each thing you do a mission of importance, be the occasion great or small. Many achievements of the highest import began as tiny deeds, which grew mighty through the care expended on them. Make yourself master of that sense of valuation through which alone each task is weighed and effort so directed that achievement will be greatest.

Avoid conditions which depress if they hold not the chance to aid another; but if they do, then for the other's sake hold not a gloomy mien, for a bright countenance, by love engendered, brings joy to one afflicted.

November 3rd, 1911.—Many a man smiles in a knowing way when confronted with the problem of life after death, yet few are able to explain in a logical way the scheme of spiritual progress which the friends here understand clearly. Perchance its very simplicity bars it from the comprehension of those accustomed to the mysticism of creeds and dogmas. Would that mankind could see that the transition to the future life is like promotion of a class in school to a higher grade, in that the lessons of mortal life are continued on a higher plane! As yet this seems difficult to comprehend, while a miracle such as the Immaculate Conception is in no way questioned by those who blindly accept the

doctrine of the creed to which they pin their faith. This doctrine which ignores the laws of nature would seem hard to accept, yet how many are believers in it! Do those same people ever give serious thought to the matters of which I speak? No; they blindly adhere to old beliefs and hold up their hands in horror when informed that one has heard from a departed friend. How sad it is that man can be so narrow and can so lightly jeopardize his future happiness!

Light is dawning upon the minds of many thinking men and the time draws near when broader and wiser doctrine will be preached from the pulpit by the few who are not afraid to shock ecclesiastical convention. From the abundance which is each day sent to you a word dropped here and there will fall as seed upon fertile ground. The harvest may be long delayed but will in time provide spiritual sustenance for the wayfarer in quest of truth.

November 4th, 1911.—Despondency weighs heavily upon all who allow its influence to bear them down. Studiously cultivate its avoidance, for by force of will it may be placed without the citadel of consciousness. Outward calm does much to hold one in the realm of peace. Those who would gladly see you downcast or those who would grieve at your sorrow will fail of gratification or be spared pain by contemplating your calm countenance. In intercourse with many, the wisest plan is to be ever cheer-

ful, not allowing annoyance to be depicted in your face. Many will desire the companionship of one whose presence brings freshness and relief from the petty troubles of daily life.

Cling to the God you know to be all-powerful and merciful; let naught avail to destroy truths gained through study and proved in each of nature's smallest acts. Observe how nature cares for its own, the protecting influence innate. How, therefore, should it seem strange that the Heavenly Father fosters His children, sending to each a spirit guide to keep him from wrongdoing? Deplorable is the treatment these guides receive from many who, feeling the influence of something (as they would say) directing them, without a pang rebuff their spirit friends. To each mortal is sent one from this side who feels willing and able to get in touch with the individual on earth. Some are unable to make any impression owing to the presence of spirits of a lower order whom the individual has by his acts and associations drawn close about him. Among recent developments observed in the higher minds upon earth appears some conception of the individual as a factor in the universe. When this is inquired into as the necessity for more fully understanding it is seen the result is a new and greater incentive to right living and personal development.

Let each man watch himself; let him watch his neighbor only that he may uplift, not criticise.

Many cruel remarks have filled the victim with gloom and left him the prey upon which could batten morbid entities whose perverted desires cause needless degradation, with resultant shame and sorrow.

November 5th, 1911.—Move not in circles where you would be ashamed were you to be confronted by the Master. With this rule observed, you need never feel abashed in any company. Meet all whom you know to be friends of clean and honest life; in meeting those of questionable character beware of the insinuations they put forth. Let your expression be concise, wasting no time with baubles to allure. Plain is the folly of meeting with strangers over the wine cup, making friends of men of whom you know nothing; yet wine overcomes discretion and man falls. His fall harms not himself alone but all to whom he is in duty bound. Man of this stamp sinks lower and yet lower with each surrender; he is more easily approached by wicked influences, until his character becomes as weakened and degraded as that of most vicious entities.

The affairs of man would not so often end disastrously were he to choose his company and hold his conduct to the highest standard, heeding the voice within which warns when doubt arises of the proper course to take. When contemplating any action, if doubt springs up as to its rectitude, forbear; your very doubt is proof the act should not be done. As-

sure yourself of freedom in your thought when works of moment are to be accomplished. No works affected by a perplexed mind bring forth good fruit. Man is so frail that when temptation comes, he, vacillating stupidly, falls into the net the tempter spreads for him. Know yourself well; feel certain of your strength before you offer to combat the tempter. There are some who, knowing their weakness, would sooner brave the fire than make confession of their frailty. With such, the end is bound to be disastrous.

Why does not man listen to his inner conscience and, upon life's highway, shun the lairs of demons who would rob him even of his soul—fiends before whose onslaught he must in time succumb? When the inner voice is unheeded a first wrong turning is taken; this first step in the wrong direction is followed fast by easier ones and so on to ruin. Through clean companions and environment are happiness and cheer more easily attained than many know; the major part seek pleasure in low places where, were their loved ones to see them, they must hide their faces in shame. Wherefore does man keep secret from his wife the haunts and friendships of his wasted hours? Because he in his inner consciousness knows the wrong committed, the sacred pledges broken, and for very shame he tells it not. In secrecy there is no honor, for with honor no secrecy is required. The honorable deeds are held

with pride before the world. Each day stand ready for the call of duty, which for you leads not to places you should shrink from but to the field where honor waits. The desire and will to spread before the honest seeker teachings which uplift and urge toward the perfect life gain honor for the teacher and make many lives the better.

November 6th, 1911.—Thoughts are living things which wend their way from the source to some perhaps distant part of the universe, though their author knows it not, and as they are of the high or low degree, so do they uplift or depress the recipient. Wherefore let your thoughts be only such as will exalt him to whom they are directed. Greater by far is the effect of thoughts than mankind can yet believe.

A strong, sustained desire for progress raises the standard of man's activities and these in turn react upon his character. Thus do worthy acts uplift man's spirit, while in the recipients of his kindness is bred a nobler conception of life.

Constant action holds the key to high incentive, while inactivity invites discontent which gives access to destructive thoughts. Therefore let the mind and hands be ever busy lest some evil intruder trespass on your consciousness and open the way for thoughts destructive of your peace of mind.

Within each man lies power for good or evil. He who leads a life of indolence misses that active

participation in human affairs which would be the strongest stimulus to personal advancement. When all seems dark search yourself well to discover if the source of gloom be not within. Perhaps some little kindness left undone, some word of cheer unspoken, has left an evil circumstance unchanged which, had you acted differently, would not remain to cause lament.

To each and all come adverse conditions which so mar happiness that life seems robbed of sunshine; yet do not let this result, for however dark the prospect or even the reality, the experience is not without some lesson to be learned and happiness derived from knowing that the blow might well have been more heavy. No experience is wasted upon one who is eager to improve the condition of mankind, for when events assume the blackest aspect he is able to advise and admonish those with whom he comes in contact, thus saving them from evils he has suffered through inexperience or willfulness, or those ungoverned thoughts which court disaster. Guard well the mind. Let it dwell upon concepts of happiness and contentment which, reflected in the countenance, will be felt with benefit by all you meet; thus many will enjoy the brightness of your thoughts.

November 8th, 1911.—Monotony is in many ways harmful, causing lack of interest in the enterprise and discontent with the achievement. Such

being the case, it were well to have diversions to relieve the tedium of pursuit which is of necessity fatiguing. With no heart in your task it becomes mere drudgery and your labor is in vain, but with the inmost spirit bent upon the work your undertaking is advanced more quickly and with less exhaustion of your strength. Try, therefore, to take pleasure in your work, however arduous. Let it be done graciously and with such spirit as will brighten and enliven it.

True friendship is something seldom found, for so many who profess to be friends fail at some crucial moment when sympathy and strength are needed to sustain one through a period of sorrow and despair. The earnest man finds much more to do than he alone can accomplish in his allotted time. With friends to aid him in his work, more would be done and happiness would be spread in places difficult to reach by one alone. By unity of purpose strength is more than doubled, opportunity is broadened and progress is made easy.

Some require no precept to hold them to that mode of life most gainful and desirable. There are others who need not words alone but example to guide them and who, once they are convinced that what you teach and live is the true life, grow so to live. Such men wish first to learn if what you teach is true; then by their new desire to do and live aright their whole being is changed and life holds

nobler aspirations than before. Keep these precepts in mind as you toil on.

November 9th, 1911.—All men are free to lead the life they choose. Within each man lies power of choice and on its use for good or ill depends the nature of his thoughts and acts, whereby harmonious spirits are drawn close about him. For your own peace of mind be sure the pathway you choose is the right one. Let not disturbing spirits make their presence felt about you, for you know the power is yours, in confident appeals for strength, to gain whatever aid you need.

When prayer is not from the heart, the appeal does not travel far, nor is there much result from it. Man, with so many blessings, treats them lightly and serves the Master with slight appreciation. If suddenly deprived of every boon his wailing would be loud and his prayers fervent, while service to the Master would be held in high esteem—for personal advantages alone. The spirit manifest in the appeal would be the temper of the man seeking his individual emolument.

The man with little of material goods who yet is ever happy, with a smile extending the hand of sympathy and help to his fellow men, this one I say is blessed and by the Master is rewarded for the great good achieved by his example. With human belief at the lowest ebb of Materialism, great is the rejoicing in such a man; in him are the heart and

bearing which many worth millions would gladly buy, for cheerfulness is greater wealth than gold. With riches honestly acquired no fault is found, for by this means much comfort may be had and given. Only when wealth is paramount does it become a curse.

November 10th, 1911.—Must drastic measures be employed before results are gained? It seems so in eradicating harmful attributes yet, received in proper spirit, a word should be sufficient. Have not many cases under your notice been of this character? Where kindness alone is used the warning is unheeded; by lessons of severity much greater results are attained.

Yield not to those who plead, without observing what real worthiness is in the supplicant, for rogues abound in quest of succor. Much of adversity is of the sufferer's own creation and when examined can be traced to acts for which no other is to blame.

November 13th, 1911.—Stigma upon a name is an incentive to clear that name of whatever lessens its respectability. Some there are who, from desire for notice, contradict any statement that may be made. An honest man may hold to his theory though disputed and argue for it without ridiculing or falsifying the words of his opponent. Truth is oftentimes overshadowed by misrepresentation and is thus made to appear quite the reverse of what it is.

Present religious teachings are more plausible to

a child than to a man. You have in the Bible accounts of spirits holding speech with the disciples of God, and many so believe, for they say that in the ancient times such occurrences were common. Why then and not now? Is not God the same God and are not His ways the same now as in the times gone by? Why does man so draw distinctions not warranted by the facts?

Men expend great effort in the endeavor to sustain a contention. Were they to maintain with equal force the love of truth and the desire that right prevail, what changes would result! There would be a vastly different condition from the state which now prevails on earth, for men now alive to their material surroundings are blind to what concerns their spiritual welfare. They take for granted all that for them comprises mortal life—desire to live and enjoy the wealth which many of them gain. Accumulation is to many men the all-important goal; no heed is paid to possibilities of progress when life on earth is done. Oh, foolish man, deaf to all inducements but the most material, seeking naught but worldly advancement while letting that which is your inmost self perish for want of food to strengthen it and give you spiritual growth!

November 16th, 1911.—March onward; look not back; with forward gaze is all gained. Retrospection brings not always profit, especially when in it lurks a doubt if in the present situation all is best—

this if the present state is one of fearing God. By God-fearing is meant the knowledge that God's way is the best and is the only way to safety, since those who transgress His laws are punished. Such punishment is self-imposed and therefore all who obey His law dread God's disapproval, not through fear of Him but of the consequences of transgression. Make known these facts and it will soon be evident that only by observation of the law are peace and happiness assured.

The man who enjoys the privilege, God-given, of striving to lighten another's gloom by showing wherein and how he misses much of happiness which is his by right, finds that in the individual faulty viewpoint lies the chief difficulty. Many look on from a distant point, with fog of discontent or greed or indolence or utter indifference clouding the aspect. Look you rather with horizon clear, with honest eye and with spirit of humility, and with thanksgiving in your hearts.

Every man has his moments of conflict with his inner self. At such crises strive to commune with God and seek, through the aid of spirit friends, clarity of vision unclouded by the despicable thoughts hurled upon you to confuse. Each day be more thankful for light vouchsafed you, for by its means grave obstacles are overcome. May God watch and keep you safe through the day in a spirit of harmony and thanksgiving.

November 17th, 1911.—To many men the struggle for existence is so hard and cruel that no gleam of light illuminates their lives of toil. For this condition man must blame himself. The way may be hard and hold little that is in harmony with the finer feelings of the man, yet grumbling and discontent serve but to make conditions more unbearable, for the malcontent carries his darkened atmosphere ever about him, excluding brightness that would enter did he realize the fact that in each man lies power to mold his life for better or for worse.

The lot of many holds but little cause for joy, yet among those who have the least of material goods, is found true happiness. The miner, working through the day beneath the ground, finds keen enjoyment in relief from toil, contented for the moment with his lot. Others in places far superior, labor morosely and when they return with tasks finished, cast a shadow on the home. True it is that discontentment is contagious. Strive to smile and be cheerful, no matter what may come to pass; can you not always look and see someone faring worse than you? How much then have you to be thankful for! With those who see some good in everything, time and conditions kindly deal. Welcome indeed is he whose spirit is content, for with his radiance come those who lift aside depression and in its place bring happiness and peace. At times the banishment of gloom seems unattainable; despite the greatest force

of will no ray of hopefulness is seen. Let man then use his powers in work for others and with self forgotten lose his load of woe.

November 18th, 1911.—Cherish thoughts which bring more light; depressing thoughts are never wholesome. Obliterate memories of anguish from your life; such only cause sadness spreading dejection afar. God in His wisdom so ordains our lives that all that comes to pass holds lessons to be learned of much importance to us all. Some learn more easily than others and their chance for happiness augments accordingly. Blessed are they who profit by their mistakes and, through experience so gained, give aid to others.

November 19th, 1911.—Full and complete shall be the recognition of the forces which control so much of man's mentality. That which has until the past few years been held a mystery, the solution of which was sought in various ways, is now through knowledge of the truth regarded seriously. Matters are changing and within the next few years a mighty transformation will have taken place. Many who hesitate to acknowledge openly their belief will turn against the foolish snobbery which now restrains them.

A plan for man's enlightenment conceived upon this side is based upon principles of honesty and love of fellow man. This must needs work out slowly, but its slow development on the material plane will

in no way lessen the interest or development on the spiritual. The development will not accord with man's ideas, but in the end will make for greater good than any man had planned.

Proceed deliberately, confident that the hands of the unseen are so directing the course of events as to make the evidence more valuable scientifically than man has thought possible. When facts and incidents are told which none but those intimately connected with those incidents and facts could know, the bringing of these things before a person hitherto uninformed of them cannot be ascribed to chance or guessing. The incidents in detail oftentimes are perfect as repeated by the medium. Oh, why will man not reason from these facts with simplest logic?

November 22nd, 1911.—Man, in the sight of God, is infinitely small. Judge not yourself too great by your material standard, for man's true proportions are measured from His viewpoint only. If mortals fully realized this truth, their heads would not be held so high. Earth tales are dark and sordid, viewed from higher fields.

Mistake not the man for a true man by his outer raiment, for many a noble spirit is hid beneath a ragged garment. Thus are decisions made without a proper understanding of the inner facts, and are often erroneous. With care weigh all your evi-

dence; make no final judgment without assurance of its timeliness and truth.

Stand firm when sure that what you do or say is right, for right will prevail when the final settlement is made; whether this be slow in coming rests with man's performance of his duties and with events yet to occur.

November 25th, 1911.—Mirth abstracts from life the bitterness, and thus in all lives helps to bear the burdens. It would be strange were lives to know only sorrow; the joyous note must sound that harmony prevail. With realization that life is but a school wherein all lessons are not those most pleasing, though necessary to complete the course, the best procedure is to grapple with and master what is most distasteful; the rest is easy and success is assured and pleasing.

Were this idea kept in view there would be less complaining and mischances which occur would not so often be received with ill grace. Speech must not be at all times sad and complaining, for it betters not one's lot but leaves the mind a prey to depressing thoughts, through the easy entrance of adverse vibrations. A gloomy individual placed where all is laughter and fun reforms his attitude. Is it not best to strive for such comfort as may be had without neglecting duty, while fostering a wholesome feeling within the breast? When occupied with the duties of the day, more happiness and

peace will thus be granted and the sun will always shine, disclosing everything in its true color. Thankful appreciation for benefits received should be a constant factor in the minds of all. Observe the many around you whose lives are miserable at best; they often laugh where others curse.

The training of the mind works wonders. When this is taught and practiced strength is gained to fight life's battles, from which none escape.

November 27th, 1911.—Man's battle is for mastery of self. After this has been won the way is not so hard, for once the inner self is conquered the might that man gains thereby makes further victories easy. Do not make your life more serious than conditions warrant, nor yet through levity neglect affairs requiring grave reflection. Employ your normal conscience as your guide when striving for the best in word or act. Let not your heart be troubled by the various ideas of the proper form of spiritual teaching. Live as Christ by His life taught, loving your fellow man, doing unto others as you would be done by. Thus your teaching reflects a life made beautiful by purity and zeal. Those who profess most often fail in accomplishment, while many find it easier to teach than to put their theories into practice.

Give what you know unto others, that enlightenment may spread and its fruits more quickly multiply. May God watch over all of you who struggle

to lay a firm foundation for the mighty edifice of truth.

December 5th, 1911.—Clothing covers the man from the eye of his neighbor, but his heart is bare before the Master and those upon this side, which shows that deceit is temporary, and certain of exposure in the spirit life; the truth must then be faced and an answer made to the charges laid to man's account.

Straightforward, honest living gains its just reward—security and happiness. Who, creeping precariously along a precipice, can be at ease, knowing that the slightest shock will cause disaster? Choose therefore if possible the safe pathway of a simple life, in which no menace hides.

A demon spirit lurks unsuspected near many men. If one false move invites the savage creature, he darts in with ferocious strength that overpowers the unhappy victim. If all mortals were not liable to such attacks, often made upon persons innocent of guile, the fiendish traits that are manifest occasionally in individuals who had been least suspected of them would be devoid of explanation. The raging flame may all but destroy yet he who passes through the fire is purified.

December 7th, 1911. — No opinion, however small, if genuine and well formulated, should be disregarded. Man has gained much of fundamental truth from such modest pronouncements

which have contained virtues not obvious to all. Thus did the code of Divine Law, conveyed to man for the few to grasp while many mocked, make known the fact of spirit life. There have been some with sight or hearing so refined that they perceived the spirit presence; for them the road has been made rough when it should have been smooth. Their struggle has not been in vain, for today many walk in the path which only a few formerly trod.

Find encouragement in what is stated here. When material trials make the outlook dark, remember those who seek to guide you and to keep your pathway clear. Then, when a seemingly great struggle comes to you, though it is really a little one, take heart and know that when you wish it the friends are with you, striving to aid.

Christ the humble, kind and good was little understood. The ones He came to aid stood farthest aloof and showed no desire to assist Him in His work of redemption for man.

December 8th, 1911.—Anticipation of naught but good clarifies the atmosphere. The pessimist has a careworn countenance, a murky outlook and a temperament to which all things seem the reverse of pleasant or tranquil. Seek the thing in such individuals that chafes them, and you will often find that anticipated evil or disaster is alone responsible for the condition.

Live each day separately, letting the morrow care

for itself. This does not mean that you should snatch at everything obtainable each day, nor sacrifice the ease resulting from provision for the morrow, but to make each day's work promote the happiness of all, knowing that your satisfaction is in the present and making the most of blessings that are yours.

Constant foreboding of evil saps away the best in man, preventing that regard for duty which a peaceful mind cherishes. Some men attain a life of peace more easily than others, yet it is the lot of all who strive for it in faith.

When with strong purpose any man aspires to gain a certain end, have you observed that nearly always he obtains the thing which he desires? Strive then for peace, with confidence that the results of your good deeds will be commensurate with your endeavor.

In many cases of a life disorganized by trials and worries the cause is traceable to harmful qualities in others who have interests in common. Through such connections evil emanations invade the atmosphere of one quite innocent of wrong. Employing similar channels, vibrations of a higher order act upon the mind but slowly, for they are combated by forces of destruction, which often are of equal strength. Constructive force thus has a twofold task—elimination of malign effects, then reconstruction and progression. In all your acts be

kindly, that hardened natures may be softened and uplifted. Intrusion of one's carnal personality makes kindness most difficult, while the upliftment you attempt may often fail through the unwillingness of those about you to receive with kindness your proffered counsel.

Ever strive, none the less, to do your best, for more than this no man can do.

What you would that others should do unto you, do unto them. How beautiful the world would be, how tranquil the home life, and how kindly the daily acts if this were the way of man! If everyone wished to do only that which he would have others do to him, the tongue would be less ready to sting, the mind less ready to accuse, or to demand payment for some little service rendered.

Physical pain would be greatly lessened. Men are tender to their individual selves, striving not to be hurt unnecessarily; therefore refrain from any unkindness toward others. Many would not be seen with bowed heads, as now, if this little saying were heeded.

December 10th, 1911.—With interest as great, some who are distracted by the trials of daily life secure much less time than others for this undertaking. With one the time for relaxation may be far greater than with another in a clerical position, or a mechanic, or anyone constantly employed. Each may seek with equal earnestness to help his

fellow man. Again, the interest might differ vastly if larger opportunity were afforded. Inately the desire is not the same with all; one would make more sacrifices than another, yet he who is less enthusiastic little realizes that he works at a disadvantage. Some are held enthralled by the scientific aspect of this subject; others it only confuses.

Preparation for the future life is a duty to each man which he cannot shirk, but must assume at one time or another. The first essential is a life of purity and loving helpfulness. One who has striven always to aid wherever possible has not so great a task in later years as he who always forgot the debt he owed to those about him and to his Maker.

In mortal man we see a student whose promotion to a higher class awaits his adequate preparation. He who performs each day the task allotted to him has no arrears of work to burden him as does the student who half the time neglects his books. When the progression comes, the one is free from those anxieties which must beset the other.

Foster habits which uplift and hurl degrading ones from you. In what you do, search for fitting reasons to justify the action. Do nothing without cause, especially if the act might provoke dissension or, on the other hand, encourage harmony. Be circumspect in all that you do. Hold your ideals high and follow the teachings.

Problems which seem too deep and intricate for the majority of minds must be stated in simplest language and manner in order to convince the ordinary individual. Scholarly men or women are supposed to be more readily reached, yet despite their wider range of thought and knowledge the problem of spirit manifestation is most difficult. Personalities exert great influence in the scholastic school, each man upholding a theory which his egotism and pride of intellect will not permit him to acknowledge as weak in its conception.

Work steadily onward. Those who labor for love of the cause and the good of mankind will soon gain much happiness from their more favorable conditions, for they will feel the touch of spirit friends, always inspiring them to higher aims.

The church-goer tells you to pray that God may aid you. He is all-powerful; yet would you speak of the king who rules a country as granting the plea of each and all of the departments within his kingdom, and overseeing everything himself? No—he is the head, but under him are men whom he knows and trusts, who are able to assist in the care of state affairs, and they in their turn have delegates whom they send out, and so the work of regulation is distributed, each doing his part. Just so in the higher realm the Overseer has those whom He instructs to do certain things; they, in their turn, have

others, and so on. You communicate with a spirit and your message is carried from one degree to another that is higher, until it reaches its destination.

When you send word by a messenger to a friend who lives in another part of the town, you tell the messenger what to say. He delivers the message; it is your message to your friend, but it took a third party to deliver it. The phrasing as given by him is not at all times, in fact is very rarely, the same that you would use. When a message comes from a friend gone on, the hue and cry is raised that he or she would not use that phraseology—it does not sound like so and so. No consideration at all is given to the messenger who has taken the trouble to carry the greeting, and the difficulty experienced in using the language in which it was sent.

Would that the masses were more considerate and understood better the difficulty experienced in giving out any communication even under the most favorable conditions! I feel that then the barrier they put up would be partially removed.

Do your part with earnestness.

December 12th, 1911.—The way of life is to some monotonous, while to others the rapidity with which events occur causes weariness and a longing for quietness. The quiet life is best for man; he may then think with perfect ease, and pon-

der upon the problems which are presented without interruption.

Make the most of the quietude which is given you to enjoy; with it the insight is more clear and matters generally seem more favorable. Mankind is often restless. When this is so with you, look for the cause. Restlessness is not the heritage of man, it is foreign born and breeds unpleasantness.

With activities the many pleasant little incidents in life shine out the brighter for the companionship of unpleasant occurrences which arise from the cares of life. These pleasant happenings will increase and in time overwhelm the annoyances which now disturb peace. Work for this end.

Let the sunshine in; do not bar it by any act of yours. Close not the shutters of your mind to beautiful thoughts because of the persistent knocking of ugly ones. Rather open the door for peace and beauty to enter, and the ugliness which has been sneaking about will soon find it is not welcome and will leave you. Do not fail to strive to do this, for it is applicable to all; for some reason, human beings like to open wounds and stand looking at the gash, which is destructive to mental and physical well-being.

When in a place where stress is great make known your views and saturate the atmosphere with words of cheer. Relief will come; never fear.

December 16th, 1911.—Unite, in order to obtain

a stronger hold upon those in whom some spark within their consciousness has been ignited, that your strength may be such as to force the spark into a burning flame and its fire may spread unto many.

The same conditions seem to hold with all. Those who have personally received something longed for, through direct answer to prayer, will feel a strong belief in such things. Again, some who prayed devoutly were denied their request, and it is he who scoffs at prayer and in the workings of the Divine. Yet has this individual thought about his prayer? Was it for a thing to make him more blessed spiritually, a thing for his development, or was it a material gain for which he prayed? The last is selfish, and no prayer prompted by a selfish motive can be answered to one's ultimate benefit.

At times these requests are granted for the sake of example, since after material gain is had all else is forgotten and man so indulges that before long great calamities come to him and his. This is bound to follow. They cannot be prevented, no matter how strenuous the attempt. For a while all may seem well, then without warning sorrow comes into the lives of those who had been apparently without a care.

Make all the appeal you can to the best in everyone to lead a life which will bring forth the richest fruit for all. Those who have much and are will-

ing to divide it with others are blessed, but those who strive to gain all and hoard that which has been gained rob everyone—himself of the pleasure which would be his in aiding an unfortunate, and the needy who are left in distress.

Money is not all that may be given. He who has no money is not relieved of all responsibility. He must give of his time and labor for the uplifting of some mortal in trouble. Let him assist his neighbor by a kindly act which will count for much. With timely help of this kind, many a weak and disheartened creature has been saved from untold misery through the prevention of some rash act.

Work then with vigor, even though you are poor financially, and all sacrifices made will aid you, as well as him whom you have helped in advancing. Man's object upon earth is the betterment of self, that he may be fitted for the life which is to come. To accomplish this he must of necessity aid others. Knowing that advancement must be made, the individual must strive to do his utmost for mankind, yet he may work with the one desire to help himself. If that is so, it defeats its purpose. When helping another a desire must be in the heart to aid for the love of mankind; through that, man advances. Do you understand the difference?

Unless such is the case the man with money would rank ahead of the poor orphan who shared his crust with his neighbor, while surely the latter

gave more in proportion to what he had, and probably with a greater love than was in the rich man's heart. Hence love of man is the spiritual possession to gain.

Around the world circles the sun, which often hides behind the clouds. When it is shining, the majority take it as a matter of course and appreciate it little, but when it is hidden for a day or two, its loss is realized. That seems to be the failing of man—lack of appreciation of what is possessed and freely given. They let their blessings slip away from them, and moan after they are gone, never thinking of the many opportunities which they allowed to pass, and which might have been used to better advantage. Enjoy that which is given you and do not worry for more if you have sufficient for the necessary demands of living. Those who have never felt want cannot understand the fortitude necessary to be cheerful when everything is going wrong.

Struggle to overcome despair, for it will do harm. Things will brighten, so smile, though the world may seem unjust and unfair by the way it has treated you; but let it be a lesson and believe it is for some good, though it will probably be difficult to understand its necessity or justice when you have striven your best to assist others.

Work on, with the desire to help coming from within a breast where fellow man holds a place,

and that a great place. Make your life a patient and useful one, and be not unsympathetic with those who cannot see what you do. It was ever thus—all pioneers struggled against great odds.

December 17th, 1911.—Strengthen those desires which tend to benefit mankind. Let no happening lessen your interest in things which give greater knowledge of the intricacies of mental processes and are well to study, but do not allow them to absorb all interest. Things will be discovered which will open a man's mind to many conditions that were not thought of as possible before.

Treat all work with care, whether spiritual or physical, for time is wasted unless you make the very best of what is worthy of your attention. Tame are the excuses of those who neglect their duty in a material way. How vastly more absurd are the barriers put up before spiritual matters! Behold the light which is shining for all, whether it be the monarch or the tiny baby on a poor creature's knee, able only to laugh and crow and look about.

With life there are many who do not agree
As to the causes why things you see
Are thus and so. They argue and wrangle
And aught they accomplish is a miserable tangle.

Use sense in an argument put forth. It carries weight. With simple tongue explain all you can,

for ambiguous terms and big words merely perplex the masses. Such terms are well enough to use with the scholar, but when talking with a lay man, whose time has been spent among the activities of business, they fall amiss.

Shut out uncertainty or doubt as an obstruction to the clearness with which you may see things. Viewpoint is everything; have that well in mind when talking to a person upon any subject. Many masterful speakers gain their following from their adherence to this fact.

They look at a subject from every standpoint—that with which they can agree to that farthest from their own viewpoint—bringing out the strength in each and showing by comparison the weakness of the other side. This, done in a calm and guarded manner, does much to strengthen the speaker's views.

December 23rd, 1911.—Stand firmly for what you know is right—such advocates make a cause felt. Silence often becomes oppressive, as neither the follower of a theory or idea nor its opponent knows what the silent man thinks. Better bear ridicule for having done a good deed for some cause you know to be worthy, than to be held in highest esteem for a meanness or a cowardly action. Many times those who are first to criticise are the ones to need your greatest pity, so be not disheartened. Were not all those, except a few, who stood

for advancement or advanced thought held lightly by the majority from the beginning of time?

Christmas Message, December 25th, 1911.— Upon this happy Christmas day, let all cares pass from thee away—just live and love and bestow kindness as you go merrily onward.

At Christmas all mankind who believe in Christ cherish feelings of good will to everyone. It is a time to show in every way what can be done by the outpouring of gifts of love, made infinitely more precious by the beautiful thoughtfulness secretly based upon the desires of the recipients.

Man has at all times the love of Him who creates given him as a help to lead the right life, which brings great happiness. In the world the keynote to every blessing is love—that love which prompts the heart to acts of kindness or unselfishness and to labor of any sort which, though it may be irksome, is performed with the wish to aid and lighten the burdens of another.

Misery often might be saved many who, through their lack of love for others, dwell upon personal afflictions which would seem trifling if the thoughts were busy with a brother or sister in trouble. When our friends are ill there are many little kindnesses which could be wrought that are slight in themselves, but make the day brighter for the sufferer and the pain less hard to bear, because of the touch of kindly hands or the kind words spoken.

All God's children receive His outpouring of love, free if they will accept it. We hear of the people who lightly say: "There is no God." O the foolishness of the remark! Have they no eyes nor reason? What else would cause the perfect system of the world's rotations, the rising and the setting of the sun, the rise and fall of the tide? You cannot say, "Just nature." There is some power behind all this—there must be, for conditions to go onward year after year in the same systematic manner. Nature holds within its grasp all things which are a study for man.

Many of its secrets have not yet been learned, and of the hundreds which have been discovered, find the uses. What could man do if these conditions did not continue to exist? Man can give no satisfactory explanation of the many things which have been discovered, and those which he still cannot explain he accepts without a question. Many of the discoveries can not be proven, except by those working in the scientific field, and some by very few even in that field, yet the world without a question of doubt accepts their verdict.

When the science of life after death is approached, few take enough interest in it to look into the matter seriously. The word of these few is disputed, although those who argue do so many times without the right, never having given the subject a searching thought. Others turn aside, de-

spite the facts. While the followers of the Church cannot doubt the life everlasting, they take a peculiar view of that life. With absolute resignation they abide by their pastor's decision regarding the future life, but do they really know in their hearts just what they believe? It is sad to see men with so much worldly wisdom mere babies in the wisdom of the life to come.

Many imagine that when death claims them they will be transformed into sublime creatures, because they repented at last of all their bad deeds, thinking those few moments or days of remorse and prayer will wash away the cruel, miserable, unjust and sinister sins committed throughout a life of self-indulgence.

Whoso believes this is far from being a wise or sensible man. Such a belief is held as being the most comfortable one for a man who knows little except that he will pass into another life, and who has not enough desire to find out the truth, but hopes that, as his pastor says, if he repents all will be forgiven.

A long discourse could be written upon this subject, which would show the many little things that on examination would prove the devotion of a loved guardian, and the logic which must be used to emphasize many facts. Would a man plant a thistle seed if he wished a rose to bloom? Accordingly, can a man deep-dyed in selfishness expect to feel

the joy of peace when across the border, the same as he whose life was made up of kindnesses and unselfish acts? No! Those who greet him will hold him responsible for his meannesses, but to the other will be given great happiness. "What ye sow, so shall ye reap." That passage is indeed worth studying and remembering.

December 27th, 1911.—Approach night with serenity of thought; put aside unhappiness or discontent. Willing hands and hearts can make many lives more peaceful and useful. Individuals who are oppressed may become in time narrow and bitter. Who would be to blame? Surely not the downtrodden creatures, but those who make their lives unbearable by cruel and inhuman treatment. Is not the treatment he receives many times responsible for the disposition of an individual? When people are treated with all consideration and kindness, are they not usually well disposed and considerate to others? I know this is not always the way that kindness is returned, but generally those whom you show consideration will return the kindness. When this is not done there is something radically wrong with the individual. We find they are influenced by some other entity who repels the good one, and as the individual is weak this is easily accomplished. Look, therefore, for this when you have to deal with such an one.

December 29th, 1911.—Each day forbid dark

and dismal thoughts to enter your mind, but retain those of a light and happy nature.

To the state of mind are many of one's ailments due; when it is clean, pure and happy the physical being is not conscious of the petty annoyances which come to one who is forever thinking of his or her condition. With a consciousness of the pain which is so racking when brought to one's mind through worrying over things that cannot be avoided and are only augmented by thinking about them, both physical and mental welfare are impaired and great harm may be done.

Strive at all times to keep the mind from dwelling upon any condition or event which would cause unhappiness or disapproval or anger. The darts of anger are poisonous and harm many; within their direct range the injury is often greater, and the effect is felt by some far away who could not wholly escape the vibrations, innocent though they were.

Make the home a place where all such thoughts as are apt to cause anger, unhappiness or sorrow, shall ever be absent. The home must be filled with love—love of right and kindly feeling for all. When you meet one whom you feel might bring discord be very guarded and refrain from topics which might bring an answer that would not be pleasant.

By this it is not meant to countenance anything

which is not right in the demeanor or speech of the one who comes. Far from it; with a kind and earnest manner speak of the acts or words, and calmly give your views upon them. If you took no notice of them the inference might be drawn that you approved of them, and that would be more damaging than an open argument.

Work together in harmony and do what good you can. Lighten the burden of any whom you may meet, and the happiness which will follow will bring your reward, for the enlightenment given by you to them is passed onward. Others take hold, and so it continues, endless in its good results.

January 5th, 1912.—Gradually will the light dawn upon many that yearn for the truth, in eagerness to understand more of the profound ideas held by a few who are taught through the unseen host. Things appear in a hazy manner at times. With calm deliberation and sane reasoning, what other solution is there for those who see and hear things of which no possible knowledge could be had? What is the source, if not the heavenly host? Whether the influence be high or low will depend upon the exactness of the fact expressed. Too often the barrier set up is of a kind that prevents anything from being obtained by a medium. Little do individuals understand the difficulties with which those upon your side, as well as this, have to contend. General discredit of the possibility of any

knowledge secured being true retards the work. The host of obsessing influences do what they can to mislead, and use their force against the medium whose guides, on the other hand, are obliged to keep the disturbing influences away, giving at the same time what facts they can. There is a greater stress to overcome than anyone can imagine, and this explains the withholding of strengthening messages.

January 8th, 1912.—Shut out thoughts which destroy peace. One meets many times with things that cause unhappiness; if these were thrust aside, a desired point could more easily be reached. Conditions that cannot be avoided are foolish to fret about. Take what is sent in a manner that will give the most comfort and assurance to those about you when your conscience is clear, confident that you have done the best that is in you, and the conditions are in no way the result of lack of effort on your part to do the right thing. Unpleasant events will occur to all; to some they come in the earlier part of their lives, with others as the sun is setting. This seems very sad, yet they will find much to comfort them in their reminiscences. Always feel assured that the burden will not be greater than can be borne.

A kindly comment upon the shortcomings of another which turns that individual from his downward path seems to be the most feasible way of aiding a person who has, whether knowingly or in-

advertently, made an error. Stand ever ready with a kindly feeling to help such an one, for many are the weaknesses and transgressions of the best among you. Therefore, you should be thoughtful of a brother in disgrace, that you may serve the Master better by helping a brother, with the same thoughtfulness you would desire of the Lord of Creation.

Do everything in a modest and quiet manner, letting the fruits declare your work. With many the fruits seem blighted by the way in which the deeds have been heralded abroad. This is not wise and is in very poor taste. Others go their way alone, little understood by the masses as to the good which they have done, but do not think it will remain in darkness. Nay—the radiance from their many deeds of kindness will penetrate the past and bring to light in time to come the real instigators of the good deeds.

No man need lack words. Even a cheery greeting to a fellow man may bring to life a dying ember which, if fanned by the flame of kindness, may live, and cause an individual to go onward upon the journey of life a benefactor able to allay much suffering by his knowledge of where the greatest lack of encouragement lies, and through that knowledge he may shed much comfort in the needed direction.

Many persons are forsaken, not in their outward

form, but in that they are misunderstood as to the hunger with which their souls cry out. Why will those with whom one is associated see only the outer man, when the spirit within is longing for love and consideration, the keynote of all life which, if nurtured, results in noble deeds of self-sacrifice and helpfulness to many, without regard to their station or calling?

Until the followers are made to realize the necessity of brotherly love, matters will not progress according to the intention of the Master; for love is the foundation of all things in the universe which amount to anything. Without love the world, indeed, would be a cruel place, and the consequences would be appalling.

January 10th, 1912.—Stimulate sluggish thought with reflections on life's activities. Do not allow circumstances over which you have no control to harm you, and cease continual looking for and leaning toward things which discomfort. This weakens one for any walk in life, making the mind ever alert to little things which would seem of no consequence if one were not expecting trouble.

A little craft rides upon the ocean waves, and the man who is steering does not fear that it will meet disaster owing to the depth of the water. While all is calm the craft glides along in perfect harmony with the waves, but lo! when a storm appears upon the horizon, the wind rises and the boat is tossed

in every direction. All is chaos and until the sea is calm again, the danger is not over; if in the struggle the man at the helm becomes upset, unnerved or weakened, even with calmer waters the boat is not safe in his hands.

The ocean is the sea of life; the craft guided by the individual, the man at the helm, is the inner spirit. If things go smoothly all is well with the man, but when they become disquieting for any reason, the man is jeopardized by the inner spirit succumbing to little disturbances which, if handled in a quiet, sensible manner, would not affect the individual.

Once the trouble is over, matters may go on as before, but if they do not, the condition is pitiable from the lack of understanding which weighs upon the inner spirit. Watch, therefore, the man at the helm who, after all, has the guidance of things if he but regards the situation in a sane manner, knowing that a Firm Hand will take the craft over rough places, and that when calm comes, he will be in a position to continue without interruption or danger.

January 12th, 1912.—The duty of each is to cultivate a strong will for those things which uplift, a decisiveness which distinguishes between right and wrong, and a power or will to abide by the dictates of Him who commands.

It is well for all to study this fact, if fortified by

a will for higher things only, those which would torment and upset are kept out. With this New Year our wish for all is that the Master will help each to cultivate a will of his own; to walk along the pathway of honesty, love and justice, peace and mercy, having naught in the heart to destroy the comfort of another, but that which by word or deed will bring happiness or help to one less fortunate.

May God send His angels to guide everyone in the ways that bring peace and tranquillity into the home. May all thoughts other than those of comfort be taken from you; may the mind become developed, enabling you to throw aside all or anything which might discomfort, and may the coming year be the happiest which anyone has yet known, filled with love, and work for the Master which will bring satisfaction and peace to the minds of all who so labor.

January 14th, 1912.—He who harms another without a regret for the cruelty is without feeling and he will ultimately be the one most injured, for his sorrow will increase as time goes on. This will occur only after his sensibility has been aroused to the wrong that he has done. Work, therefore, with evenness of temper, not allowing the inner man to be disturbed by unworthy dictates of the heart, nor by those who would send destructive thoughts.

Nature is a peculiar thing. All in the universe are the same in general form, yet how different is

each! The ideas, the habits, the looks are all independent and far from alike; just so with the flowers, the bird and animals. Take care that the form which is the possession of each, shall be made beautiful by clean thoughts and righteous living. With this will come happiness, and the face will take upon it a look which none may have who is not a firm believer and follower of happiness.

Some smile when happiness is not there; they deserve great credit in striving thus by their efforts to cast no gloom upon another, yet they are misleading some who know not by their smile that it is only upon the lips. There are those at whom you need only to glance to see their terrible struggle to overcome misery of thought. Their eyes show clearly the suffering, but why will such not be taught? Their misery will not be lightened through its imprint upon the face. It not only makes the soul restless, but is unpleasant to look upon. A countenance of this kind does much to depress those who, from their inability to withstand the effect of suffering in another, reproduce in themselves that look of fretfulness and discontent.

Strive to show any whom you know that this is best; although difficult, it may be accomplished if the desire comes from the spirit of the individual. O it is sad to see one strive to enjoy happiness who has not understood the fundamental fact that happiness is of the individual's making. True,

others may bring sorrow upon you by unkindness or willfulness, but that cannot crush you if you will resist it. Your blessings are many, and naught can disturb your love of God and the happiness which is rightfully yours.

January 15th, 1912.—Who will not lift his voice in thanks to God who watches over him with care and guidance, sending through His emissaries the inspiration which clearly shows the proper course to follow? Many are enabled by this to lift themselves from the mire of distress and unfortunate surroundings, and by the will to see beyond today, and know that a placid and contented mind will be most advantageous to bring the desired result—peace.

Open wide the mind that content may find an abiding place, for where discontent exists there is neither happiness nor peace. The gnawing at one's vitals, so to speak, takes all joy out of anything being done; suggestions for something different are made before the present plans are satisfactorily launched.

How different things seem with contentment! Circumstances which, perchance, may not be pleasant take on an entirely new aspect, and are seen from the viewpoint of their being much better than conditions others have to endure. The comparison is made in a different spirit from that of the discontented person—gratitude is felt that the situation is

no worse, while the discontented one is miserable when thinking of his brother who is more blessed.

Contentment with your lot means accepting what is sent as ordered for the best, whether it is lack of effort on your part or some other cause that puts you in your position. It does not mean, when things are in a deplorable state that you should be content with that condition, but grumble not that it is yours, and by every effort which is within you, raise yourself above it; by not fretting or grumbling, improvement will be more easily secured.

Clearly many do not realize this. Things go badly with them in a material way and discontent with the condition brings worry, and worry brings fretfulness, and fretfulness brings ill temper, and when that becomes the condition, much misery and unhappiness results to all who are in any way brought in contact with it.

Be content in that you are striving to do your best; improvement may be noticed in only a very small way, but fret not. By the happiness which is yours, the forces willing to rob you of peace and contentment are defeated, and many who are down-cast take heart from the cheery smile with which they are greeted by another with a happy mind.

Who will interest himself in a person that, though aided, is continually grumbling over his conditions being so unsatisfactory and in no way the proper state for one of his position? My answer

is that such people sap the energy and spirit of cheer from all who come in contact with them, and by their own behavior put up a barrier which is not easily broken.

January 17th, 1912.—Would that the creatures who wish to be set free from pain and sorrow would hold out a hand in helpfulness and give aid where there is need! There is a time in everyone's life when sadness comes and shows its face. This must be, for the revelation of the magnitude of God's love will then be cherished in its full strength to pacify those who know and appreciate His ability to comfort.

Many claim that things would not or could not exist as they do if there was a God. Do these people stop to think and reason why such conditions exist? Are they not man-made, far removed from the influences of a God? Those things which have taken place have been the fulfillment of nature's laws from man's transgression. Would that he had followed God's teachings with more reverence! The troubles which man cries out most bitterly against are of man's own making. With this there is no dispute; reasoning will show that I am correct. How far do the teachings of the Bible hold in check the leaders of the world's kingdoms when a truth stands in the way of their obtaining new land or territory that is known rightfully to belong to another? You know the intrigue, the

treachery, the hatred, which is felt among those who hold positions of authority. Those who come close in touch with the sovereign himself feel uncertain at all times and fear lest another usurp his place, the vibrations of unrest, greed, lust, deceit, are continuously at work, and with such conditions, what can be expected for the good of mankind? The very foundation is rotten, for the efficiency of the man is not considered so long as he is the one who, by right of birth, is entitled to the throne. The spiritual or moral side of him is ignored; he is the king to whom all must bow whether, through virtue of his life, he is worthy of their following or not.

This state of affairs makes the whole country suffer, and until the ruler of men is chosen from men whose object in life is to lead the people into peace and quiet living, through the power of teaching that right is might, that love is the keynote of all things essential to proper living—until then, I say, things will not progress as they should, and man will continue to malign the Lord, whose sorrow at such chaos is very great.

January 18th, 1912.—Let those who are in doubt as to their existence in the beyond study closely the things which have occurred in many lives, taking for instance the relation by a medium of events which took place in his own life. Those which seemed of so little moment that he had forgotten

them. Also consider the wonderful accuracy with which things related in spirit life happen in the material existence. Think of the wonder of the universe, and the knowledge that nothing which dies fails to continue on, in some way, as a part of the universe. What reason is there, then, for the belief that human beings should end with this existence while all other forms of life progress?

So, I say, let doubters think and reason—reason, not argue. After deliberation they will be surprised by the different view that may be maintained.

January 19th, 1912.—Who is there that has not done something in his life of which he is ashamed? What was done in ignorance will not hold one down after the fact that it was wrong is realized, and a proper course taken. The error was innocent and was instrumental in bringing out a truth; therefore it served a purpose which was good, helping to show, when the truth was revealed to him, the stamina of that man—the desire to follow in the foot-paths he now knows to be wrong, or to cross upon the other side and follow the right way.

When this is done, strive to put the past far out of your thoughts, which will then allow the fullness of the truth of the Divine Love to work, to overshadow you, and cause your acts henceforth to be done with beauty and strength.

The battle is not the same with everyone. Men who seem so nearly alike are yet vastly different.

Those who are blessed with material things should, because of their easily obtained comfort, be brought to understand the hardship of their brothers who are without the necessities of life, and become soft and kind in nature, yet we find that they are the ones who are like stone. Their own idea is that they are being deceived.

While much of this impression may be founded upon the fact that impostors have in the past used their wiles to obtain material goods, many innocent and needy persons suffer. With the power of character reading, an intuitive faculty trained, there could be much help given where it is needed. The forcefulness of insight when such an one appears would cause the reason to say, "Help, he is needy."

This would mean a careful study of those who seek aid. Give cheerfully that which you can, whether it be small or great, for what is given grudgingly will, with the reluctance of its gift, detract from its benefit.

Watch the little things which come into your daily life; small in themselves, they are the forerunners of greater things.

Never patronize the places where vice and wrongdoing may be encountered. Why are some men annoyed when the throng which swells notorious places is mentioned? Because they have a spark of true manhood in them, and yet they hate to be obliged to take a stand either for or against such

places, knowing they would dislike to have their friends think them a low stamp of man, yet not daring openly to denounce the evil. Why not let the good master the evil? For though it might be said reluctantly, no happiness has ever come from friendships made in places where one would not care to have his dear ones find him or associate with the acquaintances thus formed.

January 24th, 1912.—At break of day there seems to come a new sensation to any who, awake, are conscious of the change which is taking place. The darkness is penetrated by strong and radiant light. Prior to the glory of its full radiance, the rays of gold penetrate the clouds, and are reflected for a short time before the sun is seen.

This is a metaphor. Sunrise is like the life of him who has walked in darkness, groping his way, when lo! there comes a ray of light, and soon there bursts upon his vision the glories and truths of the Omnipotent—such light and understanding that no night can henceforth cast a shadow upon it. The powerful light thus cast upon corners and dark places to keep one from falling, is revealed more and more clearly as each day is lived. With the strength of the saving power of an enlightened mind, walk daily, avoiding those precipices or pitfalls which the light makes clearly visible to you. Meet the conditions which arise with confidence that, though they may not always be pleasant, the degree

Who is there in the universe who can say he needs not a friend? O how sad and sorry a plight that would be! It is delightful to feel and know that there is another who understands and reads every action and situation which arises in a true manner. The joy is shown by the simple faith with which the heart is unburdened.

When grief is locked within the breast of a mortal, it gnaws at the vitals, eats into and destroys that which is necessary for the very existence; at such a time it is wise to have a friend, one who can help to show the way to walk, and to thrust away that which depresses or is slowly sapping the heart's blood. Seek therefore a friend whom you may trust. When a man holds his wife as his best friend, and she, in like manner, regards him as a confidant, there is nothing but kindness and understanding toward each other. With such the happy home is blessed. Children thrive in an atmosphere where there is no deception. Strive to increase the magnetic flow of vibrations, that they may reach the children in a way that will make plain to them that the parent is the friend to whom they should go when in trouble or doubt. Listen attentively and well to them, not judging hastily, but waiting until the subject has been well considered; then speak in gentleness and strength, that your words may be well received, and the power to make an honest effort to overcome any wrong may

be given to the child. The outcome of such a course will be more than you can now understand. It is a comfort to the heart of the young to feel that they have a counselor in an older person who would helpfully direct them.

Among the friends on this side, there are some who watch the progress with much interest and, perchance, impatience at times, so desirous are they of results. War with those who retard is frequent. Work on; things are slowly yet surely forming which speak for themselves. That which is acquired in a day is of short duration, but that which is built with firmness and precision is hard to overthrow. With the blessing of the Master I go.

February 3rd, 1912.—Beneath an exterior of roughness or ugliness often lies a tender heart. With opportunity this is shown, so one's judgment must not be impulsive nor harsh. Never hold too easily to a proposition with a man that may be advanced for his liking, but had better be withheld until he has been fully tried. Open wide the door of patience. Heed not hasty words when you feel there is no bitterness of heart in their utterance. Have nothing to do with bitterness and deceit; hold them afar off. The wrecking of a whole life may result from deception practiced upon a person, causing circumstances to follow which humiliate and deprive him of that which is rightfully his.

Old and young may join their hands and walk together fearlessly, hampered by none nor in any way molested, when honesty of purpose is the keynote. Each day live in the way that will bring the most happiness to many, thinking how another may be helped by some little act; with that achieved, you will know and feel the happiness which is the reward for acts of unselfishness. There is a want of thought in men which is the cause of much sorrow to those who watch for some sign by which they may see the love of others depicted by consideration. Though the act may be slight, the magnitude of its accomplishment is often very great.

February 4th, 1912.—Maintain at all times the cheerfulness which makes people wish to be near you, for their sorrows under such an influence are for the moment forgotten. When anyone is suffering from thoughts on a subject which causes lonesomeness, reasoning will do no good if expressed in words too harsh, but if you speak in a mild manner, the falseness and foolishness of worry and remorse will become manifest and an improvement will be effected. No one is so mistaken that he may not be helped, if he so desires, but the desire must be held by the individual before he can be aided.

When there is a willingness to do what the forces throw in their way, without argument, such people are quickly benefited and they progress much more

rapidly than those who must be shown each step before it is taken—the reason for going in certain directions without first knowing where they may lead, and the reason the opposite direction would not be as beneficial.

Could not man do this much when seeking help from those upon this side? Such masterful work has been accomplished, of which man is cognizant, that it should have recognition from the more intelligent men without their hiding behind the cloak of some individual waiting for the assurance of propriety to be given his theories before he will be associated with the theme and its promotion. With this state of affairs, are the friends being treated in a proper manner? I say "No." All who know these things should boldly speak the truth, which is that the spirit forces are in the presence of everyone, though many may not be able to see them; that by their thoughts they influence those about them and, through individuals, live those sensations over again which they most enjoyed when in earthly form. This is all that is necessary for anyone to believe in order to be helped to lead a better life. The desire to aid and be aided by unseen friends of whose nearness one is positive, would incite one to nobler living. The man who derides such advances allows himself to become a prey to the low order of entities; his meanness attracts them, and they send out wicked thoughts; he, being a sympa-

thetic cord, grasps the vibrations and sends them farther on.

February 5th, 1912.—Much is in the mind which is not expressed outwardly with a significance which enables another to know wherein one's difficulties lie. Master then the desire to chide when the whole situation is not known. There is and always will be a disposition among the masses to judge another's actions, which would be best served by cultivating kindly feelings for any who, in weakness, have erred, and sorrow for those who willfully do wrong.

Great is the comfort sent to man by Him who will, with leniency and kindness, deal with the transgressor that turns from his path of evil doing, and strives honestly to walk in the right way. Those things which become too heavy a burden to bear may be turned over to the spirit friends to disperse. By diverting the mind and attention to things which will add to the happiness of those with whom he may be connected, who would continue to feel past conditions and the suffering caused by them?

Sustain those who have a thought which is in the direction of higher ideals. Who is there but needs the aid of another upon life's field of labor? Life seems one battleground where there is fighting at all times, with the individuals striving to come out of the fray uninjured, and in condition to strike at

the next adversary. Why should this be? The condition is absolutely wrong. Would not all be happier with a life of peace, in a playground where individuals are taught the serious walks of life to be traversed, but with that feeling of felicity which is ever on the alert to aid another? This should be the condition instead of the way things now are. There is a propensity to get ahead of a brother in some deal, or in common intercourse; one is always anxious not to be made the underling.

Nourish the heart which appeals for help, when you see upon the visage that look which bespeaks pain and suffering. Many an individual is more hungry for a kind word than for a piece of bread, yet he does not wish the world to know, lest in cruelty he may be laughed at or pitied; from this any timid and self-respecting individual shrinks.

The master who is too severe will not meet with the success of one more lenient. Strive to see the side of the other party when associated with him in any undertaking. The young may do things that older persons cannot, the vitality of the latter not permitting the transgression of natural laws. Man has to meet certain requisites in his walk of life. When the physical strain is great, the mind cannot be called upon to work with precision or ease; just as he whose mind is tormented cannot, with satisfactory results, attend to the material duties he is called upon to perform. For good results a suffi-

cient amount of rest must always be taken, realizing that the human frame and mentality, with its strength and independence, is the principal upon which to work. Satisfaction that this has been done will be found in the ability to perform that which is just to one's self, and it will prove the foundation for perfect health.

Let not enthusiasm weaken any point. You may make too strenuous an attack in the heedlessness of your ardor. You must not lose sight of the fact that the fabric which is frail will wear out unless used with care. Thus it is with the person; there must not be forgetfulness that perhaps the frame is weakened; that there are times when it cannot stand the pressure which, under different conditions, it could easily bear. You must remember there are persons whose vitality is sapped by those with whom they come in contact, and that the strain which is put upon them is by no means well. You will find this out to your sorrow if you persist. With a mistaken idea that what irritates always does so from mean purposes, yield to the situation. Much is at stake; thoughts for the good of many are thus not jeopardized. Study well these words.

February 6th, 1912.—Men make history by their valiant deeds, yet there are many whose acts far surpass those known to fame, of whom the public never hears. Words sound hollow when the heart

is not behind them. Look unto no one for help who has not God's understanding in his being; that is, unless he puts the conception of His teaching into practice, being endowed with love for the way of life, with thoughtful acts, kindness and unselfishness abiding with him at all times. In hours when darkness overtakes you, let not the light of the Divine Being be shut out, but cling to the belief and knowledge that God is with you, and His disciples are ever ready and willing to send help if it is sought. The knowledge that one in affliction is not alone holds much comfort. Derive from the presence of another that help and strength which will bridge many difficult places that would otherwise be unbearable.

Words do not carry so much comfort as it does to feel the welcome manner in which we are received at times. To those who believe in our being able to intercede for them and help them, it is much more easy to administer. There are some who hold us away, though they would say with their lips that they court us. This accounts for the slow recovery many people make whom we strive to aid. They repulse us through lack of faith. Many are there who pretend to be kind, virtuous and willing to aid another, but when the time comes for the actual performance of anything which would assist a person materially, they are lacking in that of which they so loudly boasted. A good, kind friend

is indeed a jewel of rare value. Why will the human being change so easily in his opinions and desires? Things would go so much better for all were greater kindness of spirit generally felt.

Thus we often see a youth placed amid surroundings which would make of him a discontented, sour, aggressive individual, and he feels that he has been robbed of something which he had a right to possess. A kind word spoken might open the door which would give him access to the field of knowledge that would show him what he should do to acquire strength to become one of the universe's children—free from bitterness, with the consciousness that he is as much the child of God, and as dear, as he who has the insignia of wealth upon his brow. With this distinctly taught and understood, the time would not be long before he would be an altered individual, and the light and happiness derived would be sent out and scattered about in abundance. Scatter these little seeds of kindness, that the flower of happiness may bloom, which will give hope to many and not the least to the giver.

February 7th, 1912.—In the world of strife and friction there is room for calm endeavor, though many find that hard to believe. With the setting aside of personal ambition, which is opposed to the calm and certainty of a true conception of things, this may be practiced. There seems to be much

that is quite the reverse of what one calls logic, judging from the consequences of the theories being followed.

There are people who wish to rule the universe, whether the universe is so disposed or not. In some there is an indomitable will which makes itself felt when the purpose which is being fought for is defeated by the methods adopted. With the silence of the night there comes a peace, which seems to soothe those whose minds are at rest and who seek sleep, but to him who is oppressed, night is the time when he is most disturbed, for in its quietness come those forces, not understood, which rob him of his calm, and thrust upon him a feeling of unrest which is at times so strong that its endurance is almost beyond his power.

If this individual would seek friends who could show how these things could be avoided, that they were largely due to his own attitude, he could be helped.

February 8th, 1912.—A truth does not meet with success unless it is accepted. You find many who know the reason of the things they meet but are loath to accept it, which naturally forms a wall over which it is hard to climb. Consequently troubles will keep creeping upon them in the positions where they are held by barriers which aid the attacks.

To those who view facts with an honest mind,

making a truth a scythe to mow down all unclean and unwholesome things, the approach of peacefulness is greatly facilitated.

February 9th, 1912.—No man who would have peace should hold fast to material things, adjusting matters of the soul when and how it suits his convenience. The man who treats the soul lightly must take a more serious view of himself before affairs can be properly adjusted.

Look not back upon the world with all its pain and trouble, but look ahead where everything will ever exercise a magnetic influence, with its tranquillity and love, if the proper spirit is within.

The major fault with all you know is the concern manifested about themselves. With that reduced to a degree which would make it such as to hold one in the respect and thought of others, it would be all right. Lose not heart when all seems dull and dark, but look about and know and see those who are much worse off than you, those who have no one to offer a kindly word or give a sympathetic touch. For such have pity, and be thankful that there comes to you, through loved ones, a caress and message of love.

Mere man, you hear the people say; but mere man at times ranks himself far beyond his limitations, with his conceit, yet often his inability to cope with things upon the earth plane may be brought forcibly home to him. God's help must be

obtained to continue upon the work of the universe, if it is to amount to anything.

Under man's reign alone, all would be in a state of unrest and dissatisfaction—a rush, a scramble to get that which is a mountain of material wealth, but shatters into a thousand pieces when employed for the future good or advancement of mankind.

February 10th, 1912.—Climb up the ladder of life round by round, that each as it is surmounted may be thoroughly known. Were the top to be reached by one leap, things would not be clearly understood, as is necessary for one who would undertake to explain to others those matters which are perplexing and hazardous to their well-being.

Each human being's experience is different, but pain, disappointment and sorrow are common to all, and although the causes differ, their effect is the same—the crushing of the inner man, or the arousing of that within which is determined to win, no matter what the obstacles may be.

When one is determined to find truth and live as the teachings say, there is an inner struggle many times for self-sacrifice. Do that which is a hardship, and following in the natural bent will be much easier and more satisfactory to the individual.

Of this be sure, that the friends gone on see with happiness each difficulty you have conquered, and they send a prayer to the Overseer that the encouragement and blessing which is in His power to

bestow may be sent down upon you; thus is recorded each onward step, and you feel within that a gain to yourself has been accomplished, fitting you more fully for the continuance of life after death.

February 11th, 1912.—Man should realize that there is a duty which he must obey; that duty being to follow the dictates of the inner consciousness, which is the divine spark within each. Therefore, when the time comes that he must make a choice as to which path he will take, let him go the way which he feels is the true and proper path; not that which, for many reasons, seems the easier and more pleasant one to follow.

Duty calls one often into a field where all is not harmony, and the suffering with such is akin to misery. It is every man's duty to hold far from his consciousness those things which rob him of happiness. Let him do that which he knows and feels he ought to do, not dwelling upon unpleasant things, when his mind would be better employed in another direction. With such teaching the lesson is plain. Let each do his duty as he sees it, in the manner best laid out for him, and holding to that part of him which is noblest. In this way he will be doing much toward his own advancement.

Emotions show the inner heart made free. Often they are strong, but resolutely held in check until a chord is touched which throws open the door, and the emotions spring out with the force of

a surging tide. What would life be were no emotions shown? Very monotonous, and when the heart is stone, sad indeed. When, therefore, the heart is held in check for certain reasons, the emotions also are in bondage until events occur which make it impossible to hold them down; the desire to live in freedom, and allow those thoughts so long pent up to be known, aids much.

By this it is not meant that you should allow the inner feelings always to be revealed upon your face, that people may read all that troubles you, but hold not back too closely those things which speak of the better man. Merriment marshals forces to push sorrow one side, and defeat that purpose which threatens the peace of the individual. A wall of restraint makes many stand without, helpless to aid, when if an opening were permitted, much good could be accomplished.

February 12th, 1912.—Reservation of energy receives marked proof of its advisability when a crisis is met, and the hidden forces of the individual must be drawn upon. Cling to the fact that this is important, to preserve such a calmness no matter what happens that the physique shall not suffer and become weakened.

Mirth is a safety valve through which one may eliminate from the mind's vision those things which harass and weigh one down. Gently touch the little flower which blooms upon the branch that it

may live, and in its beauty send a message to everyone that looks upon it—the beauty there is in the world for all. Take what is offered with thankfulness, and feel grateful to the Master for putting forth that which is at once so beautiful and so free to all.

Put the whole heart into each movement that the result obtained may be satisfactory. Half-heartedness defeats the purpose, which is better left alone unless it can be carried through energetically. Choice of the way to go is given, and when once assured it is the best, follow it with the highest desire for the good of all who would be affected directly by the direction taken.

Martyrdom to the cause of duty many times is unnecessary and carried to such an extent that, instead of doing good, the result is harmful, which makes it imperative that an individual shall weigh well each move, that the effect may be for the benefit of all and not for the gratification of himself.

February 16th, 1912.—Replenish with firmer will the mind which has become weakened. This does not mean a weak-minded creature who, through physical defects, has not his proper faculties, but one who, through some ill-fortune, is easily turned from one subject to another by contact with those of opposite opinions.

These people can by the strength imparted to them develop a will and a mental status which will

be surprising both in its durability and in its power. None would draw then upon an individual whose character was based upon strength of will in the proper direction. In many the will is strong, but bent only upon self-gratification, and the destruction of any or all things which come in the way of its attainment.

With such there must be a day of awakening, and then the grievance which is held against everyone for the turn in affairs which causes these self-willed mortals to be unable to obtain their own desires is often a severe one. Man is a creature of many moods, and the impartiality of the Master is made very evident, though at times one hears much fault-finding as to this one or that one having been born under better conditions. By reason of these better conditions his responsibility is the greater; more is expected of one who has all material things for his comfort. His temper and manner should always be one of consideration and mild concern for those less fortunate, but alas! this is very rare, so you see his responsibility is not felt; before he can progress this must be met.

February 20th, 1912.—Hear then the words that attain the tremendous strength of conviction which is involved in the writings of the friends, who, through an interpreter, send down truths that will stand the test of the sceptic. Man in selfishness holds up a head which gazes only upon the sight

which is most pleasing. With right and wrong the man-made laws of conventionalism have little to do; the manner of a man's life is not held in sin if, through the immunity of gold, he may purge himself.

What rule is it that holds good only for the rich? The poor too must be taken into consideration; the sin of the one is no different from the sin of the other. Want of reasoning along this line seems the failing of the majority. When the signs of prosperity are upon individuals, their fellow men seem more leniently disposed toward them. This must be overcome before man's conditions will become more peaceful.

Words will carry much strength if they are spoken earnestly. Work, therefore, with diligence that the approach of this time may be aided by you in any manner by which you may be able to assist.

February 21st, 1912.—Who is there that has not at some time during his life occupied the position of a bit of a doubter, regarding facts which seemed hard to conform with as absolutely unbelievable? Yet we find that these stumbling ones will in time become as the rock, not on which we perish, but upon which the disputed truths stand planted firmly. They remain as the rock immovable, and their gigantic force and strength carry with them much that argument could never touch.

From the purpose and intentions of those who

watch conditions with a desire to pick flaws little satisfaction is obtained. The course which you have taken shows clearly that the foundation upon which you stand cannot be shaken, and facts warranting a new viewpoint should be shown to them.

Who will deny the flower which blooms and sheds such fragrance from within? Its hiding place was once in a little seed. Who is there that, after watching the development from one state to another, can explain the changes which are continuously taking place? No one, the seed is sown; light, water and sunlight together aid in the development. When in due time a little sprout is noted pushing its way through the earth, with care and tender nursing the plant attains its full growth and bloom.

Thus does the spirit of man grow. There is some little spark within each body, that portion of the Divine Being which forms the individuality. It is sometimes poorly cared for, yet the time comes sooner or later to all—if not on earth, in the next condition—when it seems touched by a power which sets it in motion, making, as it were, rapid strides to progress and development into a new and different being, throwing aside the old habits and undesirable pastimes for a life which will be of greater value, being at once better for himself and better for those with whom he comes in contact.

When the divine spark has been cherished, there is none but will see the wonderful result, none but will notice the difference in the attitude of such an individual to the man who is still holding under restraint that portion of him which is the brightest and most vital spot, but uncared for in the manner which is its right. Strive with diligence to educate that which is yours, and which belongs to any whom you can reach, that full happiness may be both yours and theirs. Happiness which is contentment from the assurance that each day, with the Master's aid, you have done your best. May God watch over you in this struggle which is going on, and help you to see and realize that He is watchful, and has elected to guard you those whose vigilance is never lacking.

February 22nd, 1912.—Enter into the spirit of the hour, which maintains the forces around you. In the universe are entities that live and have their positive individuality, which makes it possible for them to affect those about them with thought vibrations, which are called inspirations, intuition and like names; while in reality they are produced by the unseen control that you all have had experience with.

Man without such is in a sad plight indeed, yet were he to think, he could recollect some occasion when, for no reason explainable to him, he was compelled to do a certain thing whether he would or

not, through the persistence of the desire coming upon him.

Give thought to any such impression and watch. The regularity with which such impressions come, and their correctness are retarded by the mind's workings. Man with such a faculty astonishes his friends oftentimes, yet they could have the same experience if they would listen to such a still, small voice as comes to him.

With what sorrow we watch the fallen brothers, who, if they would do as their conscience tells them, would be saved pangs of sorrow and remorse, not only for themselves but for those belonging to them or within their radius. Climb the ladder step by step, making upon each round a firm stand, confident that the height reached is not too high for the head to carry with it a well balanced equilibrium. When there is too quick advancement, and unwillingness to understand all beneath, the higher step often causes a fall, and the work has to be gone over.

In such a case the sadness will readily be observed,

Make shadows fade from sight
When often sent to cause one fright;
With faith and hope and earnestness
Ever strive to do your best.

February 24th, 1912.—A mantle of gloom buries doubters and covers them from the light of hope,

the bright light which must not be extinguished. There are those who lack faith; they might have happier thoughts were they to hold strongly to the power of right.

Mortals find many ways of defining what is right, each according to his own dictates, that he may be gratified in his desire. Misery would be greatly reduced if all would take the position that right is the universal fellowship of man, placing everyone upon the same footing, whether he be rich or poor.

If a man follows the pure in heart and spirit it will make of him a man to be admired. Outer goodness has importance for a time among a certain few, but man must know himself to be pure within, as the result of the way wherein he walks; with the ability to fool others, he cannot fool himself.

When he reasons with a convincing demeanor, he sounds a hollow note within himself. Make then the plan easy to follow; know thyself, then try to help another, but it is not wise to lead when the path is not quite clear. When dealing with those who argue too much, one finds that they become so accustomed to the argument that the logic and sentiment are lost to the mind, but the sense that they must hold to certain opinions is ever prominent and the cause is lost.

February 27th, 1912.—Hurl away annoyances. Cause thoughts which destroy to become foreign to your mind. Hold forth peace, hoping thereby to

influence many around you. With dissension and strife there can be no progression; overshadowed by discontent, one is left an easy prey to wrong influences. Thus strive to become reconciled to things which occur, provided you have done your best in your daily life. When troubles persist strike out boldly in a different direction, causing your thought to direct them into another channel.

February 28th, 1912.—Men tell incredible tales; without a question their narratives are accepted. Years have passed and more must follow before things will progress upon the only basis which will make the world better and fill the entire atmosphere full of conditions which would mean advancement for the people, a better place to live in, with more harmonious surroundings. Neither a good nor a pleasure can come from things which are centered upon selfishness. The individual may feel for a time that he is enjoying them, but when at last he is awakened to a real sense of the conditions, the utter greed which he had shown will sicken him and make a misery out of what he thought was a pleasure.

March 3rd, 1912.—Man is weak where self is affected. Meet, therefore, what seem to be great trials with a knowledge that they form the foundation of a larger work, which will be made marvelously magnetic when antipathy to the prejudices of the masses is overcome. Not being able to endure

criticism, many turn their faces away from facts which, if they were studied and understood, would bring such strength that criticism would not be feared, for through the comments of the sceptic and the uninterested conditions will arise that which will not only be above criticism, but will, because of its soundness, uphold a doctrine that means power. By their destructive ideas such critics have given greater strength to the teaching, adding to the firmness with which it withstands their attacks, and winning the argument in face of opposition.

March 5th, 1912.—Search closely into things, thus enabling you to see what is functional and what is organic. When one is alarmed about some apparent condition, master first his dread of serious consequences by instilling into his mind that things are of a grave appearance to him only, not so to you. This will waken within him a new desire, a new thrill of life, in place of his recent stagnation.

March 6th, 1912.—When those who persist in the maintaining of a material foundation for everything stand upon the other side of the veil, a great awakening will take place and for a time there will be great perplexity, as things which have spiritual inception possess an altogether different aspect.

Attend to that which is the duty of each at the time; it has much significance for the advancement of things material. These must be looked after with quietness of purpose and the formulating

of events that must be considered and will brook no interference.

Graciously accept that which is offered in a kind and cheerful manner, letting all things count for good. When a man attempts to damage a theme with the greatest possible disapproval guard it zealously from any harm which he may be able to inflict.

In this same attitude the friends stand by striving to aid any who will accept the teaching and with earnestness strive to follow in the pathway of love, truth and unselfishness. With this combination nothing can be so strong that they will not be able to penetrate it and find that in each which is fit and proper to have, and taking the mite, resolutely guard and nourish it until some result of worth is soon evinced.

Grow, therefore, each day in the strength which is within; little by little let the seed absorb that which is necessary for its cultivation, that it may in security grow and propagate its kind many times.

Why will man worry? Things will eventually work out in the proper fashion. The waiting is tedious at times, but were it not so, what good would be the will to give up a purpose or proposition? By these reversals of desires one is taught a lesson in patience, and that others have desires which, were yours to be fulfilled, would be defeated.

This is the problem at all times: One's reward is another's loss. When everyone is able to accept and see that which his neighbor sees and desires, in the same way, the millennium will have come.

March 7th, 1912.—Do your best, with love and duty, withstand the tests the cynical make to determine how strong you are. Any who stand upon a platform far removed from the surging crowd are not first looked upon, except askance or with a feeling of pity that they waste their time upon a theme which is so little thought of or esteemed by the people. When a few have become interested after perhaps a long time, others come to hear, from curiosity or to satisfy a friend, and once they have heard they come again, until things begin to look quite favorable for the lone speaker who had courage enough to voice his convictions.

Right around us we find many who see and feel the presence of spirits, yet in weakness they hold back lest others laugh at their declaration. Foolish, indeed, are they, for the time will come when they will wish that they could talk with those who once were kind enough to stay near them, but the opportunity has gone.

Young people possess in their powers strong tendencies to gain help through the friends, yet they understand it not. If they were put upon the plane of understanding, they would be able to cultivate the power from early life, and after the age of man-

hood was reached, the faculties for communication between the two spheres would be well developed.

March 8th, 1912.—Rise and hold on to that which you know is helpful. Nothing will be put forth which is of hindrance unless the inhibiting force is demanded. Keep good things, hopeful that they may remain with you. With them the victory is won over disagreeable and nagging situations. Send out a wave of strength to be felt by those with whom you come in contact. Many are the crosses which each has to bear, yet they do not seem to be modified in their weight because of their number.

Make the attempts to destroy peace ineffectual. Unto each is given the ability to strive his utmost to cause the divine spark to shine in all its brilliancy, helping others and thus helping himself, that his earth life may be a thing of satisfaction to look back upon, that no sorrowful thought of things done or omitted may disturb his happiness when he is done with earth. Life here will then be more pleasant, but the life on earth has everything to do with happiness here. Those who think otherwise will have a rough awakening, and their sorrow for the past will bring naught of balm with it.

March 10th, 1912.—Men who have no faith in aught but what it is their desire to possess cannot reasonably hope to gain peace, for in the earth sphere usually the hardest things are the most necessary for one's good and must be mastered. Gnawing at the

vitals are those insidious thoughts which destroy life, making the physical being a thing forlorn, yet the individual is too blinded to look closely into things, and see himself as the obstacle which prevents the light from penetrating his soul and helping him to gain rest and peace.

Others who have received personal help and overcome prejudice seem to have the strength to believe. This will increase in time, so be not in any way discouraged. When you do your best, conscientiously and untiringly, there is no need of censuring yourself for not making a good impression, since you may hold forth the light that another may see the way clearly, but you cannot make him walk in the light if his desire is to remain in the dark. Time may stimulate some spark of anxiety to better thoughts, but until there is that desire, you have fulfilled your part.

With but the smallest idea as to the seriousness of the situation, only a very few carry away a desire to live according to the teaching, or a true knowledge of the doctrine which they have heard. If it were otherwise conditions today would be better, and man's idea of the eternal life would be received in a different manner. The churches teach the life of the soul; why will they expound upon the return of the Biblical men whose lives were examples which they would have the masses follow, and whose voices spoke in the darkness to warn others, yet will not

permit of a belief that the same power holds true at the present time?

Wherefore the change? If the Omnipotent permitted such things years ago, surely in this advanced age they are not less able to occur. Rather the reverse. Let ministers teach the religion of spirit return. Let them put forth the truths in it, for they wish to help men save their souls from everlasting hell, as they call it. To the majority the term means nothing, as the fire and brimstone theory was relegated to the standing of myths long ago.

Let them show their people that the actions in this life are recorded and the good placed as credits, while selfishness, injustice, greed, licentiousness, and the numerous other errors are placed against them. They must work out an atonement for the debits, and until such is done the enjoyment of the future life will be very disappointing to those who feel they are going to enter the kingdom of joy and bliss immediately after the transition.

Great is the need of the men who are at the head of the churches to think of these things, and to preach of the necessity of more fellow love and the prevailing of a kindlier spirit while upon the earth; otherwise, things will go on much the same, suffering,—which is truly hell,—will continue, and the chaos will in no way be prevented.

With what little aid you can give, do your utmost that those who listen to you may see that the ideas

you set forth are not different from those held by the church only in that you believe that now, as in the days of Samuel, the spirit voices are heard and the departed watch over and care for those upon the earth. The Bible teaches that each has a guardian angel. What is the idea of this? Who makes any comment upon it? Is it not logical to suppose that this angel is near the individual, impressing him what to do and what not to do? Even the mythical idea of a devil holds some truth. The spirits of those who were satiated with life's desires, retain their carnal thoughts so strongly as to impress those with whom they come in contact. Why this is so difficult to believe and understand I do not well see.

March 12th, 1912.—Stupendous is the strength which is given when the individual's attitude is such as to warrant its being granted. Men whose chief desire is of a lucrative nature attain renown from the system which they employ, enabling them to amass the desired material wealth. They are very energetic talkers, well informed on all the topics of the day which embrace the requirements of a successful business; yet if they were approached with the thought that they might advance any material aid to a project socialistic in its conception, the indignation with which they would receive such suggestion, would kill the hope in its infancy.

This you will find is the way with the materialists

—they are enthusiastic over other things which seem likely to assist them in securing much money, and give laudatory notice to any who participate in managing such affairs, but when, in all sincerity and honesty, a disciple attempts to start or organize a meeting or society in which open and logical speech is permitted, the criticism and unkindness of the majority of the materialists is a thing to be regretted.

They are following a course which would put them to the test if they were to study it, but this is not done. Were they to adopt the teachings which are laid out for them to follow, according to the different creeds and beliefs held, their lives would be quite different. This they do not do, but they array themselves in the clothes and outward semblances of the righteous and attend the meetings in church, which is called "God's House."

March 13th, 1912.—Nothing that we seek in the proper spirit is denied us. Therefore think well and earnestly, with the assurance that your wishes will come to pass when they are of a proper nature. Much misery is saved one by the certainty that what one seeks in sincerity will eventually be had; thus the moments, instead of being filled with anxiety and useless brooding, are spent in calmness, never doubting that time alone is needed to bring that which is desired.

Much attention is now being paid to this subject,

though under the guidance of the cult of the Christian Scientists. The way they treat many things is quite proper, though they err in helping only those who possess the material means to meet their demands. Many of their so-called rules which are laid down for the masses to follow are shallow, and they hold too much to the deifying of one who has departed, and not enough to their work.

With some earnest workers, who aim to show the work which is and has been done with the aid of the friends here, the advancement of Spiritualism has been considerable, but demonstrations which are being held over the country with a purely personal idea of gaining a few words of conversation with some departed friend or relative, have a bad effect upon those who do not believe. It is not always within the power of a loved one to come and communicate with his relatives, yet this is not considered by the sceptic or the man who is seeking enlightenment.

The subject of Spiritism must be studied and understood before judgment is passed upon it. Those who preach things which merely demonstrate the different feats that the friends can perform, have not the right idea with which to promote the cause.

Treat the friends with quiet dignity, reserving for them the right to demonstrate what they may best do. The mistake seems truly to be in a desire for remarkable feats to be performed; frequently they are fraudulent, though some are most wonder-

fully true. There must be harmonious conditions for these, because when a doubter approaches, his coterie of friends opposed to the work bring influences that keep the work in a position that does not admit of good results.

With a thorough knowledge of conditions, still instant progress will not be noticeable; yet the seed is growing with great rapidity, and those who know look forward to the bursting forth of a blossom which will be beautiful, and lasting in its fragrance.

March 14th, 1912.—Much thought will often take one outside one's troubles, if the thought is upon matters which instruct in any way, whether it be the helping of others, the aid which has been given to one, or events which have taken place in the history of the world. Waste not time in sorrow for things which only bear the aspect of grief from comparison as you judge them, for in reality there may be much to rejoice over. Strive to look at what occurs in a sensible manner that will get the most profit out of a situation, to be enjoyed, not marring the good with sorrow.

March 15th, 1912.—Attire thyself in an armor of patience. Who attains aught save through labor and patience? Many gain material benefits without any trouble, yet even these are sought after by some with a persistence and labor which are strenuous. If the strength that is wasted in money-getting projects were reserved for the elevation of man, the populace

would be greatly benefited, and earthly matters would be arranged in a manner wherein gold would not be the prime factor. This has been the problem for a very long time.

The money seems to be held by those who, instead of allowing it to be shared by their brethren, keep it all themselves, while making still more; greed and avarice thrive and cling to them. This is not right. The world's goods should not be held by a few. He who earns money honestly and lives carefully gains a little nucleus. He is relieved in a time of financial stress, which is apt to overtake any of the earth children; but he who, by wicked trickery, steals from his neighbor that his hoard may grow, to him will come torture of the soul.

How can he expect mercy when he has shown none? How can he expect happiness when thousands will clamor about him, begging for mercy, that his fingers may not grip their flesh and burn them as the pain of hunger gnaws at their vitals? These facts he will see, and more. Their cries of anguish he will hear, yet now he goes onward, in heedlessness striving by every available means to add to his fortune. It were better that he were a pauper, for his very soul is impure.

Many are young when the greed for money first grips them. Then is the time to listen to the teachings that the honest getting of money is to be approved, but any crooked or designing method to

obtain it is wrong and leads one into a net of treachery.

March 16th, 1912.—Share the little that you have freely with those who, after observation, you think would be appreciative. The sad thought persistent in its continuance robs one of that buoyancy of spirit which makes the individual and those about him happy. Thoughts are depicted in the countenance, and the face which is radiant and bright creates a feeling of welcome in all who see it, making the approach of its bearer a pleasure.

Give of that which in no way robs you of anything—happy looks. Far more efficacious are they than you surmise. Often they impart new strength and life to one weighed down by burdens which have cursed the spirit until it seems there is naught to live for. Those whom the individual has been in contact with had no kindly word of greeting or encouragement, so that when a person is met with whom he has little really in common, who bears a face full of happiness and cheer, and speaks a pleasant word in a manner to cause the other to feel that, after all, he does count for something, the magic in the smile does wonders. Make one who longs for death feel the flutter of a wish to live—a new-born desire which, with a little encouragement, can be brought to its normal proportions and manifest its true nobility of character, now hidden beneath a weight of sorrow.

Meet all, therefore, with a cheery welcome; frown

not upon any, if they are living properly. When you see one who transgresses willfully, warn him of his pitfalls and show him his error; the rest is for him to do—live according to his knowledge and understanding.

When persons are met with who, through misguidance and unconsciousness, have fallen, lift them, and through your kindness and teaching show them the way they should go and the benefit they may become to all by honesty of purpose and love of mankind.

Much sorrow comes into the lives of all who dwell upon the earth—sorrow to which the human being is heir. There are different kinds of sorrows; one is that which is caused by a dear one breaking the laws of conventionality and thereby becoming disgraced among men. This indeed is a grief, doubly so because he has transgressed in a way which results in harm to those who are in no way accountable for the deed.

Then there is the sorrow which comes from the loved one being taken from his earthly home. Sad is the parting and the loneliness which follows it. Yet this is the order of the universe—a thing which all know must occur. So little is anyone in readiness that when the break comes the bereavement causes some to break down and weakly fall by the way. This should not be. Death is a sorrow to those left behind, but it is a joy for him who has

done his best on earth and entered upon a new life. Those gone on should not be looked upon as dead, but should be known and felt to be alive and conscious of your every movement, although through conditions with them, or with you, or with both, they may not be able to express their presence in any way.

O why will an individual mourn and weep over these separations, which are for so short a time at best, and cause those about him to feel their utter helplessness to aid in any way, or to add a little happiness to his saddened life? If one who now lives and is dear were taken too, would not the sorrow be greater? Then the wail would be, "If I had done differently, this might not have happened." One must not think of himself, but of those with whom he is associated, those who are dependent upon him and who grieve because the love which they bestow is being so lightly thrust aside.

* Warn any whom you know in this condition. Warn them of the selfishness which blinds them to the sorrow which their acts cause, and end the despair which is in the breasts of those round about through the self-absorption of the mourner.

March 18th, 1912.—Move with slow, light, yet secure footing, which will cause a progress radiant in its following. Be mindful respecting the human will, which is the possession of each individual. Question not the outcome of things if the progres-

sion seems slow, as long as you strive to do your part as you go along. Meet little obstacles with a will to overcome them, and in a way which will brook no defeat. Make all things hold the joy that fully belongs to them. Many accept blessings with lightheartedness, or with a feeling of utter unconcern, little realizing their worth until they are deprived of them. Make this more worthy of the attainment—high appreciation of what is given you and a right desire to reach better things, though not in any way to depreciate what you have already obtained.

March 24th, 1912.—Antipathy toward that which lowers one in the estimation of the community must be felt, and man should serve his fellow man in a truthful manner. Those who claim that one may or may not do certain things often argue without thoroughly understanding the point in question as to the period of time now existing. Make known one thing—that time progresses. With the passage of years go many ideas and habits that were once held as the proper thing to represent, or strive to follow. Now customs have changed, and those ideas are no longer the ones which should be held fast. Let man reason with himself. Let him accept a truth, and with a mind willing to admit its broadening possibilities, attend to those things which make the home the chief place of peace and love. When surrounded by such conditions the mind is in possession of all

that makes it possible to enter upon outside work with a freedom which is needed to do the most good and to see justice maintained.

March 30th, 1912.—Seeds are refreshed by a gentle fall of rain; into the heart words of much interest and kindness fall the same, which makes the drooping spirit take new hold of things and plod onward. To each individual there will come a time when such words are needed to make conditions hopeful. Those whom you meet who need none to aid them have too much self-reliance and it had best be held in check. Those who feel the need of a kindly word must not seek it in vain, for often the kindness puts a different coloring upon the whole situation, and the otherwise neglected spirit will flush under the tingling enthusiasm of the hope given.

Give much time to those thoughts which bring happiness, and keep the hours well filled with joy, thankful for the best that is yours, making light of what is ugly and depressing. Seek always the best in each person and thing; shut your eyes to that which is unpleasant, that the good may be enjoyed, and by enlarging upon the good, the bad will be shut out.

Justice holds the place where the balance is shown in strength rather than with contempt. It brings man to the realization of how he has lived. The consequences are his own lookout, whether they

shall be small or great. This justice in things enters into all conditions and classes.

Give then the situation in hand always a cool and fair analysis, accepting things as they are sent, seeking the justice which is therein, for nothing is without its cause.

March 31st, 1912.—Painted fun knows no mirth. Make such frivolity as you wish to enjoy clean, letting nothing of a mean character enter to destroy the simplicity. Who is there that has not sometimes erred? Let him who has little or no patience with the sinner take care lest he himself fall into a net which would mean destruction to his body and his peace of mind.

The clear sky brings sunlight and beauty to the vision, just as we will find our acts make the hue of our past either bright or dark to look back upon. Strive, therefore, to do something each day which will glow with a pure light when in future you look backward. Walk slowly, that you may not be surrounded, in a rush, with things unpleasant and uncomfortable. Live with a desire to aid, with a clear insight into the depths of another's woes, that the comfort which seems most needed may be given.

April 1st, 1912.

Man without a will to do
The things of good, the bad eschew,
Must know his lot will harder be
When o'er the border he doth flee.

Without a doubt this is so, regardless of the general opinion that the future life is one of bliss and comfort, that those who have said with the lips, "The spirit is sorry for wrong done," will, without the slightest change, experience the happiness given those whose lives have been one long struggle against selfishness and who attain the love and patience taught in the Bible. Make no such grave error; for the work of purifying the spirit must be conducted upon our sphere if it has not been done in earth life.

The fools who listen to no voices but their own, without using the reasoning power with which each is endowed, think their wisdom is great. The seriousness of the consequence is upon such individuals. Hear then what is said. Let those who will reason, ponder and think upon the facts set forth. If each man is to suffer hereafter from his lack of interest in his fellow man, through which his selfishness is manifested, will it not be wise for that man to bestir himself and show some regard for unfortunate beings whom he might be able to lift out of the depths of poverty, despair or misfortune, in some simple way?

A continually selfish man, having little or no interest in things which are not of some advantage or comfort to him, is to be shunned. If this man were shown his fault, his sin, his own personal handicap, he would consider that the man who pointed this

out to him had offered him a slight or a great insult, according to his self-opinion. There will be much with which to battle when striving to show man his weakness, for a man who feels he is right and is prospering materially cannot be easily reached; yet this is worthy a trial.

April 2nd, 1912.—The truth in what one feels is shown by his acts. Therefore, act according to the measure by which you would be judged. Live each hour of the day in a manner to dispel sad thoughts, creating for another some ray of light and hope that he may be brought out of the disinterested sphere in which he dwells, or from a state of weakness to one of strength. Walk with your face toward the light.

April 5th, 1912.—Behind the cloud shines the sun, the distributor of light. None can see or feel the light while darkness is close around him. Hide not the face from the sun, from which proceeds warmth as well as light. Those who have provided nothing to build upon are desolate when the loved ones who have been their very own are cut off in the midst of happiness. O hard indeed is the burden to bear! Be strong, that you may sustain others.

April 6th, 1912.—Attend to those duties which have the first call upon you, then think of other matters. When life is too crowded with things to be accomplished, nothing is given its due. Great is the stress of making secure things that were in danger

of destruction. Look out for this. Keep not too much pent up within the breast.

April 8th, 1912.—Man yields his will to mortal sustenance, eager to meet those requirements which seem most necessary to the support of the body. May the God of the universe make life to all more congenial, according to the wants of each; may every trial find a stronger character, not simply enduring, but bravely meeting all difficulties and troubles.

With each victory gained a light is seen which makes the individual better fitted to combat the afflictions of mortal man. Be guided by things which tend to help the man to whom strength is given to hold a good attitude, that things may be accepted in their true worth and nothing may be lost—those things which show more love in the light than when looked upon in darkness. With goodness and earnestness, seek to see the light from the point where most radiance is to be found.

April 17th, 1912.—Must thoughts projected in strength be fully realized before good or evil will result? No—thoughts sent out in the spirit of well-being or of harmfulness attain some part of their desire. They act often very injuriously upon him who sends such thoughts to harm, and as a balm upon those who wish to be of help.

Many strive by thought and speech to retard the progress of an ethical movement, making the fight

a bitter one which requires strength and grit, and faith and security within, to prevent the overwhelming defeat that such desire.

God watches over all, though the way one chooses is of his own making and to him belong the consequences. Let nothing, therefore, come into your life that speaks of unhappiness, which is augmented by continual dwelling upon the lessons which are sent, overwhelming you for a time; but have a true belief that God's way is best, and the working out of the life of each is attained by individual struggle, which is often jeopardized through digression from the laws laid down by the Master.

Work in the love of mankind. Find peace and rest in a willingness to do your share, unhampered by care and petty grievances allowed to accumulate until a mountain of distress is before you.

April 18th, 1912.—Banish fear, the destroyer of peace, which intimidates and in many ways masters people's minds, wrecking the spirit which tries to hold its own. Give no hope to those who do not follow the revealed path, for with the slightest deviation on the way, a wrong course is taken and the scenery becomes different from that which should be encountered. Therefore, the stumbling is many times of one's own making, by shutting the eyes and blindly going along, heeding not the way; the opening which looks more pleasant though unknown is tried, and the shock of discovering its lack of

worth often undoes much that the true way in sunlight and purity had accomplished.

Men who shun the light do so from fear, knowing they could not walk with such upright heads if their inner feelings and designs were known. With smiling faces the wicked and deceitful make their attacks, which are more dangerous because the manner of them is pleasant. Those who are protected, when approached by one unscrupulous in pursuit of avariciousness, will heed an instinct which will make them draw away from such a person. Let sorrow and discontent find no room within your gates.

With the acquisition of happiness, the joy you pass on to others will bring to you that masterful strength which the weak and wretched will seek, with the knowledge that your vibrations will of a surety penetrate their beings and give them much peace.

April 22nd, 1912.—Retrospection calms many; but some contrast the past with the present, to the detriment of the happiness of today. Those who seem disposed to make the past a subject which will disturb the happy trend of each event that occurs in a day were best forgotten.

Words are many times met with a sudden manifestation of mastering will which destroys the hope that has been held of silencing the voice of the past. Therefore, walk with happiness in each day's path,

indulging in acts of kindness, and bear your trials in such a way as to indicate the force which is guiding you and enables you to endure them with calmness, knowing the stress is but a test of endurance. Make evidence of your faith manifest by the fortitude with which you accept your trials.

Attain that power which is given to all who will have faith and believe that each lesson which is sent is for the purification of the spirit. With such faith the very countenance will hold forth a happy radiance which will win toward you many seeking the secret of the smile and kind manner evinced.

April 23rd, 1912.—You will find that truth is the rock upon which to stand. Many who think that truth may be tampered with, garnished with half truths which will have the same effect as the whole truth, are mistaken, and in this their trouble lies. The foundation is shaky and the building of life becomes so burdensome and heavy as at times to jeopardize the individual; this condition may readily be traced back to the unstable foundation, which was laid upon false pretenses, not truth.

Whoso would doubt this statement, let him look about and see its truth in living demonstrations among those whom he knows. There are many who will not admit the half-heartedness with which they have handled truths, declaring they always met facts and events with the honesty accredited to them, yet in their hearts they know wherein they have hedged,

as it were, regarding a question which might mean self-sacrifice or discomfort for a while, and rather than face either they stretched the truth until it was truly unrecognizable.

Meet issues squarely at all times, whether by so doing you are hurt or not. The proper manner to proceed will then become clear and good results will therefore follow. Sidestepping and backing never get you anywhere. You will find that these words are suited to many who would be unwilling to believe such applied to them, were you to so state.

With each individual the responsibility and consequence rest after being told of his shortcomings, given an opportunity to grasp at the truth, and shown the way to alter his life. Many are self-satisfied, thinking to help themselves in a manner more fitting would be beyond their reasoning. There is grave danger in self-satisfaction; all must have humility, and strive to bear the burdens put upon them while upholding truth.

With God's help strive to tread each day the path wherein truth prevails, causing light to shine where darkness seems to reign.

April 24th, 1912.—The western sky at evening reflects the beauties of the setting sun. Thus the works of man are often best realized when his life is nearing its close. Those who should know and feel his work to be glorious and beautiful take his sacrifices and clean life for granted, aiding him little

in any way to reflect the brightness his work has achieved. When in his declining years it is seen, in its beautiful coloring, to be setting in a sky illuminated with the hues of kindness and love, its splendor is realized.

O friends! if those who see and know could but live in a manner that would bespeak the glory and splendor which is indescribable, many would follow, and the universe would be the better and richer for such men. Words are not the things which ever convince anyone of a fact; it is the act that makes one realize the strength of fact.

Many, in their desire for the brighter things of life, look only upon the material and hope by luxury of this kind to reap happiness. This is not happiness; it is only a superficial gloss upon a marred surface—nothing to last.

Strive to impart this knowledge to those who seek your aid. Make the real things in life those which bring happiness to the hearts of others as well as to yourself. In making others happy, in lifting another's burden ever so little, you unaccountably lift your own, and thus the benefit is twofold. Stand firmly upon the ground where the sun shines, letting its radiance and warmth comfort you and instill within your heart the joy and knowledge in the consciousness of your being that the Master is all-powerful and ever just, showing the way to helpfulness if you will but follow.

April 26th, 1912.—Memory inthralls man in misery that sometimes awakens the sinfulness manifest in him while in the state of indifference. When the mentality is dulled or insensible to things roundabout, the sin is not so great as when, with deliberation, man sets upon the task of selecting his own pleasures whether they are the proper sort or not.

The right way is directed for each, yet from different viewpoints; the termination, however, is the same. Hence those who work with earnest zeal, striving to do God's bidding with love and self-sacrifice, cause the best within them to shine forth and the reward will be great in the end,—glorification and happiness more quickly realized. Miscarriage of justice often brings to hearts and homes the bitter fact of the unreliability of the decisions of man, who often turns those matters aside that should be met with a desire to help onward, that those in need of them may be benefited. Lasting is the effect of opportunity wasted; therefore all should strive to do their best while the opportunity is theirs. Make not the resolution when it is too late.

April 27th, 1912.—A hopeful manner makes everything appear in a brighter light. Whoso attempts to live a nobler life meets many willing friends anxious to assist. Make then the desire felt and the improvement will follow. With this change there is necessarily a strong fight for those who have walked in the pathway of material delights; having

never for an instant allowed the better part of their natures to rule, the fight must needs come.

Many will laugh perhaps at the effort, hurling unkind thoughts and suggestions at the struggler, striving by these suggestions to create a longing for the old careless way of living, but with strong determination and firm belief things will be all right in the end. After witnessing his persistent striving those people will leave him alone or else sympathize with him, and in time will hold the same ideas.

Who is there that does not need the help of his fellow man? Sad, indeed, is the condition of him who calmly walks along and says he needs not the sympathetic hand of his neighbor. Many who feel their independence seek in humility the recognition of their companions. Yet take care that none go too far, for the sin often is one which brings misery and loneliness in its wake. Others offer the flimsiest excuses for not doing their best; some wanting all, giving none; thus they are disappointed when material affairs go against them, and are wretched instead of happy.

April 28th, 1912.—Covet only that which is the best for all concerned. The desire for one's advancement meets with great results when the wish to achieve a thing is followed by action. Men take small heed of the thoughts which knock upon the door of their consciences if they are at variance with their desires. Man would do well to listen to the

voice which whispers to him many times and warns him not to take some contemplated step, by sending to him an apprehension that things are not just as they should be. When warned in this manner, be advised and stop the proceedings contemplated.

April 29th, 1912.—Mount the ladder step by step securely, taking each footing with care, that no slip may be made, but continually climbing onward and upward. Outer calm sometimes covers inward fury; therefore let not appearances deceive you. Look well into man's actions. Waste not valuable time and opportunity crying over past events and influencing thus the minds of others, deferring some noble work which should be accomplished, but which retrospection interrupts.

Make the present the time to live; do with each hour the best within your means. In this way weeks, months and years will look after themselves, and time will have much happiness in store for you. The hope of lifting another who has fallen by the way is an incentive to action.

The choice is given each individual to make his life a useless or a useful one. None can be forced to this; a man may work with a might, yet the result is not the same if the labor is performed through compulsion. When done willingly it is radiant in its accomplishment, bringing pleasure to the heart of him who toils with the desire to please, it seems less laborious and is a stepping-stone to higher deeds.

The work of one person is, in comparison, as important as that of another. The man in a lowly position must do his best with a precision which will make his work fit with accuracy into its groove. When the smaller parts of machinery are broken, the entire mechanism is thrown out of order; thus look well after the little things.

Man sees most of the time gigantic idealism which he would obtain without the preparation which is requisite. Nothing of any account is secured without attention to the little things, which after all are the most important parts to perfect before construction can continue. Do you see, therefore, the necessity of perfection? Small details, and mistakes in the method of constructing the principal parts, must be corrected before the situation can change.

May 2nd, 1912.—Subterfuge is the ink of blackness which covers things, desecrating those faculties and stupefying those conditions which would bring about the best results. Those who, calmly and in premeditation, strive to retard the progress of one who, through virtue of his advanced thought, is looked upon in a light of disfavor and jealousy, will reap the reward of their unworthy actions.

Those who willfully, through ignorance or maliciousness, seek to hamper the progress of one who is endeavoring to live honestly, according to his plans, surely deserve the censure of the powerful.

Thus they bring upon their heads the weight of disapproval and disgust which is their due, and which will eat into their consciences when they have become awakened, in a manner to cause suffering untold.

May 3rd, 1912.—Shut out all struggling, unrestful forces; their presence keeps one from those things which help one in the walk of life to the fulfillment of his duty. O put aside without a tremor the thoughts which bring with them unrest.

Wonderful seems the work of man, illumining dark places and utilizing what before was heedlessly wasted. How much greater is the work of the Infinite! Those things of which mortal man cannot have the proper conception must not be thrust aside as incapable of being accomplished. With Him naught is impossible. Each individual has his part to fill; his hour to do a thing; his decisions to make. Thus everything is accomplished in a manner for which he is individually responsible, not the Creator.

Too much of this is put upon the Creator. Man is a free agent upon earth, with a mind to do, or not to do, what is best for his own welfare. Each is born with dormant faculties which, according to conditions, are developed in the wrong or the right way, but within each there is the voice of right, the principle of honesty. Whether it be suppressed in its infancy or allowed to thrive, is a matter of conditions; no matter what they are, the time must come

for that little voice to speak out, before the individual may progress—though it may not be for years, it must come. Those who think to deaden the voice will awaken to their mistake and the realization of the labor before them undoing the evil that their own willfulness has brought about.

With unsparing diligence strive at all times to persuade individuals to hearken to the voice within—that spark of life which must become in time a part of the great Infinite. God's goodness will be shown to all who will listen and reason in the proper manner, not turning aside when words which are spoken do not suit their own ideas and opinions.

With those who would do good, the time is ever ready to fulfill the desire. Work together with the idea of bettering the conditions which exist by some kindly step taken, putting forth the strength of the stronger mind over the weaker to guide it in the right way of thinking. This can be accomplished and can be given much force when based upon the indestructible foundation of truth.

May 6th, 1912.—Show the force of your convictions by the life you lead. Unless the cause for which you work has living examples of its efficiency, what is the need of preaching? Facts shown are more forceful than a month's preaching. Many listen to teachings with their eyes upon the lecturer, but the mind miles distant. There is also a mind whose attention must be grasped and fixed upon a

theme or subject; when held intent, it retains what has been explained. This requires a greater time with some than with others, but practical demonstration makes a lasting impression on the mind, whether it be developed from the sleeping thought or is conveyed by a picture which is lifelike in its details.

Let one give to his life picture the best setting in his power; let the light and kindness and love of mankind fill the atmosphere with its purifying rays. Let those who are burdened and suffering feel that in you they have a friend who will offer a kindly hand of sympathy and help. Persuade those who are leading a life that is against all strictly ethical teachings to leave the path of error and choose the better way. These are looked upon with scowls by many who consider themselves as Christians, and instead of kind words given, there is an air of superiority and utter contempt which makes the weaker person, in the material sense, the stronger, for he will resent that which he cannot understand and go on in his way the worse, probably, for an encounter with one who should have encouraged him in the proper course, not jeering at his misfortune in having entered the tangled wood of false desires.

If the faultfinder had shown a disposition to take interest in his plight, no matter how little, the mistaken one would have realized the beauty of the query in one so outside his field of living, and a chord would have been touched that would electrify

him and vibrate through his whole being; thus causing him to adopt a new and uplifting régime.

Look after the little acts which one is apt to feel are not worth while. They are the ones which count most, for by their execution the larger ones develop. Strive then from now on to make your life one of thoughtfulness, observing those things which many cast aside, but which in living lay the foundation for greater things.

With each being the way is different. Everyone has the desire to master certain tasks in his own way. Some feel that it is a waste of time when a period for meditation is taken, but this is the greatest error. Let each devote earnestly some portion of the day and night to earnest contact, through the mind, with those gone on and, with the Master of all assisting in the earthly surroundings, making the light shine through darkness. May God bless you and yours. This is my prayer.

May 7th, 1912.—The study of spirit force is worthy of a better name, that the ridicule which now marks its mention may not be possible. Men who share the belief of the Spiritist hang back, so to speak, because of this derision. The life of the individual must be looked after by the individual, and from his place at the helm he must guide the ship in to safe anchorage.

Wisdom is a thing few possess; learning many may have by dint of study. Rather be a humble

spirit with wisdom than the master without it. Rush not into the sea while it is raging; rather wait until it is calm before plunging, that the invigorating exercise may benefit you, not obliging you, as would the rough sea, to battle to keep your head above water, with exhaustion in the end from the labor and energy expended.

This applies to all undertakings. Enter not upon a project before the plan has been thought out; thus saving yourself bitter disappointments and troubles when difficulties arise, which would end in disaster for the enterprise and keen disappointment for you.

It is well to go over an outline of the plan in detail, that no emergency of material importance cannot be met. You attract that which is helpful by your attitude. The very impulse within bespeaks a high ideal, which is in its infancy and, with time and attention, will flourish in maturity.

May 11th, 1912.—No one feels the security of the optimist, for his horizon is never dulled. Thus he is never set upon by the wolf of despair, which sometimes gnaws at one's vitals with a fierceness that quickly destroys. With a strictly cheerful disposition, make others happy and the buoyancy of good cheer will lift one far beyond danger of harm from corroding discontent. Lose not the chance which is yours to take without compunction the way of success by occupying yourself every minute in a

cause for the betterment of self, and thus helping others by self-advancement.

The company of one whose face shows, through the light in the eyes and the smile on the lips, that the inner man is happy and content, brings one out of a state of lethargy and spurs him on with the hope of gaining the knowledge which will help him to live so that others may sincerely welcome him when he enters their presence.

Take lessons each day in thorough self-analysis, letting the light shine upon your acts, seeing wherein the happenings of the day might have been improved upon or wherein any duty was omitted. By this close observation, the way will soon be made easier for you to know your ability and work with conscience unhampered.

One must live in hope that the promise of the Master may be fulfilled. Inspired thoughts, greater endurance, more courage displayed—these are the things to hold ever before one in the duty of the day. Individuals who live thus will be essentially more advanced than those who have no thought outside themselves.

To the flower on the bank sun-kissed and watered by the dew a fragrance is given which man with all his discoveries cannot duplicate. How wonderful are the workings of the Creator, of which we all are a part! He sends through His goodness those vibrations which, if we heeded and took advantage of

them, would unite us, and as the unison took place we would become more and more a part of Him.

With God's blessing I will leave you, with the thought that God is ever present, watching you in your work and sending through His emissaries thoughts which uplift and make man better for knowing them.

May 15th, 1912.—Men whose ideas are broad and whose faculty for reasoning is keenly alive to the value of justice and fair dealing, whether the subject be approved by them or not, are the men to approach with ideas which can be substantiated by facts for proving and promulgating a theory. Show such men the logic, the truth, and the possibility in such a project, the help afforded to others, and the harvesting of a great truth, whose result will be far-reaching in its good.

They will walk with you always if you so desire, and assist you in deeds worth while; making their time of some value, not allowing unworthy matters to demand all their attention and take all their time. Unless there is some aim in life, how idly is the time spent! With many the hours hang heavily unless occupied in some trivial, foolish occupation, which makes men silly when they might be wise.

It is not meant by these words that there should be no enjoyment, which is the natural bent of men on earth. Clean, wholesome pleasures are desirable, and are a relaxation from the more serious duties;

they help one physically with their reaction upon the mind, but when they are all that a person seems to think about it is time for him to become acquainted with a different viewpoint, for his own good.

Wisdom does not pervade the mind of the average man. His thoughts seem to be chiefly for the various matters of earthly life—the progression of men in the affairs of state or of the exchequer. If these men were wise they would understand that such things are only temporary, while the gaining of knowledge, the truth of creation, the proof of life and its continuity, would be worth while, bringing to them strength, knowledge and virtue, which nothing devised by man could take away from them, and no matter what adversity of a material nature overtook them, the truth and its comfort would be theirs for all time.

May 16th, 1912.—Won by laborious work, the laurels will be worn with beautifying results; when things are obtained too easily there is little pleasure in the gain, but when the struggle is keen the joy is great. Resolve to use your best efforts, for the glory of the conflict will manifest itself by intense joy. Meet, therefore, those cares and disturbances which surround you with calm, knowing that there can be but one solution to the problem. The struggle for the right cannot become a burden too great to carry.

May 17th, 1912.—Give joy to others. Speak the

kindly word which means so much, but which in itself is little. Words are like the morning dew when spoken sweetly and with soothing effect; they banish often the depression which overshadows one's life.

A cheery word, a happy look, will take away some heavy load that a weary soul is carrying, with the thought, perchance, that life holds none who care for him or how he may be situated. The surprise in receiving a kindly glance from a fellow being and a salutation full of cheer stirs something within which sends through the darkness a glimmer of hope, and the spirit takes courage and struggles onward. Swiftly would there be rejoicing if many with this faculty for the giving out of kindness were met. Therefore, do your part that the way may be started, perhaps for some miserable soul first to see light, or another who has received one kind word may next see you, and with a second word added to the first the gladness in his soul will be redoubled.

Thus we see that little individual acts amount to much more than the average man gives them credit for. Often the mere turning of a person's head has caused the beginning of a hope in some poor creature's breast.

Stand upon the rock of truth, the breezes of brotherly love making the atmosphere about pleasant and health-giving. Man in his weariness will seek

the haven where calm and quietness, sincerity and good will prevail, that the light of his soul may grow brighter. The light has become dim, through material worries and discouragement; when matters are properly reasoned out, they will be seen to hold a small place in the universe after all.

May 18th, 1912.—The importance of happiness is vastly greater than one realizes unless thought is given to the influence which it exerts. Thirst not for happiness, but obtain it by the power within which each possesses—a free agent, but easily put to flight through lack of recognition. The attitude of each is his own to alter as he will; he may not have reached the desired point through the hampering condition previously held not having been overcome.

There are acts which have been committed whose effect endured years after the commission, but these consequences were absolutely worthless for good. Waste not time in sadness, creating thereby much depression and loss of vital energy. Operate upon these lines: good will and fellow feeling toward all. Have bitterness for none.

Glide down life's river peacefully, avoiding those rocks and treacherous places which one may see are there, but watching out. With observation the cool and quiet places may be found where one may stop to rest and give aid, and warn others who are going along the way of the dangers, and thus the party of

happy travelers will be made larger. Wherever one is seen who is anxious to know the way, a cheery direction for him to follow must be given and the heeding will be taken.

Expound the truth, that others may know the secret of your happiness.

May 19th, 1912.—Moments full of other things than those which please make the time seem long in passing. Therefore it is well to hold all duties and tasks in a favorable light. The idol of man's attainment seems to be money. This has no power, however small, to bring or restrain life. Hence realize its weakness, notwithstanding it has more, far more, followers than truth has. Men leave those they love in quest of it, and homes are broken up for the greed of money. Why will not people see the uses to which money may be put for the betterment of all, making it possible for those who would with a little encouragement and financial aid accomplish much good to be of true worth within the circle where the environment holds them?

May 20th, 1912.—Cherish all thoughts of a nature to uplift with kind intent, and though they may be apparently trifling, remember the acorn brings forth a mighty tree; so thoughts, though small at the instant of conception, will expand as time passes and they travel and thrive.

Gather in all things which hold even the tiniest degree of material upon which to work, that the

harvest may be great. Connected facts will do more for the cause than many hours devoted to lectures. Rudiments are often neglected for the finished product, yet to whom can that be given when there has been no attention paid to its beginning? Nothing succeeds first as a whole; each part must fill its individual place perfectly. It is the same with man, his faculties must work in unison before the result can be perfect.

Who is there that would not skip lightly along the highway of life, avoiding the mire and stony places which make the course difficult, if it were in his power thus to proceed? None truly, yet it is in the power of each to be able to meet these obstacles in a stoical manner, throwing fear and care one side, and passing beyond them with the full sense of being able to overcome the inconvenience caused by them.

Worry must not be allowed to control one, stripping him of the strength to continue upon a path which, though rough, can be traversed. The stronger one is, the more quickly can the path be traveled and the broad, open road of tranquillity reached, with a physical strength remaining capable of enjoying its beauties. Strive to be the master of worry, not allowing it to prey upon you and cause misery for all who come within the radius of your condition. You may feel ready to turn back while the road seems too dark, but hesitate and look

around. Through the gloom you may discern a way by which you can go with a clear footing.

August 4th, 1912.—What matters if peace is felt, affording a panacea for all ills? Why does one walk in the shadow when sunlight is in the path if one chooses to move a little to the right side? In the shadowy way appear dismal figures which loom up out of space, as it were, and by their grotesqueness make the individual jump and harass him with fear. The pathway is one's own choice, for the right way is open to all,—the highway of life free from the shadows, that one may take if he but follows the light.

It was ever the same. He who walks along blindly must sooner or later be tripped up. He whom you see over-anxious that his path shall be without hindrance of any kind gives out too much energy, and heeds not the things which surround him as he goes. Let everyone watch his course carefully each day, turning not back to look at the smooth or rough path of yesterday. Be guided by past experiences, and when you approach a place that you know to be hazardous, strive to pass around it. One cannot find words adequately to express the beauty enjoyed by one who follows along the roadway of unselfish desires.

The brook of pure delight in the form of contentment is met, and there, under the shade of the tree of love, one may sit and rest, with the food of

the earnest thought that right and might may encompass one and the journey be entered upon with energy filling one's being, and a feeling of satisfaction that following His way has brought with it all that was worthy of being wished for. Beneath this yearning, far from being satisfied with and making the most of what one possesses, there is a selfish desire which is bad. Cast aside those desires which crush a hope within the breast of another; all that one is called upon to do is the best he may, with the knowledge he has, but it is sad indeed for him who has knowledge of the proper thing to do and neglects those duties. Strive each day to make someone happier because he has met you, and by ever so small a word of cheer be brought into another's heart. Words fail sometimes, when I am striving to express to you what is wanted. It seems as if thoughts which I hold have not been made clear to you; this I will strive to accomplish better. Would that all could work together, that it might be realized more by the friends! There are those who seem interested, yet when without the circle forget the advice and send forth no thoughts which would enrich the fold. This, however, will improve with time, so be not discouraged. Much that great men have accomplished required so long a period for perfection that they came near being no different from other men. Then lo! the note was struck at last which produced the right vibrations, and the achieve-

ment of the high purpose was fully realized. It is said that mortal man should not lose heart, for the good which man does never dies, but lives on and on, so feel sure that all the seed sown has not fallen upon barren ground. Some has sunk into fertile soil, and with nourishment and proper attention the tiny plant will become a blossoming tree, beautiful to look upon and wondrous in its many forms.

Well you know that the will of those who would achieve a desire must be bent toward the right path, through honest faith and hard labor. May God watch and protect you all.

August 6th, 1912.—In many ways the duties of the day will seem tedious; but with a little rest and thought things will not appear so irksome. The turbulent waters are made smooth with oil; so the weary soul is appeased by rest. Troubles hold within their shadows much that may be shaken off. What may seem most harsh in a life is, with the awakening, realized to have been the kindest thing that could have happened. With each person there is a reason for certain trials to be met in different ways. Some who need one thing to bring their natures to the attainment of the proper spirit may find it easier to endure certain things than others; while with another the need lies in an altogether different channel. Let each then study his shortcomings, that the way may be more clearly shown for improvement to follow. With everyone this

is a necessity; for there is no one who is perfect.

August 7th, 1912.—Chance is not the word to use when opportunity makes itself known. Nothing is chance; all things work toward an end which is not haphazard though many seem to hold to that theory. When a mind is actively working on a theory of its own conception, the trouble lies in the weakness of not listening to another's ideas. Many feel that there is no need of heeding another's opinions, thinking his own superior, but it is without doubt weakness in a man to hold his ideas superior to those of his brethren. Let all listen and learn, for by heeding another's lesson or doctrine we find that the reasoning in our own ideas may be strengthened. Those whose minds are broad and capable of grasping all teachings—that is, the meat of such teachings—are helped to make a point where another would find difficulties.

Youth has theories which are laughed at many times by older men, yet those very men live to see the theories put into actual use, and their laughter then sounds to them as a dirge to their own mental abilities. Pause always before laughing at another's plans. They may seem visionary, but why may they not be the vision of some wonderful possibility which the friends have imprinted upon their minds with such power that it is clear to them and of a certainty to become a reality? This does not mean

that all dreams are produced by the friends,—far be that removed from their supervision or from being laid upon their doorstep of responsibility! Some individuals dream too much and too often; they live in the clouds, forgetful of the world at large and the duty which is theirs. This must be brought to one's mind with emphasis. There is a time to study dreams, but there is also a time when each must work and attend to the duty nearest him. Responsibility each individual has and must accept, no matter how small it is, and the thrusting of it to one side, leaving it for another, is not right, but makes the tasks for him who shirks greater, laying up a store of work which will greet him in a most unsatisfactory manner upon a later day. This lesson is general, not to be applied to one any more than to the other. The conscience of each will tell him to what a degree it is applicable to him. Let everyone feel his weakness and resolve from this time on to grasp the opportunity to work, and thus pave the way for a better mental condition, when retrospection will not bring a twinge of pain, but a smile with the happiness afforded by the recollection. With laughter and song the world is bright, yet these seem far distant many times and the atmosphere becomes gloomy. Let this then be the duty of each—to smile, and by that smile chase a frown from another's face. Nothing is so dismal as a circle of faces, each holding a scowl or a frown, that shut

out the light of the soul which should shine through the eyes, and upon the lips.

On mountain peaks the snow lies, through which nature's blossoms may not penetrate. It is much the same with individuals; their exterior is far from being the place where the fineness of the soul could dwell. Much then needs to be changed in the individual, for without the soul speaking through the eyes, the lips and the voice, what misery and bleakness there is within him, for he is left alone, the coldness of his exterior keeping people away from him.

When in the valley, you find sweet violets and flowers of all kinds. Cultivate within you the flowers of truth and love, which will by their noble qualities promote happiness around you, endearing your presence to all and giving it a controlling strength. Shun as a viper that which destroys happiness; let the miserable keep from contaminating the contented, who by virtue of their deeds have won contentment. Hope finally springs into its own within the breast and will gain that which it would accomplish. Hold to much faith, therefore, with the knowledge that hope is an embryo which will mature and increase vastly in strength.

August 10th, 1912.—Why worry? Nothing ever progresses in that way. Make the hour's work throw worry off the track; then you will see the sunshine overhead. With a will to understand and

abide by the understanding, progression is made. No thought of disaster should fill the mind, for with such fears the foundation upon which you work is seriously wrecked. Mold the future in the brightest thoughts, that they may appear in the fabric as time passes by. With sunshine, how glorious the world appears! The glow of goodness has just such an effect upon the creatures of the universe. Each little kindness adds a ray to the sun of another's day; therefore all must strive to add as many of these illuminating rays as they can, making their days shine forth as clearly in the passing as does the sun in its setting. God in His wisdom has planned all things alike for everybody; thus happiness is not for the rich alone, but for the poor as well. Make not the error that money is the goal which one should aim for; rather hold the acquiring of wealth a thing to be desired only for the good it may bring to others. Many devote their energies to making money with no thoughts of Him from whom their very existence comes, of the blessings bestowed or the opportunities afforded. They go on from day to day robbing and in many ways defrauding their neighbors. Sad, indeed, will be their awakening.

How will they feel when their wrongdoing is brought unmistakably before their eyes? How will their ill-gotten dollars have the power to compensate them for the omissions of which they are guilty in the matter of kind deeds? Without a keen

mind, no material gain has real worth; the mind is the part of one's being which needs training—the proper way to think, and to receive the lessons which are sent to one. Learn to be master of your own mind, not becoming with each new vibration a vacillating creature, without a steering rod to guide you in the right direction. With firmness hold to truth and the doctrine that those upon this side can and will guide you if you but obey the dictates of Him who sends the words of simple love and kindness contained in His doctrine.

August 13th, 1912.—The waste of moments brings want for years. Man does not think of this when the opportunity to do something is waiting for him to grasp it. After the chance is gone there is often misery, nothing appearing to develop properly. Therefore, do not let opportunity knock upon your door unheeded; open wide the door and grasp the willing guest while you may.

August 18th, 1912.—Storm-tossed, the sailing craft bears the buffeting of the waves, yielding not to their great power to destroy, but after they are calmed it continues unharmed upon its journey. Words of encouragement offer, upon the rough road of inconsistency, a solace not lightly to be held. Be hopeful about things in general; let not trifles put things into a chaotic state. Make life a beautiful garden to walk in, with lovely deeds springing forth like beautiful flowers, that many may see and enjoy

them. Attend to all necessary things with fitting grace. With the love of the Master heed whatever is sent; thereby endearing yourself to those with whom you are associated.

August 19th, 1912.—Must injury make one blind to beautiful things? Naked is the truth when told with a desire to keep one within the right path. Naked because it shows the imperfections and blackness of things; hence many times the eye of him who would have it otherwise is turned away from it by reason of its ugliness. Regard, therefore, as kindnesses those things which are told you with the desire to make your life more blessed and aid you to walk in a better light. Do not feel disgruntled and think you have been insufferably wronged; rather be thankful and happy that there are persons who interest themselves enough in your well-being to point out your shortcomings. In life it is the friend who shows those he loves their errors; the foe strives to mislead by countenancing all deeds, no matter how bold or imperfect they may be, in the hope of seeing the hated one fall farther into the mire and become so entangled that extraction is difficult. Be worthy, therefore, of your friends and thankful to those who aid you, though at first what they do or say may seem unfair; with a closer analysis things will be seen in the proper light. These words fit everyone. With unison more would be accomplished; when some pull away the task is harder

for those remaining. Work with a will and thankfully realize that what happens is for the best.

August 20th, 1912.—Nature smiles, yet over the valley now and then fall tears; their moisture makes the earth glad, for the rays of the sun had parched the ground. Man needs happiness as nature needs the sun; yet all happiness is not conducive to the fruitfulness of a noble character, any more than the sunshine makes all plants beautiful. Purifying are the trials which man meets, bearing in their wake much to make one nobler and better. Make those things which seem a trial like the raindrops that bring forth the beauties which lie beneath the surface. Let your face be illumined with true beauty, the shining forth of love and honesty of purpose. Love one another, that the glory of the earth life may be realized in its full worth. With unselfish love and kind and patient thoughts the best in life is enjoyed; none may get near to injure you, for harm cannot come where there is a surety that God is watching and guarding.

August 21st, 1912.—Acknowledge wisdom when it is evident. Hinder not from becoming known those things which would be a benefit to you. To make what seems of little moment attain greater prominence is most desirable. Use strength of will and the result will be worthy of the effort. Sustain those beliefs whose life seems to be growing weaker, owing to the disrespectful manner in which

they are received; with patience more will be achieved than is realized. A seemingly rude or imperfect beginning many times ends in triumph. Nature has the power to keep back sometimes those who would interpose with a desire to cause confusion. There are occasions when things are wrought with difficulty, the fault not always being the same. When excessive weight or stress is upon one, the result is apt to be poor; then, too, one's condition must be considered, for when the mind is active or the stomach full the results are not satisfactory. With the atmosphere in a muddle from several vibrations things are difficult, and there are times when, through the triumph of those who would annoy, nothing can be accomplished. When such is the case it is better to refrain from communication until matters seem to progress without a struggle.

With care and perseverance I have gotten through, but the effort was great and the effect was felt by both the light and myself. There are evil ones who would like to stop this with the aim of discouragement. Let them not gain their point. The messenger will not be slow to carry this word.

August 22nd, 1912.—Must inactiveness be tolerated when by useful attentiveness more would be gained? Maintain the wiser condition; activity will keep the mind in a state from which more help will be derived. Many times the body becomes tired and

over-strained from exertion, yet this is better than inactivity when there is anything to disturb. With a will keep the mind from those subjects which depress; cast from you thoughts which should not be of a harassing nature and which in no wise help the situation, but unfit you for the work which it is your duty to perform by robbing you of energy that has been misdirected. Climb the ladder of prosperity and health gradually, making one round at a time; step dauntlessly to a point one degree higher; it will be gained with little effort if the proper way of advancing is taken. When the next round is reached do not stand unsteadily but with firmness survey your ground, when and how to make the next step without trembling and the danger of falling back upon the original round. Thus you see purpose—fixity of purpose must be within, that the point you have in view may always be before you, while you strive for it with faith, honesty, and a true understanding that some labor must be expected in order to reach it. A little hope, a grain of faith, will reach farther than great force without the proper understanding. Another may not hold as you do the beliefs that are yours, yet each is responsible to do his very best with the knowledge that is his.

August 24th, 1912.—Man walks unseeing where the earth is uneven and a fall is great; the way is not dark and the road would be easily discerned if man were careful and eager to open his eyes and

appreciate that about him. Hasten then to teach any who wish benefit from your knowledge; when one travels in willingness to stumble, caring not for guidance, the fall is at his own door. Awake, and the light of day will shine forth in radiance unsurpassed.

August 25th, 1912.—Shun those thoughts in the countenancing of which is sorrow. Watch for the opportunities in which you may by some word or act bring pleasure to the heart of another and cause his loneliness to pass away. Never halt in the doing of that which conscience says is the right thing to do. Let the inner voice which speaks hold you to its teaching. With each the way on earth is sometimes rough and the spirit becomes discouraged, but do not allow anything to crush the spirit which is pure and young. Live so that others may be the better for knowing you, and with indomitable will do the best that shows itself to you. Let sunshine hold you in its light; with sweetness and courage make the fight to which everyone is born. Keep a strong will when in your heart you feel the right, and seek in prayer that help and guidance which is necessary to all for good development in the field of life, which will yield happiness and love.

August 26th, 1912.—Voice not words that are vicious in their meaning; they are destructive to joy and hinder an undertaking. War not with yourself; by so doing things which need to endure, for

the creation of greater ones, are unnecessarily destroyed. Work to build up. Must thoughts rule which cause apprehension? No—a thousand times no! Remember this. A nation in making war upon another entirely loses sight of the other's principles. It is much the same with individuals; they fail to see the other's viewpoint. Without a thoroughly high and masterful development things must at times fall short of the perfect mark. Those who strive for the right are often unconsciously impressed by the workings of not only their own minds but those about them. With firmness grip yourself, and allow the best and most beautiful in you to assert itself.

September 1st, 1912.—Man must progress. It cannot be accomplished by lying still, therefore be up and doing, keeping always in view the mark to be attained, leaving not a stone unturned nor shutting out a theory advanced. Make everything with which you are connected move onward; let the watchword be success; let not dark or dismal thoughts crowd out the brighter ones. Achieve your undertaking by smiles of assurance and happiness, in the belief that with diligent labor success is sure.

Know that achievement cannot be obtained, no matter what it is, unless there is an honest belief that it will be successful; otherwise the apparent course will be steeper than is easy of ascent, or is even possible of ascent, before you have proceeded far.

What is worth attaining is worth working for, and the work will seem easy when success is assured. Therefore, labor in the happy certainty that the way will not be made too hard; rather lift up the heart, that all may know and feel the goodness of the work which has its foundation in truth.

With patience wait. Be assured that things will come with the passing of the days. Care only strips one of vitality; have faith that youth may remain in the heart. God bless the many who are near, making the light to so shine that they may know the glory which will be had with the likeness of Christ's image perpetuated in the works of their life.

September 9th, 1912.—My son, shoulder zeal, stand erect and go upon your way. Out of those things which mystify you now there will be a strengthening force sent to lead you forth without hurt. With work the struggle will cease. The obstacles which appear unsurmountable will vanish like snow in the sunshine.

Remember to be fair and honest with all, and demand the same from them. Hold no one irresponsible for an obligation which he set upon himself. A manner of procedure will be followed which will be easy and even surprising to you.

Employ with everyone a firmness of manner, not hard but kind, yet convincing. Remember not to be too strenuous with those whose knowledge and ideas are not the same that you hold. With regard to

this you have learned your lesson,—that all things done to help a fallen man are not appreciated.

The best course seems to be a willingness to render assistance, yet by putting things in front of the individual which he may grasp, and unaided lift himself. You will have helped, but he also will have done his part. When everything comes from the helper it makes the downfallen man lazy and too well pleased with his condition; with a lack of willingness to strive, it is harder to rise.

In these things is seen a lack of strength which, if corrected, will give the will to do and the helpfulness afforded will be as great as before; yea, even greater and the benefit to you will be more fully realized.

Thus it is I say: "Go on your way with the feeling that all will be well."

October 8th, 1912.—You must not fret at all, but keep right on working. Over every man is the power that shapes his destiny, so work and pray and plan how to live in peace and harmony, obtaining the best results each day.

With the intricacies of life's problems come thoughts which are upsetting, but strive through perseverance to throw them aside. There is always something which could lessen your happiness if it were allowed to do so, hence put away such thoughts with all your strength.

Man is not of necessity weak, but because of his

thoughts; therefore have those thoughts which ring out true for the building up of great things, that they may vibrate and bring back the tingling of renewed vigor into your being.

October 12th, 1912.—Strong desires bring strong results. Therefore cause wholesome desires to be strongly felt, that the result may be the gratification of those desires.

Stand not upon the wayside fearful of what might overtake you, but with determination walk onward, confident in your condition and seeing the things you are approaching in a hopeful manner; thus the result will be good.

Make all that pertains to yourself good and bright, filled with the best that can be obtained. Weakness is human, but become master of self, and allow not the weakness of man to harm your spiritual development. Strongly believe that the things which you desire will be realized.

October 15th, 1912.—The Master's teaching fits man like a mantle which will shelter from the storm, so put it upon your shoulders, walk on and be content. Within the power of every man lies victory if he will only say, "I can." Must man succumb to hopeless thoughts which rob him at the start if he drifts away from what is good?

Much benefit will come to him who willingly strives to live so that others may profit by his love. He giveth his bounty, that any needy on the way

may by His touch receive that help which bringeth new light unto the soul and a stronger desire to be better.

Of much that is sent out in thought the average man knows little, but strive to concentrate in the inner consciousness the belief that all you desire is right, and those thoughts will start the vibrations that will soon make the wish a reality.

October 16th, 1912.—Work when the desire is strong, for this banishes from your path the influences that interfere with your progress. With understanding manage so that those things which you wish to obtain may come unto you.

With many matters arises much that sets the mind to thinking deeply, intent to master questions which seem perversely to slip from one's grasp. These must not be regarded as of more moment than that which is most essential to man's progress.

Merit is due all who strive to conquer themselves. Let not the thoughts which destroy rob one of those which create favorable conditions, though the position where you stand may be a poor one from which to view your situation. Watch this; let the proper place be chosen, that the surroundings may look bright, and the sunshine will make their beauties more glorious.

October 19th, 1912.—It does not matter, if the mind is clean, whether things appear more stately than the situation warrants or not. Contentment

masters all things whether it be within the personal observation of the individual or pertaining to the spiritual world.

Fit circumstances to your condition; let not the condition alter the whole aspect, making it more unwholesome. Greater peace in getting things through is more of a necessity than one may know. Materialists do not think sufficiently about this; they must see everything brought forth in a bright light, with nothing to hinder the promotion of a desire.

There is much for them to learn in the way of thought messages. These work slowly with them and do not seem tangible enough for most persons.

I leave you with the earnest prayer and faith and belief that the friends will aid in carrying on this work.

October 20th, 1912.—Meritorious is the work by which are overcome the mountains of difficulty and the hills of despair. Man, the victor, standing on the summit, may be seen and heard by those on all sides,—those who are on an equal footing with him and those beneath him,—yea, even those at the foot of the hills where discouragements and obstacles of all kinds obstruct the way to the top. But when they see the man on high and learn from him the struggle, the perseverance and the tenacity with which one must stick to the climb, they know it will not be beyond their power.

We yield more easily to those who cheerily strive to be masters of the situation than to the man whose ill grace places the error of conditions upon everyone but himself.

With a light heart seek to conceal your struggle from those who may come within the circle.

October 21st, 1912.—Mistake not the motive which prompts an act; by an error in judgment harm is done that takes infinitely longer to repair than the average mind knows. This is often the case when there is a motive for an act, because the man of quick judgment does not recognize a viewpoint at variance with his own.

Therefore endeavor to make what you do felt not only with force, but with quiet dignity and perfect confidence that will influence those with whom you come in contact by virtue of the strength observed and sent forth by you.

The idea permeates the mind of the public at large that success is gained in some marvelous way over night, as it were, little realizing the struggle, the sacrifices, and the many setbacks and disappointments which overtake man until the time arrives when, through his persistency and faith in the truth, he is heralded as a success. This brings greater prosperity with it, as people are prone to follow where the indications are that a man's judgment has been keen, and they expect from him an opinion which, to the majority, is infallible.

Be zealous then in your struggling days, for each one lived in a wholly unselfish manner, with faith that God's way is best, and giving all in your power to the Master in the work, will take you that much nearer the goal for which you are striving.

October 22nd, 1912.—Man holds the key which opens the door to a knowledge that calls for deeper thought on the part of the individual than that individual may suppose.

Everyone understands that he lives, but whence he came he knows not, other than what men of science and learning have told him. Then arises the question where he goes when this life is over. Again he knows not, but the men of science who have studied conditions have found that which warrants them in saying the departed spirit does not go far away from the abode which it had in life, until certain things are developed upon that side. This is ridiculed by many, yet what is strange about it?

Those who blindly follow the teachings of the Bible believe that one departs into another world, which is either a comfortable abode or one which, from its relentless flames, is most uncomfortable. Believers in this seem far beyond the realm of sense, yet a man would be very indignant if called a blind follower of a creed or doctrine which holds so little to warrant the belief being a fact.

Man must reason and from his reasoning find

truth and facts, which when clear will make it easy to progress in the right direction.

Exound the doctrine of truth, and God bless you for the work which you are doing.

October 24th, 1912.—In winter man must guard against the cold, even as in summer he seeks the shelter of the trees from the scorching sun. Autumn reveals the trees beautiful in the coloring of their foliage, some bearing fruit that adds to the pleasure of man's appetite. These fruits are slow in ripening and may be likened to the fruit upon the trees of progress which you have made. Before maturity the fruit would not be so luscious, nor would its appearance be so beautiful. When considering spiritual things know that the fruit is in the bud, and time is needed for its development and ripening.

If in despair or doubt open your eyes and look around for proof and comfort in what you will see. I know it will come to you. Man must know at the start that things will be slow; when they are promising progress is made.

You would not find a rose in bloom if the seed had been planted the night before. Work then with trusting faith, with brightness and intelligence, and strength will be sent you.

October 25th, 1912.—Man holds within himself the power to overcome anything which may arise to mar his happiness. Unless he is securely schooled

against these attempts the individual suffers, and unnecessary suffering is a sad thing.

It is good to feel and know, though living among enemies, that through an inner, unseen strength one stands unharmed and truly free. Start with firmness to be master of yourself, and the appearance of all things will change. Those circumstances which appear dark and gloomy, owing to the thoughts thrust upon one by outside influences, will, judged by his own personality, become blessings, and the thankfulness which he should feel will dwell in his heart.

Shake off the hold of unwise thoughts, and learn to select those which will be beneficial and helpful in all things, material and spiritual. In the lives of each and all exist conditions which, though greatly opposed to the wishes of the individual, have strong power to sway him, either toward worthy things or the reverse.

Self-control and strength to choose the best is a power to be acquired. Happiness is in store for you. Let not your hearts be troubled.

October 30th, 1912.—Man feels and knows those things which are for his good if he reasons. He may be mistaken sometimes in the attitude of one supposedly a friend. He has had his bitter lesson, yet this was for his own good, though attained at the cost of injured feelings and sorrow.

Unless the way of life is at times laborious noth-

ing is appreciated. It is gone over without a thought of Him who guides or the many blessings that are received. The hearts of those who have suffered are filled with sympathy for others. Those who know not what it is to need anything feel little compassion for one whose wants cannot be met.

Give all you can, in smiles or thoughts or deeds, so that someone weary upon the way may be aided and his heart may be made lighter through the knowledge that another mind and heart understands and has feeling for his condition.

Enjoy to their full extent those things which come to you. Man has many ways of shirking his responsibilities, yet with those anxious to learn the desire is for a better course to follow, that the truth may become more widely known.

November 2nd, 1912.—Vary your course of travel, that you may secure a viewpoint from all sides. The places which one has not seen cannot be so well described as when they have been thoroughly and impartially viewed. By this one gains what years of studying would not give.

Rest upon the way when the journey upward becomes too fatiguing. Without the will to overpower discontent, discontent overpowers you, and you fall to the bottom of the hill in a crumpled condition, with the journey still before you and disheartening thoughts for companions; while with the teeth shut and determination steadfast, the ob-

stacles to the ascension would be cast aside and the journey continued and the victory won.

Let not sorrow enter the gates; know not discouragement. More is obtained by cheerfulness than weeks of labor can bring.

November 3rd, 1912.—Walk on the opposite side from him who has not truth within, owing to his will to shut it out from his heart. Besides allowing the sincerity within you to dominate, walk cautiously.

Man has within his being that which makes for good or evil, as his choice may be. He who prefers evil, that all may appear easy and the comfortable thing to follow, will be rudely awakened on the day of reckoning. He who chooses the noblest course will meet many obstacles which it will be hard to believe are put in his pathway for any good, yet they must be, for with too smooth a pathway man is apt to forget his Creator. It is necessary for him to remember spiritual things when gratifying his materialistic desires. Thus, when things appear dark, know that the lesson is for some good, though it may be hard to understand.

Feel this strongly and in the depths of your heart and things will then begin to brighten. Among the friends are those who stand watching with anxiety each move which you make.

God bless you, and may the power of His benediction give unto the household that security which will meet all man's requirements.

November 5th, 1912.—Unite humility with a sense that the imposition of none may be allowed. The motives are not always the same which prompt the attaining of a certain thing. Those whose motives are just, honest and in all ways proper meet setbacks many times, while those whose ideas are decidedly unwise and worldly seem to progress without any hindrance.

Too bad, you say, yet if it were not so the wicked would trample and hurt many more than they do in the effort to obtain what they desire; for in their determination to get it no means are too cruel or bad for them to adopt. Some stoop much lower than others in the first offense, but the desire prompts them to seek the way of attainment, whether it lead through dark places or not. Hence he whose heart is clean may be thankful that his desire for good leads not into such paths, where the way to others may be cut off, but rather leads where another may be helped by him and through the helping may often be kept from progressing so rapidly toward evil as he otherwise might.

May God guide you and keep you from harm; may those roundabout send strength and the forces work together for the betterment of all! God bless you all.

A new effort will be to hold those to whom in the past no thought was given. Much that atones for sad experiences is found in the assistance which

through them has been gained—the better insight into your fellow man's nature, the clearer understanding of the disadvantages that befall him, which denote some growth in a higher way if you have done your part to the utmost. Make then each day, each hour, a perfect thing apart; the hours nobly lived make a happy day.

Grow in faith, that whatever is necessary for life may be had. Remain steadfast, that the law of the universe may be seen to have that in it which belongs to each man, if he but knows and understands his place and what he should do. His part in the plan of the world is his own to look after with a fervency which increases its worth, if he but sees it. There is opportunity for everyone to show his willingness to do for others. One's manner often suppresses the confidence of a mind which seeks help and guidance. Cause each, therefore, to feel assured that the needed sympathy and assistance may be obtained without any shrinking from you for fear of dissatisfaction that you may express.

Work this way,—the soul within you shining forth in kindness, yet with that degree of strictness which at once makes one realize that goodness is the keynote with you, and that no unclean or disagreeable things are tolerated.

Those acts which were committed in the desperation of unrest, or on the impulse of the mind without fully realizing their enormity—such deeds may

safely be acknowledged and a way shown the offender whereby he may redeem any evil he did by virtue of his voluntary good behavior henceforth.

November 7th, 1912.—What matters if in the heart there is love of God—Him who has tender mercy for all, which is in keeping with His care and guidance for everyone, according to their solicitation?

Man has a willingness to heed his fellow man only when it seems to agree with his pleasures or desires; if God's law is not obeyed, whether it be to the liking of man or not, sorrow is the result. First because of disobedience, then for the slow awakening to the fact that His way must be heeded or the sorrow and disaster will be greater after one's faults become at last appreciated.

With all there is a tendency to yield to that which is easiest, yet this is not wise and frequently within a short time failure to obtain any good from the move is realized and the fault is easily seen.

Gather together those ideas which come to your mind incessantly and make the most of them, for much good will be found therein. Make a note of this, that it may be carried out.

November 8th, 1912.—Man hunts for happiness as an animal does for prey. The labor and anxiety expended deprive him of the benefits which, if he were to accept all things as they come with calmness and contentment, would now be his.

It is every man's birthright to be happy; satisfaction with what one possesses is the best way to obtain this blessing. If a man has done his best in habit and thought much annoyance is avoided and his home is full of happiness.

When each does his best, with the wish to improve and to aid others also, he shows the right principle, which is bound to succeed. On awakening get up each morning and start out for the day's work with eagerness, that all may be bright for you; in no way let in a shadow, but by persistent thought keep away anything you may see that looks gloomy along the horizon.

This may be difficult at first, but with practice it will be accomplished easily, and the more resolute you are in the undertaking the plainer it will reflect itself upon your everyday life, both in your acts and in your countenance.

Strive then to do this. When clouds appear know they are but fleeting conditions, which by means of your will shall not be permitted to rob you of strength or depress you. Smile, though it may be with an effort, and accept conditions in a manner to your credit.

Make this the lesson for the day—to carry cheer with you, that gloom may disappear, for the two cannot live in the same place.

November 9th, 1912.—Shield the heart against rebuffs; hold yourself in a position which makes

them unable to penetrate; face any who would wound you with the kindness in which their intemperate impulsiveness should be held; thus preventing them from feeling the joy which your discomfiture would produce should you in any way become weak.

These words apply to anyone who in striving to do his duty meets with an unkindness directed to him with intent to hurt. Let him be on his guard and not give the reply which the quarrelsome one hopes to obtain through his losing control of himself, without permitting, however, the aggressor to go unrebuked for his unkindness.

Let your just and honest opinion be expressed in a forcible manner, not at all malicious; the awakening for the coward will thus be great. Unless things are so treated, individuals endeavoring to be kind and fair will be molested and imposed upon by the unscrupulous.

November 10th, 1912.—Cherish a spirit of thankfulness for the good influences which have brought you to the point where a comprehension of things will bring you the happiness that passeth all understanding. Meet the experiences of each day faithfully, and with a knowledge which will achieve the best results for all. Waste not time on those things which yield doubtful good, going rather upon your mission with a determination to throw aside all uncertainty as to the plan adopted.

Show the friends your faith and trust; doubt nothing which you are desirous of obtaining, when the desire is the proper one for the fulfillment of the Golden Rule.

Attend to each day's work, that the whole may be worthy. The spirit which controls you now is that which will in certainty make the way plain, revealing the atmosphere clear and filled with beautiful sights to please the eyes.

What you have to do, now do.

Anxiety saps the strength; strive therefore to conquer the depression of the mind which many times makes life difficult to bear.

Make the best of what comes along; thus the unpleasantness which all experience sooner or later is quickly overcome. When one does not dwell upon troublous matters their poison ceases to be felt. Everyone has moments which are trying; be brave and know that such worries are but fleeting incidents if we put them out of our thoughts.

Thoughts! Thoughts! So real and far-reaching! Men of prominence, men of brains, what say they of thought? None has been able rightly to express their worth or the far-reaching effect of a thought. Let all think then with an uplifting trend, that much good be the result. Youth has the ability to begin thus, with proper training, and to follow a theory which will soon be demonstrated as a fact and the

wonder of the work recognized, if it be pursued faithfully.

Make this then the lesson: Train your thoughts to be only those that are high and good, so that the road which they travel will not bring unhappiness to anyone.

November 11th, 1912.—Attribute those things to man which are of his strength. Those which are beyond his apparent strength come from the friends who are guiding him; thus many undefinable matters will be more easily comprehended.

If man will take this view the strength, all will say, is superhuman, yet in no way do they strive to solve the question; let belief rest upon these words: God's wisdom is the same. It is felt in any and all parts, though the Omnipotent may be known by some other name.

With the help and guidance from this Oversoul the voices of all are raised in prayer; by prayer all mankind seeks aid, whether it be from the God you worship or the God of His people. There are those whom you rank as savages, yet their conception of the future was in reality nearer the truth than that held by the civilized world today. They communed with spirits and they knew that the so-called dead went onward to another life.

Many in the civilized world believe that death ends all; this is the case with people who should know better. They are learned upon many subjects,

yet nothing has been presented which to them seems rational. The things which are taught in this manner have not been brought to their notice in the quiet, dignified manner which is the only way by which an impression can be made upon the man of learning.

With a certain class there must be an emotional effect, but they require to receive it in some experimental incident brought forcibly to them. Worthy is the study which helps man to lead a better life, its motive being a wish to progress.

November 12th, 1912.—Attend to those things which belong to you. Affairs in the earth life seem to be in such a confused and muddled condition once the right spirit in man tries to assert itself. He who endeavors to do his best for mankind progresses little, owing to the numerous opponents he meets at every turn striving to fell him. Yet in the end he is master and reigns over all those who at one time laughed at him, notwithstanding the corruptness with which conditions are carried on, the dishonest way in which means are expended and obtained.

Those things which were at one time a luxury are now the common demand of many. What can be expected of one lone creature in the midst of such a situation? Is it not true that because of his great struggle many will think his undertaking is a failure? Let no one know the struggle which is now

yours; face it, and to Him who watches and to those who strive to guide the work, take your needs in supplication, and they will not be turned aside.

In this believe; it seems hard that one doing his best must be made to suffer, but things cannot be otherwise. The lesson is one which will bear fruit. Work then, brother, not disheartened, but with faith that the way will be shown you; the course will thereby be more easily followed. God bless you and yours, who are at this time in such a weary condition.

November 13th, 1912.—Appeal to those on this side whom you love that help be sent, thus showing them that you still feel their power to assist and direct you over hard and impossible places. Keep the friends ever before you, holding them as the intermediary by which all may be brought into the light, since they in their advanced knowledge are better able to give instruction.

November 14th, 1912.—Man seeks nothing without a purpose; if the purpose be a high one much energy must be expended in order to fulfill the desire. Man, therefore, must work; for in working there is a stimulus which is needed to weave together those things which are necessary for continuity of the idea.

Cope then with all circumstances in a dauntless manner if the purpose for which you are working is a noble one. None may discourage the man who

feels his desire to be lofty and the fulfillment of it a certainty.

Nature sends its greeting in the morning through the brightness of the sun. When the sky is overcast by clouds, man feels its effect in an undefinable way; it has the power to keep back that exuberance of spirit which would be experienced if the sun were shining in its splendor. Thus you see that atmospheric conditions affect the physical organism through the reflection from the mental state. This will be understood by some, yet there are those who will not think there is truth in the assertion. The manner of one individual has its influence upon the feelings of another. Some persons come into the presence of another and the effect is like sunshine in the room, while others cast a shadow over all like the cloud which hides the sun.

Strive to be like the sun rays rather than the clouds; bring with you thoughts which make one happier for having seen or talked with you.

November 16th, 1912.—No harm can come to him who sees where he is going. The way is clear, and though the path may be frequented by thieves, their harm can be of a physical nature only. Those who rob one of worldly goods have made themselves the possessors of that which will bring them nothing lasting, and the misery which will be meted out to them as their desert will be more painful than any suffering the robbed man can know.

Application to that which seems to be the keenest sense one has will produce better results than weakening the strongest talent by neglecting it for an inferior one.

After years of labor a man has often gained nothing. The fault was sometimes not his own, yet again it was, for that which he seemed most fitted for had been turned aside for something which he thought would yield him more materially, but his inadaptability to it did not warrant such material gain being secured; hence his failure.

If he had accepted that for which he was adapted, whether the compensation were small or large, until an increase would be given him by virtue of his proficiency, he would have succeeded. With all there comes a time when this is a question which should be well considered; let not prejudice enter into the discussion.

November 17th, 1912.—Dare to maintain openly and with firmness those beliefs of which you are convinced, for no one is able in any way to keep the truth from asserting itself.

Men obstinately hold to sayings which do not really represent their honest beliefs. Keep them strictly to an argument, making them see that they do not live up to the theory they expound, which speaks ill for the theory, or their acts, or both.

Meet with interest people of profound opinions, observing their conduct that the truth of their sin-

cerity may be proved. What is there worth while in life's field of action if one is not met upon the highway with a friendly handshake or grip? Individuals who claim they need no friends are, to my mind, to be pitied in that they rob themselves of the close communion and fellowship of those who might in many ways make the hard places easier to pass over with their strengthening words of comfort or helping hands.

The secret of it all is not to become so much interested in one's friends as to neglect other duties or to make of them a sort of god. This is the extreme and not the proper course to pursue.

The friendship of a good man or woman, the feeling of love and earnestness held for one's welfare, is a grand thing which should be highly prized. There are friends whose loyalty is a thing to be wondered at, and the strength of their love and affection is more effective in quieting a disturbance in the individual's mind than is known until it has been experienced.

When this is trampled under foot, the harm done is irreparable; the hurt is twofold. The injured one becomes most sceptical as to the honesty of anybody, and the injurer is sad indeed when he realizes the hurt that his insincerity has caused.

November 18th, 1912.—[*Answer to a question from whence came the ego.*]—Into what does the ocean flow? The mind's existence in the human

frame is the first consciousness that the individual has that he is living and as an entity of the higher order; it is his foremost step into the sanctuary of man. Is not man the highest form of matter which has been evolved? This is the state where each comes into his own knowledge, which is the consciousness of the individual's identity. This lives on. It is like stepping from one room into the other after removing your garments,—the same man, but of different appearance.

November 19th, 1912.—A free mind is of the utmost importance. Honesty of purpose is the right incentive to possess, then one will not go far astray. Shun companions who keep you from engaging in the pursuits necessary in order to carry out the work allotted you to do.

Generally, upon the meeting with persons who attract, is strongly evinced a particular quality which is most impelling, although it is not always of the highest type. With study of the individual, traits and impulses which are hidden from many will be observed by you, thus enabling you to reach something in man's inner self which may never have been reached before.

It is simply love—naught to mystify.

How long and how often has the love of man for man been expounded? There are those who do not believe in it when it goes beyond their individual homes. Others do not go even so far as that, for

many have no love in their hearts. Then there are some who strive by their love for fellow man to follow the teaching, and it is they who are so many times smitten on the face and shamefully abused, though they do not complain but put this treatment down as that which must be endured in order that those whom they would approach may better understand in time the things necessary in order to be a follower of truth, through the living examples shown them.

With time the things which are their due come to such faithful followers of truth and the appreciation of the blessings sent can then be more fully realized.

Without, the storm is raging, but within the home near the burning grate, who minds the wind?

November 20th, 1912.—Cling to the thoughts which are prompted by love; thine may be the help which will bring comfort to many. What the mind cherishes thrives. The thought will not die, rather it unconsciously makes progress; it inoculates the very being with the desire held in the mind, and this either works for good or evil as the thought may be.

Those which are evil harm the sender infinitely more than the ones against whom they are directed; while from good thoughts the sender receives the benefit, in that they raise him out of selfishness and

impart that love and kindness which are at the foundation of all things.

Hold, therefore, those thoughts which are elevating, filled with the highest ideals, and strive to reach the place in the universe which is ready to receive you—a place which is higher and better than the abode of discontent.

While in many homes there is not what one would desire from a worldly point of view there is a fullness of love, contentment and happiness which no one can take from the possessors. In wealthy homes this is not found so abundantly as it should be. It often seems a thing apart and unknown. The idea that luxury will efface or cover the deficiency made by the lack of harmony or love is erroneous.

Home is not home where love is not. The universe is filled with such places. The individual is at fault; let him seek that which is his by virtue of his being and it will be found.

Let the individual stop seeking his own comfort and happiness; let him turn his energy into giving comfort, happiness and love to others, and it will be found that what he so earnestly sought has unwittingly crept into his very being.

November 21st, 1912.—In everything attained the acquisition has its purpose. Those things which fall lightly in one's way, without any exertion from the individual benefited, had their origin in the desire of others whose efforts so worked together that

they united and bore fruit in the life of him who expected nothing.

The reason for this result was that by the acceptance of it with grace the work continued and help was afforded, but the man who allows opportunity to pass becomes the intermediary who places the opportunity at another's door. Thus it is through life—by the listlessness of one, another gains; with others it is overzealousness which defeats its purpose and puts that which he longs for in the way of another to secure.

Make that which you would attain the subject of earnest prayer and thought, that the benefit you seek may meet with success. Hold fast to the ray of hope which you still possess; things worth having were never accomplished in too swift a time.

November 22nd, 1912.—Master thyself; it is the greatest of all victories. The judgment of man is often in accordance with his ideas and not upon the merits of the case. Therefore, hold thyself in a perfectly neutral state of mind while passing a decision upon the actions of another. You will find upon earth that those conditions which have marked man's progress are the ones from which self has been eliminated, and the welfare and protection and happiness of others sought.

Joy, success, content—the three should go hand in hand, yet how often is seen the disgruntled man who has in a material way succeeded! There is

neither joy nor content in him. When one thoroughly understands the meaning of the word "life" the conditions surrounding man will be different.

The success that gives the greatest joy is not material success, it comes from true living, from mastering self and promoting happiness. This is true success and in this will man find joy and contentment. With God's help strive for the life which will hold these three for you.

Walk with face upturned, radiant in its peace and knowledge that He who rules the universe will watch and protect you by sending guides to walk beside you and prevent harm from reaching you.

With God's blessing upon you I now depart.

November 24th, 1912.—Unto the mountain turn your face, for there is nature's beauty place. Beneath the shadows formed by spreading trees, haunted creatures make their hiding-places, where none may find them.

Experiences in life resemble the wooded mountain side. Life is a steady uphill climb for most individuals. There are places which seem impassable until, by a very circuitous route that which was considered beyond one's power to overcome has been safely traversed. The spring which is often met with on the side of the mountain, under a rock, is greeted with delight by the traveler, just as some

condition which overtakes the individual is met in life when least expected, and lifts him out of the depressed state which hung over him, giving him new strength and courage to continue upon his journey.

Walk then along the pathway knowing that each day brings you nearer the top, that the way will be made passable, if not in one route, by another. It may not be the easiest course, but when there are difficulties the smooth road later on will be better appreciated.

Years may be taken in the ascent which, if properly made, would require only a few months. You will the better show the knowledge which is yours if you maintain lightness of heart and appreciation of that which you have.

With God's blessing and watchfulness, I commend you all this day.

November 25th, 1912.—Clothe your thought in lightest texture, causing new ideas to appear without confusion to your mind, that with the ease by which a garment is thrown aside, you may accept any new thing which presents itself, without any annoyance.

When the night is dark and fierce, weird sounds forcing the timid to quake, does not one view a light signaling the approach of someone as a blessing?

You are like that creature in the darkness—all

strange things making grotesque figures upon the mind, which creates a timidity that increases and becomes an annoyance. The approach of a little light reveals things in their proper proportions. Why not strive to hold fear in abeyance? Make light shine forth through the shadows, which may be brushed aside, and the way will appear brighter.

Affairs must not be charged to your keeping which are the duty of another. Do what you can with willingness and cheer, without making the things accomplished a burden.

November 26th, 1912.—In the garb of truth much dissension is sometimes created, by the influence of things which, through duplicity, have been hidden. The light shining in shows all conditions; therefore it is well at all times to wear the garment of truth, that none may strip you of anything which you need.

Strive to master circumstances so that cheer and happiness may mark things, letting not fear or dissatisfaction mar your environment.

Lift up your eyes and gaze with rapture at the stars in heaven's canopy. Each little star, each little light, shines forth upon a glorious world.

To people over all the earth these beautiful lights are as welcome as the sun. Their true history you know not. Wise men strive to discover their origin, but as yet have not progressed far. What does it

matter? The accounts of the earth's history are not conceded by everyone as correct; therefore, why strive so hard for knowledge which will not materially aid anyone? Students should devote time and energy in a direction which would mean greater progression for more people, and help those on earth to live more ethically.

November 27th, 1912.—Men holding positions of respect are much more opposed than others to declaring thus or so for their unbelief, and they are not willing to lend their name to anything when it is first projected unless the new condition offers much lucrativeness.

One holds within himself the power to reason and choose, yet that reasoning must be brought into play before steps can be taken in the direction toward which one is struggling.

Proceed with deliberation, that the reasoning and judgment may be beyond reproach. Place yourself in an attitude to receive, rather than to divulge too much, while studying a situation.

November 28th, 1912.—Think fervently about those things desired, with prayer and honesty of purpose. Success brings a happiness which causes one to forget his struggle to conquer before the dream became a reality.

Lift up the spirit and cry—"Conquer I will, and the time is near." Such thoughts are strengthening and give courage to the disheartened.

Wake all that lies dormant within the heart and struggle and conquer through doing your best.

November 29th, 1912.—Obey the silent voice which bids you put to one side the things which disturb, giving you nothing but pain from dealing with them. Great is he who is master of himself—of his mind; in him dwells the wonderful peace which it is the desire of all to possess.

Words that distress are never heard from such an one; it is beyond his power to wish or think aught but good of his fellow man. Like the fallen dew upon the flower, which freshens it and gives new life, are the words spoken by him to his brother. Naught but beauty and strength is gathered from them. In strength of this kind may you be bountifully supplied, that the ends for which you are striving may be realized.

Everyone loves to rule, yet how few realize that they are not rulers of themselves! Yield not to the impulses which tug at the mind, striving to batter down a protective wall of determination which has been built. Be master of your mind. This is more glorious than you may be able readily to understand.

Show then the power to govern the mind in small things; with larger ones the task will then be more easily accomplished. May God bless you all and show you the light which, if followed, will bring you into the place where peace abides.

December 1st, 1912.—At times our strenuous efforts seem useless to win the gracious spirit of any man who plans great things for himself. Watch for the feeling which will come when you wish to know the way to shun the tempter who stands waiting to turn your head with a career. With earnestness do your best; God's angels will strive to do all else that may be needed to fit you for a work which brings peace and good health.

Open wide the mind. Know that all may not see things as you do for two reasons: first, some are too busy with material affairs to think of spiritual things; second, others cannot see things as you do because their concepts of the future life are at variance with yours, and as they believe implicitly in the doctrine taught in the Bible they move onward blindly and without reason. They seem to feel that a different view is an intrusion, as if a thief had come to grasp that which is dearest to them, when in reality it is a builder of beautiful things coming to retouch that which they hold with a fineness of finish which remodels and makes all more beautiful and pleasing to the individual.

In time these people may be reached, but, oh, how long it takes! Would that they were willing to spend a little space in reasonable thinking, that they might the better devote each hour and minute to the life which is so all-sufficient; for, with righteous living, man seems imbued with power to hold

the world's cares and trials at bay, regarding them as necessary to mold and instruct him how best to surmount difficulties, also to acquire patience.

May God help and protect you in this day's work, showing you wherein your duty lies, and may it be enacted with cheerfulness and receive a compensation which will be more than gratifying.

December 2nd, 1912.—Clothes convey more to the mind of the average man than the real worth of the individual—a fact which sometimes causes those whose minds and hearts are clean and pure to be held in a position both unjust and cruel. Of a certainty it is the duty of an individual to look his best at all times, but of this I have spoken. Show and an outward sign of prosperity mean too much to weak and vacillating people.

When one is found who admires an individual simply for his worth, there is nothing which will change him and no trouble is too great for him to undertake for that individual. Make, therefore, those friends whom you find to be worthy of the name, those whom you feel assured are not greedy for material benefits when they pay you attention. This the keenness of your perception will show you clearly; require honesty and kindness in all dealings, yet in no way force a friendliness.

Aid those whom you can; it is well to assist people when the help is not received in a purely selfish and uncomprehending way as to its cost in your unself-

ish yielding. Assist yourself, that you may progress with greater ease and fewer hurts from the un-friendliness of any person.

December 5th, 1912.—Wisdom attracts wisdom; therefore if those without power to reason seem slow in grasping those facts which prove themselves to be wise, have patience with them, for the trouble is the weakness in their reasoning power.

The following will be gradual in its increase, but the increase will multiply; therefore the present time is the most difficult; after this is passed you will feel surprise, in the retrospection, at the astonishing ability which has been given you to meet things as they come. Of this be assured. Much will arise shortly to place you outside the mesh of anxiety; hence it behooves you to smile with happiness.

December 6th, 1912.—Where may strength be found? Not in the body of one who is unable to hold himself up when stress is laid upon him; in such may be seen man's weakness. Strive to put fear aside; thus happiness is easily attained. Youth has weaknesses which are best pointed out and painted in their true colors, lest harm may come from them.

There is much in nature that man cannot explain; his reasoning will give no satisfactory results. Let light glow upon the hearth; let not sorrow nor unjust wrath find room in the home. Life is sweet where, in contentment, the joys of existence are complete.

Cross the threshold of a new era, directing everything toward a higher ideal.

Strength is needed to fight those materialists who scoff and who hold not the new thought; put into your work that which seems reliable. Firm are the foundations built upon truth; they stand the test of ages, yet anyone who strives to live a nobler life when in the material condition that is considered poor finds the climb an uphill one, with so many ready to push him down when the ideas he holds, the truth he speaks, show them too clearly their unclean or unwholesome way of living.

Still, I say, the way will soon clear and the future will more plainly be seen to offer much happiness. Stand erect and climb on until the hilltop is reached; you will then behold great beauty. You are now willing to be used by the friends; have assurance that they will not leave you, and are endeavoring to impress those who can aid with a desire to seek you.

December 7th, 1912.—Enter into the work with much heartiness, holding on to your courage with steadfastness, that the adversary may not gain one point. You will indeed be strong against those who strive to weaken you, if with persistency you lightly throw them off and think not of the morrow but of the present day.

I make this emphatic because I do not wish you to become low-spirited or discouraged for the time,

owing to the pressure of conditions which makes aught else seem impossible to the average mind. Things will soon change, so look not down, but up to Him who knows your heart. I bless you and yours.

May the glory of His countenance shine upon you and make the way more bright.

December 9th, 1912.—Should allotted work be considered a hardship? Must the occupation one enjoys become a hardship and trial? If so, the universe would become a place of disquietude and the trials that man would avoid will be forced upon him. Much that is trivial is dwelt upon until it becomes the size of a mountain in the effect it has upon one's reasoning powers.

Man holds out his hand to grasp all he may, with the sole desire to gain something for his own gratification. Love of self is the judgment passed upon most individuals. "Give unto others that which you would have others give unto you." Man forgets this motto in his dealings with his brother.

Universal is the desire for kindness, but the lack of it when many times it would cost the giver scarcely an effort is amazing. If one would stop and take notice of it he would soon see the truth of this remark.

Thus today's lesson is the freely giving unto others that which one can bestow in kindly deeds or words or acts. Much more is received from the

hands of the poor in these ways of giving than the rich man has any conception of. Do the best you can. Love your fellow beings and uplift them as much as possible. Watch the little ways of helping; the larger ones will be easily cared for.

December 10th, 1912.—When a wish to improve comes from the heart, progress begins. Empty words bring no results; stand firm in what you say. Those who would progress must first learn truth. Without the hope of obliterating the past there is no strengthening force or disposition to improve. No good can be found with evil companions; let man take himself away from those who in some manner hold him down. The fitting thing for one of this kind is work—hard labor which will not give him time to think and analyze with pity his condition, which is his own fault because of opportunities lost. Many a man might have been supplied with the means of progress if he had wished it. Lost opportunities must be accounted for.

December 13th, 1912.—Apart from having those things to do which speak of higher things, there is a duty which each must perform to his own. Those who would help others must also help themselves in ways which seem small, and of little importance, yet they are in truth very important.

December 16th, 1912.—Should things which in time degrade a person be allowed to influence one's individuality? No, pull them down before they pull

you down. He who wastes himself in any way must some time suffer, for it is a rule of the Almighty.

Each has his call to duty, though some blindly do not see what is best for them. The day of reckoning is bound to come sooner or later; thus the earlier one takes hold of his responsibilities and grips them until they are firmly mastered, the better off he will be in having handled the situation firmly at the outset, that the difficulties might be more quickly overcome.

Youth often jeopardizes health and happiness in a moment of rashness. It has ever been thus, it is nothing new; the world contains more sad and miserable men than a boy can well imagine. It is strange that no matter how closely one may be in contact with an individual whose wrongdoing has brought much sorrow to himself and others, he learns no real lesson from it. He must know from personal experience, bought dearly by himself. Why, oh why, will man be so headstrong and foolish!

December 17th, 1912.—Near to conversion are many whose natural ability to work will be of great help to the cause. The holding back, we see clearly, is only opposition to taking the first step, from much anxiety as to the opinion of those with whom they dwell. Persuade those who would seek enlightenment to do so fearlessly. Nothing is gained by deception. Maintain that all should be willing to

become a party to the existence of right, and a life free from man's petty little deceptions would be the beneficial result. This would cause one to long for only wholesome things as the common condition of life, not as now the uncommon.

With honesty much could be gained, but when there is half-heartedness in the work, there is bound to be little progress. Show those whom you hope to win that the welfare of people is your honest and firm desire, and your sincerity and earnestness will not fail to be realized by those who wish to be helped and are themselves sincere.

Now let those things which mold the character possess much strengthening force; speak principally of those matters which will turn man's living in the right direction. Man should know that deeds are what make him happiest, not, as he supposes, pleasures of the day or passions gratified, for after gratification it is but a short time before the desire is felt again.

Work then on this. Those you have aided will in highest praise voice their thanks for the help—those who are themselves sincere and honest, thankful for that which has been given them. For those you have helped who are still selfish, there is yet much to do. That, however, is beyond your power, other than in directing the way. The help must come from within the individual, the willingness to exercise his own powers.

With too great dependence upon others a child would never walk. Just so with these people; let them know that they have the foundation within them upon which a secure structure of character can be built, and start then upon the work, showing them the proper adjustment of habits and desires and mode of living, then urging them to put those instructions to use.

May God bless you and give you encouragement as you go along.

December 20th, 1912.—Reward will come; he who is worthy need not fear. Stand upright, for a bent figure denotes age or sorrow. Lift then your head; sing and rejoice that the coming of good things may be heralded. Rejoice that others may rejoice with you. Apart from proclaiming the truth you will be blessed in other ways. Take note of this: Those who now look upon you with pity will hold their arms out to you in supplication that they may know the way in which these things are done, yet not from a wish to further the cause of righteousness but to secure the material aid which will in a short time be yours.

Who is there that watches the progression of this work and does not note the sacrifices which must be made in order to teach man humiliation, and also to set him upon his tasks with a quickened faculty for sympathy and the appreciation of straitened and perplexing positions?

Beneath leaves flowers have often been concealed; behind deeds man has stood. The man is sometimes forgotten; the deed is remembered in that it helped the receiver. Portion out to him who gives that which is his due, because of what he has done. Show in the giving your love of man; such service should be received with thanksgiving and will be, though the penetration of a man's brain with gratitude is too often a slow process, but once accomplished his appreciation of your kindness always remains.

December 21st, 1912.—Necessity forces one's attention to matters which otherwise might be set aside. The spirit within must so guide you that what is necessary can be distinguished from what may be done without. Sometimes a sacrifice is ungraciously received by him for whom the sacrifice was made, yet it has done good in that the giver was helped in spirit.

With others a sacrifice is the beginning of larger things. Despite years of learning, there are people who seem not to understand the lesson of love and sacrifice. When love is sacrificed there is pity, great pity, which causes a heart to break and sorrow to overcast all.

From this man must hold himself free; there is no good in it, for the things which wreck lives can bring no happiness to anyone. Go then upon life's journey endeavoring each day to meet all with kind-

ness and love; with justice toward all. Let what comes be looked upon in the proper spirit, weighing things well and seeing if your best has been given. Open wide the heart, yet hold fast the gates against those who have no conception of the ability to appreciate what the heart gives out.

December 22nd, 1912.—There are no shadows when the sun is at the zenith; then man has naught but brightness around him. Therein lies a moral not to allow darkness to shut out the rays of brightness, for that causes shadows which distort things and make one afraid. Fear brings to the imagination much that does not exist. Cast out fear then with firmness, holding fast to the truth. Apparent to all is sadness; more apparent is consternation; when these are observed the tongues of the curious wag in mad speculation as to the cause. Permit neither the one nor the other to be seen upon your countenance, rather let your smile and spoken word of cheer and confidence check the gossips and give them new material to talk about. Show no dissatisfaction with conditions but the smile of contentment and the appearance of smooth sailing. In this way much will be gained. Those to whom you are so helpful will marvel at the manner with which you conducted your own craft through troubled waters, when the time of prosperity comes and the circumstances you have mastered may without fear be told. Stand then with head erect and with a spirit

of thankfulness for God's wonderful guidance in times of trouble.

December 27th, 1912.—What man knows about the higher life, that is, the life on this side, is very meager. Whence got he the knowledge which he hath? Was it not from this side? Those who assert that the teaching of Spiritism is an evil work, hold your tongues, for do you not base all your religious belief on the teachings of men who lived ages ago, yet forget to account for the voices and words spoken to such men as Samuel, Elijah, Moses and Abraham? Where did those voices come from if not from the realm of spirits? You believe all else. Why not look upon things as they are, not as you would have them to suit your fancy?

That spirits exist and are close around man, to help when they may those who place themselves in a position to be aided, whether consciously or otherwise, is a fact. Man is responsible for yielding to thoughts which prejudice his mind against the thing which he naturally would strongly desire. They are influences that pull one down, but we ask no man to do anything which he has not first decided within his better self is right.

There will come a time when, owing to the ease with which he listens to the whispering of temptation, his desire will be for nothing but that which brings him the most material gain. The portion allotted to each man is the same; whether he obtains

all that is his depends upon him. Work for a given objective point; let nothing hinder you and success is bound to follow. Not without an effort, remember, for otherwise the result would not be appreciated and the keen zest of the fray would be lost.

December 29th, 1912.—Seek the company of those who by their influence will be of infinitely more help than those mighty with worldly goods. You will gain happiness, for through much kindness they will find a power to aid you which will triumph over all things encountered. The spirit of righteousness will not live within the breast of anyone without bearing fruit; therefore you will be blessed, though there may be a doubt in the minds of others. There is much which you now enjoy in the way of blessings, notwithstanding those drawbacks which you have encountered, for by them the blessings have been made to shine forth.

Cherish all that is good, repelling with vigor all that is the contrary. Handle not things with the strength of a lion and the heartlessness of a vampire; the heart must do its part while the head does what is necessary clearly to discern the proper desire to be held. Things must be strongly managed, yet with kindness and gentleness at all times, never forgetting the other person's position, which is sometimes more trying than you comprehend.

December 30th, 1912.—Believe that whatever you have is just; seek for that which thou wouldst have;

never be content with what you have in the sense of being satisfied with your attainments. Measure not things without looking well into their contents, lest there be counted with the most precious that which is unworthy. Center not your thoughts too closely upon anything, else through inattention many conditions necessary for the attainment of what is desired may be overlooked.

Live upon the love and helpfulness which is within your power to give, for by your deeds shall the fruits become plentiful though their growth be slow. Make the sun shine where clouds have gathered, that your coming may always be welcome; that light may penetrate darkness and dispel a storm will be known and the good accomplished will carry with it much joy. Listen with patience to the thoughts and ideas of another, for all may not be able to see things as you do, their position being less advantageous. With guidance they will follow you, step by step, until they fully realize the truth. With each individual the ideas are different, just as the tastes are different; those things which to you are luxurious, to others may be repugnant. So with all things; the ability to see and understand is without doubt greatly governed by one's training, hence cultivate those things which are elevating. Great is the error of trying to force a belief upon another; this never do.

December 31st, 1912.—Gather that which has

upon it the stamp of wisdom; shun that which is covered with tinsel, brilliant only when the sun shines upon it and obliterated in the darkness; nothing can rob you of the teachings of wisdom.

Always keep your spirit free from those nagging at you, that the thoughts which elevate may not suffer a fall.

At the close of the year hold firmly to those things which have helped you, without feeling that aught could have been better. Carry these elevating conditions along into the coming year. Quick shall the triumph be when the heralded facts become fixed in the minds of the people who need the truth, matters shaping themselves with a smoothness which time alone can perfect.

Slowly walk, that strength may flow into your pulse. Leave with the fleeting day those who have caused unhappiness; carry sunshine and smiles into the days which are to come. Happiness then will always surround you, leaving no time for you to be sad.

With God's blessing I leave you; may His brilliancy shine upon you, blessing the home and the loved ones.

January 1st, 1913.—Root out the spirit of despair; allow only hope to linger where the voice which destroys courage was formerly heard. The man who is willing to be led reaches his goal the sooner. With firmness choose the right, that pain

be spared you. Life eternal waits for everyone. Hold to that which you have in a manner to promote your best advancement. No one can be robbed of happiness if the will is strong; anxiety one may know, but happiness should not flee at its approach. Take care of each hour; live that right and the day will be crowned with success. Yield not to thoughts which destroy your happiness. Watch yourself in this; you may thus save others from unhappiness.

January 2nd, 1913.—Foster those things which speak of the inner man's development, that they may form the foundation upon which a nobler and handsomer character may be built. Live so that those who need assistance will receive from you benefits of the most helpful kind. Expel not all mirth from your routine, for wholesome fun has ever been a benefit to man. Advise all, whether young or old, to enjoy wholesome fun, not that sport which makes anyone the object of ridicule. There must be more thought of a life of cleanliness before things will be different with the masses. Those whose thoughts are impure have no need to tell of them, their foulness is depicted upon their faces. Slowly it eats into the heart and causes sorrow for many. Such is the lesson. Study the unworthy thoughts and it will be found that they come from selfishness; thus that is the sin which first must be eliminated in order that improvement may begin. Many fail to see their selfishness; it

must not be supposed that anyone is devoid of a certain amount. This, the root of all trouble, must first be corrected. Let anyone know he is not without it, and the realization of his error will be the first step forward, and the rectifying of it will form the beginning of a new era in his life. Great will be the progress in countless ways.

January 3rd, 1913.—Cherish thoughts of such lofty nature that shams and superficial glories will sink to a depth where they rightfully belong, far below the reach of the human consciousness. Better the thoughts which have worth and a power to comfort than a distressed mind with a fat purse. Compel those things which come into the consciousness with desire to destroy peace to flee, that the mind may be free to enjoy those blessings which bestow their benefits through a mind impervious to the nagging of apprehensiveness.

Give unto each this day, O Lord, the help and peace which will afford him strength for all his needs, that with his work Thou wilt be pleased. Guide each aright, and may he have no unkind thoughts to hamper him in his efforts to do Thy will throughout the day.

January 5th, 1913.—Costly is the strife against those things which nature demands and to which mortal man must attend. Lift the barrier from making the physical nature cleaner by not permitting those things which retard the work to take hold of

you. Each man needs proper food and rest. This may be thought by some not very essential, yet we know it is, for overworked machinery needs careful examination, that any defects may be rectified and the work may not be delayed when the machine is again tried. Man must not neglect his rest, for this weakens him so that he is unfit for daily tasks which he attempts. There must be rest but not necessarily sleep, since complete relaxation will rest both the mental and physical being. Lonely is the harvester with none to enjoy his fruits. Let your light shine therefore bright and clear, that those who wish food may seek and feed from your abundant supply. Works of kindness are the keynote of the bounty. Offer unto all that which you have, that none may go hungry; aid will thus be given to the minds and hearts of men.

January 6th, 1913.—Man is not immune from offense. The monopoly pertaining to greed is the greatest offense covering the wrongdoing of many men. Meet half-way any who are desirous of righting a wrong. No one is perfect; therefore hold none responsible for an error which is repented of in all sincerity.

January 7th, 1913.—A little child soon realizes what he may accomplish by throwing a ball against the wall—it will rebound. He is delighted and never seems to tire of his new accomplishment. Man is much the same. When the truth of things

has impressed him, changing everything, he in turn wishes to change the ideas, the viewpoint, or the manner of living, of all with whom he comes in contact, if their ideas do not agree with his. This will not do. There are persons who will listen patiently to what he tells them, with eagerness to improve any faulty way in which they have been traveling; this comes from a desire to be set right. Such a listener's attitude increases one's own strength. Others would change if things were clearly explained to them, but the would-be teacher talks in too positive a way and helps them not; instead he puts up a barrier and there is nothing gained. The majority in another class, those who care absolutely nothing for the progress of which he speaks, think him foolish, and although he might have gained some influence by quiet speech his brusque way antagonizes. Each man must himself have strength to know and to feel what is best and right. You find in your daily life men who are hardened, yet they know within themselves that things they do are absolutely opposed to what the voice of conscience within would say was right. The trouble is not that the voice is silent, but that man refuses to hear it. Stand firmly for truth; let each man reason for himself. The truth must come with individual reasoning, not through facts set forth by another. That method might serve when dealing with electricity or wireless telegraphy,—

certain facts exist, the whys and hows are not entered into, but with man's soul it is a widely different matter. Reach the man through his weakest point and work upon it; helping this, the individual will become strong and his entire being will change; but alterations of this kind will not take place overnight. There is nothing which is worthy that is not obtained by hard labor.

January 8th, 1913.—Lift with one accord your voices in supplication, that your power and strength may be greater. Lasting will be the help given and obtained. Full is the heart with grief for those who do not consider life's problems seriously; they miss the opportunity of serving the Master through aiding their brethren. Do not tolerate any unwillingness to see justice executed. A truth given out will not fall upon waste soil; it will be carried along by its innate force until it reaches the right soil and then it will thrive with wonderful power.

People unused to giving understand not the happiness which they lose; they do not realize what they can do for others nor the benefit derived by themselves from such acts. Those who live wholly for enjoyment find when illness comes and their store of money is depleted that they can obtain no happiness, for to them the companionship and help of true friends mean nothing; therefore, the assistance and comfort which naturally should be given to any man at such a time are not bestowed upon him.

Watch the mind, that it may yield its best for the good of all.

January 9th, 1913.—It is certain that facts will be furnished which will lighten the way for those who would seek the truth. Do not choose paths which lack the safety of partisanship, for unless all are of the will to aid, individuals will suffer. Hold to truth and let none disturb your faith. Help those who seem sincere by working with them; when the individual becomes too personal there is danger. With man's ego trouble will arise; put yourself in a position not to be pulled or buffeted from this pillar to that post. Let your ideas remain firmly fixed and, with the help of God and His agents, carry them out. Throw off the yoke of oppression and when conditions are such as to warrant it proclaim your truth. Judge well those with whom you deal. Test their minds, that the weakness in their ideas and beliefs may be seen, then with persistency work on this line. With truth, you cannot fail. The way may be difficult until the darkness clears away, but after daylight is seen progress will be made with rapid strides. God bless you all.

January 13th, 1913.—Amid trials the true man is shown; the worth of his doctrine is substantiated by the manner in which he lives up to it. You will understand the truth of what I say—that it is easy for one to tell another, "go do this;" but when the same situation is brought home to him, he often does

not follow his own advice. When one is a preacher, he must observe the rules that he lays down to others and obey them himself. Thus it is not easy at all times to smile, but it may be done. This you may say to any who argue against happiness in the face of trouble, that it is possible, and not only possible but the only thing to do that the burden may not crush you. Lift your face unto the clouds, pouring forth thanksgiving that the light you have found causes you to see where others walk in darkness.

January 14th, 1913.—The mind must be passive when we are striving to reveal things to man's consciousness. Approach this matter when conditions are such as to make it possible to communicate, for otherwise no good is accomplished. Messages are sometimes forced upon an intermediary when he has not the power to send them through with their proper meaning defined; there is nothing gained when such is the case, and when mediums are known to be honest it is best to wait until things are quiet. Promote a sense of justice by implanting in everyone you meet the feeling that he has received his due; nothing having been sent to him which his conduct did not warrant. Happiness is within the power of each; it belongs to every man; let it then prevail. Teach those who know it not the truth.

January 18th, 1913.—A ray which casts a brilliant hue attracts people more than a huge light hidden beneath a covering so that only those within

the inclosure may view it. Of all the possessions that you have give unto others a part, that they may progress. Wonderful is the happiness which is thus bestowed. Many of the things which you now seek to know are coming into the light which will show you the proper course to take. Nothing will be held back when the truth is accepted by those who will rise up and by their efforts help much. Make that which you have the increasing power by which more may be obtained.

January 19th, 1913.—Preserve those ideals which contain ethical truths that will help all mankind. That which is only for the good of one is not essential, but that which affects everybody is of vast benefit; by such a sense of justice will be acquired. The control of trivial, confused ideas when once gained will put one into the proper path of thought. Invariably let the desire be for right; even when wounded we often find that those who injured us wish to be more upright and just. Let one not fall short at this time of the high mark he has been aiming to attain, for the struggle is great with such persons when the realization of their unworthiness comes upon them, in the hour of sorrow or trial.

Be guarded in everything you do or say, that you may not hurt another by even a heedless thought. Help everyone, apart from sex or creed, to imitate the life of Christ.

January 20th, 1913.—Man stands alone when he

advances a theory which tradition has not nurtured. Yield not to the demands of the populace if you find that such is your position. There have always been a few against the masses at the outset of any new theory containing truth, yet with time and patience the stability of the concept has been made manifest. Much that is now your accepted belief is at heart the belief of many who do not acknowledge it with grace, owing to fear—the fear of fellow man, who does so little to help others, but in manifold ways weakens and harms them. With more independence the world would be better; it requires strength to stand by what is known to be a truth, all show such a marked tendency to follow the wave of public opinion; those who have the courage to maintain what by them is considered truth and to practice it cannot but gain in power. Where truth is, strength abides, though it may not be able in the beginning to overthrow false conceptions; it will because of its genuineness, though infinitesimal at first in size, live and increase, instead of diminishing, and will eventually expand to a size which will exceed one's expectations.

Lift the veil from before thine eyes. Things will then appear in a new and proper light—the beautiful radiance from Him on high. Conditions on earth are as man makes them through his manner of living. If he leads a life of materialism, worldly matters will encumber him and his way

will be difficult to travel. When trials come to him who lives with the desire to cultivate the spirit within him, they do not disturb him, knowing as he does that the things of earth are man's making, and that his desires are for things emanating from God. God is ever present; His works are manifold, each individual is an expression of His love, and it is the individual's duty to make himself beautiful and useful, for within him is the ability thus to do. Sad indeed is the wasting of this opportunity, which is so frequently done by men of materialistic tendencies. They do not stop to think, but drift along through life in whichever channel is easiest for them. It behooves each one to think and know that he is a part of the whole, which must be made fitting before it may become attached to the Infinite. Live with love supreme in kindness, and with God's spirit predominating.

January 22nd, 1913.—Men aim for that which pleases their fancy, often without due thought whether the achievement is worthy of the strength and time which must be expended. When man has a desire for the nobler things in life, finding them in the realm of higher and better conditions, not for himself alone, but for mankind in general, there is much to be said in praise of him and his project. Those who assist him must necessarily be in accord with the higher principles; otherwise their labor will not be that effectual aid which is required.

Each day you live walk with contentment; strive to make it the best day you have ever known; be happy and others will be made happy; with sunshine, fruit is developed. Let the soul's light shine radiantly, bringing comfort to many; thus with great strength the work will accord with that of Him who comforts and aids the suffering. Into the heart of each one helped will come something that will not be vanquished; on the contrary it will reveal itself, at first to show others where truth may be gained, and in time by its magnificent growth.

January 23rd, 1913.—Running is without a doubt very fatiguing; one must rest afterward to regain his normal breathing. With merely a quickened step much ground can be covered without any unpleasantness from the exertion, proving that it is better than the more strenuous way of progress. With a strong determination that the course selected shall be taken in a steadfast manner, neither loitering nor running, just walking steadily, when night comes you will find yourself farther advanced than those who paused for some trivial reason, or those whose desire was to do so much that they became exhausted from over haste and stopped a long way from the goal. The lake of beauty upon which one sails soothes a tired spirit by the lullaby of the rippling water. In nature one will find much to help him when he is tired or overwrought, if he will walk appreciatively beneath the heavens and use

his eyes and ears. Thoroughly cultivate the senses of sight and sound, that they may show you the way to go and not permit you to be misled by any who desire to deceive you.

January 24th, 1913.—Matters that do not help man would better be left alone. You will find enough to interest you which is profitable as well as pleasant.

It is necessary to be able to draw the distinction, making man judge honestly; for pleasure sometimes should be put aside to defeat that which is unproductive though personally desired. Weaken not in the hour of adversity; the strength with which you surmount it will bring more real good than one unaccustomed to the light may conceive. Look upon none with intolerance, though man in his weakness will have difficulty in dealing with the individual who will not strive to see the truth.

January 26th, 1913.—Mystery only causes some to feel a desire to analyze things, being content with the situation, never wishing really to solve the enigma. There is much in earth life that man will never be able clearly to define, because he is mortal. In the larger development of the spirit, wonderful will be the revelation.

Rest upon the abiding help and strength which the Master gives unto all who rightfully ask His aid, and wait with patience the awakening of another

day, adapting yourself to the things which the present holds for you.

The power to see the brightest side of every situation is a great blessing, yet it is not out of the reach of anyone. Cultivate the habit and you will indeed be blessed.

January 28th, 1913.—Memories frequently bring to one's mind with penetrating clearness the contrast between existing conditions and those of the past, and it is surprising how much they assist in making one see events and circumstances in their true light. In reasoning sometimes man is very slow to grasp what is against his prejudices; we find, however, that such an one is a strong ally after he has become convinced. Become known to those who seek help as one whose reasoning is clear and ably done, who allows not the heart to control the reason, but by reason controls the heart. Let those who will follow, giving help and comfort to all in your daily walk; show all the way by righteous living, in no way trying to force a truth upon man, for in that manner no gain is secured. Man's perseverance is such that he allows nothing which he does not care for to interest him. With those who are eager to do right, the way is seen; and though one may be a little uncertain, by earnestness and help sought with sincerity, he will advance.

January 30th, 1913.—Select with care those persons by whom the truth is likely to be advanced.

History shows many a leader prevented from gaining a victory because his followers failed to perform their duty. With a purpose in view all must work for the common cause, not permitting the overzealous through their rashness to hinder progress nor the laggard to cause unnecessary delay. Nothing which would place the cause in jeopardy should be countenanced. In the darkest hour enlightenment may come with such force that all pain and fear will be banished. Let not sorrow be your lot. Be thankful that the knowledge given you makes clear the way that misery and discontent may be abolished. Hold fast to those things which preserve love among you; cast out sorrow and rejoice that this day is yours for goodly works.

January 31st, 1913.—Show unto all a calm countenance; let none disturb your poise, for by allowing man's cunning to influence you, harm is done. Give comfort to all who seek your aid if through the truth it may be found. Speak the truth to all plainly, that it may be understood; with triumph over self, over obsessing desires, marked progression will be made. Do not enter too hurriedly into a discussion, but quietly set aside anything of which you do not approve, showing your displeasure firmly and with no malice, but with sound judgment. Say what you feel called to say with dignity, and urge all to listen without prejudice.

Grow in strength, that the increase may be felt abroad.

February 3rd, 1913.—Gather only those things which have no thorns, that their possession will not give pain. Let those things alone which have poisonous conditions in them if applied to yourself, for naught but misery can result. Arouse the conscience in the morning with a determination that all which occurs shall be met with the best that you can give; thoughts which undermine this resolve should be eradicated.

February 4th, 1913.—The mountain of unrest may be removed by a small amount of will and common sense, with a determination that the fault shall be remedied. If all had the power to see the causes of inharmony, either in those about them or in themselves, it would be a faculty of immense value.

In important matters there must be study and thought in order to obtain the best results. When dealing with such let not sudden motive be the stimulus upon which you work; with all things absolute fearlessness and sound reasoning must be employed. Man's deeds are lasting; they live throughout the ages as monuments to those who, in courage and unselfishness as to consequences or bettering personal conditions, endeared themselves to humanity by acts which grow in their proportions as time goes on. A man often does some-

thing which is worthy in all its principles, yet the people seem blind and unwilling to accept it, and though he has made a sacrifice, his support is poor. The time will come when this individual will be lauded and praised as one who was constructive in a cause for right. Do not attempt to analyze too closely things which are of little moment compared with the attitude of scientific man.

February 13th, 1913.—Mighty is an acquired victory over self, when it is the result of a struggle which denotes strength. Do not weaken, but resolutely determine to succeed in what you have set out to accomplish. Positive that you will gain a victory each day over the difficulties of yesterday, plod onward. Gently lift the fallen, and with kindness and patience show them wherein they have erred, then help them in the right direction.

February 16th, 1913.—Awaken not the sleeping lion. Man's great error seems to lie in this. When approaching a subject which the individual feels is in utter opposition to the listener's viewpoint, it is better quietly to lead up to a certain point, not too swiftly forcing upon the listener remarks which irritate and which cause old prejudices and opinions to come to the surface and by their awakening make an understanding utterly impossible. Men of brains and of good reasoning ability approach individuals whom they would like to have as followers by the magnetism of their mental force, making themselves

respected by their logic and their manner of imparting that which they wish to convey. Such men are followed; the more dignified their attitude, the better is the effect.

February 24th, 1913.—Men do not possess a strong sense of appreciation; the majority look only for their individual gain, forgetful of another's kindness upon previous occasions. Hold no malice in the heart toward such men, for the injury is greater to themselves though they do not realize it, dealing as they do only in that which is material. It is most grievous to observe man so self-engrossed. Secure while you may those who are willing, and with their strength added to your force, obtain the highest results. We often notice that man takes the most intricate way to do things. This is due to the conditions on this side making the course of events clearer as to its ultimate result, and our seeing that the desired point could be gained by a shorter route.

With man it is different; man must build by degrees, first one brick, then another. Who can know from what direction the wind will blow and endanger his carefully constructed edifice? Each must go along building carefully, and with consideration of the proper condition in which to put a structure, that everything which would destroy may be guarded against. Thought will make clear what I am saying. It may be applied to anything that

should be looked after so thoroughly that nothing could possibly destroy it.

February 25th, 1913.—Despite the advanced knowledge of the present day men almost invariably turn their backs to the light and walk as if blind. With nothing to substantiate many of their glib statements, these men holding destructive principles get a hearing and influence many weaker minded ones who, if they would use their reason, would see the falsity of much that they hear. Associate with those who do not parley. In giving your time to anyone see that it is appreciated, else it might better be used in another way. Go about what you have seriously determined is the best to do, all things considered, with joy filling your heart, for truth will outlive all things.

March 6th, 1913.—With the will to see the truth and a determination to succeed, you will not fail. Things upon the plane of higher living will not be recognized by all within the same time. Those who are the staunchest advocates of the ethical life, we find the most difficult to handle when in the undeveloped state. Shadows which fall across the pathway make man weary and oppressed. The fault lies in his not being able to penetrate the shadows with a light from the spirit. Life contains for each that which is his portion. It remains with the individual whether he obtains that portion or stands complainingly, stupidly or absently about while an-

other secures it for himself. There is work for each to do. Let a man do his share and in no way interfere with another or allow the thoughts which are necessary for his improvement to wander, depriving him of energy and application. Give these words consideration; they will stimulate you with a spirit of determination, a feeling of light-heartedness and a firmer will. God watch over and keep you from harm.

March 9th, 1913.—Want causes many men to speak blasphemously of the Creator, insisting that He is responsible for their condition. If the individual would think as often of his Creator before want overtakes him as he does afterward, he would be more successful in life. The lack of necessities is generally man's own fault. Heed this and live so that your needs may be adequately supplied; also help others who through lack of proper training or system stand in need of assistance. Naked truth brings the individual to the firm realization of a situation, while parleying simply complicates matters. Deal with truth at all times that nothing malicious may attack you. Look well into all matters that come to you; it is strengthening to be prepared for their appearance. With conditions made clear, nothing can surprise you.

March 10th, 1913.—A voice which speaks of things unseen must treat them with a mind that is free from thoughts of lust or passion. Consider

those matters which relate to men who live below the standard of what is best for them and for the advancement of their fellow beings. Decline to be a follower of any whose teachings show the unmistakable sign of a human mind. What would become of those virtues which are now held sacred if with one accord men disavowed the qualities and habits which tend to make the home hallowed? Hope, my children, must be strong in the hearts and minds of everyone. Let not disturbing forces enter and rob you of not only energy, but happiness and the tranquillity of your mind. Unless words of helpfulness are spoken may you be able to hold your peace, for where there is dissension, chaos reigns. The regulating of conditions means much time lost which would better have been used for instruction, not for the unraveling of a mesh of foolishness which, with proper care, would not have existed.

March 11th, 1913.—Mortals find that what satisfies the passions gives them the greatest pleasure; the question of ethics is entirely outside their field of observation. When man has strength to lead a life that serves his Maker he naturally does not take part in all the pastimes which the materialists enjoy. You need not separate yourself from those you know and love; but with affection for mankind show those whom you may reach that following the Golden Rule brings peace and happiness. Stand not aloof but be natural and be free; enter into those pleasures which

are wholesome and your inner nature will be satisfied and refreshed. In removing yourself from all material things, you become isolated. This is not what is wanted. Stand among people with a clear observance of right and a heart full of love and tolerance for those who transgress the laws that are the undoing of others, or make others unhappy. By not becoming too serious you will aid your own progress. To feel the throb of life without contamination by evil, to be free to love fellow man, and to serve the Master to the best of your ability is the point toward which you should strive. Do not in your anxiety to do right isolate yourself from innocent enjoyments. Derive the lightness of heart from innocent frolic; enjoy the hours that your heart may be the lighter, and your influence for good the greater, without burdening your mind with the thought that you may be doing wrong in sharing earthly pleasures with those about you.

With God's blessing I will leave you.

March 13th, 1913.—Climb up the ladder of life step by step, without turning backward, lest you fall and are obliged to toil upward again. The experience should be lasting that one undergoes in acquiring a higher place, and the position should be held firmly. Live up to the accepted mottoes and high principles, that there may be no mistake in what is done. Shape affairs in the way that you wish them to develop, for gradual growth makes the com-

pleted tree. Show nothing too plainly to those with whom you may be making observations until the object treated can be understood, without fear or doubt. Without the spiritistic hypothesis it would be hard work to define some of the phenomena which take place. We see poor weak mortals striving to prove these things in every way except the spiritistic one. Without doubt it is fear of being subservient that keeps them from seeking the truth. Why these men seem so averse to acknowledging truth is hard to understand, if we put personal egotism and love of vain glory aside. Man is weak; he is not so independent as many would like to feel. How could he doubt this if he would but look and analyze what he sees?

March 14th, 1913.—Endeavor to give out great strength and power. Nature is a strange and difficult problem to fathom. Man strives to see and know the cause and effect of certain things, the reason why conditions are thus and so, but in much he still remains ignorant through his inability to see things that are plainly put before him. An attitude of love and helpfulness brings more comfort to the soul than millions of dollars can yield. Without the love of fellow man most emphatically demonstrated, there is naught in the individual's life worth living, for when the glitter of superficial things is worn off and age creeps on, and he becomes unable to indulge in diversions which take

him out of himself, what is there worth having? Nothing. Let him who has honest love regard himself rich in that which none may claim. With material things there is always a feeling of insecurity unless there is a possibility of making them more secure by methods that lead to true happiness.

March 16th, 1913.—There is much in truth which man does not see, the reason being his unwillingness to view the point in question if it does not please him. Smile, that the spirit may show its beauty, instead of frowning and causing man to keep from you. Urge any individuals who may listen to see the beauty which surrounds them, though the path they are taking may shut out the radiance of the truth. Show that the fault is with them for not availing themselves of the gifts which the Creator has bestowed alike on all. Glad is the heart when the spirit of love abounds. Peace, too, is felt by him who is able to make others realize the Master's love by doing his duty with cheerfulness. For those who have all that tends to make the material side of life happy, it is not generally so hard to smile, yet because of the environment which this brings, it is difficult for the spirit of the Master to predominate. Temptations come which lure man on to the pitfalls where the Master's will is not considered, so we see that there is really a blessing in the lack of great

monetary wealth. There is need and a proper desire to have sufficient for necessities, that the stress be not so great as to rob man of his forcefulness and energy. Illimitable is the wisdom of the Master; therefore, when you know in your heart that the best within you has prevailed and the power to see things clearly has been exercised, yet nothing seems to improve, pause and consider, for there must be a reason which is explainable, since God is just and His ways are those which bring man into that which belongs to him by virtue of his merit. Work then with this in mind—God watches over you, and if things do not seem to progress encouragingly, remember that all must be right with God, your guide and your conscience ruling for that which is highest; so do not be disheartened.

March 17th, 1913.—Can ill-tempered thoughts bring anything which would carry weight? War not with yourself; in the surging of the spirit do not allow it to bring bitterness. Let not unkind words make your mouth their dwelling place. Mortal man is weak and frail. Send, O Lord, thy spirit down upon the air lightly to sail, and leave a smile where now dwells a frown. Wake not the slumbering demon when you know that by certain works it can be done. Hold not another by the hand except with a will to help him.

Yearn not for what you do not possess. Let things which give you happiness be those which also hold happiness for others. Laugh at those individuals who would see you miserable, that they may know their evil workings are for naught.

March 18th, 1913.—Labor with the certainty that good will prevail, chasing out discontent and worry, which cause matters to appear in a different light from what they really are, and bring consternation and misery where contentment and happiness rightfully belong. Impress those who come to you with the fact that in them lies the power to master themselves, cherishing only those thoughts which bring satisfaction with man's allotment, to the extent of receiving appreciatively that which is sent, but not with a preference to stand in one position without seeking to reach a higher goal. Grace to feel and know the best within, and to reveal the same unto all, will be given everyone desirous of having it.

There is much in the way of comfort which one misses by looking too hastily upon the blessings bestowed; take care to value properly what you have and to give thanks for it. With greater blessings then will man be endowed. Let the spirit within each one tell him what course to take and what is mightiest to overcome, and he will without doubt be victorious. Speak thus to all whom you may aid.

March 20th, 1913.—When nature smiles children in happy mood inhale the fragrance of the flowers; this is trying for their tutors, since the gladsome spring shuts out from the pupils' minds things of a more serious nature. Man is responsible for himself. Do not hold others responsible for deeds committed which have not a reputable appearance. Approach those whom you aid with this advice. The universe is filled with strength and love and beauty, which are each man's rightfully; hence when he is robbed of any or all of them, seek the foundation of the trouble and it will be found every time in self. The beginning was his failure to use the strength of resistance which was within him and permitting some other influence to urge or sway him. Listen not to the tempter; know that what he suggests is not best, and through the power of your force win a victory. He is a happy man who can be tempted and with firmness stand his ground, saying, "No—go thy way and leave me in peace." This is easier in precept than in practice until through conscientious practice falling away from the right becomes a difficult thing to do. Man is a creature of habit, and the only safe thing to do is to form those habits which are elevating and bear with them a right principle, a high ideal.

March 23rd, 1913.—A firm, kind and true manner produces thoughts which help those who wish

for greater strength. Shadows of the past have no hold upon anyone who, through his strength of will, is doing his best to banish such from his mind. Man would be wise if he strictly watched the weak points in his nature, and when spoken to about them strove to improve, yet we find that most persons become annoyed if approached, and thus do injury to themselves.

Much that is held in the mind as irrelevant to certain things is actually the foundation upon which those things stand. Individuals who take no interest in a field of service which does not treat of their scientific teachings and findings must not hope to succeed, for therein lies selfishness, and selfishness never prospers. Though it may appear to be most successful, that is but the outward glimmer, beneath which is nothing of value; the selfishness becomes like a cancer, growing more and more painful as it matures. Look into the things which a man cherishes and, if aid may be given, render it, but if he refuses to discern that which is a hindrance to him, his friends can be of no assistance.

Pleasing words are often those which do not express truth; yet man may know from them where he stands. Things which annoy a person when he is told of them, if they are true, must be taken well in hand, for the annoyance shows they were wrong actions which gave pleasure. Hence

it is best to study motives and their effects with care, that temptation and unworthy things in which you have indulged may be gracefully avoided. Rouse then that sleeping force which prevents a man from putting himself in a wrong light, hiding the noble qualities which he possesses beneath obnoxious things that are distasteful to right thinking people.

March 26th, 1913.—Explain those things by which, through understanding them, some good may be wrought. When matters need correction point out the good that such correction would do. Wise is he who in walking through life shows eagerness to be enlightened as to dangerous places, and having been warned remains away from them. Great is the power within each being to do right if the small voice of conscience is heeded. When men in opposition to the voice walk unflinchingly into material quagmires, the problem is unsatisfactorily solved: Shadows cover men who strive to walk unmolested, making progress more difficult than when the individual comes out in the open and meets face to face the enemy whom he had attempted to elude. Soon he comes to a clearing and is seen; his action is noted and disappointment is felt by all who wished to delay him. By maintaining all that is wholesome and sweet and true, there is much progress made. To thine own self be true and thou wilt not go far astray.

March 27th, 1913.—

Naught matters when your God is near,
Then do your best and have no fear.

Mightier is the man who conquers himself than he who takes a city. Charge then with force upon the enemy who seeks to attack you, that the victory may be assured. Like the happy, singing child will you then be ever ready to show others how their victory may be secured. With the help of this knowledge there are many who will strive to eliminate drink from the list of their vices. The remembrance of a kindly word spoken to one who has fallen so far may touch a responsive chord; then the faith which is put in them, willing them to have faith in themselves, makes a great impression. You may tell them the causes of their downfall when you feel that they are in a position to learn the truth. When you come in contact with such you may not tell all that you are governed by some outside influence, for this would be discredited and when doubt creeps in the cure will not be effective. Make the afflicted person feel that he has your confidence, and that the trust which you place in him must not be broken.

*March 29th, 1913.—*Win through right the strength to fight; do not forget the use to make of your blessings, as many seem to do when trials come. Man has his way to go; he should pursue it delib-

erately and with care. When headed for a certain point, strive to reach it, but do not weary and stop before it has been gained. The higher the point the longer it takes to surmount it, especially when obliged by the conditions to travel a circuitous route. With light, the obstacles to be shunned are clearly seen; therefore attend to the light; have it always ready. A child upon the stormy sea has little hope of reaching the shore, great is the anguish and horror of the situation, yet he suffers less than do the grown people. The inner self is better protected, the confidence that something beyond his knowledge will save him is greater. He has not dealt with the disappointment and treachery of life, thus he, in his cleanness, is saved much that by minds filled with things of a nature to distract, owing to their worldliness, is held in absolute worthlessness. Live then so that if the horror of a situation places you where you feel that this spiritual world is about to send for you—the material—the end will not be feared, and your sins of omission or commission may not be such as to overpower you with their burden of regret.

April 2nd, 1913.—Want of self-mastery is man's weakest point. In their pursuits, many individuals lack concentration. Whatever work is allotted to you, mold your character so as to have conscientiousness of purpose, mingled with appreciation of blessings received. What man is there who does

not labor? Those who, having money, live in a way which many think in their ignorance is delightful, hearken to what I say! Men who use their time only for the gratification of their senses sap their energies the most. They give all, and in return receive nothing to help the spirit. It is true that they are free from arduous manual labor, yet through this lack of the necessity of worrying about matters essential for their keep, they indulge in a licentiousness which makes their days shorter.

When men neglect their duties for sensual satisfaction, sorrow is caused that is far-reaching in its power to crush. Those who would have everything pleasant and bright must assert the spark of divine nature within them and rise to a height where temptations may be resisted. Who is there that needs not have a care of himself lest he, through heedlessness, fall by the wayside? Let what the individual knows is right win the day's struggle.

April 7th, 1913.—Cherish in the mind only the best thoughts; dispel those which distress, for by them sorrow is created. Man clings too closely to those troubles which gnaw at his heart; thus he is robbed of the energy which would tend to make him happy. Turn from the past with a will; let it not be ever before your vision, causing you grief as something which is existing in the present. Unless a man has the will and power to overcome sorrow or affliction, it will overcome him. Life would be

more enjoyable to all if things which have occurred were accepted, perhaps as a bitter and trying lesson, yet as that which was best, or it would not have taken place. Climb above the weight of sorrow and you will be able to look upon the affliction without falling down or breaking the spirit over that which is after all the immutable law of earth life. Shadows of the past must not keep one from making a future. Man is frail and in numerous ways he loses his hold on things. None are faultless, though many, through their will, walk erect where others stumble and fall. By helpful advice you will show the weak how to obtain strength.

When tried and sore oppressed, lift your voice and ask of Him, the Lord on high, that He will give you help and rest; your prayer will not be denied. Relate to Him your weary tale and know that it is heard; with the knowledge that He turns none away who come to Him for help, strength and peace will be received.

Look upon the setting sun when you are high on the mount. What beauties are depicted, all of His making! If the sky reveals such wondrous views, what must the acts of the universe appear like if observed from afar? A kaleidoscopic mass which, from the nature of the thoughts sent out, often makes the picture hideous. Give, therefore, that coloring to the picture which is the most beautiful. Thoughts thus projected reflect their beau-

ties, and the sender frequently beholds the beautiful reflection, and knows not whence it comes, because of his unselfishness.

April 9th, 1913.—Man may with patience rise above things which weigh him down, through mental strength. With the mind in a strong and healthy condition, nothing can really vanquish an individual. Give unto all the sweet smile that wins the heart, and if things do not go well from man's viewpoint, the physical being will not suffer, because the spirit is young and beautiful. It is the spirit which counts, which shows upon the face, and one's standards as to character are judged by it. When anyone meets an individual whose countenance is bright and smiling, there is something which attracts, but when one who wears a frown is encountered, the impulse is to flee. Therefore endeavor to smile, for the effect is in many ways advantageous.

Give the smile as on you go
To each you meet, 'twill help you show—another on his way.
Give to all a cheery word
As you pass, for afterward—the blessing lasts.

April 11th, 1913.—Climb steadily toward the point which stands forth in its beauty and height above all the places where happiness abounds. While there may be obstructions in your pathway, barring the light for a time, walk dauntlessly forward,

knowing that the obstacle will soon be passed and the light and glory will still shine, although because of trials endured, it seems to be hidden. Let nothing remain in the memory which would impair your happiness. With this reasoning it must be understood that the acts which you have committed must have been such as to give no cause for regret. With straightforwardness and uprightness, conduct yourself so that this will be possible.

April 13th, 1913.—Work in strength of spirit. This is the true way in which to gauge what is done. One whose work is easily performed shows either liking or aptitude for it, or else a firm determination to apply himself according to the best within, so that the result will be good. Choose that work which you feel is most fitting to your temperament, and then apply yourself with a will. There will be no discouragement if your mind is firm in the belief and knowledge that things which interfere in any way with your pursuing a specified undertaking are sent merely as a test of your strength. They are not sent by the friends, but by those who would destroy you if they could; and by brushing them aside the power of the Infinite within you is shown. Labor then with understanding, and do not push forward in a blind way. Hope is not the most essential thing—it is faith. With faith and peace the achievement is won.

April 21st, 1913.—Make the mind the battery of

the spirit, subservient to the will, which must be absolute in its directorship. Words fail to make this sufficiently emphatic. Be resolute in the desire to preserve health and to abolish aught that would suggest man's weakness. Then the stimulus which is necessary for the improvement of the weakened mind or physical body will be gained in beautiful and bright thoughts. When you give way let it not be compulsory, but through a desire to advance the thoughts which will bring success and happiness to many. A slow gain is the best gain, for the progress will be the firmer for the care adopted. Before performing any act weigh it from all sides, especially if it involves greater things than those which are ordinary occurrences.

April 23rd, 1913.—When the struggle grows severe, hold fast to those things which you have, that the manifestation of evil may not rob you of mental peace. Do not give way to dark thoughts, but cherish the remembrance of the times and circumstances which gave you confidence in your work, in yourself and in your Master. Cry not with discontent, but know and feel that what you are enduring is a lesson, though you may not see it.

April 28th, 1913.—Meet everything that comes with a mind free from care, that you may give the best to him who seeks help. The trials sent you have brought with them the power to show forth the ability that is within you to hold fast to truth in

the face of adversity. Who may not smile when all goes well? When the time for sacrifice comes the same persons meet the test with faces distorted with woe. What good then has the teaching been to those who cannot stand up under the trial? Press on in the work, for the ways of the Almighty are such that he who does His bidding will not suffer. Give with a smile that lights up the face—give of God's truths, that all may know each has a place in His great plan.

April 29th, 1913.—Waking the mind to the realization of things as they are requires much effort when the individual is bent upon seeing them through the mirror of his desire. What can anyone do with such a man? First there must be humility—willingness to be guided into the pathway where he who so travels will find happiness and peace. Many things will seem hard to relinquish, but such will become obnoxious after truth at last finds its way into the mind of the individual. Then that mind must be strengthened; the will must be most carefully trained to know when it should bend to certain conditions and when it must not. This will require patience. There is a different way for each individual, as things which appeal to one repel another.

May 2nd, 1913.—Hesitate before you condemn. There is often some underlying condition which, if looked into, would alter the entire situation; unless

this is done the innocent suffer a censure which is undeserved and unjustly placed upon them. Men who agree to things which offer the largest material compensation forget that many times there may be greater profit with a smaller worldly gain. The faith, the beauty of belief in spiritual development, would fill them with choicer blessings and advantages if they would take the time and trouble to analyze matters. Man studies not motives, but results. It would be well to ask the motive of certain acts; the root would thus be found and the pruning could take place from the lowest portion that is diseased.

May 3rd, 1913.—Shatter not the hopes of him who makes an effort, though he may have been misdirected; rather show him the error of his course and by argument prove its falsity, not making the way appear repugnant but inadvisedly taken. In doing this many times a kindly word will influence someone to follow the speaker, who had not thought so to change him. Attend to all whom you meet with courtesy and with kindness, that you may never be taken amiss, or by one false step become the instigator of a desire which is not noble nor wholesome. Life without love is barren, plant then, my friend, the tiny seed. It will grow and brighten a life made sad or lonely through sorrow or strife.

May 6th, 1913.—Men do not realize that they

make their own happiness with the trend which they allow their thoughts to take. Open wide the mind that the truth may be taken in and understood. Cast aside the doubts which, like shadows, creep upon the horizon of your mental activity. At all times think only of the beautiful; analyze those conditions which jar and make life seem most trying, and look for the best in everything, thus obliterating the disagreeable. This can be done and with astonishing results. These words would be better understood if put in practice. What you would like to be may, with thought and an earnest application of the higher ideals, be realized.

May 12th, 1913.—Meditation makes individuals stronger. Man thus makes his peace with himself, gaining contentment, and thus progresses. Much that may be helpful is brought closer to one's understanding by thought. Look well about you when you are at work, for you will always find that temptation stands alert. With wisdom choose what you would do; then with diligence and thoughtfulness take up the task. Strive to be optimistic always; you will then be happy. If things seem to go awry in the conflict, be courageous and smilingly banish dejection. Little flowers bloom, then fade, and one finds that the transition was the fulfilling of nature's laws, and a fruit more beautiful takes the blossom's place. Just so mortal man withers and

dies, but his spiritual being goes on to a world of beauty and love and eternal life, fulfilling the ways of God's handiwork.

May 13th, 1913.—The man who lives upon a plain adapts himself to the customs of the place, yet when antipathy for such a life comes to him it is he who is out of harmony, not the plain; this causes a realization that the individual must train himself to be a man—upon the plain or upon the mountain, in the village or in the riotous city. The man is what must be reckoned with, and if he is in the proper frame of mind, the place matters little. Why will man make all kinds of excuses for the conditions into which he allows himself to be drawn, blaming everything but the proper cause, which is his own ill-guided and careless self? Keep in the proper condition—clean thinking and living, helping others and forgetting selfish wants—and the way will not be strewn with thorns and dark places, causing you to shudder and turn back in fright. Listen to the voice which bids man assert his better self, throwing aside those who would offer material advantage in lieu of the higher and more ethical aid.

May 14th, 1913.—Dreary and dark is the life of him who sees nothing in the day's duties which may help another. Daily find someone whom you may assist, if it be only by a kindly word of cheer, giving new strength and hope to a weary soul who

may be shut out from any who love him. Look into the eyes of each with whom you speak, and perchance you will find, hidden from the average observer, a shadow whose discovery may be the stepping-stone to more enlightenment, through a heart laid bare.

By watching and working for the God who rules the universe will be found joy and happiness that will cause you to forget petty material worries, and place you so securely on the plane of right living and thinking that naught will disturb you. With the love of Him who guides you, go forth in renewed strength, that the day may bring forth joy and happiness, not alone to you, but to those who seek your aid.

May 16th, 1913.—Man accepts much that pleases him or which he is not prejudiced against, but when truths that are vital are related to him and shown him as facts, he raises all kinds of objections and permits his prejudices and unwillingness to be taught to govern him. Poor misguided man, an absolute prey to thoughts which control him, not striving to rule himself by listening to and grasping that which will aid him!

Grant, O Master, that we may see the way to walk in purity, to guide and support any weak stranger who falls on the way. Grant us, O Master, the power, full and strong, to cast out those things which make us go wrong. Any who come in

faith and simplicity to the Master seeking help will not be denied, but comforted.

May 17th, 1913.—A new stimulus has been given to all who believe in the continuity of life after death, for he who so believes has an incentive to live his best so that his position upon entering the spirit realm will be a high one. His mind will not be dazed and bewildered, but wide awake to a realization of the change and the understanding of conditions. Life with man is a condition which is of the present only, the desire of many being to obtain the best from it which the individual may be able to secure by any means. Some feel that they may transgress all laws and by a prayer for forgiveness wash away all that would be detrimental to their happiness. With both classes there is grave error and no reasonableness for such conceptions. If individuals would think logically they would know that what has taken months to live cannot be forgotten in a moment, and that "as ye sow, so shall ye reap"; therefore each should strive to plant the seeds which are rich in their harvesting.

May 20th, 1913.—Explain the reason why you cannot tolerate a certain thing. Make it clearly understood, thus doing away with the plea of ignorance and furnishing a safeguard. Show by actions the justice of maintaining what is right. Make truth strongly dominant. How much one is impeded by

the manner in which he is swayed by circumstances! Grow in strength, that you may not be startled by things which appear on your pathway, and sent backward in fright; meet the situation without fear. Devoid of fear, man would be a nobler creature. Too often man in his weakness strives to cover up something, and in so doing buries himself under a quicksand of wretchedness; therefore strive ever to hold to things as they really are. Those who will not obey this law suffer the keener in the end, though temporarily they may feel themselves free. Work steadily on, that the spirit of the Master may show forth through you.

May 23rd, 1913.—Prayer is to the righteous what showers are to the fields. Both are endowed with a new will to progress in life. Make of the things that you desire such a choice that you will be helped through obtaining them, for with empty and vain desires prayer availeth little. Ask then for those things which will aid you and will benefit others by your receiving them. With man, in the majority of cases, prayer is not that earnest request for something which is for their good, but is rather for a selfish gratification. Man should wish to be better fitted to possess that which he desires, and an appeal for such will be granted. Each man is a child of God and to each is the Master willing and eager to give that which is his by right of attainment. Therefore anything desired, if it be worthy

and elevating, will be acquired if it is prayed for and you are prepared to receive it.

May 24th, 1913.—When a person is worn in body the mind will suffer if care is not exercised. To those who are strongly dependent upon the surroundings being pleasant, sunshine has a quieting effect, making conditions look brighter. When nature's smile is hidden beneath the clouds many show the effect by a depressed manner. Determine then to show your strength of will by fighting off the depression, and let the sunshine of your heart reveal itself to so great an extent that the sunshine of nature will not be missed; this will plainly denote the mastery you have gained over yourself. Cast aside the gloom, the care that seems to increase with the clouds, and cheerfully greet all who are near.

There is nothing in the world so dark that, if you try, you cannot see a ray of brightness to show that you have many blessings. There are many who bear greater burdens than you; this helps you to realize that in your self-pity you many times make conditions vastly worse. A heart of love, of pure rich thought for others, is a thing not bought but acquired after many a fight with the adversaries, and a gradual growth of the spirit of the Master within; hold the desire to progress and it will be given you. This will apply to all who strive to do God's bidding.

May 26th, 1913.—Love has unbounded faith and

may be tried again and again without complaint, feeling only anxiety for the one loved, lest his sufferings become keen. Weep not, my friend, when the aid you proffer is turned aside, for man must learn and learn it well that he must hearken unto the truth. Procrastination in no wise eliminates his responsibility, which is the same for each, the degree being the position which one has attained through living on the ethical plane combined with the teaching of the Master. Live on, with pleasure in that each day the duty which you have to perform may be happiness in serving the Master in the best possible manner. Giving the best at all times obviates regret for lost opportunities. Cut off a branch that is withered. Let not those things which are dead and have lost all their usefulness drag you down. Spend but a short time with them.

May 27th, 1913.—Most things seem hard to understand that arouse the mind to what has not been its belief. Shape conditions in a manner which will give unto the Master the knowledge that thought has permitted the truth to prevail, and though in places the way may be difficult to travel, the assurance that He will aid will keep one from falling.

O yield not to the vicious thought which comes at times to rob one of his poise. Have strength, the strength to stand up, eager to fight and vanquish the foe. The mother of a family holds not one

dearer than another, unless he who, through some affliction, may be unable to care for himself; so the Master watches the weak and struggling, eager and willing to help one whom he feels is unsteady. Just breathe a prayer and He will be your companion in the lonely and dark places. Let those who would be happy cherish bright thoughts. Allow not the atmospheric conditions, nor those which come upon you from associations, or from unwarranted progression of thought, to affect your mind. Man need only look about him to know that there is much he can do for others who are worse off than himself.

May 28th, 1913.—A night without a star is dark and gloomy; the individual understands that it is some atmospheric disturbance which hides those twinkling lights, and that they are still in the heavens, though unseen. This is true when all around seems dull and the little things which serve to brighten life are removed from sight. They exist, but for some reason are not to be had. Strive to learn the reason and to alter conditions so they may again be enjoyed. All things are good or bad by comparison; therefore endeavor to make the worst you have seem good by comparing it with the things possessed by someone else who is less blest than you. The atmosphere will then clear and matters will take on a different light.

May 29th, 1913.—The waves which wash upon

the shore come from depths unknown. Listen; take heed; for by this much is learned.

Be not influenced by whisperings which disturb, but hearken to the voice which bids one pause and consider which is right—man in his crude conceptions of truth, or God who is might.

May 30th, 1913.—Words which are uttered with conviction carry much weight. Those who hear them, though at first unwilling to acknowledge any feeling of agreement having been caused by their utterance, are at last compelled by their persistency to hearken to their meaning. So, if for a time you observe no result from the words strewn broadcast, fear not, for they are not forgotten; know that the seed has sunk deep into the ground, there to spring up in strength at some future time, since it is true that nothing of worth is lost.

Into the hearts and minds of men will come many times a feeling of doubt and rebellion. If this is discussed in a cool and logical way, it will without harm bring much enlightenment to both the perplexed party and him who would assist in solving another's problems. Do not be disheartened when things appear not to thrive, for the roots are developing, that the plant may bloom profusely after the blossoms start to open. Gather in your daily life those objects of beauty which are free to all, keeping the eyes wide open, that nothing may be overlooked which brings joy.

May 31st, 1913.—Sing with joy, that those about you may feel your sweet rapture, shutting out stubborn and destroying thoughts. Man is apt to be judged by his manner. None should grow careless about his conduct, lest by some small act he may be thought to be other than in his heart he is. Show to all a willingness to help, but never allow anyone to neglect the ability he possesses to aid himself. Many are weak and unwilling to strive to better themselves; they regard their unfulfilled yearnings as a condition which cannot be remedied. Those who are shown the way to help themselves are either willing or unwilling to profit by the knowledge of their shortcomings. With those who endeavor to change their condition, assisted by a friend, improvement is very marked in a short time. Once he knows the truth it is the fault of the individual if he goes backward. Man may fall by the wayside through lack of strength, or through weakness in allowing himself to be governed by another. These faults are easy to rectify if such a desire is felt by the individual.

June 1st, 1913.—Voice in clear accents all the truths which you know when you feel the time has come to speak; there is nothing gained by secrecy. This has a broad meaning, pertaining not only to matters of the soul, but of material conception also. Therefore, at all times speak the truth plainly. Tell any who seek your advice the truth; state first

the conditions under which you advise them—truth alone spoken. Life, if treated by all in this way, would be a more lovely condition, with no deception or fear of deception by others, all being on the plane of love and truth. The shadows that come will be quickly dispersed with the help derived from Him in sincere and true supplication.

June 2nd, 1913.—Lose not the viewpoint of him you reason with, not thrusting your views upon anyone, but through the logic of your reasoning convincing the opposite side. Look with tolerance upon all who strive to do their duty, whether their opinions coincide with those held by you or not. Apparently small problems may be gigantic to you, but not to another whose sense of reasoning is less keen. Therefore when the time comes for you to make an effort to aid another, be explicit and with patience expound the laws.

Give us this day the light, O Lord, that we may see clearly that which is ours to know, and thus be guided in the proper way as our lives go on. The concepts of our minds seem new, yet in reality the truths are old and are the fundamental teachings of the Master, though man through his ignorance has overlooked many of them. Man seems now to be awakening to the true condition of things, and though many are slow to follow the teachings they are gaining ground, and God's work

—man's development—will progress with greater force and less confusion than heretofore.

June 3rd, 1913.—Arouse within each man the importance of bringing to the surface the ego which is capable of making careful and just decisions when there is necessity for action. When persons allow conditions to arise without being well poised to meet them, they are liable to fail through unpreparedness. The majority of people go along from day to day without a thought of anything but those material conditions which they wish to better and the pleasures they may enjoy, little caring for the right or wrong of their advancement, aiming only for satisfaction of their desires.

June 4th, 1913.—Aim to reach the highest point, though you may be one who as yet is walking upon the low ground which is the beginner's plane. Do not give up because the top is not swiftly reached. Be content with advancement, though it be slow, for with a steady advancement forward much progress is made, and in such a way that there is no danger of falling backward through recklessness. When trust and confidence in the willingness of the individual to apply himself are the chief factors in progress, there is much already gained at the start.

June 5th, 1913.—Beneath the face which wears a smile may be a heart that beats with quickened pulse owing to the fact that conditions are of a

nature to warrant anxiety, yet through the mastery of the mind nothing of this is shown to those about. It is a gain for the individual to put self one side and not permit harrowing thoughts to obscure all that might bring happiness by the recognition of the brightness of his pathway, unless, through his waywardness or willfulness, he has taken a wrong direction. Give us light, O Lord, to see that what we acquire must speak of thee if it would do us any good! Man's conception of things varies much, according to his material position. The choice is given each to follow man's ideas of happiness, or to go about with the desire to aid others, possessing the Master's views as a stimulus, and the satisfaction of knowing what true happiness is. For what matters it if you have the riches of Cræsus, but your heart is not content? Derive contentment from service to your fellow man, and the knowledge that you are doing the very best in your power.

June 6th, 1913.—Nature demands of each a certain amount of rest; some require more than others. Ever remember this and strive not to break down your strength by too great physical or mental exertion. Give power to all you do, yet when great stress comes endeavor not to use up the vitality in any way. Smile contentedly each day, knowing that the Master watches and helps you from afar; fear nothing while you are following His teachings.

June 7th, 1913.—Attend to the duty nearest you,

leaving those conditions which may arise in future to be looked after when they mature. It is foolish to worry over troubles which are not certainties and may never become certainties; by so doing you rob the present of its ability to obtain the best result possible to the individual. Auspicious is the work of him who strives to do his best; with such an one there is a reward far beyond his expectations, though often he may have to endure much that would weary and discourage one not really in earnest. Hence be ever hopeful. Many watch, and wonder that the way has been made so easy for you, not realizing the many trials which have been yours. Continue to smile, my friend, that those who marvel may stop and consider, not now perhaps, but in the near future, when these things will be brought before the eyes of men with greater force.

June 9th, 1913.—Near the point of the plow encircled by earth is work which must be accomplished if man would reap a harvest. The point must plow the earth just as the mind must plow through the confused thoughts which surround it when there are many contentions to be met and overcome. Express with conscientious regularity those thoughts with which you would influence anyone you serve, urging the individual to devote at least a small portion of time each day to relaxation, just as he would take time to eat. When conditions are such

that he may not lie down let him relax while sitting, close the eyes, and for a few minutes hold peaceful and elevating thoughts, sentiments of beauty and love.

June 11th, 1913.—Change those things which do not make conditions peaceful. Nothing stands still; it either goes backward or forward, yielding either to good or bad impulses. Alter not the desires which are lofty and elevating on account of the impulsive call of the day. Use thought and prayer in all things and do not plunge recklessly into any project. Maintain a calm manner when in a critical position, not obliging an outraged conscience to master you. The gift to read and light to see those who come and sit with you will be given with freedom to any who ask and pray for such judgment to be vouchsafed them.

June 13th, 1913.—Noise can drown the call of the helpless and be the cause of their destruction; make an effort to help. The sceptic is the noise which drowns the helpless man,—helpless in that he stands upon a brink of despair, knowing not whither to turn. The man who follows truth calls, but he who hungers for the truth listens to the ideas of the sceptic and is overcome; despair grasps him and holds him down. The fault was first his—let him not listen to one whose actions denote a life of anything but high ideals. Blind is man; he is ready to see the faults of another and slow to

recognize those weaknesses which are his. A just and kindly nature is the one to cultivate; for with justice man cannot let anyone trample upon him, but keeps him where he should be, treating him kindly at all times.

June 15th, 1913.—Every thought has its result; from all which are high comes progression; from the others nothing that teaches, but that which sets in motion things which are apt to pull one down, shatter hopes, or occasion discomfort in some way. In man's development there are many conditions to consider. For instance, take those who are hasty when a reprimand has been given or a statement is not agreed with; such men have a great battle to fight against those desires which for the moment master them. Persons who have not the same shortcomings cannot sympathize with them, nor realize what a struggle it is, for they know it not. Thus each must make allowances for another's shortcomings and endeavor to help him overcome them; in this way he aids himself and does his neighbor much service, for no one is without his faults. Let none approach a man as to his weak points with antagonism, for in so doing one increases the fault, for through defence of the weakness it is strengthened.

June 16th, 1913.—Grace to see his faults and weaknesses is the force with which the individual's vibrations react and will make him more desirous

of living and thinking in such a way as to better the conditions, if they be such that dissatisfaction with them is felt. Study each deed which you commit, or those which you have committed, and strive to find in what manner, through faultiness, there has been a hindrance; then rectify it in as speedy a manner as you can and so, little by little, the weaknesses will be strengthened and the progress will become more speedy. When looking backward man often does not see at first anything in particular which was a detriment to his development, but by searching diligently the weakness is found. By prayer and earnestness it can be mastered. Years of sorrow often follow an act committed in thoughtlessness, which not only affects the perpetrator but those with whom he comes in contact.

June 17th, 1913.—Although things may hamper you, owing to their uselessness, success may follow; with man's ability to reason it should be clearly seen that this is the case. Men who work with earnestness, giving never a thought to failure, may meet with obstacles in the way of progress, but success will follow.

Lift your voices one and all in prayer and thanks that, no matter how mean and small, God watches over all alike, if each one strives to do right. Many possess a grave failing, prizing not the blessings which they have, wanting those things which are for their personal comfort, without exertion on

their part. Life is that which man makes it. Everyone knows the mortal frame can endure but a limited amount of exposure. The body must be kept in condition, and this must be done in a great degree through the mind. So, in order to be bright and happy, the knowledge of beauty in life must be gained through this same mind appreciation. It is the duty of each person to look for and see the beautiful in all that comes his way. Then when a trial is brought to him through the mishap of another, the ability to bear the burden is so much greater that his beauty of mind and character is marked by many as a thing so wonderful that they too will begin to think, and try to learn the cause and follow the example.

June 19th, 1913.—Nature has given to each that propagating quality which penetrates the race; man knowing this takes not the time nor the trouble to study and learn the wonderful process, but knowing such to be a fact seems satisfied. Should not man think of the birth into the beyond? Many believe not in its existence, and there are those who merely drift along and with a wonderful amount of abandon put aside all thought of their spiritual growth. When young and strong the individual should be taught the beauties of the soul's growth, that the soul may be the better developed and instructed as time progresses. Thoughts which rankle and distress a non-believer will never harass one

who knows and understands the soul's progression. With understanding may you be able to teach many the blessed truth.

June 21st, 1913.—Master, awake within our souls the desire to be in thy control, that what it is fitting we should have may be given us, according to our work—a hope, a power to do our best. Send out truth with its full force, striking those who try to hide behind the cloak of deceit with a desire to go unpunished. O hear the call of Him who sees and knows man's weaknesses and with the voice within strive to warn others when danger is near. Beneath a rough exterior is often found the gentlest heart, so be not too easily misled upon this point, but wait before judging too closely. Affairs are by this means often made complex and fraught with difficulties, by both the judge and those judged.

June 22nd, 1913.—Past troubles lose much of their gloom. When feeling the influence of such shadows remember this thought: Things are as one makes them, either great or small. Many trials which are felt by some to be gigantic are by others borne in a manner both noble and sublime, letting no man know the true nature of the cross; with strength and fortitude it is put aside as the lesser consideration, and the ideas and principles which have been brought strongly to mind by it are made a study. God gives everybody the power to help himself and

if in his indolence and self-pity a man falls by the wayside, the fault and sorrow are his and his alone, for with faith and God's help all obstacles may be overcome.

Create in the mind, O Lord, the power to see these things, so that no matter what man may experience the force of God's strength will hold him in peace and happiness.

June 30th, 1913.—

New things to see, new things to do,
Will now in force be shown to you.

Within the field where you are working there will be mighty things to do. Hold on to that which now you are able to use, and which is just beginning to penetrate the minds of the people. Omnipotent and Him we call Master, give unto us those things for which, with devout and reverent prayer, we seek, that through the obtaining we may more readily assist others, those less fortunate than ourselves in both the material and spiritual standards. With these words we seek thy protection and help when resuming the work which through thy guidance has been undertaken. In all reverence we entreat thine aid to continue in this work, that we may be blessed and our desire that God's wisdom and glory may be better understood by those who now are blind through ignorance may be realized. O thou who hast a willing ear and tender mercy

for all, hear this our supplication, and grant us, O Lord, the fulfillment of thy promise that all in earnestness asked will be given if we trust in thee.

July 1st, 1913.—Climb carefully and steadily, and as you ascend put to one side anything which comes in your way to retard your progress. Show any who attempt to block the pathway that such interference will not be permitted. There is always a way of going around if conditions seem such as to make that the more preferable course; otherwise push the intruders aside. Show people the face of confidence, the smile of assurance in an undertaking, knowing as you do so well how to overcome any little hindrance through trustfulness in the Master.

July 2nd, 1913.—Man complains much, forgetting that many times he is the chief cause of what disturbs him. The conditions with which he is dissatisfied are owing to his lack of effort or his over-indulgence in pleasures, disregarding the growth of the spirit.

Look about, O weary man, and see things as they are, and as they might have been had you taken the trouble to reason. Man suffers in mind and body through unheeding the warnings sent him.

July 3rd, 1913.—Man has within himself the power to overcome ailments which many think require medicine. Disorders that overpower one for

the time will quickly be subdued with the determination of the individual to be master of his person.

This is not a claim that there is no need for medical advice, but that patients have been attended by physicians, with little progress made, owing to the fact that the trouble was deep-rooted in the mind, and medicine could not reach it. The conditions which arise from a diseased physical state must be looked after with the means which God has put into the minds of men to know are efficient.

July 4th, 1913.—Lift high your head and be joyous, with your mind at rest and free from care. Man makes a mistake in allowing the opinions of others to hamper his progress if he believes that what he is undertaking is the proper thing. He must not permit anyone to interfere with the theories and acts which he believes to be right. Man is weak, thus often he is totally in doubt as to what he should do and how he should act. If he would but reason and decide on what he believes to be best for his progress, and with determination stick to his conception, he would make marked progress. Many, without great thought, arrive at conclusions which appear very desirable, and from a material viewpoint they are beneficial. When these people use what they have learned for the highest purposes much good is done; there are many who do this. Great sorrow is caused by

wealth ill used; yet all things are intended to develop the individual, and it is his duty to see that the development is for his good. Spiritual development is most essential; nothing else matters and until man realizes this his progress will not be great. With a thorough knowledge of the workings of the friends you are most blessed. Those who watch derive much happiness from the progress achieved.

July 5th, 1913.—Man takes upon himself more than he is called upon to bear when he makes living a burden through incessant worrying over material things. To live each day the best one can is what God desires of mortal man; the way at first may seem hard, but if one perseveres in it the reward will come.

Those who do His work will abide in peace and happiness. Show mankind love's power by your acts; a troubled heart is given new strength through the vibrations of love. If alone on earth, separated from all ties which were held dear, a word of encouragement or consideration brings peace and hope where before had been sorrow and desolation. Strength to do such things cheerfully will be given any who are willing to try.

The nature lacking that spark of the all-essential—love—must indeed be sad, for without love there is no peace. This can be found in all if it is searched for, but many have allowed the seed to

wither and dry in their selfishness. Urge such to look for that which is every man's birthright, and if he has it not, to search himself for the cause of its absence. Let the individual forget his own troubles in the desire to awaken in another a responding vibration.

July 6th, 1913.—Cultivate whatever inspires you to labor, for through action man secures that which he may not obtain in any other way. Hesitate not when there is a desire for activity, prompted by motives which are clean, and nurse such tendencies that they may become strong and powerful. What is gained through years of living if man may not look back upon them and see where, in some small degree, he alleviated the suffering of others and with pleasure caused them to taste the joy of life? He who strives thus to live, making others happy, is twice blessed and his works go onward, even though he may see little if any appreciation of them; that hurts only the recipient of his kindness, who thoughtlessly threw it aside. He must suffer; for him there is no escape. Gather, therefore, unto yourself all whom you may by kindness and love, for in this may be found growth and happiness. It is this which brings God into the heart and makes the individual know the joy of living.

July 7th, 1913.—Listen to the song of the birds, heralding the approach of spring; a song which has a charm for all, transporting them from winter's

blasts to spring's gentle breezes, when the sun peeps through the clouds and kisses the earth. Soon thereafter the blossoms spring forth and man rejoices at nature's new garment.

With the awakening of the soul, it is much the same; the spirit lives and thrives upon the little kindnesses shown and given, that man may the better see wherein he is part of the Infinite.

July 8th, 1913.—Slowly mount the ladder, that your step may be firm and you may grasp each round the better and not slip backward. He who bounds up the ladder is apt to fall, and the fall may so cripple him that the task of again climbing may be too difficult. Stand firm in the way you go; from intolerance keep yourself. Let no one ask pity of you and receive a harsh word. Glad is the heart that is able to lift one who sorrows up to the light which brings perfect understanding. Give unto all the smile of contentment, that God's loveliness may be reflected through you, and by His magnetism may draw many to you for guidance.

With a noble heart give love to all; attune your heart with the Infinite, that the work may grow the faster. Those things which are attempted in His name cannot but prosper, for He is ever with you and your work shall live. Blessed is he who endeavors to promote God's work in ever so humble a way. Those who strive in humility receive much wisdom and power from the Fountain Head.

July 9th, 1913.—It is not the deed, but the spirit in which the deed is accomplished, that matters. Chance is not the name to be given a condition; things do not occur in a haphazard way, but by a series of influences that make the outcome sometimes most marked in its unexpected results, which ignorance of the shaping conditions causes to appear accidental. Attract by purity of thought and honesty of purpose only those who show a desire to promulgate the ethical life and to urge man's upliftment. Hold fast to whatever expresses beauty of thought, of kindness and love.

There is within the heart of each individual the secret power that carries out the ruling of the mind, for it is through the heart that the victory is won. In this is found the love of which the Master speaks—a well of helpfulness that will never run dry. Charge not those who do not understand the power of love with too great a mission until the lesson has been taught, which will show that instead of a mystery it is a naked truth which was unseen before for the reason that the eyes were blinded through dullness in reasoning. Things should not be mysterious; the laws which govern the universe have been taught for thousands of years and it is man's lack of thought which makes them so little understood. Let man think and reason, and by virtue of the truths set forth he will see that through the infallible rules of love and tranquillity matters will

improve and be as beautiful as man's mind will allow.

July 10th, 1913.—Cherish only thoughts that bring hope and contentment, doing what you can at all times to allow nothing of a disturbing nature to attack you. Thoughts which sting, through their power to arouse discontent, must be put down at once by strength of will. Listen not to those whose words wound. Accept all occurrences with contentment when you have done your best. Become well acquainted with ideas that will inspire to activity.

July 11th, 1913.—Dew gives the flowers a drink from nature's cup. When everything in the universe is watched and cared for by Providence, will not this same Providence look after man, a higher order of life? When man stops to think of these things, the power of the Omnipotent is better realized; but man forgets to reason, taking as a matter of course those privileges and beauties which God has bestowed upon him so freely. Lift your voice in prayer and ask of Him His love and care. He freely gives to all who truly beseech His aid.

July 14th, 1913.—Attend to those matters which are your duty, placing all before pleasure. Divide your time sensibly between work and play and do not worry, for nothing is gained by uneasiness as to the future. Shoulder the responsibility which is yours and with a will set to work with light heart

and smiles, that those who see the manner in which you labor may take heed and try to follow your example. The day has been well spent in which you have done some kindly act for another. With the motto in mind that God's work is all that counts, strive each day to do His work to the best of your ability. Shadows then will not cross your path, for by His light the way will be made clear. God bless you in your work; its influence will increase and the substance from it will be great.

July 15th, 1913.—Realm of brightness, let me enter through the force of guided will, that no man may take from me the tranquillity and peace that God in His power will bestow upon me. There is brightness for each if he but has the will to see it, and by his efforts repels any force which strives to molest him; on his strength depends his peace.

God grant to each the power to understand this, and from the teaching the way will be shown. A mighty strength is needed and is given to all who in a contrite spirit seek the Master's aid. If man could comprehend the force which would be given his work if he entered upon it in the knowledge that the Master sends strength to all who ask it, there would be more real happiness in the universe, for happiness is contagious when hearts are in attune with the Infinite.

July 18th, 1913.—Things in part look not as the

whole; therefore, know the whole before judging a part. Men do not appear to do this. Happy are those who with keen insight and calm and impartial judgment examine matters. Why has the proper way to live been made to seem mysterious? The right way is a simple way—following with simplicity the Golden Rule and being governed by love and kindness. Nature shows that harsh treatment destroys; thus that method must not be employed. Nature can teach man many things if he would but study and live close to it.

July 21st, 1913.—A part is essential to the whole; therefore the development of the individual is necessary for the perfection of the universe. Each man must do his share in what is necessary to be accomplished before conditions can reach the perfect state. Work upon this principle; if man would thus reason and earnestly endeavor to do his part, conditions would soon improve.

Look up, not down; the approach of the light will thus be noted and the warmth of its rays will be felt, life will be greatly blessed, much benefit resulting therefrom. Look toward the horizon with clear eyes, not bedimmed with worry or doubt, or its beauty will appear blurred, and at times may be totally obliterated. Enjoy each day the blessings which are sent to you; if without fail this is done, there will be naught which can mar your peace. Let this lesson be for each man, though today he

may not need it, tomorrow he may forget, then with new strength the truth will appeal to him.

God's love is great, he cares for all,
The poor, the rich, the large or small,
With Him to guide and give you care
There's naught can harm you anywhere.

July 28th, 1913.—Man may hide from his fellow man what is in his heart, but from those on this side nothing is concealed. The mind is seen like a picture and with a glance the general situation is understood. Those who would have their sorrows borne by others are weak. Stop and think that there is no reason for sorrow if the way one traverses is His way. According to man's knowledge is he held responsible for his shortcomings. Make the most of your time; do the best with what you have; with such an attitude your mind will be free from any cares which are the outcome of worry.

July 29th, 1913.—All must wait the glorious morn when everything will be viewed with a new sight. It will seem utterly strange to some, through ignorance; to more it will not be wholly unfamiliar. What hope is pent up in the human breast of many waiting for the hour to come! Yet when the time is reached things will be different in many respects from what they anticipated. It will be a place where everything is worked out with precision, not a haven where those who neglect their duty will be

allowed to bask in the sunshine of contentment, through holding to a belief that a deathbed repentance brings peace and quietude, and at once blots out those sins of omission which were perpetrated through selfishness. When the scales fall from his eyes and man beholds his spirit in its nakedness, there is much misery in his soul, for he strongly realizes his unworthiness; sorrow is genuine where the heart is touched. With the average man the conception of life on this side is indeed crude. Many have faith in conceptions built upon man's imagination; those who can reason are capable of strong thought. If in the darkened earth life man is a cruel, intolerant individual, will he be changed any by stepping into the open under God's blue sky? No, the man is the same; his heart is as black as it was a few minutes previous. It is thus when the spirit crosses the border—the same man is stripped of his physical body. The time to better one's self is during the earth life, so that when the call comes there will be no confusion, but a clear understanding of the way to progress.

July 30th, 1913.—Man walking in the shadow sometimes sees that which makes him afraid, knowing not what it is. Cherish not those thoughts which bring unhappiness. In yielding to them the individual is robbed of peace and conditions do not become congenial. Every thought that brings with it a tinge of regret should be abolished. Do not

awaken the feeling of unrest; in sleep let it lie. Nature smiles upon all alike if people would but acknowledge it. Man's habit of mind makes the difference.

Chase not the phantom of despair; rather turn and see standing beside you the nymph of courage, ready to lead you by the hand, and with a marvelous strength to take you over rough and rugged places. Gifts of value untold are awaiting all who will follow the Master's teaching, do His will, and accept His word in its simplicity. Man so often makes the error of striving by his seeming wisdom to place an interpretation upon the writings of the Bible which confuses and destroys the simple language in which the Master spoke.

Grant, O Lord, that each may see the beauty of life, free from the dogma of a narrow creed! Mighty is love, guarding one ever and atoning for anything that may have been sent with meanness or with intent to do mischief. God grant that each may see the better way: To make a plea for guidance through the coming day, to banish sorrow or fear, to smile with love and conscious power, and do one's duty uncomplainingly.

If man would live this way, O Lord, his path through life would be so smooth and beautiful that the earth would be transformed from the troublous place it now is to one of beauty, and the inhabitants would be God-loving and God-fearing crea-

tures whose aim to help others would help themselves. Now the man's cry is generally for self—for those material things which he in his blindness considers necessary and all-important. God grant him the power to see and know!

August 1st, 1913.—Waste not time in plans which tend to create conditions for the future; rather let circumstances so shape themselves as to be peaceful in the present; thus the morrow will come into its own, and in a way which will be surprising. No clouds will appear upon the horizon such as had been pictured in the mental eye. You must be neither sad nor lonely. For ever about you we can see the friends, who strive with love to make your life happy and content, and any who try to rob you of that peace which is rightfully each man's should be shunned. By showing such the weakness of their position you will be enabled to do more than you believed possible.

August 2nd, 1913.—Fear, the factor of unrest, creeps into every heart and strives to overcome the impulse of good by the ruthless power of needless doubts. Watch that it comes not to you, for with a strong will it may be kept away. The Master of the universe is ever willing to aid the weak and down-trodden, but many in their feebleness display a strength of opposition to right thinking which robs them of the necessary ability to give conditions the higher qualifications.

Aspire to lofty things, both spiritual and physical. The spiritual will aid the physical; the physical in no way aids the spiritual. Select the best and hold to it with tenacity, that your labors may achieve good.

August 3rd, 1913.—Control thoughts which disturb your poise. Look well into matters which have the power to annoy and learn wherein lies their force, and if in any way it may be destroyed lose no time in doing so. Do not worry over conditions; face things as they are, with a knowledge that they cannot conquer you. Nothing will intimidate you if you will be determined to be master of the situation.

August 5th, 1913.—Nature smiles on all alike; it is man who sees it otherwise, often with his eyes blinded by much greed, while the sight of others cannot penetrate through selfishness, discontent and ambition, wrongly directed. When a condition is unsatisfactory, look well within yourself to learn the starting point of the trouble and soon it may be overcome. With the individual lies the power; let none doubt his own strength if it is backed by that from above, for hills will be climbed as easily as ground upon the level is traversed.

Spirit from the heights above, send unto us thy bounteous love; with wisdom guide and keep us straight. A prayer we send that all may know the source from which all goodness flows. When

things seem at times to mar our peace, teach us to know that nothing which is not a part of the Infinite or of His works can disturb us in any way. When we know that with Him we have done our best, there is naught which should trouble us. May God keep you in harmony with things which will elevate you spiritually.

August 6th, 1913.—Wait not for happiness, but seek it and grasp it firmly. Cast not gloom upon the day by fear, or sadness, or dismay; let faith be the light of your day and night, then all things will work together for good. When affairs are perplexing realize that your viewpoint is not right and seek to change it and to solve the problem with clearness.

O hear the voice which bids you walk in peace; control the fear and doubt which possess you when you are not on guard.

August 7th, 1913.—No fear will come to destroy the peace of him who trusts in God's love and power to bring happiness to those who seek it. Yielding to the impulse which overcomes man at times to follow his own inclinations is the pitfall wherein he falls. If man would follow those teachings which the Savior has set forth, no harm would come to him, but in blindness he seeks that which is easiest for him to achieve. In order to gain happiness man must in some way, be it ever so small, contribute happiness to another's life.

Christ taught his disciples to help others and forget themselves. This must be done to know the true happiness which is experienced from such acts. Be not too strict about attending to affairs which you feel obligated to perform, if conditions arise which make them a severe task. God bless you and give you greater strength to do the work which is yours to do.

August 9th, 1913.—In times of perplexity consider well the conditions, that they may become clear; earnest prayer will be of great assistance. Give us, O Lord, the power to pray at the dawn of each new day, and consecrate our lives to thee. With helpfulness we then will go forth and be able to influence many by showing them the proper way to take, and the ease with which their difficulties may be overcome if they live and think properly. God gives to man the power of thought; the use of it is his own affair and the consequences are of his own making. When man thinks in a clear, logical way all situations are easily met, but when prejudice and deceit are allowed to spring in, there is surely trouble ahead. Hold then to truth, that your thoughts may be lofty and the results happy. God will help any who seek his aid in earnestness.

August 10th, 1913.—Wake the slumbering spirit, that it may be up and about its duty. Lift the veil which hides from man's clear view a thing of great importance—the development of the in-

dividual. So full of love is all which pertains to His way of living that the deeds which are committed by fellow man without malicious intent should be overlooked, and in a manner which will make the culprit really sorry for his shortcomings. Man understands wherein his duty lies, though many times he tries to shirk it by pretending ignorance, deceiving some; but he himself knows his error, and so does his Master. When the truth has fastened itself upon him he will confess his folly and, in willingness to advance, acknowledge the wrong.

Look then into your heart at the beginning of each day to see the true condition, then lay out the plan to follow, knowing that God will guide and direct, keep and protect you, if you lean upon Him and with earnestness do your part. With God's abounding love may you be surrounded this day.

August 12th, 1913.—O hear the voice when whispering in your ear to go ahead, and have no fear of failure. There are times when weakness is sent from this direction, which mankind may not detect, but by us aloft a little tremor is seen. There has not been much of this, still at times it is wafted from those who would see you fail, those whom you have caused to show their lack of worth by the manner in which they have acted. The loss is theirs and many will see it in a short time.

The freedom of thought which man shouts about

is a falsity, for as soon as one expresses an idea in thinking which is different from the common trend, there is at once a hue and cry that the individual is bereft of his reason, the critic never for one moment doubting his own reasoning power, but judging without knowing what he is condemning.

Those who watch over you are thankful that you can see and reason. Let not your zeal close your eyes, however, to true conditions. At all times weigh both the spiritual and physical conditions, for their intermingling makes it difficult to see them at first in their true light.

August 13th, 1913.—There comes to those who are willing to be taught a lull in life's unrest; things are seen in a way that brings peace. The secret of it is the realization that nothing can overcome them if they will have faith and do the Master's bidding; by keeping the thoughts pure and bright, allowing nothing of a turbulent nature to enter them, this peace may be achieved. Man is master of his being if he succeeds in this control and nothing can harm him. He who is thus able to conquer his mind is indeed a victor. Go then in peace; in confidence hold yourself ever a co-worker with the Divine Spirit.

August 14th, 1913.—Unto those who seek light will be given, that the way may be seen; with perfect faith hold to the belief that from the Over-

soul strength will be obtained when your desires are for the true upliftment and betterment of man. Marvel not that conditions which arise seem so contrary to those which you would desire, for in things of a complex nature is found much to work upon, and this improves one's vision, so that the difficulty will be more easily managed when met a second time. Stand on firm ground and believe that nothing can harm or annoy you where God is the Overseer. Happiness is sent you as a reward for what you have done and are doing for the good of mankind in perfect faith, through the teaching of the Master's words. Material blessings follow those who with great steadfastness live as the Master dictates.

August 15th, 1913.—Nature has many manners and ways of sending messages to the universe. When the storm is gathering we are warned by the darkening of the clouds. The ruffling of the surface of the sea is another indication, just as a beautiful day is predicted by the clearness of the blue skies and the shining of the sun. Man is much like nature, but not so easily read.

If he were, a number of pitfalls could be easily avoided, but it is the heart of man which holds his real nature; though his face may wear a smile his heart may be as black as night, so it is well to be guarded for a time with all whom one encounters, that the heart may be known. This is not so

difficult as you may imagine, for when things are opposed to man's ideas, he will in some manner show himself in his true light. These are words of instruction to guide you as you walk; thinking the best of all, as you do, there is danger of imposition being practiced. Be guarded in what you say and do, that none may use aught with which to strike you a blow, which is the more keenly felt because at some sacrifice you have given aid to the individual.

August 17th, 1913.—Keep the mind alert at all times, to guide you away from those pitfalls which are ever in man's path, often adding another victim through his inability to see beyond the present conditions. The love of satisfying his desires frequently carries a man far beyond the point of reasoning, and it is owing to this that the results are disappointing and even disastrous. Man should walk in confidence, with a passive mind and the wish to do right, and there will be satisfactory results. With the help of the Master everything may be achieved, though the task will be difficult many times because the ideas and desires of many are for purely material advancement, and they are unable to see the wisdom of following the Golden Rule. May God guide you, and by the radiance proceeding from the fulfilling of the duties which have been revealed to you may you be blessed.

August 18th, 1913.—To every man comes a time

when his desire is for better living. The impulse takes hold of him and if it is followed the change is marked, but often it is checked by the onrush of materialism, the allurements of which hides what before was clearly seen. It is all-important for the sight to be clear, permitting things to be viewed without a veil before the vision or as through a colored glass. In moments of thought endeavor to view all matters with precision and clearness; never go about a thing in haste, for thus much that is afterward regretted is apt to take place.

Hear us, Savior, while we pray and ask thy guidance through this day; when things unpleasant around us come, may we be able them to shun. Haven of peace, we know thy strength; for what is there accomplished if there be no peace with man's mind? Maintain the hope, the knowledge, and the faith that all which you ask for will be given, in the way best suited for the individual. To songs of joy and happiness lend your voice. Youth should cherish only desires which are bright and pure and happy, and if these are put in practice, as time advances nothing unworthy can ever result. Show strength, not fear, and when clouds seem to be threatening, strive to look through the haziness and see clear sky ahead. Do not feel disappointment, for with it come those thoughts which bring unhappiness, and the effort to cast them aside is greater with each slight victory they attain.

Nothing avails those who are struggling to accomplish some purpose but concentrated effort, which will with perseverance win that which is desired.

August 21st, 1913.—Look well into whatever is to be attempted, observing the conditions from all sides, for many things which are bright upon the surface are much contaminated underneath. In each life the problem of what to do is sometimes serious, for conditions seem involved and contradictory. When such is the case go slowly, looking with unbiased opinion upon each side, then choose the best you see for all concerned, and once having chosen be not wavering, but adhere to your decision. Happy is he who sees his duty, and with cheerfulness sets about doing it to the best of his ability. Man is a creature of impulses and desires; some are more impressionable than others and have greater difficulty in overcoming any temptation toward merely material advancement. He regards lightly, as a whole, the change of heart which the individual must feel before progression can begin. So absorbed is he in the matter of obtaining wealth that thoughts of health or progress or genuine happiness are neglected. Choice is allowed each man, and of his free will he becomes either a materialist or one who strives to develop the soul by right living and thinking. To live happily man must help others who are in some stress, then they will realize what true love is.

August 22nd, 1913.—Hope from day to day for better things. If one-fifth the energy which man expends in doubts were devoted to thoughts of assurance that his desire for improvement would be fulfilled, more would be gained. Work for a given thing; not alone with hopes, but with thoughts and acts that will tend to the achievement of that thing. There is much in faith which gives man zeal; hope is but the striving to keep alive a dying ember.

Ah, faith, thy beauteous form stands before me as a symbol of those great things which can be accomplished, with the smile of assurance, the look of happiness, lighting thy face. Would that all might be filled with thy presence, and know and enjoy those things which are theirs, if they but have faith!

With wisdom let your acts be performed; with truth let all your speech be heard; with confidence that right is might and justice will eventually be meted out to all who conscientiously do their best, serve the Master. Give unto all their due, forgetting not the virtue in demanding and obtaining from others what is your due. The path to peace is not always the easiest course, because of those whose selfishness makes their acts a hindrance and causes man to be ever on the lookout for little pitfalls which are plainly seen if he is careful. Thus no one will be able to accomplish a selfish

purpose, for its unworthiness will be quickly detected.

May peace be yours through the knowledge that each day you have done your best. Be master of your will and naught can disturb the tranquil thoughts which will come to you and give assurance that the height which you have started to climb will not be too difficult to surmount. Those who know the truth see the top within a short distance.

August 23rd, 1913.—Memories creep over man and as his acts have been so are the effects of his thoughts. When pleasant they send a thrill of pleasure throughout him, but if at all unhappy or cruel they bring a feeling of sadness and depression. Hence man would do well to make his acts such that retrospection would not cause pain or unhappiness. Let those duties which are yours be accomplished in the best manner possible, that each day's labor may bring forth fruit rich of substance.

Participate in nothing which annoys; if it be not a selfish impulse which prompts the annoyance, bear and forbear, that each may aid the other. This is the lesson for the day.

August 24th, 1913.—Yield not to thoughts which destroy the mind's content. Let wisdom reign, and show each man how useless it is to battle against conditions. With passiveness accept what is sent, but at the same time do the best that is within your power to aid yourself and those about; then if

things occur which are not just as you would desire of your own free will, let them be accepted in the belief that for some reason they are best as they are, and make the most of them, striving to proceed unhampered by a depressed mental state. Offer thanks that the situation is not in any way growing worse, but from it good is developing with much strength.

The roots of a plant are never seen, but they make their growth before the plant is noticed above ground; with man's work it is the same. The qualities which are necessary for its vigorous maintenance take time to be nurtured and strengthened so that after they appear their underlying condition will be strong and will endure any burden placed upon it.

August 26th, 1913.—Make the moments spent in prayer quiet and if you thirst for help drink will be given you. Man needs not the house set apart for prayer wherein to make his supplication, but in any place and at any time he may shut out the disturbances around him and in quietness send up his petition. With a willingness to order the course of events so it will conform to your highest desires, greater progress will be made. Much will be gained by attending to things which will meet the requirements that now seem to be of importance.

August 27th, 1913.—Cling fast to that which is uplifting, in order that its vibratory activity may

manifest itself in the acts which you perpetrate. In the moments when it appears that all is well, man forgets to take the precautions which would make his pathway smooth; the consequence is depression of his spirits and the creation of conditions which harass him and upset his poise. Give then attention to the hour, bringing forth the best within you; a strengthening force will be obtained, so that you will not be disquieted when you meet with conditions which are not harmonious. Be like the lark, singing with the dawn of day, and carry that song throughout the day, allowing nothing to check it.

August 30th, 1913.—Much is gained if love and beauty take the hand of strength. The shadows pass with great rapidity when the forcefulness of man's power to hold himself in check is understood. Show a willingness to assume your obligations in the proper way, to know that the work which you must do cannot be done by another. He who strives to help another and points out the way that conditions may be overcome helps himself, but he cannot take the responsibility of the other's acts nor with servitude relieve the other's responsibility. Man must act for himself; the Master will aid him and the willingness of the individual to seek help draws to him many whose mentality is a great stimulus to their continuing in the right course. God in his wisdom knows what you need, and if you but ask he will succor and feed you. The will

to be aided is all that is necessary; when the mind is free and open to light it will thrive and expand.

Then make the mind free from worry this day; let nothing enter to disturb your peace; trust that God will watch over you and keep you from harm, and lean on Him.

September 1st, 1913.—If you have a clean conscience nothing projected against you by reason of the purity of your soul can harm you. Make then an effort to feel that the unpleasant things which are sent cannot harm you. Concentrate upon ideas and plans which are uplifting and which if fulfilled would elevate the individual. Many are drifting about without purpose; thus much energy is wasted which, if expended in certain directed lines, would bring much enlightenment to many and the uplifting of tired and weary individuals would be accomplished.

September 9th, 1913.—Within the mind the soul finds expression. Make that expression beautiful, that man may know the loveliness of your inner being, for the things which occur cause individuals to show their true selves, and it behooves each to so train himself that he will be a monument of unselfishness and a rock of endurance. In the development of man let the little faults which control him be rectified and habits that annoy others be put aside. Let each study himself and hold in check those ways which cause anxiety to others by

their lack of harmony in the work of adjusting the things of life.

When the family comes together let there be rejoicing. Man should not make prominent those faults which his brother may have, but should discern and take account of the good that is within him; then his criticism will be met in a more satisfactory way and the correction can be made without a jar or a feeling of resentment. With strength renew the efforts with which the burden of each new day is borne. Be joyous, and let God's love and light shine wherever you are.

September 11th, 1913.—The only true course to take is the upright one, free from the petty annoyances which many times widen the breach between those who should stand closely together. What manner of man is he who gains his own advancement by being untrue to his brother? What gain does he achieve which will not crumble into dust with the passing of time? A life of righteousness secures that gain of which no one can be robbed, and which causes conditions, no matter how trying, to be borne with tranquillity and happiness.

September 14th, 1913.—Gather those things which fall while you may, which means advancement of things spiritual. The determination to develop cannot fail to bring a man much happiness, for with spiritual growth comes a calm and poise which material worries cannot destroy. Would that indi-

viduals understood this; when the meaning is clear it brings a desire for the acquiring of those characteristics which, after they have become a part of the individual, make him an example of high spiritual thoughts. The outward appearance of the happy mortal, whose inner man has been developed, is illumined by the light which shines from within.

With the glory of the manifestation of God's goodness and justice and mercy freely bestowed upon each, the world is greatly progressing. In this new light, therefore, seek the happiness which you know is yours. With God's blessing I will now depart.

September 15th, 1913.—Oppose the severe arguments which are employed to overcome the mind of men. Years of such would not aid the condition of mankind; the essential thing is for the mind to order and direct the physical senses.

When the tide is against you, swimming is more difficult; so, when conditions are not agreeable, the individual must work harder to retain his courage and not through distracting influences lose the power to conduct his pursuits with success. At such times there is a strain upon the physical being, but with the mental forces in control, blessings will be realized and the situation should improve.

September 18th, 1913.—Man is like a tidal river; the water does not always flow in the same direction and is played upon by the wind, just as man

is affected by the influences around him. Circumstances play an important part, yet man must, like the unmovable river bed, be situated so that he can remain firm and not be a prey to conflicting emotions. Fair heavens fill the heart with gladness while angry clouds depress. Endeavor to see the silver lining beneath the cloud and to realize that the darkness is but temporary.

O hear the prayer which now we make, good Lord. Send us this day thy blessing, which will cast upon us the light that will show us the way to go; give us the will to do the best we can, and permit us not to stray from goodness. The way, though rough, do thou brighten by thy spiritual guidance, that the unpleasantness may be concealed by thy glory. All that we are sent to do, may we perform with a spirit of gladness and perfect appreciation that it is thy will. Show us how we may be able to conduct the worldly matters which man demands of us. By thy graciousness all may be accomplished, and with earnestness is this appeal made unto thee.

September 20th, 1913.—Night is followed by the dawn. The night is long and when anxiety reigns it seems endless, yet it was but the ordinary length. Man's mind was in control, casting anxiety and consternation upon the soul, which should maintain tranquillity. Harbor then those thoughts which make conditions clear, putting aside all that are

destructive. The dawn must come; fretting makes the time seem longer before light penetrates the darkness. Watch, and with patience strive to await the time when God's hand will light the house that is now darkened with the beautiful thoughts and deeds that bring peace and happiness.

September 21st, 1913.—Meditation will take man back through hours of suffering. Neglect pulls his theories down. Waste not your time in sorrow over past events when your meditation cannot see that anything better could have been done.

Things which stir you to the utmost must not be hurried but carefully considered. When the individual is in a state of excitement no decision can be reached. With calmness study the conditions and yourself. Work must not be too steady and laborious, for in that case no one can continue in his physical health.

For each there is a task which is his to do and it must be done, whether this day or at another time; the full amount of the work has to be accomplished or he is the sufferer. Choice is given each man to act in his way or in the way of the Master. Those who deliberately take the downward course of vice, lust and selfishness do so at their own risk. They are the sufferers, though to the inexperienced they may seem free from care. Walk in the pathway of righteousness, stopping by the spring of love to drink the water of human kindness, and

under the shade of silence commune with the Master.

September 22nd, 1913.—Man, hoping to win success in life, dwells upon the things which have retarded him, making those struggling conditions predominant. Look not upon the gloomy side; lift your heart in gladness that things are as well as they are, for by looking around much can be seen to gladden the heart; recall the blessings which are yours. Make the most of what you have, that more may be sent you.

September 23rd, 1913.—Shadows are quickly dispersed with the first ray of sunshine. When, therefore, the shadow of trouble comes, watch closely for the sunlight, that it may vanish. Mastery over obstacles is necessary for peace and is that for which all must strive. A man free from harassing mental stress is unable to sympathize with one who cannot control his mind's activity at will. Show forth with wise content the strength and cheer the friends have given when the stress was great; forget them not, but entertain those thoughts which give you strength.

September 24th, 1913.—Wake thou the soul; attune thy heart to noble things, for lasting is the impression made upon man's being through communion with the Lord. To man is given the power to see, through reasoning, what is allotted to him. When after gaining the knowledge he turns aside

from truth, his responsibility is great. There is also the man who does not care to know what his responsibility is, thinking in that way he will be freed from it. Not so; he will be forced to see and acknowledge his error, and therefore the sooner he tries to discover what is his duty, the better off he and those about him will be.

Make an appeal for help to deal with the material affairs which crowd upon you, and those things which are necessary for continuing in the work which you have undertaken will be given you, that the glory of the truth may be far-reaching.

September 29th, 1913.—The battle will be won; the man whose endurance is greatest has the best chance to gain the victory. If whatever occurs is not allowed to confuse the mind, with perseverance and strength, prayer and faith, the victory is bound to be won. There must be a willingness to meet conditions which materialize with resignation, knowing that there is no benefit derived from discontent. O help the man who cannot see the light of God! He will shrink in fear from thoughts of the deeds committed in darkness. Meet everything in a complacent manner. Be kind to all, with a manner like that which Christ displayed when he was abused by all around Him.

September 30th, 1913.—Take the stand that truth must reign. With what strength the forces work when thus the master hand ruleth! Who is there,

though weak in the beginning, that will not find strength in the fulfillment of promises which is the reward of faith and honesty? There is a free gift for all who look about them and hear the call of Him who asks of each his best efforts to lead a life of righteousness. The beauties of the universe are not for a few, but for everyone. In man's own mind is that power which either helps him or prevents him from obtaining that which is his by virtue of his being a son of God. Offer then the prayer this day that those things which you need for the working out of man's perplexities may be provided you, while with a contrite heart you serve the Master in your humble way.

October 1st, 1913.—There is no fault that cannot be rectified; no sin but may be wiped out. The wish to overcome the former, and the willingness to acknowledge and make amends for the latter, are the steps toward progression. When man is so self-opinionated as to feel that he has no faults, there is no need of anyone striving to aid him, for it will not be accomplished. With an acknowledgment of his errors and a sincere plea for succor, the individual may quickly advance. There will of necessity be many moments of discouragement, owing to the inability to trust and have faith. Righteousness must not be held as a burden; with the proper attitude and viewpoint man cannot help but be righteous, and his happiness lies in that con-

dition. Give, O Lord, the power to each to see the light, and in seeing to gain strength for continuing the fight. The victory comes to all who believe in thy power and naught can break the spirit if they but lean on thee.

October 2nd, 1913.—Rain falleth to cool the earth and aid vegetation, just as the spirit descends upon an individual to help him in his difficulties. If man would accept that which is sent him instead of arguing as to the worth of it, he would more easily win success. A war of words brings no one to an effective decision. There is always a degree of feeling against each of the parties engaged in it; therefore endeavor to have an amicable settlement without argument, that regret may not be felt afterward.

Peace is the soil which brings forth rich and abundant fruit; cultivate such soil, that the harvest may be a rich one; the material is there, so work upon it. A difficult task gives one much to be thankful for in its completion and awakens many to the fullness of the work accomplished. With strength work onward; there will be strength added to that which you already possess.

He who hath the power within him to make good use of the conditions which surround him will be victorious. Let none be dismayed, and permit nothing which occurs to fill you with anguish, if the best within you has been applied to your manner

of living. Each should help the other, for by so doing each is helped. Light up the countenance with a smile; its influence is greater than is usually realized. Dispel fear; make what is desired, if it is right and noble, the goal for which you aim, and let naught come between you and it. Maintain perfect freedom from those ties which bind an individual through their narrow conceptions. Be liberal, and in fair-mindedness consider all things.

October 6th, 1913.—Give no one an opportunity to obstruct or delay your efforts in the Master's cause. Defeat would give many a feeling of satisfaction because of their unwillingness to study or to appreciate your concept. Therefore, knowing as you do the truth, let none with ill will crush the heart and impair your work. You must stand with much fortitude, lest the wind of dissension blow you off the rocks of safety. By patience much has been made known, yet there must be still more patience, for when man allows a faint heart to overpower him the result is defeat for him and mastery for his opponent. Unreservedly know and feel the true value of whatever comes to you; being human, you will have moments of discouragement, but persevere and naught can harm you.

October 11th, 1913.—Men talk without sufficient knowledge, in many cases, just for the sake of argument. Never do this, for naught is gained. When you meet anyone who wishes to learn and is will-

ing to listen, and questions you in a manner indicative of real interest, keep up the conversation; but when the individual argues, or it is seen by his manner that he has no interest nor honest motive, cease talking on that line and introduce other subjects, for nothing is gained by you, and his desire to annoy you or wish to argue for argument's sake cannot be of benefit to anyone.

What will the man do who stands upon a rock and looking down sees with terror that the surrounding waters are creeping nearer and nearer, while there is no safe place for him to go and no one to help him? Suddenly he sees a boat in the distance, manned by two men; will that individual stop to consider whether these men are of the same cult, the same color, or the same social position as himself? No; he thinks of himself alone, of being saved, and that they are the means of his rescue. Thus the man who is sinking or being dashed upon the rocks of tribulation looks for one who can place him in safety. He cares not who the man is, so long as aid can be given. You will find great numbers of people who do not care now for your truths, but who are willing to learn for their own benefit.

October 14th, 1913.—Nature has a lesson in store for all; follow her teachings closely and your success will be great. In those places where the sun is hidden by large trees we find flowers which grow

upon their boughs. Many beautiful specimens are found deep in the jungle whose beauty has been seen by few; just so an individual may be hidden from notice by those whose positions or attainments are so great that they obscure him in a sense, yet the beauty and strength of character which he possesses may make him far more rare and worthy of being sought than those so prominently before the public. In the midst of conflicting conditions, in material trials, be as the rare flower, live on a high plane and grow mightily in beauty and power.

October 15th, 1913.—Determined must be the effort which will bring the realization of desired things. Man conserves much energy by being well poised, not permitting matters of small account to upset him and rob him of the courage which is so necessary to his advancement. Nothing is gained by man if his peace of mind is destroyed, even though he possess vast wealth, for no material thing can be enjoyed. Hence there is more gain in spiritual advancement, since although a man may be very poorly provided with worldly goods, none can deprive him of the happy moments and pleasant conditions which his spirit growth gives him.

October 19th, 1913.—Man little realizes what thoughts may do until he has made the subject a question of study. Thoughts are living things; their vibratory activity is great, though the force with which they are sent and the efficiency of the

sender has much to do with their reaching the places and things toward which they were directed with the least possible interruption. Those of a vicious nature seem to increase through the force with which they are sent out. Cherish only thoughts of upliftment, of desire to make things better through justice and right; to this add the desire that the truth shall win, and divine justice will be meted out to all.

October 20th, 1913.—A warning should be given to all who wish to make their lives worth living. First, to stand firmly and right, living so that nothing may come to take away their poise. The clouds which loom upon their horizon when the sky overhead is a perfect blue are sent with a purpose to destroy quiet. Let circumstances which arise take their course, not allowing them for an instant to cause confusion; instead let everyone be philosophical and see in such a temptation, then with resolution rise above insidious suggestions. There is happiness in the world for all; that portion which each will accept he may possess. Thus if an individual would have happiness and contentment he must acquire them. Good words are treasures which none can take from you. Be rich in good deeds, that you may know happiness.

October 21st 1913.—It is necessary at times to bear the burden of a heavy cross. Mighty is the effort needed then to keep the spirit free from

anxiety. Serenity can be attained through perfect faith in the strength and love of the divine Master. Admit not the fear which is at the door of each man's mind waiting for a chance to enter; this it is which robs him of vital force, of happiness and peace.

Hold up your head and look at God's great canopy of blue wherein dwell those planets whose inner condition man has never been able to fathom; whether or not they are inhabited, like the earth, is still a mystery. God guides those planets as he guides all things in the universe, in the wonder of His greatness. How can man feel otherwise than that He who can care for such great things must, with a surety, be able to care for so small a thing as man's welfare? Man should feel that in the world are wonderful opportunities of which he may avail himself if he but applies himself earnestly to the task.

October 22nd, 1913.—

Into darkness comes a light,
Saving souls from greatest fright.

Give to each, O Lord, the power to see this light in time of greatest darkness. Give us each the force to brush aside those thoughts which come to disturb us and by their persistency rob us of energy. If the heart is light, from burdens truly free, no credit should be given him who smiles; but when

there is a weighty burden and the heart is still light, the lip, smile and manner pleasant, the perfect harmony attained is a great credit and achievement. Work, therefore, that each may accomplish this. Smile while the cross is heavy, for anyone can be pleased with agreeable conditions. Close the ears to words which carry no help for anyone with them. Make the time spent in any occupation profitable to your spiritual growth. Chase the shadows away in the true light which is known to you and to those who work with you.

October 23rd, 1913.—In mighty works progress is shown by the size of the undertaking, its importance and its durability; all the details must of necessity be worked out with skill and care, that each may be accurate. Man thus applies himself to those projects which are great. Truth, like the acorn, will take root and the years will nurture it until it reaches its full beauty, when many will enjoy it, not only because of its appearance but for the shade and comfort it affords.

In this the necessity for thorough study to find out what is essential for growth may be observed. Pray to be lifted from a fretful condition to the state wherein perfect peace may ever be yours. This can be made possible through individual efforts.

October 25th, 1913.—All who sincerely strive to achieve higher things are bound to succeed. Mat-

ters of a pure and lofty order can but aid one, though man may not always see this through his not studying or understanding nature's laws. Truth is devoid of all embellishments. Man must learn to see truth as it is, not always as he would like to see it; out of sorrow comes light, if the proper viewpoint is held. He who mourns and clings not to the blessings which the Master has given him will fall by the wayside. Why? Because of the defiance which he feels toward the Master's decision as to the course things shall take. Retain your love for those who have gone on, and the knowledge of all that was brave and beautiful in their lives, but do not close your heart to those who have a right to see laughter and sunshine, and this is due to God more than to any other. This lesson must be learned; man must keep himself in a position to know that whatever overtakes him is for the best, else it would not be. So smile accordingly and thank God for the blessings which you have and do not with a disgruntled manner openly rebel against God's dictates. Look about and you will see those whose sorrows are fourfold greater than yours.

O hear the voice which is calling to all as they go on their way to walk with the Host, never yielding when tempted from Him to stray. To those who would tempt you offer no means whereby they might succeed. Work without fear, but with

perfect faith that all will be well. In this you have thus far been rewarded, although others thought you would fail.

October 27th, 1913.—A nun measures the serving of the Lord by prayers and outward signs of worship. Those not so devout may perform duties which are as effective, and possibly more so, through adapting themselves to conditions over which they have no control. Those whose duties are to help others may find the number calling upon them for assistance so great that the time for attending to their own needs is entirely taken up. A way must be devised by which this is to be accomplished. Let the time given to each individual be less, yet the work need not be stopped. He who aids must continue, but burdens should not be placed upon him so continuously that he may break down. All things are, or should be, divided into classes; each class is again divided into sections—the teacher and the pupil. You would not ask a teacher to do the work of each student; his task is to teach, just as the mother has her special duties to perform. It is not fair to expect that she can look always to those things which mean the comfort of all, taking no thought for her own welfare. There should be a time for each to rest, and when through the conditions affairs have become very strenuous, there should be no added cares or responsibilities. Those things which assist spiritual development

must go on, but not in a way that would make matters more confused and weighty. The spiritual application to such conditions would be the maintenance, during great stress, of an uplifted manner so calm, so sweet, that the silent lesson would be greater than any which could be spoken.

October 31st, 1913.—Be persistent in the fight for right. Man will sometimes lose his grip when the struggle continues, despite his desire for it to be over, and if it lasts a long time, he realizes that the opposition was exceeding great. When there is a desire for those things which tend toward the betterment and progress of many individuals, the way has been started which will bring them into actual existence. It is right to feel this desire for the things which man deserves, and if an effort is made to obtain them other benefits will become possible. Pay no attention to the words spoken to you contradicting what you know through stubbornness of the speaker, who takes only a superficial view, considering not the true conditions.

November 2nd, 1913.—Show to him who would cover you with gloom how impenetrable his suggestions are. Allow none to upset your poise, for by so doing a victory is won over you and henceforth it will be more difficult to prove your theory. Those whom you strive to help must be willing aiders. Those who would like to give aid would more kindly put their suggestions aside, unless they

are willing to make them through him who is directing. Herein lie the most oppressive conditions—through the lack of unity, the pulling away, as it were, from each other.

Persons who would rule everything must not be allowed to disturb your peace in any way; with quiet dignity depart from the theme advanced. This will require much strength and prayer, but do your utmost for all concerned.

November 4th, 1913.—There seem to be many who through ignorance maliciously attack another when, if they were to acquaint themselves with the true conditions,—which is the correct starting point,—the view taken would be decidedly different.

When such individuals are met it is well to question their ability to argue for or against a matter about which they know absolutely nothing. We find that much criticism seldom comes from one whose intellect is ably fitted to deal with the intricate problems of the day.

We notice that a great noise is often made where brains are lacking—it is like the cackling of hens. Charge yourself with much patience, that there may be nothing lost by the invasion of those whose narrowness permits of no thought outside of the things in which they are interested. This applies to any who bear an unfriendly feeling for ideas other than those held by them.

November 15th, 1913.—By actions, not in words,

the way which is to be followed will be shown and advancement made. Without a doubt the advancement will be noted, and a determination to progress which hitherto had not been observed.

Work with a persistency which despite everything leads toward the goal; by constant effort on behalf of any undertaking success is bound to follow. Not with a heart bowed down with grief, but with an eye most bright and words which speak of perfect confidence, know that help is at hand.

November 21st, 1913.—Waste not moments in idle prattle when your conscience declares that you have done your best. Why argue? Matters never improve by argument when the speakers refuse to see any way other than their own.

Offer nothing but the truth, which man must accept or decline of his own volition; the responsibility rests with him, not with you. To each is given the ability to reason; by each this should be used.

The fault is man's willingness to accept things which are taught him from infancy, without thought of their logic. Hold forth the fallacy of the method as shown by the many who are now totally at sea as to conditions, and who follow the teachings blindly, stubborn when another sees light where he does not. Others go along in their own way, not thinking of the morrow or anything but their own pleasure, and some perform their duties

in the best way of which they are capable with the light that they have received.

Wisdom is needed to observe the light and seek it; to blindly follow where man leads, without exercising any intelligence, brings little real comfort. Then strive to do the work of the day in the most intelligent way you can, causing light to shine where shadows had cast over man their depressing gloom.

Force your way through the dark cloud, which is but a flimsy covering quickly set aside, if man but determines to brush it away. With determination fight and retain your strength.

November 25th, 1913.—We find new help in the belief that the will power is strengthened by those whom we wish to aid us in the work of improving ourselves. The omnipotent will holds all that is powerful and, struggle as he may, man will be unable to counteract this, yet he will also find by reasoning that there are friends who will assist him to gain what he desires for his upliftment, by interceding for him.

A king is not approached directly, but there are officials who carry messages to and from him and in that way aid is received. Yet men with one accord expect the Omnipotent to give attention to each; this will be found everywhere to be the rule.

Children open their minds with simplicity and truth, eager to grasp what the teacher thinks is best for them to know; he who is a prince must begin

at the beginning, the same as he who is a pauper. By study and application the goal they seek may be reached, with the assistance of those who work with them. Let each man study and learn those things which perplex him, applying himself with earnestness to the task, and conditions will with certainty be created that will show him the truth.

Let each work out his own problem, with the wish to aid others in their efforts, giving help when it is sought in seriousness and, with love abounding, showing the way.

November 27th, 1913.—Secure those things which you need for your personal betterment and which will aid you to attain the spiritual growth that is all-important.

Live so that such things will be observed and the growth of the spirit noted. For this much patience and perseverance are needed, since man may not overcome all things at once, but rather by steady endeavor for improvement.

What beauty is there in life if the spiritual advancement one has is taken away? Nothing is left but weaknesses which give little peace or comfort.

Strive to do your duty; let the problems which arise be handled with intelligence and be master of yourself. Resist attack of your poise; if this is disturbed you will lose much.

December 9th, 1913.—Where the spirit of love abounds we find happiness. Attune the heart to

things of God, that the mastery of self may be obtained and the true joy of living may be experienced. Lift yourself above all things which would tend to disturb your peace and tranquillity of mind. When this seems beyond your power, fear not, but with determination seek the light which will show you whereby it may be accomplished.

O life! O joy! the two would be linked together if man were mentally capable of seeing the truth. Love, the stronghold of each individual, must be developed and in this way the true joy of living will be secured. Let not the fear of outside influences become too great, for they would rob you of the strength necessary to combat those conditions which arise with the passing days. Great help is given all who in humility seek the aid of the angels. With what peace is man endowed when he with assurance goes on his way knowing that the friends are near, striving to assist him! Those who will not see or believe these truths are robbed of the happiness and comfort which belong to each man if he has faith. May the grace of God shine upon you all, and in truth keep you throughout the day.

December 10th, 1913.—He who obtains knowledge direct is blessed indeed. Individuals sometimes fear to shoulder responsibility lest too much be laid upon them. Enter not into that field, for while things we send are not always looked upon as true, there is around those truths much substance.

In transmitting the message sometimes a different word is used than was meant, which alters the sense. Overcoming all conditions is so difficult that we are well pleased with what truths are received, for if they were lived up to the universe would be a transformed place. God speed the work; let each heart rejoice that it is progressing when the obstacles are so numerous.

December 16th, 1913.—Zeal must not carry one too far. When an individual pushes himself too hard the result is not what it would have been if he had worked in a perfectly quiet manner, accomplishing a certain amount each day.

A ship sets sail for a given harbor that is reached in a day when the sea is calm, but on the morrow the same craft may be tossed upon the waves and although the distance traversed is the same, under such adverse circumstances the battle is a hard one and the time required for the voyage is much longer. It causes great fatigue for the man at the wheel and the strain upon the machinery is severe; the helmsman needs rest and quiet, the machinery requires thorough overhauling. This is true of the individual; when he is tempest torn place not work upon him which would be an easy task if the sea were smooth, but now is too great a strain.

Grant, O Lord, that the true way may ere long be revealed, free from those obstacles which now hold us in their grasp. When all things seem dark

and dim, may we scan the clouds and discern the light within.

December 22nd, 1913.—In waking hours the thoughts should be free from sorrow, for troubled thoughts which bring tears are the work of those who would influence for evil. Give unto Him, the mighty Host, the best you can, and with cheerful, helpful song comfort all who pass your way. Man needs but faith to know how great God's help can be when he encounters rocks and hilly places in his path of life. The way to surmount obstacles is easy if faith is held. This is necessary with all work, for without it what can be accomplished? Nothing; the wonder is great that he who traveled in darkness may now lead those who believed that they walked in the light. O how fearful should man be of walking by himself, with his mind upon those things which are only of the moment! Let each do at least some slight deed of kindness every day, if it be within his power, but let him do it with the divine power of Him who aids shining through his acts, and the benefits thereof will be great.

December 23rd, 1913.—A joy serene to each one's soul is the knowledge of a day well spent, with a power in one's personality for the achievement of good. Young and old unite in the celebration of Yuletide in the manner befitting their feelings. The spirit of helping those who would be greatly benefited by some kind act possesses many at

this time. Thus we see the fulfillment of the Scriptures where it is said, "It is more blessed to give than to receive."

There is no strife where happiness is found; those who bring strife are not happy and do not wish anyone else to have that which they do not possess. According to their degree of understanding that happiness is any man's for the seeking and keeping, the whole world would hold for them a different viewpoint and charm.

December 26th, 1913.—What rouses the spirit of man to action is invariably, we find, his wish to protect himself,—the desire to render himself free from the torment which would result from certain acts. Keep your mind clean and let none put thoughts into it which would destroy the tranquillity of your spirit, which otherwise would be peaceful. Who is there that feels he may walk alone? He who thinks he needs none to aid him in the end presents a sorrowful spectacle and is willing and eager to take advantage of any kindness that may be shown. Fill your day with kindly acts, that some poor soul may see, as he struggles through the dark, that man's power to aid is a truth, a reality, and the strength arising from the thought will be great.

December 28th, 1913.—Offer at all times the best that you have; thus you will on each occasion exceed the point where you then stood. With a steady growth is the reward observed, in accordance with

the promises of the Bible. Man's individuality is the potential power; when all work for one great purpose and achievement an important unity will be formed, but it should be remembered that the individual must do his part. If a person suffers let him ask himself, "Have I transgressed any of nature's laws?" After finding the cause let him set about regaining that which he has lost, not with fear and trembling, but with perfect confidence that he will succeed through right living. For him who falters by the way through ignorance there is much pity, but it is sadder for him who knowingly transgresses the laws of nature, inasmuch as his sufferings will be more keen.

With faith and confidence in Him who will aid, work onward; the way is clearing and those who know the truth stand willing to lend their help.

December 29th, 1913.—No apparently unconcerned individual possesses as much magnetism as one whose attitude denotes interest, be the subject what it may. Make an awakened desire for knowledge your first essential. The strength which accompanies it will reveal itself in the material you will obtain for the building up of a larger personality.

Endeavor to influence those you meet whose ideal is not always that which is holiest, but who hope for a longer period in which to enjoy material pleasures. With patience hold them to that which is

necessary for their peace of mind, which will be a thing to them unknown unless a check is put upon their licentious lives. A man has much to fight against if he allows himself to be easily preyed upon by those about him. Let his own best nature grip hold of him and if with fervent desire he asks to be helped, great improvement will be made. In each life there are times when the individual becomes perplexed and tired, not knowing what to do or where to seek aid, especially if he is an unbeliever. Let such an one go by himself, with thoroughness search his heart, and discover the exact position in which he stands. Let him reason and learn just what there is in life which holds such a great attraction for him, and then ask himself if it is anything that will bring him peace and happiness. If he be honest, the answer will be, "No." Let him then look back to the beginning of his existence and note his progress, and see what strength he has used or wasted, as the case may be, from infancy up to the time of analysis. This learned, let him with determination commence with his weakest point and endeavor to strengthen it by degrees; this will be the beginning of progression, and the first act which will cast a new light upon things and make his life worth living. When striving to better himself and to aid others man progresses.

January 1st, 1914.—Though the way be shad-

owed the soul is able to manifest itself through the darkness and with light from within keep all things bright. To those who succeed in doing this there is nothing really dark; man therefore may control the conditions in which he finds himself.

January 14th, 1914.—Thoughts which shut out those that are bright must not be permitted to enter the mind; watch this, for there must be happiness and peace. Subjects which weigh heavily upon your mind are what must be considered, for therein will be seen the way to overcome matters which seem likely to interfere with what would be most pleasing. Follow that which the Lord sends unto you to favor. Show great strength of judgment in affairs which at first do not appear to be wise. Feel that knowledge of His way will help you and much will be gained for each and every one.

January 18th, 1914.—Take the way which leads to perfect peace—that of trustfulness in Him who guides. With a will put one side whatever is disturbing through lack of harmony with things that are pure and true. There are conditions which are forced upon man though he may have striven for the right; but when such overtake him, if his heart is filled with the truth that God's love is abounding and gives strength to all, there is nothing to fear. With trust in His helpfulness all will be well.

January 19th, 1914.—Man's thoughts combine in

a force which none can dispute. A thought, a tiny thought, has its activity in the ether where none may stay its progress, but once given voice it speeds upon its way with greater rapidity and force than man conceives. You may dispute the truth of this statement, but rather than set no faith upon it, search well the facts and learn for yourself the worth of what is said. Nothing in the universe is lost; everything destroyed in one condition goes toward the making up of new and different conditions. Why then should a thought be lost or extinguished? Once given a place in the universe it is impelled to a person who takes from it the good intended, or else with force it strikes someone in a weak point, and—according to its size, its force, and its contents—is received and used for or against the sender. Therefore let each individual hold thoughts of the kindest nature. Those which breed misery to yourself and others put away, and only harbor the bright and beautiful, that their radiance may shine upon and about you. Words that imply sweet thoughts are as balm to an aching heart. Then let those words be forthcoming; when speaking with justice toward all be sure that what you say is not mistaken for unkindness. God's wisdom is all-wise, and although man in his stupidity often misunderstands things, by a careful analysis he will see that chance has no part in any of the developments about him. With His blessing

let your heart be filled and the way of progress be attained.

January 29th, 1914.—Wafted upon the ether, bringing courage and new strength, comes contentment, the upbuilder of obtainable things. Unrest breaks in upon the quiet of his surroundings and obliges an individual to work with great vigor in order to keep his poise, yet this does not give him anything but the energy he lost striving to protect himself from that which is felt and but little understood by the majority of people.

Unrest floats in the atmosphere, affecting all, no matter how well they are safeguarded. Those who are protected find themselves in a strained, tired, or apprehensive state. Realize that disturbances must not be allowed to reach you, that a feeling of unrest should not enter the household. From this you must infer that contentment, resignation to existing conditions, when the best has been done, will make you fitted to cope with other matters which will come about, and with prayer and faith this will be easily accomplished. Count your blessings and cause for thankfulness will be apparent.

February 1st, 1914.—Man must be master of himself when he feels influences come upon him and seem with sudden impulse most forcefully to grip him; caution must be used and he should be careful not to act upon these sudden impulses if they are contrary to what his own logical reasoning would

dictate. Necessary, indeed, is it for the individual to keep his poise at all times, lest in a hasty moment he should do that which he would in a more quiet state regret.

February 12th, 1914.—In the unseen world there is a wondrous following, though with man there seems a hesitancy to come forward and observe what, if the truth were told, would mean much to man in general.

If man would but realize that there is a force around him, call it by what name he will, which checks or aids his progress in his daily work! With the individual lies the power to say how much or how little this force can keep him back. Things bring with them one of two emotions—cheer or oppression. You will find without doubt that nearly everyone will acknowledge a wave of depression has come over him at some time or other, the reason or origin of which he knows not.

Let him think back and remember if he strove to rise above this, or sat still and allowed it to affect him deeply. Such influences are ever roundabout, and the individual's strength is what keeps them from showing themselves with greater force at certain times than at others. Let each live with the knowledge that in himself lies the ability to push these worries aside, and with the Master's help nothing can fail.

In what you do, in what you seek,
Look ever ahead, God's guidance keep.

February 13th, 1914.—Assist when you can those who struggle on the way. Enter where you may with a willing heart and do your duty with happiness. Into each soul comes a yearning for companionship; to some the action of a friend means more than to others. When an individual is timid and shrinking, a look or a chance remark often causes him to keep a closer watch upon himself, guarding his thoughts too closely to permit of anyone reaching his inner being. Does not everyone need friends? A good friend is a thing to be cherished and lived for, one who will, when you are in affliction, help carry the burden. A friend who understands not the laws of ethics may from the godliness within his own spirit know more of true ethics than many who shout their beliefs from the housetops.

It is not in churches that the best men are seen—nay, often out among the so-called heathens is found an individual whose only thought is for others, not regarding himself at all, but leading a life of sacrifice, filled with love little understood by man, but gaining much favor with the Master.

Try conscientiously to be kind to everyone, for there may be a timid creature near you whose soul hungers for companionship and love, one to whom

a kind word would bring so much cheer that the day would seem brighter.

Go on your way and say a prayer for all mankind that they may experience sunshine and comfort in the companionship of the Master.

February 16th, 1914.—The things which occupy one's thoughts may be put aside; that which keeps man from being free and happy must be removed before it works any harm. Greater strength will be given you to do this with every attempt made. There are individuals who do not progress owing to their satisfaction in staying where they are, not aware that they are failing to perform a great many acts and that will count against their progress in future, when it would have been helpful to them if they had realized the importance of their conduct. Going through the life on earth each has his own place and the manner in which he fills it is a responsibility which he must answer for; therefore each day the time is right for progress in all ways—mental, physical and spiritual.

February 20th, 1914.—Nature presents many lessons for man to follow. With that power which causes the flower of the field to bloom with beauty man may not compete. Stirred by the breeze, tall trees with spreading branches grow upon the hill-top; of equal size are the trees of the meadow, giving shade to the pilgrim upon his journey. Let each individual watch his opportunity to care for

and shelter some weary one traveling along life's pathway.

You will find those who are weary and distressed if you look for them. Man is slow to see some of the clearest lessons owing to his lack of interest in his fellow man. Many things would with careful study be known to exist, and if people were conscious that such conditions do exist they would not allow so much valuable time to be consumed in the search for that which cannot be found. Let study teach its lesson in the quickness of man's perception of wrong when he has arrived at the conclusion of the analysis, without much trouble. Curative measures may then be adopted. There are few men without a weakness, but not many will admit their shortcomings and strive by persistent effort to overcome them. With this lesson you are taught the strength in studying character.

Let none by their suave nature prevent you from scrutinizing beneath their calm. Observe all phases of the conditions; let not one outweigh the other. Those who wish help must relate clearly the matters which trouble them, that they may be set right and strength may be given them to go on.

February 22nd, 1914.—Into life's unsettled waters sails a sturdy craft which offers a refuge from the troubled sea, and makes man keenly anxious to be taken upon it. Thus it is with the individual, troubled and upset through material

trials and cares, who learns that life may be made restful if the mind is willing to grasp truth, and through strength of will to hold only those thoughts which uplift; any which create a feeling of trepidation should be repelled.

The truth as to the fitness of things, the relation of things in the universe to man's life, must be taken into consideration; then the craft on which you sail will not be easily made to rock by the tempests. This goes to show that man must be his own operator upon the seas and must learn for himself the way to guide the craft.

In this lesson all must feel they have a part to learn; those who think they do not need it show at once their weakness. Learn to govern the mind; hold pure and honest thoughts, that your will may enable you to cultivate that which elevates without a great combat. Love holds a great place in these truths, for where love is no meanness may enter. Have charity for all, and be fearful of him who lacks honor and believes not in those things which pertain to life's great teaching—the continuity of life after death.

February 23rd, 1914.—Old habits are hard to give up; have faith in yourself and they will be overcome. Cherish that which is good; abhor that which is evil. Much which distresses man really exists only in his imagination. Let not things which occur annoy you; meet conditions with an

equanimity that will defeat any attempt to injure or harm you.

O shout the glad tidings of victory gained! Those who remain silent are not progressive. Things may be repeated in a manner which denotes sympathy in a cause, without being boastful; regard simplicity as the root of everything accomplished. When man feels that he is very important there is always a reaction bound to follow; let all beware of this folly.

February 25th, 1914.—What is not attempted never will be accomplished. Let each man feel he has tried to do that which is necessary; if he fails, the attempt must be renewed with vigor until he has performed whatever it is his duty to do. Anything worth the having is worth the overcoming of obstacles in order to secure it. Unless a thing is gained with anxiety and stress it is usually not appreciated. Do not hasten; time and patience are needed for matters to be understood clearly; that which requires little time is of small value.

Man's worth is indicated by the acts which bring joy and happiness to the hearts of others. By such acts those whose minds are capable of judging measure him. Those whose vision has been weakened by the flash of material splendor amount to little. It is he who looks beneath the surface that discovers man's true worth.

Take note of those who suffer from the diseases

which are attributed to nerves; the original cause will be found many times to be their inability to have and do what they desire, owing to their lack of material wealth. If they would stop to reason they would see how foolish it is to build up those things which they could be deprived of in a twinkling. If they would expend the same energy to aid another or to cultivate their minds, the good would be far-reaching. Today we would say, "Try to learn a little each day to broaden you in the view of life, which is, after all, only a kindergarten for the soul's first lesson.

February 26th, 1914.—Those who earnestly seek help with surety will find it. The good which man desires is his if he but looks for it. Obtain contentment through the knowledge that the best you could do has been done. Thus there will be no worry from a conscience which would trouble you if this were not the case.

When the disposition to judge another is too harsh strife will arise. Each should endeavor to understand the viewpoint of the other, thus being enabled to realize the strength in his own concepts, while those of his opponent may be more easily explained and their weaknesses shown.

It will be seen that through the different ways a subject has been presented to man the seed has been sown, and if it fell not on ground fertile with sound judgment, the results will be small and of little

value. Hence man must be shown wherein he is losing a rich product and the seeds must be re-planted where the soil is favorable.

February 27th, 1914.—Make the best of things each day; encourage blessings to remain with you. When trials threaten, turn them into victories; peace will abound.

Happy children at their play
 Watch not those who pass their way,
 But with minds on frolic bent,
 Hold to thoughts of pure content.

Older people fret over the opinion of individuals they have met, wondering if their acts would be considered those of high society.

So, my children, large and small,
 Rich and poor, one and all,
 Hark not to the voice of man,
 But give to God the best you can.

What counts with man as loss, often to the Master is boundless gain, but through man's inability to see beyond the surface is wrongly estimated. Those who add each day to the structure of their character will find that they have builded an edifice strong and beautiful and enduring, to be admired by many, with others anxious to follow the example and complete one like it.

March 2nd, 1914.—The power of choice is given every man. The result of his choice is not the fault of anyone but himself. Hence it is well for him to

weigh all things before making a choice, that the result may not be disastrous to his well-being. Man is prone to go blindly after that which at first glance looks bright, and the view being from afar, much that cannot be observed in a glance is unseen. Look well then before a step is taken, for there may be encumbrances so great that no light can be seen as you draw near.

Show unto all the strength which is every man's if he will but use his will. The mind has much to do with the appearance of things. If the individual is happy, the little blemishes in material things are not noted, but when he is troubled all things look dark.

March 3rd, 1914.—Speak words of comfort to any whom perchance you meet this day. Let them know that God is ever with them. Show to all who wish to see that there is but one condition to remember—that God conquers all through His great love. Those who are willing to serve Him and with true hearts ask for His guidance will receive it, and will know that with Him all things are possible. Those who cast their burden upon Him will find it is lifted like magic and the way to progress is made easy.

March 5th, 1914.—Much that man holds in his mind we find is there through his willingness to grasp it. Those who hear of a truth and the manifestation of it but push it aside do so through their

unwillingness to allow the germ to develop in their minds. Often man lightly says, "I do not believe thus and so," and when asked for a logical reason finds that he has none; he is one of the foolish who condemn a truth without learning of its virtues and facts.

It is the fool who thus condemns a thing he knows not of, and it is verily a fact that "fools walk in where angels fear to tread."

This you will be able to explain to people. Some may say they are listening to the opinions of other men, presumably wise men. That will be the time to say, "He who thus argues is none the less responsible for his own shortcomings." Truth is truth, whether it is seen now or in years to come after much suffering and perplexity.

Grace to live the life sublime, though trials overtake him, will be given to anyone who places his faith in the Master. Give unto Him your best. Let man obtain his contentment in this way. You will find that he has his own idea how he would have things develop, but it may not be the way which would be the most beneficial for all. Circumstances will arise which thwart man's plan, and if he were to realize the reason for such conditions, his peace of mind would be unaffected and matters would progress nicely, but as a general rule man rebels against what he deems failure, not seeing and understanding the whole truth.

Therefore teach all to be content with the development of their conditions. If man has done his best there is no need for him to grieve; God in His wisdom sees and understands all things.

March 6th, 1914.—Secure the best which is to be had for your thoughts. Things which tend to upset man's schemes are often aggravated by the mental activity which is being used in obstructing the thoughts that would build up a structure instead of tearing it down. Shape, therefore, the mind's action with a desire for constructiveness; you will then note much progress in development and, your nature being constructive, you will improve and be able to impart to all a forcefulness in truth and a confidence in the power of a happy mind. Clean and constructive thoughts must and will bring forth a harvest of good.

Let not a word obscure the light which shines continually for all who know the truth. No one can blot light out entirely. If a shadow passes over it, caused by an impression—a word or thought coming into the mind—quickly remove the impression, that the light may be seen in its full power; if not observed it is the individual's fault for allowing anything to come between it and his consciousness.

March 8th, 1914.—Works of importance in the advancement of mankind require years of labor before their true worth is realized. Do not expect

a truth broad in its concepts to secure a following within a limited time, for because of its broadness, the very impartial relation which it holds to rich and poor, it will not be accepted by the blind, ignorant simpletons who feel that they know what is needed, making their own desires the keynote of all that they consider important.

Lift up your voice in thanksgiving that the light has been seen by you, and with humility pray that God's grace may guide you in showing others the pathway to the truth.

March 12th, 1914.—Center your desires for the betterment of many upon that which will best meet the demands. Strive for this object and it will be forthcoming. There is a saying: "Where two or three are gathered together in My name there will I be in their midst." Thus when you are endeavoring to induce your fellow man to lead the life that Christ taught, and to lift up those who have been unfortunate through their own weaknesses or from any other cause, there is a motive of true worthiness, and with such honesty of purpose you will be successful.

Give helpful thoughts to anything desired and they will bear fruit. Rely on this strength, and it will be but a short time before your power will be mightier than you believe possible at this time.

March 13th, 1914.—What is there in life which makes man desire so strongly to live? The secret

is that which means the preservation of his soul, though man may not so recognize it. The ego is the soul, and it is the ego, the consciousness, which makes the individual know that he is an individual, and which desires to continue in a state of existence or consciousness. Live, then, so that your consciousness may give peace and quiet to the individual, for when the inner self is alive to the faults which keep the individual in a state of confusion and perplexity, there is much gained by man—namely, the power to reason and to see his shortcomings, and thus he may improve and develop to great advantage.

Live, then, so that the close of day may find you a step higher in self-control and brotherly love.

March 14th, 1914.—Beneath a calm exterior often lies a hotbed of unrest gnawing at man's vitality in an alarming manner. Therefore, when an individual's actions bespeak unworthiness, be tranquil and carefully inquire into his motives, for there is some reason for it when everything shows wrongdoing. Oppose those actions which you know are not fair and just, no matter who the offender may be. Love! love! let it abide in the hearts of all, that God's works may be the more quickly manifested.

March 22nd, 1914.—Wisdom is classified according to man's standard. Let not those things which speak of truth be neglected, for in them is found the wisdom which passeth man's understand-

ing. It is a true and living thing, though the few to whom the populace now look for their supposed wisdom fail to recognize it as such.

Give praise to the Almighty that it has been your good fortune to get this wisdom of which none can deprive you, and though you have not been strengthened in a material way, your spiritual development has been greater than much gold. Love, then, this truth: that those who act according to the dictates of their Master's teachings will gain that which man cannot take from them.

Hold to truth and the things that you desire will be obtained. Mighty is the work which the Master has laid out for you to do; hence be of strong heart and faith, and what you so much desire will be achieved. May the blessing of the Most High be upon you and yours.

March 23rd, 1914.—Do that which is your duty without hesitancy. Choose the way, then follow it uncomplainingly, for work has not the ability to control; that is man's prerogative. Labor, then, unceasingly for what your mind tells you is right and just, that it may be attained. Let nothing daunt you. Have faith.

March 24th, 1914.—Voice only that which is good, not permitting thoughts which are the reverse of good to gain power through expression. Much good, or harm, as the case may be, often results from deeds or even words which seemed trifling.

So it is well to regard small things with consideration, lest in overlooking them greater things are missed.

March 26th, 1914.—What you consider good, as opposed to bad, is purely man's conception. There are different ideas in different countries with relation to what is called good and bad. Custom has much to do with the decision; the only safe course is to heed the voice of conscience. When man commits certain acts without any uneasiness of conscience he has done nothing wrong, but when he feels compunctions for what he has done let him beware, for thereby is the badness of his conduct indicated.

With confusion all about him man may not be able to judge what is best for him to do. Therefore let him think by himself in quietude and decide what is right. This is the answer to the question many ask as to what is right and what is wrong. Those things which may be wrong for one may be no harm for another.

March 27th, 1914.—Unto him that hath shall be given. Thus it is written in the Scriptures. We find that man always applies the meaning of this to material things. If he would apply it with the same persistency to mental and spiritual growth, its true meaning would be recognized to the utmost.

Give unto all whom you may of the store which you possess; more will surely come to you; the

power of truth being far-reaching and the worth of the spiritual growth better understood.

God is in all things, though often hidden through man's sight being dimmed by his selfish motives or the thwarting of his material desires. With understanding strive to bear those things which seem to be heavy and undeserved crosses, that the ultimate good may be fully realized.

March 28th, 1914.—Minds not warped by preconceived notions are the ones most easily influenced. Individuals who come looking for aid, but have their minds firmly fixed as to what is and what is not, are very difficult to help. First a broad sense of reasoning must be taught; from that may follow truths which no one who is not prejudiced can thrust aside. Thus man will develop the true instinct: first by destroying all preconceived notions which are biased and small, treating of an orthodox religion, or of no religious conception, rather of total indifference; then when he is able to regard the Creative Power, the High and Just God, whom many worship as an individual, as an all-powerful constructive principle, the first step in the right direction has been taken. This requires months of reasoning, in some cases years, so be not discouraged if you meet those who cannot give up their previous ideas at once. With patience and prayer much will be accomplished.

March 29th, 1914.—Cherish that which is good;

abhor that which is evil. When the time comes for man to make his choice, let him think well before turning one way or the other, for the path of sacrifice and struggle contains more of value than that of material wealth. Those who can reason will see this, but the mere materialist cannot. Man will then earn what he gets and the pleasure which will come to him from his efforts to promote the Master's work will be lasting and of great force.

When all is bright and man has naught to fret him the world seems beautiful and fills him with joy, until the burden of material troubles is suddenly put upon him. Then life in the twinkling of an eye holds nothing for him; but if that man had known truth, he would not now be despondent, the knowledge that God will protect all who put their trust in Him would be his comfort. Tell unto the Maker your troubles and He will aid you.

April 2nd, 1914.—When man wishes to perform mighty works the hope must be well fortified with faith in the enterprise and with high and beautifully rounded thought, together with great activity toward the developing of the ideal, in order to withstand the opposing forces which will be met from time to time. When a project is contemplated which is for the upliftment of mankind, many forces are at all times set to work in the opposite direction, which makes the achievement of the desired end very difficult, and possible only through

perseverance and hard work. This is little considered at first by even the ones most interested, who look forward to success with much chattering of tongues, the necessary struggle for the completion of the work not being discussed at all.

April 3rd, 1914.—

Give us, O Lord, upon this day,
The strength and light to see the way
That we should go upon the field,
Wearing the Master's band and shield.

Walk without fear, knowing that you will be cared for. Man's way is not always the Lord's way, so do not be disheartened if conditions are not what you have wished them to be; your mortal eyes cannot behold the vision as God sees it.

April 10th, 1914.—In circumstances of greatest stress we find the test that will show our faith. Offer at such times a supplication to the Most High for guidance and strength to continue in the faith, that the reward may be obtained.

Thou All-Wise God, direct us how to go aright,
Show us the path to take in darkness of the night,
We stand affrighted by our thoughts so grim and drear,
Show us, O loving God, the way—we need not fear.

When in confusion, doubt, and deep dismay,
Teach us, O God Most High, the way to pray;
Naught then can work us harm, if Thou be near,
Though dark and dismal all around appear.

April 11th, 1914.—Cherish all that is good; discard the bad; much of each enters into man's life.

It is necessary to be ever cautious and mindful of conditions, thus being able to cast aside that which tears down and leaves the individual weak and depressed. The conviction comes to anyone with open mind that the true and uplifting life is the proper one to follow. Many ways of discrimination seem to be brought into the consciousness as by a breath; from whence they come man knows not, but warning is given to be on guard with certain individuals whom they meet. To one man this warning may be through a feeling of distaste, another may see some trait which is to him very obnoxious; thus mankind is warned if endeavoring to further those things which denote progress. What the faculty which man calls intuition is we know is simply some spirit friend sending a message to protect an individual. Work in peace and harmony, avoiding those pitfalls which those evilly disposed would gladly see you fall into.

April 12th, 1914.—The power to be strong in sorrow or strife is given to all who yearn for the aid of their Creator.

With a thought which is bright and a smile which is true,
You will find light the task which is yours to do.

Observe the man who gives all he can and with willingness follows where Christ's teachings lead. The way is not easy, but the gain is great.

April 14th, 1914.—A messenger of love and

peace stands within the gates. You are offered things to choose, the right course to take; upon you He waits. Help those who see no light to clear their muddled vision. Show those who falter that they must pray to become strong, that with wondrous mental force they may control the thoughts which now keep them in a state of unrest and confusion. Lift your eyes to heaven in prayer. The voice of the supplicant will be heard and answered; that which man desires, if it is right and best, will by him be acquired. Lasting is the power which one gains through faith.

April 15th, 1914.—Vain is the persistent effort of those forces which surround workers in the cause of the Master, striving by persistence to weaken them while off guard. The schemer does not possess the mind to control everyone, for his selfishness makes him forget those things which, to accomplish his end, would mean self-elimination for a time. Many are interested in a project until self-sacrifice is necessary in order to continue; then there is a noticeable falling off and the task proceeds with much difficulty. To those willing to go on fighting success comes in the end, though it may be delayed. Then be not heavy-hearted, but with a willing and happy smile follow in that pathway which you feel is right.

Must things which convince man of immortality be shown upon the earth plane with the super-

natural predominant, or should the correlation of facts which man collects from the study of nature be most convincing? There are some who believe in a future existence because since childhood they have been thus taught, without looking into the matter, while others never believed; they have found by reasoning the truth which is steadfast. Enter into the new life with a firm and convincing manner. Though the way be dark, it is through individuals not being able to see clearly that which is best.

April 19th, 1914.—Man does not like to deviate from what for years has been the custom. When an individual feels that a condition could be made more fitting for the welfare of man, the change cannot be effected until a band of people adopts his idea and, through demonstration, shows its efficiency; then others will slowly turn to the improved condition. There is little satisfaction in what the masses follow blindly, for it is through ignorance they are led; they are not followers through intelligence. Awake the consciousness within you to the true conditions and unfalteringly follow your teachings.

April 21st, 1914.—The church will guide some whom reason fails to convince. Do not too strongly oppose the opinions of others, for it is not their fault that they cannot see; at the right time things will be made clear to each according to his desire

for the true vision. Rise to the plane where you can hold out your hand to any who desire aid, not in weakness, but with the fervent wish to be helped. When man has reached the point that he is not willing to be shown anything, he is to be pitied, and the awakening of such an individual from his egotism will indeed be a rude one.

April 22nd, 1914.—Weakness in maintaining a principle will make the result of little moment; advancement is made by the firm adherence to a theory. When a project is undertaken, continued changing and fussing will not produce any good results. This should be remembered. Set out for a definite goal and seek it in a conscientious and determined manner, without allowing yourself to be tossed about in efforts to comply with another's desire. Hold that through the intervention of the spirit realm man may be helped when he is in confusion caused by the influences working against him. Let the desire be to aid all mankind, not to advance one man's theory for his personal advantage.

April 23rd, 1914.—Voice what is within your heart if you have the opportunity, for by so doing man knows where he may walk without deception. Give unto each man what is his due, affording each the opportunity to respond. You will then be able to choose those who will be valuable assistants, or drop those whose continued company would hamper

you. Nothing is gained where there is constant friction. Let man live humbly, with a contented mind.

April 25th, 1914.—In what you do let honesty be the purpose. Do not allow those who would serve ambition to have full sway; with what there is in you, work; with the Master's guidance, work. There will be a most gratifying reward in the end for your labor, though it may not come quickly. Have nothing to do with those who would work for man's glorification alone, for your work is the glorification of the Master, in which man is aided. With all mankind one is bound to work for another; there is no man, however rich in money he may be, who does not depend upon others for his pleasures; the greater the amount of money, the more dependent is he on those whom he would like to be served by that his full measure of selfishness might be enjoyed.

April 28th, 1914.—The valuation of an individual is gauged by his usefulness in man's progression. Springing out of man's intelligence is much of whose origin he is not conscious. Aspire, then, to the standard which was founded on the life that Christ led. We find man weak when he is called upon to acknowledge his errors, feeling that the higher his opinions have been held, the less politic it would be for him to admit a failure. If he were to acknowledge his wrong viewpoint, many would

look up to him, feeling that an honest man really existed. Operate in a quiet way, plodding along without haste, but with constant effort and advancement; the goal will be reached in time and without your energy having been entirely spent.

When individuals are regardless of personal advantage in their choice there is reason to be thankful, and with a realization of the advanced spiritual good all must be willing to credit those so far progressed. Judge not a book by its cover, for that which is gaudy of covering may be filthy beneath; likewise, judge man by his acts, not by the word of mouth, which is hearsay. Give unto all that freedom which will allow the real individual to make himself known. Many have been led astray by the accepted word of another. Cling to truth. Operate from the first principles. Strive for likeness to the Master, that good may result.

May 2nd, 1914.—Man in upholding a principle often has great obstacles put in his way, insidious influences attempting to hamper him. Any choice that is made must be adhered to, that the result may be what is desired. Thoughts of strife are confusing and the work is hindered. Labor with persistency, and establish the certainty of success in your mind; you will then use all conditions obtainable to further your plans.

May 4th, 1914.—You would best not seek the company of those who harbor unkind thoughts.

Over a fancied slight one often is most unhappy. Show outwardly that which is within the heart; thus can people best be known. Things will advance faster with kindness than with harsh words. Let this never be forgotten.

May 5th, 1914.—Attention to matters which are extremely difficult to overcome will eventually win. Who is there that has no faults? Listen to the sorrows and shortcomings of your brother and show him the way, for all have sinned. If he will not heed the voice which bids him follow the truth, then he must suffer and work out his own salvation in a manner befitting his willfulness. Shoulder your burden manfully and strength will be given you to carry it, aided by acts of kindness received along the way that will make the path more smooth. To Him who is all-powerful we send our thanks for past blessings, and supplicate Him to guide us upon our way, which will be filled with His merciful kindness.

May 6th, 1914.—The mind should govern the heart; if this were the condition, things would be more stable. Our hearts make us weak many times in administering the punishment which should be meted out to the erring ones whom we love. With just reasoning let it be done, whether the culprit be dear to you or an individual met in the course of your travels. Force the slumbering spirit to point out the way by which he who pursues the

right on life's journey will be made happy. You will find that this is applicable to nearly every man. Hence we say, do your best, and with God's help there will be cause for rejoicing.

May 7th, 1914.—Criticise not those whom you find striving with sincerity to make the best effort they may, for with severity no encouragement for an individual to work is given. When man fails to live up to the requirements which he must see are essential to him and to those who surround him, with deliberation show the error and make not too great a breach by scathing comments, but plainly indicate what the conditions are. This method applies to all; in the daily walk of life man has many things to overcome. With determination they may be mastered, but not with the ease that many suppose. There are greater temptations to some than to others; some have a better environment than others to work in, while there are many whose selfishness keeps them from those things which would prevent personal gratification. Opportunity is given each to go forward; this man has the power to choose, though conditions may be strongly against him. There is a moral strength and standard obtainable which, if cultivated, would place him in a position to advance materially.

May 8th, 1914.—He who attunes himself with good may still meet with great reverses, owing to material support and patronage being withdrawn,

making his attributes of sincerity of little avail. No mind can be master of all things if within it is not the true light, for without that perplexity rules and conditions are not clear. Labor to develop your spirit, for in governing the spirit a great victory is attained.

May 12th, 1914.—Mingle not with those whose forcefulness opposes that which you are striving to obtain because you know it to be just. There are so many opposing what they in no wise understand that often it will be necessary for you to keep your composure by not permitting yourself to come in contact with such individuals, since by defending a cause which nothing can destroy the confusion resulting from antagonism makes conditions very difficult to work with. Be assured that nothing said or done can aid one so biased; therefore, when in such a position, refuse to argue. Hold to your truth with steadfastness, allowing none to harm the work, but keep yourself aloof from the attacks made for argument's sake alone.

May 15th, 1914.—Conquer those impulses which tend to invite thoughts that would promote strife. A calm but positive demeanor is most essential at all times. With firm determination to stand for truth be not turned aside from what is uplifting by loss of poise when endeavoring to convert a soul to your belief. Maintain the truth and let those who are so blind that facts and reasoning make no im-

pression upon them be left to the guidance of their own forces; this is sad, but the only way possible by which to awaken such individuals.

May 17th, 1914.—Nothing which is worthy of mention has been attained without a struggle; the greater the goal desired, the more difficult it is to reach. Give without restraint from the storehouse of your knowledge to any whom you feel will accept and benefit by that knowledge. Those who desire knowledge to use simply for the benefit of some vain and empty ambition, or to view as a fountain of bubbling truths not applicable to them, owing to their interference with material gains,—with these, I say, have little dealing. The opportunity is given each individual, and it would be unwise for you to waste your time earnestly striving to aid someone who has no real wish to improve, but is prompted by idle curiosity. Look not upon God's teachings except with reverence and obedience to those laws which are set forth in the Bible. The greatest truths are that you should love your neighbor and do unto others as you would be done by. Love one another and the world will be filled with beautiful thoughts.

May 18th, 1914.—The man who makes the most of life will not find time to grumble, whether it yields him great material wealth or very little. Gather something bright and pleasing from each day's duties; little cares will then be forgotten as

night approaches. With cheery heart recall your many blessings and no sorrow will take away the value of the lessons taught by Christ. The faculty of doing for each individual the thing which will aid him the most is acquired by striving to follow Christ's precepts and by doing those things which are not much in themselves, but with their timely activity shed rays of sunshine where darkness had previously dwelt. In this way, then, let the work progress. With love toward all and a prayer that God's blessing may fall in its greatness upon you all this day and forevermore, Amen.

May 19th, 1914.—Notoriety is an inspiration to some persons, while the modest shrink from it. Those who desire their names emblazoned upon the minds of the populace do so, not that their hobby or life's work may be known, but with the desire to feel that they as individuals are much noticed and looked up to—the cause they appear to patronize is secondary to them. Why then should benefits be easy for such persons to obtain? Those who have a cause truly at heart work only for its development. Then, lo! it has flourished, and he who strove for its success is esteemed; he finds himself sought after and his opinions quoted. Owing to his former lack of notoriety, this astonishes him; it was entirely unsought. This is true of all men who work for a cause unselfishly and without a fixed desire for personal recognition.

May 24th, 1914.—Changing scenes are always of interest to anyone alive to what is going on about him. Therein is found much to observe which is utterly different in many respects from that previously experienced. With people it is the same; individuals have many characteristics in common; yet there are no two exactly alike. When working with them we find their temperaments vastly different. One may thrive upon love and, strange as it may seem, another may be cold to love's advances. Thus each has to be treated individually, not applying the same rule to all.

June 3rd, 1914.—The Omnipotent! Man must learn to obey His laws, for he who transgresses is bound to suffer. Man knows not the reasons for his manner of punishment, but upon using unbiased judgment the way will be found to be just. Why put upon the Omnipotent the blame when conditions are man-made? This is what man does and if he would acknowledge it, and use as much energy and determination to inhibit the desires to transgress as he does to denounce the conditions which exist about him through his own willfulness, he would feel a rapid influx of strength that would enable him to live a purer and nobler life, one of fullness, happiness and contentment. What more could one desire? We find this is the stumbling-block upon which many fall, not realizing until they have been bruised that they could have avoided the

tumble. When a man wishes to know how to care for an animal which he loves he studies, and with unremitting care gives it his attention. How much more should he attend to the wants and needs of his own soul, which the majority allow to take care of itself, so to speak, until by some blow from natural laws they find themselves upon a rough and billowy sea!

June 4th, 1914.—Man has many rules for his neighbor, himself he does not closely scrutinize. Why will man maintain so placid an exterior when his soul is impure? Find out wherein your brother is weak and strive by patient teaching to show him the right, but if this is not received in kindness, or your intent is not properly understood, regard yourself free to employ your time and attention elsewhere. He who will not be shown must suffer for his blindness.

June 8th, 1914.—Be cheerful, that others may follow your example and throw care one side, realizing that nothing is gained by carrying it about. Health and peace are the allies of good cheer. Man must acquire both by his own efforts. Money cannot buy either. What is most appreciated is that which was desired and attained by ceaseless endeavor. Be done with fear, let not that phantom approach you. Hold fast to truth, then nothing can come to harm you, nor can you lose your poise. Give unto all their due, but be not robbed of that

which you know to be your right, either in a material way or in one of principle.

June 10th, 1914.—The effort to obtain that which is desired simplifies its achievement. Work diligently upon the mind force, which is essential for the mastering of undesirable thoughts and feelings. Within man is the force whence, in conjunction with those upon this side, help is obtained.

June 14th, 1914.—A mantle of faith thrown over the shoulders of the individual who desires to accomplish good will pass him through the fire of trials unharmed.

Words which bite and sting are as venom from the sender, but if they are received in a totally indifferent manner, their poison is unable to inflict any pain or disturbance.

June 16th, 1914.—Countenance not those things which cause unkindness or make strife a condition to deal with. An individual may work long to gain a point which to him seems necessary, yet appear to get no nearer the goal. When such conditions exist he must feel, if he has striven to do his best, that there are obstacles which he has not yet overcome; but for him who with strength and determination labors for a good project there is no such thing as failure. All who seek and ask in His name receive their reward.

June 17th, 1914.—Unto him who gives, great things will be given. Man gives unto his neighbor

that which he needs to help him, whether it be spiritual or material. If material, the giving may be a sacrifice to him, but the growth of his character and the development of his being have gained more than the worth of that which was bestowed. If the gift be spiritual, he has assisted the growth of truth, and therefore he has himself obtained the spiritual advancement which is necessary to every mortal. Man's life is not permitted to be one of indifference to truth, for though he may go along from day to day, thinking of himself and pleasure alone, he is brought to the realization of God's power through the intervention of His laws, sooner or later. Charge then each individual to understand that at all times he is responsible to his Master for his acts. Though for a time they may seemingly be unpunished, a day comes when the reckoning must be had. Lift up the voice and sing in praise of His goodness which all mankind may feel and know, according to the individual will and desire.

June 18th, 1914.—Claim not that which cannot be proved, and thus leave no room for argument. Great people do not feel their greatness, but as years go by they grow in strength through their deeds, which live after them. Nothing of importance is accomplished in a hurry. With time the little seeds increase in beauty and strength; the roots take firm hold of the soil and, despite the slow

start, after the growth becomes perceptible it goes on rapidly; the perfected plant is noticed and many look upon it and wonder, and from the wonderment springs a desire to imitate. Love is the food which mankind thrives upon; when a creature is alone and downhearted, one little word spoken in kindness and brotherly love may keep him from committing an act which would be regretted and whose consequences would cause years of suffering.

June 24th, 1914.—Strength to stand all tests will be given to him who asks God's help. In man strength is an acquired attribute; no individual has grown in strength save through the fire of experience. Make use of thoughts which form a protection from anyone who would invade. Rise, rise, to secure heights above the rough and stormy sea of discouragement and discontent, for upon that faith is lacking, and without faith naught can be accomplished.

June 28th, 1914.—Numerous facts have been demonstrated, from many different sources, which prove to man the continuity of life. You will now find that the essential thing is to study the information which is given to help man live free from the influences that he may attract or invite, as the case may be. Of what use is it to search for man's identity when indisputable facts proving it have been given? The man who seeks help from the friends

gone on purely from selfish motives can expect little result, for no good would be gained and progress is not made in that way. Help will be given those who wish to aid others; of this be assured.

June 30th, 1914.—Everything in man's thought has its origin; all strength cometh from God. Material bounty is man-made, therefore its value is trivial. Much that the individual counts as gain is in reality a detriment and holds him back from developing spiritually. More is achieved by concentration than the majority, simply through ignorance, are willing to accept. Secure the best you can, in the simplest way, always holding to truth, peace and kindness.

July 1st, 1914.—Meet the dawn with a serenity of feeling which will endure throughout the day, allowing not anything which interferes to annoy. To apportion to each his task and see that it is accomplished in a proper manner, is another duty to perform; if each does his part, the whole will be completed with little or no trouble. Vacillate not when an opinion is asked and one has been reached by you; if more honesty of feeling were expressed it would be better for the world.

What is gained by lying and deceit? Trouble alone for many; the culprit may escape for a time with practically no ill effects, but retribution is sure to follow. The mills of the gods grind slowly but

surely. Thrust aside those who bear false witness against you.

July 2nd, 1914.—Nothing which spreads unrest or maliciousness in its course is sent out unless the sender feels hatred of man in his heart. This feeling must be overcome, for such things are bound to return and react upon the one who desired to do mischief. They must be withheld; offer none such poison. You will find that anyone who has done you an unkindness is unwilling to come near you lest you retaliate; but when he sees that you cherish no ill-will toward him on account of a cruel act, he will feel a heart stab from his awakened conscience. Strive to overlook the unkindness of him who has injured you, that the hurt which his awakening will bring to him may proceed from those laws which uphold justice in all things.

It is man's privilege to choose what he shall do, knowing the penalty that will be his for laws disobeyed, whether they were made by man or God. For such disobedience the individual suffers, and in his anguish blames everyone but himself for that suffering. If he were to search himself he would find wherein he had disregarded some law set down for man's progression and, by seeing and acknowledging the true reason for his predicament, would take the right path for spiritual and physical upliftment.

July 4th, 1914.—Waste not valuable time in

lamentation. Those unwise enough to disregard the teachings must bear the consequences and observe your progress. What ability has he who dwells with insistence upon one theme? It is the man whose mind is wide awake to all conditions who is the best fitted to direct others, being aware of the perplexities to which men are subjected by different environments. Go then in peace, allowing no one to disturb through ignorance, or from any cause, those aspirations which you feel are the needs pertaining to the Master's work.

July 10th, 1914.—Untiring efforts bring overwhelming results; in the beginning, if difficulties arise, be not cast down in spirit, for by overcoming each hindrance great progress is made, with lasting effect. When those things which lift the burden from a person's heart have been accomplished the horizon is seen to be bright and clear; thus no storm will be able to affect him. If, through man's inability to reason, or through perverseness, he will not open his eyes, the fancied horizon is black and mighty storms affright him. Thus it is for man's good to look, reason and discover wherein help lies. Love is the great and powerful attribute which is necessary to gain the confidence of individuals. With kindness lead those who are groping in darkness, eager to see, but through ignorance have not followed the proper pathway. In order to grow, man must be willing to be pruned down, as it were,

that the dry and withered leaves may be taken off his character and new buds may blossom. This development will not take place in a twinkling, but will of necessity require time, care and patience.

July 12th, 1914.—With a thrill, make your living mean greater opportunity to do His work. Grasp with thankfulness all opportunities for man to help his brother. Naked truth often astonishes and perplexes individuals when first revealed, but after a careful study of facts things will become clearer to those who have been bound down to dogma and ritualism. The absolutely free thinker will not find truth so difficult a problem to understand as others do, nor will it be appalling to him. Let man follow those dictates which, after careful reasoning, he believes to be best; for with honesty of purpose he may not go astray. Let absolute kindness and willingness to be taught govern each individual. When there is love in the heart a keynote is struck which will cause vibrations of a sympathetic nature. Then order your work so that it will progress systematically and with continuity, with love abiding in the hearts of all and peace and good-will toward all.

July 14th, 1914.—The knowledge of things which denote man's mental status is obtained through the application of his mind to such work. The facts which are obtained through the aid of mediums were not learned on the earth plane. With

years of study man has reached but a little farther than he was long ago, owing to the incredulous manner in which the truths set forth have been received. If man would listen, and follow the teachings which are given, great learning would beyond a doubt be attained through this channel. If individuals merely wish to further their ambitions and seek those things which would place them in a more satisfactory position materially, the influences that such attract would be bad. Though conditions might seem to thrive for a time, inevitably there would be a fall and the individual's cause would be hurt, for no other reason than that his desire for the knowledge was not for the knowledge itself, but for the good it would do him.

July 17th, 1914.—What though a man gain the whole world and lose his soul? What profiteth he? Change not places with him who is rich in worldly goods for your store of knowledge. Who holds to material good when death overtakes him? Does not his spirit cry out for help and the desire for comfort, to be given by One who up to that period had not been thought of? What gain can be had? The only way to obtain peace is through the consistent living of a pure and upright life. There will be no regrets but much happiness in such a life.

July 18th, 1914.—The power to follow those attractions which lead man into paths of indolence and pleasure is not the sort of power to desire. It

is right for man to secure enjoyment, but not at the sacrifice of all the things necessary to his better nature. He should endeavor to do his duty and to enjoy his pleasures in the best possible way. Express a wish to develop and it will be granted, if properly sought.

July 20th, 1914.—Man should not hold what he terms his religious principles as a thing apart from his obligations, but they should be brought into play at all times, especially when he is in a position where doubt and strife reign; for through man's highest principles he may be shown the way by which assistance of great worth can be given, such as will make a lasting impression. Such aid is surely worth a struggle to secure. Cling to those truths which are comforting in times when man seems blind and dull, unable to comprehend his fellow man's moments of trial or the eagerness with which a kindly thought or deed would be received. The act may be small in itself, but great good may spring from it.

July 21st, 1914.—A thing worth having is worth a struggle to obtain. Man would like to enjoy that which he desires without making an effort to obtain it. Many times, when the individual realizes that his desires have merit and are worth a struggle, the attainment of them is but a matter of time. Let those who have not made progress look within themselves and see that therein lies the difficulty.

They have been looking for help, thinking perhaps it could be bought or given. This is a grave fallacy. Man makes his own happiness; there may be a guiding hand or a helpmate, but the individual must rouse himself. Nature did not intend that one should be more happy than another, for nature is the same to the rich as to the poor. The spirit of thankfulness aids one greatly in daily life. When a man considers himself injured and abused, what can anyone do to help? If plans are suggested, they are not accepted in the spirit in which they were offered.

July 22nd, 1914.—At home and abroad man must be the same, teaching and living up to what he professes. When you see a man making an effort to follow those teachings, though the road be rough, lend a hand. Never by word or thought discourage him, for by little encouraging thoughts and acts new life is given; things look brighter, and a rough and laborious journey is made easier. Often man is anxious to uplift his fellow man, but through lack of response the discouragement is great; this should not be allowed to master him, for with the wish and will to do God's work man has much for which to be thankful, holding as he does the right idea for spiritual growth. Lift up the fallen; show them their weakness and bid them strike out and walk alone. Man must not depend too much upon help from his brother in his daily walk. We know

it is comforting to feel that assistance may be had if we are overcome by weakness, but to the Over-soul, not to man, one must look for strength.

August 2nd, 1914.—A faith which keeps one firm when all seems drear is true faith. Those who waver know only the introductory portion of this great quality. Hold to truth though man may not see your view; the tenacity with which you stick to a premise fixes the attention of those who are not convinced, which in turn causes deeper thought and in the end gains an advocate. A thought increases in strength when expressed audibly; you are not lacking in demonstrations of this. Into the hearts of boys and men instill the value of truth, that they may set good examples by their lives. Bring those about to the realization that in being a true man, a follower of the Master, one does not lose anything, but gains much in power and stability that those who are disposed to follow man alone never possess.

August 18th, 1914.—If man's way were all in the sunshine and there were no shade to linger in his desire for sunshine would be greatly weakened. The shade, in contrast, causes the true worth of the sunshine to be better appreciated. Those whose lives go on from day to day in full enjoyment of material things know not how blessed they are until, in the shadow of affliction, the value of the sunshine is realized by comparison. To know, to feel and see the blessings which are given you is well, and to

recognize the power and light with which to work, aided by God's great might, that truth may rule. The conditions which man makes according to his thoughts should be strong, worthy and bright, so that nothing can in any way destroy the peace which is his who will believe and trust in God's power and love and goodness. According to his worth man will be rewarded.

August 19th, 1914.—Maintain an attitude of resignation toward conditions which manifest themselves. Though the task is difficult, it is one which may be acquired through persistent effort. Things which mar your happiness, set one side; if you can and will do this interruptions which sometimes occur will not harm you. Declare to any who make strife that their presence is not welcome, because of the ill effects which arise from the inharmony.

August 22nd, 1914.—Man approaches that which he desires with keen delight, expecting the fulfillment of his wish according to his will. Attract those whom you know regard truth with reverence. Man thrives not upon meat, but upon the fullness of his heart. Where love, peace and happiness abide we find more of true worth than gold. With contentment the body thrives, for man is not hampered by petty annoyances; thus much energy is saved. Poise counts for more than food. Approach all things, then, with tranquillity, in so far as your strength permits. Make this the lesson—

the need of striving for perfect poise, since therein lies much strength.

August 23rd, 1914.—Nothing which intimidates will bring confidence. Men must stand for truth. Mistake not silence on a given subject for conviction. Those who maintain strict adherence to the rules and laws which they teach make the most progress; for those who do not practice what they teach sin greatly in that, by showing disobedience with intent, they make conditions more complicated. Forcefully proclaim that which you believe is truth, fearing nothing that may result from the knowledge being plainly spoken. Man possesses strong power with those in service under him, when he is in a position to show that power. Thus place honesty and justice foremost among your attributes.

August 24th, 1914.—A wave is highest just before it breaks. Into the wave man plunges and comes out upon the more placid waters; the wave itself is the obstacle to overcome. Work your way through the wave, or wait until it breaks, then it will be seen that the danger mark is passed. When the outlook is darkest, the wave of trouble is the highest, then comes the break and things clear. When the time comes to strike out vigorously, fearing nothing, let him who must plunge through the wave, braving its mountainous height, and all will be easy when the clear water is reached. Thus it is at all times, for life is like the sea. Much

of the time it is troubled, and always there are little waves to watch and pass through. Therefore have strength to deal with the small trials in daily life, so that the larger ones may not affect you too severely.

August 25th, 1914.—Opportunity is given all to help themselves. Some have many hardships to endure; to such great credit is given when they have weathered the storm and come out victorious. With confidence in the power which God gives to each individual who truly strives to do His bidding, man must progress; the force which comes from within is great. When man feels that he can do things without fear, a victory is won, if in all humility he realizes that his strength comes from God. If a man fall, study the cause. Has he not forgotten his God and his humility? Has he not trusted in his own strength? The lesson should be learned that no help cometh save from the Lord. With earnestness in that which you undertake, much power will be attained. Hasten not an end to a difficulty by striving to feel that the crisis has passed. Things must work out for themselves, the trouble being allowed to pass, through the willingness of the individual in the wrong to make amends, by his acts showing a disposition to end the strife. When all upon the exterior is calm, look well into the heart and find if scorching hate lies hidden there. Man cannot make advances with un-

kindness kept under cover; his ill-disposed thoughts combat halfway with those thrown out to meet them and the repulse is most marked, confusion and not progress being the result. When the lesson has been fully learned peace must reign.

August 26th, 1914.—A mind which is passive, willing to grasp what is set forth for its development and enlargement, withstands the ravages of confusion, since it permits nothing to hamper it. Staple in all things, conquering the difficulties which arise, it leaves man in a condition to fight with great ease those influences which seek to molest. With willingness to show the light to those who seek it, make the conditions such that the knowledge gained will not be held too cheaply. Let it be sought with earnestness, eagerness and willingness to sacrifice, that the desired help may be secured. Why do for anyone that which will not assist him, because of his own lack of exertion and sacrifice? The proper life to live is the one which sends out much good, without looking for a reward. Many have the reward in their minds at all times, overlooking entirely the right point of view and wondering at the lack of results from their efforts. When man earnestly strives to do his best, for right's sake, the best results are obtained.

August 27th, 1914.—The man who makes sufficient effort usually masters all difficulties. Vain is the attempt of anyone to saddle himself with the

burdens of another, for the assistance he gives is not appreciated unless he who is burdened realizes the reason for it and strives to overcome the things which oppress him. An individual makes greatest progress if he is mindful at all times of the aid given him, as an incentive to work the harder. Must he who is surrounded by strife suffer? Not if he prevents the disturbing influences from approaching him in thought or action; in the midst of strife the individual must always be on his guard, that no harm may come to him. Life is the battlefield; vice, passion, fear, and all unworthy things are the enemies which must be vanquished in order that man may win. The overcoming of each of these foes is a glorious victory.

August 31st, 1914.—Mysterious are the workings of the Omnipotent. Be guided on your way. Things which befall a man are for a purpose, though in his ignorance he cannot understand the reason. By them opportunities are given for man to show his strength. Let not those who place worldly matters upon a higher plane than spiritual things interfere in any way with your work. With the knowledge that the turn in the road has been reached, work upon the principle that God is mighty and nothing can fail you with His help. Hold to those whose stability you can count upon, without fear of worldly attractions luring them away, with a desire for gold. There are many persons who,

when adversity strikes them, are penitent, humble, and willing to follow anyone who stands in a position to lift them out of their uncomfortable situations. With time and experience you will be able to judge with what sincerity anyone is working. When his conditions improve, the individual is placed in different surroundings and through his associates in the new environment he secures other positions and opportunities. Watch, then, that the propitious time for you to act may not find you without those whom you feel you can count upon.

September 2nd, 1914.—Respond generously to those who seek your assistance. Man many times gives grudgingly, owing to some meanness that he has previously experienced. This is man's way; the spirit of the Master must take hold of him, striving to overlook the shortcomings of individuals. Those who lightly throw aside man's blessings will always be found to suffer for the negligence. Hold fast to those blessings which have been given you, and with appreciation reap the result which will follow. Neglect not your duties. Be steadfast in attaining what is your due; man sometimes neglects this.

September 3rd, 1914.—Merit that which is sent unto you. When things happen opportunely, where and when most essential, appreciation is manifested and those in the work are made enthusiastic and

eager to push forward with greater force. Like the stars in the sky, let each individual be a light shining brightest when darkness overtakes him, thus showing his real worth. The darkness does not indicate that troubles are to be experienced, other than the petty trials and inconveniences which come to all at times. Who is there so well poised as not to feel the unrest which individuals occasion who are unfortunate, and blind to those favorable conditions which exist, consequently most trying to be associated with? Strength will be given you to help those whom you wish to aid.

September 4th, 1914.—Mingle cheerful thoughts with your work and your task will be lighter, for when there is mental ease the time passes quickly. This is a habit which is not always as easy to acquire as you may think, but when the right viewpoint is attained, it will be easy to accomplish it. Strive to show those whom you see uneasy and restless this side of things. Urge them to labor to gain control over each thought, placing faith in the Master, and thus their minds will become strong and true; then their unflinching faith will make everything seem bright. Thus the work will grow, and God's strength and power will be manifested to those who now stand uncertain what to do. A blessing to you this day!

September 6th, 1914.—The mainstay in man's daily toil is his belief in the power and goodness of

God. Turn not from Him when difficulties overtake you, but stand with firmness, believing in Him. There are many who have watched our undertaking with interest, some with sceptical thoughts, others believing in its success, while again there have been those who seemed determined that it should fail. While the work is young it is slow in showing its power, but as it grows it will become far-reaching in its strength, which is possible with the Master's work. When things look dark, just bear in mind that there may be a cloud overhead, but it will disappear in the sunshine of God's goodness and love if you but seek His help.

September 7th, 1914.—The methods which are used to gain a certain point should be strictly honorable. With a motive of high principles behind a project, the method used to obtain the desired results being above criticism, a fulfillment of the desire must follow in the realization of the undertaking. Cast aside all fear; place confidence in the Almighty and whatever is undertaken for His sake will not fail. The way of him who strives to do the Master's work is not free from difficulties, but owing to its nature is filled with petty trials. Many times obstacles which seem gigantic appear; only man's faith holds him firm in the face of such things.

Lift the voice in thankfulness, and pray that the blessings which have been yours may be fully ap-

preciated, and that God in His goodness will watch over and protect you all.

September 9th, 1914.—Gain what knowledge you can from the experience of others. It is a pity that events so often do not make a lasting impression upon anyone except him who was directly affected by them. Man could more quickly advance if he would reason and, warned by the experience of others, save himself from those pitfalls which he may encounter in his travels. There is in man a desire for that which he does not possess; the greater the desire, the keener is his disappointment. If the individual will work for that which he desires and it is a worthy cause it will be achieved, but never by discontent or unwillingness to labor will it be attained. This day give thanks unto the Lord for His blessings which have been bestowed upon you; unite with those who, with goodness and sincerity, enter upon this work. God bless you.

Ask for that which is needed—how else may one's wants be known. Those in sympathy with your wants will be willing and glad to help you. The gift of knowledge imparted should never be lightly tossed aside; it is of greater value than material things. Much stress is placed upon the acquirement of worldly possessions, but in reality they do not count, for in a twinkling man may be bereft of them. To gain knowledge and a clear insight of all things possible, especially of the life

on this shore, beyond the veil, would be far more to man's advantage and would assist his development. One who walks slowly, looking carefully about him as he goes, will be able to go over the ground a second time without fear; thus, when you meet a problem which rather startles you, go deliberately about the work of unraveling it, that you may miss nothing in the journey which could aid you.

September 13th, 1914.—Every thought is active in space; therefore thoughts should be guarded, and trained to be only those which upbuild or uplift. Those of a destructive nature are harmful in their activity to many, through the inability of the individuals to ward them off by their own constructive force of thought. While great harm may be accomplished by allowing destructive thoughts to master a man, thoughts which are constructive may work wonderful results in upbuilding his physical and mental being. When an individual feels himself weighted down with oppressive thoughts, it is time for him to throw them one side and, with the same vigor by which they overcame him, encourage bright and cheerful thoughts to dwell in his mind. At first the struggle will be great and his feelings will not be pleasant, but to the repetition of helpful sayings the soul will respond, and the whole aspect of things will change. This will be hard to do; it will be necessary to persevere, with much effort and

determination, but by strengthening the will the effort will become less difficult. In this lesson is something applicable to all; no one is so strong that a greater effort will not make him stronger. Then endeavor to control those thoughts which creep in and annoy; with strong determination cast them away. With the Master's aid this will be accomplished, with wonderful results.

September 21st, 1914.—Attain that which is within your power by diligence, and especially by patience. Never lose faith, for he who drops in his own estimation loses ground. You will find those clouds on the horizon; which at first sight seem dark, on closer observation are seen to be small, and will quickly vanish when sunlight shines upon them. Hence it is not best for anyone to allow what may for a time seem threatening to upset him; he should examine it closer, for frequently the objectionable conditions will then appear in a trivial light. Shadows are caused by permitting some object to come between faith, love and happiness. Brush it aside; seek those things which lead to happiness, that none may be able in any way to cast darkness upon you. This is said that the way which you have chosen may be followed with such firmness and faith that others may see and profit by the lesson.

Man is a creature who imitates. This observation shows is true. Nothing is lost; all is put to

use. The awakening of a soul is sometimes a very slow and tedious process, but it is accomplished with divine help.

September 23rd, 1914.—When an individual knows he is wrong and diligently endeavors to rectify the error, he puts himself into the proper position to develop and advance. Those who stubbornly refuse to recognize their error make much trouble and misery for themselves. With intolerance for none, in working consciously for a desired point, treat all shortcomings with patience, showing by comparison the influence that such conditions have over people, often creating misery where peace should reign. Make an effort at all times to understand another's viewpoint, the motive which is behind the opinion held, the reason for holding to it, if it be far from those standards which ethical teaching shows us is right. Often man becomes so thoroughly imbued with his own opinions and desires that he forgets his brother. In this he errs, and loses that forcefulness which would be his if he were broad-minded and considerate enough to stop and reason, with the other man's view as a starting point, arriving by deduction at the best conclusion in the matter. These things will be well for anyone to study and bear in mind, for no one is so perfect that he does not need any rectifying of his ideas. None, we say. With diligence proceed, and with God's blessing you will be favored.

September 27th, 1914.—Not hope, but faith, is the quality requisite to progress. Hope is the light of despair not entirely extinguished. Looking out toward that which man desires and cannot see, there is a tiny light burning within the soul which bids him not to despair, but to keep on looking; while faith sees not in material form that which is sought in the mind and heart it is there, and the image which begins to form, with faith, takes on the appearance that he desires. Incline toward those things which build up rather than, through willfulness, toward those which pull down. Man must show no resentment for things which have taken place that are unjust; the transgressors should be clearly reasoned with and justice to each meted out. Much harm comes from not doing this, for the individual who goes on unrestrained, fighting all and any who may not bear his opinions and desires, works havoc for himself and for those with whom he comes in contact. Look well to this. Obtain what is your right through the justice in each having what is his. Prevent those whose hearts would destroy while their lips smile from gaining that mastery over you which they desire. Allow only those who deal justly to be held in esteem. This you must see is right, for nothing of good results from injustice.

September 28th, 1914.—Man has moments filled with happiness over the desires he cherishes and the

anticipation of their being realized, just as he is sometimes plunged in gloom over some unpleasant looked-for condition which, owing to his mental state, could cause him no more misery if it really existed. This is much his own fault. If he would with equal strength invite bright thoughts and maintain them, the gloomy ones would vanish. Man is often slow in grasping true conditions; many must suffer before the truth will sift through their intelligence. Always preserve a hopeful spirit, knowing that strength to master unpleasant conditions will be given any who ask for it. Push bravely ahead while you have the power, showing by tenacity the good that may be achieved.

October 3rd, 1914.—Limited is the sight of those who only see directly in front of them. Why will man be worse than foolish, making not a survey of all the things about? We find that there is often a by-path on one side which leads through beautiful country, when traveling toward a given place. Into the minds of some persons the worm of discontent and distrust creeps, and destroys all the beauty which surrounds them or any whom they encounter. It is wise for all to proceed with caution, but not with distrust when there is no indication that it is warranted. Why will men crush without reason the hand that is held out to give them aid? Yet many do so in the wish to stand firm upon a platform they have built, not seeing, as others do, that

the props are breaking and soon all will crash. Give what help and kindness you can each day, that the joy of living may be fully experienced.

October 4th, 1914.—The mastery of self is the victory most worth while. He who makes a strong appeal to others must keep his own conduct above criticism. Why will an individual become so engrossed with another's doings that his own actions fall short of the mark? "Look well within yourself first" should be the principle followed by all before venturing to censure or criticise another. Man finds much in his neighbor that he would like to have different. Has he stopped to reason from the neighbor's viewpoint, and think how his acts may have been interpreted? Consider well these things. Linger not too long upon the greatness of any individual, for there is not one whose name will not be forgotten with years. A man's acts may live and their influence be felt for generations, but his individuality may not be remembered. Each person, in a way, is the result of some other person's actions, and the training which he received manifests itself in his development, according to the degree of spiritual training. Look then to the strength of the individual by his development consistent with his environment. Those who have always been surrounded by uplifting things, and have been free from material cares, should be far above the creature whose very existence has been a

struggle; yet often is seen in those of the higher class lack of appreciation, thoughtlessness for others, and greed, while the opposite is true of him who belongs to the lower class. Therefore let each individual look well within himself and see wherein he is weak, and build up that which is deficient.

October 5th, 1914.—No man has strength in his own being unaided by the spirit of the Master. On Him all are dependent, and when His laws are transgressed mortal man suffers. All make mistakes through their failure to follow these laws, whether purposely or through ignorance. Ask for knowledge and power to do the right, if the desire has not been felt; when the wish and will accompany an undertaking, it is more easily understood and accomplished. Cast aside ideas which are disturbing; therein breeds discontent. You should be careful when discarding thoughts lest you retain those which are not held in the light of unrest, owing to the mental attitude taken toward things in question. Watch this, allowing no selfish desire to be held which would crowd out thoughts that, if dwelt upon, would awaken in you a sleeping quality which should be aroused. Strained conditions are not conducive to happiness. Let all things have the smoothness which is obtained through consideration of others. O, would not the world be better if more thought were given to the feelings of

others! The lack of this is one of the forms of selfishness—that most deplorable sin.

October 7th, 1914.—Daily endure with patience those things which are sent you, mastering by degrees whatever annoys because of your lack of control. This is the duty of everyone, though with some the need is far greater than with others, through their lack of effort. Satisfy your inner self that the best has been attained each day, then no regrets will be felt. Those who, in utter selfishness, look not within themselves must have an awakening before they can advance; the road of retrogression is theirs. In the mind of all must be a desire for the right, and a wish to be aided. He who is self-satisfied must suffer through his ignorance and unbendable will. Center your thoughts upon the right and the wish to aid others, and forget self-gratification; the result will be marked. With such activity man will advance, and the consequences of this way of living will be productive of good in others.

October 29th, 1914.—Suspect not others of anything without reason. Unprovoked anger is worse than that which is held through cause; whoso gives way to it blindly accuses when there is no justice in the charge. Arise and with vigor proclaim your willingness to be known as the advocate of all right things. Dismiss with decision those thoughts which bring malice or revenge or regret. These hold man

back and cause misery for not only him who entertains them, but for him who is their victim. Draw not too strongly upon your physical resources; with humbleness seek help from the Lord to carry the load which seems so hard to bear.

October 30th, 1914.—When no use is made of the faculties which God has given an individual, he becomes stupid about appreciating the blessings which are rightfully his. Words mean little; actions are a lasting testimonial of man's feelings and desires. Things which require an effort are those that do the most good, although the benefit is often greatest for the giver, because through his effort he overcame selfishness. Rise above the mental stress sometimes experienced in doing your best, and with the Master's aid maintain that things will be in no way unsatisfactory. Battle with the tendency to make things look mountain high; with sufficient attempt to ward off defeat, success will come. Count your blessings; they are many, even when, for some unknown or not understood reason, clouds seem to shadow the horizon, for the sunshine is behind the clouds and the blessings are still there. Realize this at all times by overlooking the petty annoyances which spring up from day to day.

November 15th, 1914.—All men do not look at the affairs of life from the same viewpoint; this occasions more or less discussion about various matters. The way to manage this would be to

review any given subject with a serious and well-poised demeanor, explaining with clearness whatever was not understood, and calmly pointing out any discrepancies which arise. Determine to see with wide-open eyes the events in the lives of others, that only fairness may be dealt to all. Aim through perseverance in the right to show others its importance; feel intolerance for naught but unworthy things. Do not unjustly criticise matters which, to your mind, are not proper, rather look for points in them which may hold some worth. If there are any, treat them accordingly; if not, show their unworthiness to him who failed to see them, that light may be given him. Walk with precision, carefully noting things on all sides, that you may not go blindly into pitfalls. Wander not into the wood aimlessly; if called there, note its beauty, which is hidden in the tangled foliage. When man is alive to everything, he learns much.

November 25th, 1914.—Give unto all the bread which feeds those whose hearts are hungry. Shape your thoughts as you would have your action. Show the spirit of progress by open-mindedness, which will enable you to view all matters from every side. The choice is given man how to act; when he has committed some deed from which he is the sufferer, he should blame none save himself. Lose not sight of this fact.

November 27th, 1914.—Cement your strong de-

sires with action, if they are proper ones to be entertained. With stimulation, a thought will grow into an act; thus only worthy thoughts should be cherished. Regard in the light of a helper any who try to show you your weaknesses. By rectifying our mistakes we progress; hence anyone who tells us wherein we are wrong does us a kindness, no matter what his motive may be. Man has nothing to fear, but all to gain, from placing his trust in the Master, for he who does so will be cared for. Strive from day to day to look up to God, and each morning, when you pray, ask for help to see you through the coming hours.

November 28th, 1914.—Attain what is highest through honesty of purpose. When Nature makes her demands, the individual must meet her requirements. Do not that which is contrary to the teachings, which demand that man's physical welfare shall be looked after. The mentality holds great power over the physical nature; consequently the mind must be kept clear and clean, that nothing may break in to injure the physical being. Bring not things too heavily to bear upon anyone; see that each does his part, that the whole may be the more quickly accomplished. If an individual has a weakness, let him bend his energies with renewed vigor upon that weakness, that it may be more easily overcome. Follow not the wisdom of fools. Search that the right principle may be grasped.

November 30th, 1914.—Overcome all feelings of anxiety concerning the action of one whom you strive to aid. With a will give what you have to offer; if the outstretched hand is refused, the loss is not yours. Look not with unwillingness upon anyone's affliction, only wish for your advice to be heeded. What can be done in a trice? Was ever a great deed performed so quickly? No. Let a man who desires help be willing to make an effort to get it, one as much as another. Where the heart is, there will be found the desire. Look without fear upon the tasks to be accomplished; with God's help much can be done. Man thinks he is strong-willed, yet where his desire leads him he is often very weak-willed.

December 1st, 1914.—Offer that which you have with a willing heart, that those who desire may partake of it. Make those who seem timid realize that you mean what you say, and if they are desirous of a friend it will comfort them. Strength within the individual is obtained from God and He is at all times willing to aid any who seek His help. Never be content with what you do, but always endeavor to find something more by which you may show another soul the light. Do what you can to cause shadows to pass away from others; you are on the right road when you bring a smile to even one individual.

December 6th, 1914.—A strong will drives away

nagging thoughts. If the mind is full of thoughts for others there will be no room for dissatisfaction over the conditions regarding one's self. Most discontented people are those who are so busy with themselves that they have no time to become acquainted with the woes of others. If the same amount of energy were expended upon some poor and worthy creature that they expend upon themselves, the world would be a brighter place in which to dwell. Contentment is an attribute of peace. Love and sympathy hold the keynote to happiness. Open wide the heart, that man may not look in vain for help. Man fails to search within himself for the seed which is needed to promote that faculty which everyone should employ to further harmony. Assist the making over of those who wish for help; this is the work of the Master.

December 8th, 1914.—In the opinion of the masses, he who makes out of the much-trodden pathway a wider and more simple one is ridiculed as a dreamer or fanatic. In the end one way reaches a place of pleasures which are worth while, while the other, the first pathway, leads to a Babylon of discontent, malice and hatred. Enter the right path, showing others how to go. With stubbornness many will fall by the wayside, not looking out for the rough places which will throw them down. When they lose patience angry words are spoken, which you know are far-reaching in the

harm they produce. No one is perfect, but by striving along the lines wherein one is weak, to overcome the weakness, great gain will result. Live then in contentment with your lot, endeavoring each day to do the best you can, that others may see the value of honesty of purpose. It will hold them to the principles which you are maintaining and they will strive to follow them. In this you will find that something is being accomplished, for now individuals are looking away from materialism. There are many who would step into this work if they were sure that they would prosper, little understanding the law by which they must be guided, which is to follow the Master wherever He may lead, not thinking of conditions.

December 12th, 1914.—We see the traveler in a lonely field halt and look for shelter when the clouds indicate an approaching storm. In like manner, when the individual is borne down with trials and adversity, he stops to reason. The condition is a serious one. To whom shall he go for help? His earthly brethren seem engrossed with their own troubles; it is then that he thinks of his God. Mental anguish may become an oppression which, if not relieved, would cause lasting misery. Many things which cause uneasiness should be looked into more deeply. Why is there so often a mystery about the conditions in families? The skeleton is hung in

the dark, but it glides out frequently to plunge the dagger of despair in the breast of the innocent.

December 15th, 1914.—Make not your task harder than can be accomplished without using up your strength. Proceed with caution; naught will be gained by too great stress being placed upon your work. It is one thing to be willing, another thing to be too heedless of your health. When the burden is too great man cannot go so rapidly as if his load were lighter, for then he could travel twice the distance without an effort.

December 19th, 1914.—Man meditates upon the result rather than upon the advisability of an undertaking, which accounts for many heartaches. With the desire to act in opposition to those who would advise removed, individuals who now fall by the wayside through their stubbornness would find themselves benefited and others made happier. Different opinions may be held, but by reasoning light will be thrown upon the views of others which now, through silence, are not known and understood.

December 26th, 1914.—The power of choosing what his acts shall be is given to all men. Upon this side the true magnitude of any act, however small it appeared to mortals, is seen; offer then a prayer that your kind acts may become a habit from which many may profit, deriving benefit from the rays of God's great goodness. Offer to all a wel-

coming hand, which will gladden the heart of those who are sad and depressed. Choice to act! What a privilege! Therefore when man makes misery for himself, no one else can be blamed. It is useless to attempt to reason with a person whose will is against argument; such a man suffers, and causes others to suffer through his perverseness. Make this point clear to those with whom you deal whose reason is permitted to play only a small part. By hesitation and reasoning, a step which might bring sorrow would be avoided and sadness prevented. Exert yourself to grasp what opportunity offers; this many fail to do.

January 1st, 1915.—Choice is given each to work according to his desires. Man must strive most earnestly to make his choice of a nature profitable to himself and of benefit to those with whom he is in contact. With patience, tolerance and humanity, set upon your duties. Weigh not a man by his material wealth, but by his acts of kindness and his true spiritual worth. Often tatters cover a spirit of princely value, a follower of the Master. Make each day a separate period wherein your acts may be performed for the greatest good. The affairs of the day are the ones to which attention should be given, while the difficulties of the morrow should not be considered. One day, with its own activities, will be sufficient for man to take care of. Make this the rule and conditions will be less difficult

with all. Of more value than anything else is the spirit of the Master within man's own heart. Cultivate this and true happiness will attend you.

Carefully watch each little move, that all your opportunities may be grasped; the intense pleasure which will result will be unexpected. This may be enjoyed by giving happiness to others when they need a ray of sunshine where all seemed dim. Let man's desires be for the best obtainable, that the Master's work may progress. The way to find in everything that which is for your good, making all things convey a lesson, is to accept whatever comes with contentment, knowing that your best efforts have been put forth. Give that which you have to offer with such cheerfulness that those who receive it will be filled with the spirit of the Master. Manifest interest in all mankind. When the world seems a dreary place, this feeling of sympathy and brotherly love will meet with a response that will afford great happiness to those concerned.

January 2nd, 1915.—Wait upon the Lord and you shall reap your reward. Man asks much and gives little. When in peril, he seeks the Master's aid; when in the height of satisfied desires and ambitions, the craving for material things, he often forgets his God. Man should stop to think and reason. The time which was spent in self-indulgence must be considered, that the necessary work of rebuilding character may be understood. That

which was uncared for was His, and to Him must man be responsible; hence with prayer the requisite time must be given to the work of reconstruction. To him who seeks will be given that which is for his good. The Master is all-powerful and he who asks in faith will not be turned aside. Work then with this end in view.

Attain that which you desire by dint of earnestness, putting all the forcefulness which you possess into your work. When things are too easily acquired man does not value them at their true worth. By sacrifice and labor things are better understood and once the effort has been made it becomes easier and yields more satisfaction. If man realized that the Master desires all to receive what is best for them, he would search himself in case that which he has is not what he feels ought to be his portion. In your world of strife let the individual keep his mind intent upon cheerful matters, knowing that if he is strong and puts unwholesome thoughts aside, he will be aided in overcoming all obstructions. The will to follow where the light is shown it would be well to acquire, instead of going backward, looking into darkness, for such steps are hard to retrace.

January 3rd, 1915.—Things opposed to reason are found to be costly. Let what man has to do be done in a manner that is upright and fair, that none may have aught of an unkind nature to express. Thus the night that was so dark will bring

a dawn full of beauty. Make this your desire—it is a thing above reproach.

January 4th, 1915.—A rude awakening comes to those whose selfishness allows no time for serious thought. Man struggles hard for the acquirement of material gain, forgetting that which is most important—the development of his soul. Then when grief overtakes him he has nothing to fall back upon for help and comfort, for he finds nothing in material things to fill the gap which he sees before him. With the realization that a loved one has not gone forever, a pang is taken out of the thought of death, the transition being merely an advanced step.

The individual whose desire is for material benefits would do well not to strive to get *en rapport* with those upon this side. We find that many attempt this with the aim of looking into the future so far as their welfare is concerned; the influences which such persons attract are not of the desired force, and this finally leads to their undoing, either through confused mentality or through the love of greed dominating their whole being. Instead of being respected by right-thinking people, they become vultures, as it were, and force much unjust criticism upon those who are looking for the truth through these channels. Those who are not eager for upliftment would best leave the friends upon this side alone, but no harm can come to any who really seek truth. Man must hold to his reason,

which will show him that in communications a smattering of the medium's own individuality will color the messages; there are always times when a critic could say there is nothing out of the ordinary about what is sent through, yet if there is a little message that is a comfort, a solace to anyone afflicted, what does it matter if it comes from the medium's mind, provided it brings strength and help to an individual? This is where man errs. Unless one is looking entirely for evidential communications, he will find much which the friends send through beneficial, and if followed it will make his life a pleasure not only to himself, but to those around him. Let each follow the road which leads to truth, that the way of life may be the easier traversed, bringing peace and happiness to all. This applies to those whom you see striving for benefits, yet not willing to walk in the pathway of faith, the desire being for personal advantage only.

January 6th, 1915.—The manner of an individual is often more forcible than words. Thus man should make his acts such that no one may be forced to criticise them. Endeavor to create happiness as many times as is possible; the effort may not be great, but the result will be far-reaching. Should not man sometimes follow other than his own inclinations in order to be kind? Let him search himself and find wherein, if it is so. Cling steadfastly to those teachings which bid man pro-

mote universal happiness and peace, for it is in this atmosphere and environment that rich fruit is produced. With the will to labor and to help all who are willing to follow God's command, have strength, and the desired fulfillment will result.

January 7th, 1915.—In work of this kind the earnest purpose should be the comprehension and mastery of truth, from a desire of the inmost soul, not an outward desire without depth. Apparently there are some whose lips say they are willing to do their best, but, judging from their acts, their hearts speak otherwise. You must study each one and find if the desire of the heart is to promote the way by which to progress, the way of brotherly love; then it will be only advancing from a lowly state to a higher one, with a firm and sure tread. Accomplish the most you can by the work of each day.

January 20th, 1915.—Utilize that which you have until, through striving, better is given to you. Many fear to attempt a thing on account of the little knowledge they have of the project, yet with willingness to learn and earnestness in doing their best the means of obtaining greater strength will be found and that which was slow at first will grow with vigor and abundance in the desire felt for better things. The right step is advanced when that desire is put into activity. Labor in the knowledge that nothing is too small to attempt, nor too large

to attain, in the work for the Master. Man finds calm and restfulness in the presence of those with whom the Master's will is the all-important desire; the cares of the world are to them of less moment than the beauty of the soul's growth. Work for the attainment of this attribute by everyone; it will make you blessed indeed by all with whom you come in contact.

January 25th, 1915.—Words amount to naught without the accompanying action. Much that man strives to accomplish we realize is for personal advantage. Those who in satisfying a desire fail to see the viewpoint of others with whom they are associated have learned very little, and because of their dissatisfaction and unrest little progress will be made. As has been previously said with decision, will not the man who unfailingly does that which is his duty be cared for? When the individual feels the desire and will to be active, nothing can prevent him. Plan your picture, add to it, and in time it will be completed.

January 26th, 1915.—Take no thought of the morrow; let today be lived to the best of your ability, according to the laws of the Master. Those who worry over a condition which has never materialized and may never come into being lose much in two ways: they are robbed of their ability to enjoy the things of the present, and their vitality and energy suffer. Matters shape themselves in a

manner which is not always to man's liking, but it was through man's actions that they were regulated. What strength is shown by abolishing a desired project because all things are not as you would have them? Would the artist complete a picture if he were to stop after the first stroke placed in the wrong angle? Show strength when things look the darkest, then work the hardest; thus you will succeed. Vain would be the attempt of any destructive influences to gain entrance to the mind of a man who never allows defeat to be a subject of thought. Show power of self through Christ's teachings put into your actions.

January 28th, 1915.—Choose the interest that you feel is a proper one to follow, and when the decision is made pursue it with untrembling footsteps, knowing it is for the best. When an individual accepts a thing as being best for him, yet acts uncertainly, no progress is made. Attend well, therefore, to what you wish to do and, having chosen, proceed without fear, cherishing that faith which will give you new courage in the Master's work. Consider all propositions with quiet dignity. Let no one, through an effort to dominate, make conditions difficult by causing disturbing thoughts; shadows obscure the brightness, therefore allow none to be cast upon the brightness and beauty of His work. Execute the choice you have made with willingness to help all those who need assistance.

If you see anyone whom you feel does not strive to set self one side, his progress will be slow until he learns that he must be unselfish; he must first think of his fellow man. This will be a most difficult task, but the individual must be shown his failing and his attention must be drawn to each selfish act in a kindly manner, that the sin may be clearly realized. If such an one would know happiness, let him obliterate self and create for another a sunbeam which will shine for both.

January 30th, 1915.—Unto those who work for the Master comes much opposition, caused by man's narrow viewpoint or by a complete misunderstanding of the principles involved in proper and ethical living. Conscientious and steadfast effort, however, with His aid, will overcome all difficulties, since His power is greater than man's. Work then in the spirit of happiness and faith, never doubting for a moment the ultimate triumph of those things which are expounded as truth. More will be accomplished by steadfast calmness and determination than with great clamor and crying out from the housetops. You will find people who talk continually; they have little time for anything else. It is he who goes methodically on his way, doing whatever he finds to do, who lightens his brother's burden and thus glorifies the Master. Then do what you have to do with a willing heart, that the act may attain its full worth. Cling to help through

prayer, for the value of prayer is indisputable. These truths gladden the hearts of those whose faith is strong and will strengthen those who have begun to follow the true way.

February 1st, 1915.—Dwell in thought upon bright things, that your spirit may shine with a wondrous light whose power none may subdue. There is no one without responsibilities; by some they are looked upon as almost insurmountable heights, while others view them as a means of expression. The manner in which individuals endeavor to reach the top is varied, some going so fast at the beginning that they are wearied before getting half-way up. Those who go too slowly take much for granted, letting others pull them most of the way; but he who starts out with a mind clear and determined, filled with peace and confidence, climbing with a measured step, will reach the top without fatigue and conscious that the task was not an unpleasant one.

Let what you have to do be done willingly and with good cheer. Those who grumble make their task no lighter, and the manner in which they cast oppression about those with whom they are associated is unfair and to their detriment. Countless blessings are bestowed upon man; his error is in allowing them to go unheeded; when adversity strikes him in any form his complaint is loud. He awakens then to the fact that the things he always

had were not merely natural conditions, but were blessings which the Master had given him, and which have now been taken from him. If he would give thought to the matter, he should be able to see that a lack of interest or care on his part was responsible in a way for these things being taken from him.

Thus live each day and learn to pray that you may do your best,
And this must do not just a few, but all who would be blest.
With help from Him to keep from sin your prayers will
 answered be,
By willing hand in every land the truth is offered free.

February 5th, 1915.—Into the act which man wishes to accomplish let him put his best, making those sacrifices which are necessary uncomplainingly, and with confidence watching the fulfillment of his desires. Things which individuals undertake are often blocked from no apparent cause; if those so hampered could see the activity upon this side, the answer would be plain. Live with confidence encircling you, knowing that those things which the Master would have done will be accomplished if you work faithfully and in His name do your best.

What man sometimes regards as failure may be a success which is superior to anything that could matter in a material way. You must start with the proper viewpoint. Man's purpose must be to shape a life which will reach the highest spiritual development, overcoming those petty annoyances

which are caused by his worldly advancement being retarded in some way. Each individual must secure a certain amount of material benefits else he will not be able to cope with the conditions which exist, but greater strife is found in conditions of wealth and self-indulgence than among those who have but little of the world's goods. Therefore man must be contented with his lot as he starts upon life's way.

Give of the best you have in life each day; with a mind free from care smile upon all, then, come what may, you will feel perfect peace and time will not weigh upon your hands.

Promote those actions which bring you in closer contact with the true spiritual influence of an individual; this influx of beauty is felt indefinitely. Point out to those in distress the joys of living, that things which had seemed meaningless to them may shine forth in all their splendor.

A word will often change the outlook for a person; if it is an angry or unkind word, the recipient is sometimes driven back within himself and hides that part of his nature which it would be well to develop. Fear is not an educator, but a destroyer; therefore harbor in no way the elements of fear. A kindly word will bring out the best that is in those who are timid, needing only a little encouragement to come forth and shine.

Progress—that is what each must do; the harder the road, the greater the victory. Let man learn

to govern himself. There are many who strive to govern all with whom they come in contact, yet omit to keep themselves above reproach. With God's help everyone can walk without fear, calling upon Him for guidance in the hour of temptation.

Man is but human, hence has many faults. He will be able to master them all if the right spirit predominates, comprised in love, faith and truth. Love embodies many principles; to cherish love for another will cause to be meted out to you all things good and proper. In this manner go your way, and whatever comes to you your course will be clear. Stand the test, doing your best—the Master is by your side.

February 9th, 1915.—Pray with a contrite heart, knowing that with the Master all things are possible. Meet those obligations which through man's weakness have been incurred; though they may be distasteful and cause great pain, preserve a peaceful spirit. The mind travels fast, but many times in the wrong direction during meditation.

Let the past be a closed book. Find the kingdom of heaven through the peace attained from right living and performing acts of kindness for others. Let a portion of each day be faithfully set aside for meditation and prayer; according to the faith man holds will his cure be effected. The way is long, the pathway narrow, but there is a bright light at the end.

February 14th, 1915.—Cling to that which uplifts, giving unto the individual comfort and a feeling of peace. Hold fast that knowledge which enables man to look upon things as they are, and without feeling unrest. Compare them with what should be, then live for the achievement of the best and highest. Open wide the mind, that things may be seen in a clear light without any ill feeling toward or dissatisfaction with those who are not yet in a position fully to understand them.

February 16th, 1915.—Cherish those moments which bring you a feeling of happiness, whether it be through your own effort or the effort of another which bears upon your consciousness. You will find that he whose desire is for upliftment and the betterment of his viewpoint, as well as that of others, may be known by the brightness of his visage and the restfulness of his vibrations. If each individual would put forever from him the depressing and often unreasonable menace of worry, what stress and energy would be saved!

Man is prone to worry; he does not see things as they are, but through a dark glass, which pictures everything in a false light. He has no enjoyment, for his worries are ever pressing him, robbing him of pleasures which are rightfully his. Owing to this his digestive organs suffer, being robbed of the energy which belongs to them, and other parts are affected from the same cause.

It would be for the good of each individual to cease worrying. Keep the mind clean and happy and the physical being will respond, as a drooping plant is refreshed by water. Things are different from what they seem to man; what they are is many times due to his ignorance, or stupidity, or utter indifference. The masses govern and they follow in the footsteps of their forefathers, through lack of true interest in the projects executed. Many times the effort is not great, for man as a whole does not like effort, especially when it interferes with his comfort.

Thus, when an individual is disgruntled, find out the kind of an individual he is; if he be self-loving or self-pitying, show him his weakness, but if he be discouraged through lack of appreciation shown him, when his efforts were kindly and of the Master's teaching, show him sympathy and brotherly love, so he may feel that all are not without understanding.

A little sympathy takes many a man over the mountain of difficulty, trial, or sorrow.

February 17th, 1915.—Nature makes an exception of no one who transgresses her laws. Hence when conditions arise which find one upon a barren waste, so to speak, seek the cause. Man must not put blame where it does not belong; he is too wont to find fault with everyone except himself when

things are not to his liking, but takes the entire credit when all goes well.

Man is like a boat upon the sea; it rides the waves nicely when guided by a strong hand, whether the weather be fair or foul. Let him take his hand from the steering wheel, and it will flounder about, heading for no definite place, but rocked at the sea's pleasure. If this happens when the waves are rough, the craft is likely to be dashed to pieces, and even if it be not destroyed, the necessary repair work is sometimes a greater task than to build a new boat; all this was the result of carelessness in not guiding the ship aright.

If the hand at the wheel had been firm and confident, the storm would have been weathered, with no other harm except a hard battle fought to the finish, the Master's guiding hand bringing the vessel through. Thus let man, when conditions arise which are difficult to meet, set his teeth together and with confidence and prayer feel that he can successfully manage them.

Charge none to expect of the Master more than would be within reason for Him to do. Man must meet his obligations himself, finding a helper ready to sustain him when he is tried or weary, but let no man expect Him to do that which is his own duty. You seem just now to be too fully supplied with those who are so poorly equipped with the desired qualities that the shipyard is crowded with

crafts needing to be overhauled. This will be done; man cannot seek help humbly and with a genuine desire for it without being aided. Make this fact known and understood. With thoughts bright and beautiful—full of His truths—the work will be accomplished. Let His light shine upon you all, that the fullness of His might and justice may be known unto you.

February 18th, 1915.—Build a wall of steel around yourself, that nothing may come near to sap you of your energy. People are like the leaves upon the trees, wafted by each little breeze that blows; yet they cling firmly to the tree, owing to the care with which Mother Earth has enabled light, sunshine and rain to keep the sap well circulating throughout the tree. Thus each individual must care for his body in the way that is requisite for its breathing, not alone through the lungs, but through its pores.

Spend as much time as you can out in God's sunshine, and care in all ways for the shell which encases your spirit. This will make you stronger, if in conjunction the mind is kept clean and ever alert to promote the spiritual growth of your fellow man.

February 19th, 1915.—Carefully select the material with which to work, feeling no desire to change the mode of procedure when once upon your way; therefore the material to be used must be dependable. The course to take must also be decided

upon, that obstacles met in the path may not be allowed to block the march.

Be certain that those with whom you work will be unselfish and altruistic in their motives and desires; there will then be no danger of wasted time and material. A man may reach his destination with a balky horse, but in what condition and in what time no one can determine beforehand. Work vigorously, forging ahead. Man cannot check spiritual growth with small things.

February 21st, 1915.—Foster truths which are understandable. Matters which treat of questions that are intricate, and for the most part are mere suppositions, should not be considered. Man can best advance by following the truth set forth by a simple teacher, who explains it in language understood by even a child; if the statements become confused and interwoven with medieval superstitions, he would better leave them alone.

Man holds power within himself to accept or reject whatever is offered to him; when a subject causes him to feel perplexed and strongly robs him of the power to reason, it should be totally rejected. Things which are for man's good will not be such as to injure or distress anyone through the strain on his mind.

Mental stress is often due to the conscience fighting for mastery, as well as to worry over material things; when it is in conjunction with confusion of

spiritual ideas, the fight for supremacy is indeed appalling. Think clearly; allow nothing of an uncanny or unreliable nature to impress you. Man will thus become the master of himself.

March 8th, 1915.—Opposition to a thing or project shows that it must have real worth, else no force would be directed against it. Man therefore should not lose heart, but should thankfully realize that his own energy has power to work upon other forces, thus bringing his capabilities stronger into the light.

The man who has no energy, of whom naught but approbation is spoken, we find is not the strong man of words and deeds, but he who is carried on the crest of the wave, devoid of strength, never resisting, and possessing no real worth. He who stands forth upholding a truth, giving what he feels in honesty is right, though the masses are against him, is the man who is worth while and not afraid of his truth being judged according to himself. What good is a belief, if man is afraid to voice it? It brings him no benefit, and what will not grow must wither.

Thus be filled with thankfulness for the growing truth which is yours; though there may be opposition it will be overcome, and by that opposition you will know that you have power.

March 10th, 1915.—The mind works in silence; you may plan and serve and struggle without any-

one knowing the details, and your influence is more potent because of this condition. The mentality has a chance to thrive wherever the individual may be; the mental strength which he feels gives stimulus to the physical being, the mind being the battery which charges the entire system.

Not very frequently we find those whose minds have become weakened through disease, but whose bodies are apparently healthy. This is owing to the mind principle which governs the physical organs being dulled and in no way affecting them.

Think then with clearness and develop a power to reason. There are many who have robbed themselves of this ability, through trivial considerations, so that when matters of greater importance arise, they are at a loss, and find that reason and thought are beyond them.

To those whom you are able to reach, give this lesson: Thought may be cultivated in the highest degree.

March 11th, 1915.—Out of darkness comes light, to all who see the road upon which they travel. With guidance you will be shown the power emanating from the light, which makes all things of greater worth. Man has the choice to follow blindly, or with faith to take his own course in striving to do the Master's work.

Man's strength of will is a great feature in his progress. Without the aid of the Master this will

be found to be of little real worth; there is in each the divine spark, which is left to the individual to cultivate. Some do not permit it to grow, living without a thought of the development of the spirit. They advance in years with no regard for their future, and the activity of the evil surrounding them fills their intellects, the spirit which could have been developed into a power for good absorbs the evil, and its force is destructive.

Can the individual in whom the faculty of reason has found a place turn lightly aside from the influence which one man has over another? That influence is spiritual, and since there is nothing in the universe equal to spiritual force, how can there be the same measure of strength in mortals that is in the spiritual realm? All are obliged to work within the laws of the Creator; hence disobedience to law brings suffering upon the individual, whether it be mental, or physical, or both.

Within the mind of man are found various pictures; that which is most pleasing to him is generally the one accepted, if it can be made to fit the situation. The continuance of life after so-called death would be regarded as a fallacy on man's assertion alone; strength has been given the belief by the mind's activity in reasoning about things, and giving credence to the spiritual forces which many have been allowed to manifest, in various ways, proving an existence beyond the grave.

Strength to walk in the light of the Master will be given to all who seek His help.

At first man sees not the strength which spiritual truth gives, but once the underlying principles are grasped things are as clear as the unclouded sky. Man is a creature of impulse, some to a greater degree than others. The true man is he who can enjoy all things which are without harm in themselves, who can see the good which is involved in a pastime without condemning it, at all times attempting to recognize the virtue in a thing without any condemnation until the whole truth has been learned.

Some see good in an unconventional thing, yet the majority would condemn it. Be slow to judge, lest you may wrong an innocent individual and cause harm and misery difficult to repair. Show each day, by acts of gentleness and words of kindness, that the teaching of the Master has meant more to you than merely talking about His goodness and wonderful character, that through His example you have learned to put in practice His precepts.

March 15th, 1915.—Man through banishing destructive thoughts will be able to build up that which was attacked. Closely watch your mental activity, and when you feel buoyed up by impressions received, cultivate the tendency; when your thoughts are of a nature to fill you with annoyance

or discomfiture, by force of will rout the influence which is responsible for the condition, and by prayer and thankfulness realize your strength to overcome all things.

Climb the ladder step by step, gaining each round securely before the next is attempted, that you may not fall backward. To master one's weaknesses is greater than to take a city. Each individual should analyze himself every day, and if he would acknowledge his faults and strive to overcome them, the result would be remarkable, and noticeable to even those disinclined to believe in his progress.

Take a position in which none can attack you because of any expressions not of an ethical nature. Look not upon another as a judge; if as a teacher you may instruct and guide another, do so, but if an individual will not be shown, the error is his, and through his own experiences in some way the significance of the truth must be brought to his mind.

Know the truth, wish to follow it, and light and understanding will be given to all which will make things clear in time. Prayer and faith in the Master, with the will to accept His teachings, will make one more in His image.

Lose not your pleasure in mankind by allowing acts that are unbecoming a follower of Christ to rob you of the power to reason and hold communion with Him. Clearly should such weakness be seen;

much thought should be given to the obstruction, which is contrary to the laws of progress and harmony. Say nothing in haste; weigh everything, that what is expressed may show the honesty of your soul.

Much which man thinks is important is in reality of little moment; the testing fire will be found in what he has to endure. Live so that lack of consideration will not affect you in the smallest degree. Be true to yourself; hold your Creator as the One to follow, and by striving to be like unto Him your progress will be steady. Lift your voice in prayer to Him who can and will bring you much comfort. The way, though dark, will seem brighter when following in His footsteps.

March 16th, 1915.—To those who seek knowledge will be given the way to secure it. Many only express the desire, the wish is not in their hearts; therefore they do not obtain it, for they have made no effort to be enlightened.

Closely watch for all opportunities to progress—ethically, spiritually and physically—and make sure that they are used to advantage. The spirit which is anxious and determined to progress will not be disheartened by obstacles, but by reason of the apparent blocking will be more zealous in the effort to succeed.

Unto every man is given the right to choose which path he will take. There are some who feel

they must go another way to achieve success, but—poor creatures—they are thinking of the body, not of the soul. Black indeed is the darkness into which they have gone. Let your face reflect the spirit and let the spirit be pure, that the reflection may be one which will please the eyes of those who see. Work with cheerfulness and you will bring a feeling of joy to those around you.

March 19th, 1915.—Walk with steady steps, that difficulties in the roadway to progress will be unable to trip you. The journey is a tiresome one to those who lack understanding—a lonely one filled with little happiness—but to the traveler bent upon truth and progression the way is bright, narrow though it may be, with the beauties which it holds. In it are found honest handclasps; the man himself is loved, even though materially he has nothing.

The man's wish and earnest endeavor to push ahead is encouraged; he is never lonely, for the Master is with him; his happiness is not of the hour, but for all time. His look, his touch, and the consciousness that an individual is conquering things which destroy and which impede his progress give others a feeling of comradeship which is close, owing to understanding of the soul's growth. Resolve then to master things which creep in to darken the clear and happy horizon. Let the clouds which gather from time to time, through conditions brought about by ignorance or perverseness, or for

any other cause, blow over without having been able by their shadow to lessen the light which comes from understanding and His guidance.

Again I say, walk with a steady though slow step, and there will be no need of retracing your course from having slipped backward. Watch and pray that you may keep in the right direction.

March 20th, 1915.—When the mind is engrossed with some physical activity man has no time to dwell upon personal conditions which might destroy his peace. With those in the lower walks of life this may be seen very clearly; personal matters have to be set aside in order that the needed sustenance may be obtained. Those whose material conditions are available for their every wish are the ones whose personal troubles are the most difficult to overcome, for having no interests outside of self, all the little trials and perplexities are nursed and fed until their size becomes appalling; to such help would be derived from activity for another.

Man must overlook his petty annoyances for things of greater importance, if he would achieve great progress. Put fear away, for the consciousness of its existence is destructive and the mind becomes like a sponge in water if filled with fear. An individual may be mentally turned and twisted until his real condition cannot be easily discerned even by himself.

Turn then to the Master and seek His help, know-

ing that it can be obtained. In faith must you walk, never doubting but power will be given unto you.

March 23rd, 1915.—Cast not your pearls before swine. The truth will mean nothing to those who care naught for it; with the desire for knowledge will come activity in searching for it. Work then unfeareingly, that the fruits of your labor may be seen, though the adversary likes it not.

March 24th, 1915.—All thoughts are carried on the ether; those which are kindly are distinguished by a different color or form from those of hate, malice or revenge. When a man is caught in a wave of the latter class, he is bound to feel a depression, anxiety, or some uneasiness which is not warranted by his actual experience. When he has a feeling of satisfaction, of peace and quiet, it may be accounted for in the same way; that is, by his being surrounded by many spirits whose desires are helpful and kindly.

When an individual has much mental worry—things coming into his life which must be met, though distasteful,—let him pray for the help of the friends to surround him and by their vibrations to keep the atmosphere clear, so that no unharmonious wave may disturb him. Distress sends out a signal; thousands around meet the quest for help and with sympathy wall the individual away from those whose influence would cause him to break down. Signals are responded to as given by the

various waves which are attracted by the waves through which the individual is traveling; thus each must strive to keep himself honest and clean, that only influences of the highest class may be interested in his welfare.

March 25th, 1915.—Show by your acts the theory you teach. In those things which you hold to be right and just man may feel the truth of what you have taught and follow your example. To preach a doctrine is one thing; to live the life another. There are many who expound, but do not follow the lessons they give out. Open wide the gates of understanding, that those enhungered may come in and be fed with the knowledge of truth. Offer what you have to those who are seeking a truth, but peace and contentment must come to the individual through his own seeking. You may make the work of another lighter by assisting him, but you may not accept his responsibility. It is his task to help himself, just as the bird must release himself from his shell, struggling from the inside, assisted and encouraged by his mother on the outside. In his struggle he is working for freedom and life, just as the individual is working on the earth plane.

Obey the dictates of your heart when in a quandary, after seeking from the friends the help which you need and desire. Strive to live each day the best you can, to help others see the light, and to

know that the burden which is given each to carry is just, else it could not be. By working and living as near as possible like the Master, you will feel new life springing up within you which will bring happiness and contentment.

Learn to smile and to cast away the frown; one draws the friends, the other sends them away. No one likes to walk with open eyes into a stormy sea, but who would shrink from sailing on the calm and beautiful waters? Try to do the best you can and, having done this, the feeling of comfort will be given you.

Let those to whom the way of life is sham change their course, that nothing of real value may be lost to them.

March 26th, 1915.—As people live, so shall they die. What has taken years to build will not fall down in the twinkling of an eye. Things which denote a materialistic environment are found, in the time of separation from the body, to possess nothing of worth to give a feeling of comfort. In many cases the false idea is held that death is the end of trials. Woe to him who so thinketh, for the awakening to the situation will indeed be a surprise.

Those who are willful and will not listen will find their mental torture much greater than would be imagined. Things that help man most are those which cause him, through suffering, to see things in their true light.

March 29th, 1915.—Men who in their thoughts regard all things as possible are those who achieve that which they desire. Kindness is often not understood, but is taken as a weakening of purpose if it in any way modifies the original manner in which an undertaking was planned. With honesty, perseverance and prayer, that which is desired will be enjoyed; in no wise allow anyone to sway you from a purpose which you feel in your heart is honest and just, and for the greatest good.

Closet yourself when your mind becomes confused and by communion with the Master your poise will return. Search yourself and find wherein things are amiss, then through determination and prayer better conditions will prevail. You will find that those who are looking for help in sincerity secure it only through their own efforts. He who wishes aid and does nothing to obtain it must expect disappointment.

Acquire mastery of self through perseverance and prayer. What a man honestly believes, no other man has a right to condemn. There is much that an individual may say he believes which is not in reality true, being used only as a shield or covering for his weaknesses; but he who in all sincerity believes, and lives up to his belief, is not to be condemned because his views are not those upon which you base your work.

Above all things, maintain cleanliness of heart.

Those who strive to hamper you by insidious influences will then find all ways to annoy cut off. Much will be discovered to be truth for all to follow. The way we take is sometimes clouded, but by working with thoughts which produce light, much good has been accomplished.

March 30th, 1915.—To warn a person is to put him on his guard, whether it be against things physical or mental. To allow matters to be distressing, looking forward to trouble, is a bad practice. Man should be so sure of his ability to meet conditions as they arise, confident of the Master's help, that a warning word will make him more persistent in seeking aid; with His protection he will be able to meet all conditions.

Love creates in the receiver a strength which is assuring and a confidence which exalts; it gives the one who bestows it a broader field to work in, develops in him a sense of unselfishness, a feeling of comradeship, and stimulates his whole being.

Great things are accomplished through love of man; how much greater are those achieved through the Master's love! If individuals would reason aright, they would see that much which troubles them is self-inflicted. Self-pity becomes a mania with many, and is difficult to get away from. The first thing for anyone looking for help to do is to go before his Maker and pray that he may be enabled to see himself in his true light; then, with

honesty of purpose, he must set about obtaining help through the truth in God's word and works, and live as nearly as he can that life which brings to all a peace that glitter and glare cannot give.

Worth in spirit no gold can buy, and the work of the individual in developing spiritual growth is the most important in life.

March 31st, 1915.—The motive behind an action should be sought. In some cases actions are instigated by the highest motives, while in others they are prompted by a feeling of meanness; again, they are committed on the spur of the moment, without any motive. When such is the case outside agents have been at work, either for good or evil, according to the act.

Changing an individual's viewpoint is no easy matter if he, with head bent, will not see the way in front of him. To any who walk with erectness, watching for the truth to manifest itself, there will be only patience needed, then the desire of their hearts will be realized. Was it not said: "Ask and ye shall receive"? You will find that many ask without believing they will receive, but in a pleading way they call for that which they desire, whether it be for their good or not. Those who pray for assistance knowing they will receive it, and accept what is sent, even if it is not what would be their choice, realize that it is best, else it would not have been allotted to them.

Ask for help to pray rightly; when this is earnestly sought, greater aid will be given. You will understand how true this message is of many whom you find discontented, for no reason except that their views and those of the Master are not alike; the individual, instead of shaping his desires to coincide with the Master's, loses energy and assistance through his complaints. This lesson then may be read by all, and if it is heeded, will be found helpful to everyone.

April 1st, 1915.—Walk with firm step, allowing no intruding influence to cause you to hesitate in the way you go. Attract to yourself those influences which are elevating, forcing all others to take another course. Individuals who honestly hold to thoughts which elevate will progress. Man must not give up the laughter and fun occasioned by things which are his due, but should seek brightness and enjoy laughter, for with a light heart and a free conscience he can truly laugh in a way which expresses much mirth.

Count those days poorly spent which have admitted of no laughter. Man's seriousness will be no less real if he can enjoy conditions of a lighter nature. Perform your work with concentration and all earnestness, but when it is done learn to laugh, that life may not become too grave. This will be good for all and especially for those who find little time for recreation.

It is a great error to take life too seriously. Those things of the flesh which are according to the laws are right if not indulged in to excess; all things in moderation are good. Like a ray of sunshine upon a dark day, we hear a laugh in the midst of deep thinking.

April 2nd, 1915.—No man knows real happiness save he who has suffered. Those who make little of opportunities find little to enjoy, but he who with effort does his best has the knowledge that what has been accomplished, though it may appear small in the eyes of men, is great and of much value in the sight of the Master.

Many have no thought of the continuity of life. Things are gradually understood as they progress upon the mental horizon. What real joy life would hold if each individual would do his part, living cleanly and honestly, having no unworthy secrets, and cherishing a feeling of helpfulness toward all others!

Man should live right, so that when the time comes to pass on there will be no shock, but a true awakening into a new life where his work may continue with greater force. To those in sorrow this truth would be a great comfort; with the Master's help, their prayers would be answered. What has been thrown aside cannot be taken up simply with a rush of conscience; it must be worked out in

sorrow. Pray then with these, that light may be sent unto them.

April 4th, 1915.—Man has countless blessings, but few are really appreciated until he is deprived of them. He prizes least those which are the most common, yet they are the ones whose loss is felt the most keenly. Bit by bit the dropping of the water forms the icicle; when things are steadily worked for, bit by bit they will be assembled to make the desired whole. Conquer all things which oppose that which you feel is right, when it can be done without making your fellow man a victim of that which he does not see nor believe.

Do what you feel is right, but ask not others to do likewise, if it be not their honest belief. People roundabout see whatever takes place from different angles; thus there is a difference in opinions, and the opinion of each is right from his viewpoint, hence man, when judging, must take the conditions into consideration, that he may harm none by quick judgment.

We find that willingness to be taught is not a factor with all, even as the ability to set forth a truth clearly is not given to everyone.

April 5th, 1915.—Prize that which you possess for its true worth, accepting it with grace; if you feel that it is God's will that such has been sent you, the gift will assume a value which otherwise would not be seen and will be thankfully retained. Strive

earnestly, with such thoughts, to realize the great good fortune that has come to you through prayer, and with a full appreciation of conditions you will progress.

All should be gentle and firm. Man knows that those who are vacillating are not the ones to arrive at a desired point, except through much struggle and hardship. The first thing to be accomplished is to determine what is needed, and then the individual must set out with a will to acquire it. Cling to all uplifting things; allow nothing of a mean nature to be considered.

April 10th, 1915.—Lift your eyes to God on high; bring your burdens to Him, and help will be given to you. Stand firm; with fear be done. The atmosphere of love is all that one needs when striving to live aright. Many individuals lose heart when trying to climb a hill if bickering is going on continuously around them; when a helping hand is offered the struggle is much easier for those who are in need of kindly words of sympathy.

You cannot fully understand the shrinking into self which is caused by a word spoken harshly or in anger. It drives away the feeling of companionship, of confidence, of ease in acts or speech, and puts man on his guard, which is a useless expenditure of energy. If love were to dominate, selfishness would be eliminated. How great an amount of sorrow comes from selfishness!

Nestle close to the heart that beats true. In work you do have an abounding faith that the Master will guide and protect you. Be at peace with the world.

April 16th, 1915.—Mingle with those in whom may be seen some ray of truth. Things which look black may be made bright if the truth can percolate through them. What is found most difficult is to help one who has no desire to be helped. At this task you may have worked long with no apparent result, yet the labor will not have been in vain, for it will have been a training to you, the teacher, causing patience, perseverance and love to play a strong part.

Strive then to do the best that is possible for you to do. Your efforts will not at all times be received in the spirit in which they were made, especially when the recipient is averse to much that was offered. There must be willingness to serve the Master. How little kindness He received, yet with what a free hand He gave! With this thought be comforted, in regard to what you do that is prompted by love. Control your thoughts, that the Master may bring your work with clearness before you. Permit none to fasten a yoke of sorrow upon you. Let joy and peace abound.

April 19th, 1915.—Rob not your self of thoughts which bring happiness; of this you are master, and

should watch and protect yourself that your energy may not be sapped in any way by the intrusion of thoughts which bring pain or worry. How this may be accomplished will be made clear; with the determination to accept what is given you and, through accepting, to look with cheerfulness upon the existing condition, you will be more easily enabled to progress.

Look not upon things with blinded eyes, nor with eyes unwilling to see things as they are. With blessings are those who hold God in their hearts endowed. Look then to the light for help, giving the best you have at all times for the Master's work, and with His assistance the rough and high places will be overcome.

April 21st, 1915.—Unto those who seek the light, truth shall be shown. No man is put one side without help having first being given. Watch closely when something goes amiss and see if the aid of the Master has been sought. Slowly the intervening moments between darkness and light pass. There is a blocking of the mental forces which keeps man wavering, then in a twinkling he sees his error and the power of truth. Would that he could realize how small a factor he is in the universe, and how little he can accomplish of himself! All will eventually become associated together, and a willingness to follow the truth will bring them nearer the Infinite.

Believe in the power of prayer and the strength obtained from communion with the Master.

April 23rd, 1915.—A world of strife! To this man attributes all things which are confusing, though the fault is the individual's, the strife of man's making. Much that is chaotic is caused by man's desire to attain that which is not his and which, because of his inefficiency, he has no right to claim. This makes the individual to whom it rightfully belongs uneasy, and through his determination to hold what should be his he resorts to much that is not proper, in an effort to compete with one who is crafty and designing. Much that is done may be understood better if this fact is considered when fighting and unrest prevail.

There are individuals on the earth plane who are never satisfied. They are not only discontented with their lot, but they are determined that no one else shall appreciate his lot, if they can help it. Persons of this type can create much unrest in the minds of those who are easily discouraged, and the seed of discontentment will grow and produce far-reaching misery, many times destroying all happiness.

You will find in these words a truism which applies to the conditions found where unrest dwells. There is no specific case meant, but you will understand the general application. Loneliness creeps over the individual who is sad and in despair;

stand up, and in a loud voice proclaim the companionship of the Master, whose presence will banish all grievous things.

Show by your countenance the light within; the world needs sunshine.

April 25th, 1915.—The strength to reason is within man's power to attain; the lack of it places him often in a predicament which causes widespread confusion and unrest. Everyone should feel the joy of living. Let no one lose heart; the experiences of life make only the impression that the individual is willing to have made. More faith will bring more light, which in its turn will create peace and contentment. Let those who fret feel and know that the power of the Master is great and His willingness to help all is never-failing; thus, if man accepts his circumstances and does his best to alleviate the condition through faith and prayer, his prayers will be answered and his eyes will view matters in a clearer light.

Mistakes are the product of man, whether good or evil; everyone is liable to err. If individuals could be made to go more slowly before plunging into things, or to look about carefully before taking a step, there would be a lessening of mistakes.

Those who feel a strong desire to do certain things without real reason are being impressed from this side. When these impressions have been studied, and found to be of a character that is

uplifting or for man's good, they should be heeded; but he who blindly follows without examining the character of the impressions is wrong and the result will be disastrous.

You will find people who are being led foolishly each day in this manner; they are impulsive and rush upon things which a little thought would tell them are not the most logical things to do.

Rouse their sleeping spirits into active work;
Each should do his duty, nothing strive to shirk.

This lesson will help you much when you are teaching the truth to those eager to learn.

April 29th, 1915.—In your thoughts hold steadfastly to truth, that things which annoy may not disturb you. Think with clearness, according to reason, allowing not a fancy of the moment to wreck the peace of months. Who, in a desire to climb a hill, walks away from that hill? When man has a problem to solve which is an uphill task, let him pray and, with strength and determination, start at the bottom and climb fearlessly, knowing that he will reach the solution that he needs, with the help of the Master.

Give us courage, gracious Lord, to follow in the footsteps of Christ, so that—though man may not appreciate what we are doing—thy wisdom and thy blessing may be upon our heads; we will then have all for which we could ask.

April 30th, 1915.—Thoughts which aid in the overthrowing of a weakness should be cultivated, but nothing of a malicious nature should be allowed to gain control. Man has to struggle before the ability to master himself is even fairly well acquired. This is a schooling which all must pass through in order to gain lasting benefit. The individual who allows every little word or action of another to upset his control of himself has a great deal to learn; he is weak indeed, and through his weakness allows many to suffer.

The oak stands firm upon Mother Earth; the wind, hail and rain fail to uproot it. Just so should man remain unshaken by the annoyances which are calculated to make him show either his weakness or his strength, by the way in which he meets the situation. Each must, with a wish to serve the Master, seek His help, and by following in the way He directs be able to overcome the storms of life.

May 1st, 1915.—One idea which interrupts the peaceful trend of thought has the power to grow and grow until it assumes proportions that will fill the entire mind, through being nursed and allowed to monopolize the attention. Things will at some time in everyone's life be not wholly to his liking; this is so with some to a greater degree than with others, therefore it is well for all to prepare and

guard against the influence which such conditions bring.

Dissatisfaction, despondency, unkindly feelings and timidity—all these and many more emotions follow in the wake of circumstances which were brought about by an individual's own acts or the acts of others, resulting in a climax.

Those with whom we are associated affect us according to the intimacy in which we dwell with them; therefore when you are forced to live with any who do not seem to harmonize with what you feel is proper, it is best to keep the mind and thought free from their influence, and with determination to maintain the right progressive spirit, pray and by will force allow no one to encroach upon your thoughts.

Many have some trouble which mars their happiness; the ability to push it aside and rise above it makes man the stronger and his victory the greater. It can be done, and the help of the Master keeps it from being a lonely path.

May 4th, 1915.—No one is alone when he feels the touch of the friends, nor is he silent when he talks with the friends; when walking, he is guided if he seeks help from the friends. Look about then and gather comfort from those unseen, if there are no individuals around you who understand or sympathize.

In nature there is much food for thought; man is

the better for living close to nature. By observing its beauties he will more fully understand the might of the Master, if he but studies the wonders of the earth.

Open the heart to those who are needy; lead those whose sight is dimmed, and lift with gentleness the fallen, that through your touch something new may be stirred in the heart of man which will turn him from a path that led in the wrong direction.

Stand up and know that your Lord holds fast the reins which keep you from all harm. He guides and protects all who seek His aid. With His blessing I now leave you. Care and protection He will give you and all whom you love, this day and all days, so long as the desire is in your heart. God bless all, that they may grow in strength, both physically and spiritually, and that their works may shine before men and the glory be, therefore, to the Master. Amen!

May 19th, 1915.—Let your works shine forth; when intrusion makes it more difficult to overcome opposing conditions, determination and strength to persevere will be given you if you strive for them. When difficulties increase a weak individual ascribes interference to all save the right thing. If the individual would not acknowledge the interference, the energy used to overcome it would enable him to attain that which is desired. Zeal grows with suc-

cess; discouragement with setbacks. Often these are sent with the view of making man see conditions from all sides.

What man deems worthy frequently is unfit in the sight of God. Man is not competent to judge, though he may know another's deeds to be unworthy. Watch and pray from day to day; live and learn. Earn peace and rest by work; as for aught else, God's will is best.

May 21st, 1915.—Would the foretelling of a thing make conditions secure from that which interferes? Not so, for this very thing has been done, and only those who so desire will listen and obey. It is hard, very hard, to help most individuals. Mortals demand so much and are willing to give so little.

With regard to communications, there are times when those desirous of sending forth a truth are not permitted to do so, owing to different causes. Man is not able at all times to get into communication with his fellow man; he is off the line of contact and cannot be easily reached. Why is so much more expected of the spirit forces? The occupation in which they find themselves has much to do with them, as it has with you; hence those who are eager to hold communication should not become discouraged nor distrustful when the specific friends with whom they desire to talk cannot be heard. It is due to many causes.

May 24th, 1915.—The cost of man's blindness is in many cases alarmingly great, those who purposely refuse to see being affected the most. Poor judgment must not be taken for blindness; it often brings man into trouble, but it also teaches him a lesson.

Assist any whom you may to achieve higher principles; greet all with whom you come in contact in a pleasant manner. Some will not be able to discern life's true condition as you do, but if the principles they maintain are the highest and best, there is no need of arguing further, for the rest will come.

If man endeavors conscientiously to do his best, none can become annoyed with him. Do therefore at all times the best you can. If your efforts are not understood, the seed has been planted which will bring forth good fruit; that it falls on barren soil is not your fault.

Count not man's confusion as weakness. There are some who are eager to do what is right, yet are pulled about so that they do not know what they believe. It is well to let such individuals think slowly and arrive at what they really do understand, and to work from that point. If man believes in the power of his Creator, and lives so that none can point a finger at him, as far as honesty, kindness, love and unselfishness go, he has nothing further to wish except help to carry on so noble

a life; the majority lack most of the qualities of which I have spoken.

Live so that your presence may be sought, not turned away from by your fellow men. God grant that the power of understanding may sink into the minds of men, that their work on earth may be better and more easily accomplished.

To be a power in everything good is the aim of all, or should be. There will be many trials for everyone, but through faith and confidence in the power of Him who is all-wise, man will be able to overcome them. When things distress, he must feel that his best has been accomplished, and this will enable him to dismiss the vexatious matter in a forceful manner. Conditions, especially those which require the manifestation of spiritual growth, are constantly being used upon an individual to test him and show in what way progress has been made. Light will be the heart when, with earnest trust, man can throw his burden aside and look up to the Master, with confidence that the work he is engaged upon will be successfully completed.

May 28th, 1915.—Man in moments of despair cannot see the sun's rays, but all things appear to him as at night. Words sometimes fail to penetrate through this darkness, yet with a persistent attempt to show him the mistake, which can be rectified by application to good and to the beauties and higher principles of life, a new light will enter his con-

sciousness, casting a glow on his discouraged and disheartened spirit; his mind has dwelt too much on life's material things.

When the spirit is filled with an understanding of the Master's teaching, the world will be a place wherein an individual may derive much true happiness through helping and loving others. The doing for another a small thing, which perhaps amounts to very little according to the way materialists view life, will be of much worth to both the recipient and donor.

A hand held in sympathetic touch, a word of comfort to a distressed mortal, a thought for the sorrowing—these, and many similar acts, cannot help but place the individual in a position where happiness and joy will fill his heart at being able thus to do something for another. The spirit of the Master must be in the heart, to make man feel the thrill of happiness. His words were: "Whatsoever ye do unto the least of these, my brethren, ye do it unto Me."

These words mean much which people lightly pass over.

May 30th, 1915.—No man understands the trials another has to overcome through giving up indulgence in his passions, unless he has had such experience. The drunkard who gives up drink is applauded for his victory, but how great a struggle he has made no one knows except he who has passed

through a similar ordeal. Therefore when an individual is striving to master any weakness, give encouragement to him, though it may appear to you a trifling weakness to conquer; to the offender it may be a task most difficult.

Youth most easily overcomes a bad habit, owing to the mind being more willing to accept a higher principle than the mind of an older and more mature person. In the individual rests the force with which his will is brought into play.

June 1st, 1915.—Unto him who walks in the shadow things will appear dark; by him who follows the sun's rays, things are seen more clearly. There is much that man may do; none need complain of lack of food for his desires—with a little survey more will be found than he can comfortably use. Each should do his share, without putting too great a burden on others; and should exercise forethought, that regret may not play a part in his consciousness.

Always count what you have as blessings, which may chance to aid another upon his way. That which you do to show another his weak point, enabling him by improvement to help himself as well as others, will be regarded as most beneficial assistance. Throw aside the yoke of oppression; none need wear it save he who has not the will to be his own master.

June 4th, 1915.—Most effects are obtained

through systematic effort. With one easily discouraged the ordeal becomes too arduous, the strain too great and the progress very slight. The abandonment of a project is often the result, just as the point is reached where matters seem to be progressing smoothly, so effort is necessary—systematic effort—and the will to endure that which for the time may seem cheerless. After a dark night, how bright the sunlight is!

Obey the laws of nature. Take exercise, fresh air and pure food, and the rest and diversion that are necessary each day. It is not wise to overdo, any more than to neglect your duties. You will gain by careful living a clear mind and a fresh body, full of energy, and your burdens will be carried more easily, without too great fatigue. Look out and see the brightness of the sky, which shines upon all alike; for this blessing man should give thanks, but it is accepted without consideration.

June 17th, 1915.—Waken those whose slumbering causes restless dreams. Do not marvel at things uncomprehended, for the workings of the unseen are strange. You are walking in a pathway through a wood; there is much underbrush covering the pathway at times, but you easily clear this and proceed. The occupation has given you a new view of conditions; after this has been studied go forward slowly. Time is needed when climbing, that you may not become overtired by too hasty an

ascent; make progress little by little, that it may be held when once attained.

June 25th, 1915.—A man following the pathway of another may go downward through feeling the trouble which was experienced by the other, but which he could overcome with his strength. Man must seek the uphill road, which requires attention to be put upon the climb, with mindfulness of the surroundings, though the downward path would be more easily followed, no effort being needed.

Let each individual turn his face to a higher point, where through his efforts and the strength of the Father he will attain things worth while. Who is there that does not need the helping hand of a friend? The individual who feels himself so strong as to need nothing from anyone is in reality weak and miserable. Everyone is dependent in some degree on those about him. Let the lesson of helpfulness to others be learned and life will be easier for all.

July 1st, 1915.—Enclosed within the breast of each individual is the real self. No scientist, no naturalist, no man of any cult or vocation, can determine just what it is—the ego, the spirit, the soul, the man himself. The center of the frame which is called the body, the propelling force of that body—what is it? In each we find that central power, no matter how frail the body; man's spirit, freed from the shell, travels at will wherever

it desires. Obedience to his Maker while upon earth, with the wish to help his fellow man and to elevate himself, makes things easier after he has left his temporary abode. You will find many yielding to that within them which bids them seek help from loftier things than temporal affairs; while others think only of personal gratification and go in the direction where such things may be found. Constancy of purpose, wherever it is manifested, will succeed; therefore, for the individual's eventual good and development, it behooves him to take that course which leads toward spiritual advancement.

July 4th, 1915.—Man wanders in fancy as the spirits travel in reality. Should not man so travel, unencumbered by the body? To follow his desires in the realm of thought brings added knowledge, if man will allow another who has lived through such experiences to aid him when in deep waters. In the progressive mind there is always a willingness to hearken to anyone who may be able, through superior knowledge or larger experiences, to impart interesting truths. Spread then that knowledge which you have among those who are willing to listen and learn. Open wide the ear, that all good tidings may be heard and peace, comfort and happiness may be yours.

July 6th, 1915.—Nature brings both storm and calm, heat and cold; the frost nips the bud, the blossom dies, heat burns, destroying the fruit. The

tempest, in the darkness of night, sends buildings crumbling to the ground, and the peace of dawn reveals a widespread ruin. Individuals have a similar experience; the frost of criticism, the heat of injustice, the fury of passion, are all viewed with calmness when the proper vision dawns upon them. In the storm of passion man commits rash and destructive acts, and wastes material which took time and patience to acquire. A portion is given to all. Sometime, through a realization of the wreck left after such an outburst, the full strength and beauty of the calm may be appreciated with the coming of the dawn. You will find that this is true of all; the degree of the realization being of the individual's own making. It is hard for some to bring the will into subjection; with such the fury of the storm leaves, in the dawning light, a sad spectacle.

July 9th, 1915.—Meet the conditions which arise with calmness; to feel the reverse defeats man's progress. In order to create unrest man has but to be unwilling to conform to the prevailing circumstances. When conditions are unharmonious and against the principles of his ideas of right, let the individual remove himself from the environment, or else take such a firm stand that it will be unable to influence him. You will always find a great diversity of opinion where there is unrest. Strive to make your attitude of will such that those

who are opposed to your ideas may be unable to weaken you.

July 12th, 1915.—Distrust causes much sorrow. Those who hold suspicious thoughts must strive to overcome them, for they injure themselves as well as those of whom they feel uncertain. Be fair with each person, judging him as he appears to be until, after some prevarication, you find it best to watch him. Man must meet certain requirements which the conventions of life have laid out for him to follow, else he will bring upon himself the censure of those about him with whom he comes in contact. When walking without fear, striving to do his duty, man finds companions whom he little dreamed of meeting. Those who work together for the betterment of man, the circulation of truth, and the growth of the spirit, will indeed be blessed and prosperous; they will grow and multiply.

July 14th, 1915.—Be certain that what is done through your activity is from pure and helpful motives; then, though it may not be what your neighbor considers best, your mind can be at ease, for with a clear conscience you will not suffer. Man may learn by the experiences of another if he will be taught, but most individuals feel that they know the right and proper way to rectify their mistakes, and are blind to the intricacies of their problems, as the one was who would have saved him, hence they fall; the experience of another did nothing

for them except to make their egos larger and their falls heavier. Mistake not this lesson; it is for all to listen and profit by the errors of their brothers, that they may the easier become masters of themselves and of those conditions which seem strange and perplexing to them.

July 16th, 1915.—Climb with slow and steady tread. Progress thus is sure, with no danger of slipping backward. There are people who do everything with a rush. This speaks ill for them as they soon tire and that which they undertook to accomplish is given up, while they rush in another direction. That which man desires must be sought after slowly and with determination to obtain it. Perchance an individual may become discouraged when the fulfillment of his purpose seems slow in arriving, but with renewed faith he must take up the thread of toil again. Let not those doubting thoughts which seek to creep into the mind be given power to disturb. Thrust them aside and go unswervingly onward.

July 19th, 1915.—Conquer those most glaring faults which give others an opportunity to make unpleasant comments. Individuals have many faults, but by their cunning are able to keep them hidden, thus they are not known to any but themselves. Man reads his own heart and fools not himself. Some may say for whom is this intended? The question would better be, for whom is it not?

All have faults, some more conspicuous than others because of their selfishness. Put forth each day a renewed effort to overcome those things which are bad and to add to your character that which is noble. The blessings of the Most High be upon you all, and may He watch, guide and protect you.

July 21st, 1915.—If all desired things could be easily acquired, the hearts of human beings would not thrill with anticipation, nor with the joy of striving to secure that which is worthy of having. Concentrate upon what you desire and with prayer to be guided in choosing aright, hold steadfastly to its attainment. Have peace within; the power to smile is of much worth. Those who smile, though there is deep grief within their hearts, have gained much and their power of will makes them victorious over that which would rob them of much happiness. The influence of a happy face is great, far-reaching, and of benefit to many.

July 22nd, 1915.—Regard your waking hours as a field in which to labor for the Master, with love and patience, never seeking to shirk; there is plenty of work, though willing hands seem few, so put your shoulder to the wheel and push with all your might.

O hear the cry for help that sounds upon the air,
It fills the heart with pain, the soul with great despair.

One deed of love to God's suffering children wrought
Is heralded with joy and never is forgot.

The deed grows on in magnitude, the good is very great,
So do your share of work, that aid come not too late.

Proud are they who conquer men—how much more glorious is the conquering of self! Things are seen with different eyes, and often from different viewpoints. Sometimes the eyes are blinded through love, sometimes through fear or dislike; thus one who stands by calmly and disinterestedly is able to see matters in a clearer light. It is safest to remain cool and impartial when considering a question of importance. This holds true of everyone. No one is perfect, and everyone is too ready to see the faults in his brother, not taking the time nor trouble to scrutinize himself.

From a hilltop man may look down upon all the surrounding country. When he is sure of the Master's help, he may see clearly where those who are in the valley of darkness stand trembling, so to speak, in ignorance and unnecessary gloom. You will find many eager to walk in the way of truth until, by reason of its purity, the byways of materialism must be shunned. Unwillingness to forego such makes individuals very miserable, for after the truth has been sought, there is no peace of mind in grosser pleasures; however, some individuals strive to deceive themselves.

July 23rd, 1915.—When awakened from a deep sleep the individual is sometimes confused, having wandered upon strange shores while in slum-

ber. Man is in his desires a creature of many changes; some are more restless than others. Those of an uneasy type usually create unrest, while those with peaceful natures cause others to feel renewed strength and calmness while they are with them. Some men are born leaders; others are followers. The former must be strong and clear-sighted, while the latter need confidence as well as strength. So long as an individual does that which is required of him, it matters not whether he is a leader of men or a plain servant following in an allotted path, but he must be honest to himself and to his leader, even as each must be faithful to his God.

July 27th, 1915.—Having chosen the direction in which you would go, press steadily onward, that the point desired may be reached. Man becomes weary when things crowd upon him and night is overtaking him, but diligent progress throughout the night advances him so far that when the sun rises he is happy to see the position he has gained. Kind deeds are like the sands of the ocean, making a soft and durable pathway upon which to walk by the waters. The sea may be troubled, but man may walk upon the shore now and again; when it is very angry the spray will strike him if precaution is not taken to get out of the way, yet the harm is little. Thus build for yourself a pathway strewn with good deeds and noble acts, in the Master's cause, and though by your side is the surg-

ing sea, it will rage on and on without harming you.

Meet all things squarely; let none cast his burdens upon you. Each should do his part, in any way that may be thought best by all interested, though at the time it may perhaps not be thoroughly understood by the individual in question. When situations arise which make you wonder what caused thus or so to be, let not your decision be too hasty, but study, pray and ponder. The reason will be shown, though it may seem very remote. Continue in the service of the Master; none so doing will be forgotten. His arm will protect and shelter you.

August 3rd, 1915.—Win that which you set out to attain, for by persistent efforts the desired fulfillment will be reached. Choice is given every man, therefore he must think and weigh conditions, then decide upon his course. Blame no one when things do not occur to your liking, if the best efforts have been put forth. No half-heartedness will bring the right result; the effort and desire must be full of life and vigor. All should be careful to cherish the spirit of hope, faith and willingness to obey. Man's problem is not so great as many would try to have it; the solution is simple trust—the faith that the Master cares for all who, with willingness, do their share. The burden should not be heavy; it is lack of trust which causes the weight.

August 6th, 1915.—Sturdy be, that those who look for help may see that your way is taken with strength proportioned to the faith you possess. Count that which points out a lesson as most beneficial to man. The lesson is sometimes a hard one and not to his liking, but if, out of the trouble and strife, man is able to emerge bigger and better than he was before, the deprivation he has gone through has been of great value. Cause none to show, through misunderstanding, the meanness which is in them; rather influence them so that, through self-analysis, they may by degrees eliminate that which is not noble, without baring it before the public. Touch the inner man and the outer man will develop wonderfully.

August 7th, 1915.—Man's work is lighter when done with willing hands; in helping others he helps himself to attain much good. Shape things so that they will reap the best results. Think not upon intricate problems too long at one time, but with due consideration meet difficulties as they come, living each day in the manner befitting one who strives to serve the Master. Be guided by what you know is the right thing for mankind to do, walking firmly and with confidence in aid from Him who assists everyone. It is not at first an easy task to shut out those influences which seek to annoy, but it will become possible for any who endeavor diligently to do it. Much good is in store

for all who labor earnestly to teach the way of the Lord.

August 9th, 1915.—Thrust away those who manifest a desire to obstruct your ideas and plans in an offensive manner; it is wrong to hinder anyone from doing what he feels to be his duty. The individual should be allowed to choose the occupation for which he is adapted and follow it to the best of his ability. Once the path is selected, there should be no shirking of that which is his duty to do, nor any desire to interfere with another, aside from the eager giving of aid whenever it is possible. Man finds many opportunities to make work for hands which needed this assistance to strengthen them.

August 10th, 1915.—Cling to that which lifts you far above all commonplace things. Gain the full power of will by slow training, treating matters which come to your notice in a way that gives no cause for unpleasantness, though it would be easy to create such if the mind were not in control of the will. Allow no man to disturb you in any way by his acts, if in your heart you know that you have done nothing wrong. Some individuals are most vigorous in their desire to cause trouble when those whom they would like to master are beyond them, so to speak. Allow no one through his wrongdoing to bring unrest to any with whom there is reason to feel the wish to annoy might be held.

August 11th, 1915.—Each individual is given unlimited power of thought, according to the development of his mental faculties. To ignorance and lack of thought are ascribed the confusion, unrest and panicky conditions that many times prevail. Man's great need is to train his mind to right thinking. Most individuals never give serious thought to a problem of importance, but follow blindly when one of mental force leads. This fact is well demonstrated by the present condition of the universe, the horror, the blindness, the weakness, of many being made to sin because of the desire and will of a few. Surely reason has played no part in the minds of these leaders. Woe to him whose personal ambitions and desires carry him far beyond the pale of righteousness! Live to make use of that reason which is yours to develop, and cause others to use their reasoning power, that its help may be a factor in man's every-day life. Take care not to become weary; with quietness go forth, not allowing too great a weight to be placed upon your shoulders.

August 12th, 1915.—Within the mind of mortal man the interesting and essential questions of life are held, and much joy or happiness may result, or the reverse, according to man's way of reasoning. Accustom yourself not to bear another's woes, aside from influencing him and placing logical reason before him. When there is no close

personal relation, nothing must be allowed to disturb you. Man need not appear to be indifferent, but each must do his part without implicating another. The way may be clearly set forth, so that the individual will understand how best to overcome those conditions which spring up to annoy.

August 13th, 1915.—Have patience with those who advance with faltering steps. No man who struggles with a problem wholehearted in his desire to master it fails to win. Many obstacles are encountered which would discourage an individual not eager to overcome them, who would, after striving for a limited time against great odds, fail through permitting doubt and fear to overcome him.

When advancing along ethical lines there is slow progress while dealing with the masses. In the aggregate, man is selfish; he looks for his pleasure and gain, not considering his neighbor's loss through his acquiring what he desires. There is much to say with regard to this, but the principle of unselfishness is the keynote of it all. Let man think of his fellow being, instead of always thinking of himself, and conditions will put on an altogether different aspect. His burdens and sorrows will be forgotten while he strives to obtain happiness for another.

Allow none to weigh you down through criticism, for the Master sees the pure motives of the heart;

although the sorrow of being misunderstood is keen, do not allow it to break you down, but with fortitude be comforted by the Master's love. You will find that this lesson is applicable to many; there are parts which each can study and accept,—for who is there whose motives are not at some time criticised or his acts censured? Therefore, be of strong heart if your mind is clean.

August 14th, 1915.—Cherish whatever is given you in kindness, whether it be a word or deed. Those little things which one may do for another, small perhaps in themselves, give to him who receives the kindness something which is far greater than can be expressed. With all there is need for the word spoken to uplift, to strengthen, to make a rough place more smooth; then let each individual cultivate the art of being kind and gentle. With none are conditions so easy that a helpful or cheery word is not welcomed. He who keeps himself aloof, thinking his neighbor is in no wise of interest to him, will have a rude awakening, for very lonely and without sympathy will he sometime find himself.

Permit not willingly a thought or word of yours to disturb anyone. Endeavor at all times to be a comfort, a joy, a haven where those who are weary and oppressed may come and learn how rightly to live, that they and those whom they love may find peace and comfort if they but do their best. To

each I say: Strive, by scattering seeds of kindness, to have a garden filled with the blossoms of love, unselfishness, devotion, and the many noble things which spring from considerate treatment of others.

August 15th, 1915.—Promote all things which uplift. Offer help to those who are in need of assistance. The comforter has a broad field in which to labor and one of great importance. He lifts the fallen and, not shunning one who has erred, reasons with him and starts him out upon a new pathway, causing him to feel that there is yet some good reason for his being, and with a new determination to start over again. Let everyone greet his fellow man with a feeling of equality when the difference is only in material matters. Strive to meet those whom you know to be malicious and evil doers with a desire to help, not with a feeling of superiority or repulsion. Thus the lesson of love for fellow man is again taught this day.

Offer what you have to all; those who refuse to listen or to learn have themselves alone to blame. Man must not be dragged down by those who will not listen to truth, but should give assistance if it will be accepted. A kind word often aids one who has lost interest in the affairs of his life.

August 16th, 1915.—Mold when you can those who are young, that the instincts which tend to make them discontented, unreasonable, and in many ways disagreeable may be overcome. There

should be care not to place on anyone's shoulders more burdens than it is his duty to carry. Assume not the burdens of others, but by assistance help them to bear their load. To each person comes that which in a measure he allows. When an individual starts out earnestly to do a certain thing, he breaks down all obstructions between him and his goal, allowing nothing to keep him from that which he feels is his by virtue of reason and hard work. What seemed at one time so distant is not beyond his reach; by persistent effort it can be obtained.

August 17th, 1915.—Help in other ways when words cannot adequately meet the situation. By rest man's poise be restored; when conditions press upon you, it will be well to remember this. If those who wish to aid another are not endowed with the wisdom to utter words of great weight, they may, by some apparently trivial act, do more to express good will and helpfulness than any words could have revealed.

Build always; though the process be slow, continue to build. Never belong to the side which strives to knock down. Even if a person is not of the highest mental and moral caliber, do not try to destroy his concepts, but build up new ones beside the old, until the latter are left completely in the shadow and dismissed from thought. With everyone the way is different,—with the young, the old, the lithe and those who are bent and bowed.

Some look through eyes bedimmed with tears, others are filled with misgiving for the future; but on him who knows the way God smiles, and in contentment he walks. These stand firmly in the line of daily duty, for nothing in life is worth having that is not divine.

August 19th, 1915.—What a man feels in his heart is right, that should he do. He is responsible to himself and to his God; there can be no deception, either. What overpowers individuals in a measure is weakness in standing for a truth or in expressing disapproval of that which all seem ready to accept. Opposition to a generally accepted plan is not manifested alike by all. Thinkers pause and ask "Why?" Others set the scheme down as foolishness and think no more about it; but the man who has the courage of his convictions, and stands out boldly for them against opposition and ridicule, gains a position which will cause many to seek knowledge of that which he is doing. What happiness then is his!

August 21st, 1915.—From him who in harmony endeavors patiently to meet all conditions, there will be help received that will bring much joy. Open wide the mind to broad thinking, weighing what takes place before passing judgment upon it. No proper order of things can be arranged without due thought. Those who arrive too quickly at a conclusion many times live to regret it, yet the in-

dividual must not be too vacillating. Let conditions be made clear, then study them, and finally make your decision. That which is maintained in haste is often regretted and changed. Lose no time by looking backward; pain is incurred which is unnecessary and harmful. With willingness to advance, meet all things as they come. By doing this you will find no need of rousing memories of things long past and gone.

August 22nd, 1915.—Where your heart is, the best fruit from labor is obtained. The man whose duties are burdensome will find that a different mental attitude will make them less irksome, in case he cannot change to an occupation more to his liking without hurt to himself, his family, or those to whom he is in duty bound. Let him whose duty is not a pleasant one be master of the situation, not permitting the situation to master him and thus to disquiet him, and, through his unrest, to disturb all with whom he may come in contact. Approach what is your duty with willingness to do cheerfully that which is asked of you, making the effect two-fold in its value.

He whose face portrays a smile,
All will bid to stay awhile;
He whose visage dark is shown,
Will be given space to roam.

No one likes a frowning face; it repels familiarity, everyone fearing some unpleasant speech if

an attempt to be sociable were made. The smile, however, brings courage, a nearness which the fainthearted love, and the feeling of friendliness which brings two spirits into closer contact. When you see that an individual is cross, strive to find out the cause and, perchance, through a kind word, the sun may shine where it had been kept out through lack of knowledge that it is for one and all. Show the way, that all who pray may see that the light is God, shining for all. If a man walks in darkness, who is to blame? . . .

August 23rd, 1915.—Unto those who seek shall it be given, according to the diligence with which they seek. Who is there that, in his heart, does not desire all things to be bright? Let man then determine to see everything in the brightest hue. Look through the cloud and behold the sunshine beyond; it is always there, dimmed by man's own thoughts. Those things which surround often bring misery to him who does not feel that he is a part of them. This is not what should be and, if man with humility seeks the Master's aid to keep such conditions from hurting him, by virtue of his will, they may be overcome. Seek earnestly the help of Him who can and will aid you.

August 24th, 1915.—Words you wish to ring true must be followed by acts in accordance with them. Man measures what another does largely by his own prejudices; judge the weaknesses of an

individual according to his light. By attention to the faults which a man has may strength be secured to overcome them. Perfection never is attained on earth, but this does not make it less desirable for its possession to be attempted. By conquering all weaknesses and willingly following where the Master leads, in ways which man often neglects, the peace obtained will be comforting and priceless. The great trouble which is met in the walks of life is individual lack of sympathy with anything undesired by those who do not comprehend it. Hence let each individual endeavor to be clear within himself and conscientious toward his God as to what he does, and the way will be less difficult for him, through the knowledge that his life is what his Master wished it to be.

August 27th, 1915.—Keep a master hand over those things which spring up and annoy you, for many times man is thus disturbed and by allowing a condition to overcome him the thing which he desired has been placed farther away from him. There is much good obtained through what man considers trials, since they teach an individual many things. He finds out who he may regard as a friend, who may give him reason to be cautious, and will learn the great power there is in feeling trust in Him who aideth all.

Walk then not in fear, but with confidence. Know that he who strives and does the Master's

bidding is continually gaining strength, power and happiness. Many do not see the gain, but it will reveal itself in man's face, in his actions, in everything he undertakes, for he will not be bent or broken with each changing condition, but with strength from the Father will go upon his daily task.

August 28th, 1915.—Cling to those impressions which place you in the field of clear reasoning. Man grows, according to his will, either broad-minded or biased. He who is broad-minded enters the field of his opponents with willingness to look upon what he has with intent to see the best in it, not to find flaws. The biased man will not even look upon his opponent save with a disgruntled manner, seeing only those things which he opposes, and finding no good, for the reason that he has not looked for any good. What man should do is to cultivate such broad-mindedness that he could see good if he looked for it.

Good, like happiness, is sometimes hidden through man's own inability to open his eyes or mind to facts. Who is there, if he had never before seen a tree in winter, devoid of foliage, that would not destroy it, in ignorance that heat, sunshine and rain will bring forth the bud which will develop into the leaf? Remember, when you first see many persons, that they are like trees in the winter, but after a few kind words and deeds, relying upon

them with confidence, they will be found to be individuals whose beauty of nature has budded, and who will be friends to love and cherish. Judge none too quickly, but after study make your decision.

August 31st, 1915.—Unfailing are the efforts which are put forth earnestly. Shoulder that which is your burden uncomplainingly; with a contented mind it is more easily carried. Fortitude in meeting conditions which are trials puts man in a position to understand the meaning of leaning upon the Lord. From out the darkest corner the flicker of a tiny light seems to shine with greatest brightness. Listen not to the voice of the tempter, but to your own spirit be true. Dispel gloomy thoughts; with the full enjoyment of God's nature, the fresh air and sunshine, the drooping spirit is refreshed, causing song to flow from the lips. With these, my friend, resolve to make your day one in which His light shall be discerned and freedom from a weight of care shall bring peace.

September 1st, 1915.—Lost are the moments which do not bring a feeling of having accomplished something, whether it be mental, physical or spiritual advancement. Words have been spoken whose truth no man can deny, yet few follow them. It has been so since time began. Mortals think too much of their physical senses, not enough of the mental or spiritual nature. Without a thought of the latter many are living in contentment while

all material things are theirs, but when trials come they are crushed, having nothing of worth to fall back upon. There is nothing to buoy them up and, through their inability to see that the fault lies within themselves, they turn with accusations against the world and their Maker.

Woe unto him who so foolishly lives that he sees not truth; he is deaf to man's entreaties that his spirit may be allowed to grow; having all things for physical comfort he sees not the soul's weakened state. Many times you will meet such people, pompous and filled with the idea of their own importance. This is in no wise indicative of anyone in particular, but as a general thing you will find that the error is far too common. Be not dismayed when such individuals come your way, for they will seek the truth which you teach when, through some ill fortune, they feel their utter loneliness.

September 4th, 1915.—Attribute what seems weighty and unpleasant to the force which is ever ready to send burdensome and disagreeable things upon those who are seeking to do right, if after careful search you can find no cause, physically or otherwise, for the trouble. Look well about and study what is going on. It will be seen that conditions with many, for no rational cause, are such as to create fear, or annoyance, or pain, in some degree. Send out with earnestness the thought of the Master, whose power over evil can make all

conditions smooth, and according to man's strength to combat evil will His peace be felt. Make merry the heart and it will keep the spirit free from depression. Observe carefully what has been said.

September 6th, 1915.—Cherish those things which bring peace and a thorough understanding. Many times affairs become complicated through the opinions of a different nature held by the various parties and not mutually understood. The common basis would best be made clear before an individual strives to accomplish his desires, when others are concerned in the undertaking. Consider well what you wish to do and after thought and prayer, if confident it is best, put your energy into it, allowing no thought other than success to enter your mind. The thought which is born of high ideals, unselfish in its desires and of benefit to others, cannot fail with the help of Him who can do all things. At no time permit a discouraging thought to come into your mind, bringing fear or a feeling of uncertainty; it weakens man and the prospect of fulfilling his project.

September 7th, 1915.—Rust eats into the iron which otherwise would withstand much usage and last for years; hence man must watch for corroding conditions and not allow them to eat into his otherwise strong body, for they sometimes reach his very heart. Build up for yourself a house strong in its foundation, well guarded against the fury of the

storm without and the petty troubles within; with a strong desire for harmonious things such will be attained.

Things which are man-made are not lasting, but that which was created by the Master will endure. Count then what is not thus built as of a fleeting nature. Give what you can of time to Him in meditation, but in all activity perform His work.

September 8th, 1915.—Attract unto yourself the things of high ideals by putting forth your highest thoughts. Open wide the inner mind, the soul, that whatever comes into your consciousness may be known for its true value and treated accordingly. In those who show a tendency to avow truth, a feeling of confidence is held of which none can deprive you. Man's acts are apt to be according to the thoughts he holds. Regulate matters contrary to your thoughts if they be not conducive of high ideals. Those things which man allows to master him are often so small that, if he would stop and reason, their insignificance would be realized. For this purpose strive to work, that things may grow; with strength and patience attain that which is desired, through earnest work and faith in the Master.

September 20th, 1915.—Try to harbor only the thoughts that bring comfort. They help the individual to overcome pain and fear. When the mind is filled with dread the whole being suffers;

one cannot give of his best in anything that he does. His vitality is sapped and by robbing himself of strength, using enforced energy, he keeps on going until his physical being becomes so weakened that he breaks down and can go no further. Dread or fear—call it which you like—is a vampire that depletes the system of strength and energy, not permitting man to do that which it is necessary to accomplish in order to meet conditions. Hence conquer fear, desiring faith, for with faith comes confidence, which gives man added strength to pass by those places that the fearful one would see far in advance with uneasiness and fright. Let each individual strive to attain faith and confidence in the Master's ability to aid him.

September 21st, 1915.—Matters which are treated with quiet dignity and a composure that is evinced by the serenity of your countenance are made to show their true worth, or power of molding conditions. Never allow things to so confuse you that you are not able to reason clearly. Think well on all things, but not on that which is not of the present. Why worry about the future? Think of the present and live in the present, and as the days pass you will be cared for and happy. Allow nothing to crush you.

Man's duty is to live, and in living to think right, that his mind may not become confused nor narrow. When he has a burden and his mind is not at rest,

the burden is heavier, and the more upset the mind is, the weightier the burden. If individuals would feel the importance of accepting conditions with grace and determine to work for better ones, great progress would be made. Let each do his best uncomplainingly and, with a desire for better things, proceed on his way.

September 22nd, 1915.—Youth attracts all who admire life. Vigor and joy abound in the healthful young man or woman; the heart is light and all things look rosy. Would it not be well for those whose years are more than those of youth to pattern after them in the care-free manner in which they look upon life's problems? This is applicable to any person whose life is not one of drudgery, though even among those mortals who struggle for their very existence there is a buoyancy which none can deny.

Everyone who regards work as drudgery will find it all the more difficult to accomplish what is given him to do. Who is there that does not work in some way? That which one individual considers hard work may be play to another, and thus it is that contentment in the performance of duty makes any task easier to perform. Find your duty and then do it uncomplainingly; by the way in which it is done will assistance and joy be shown to others, and they will realize that what is accepted with grace by the mind will be better accomplished.

September 23rd, 1915.—Man must strengthen that quality wherein he fails. One weak spot makes the whole imperfect; thus man must strive to discover his weaknesses and strengthen them. Open wide the eyes, that you may see your own shortcomings. A nature so constituted that it will not admit any fault is seriously in need of awakening. Cultivate the mind's ability to grasp the truth, which is at all times acceptable to him who would progress. Count the time well spent in improving your capacity for knowledge. This is a fault when carried too far; all things should be done with moderation, that none may become a grievance. Regard as wasted that time wherein nothing of a useful character has been seen or learned. Thoughts which are uplifting give the individual a healthful, invigorating mental condition which makes his outlook pleasant and bright.

September 25th, 1915.—Give him who would harvest knowledge help and light. Let those who earnestly seek the truth be aided in whatever way it is in your power to enlighten them. Lasting are the impressions caused by unkindness which apparently has no just cause. Look upon those whose judgment seems clear and unbiased as the persons to ask for guidance in times of uncertainty, that the better way may be chosen. Disappointments follow man's acts of self-gratification, in different ways. Help will be derived from helping others,

and in this way much happiness is afforded to many.

September 29th, 1915.—Casting one's burdens upon the Lord and following his bidding makes man's pathway easier to travel. The weight of responsibility pulls him down, hence the relief from such a burden is great in its power of elation.

Along the lonely way is the joy of companionship, for the friends are ever willing to act as man's companions, through the commission given them by the Master when anyone seeks His help. "Out of the darkness comes light"—how many translations and meanings has this phrase! Persons so gifted may see in the darkness those who come to give them help and strength, or to permit themselves to be seen. Then, when everything seems dark, shines the true Light, the glory of the power of the Master, and so it may be interpreted.

Follow the way you feel to be right,
Serving the Master with strength and with might;
Look to His teaching, all simple and true,
When you are perplexed for the right thing to do.

September 30th, 1915.—Let your thoughts be of the brightest hue, and do for others kindly deeds, that your own may be the easier performed. Things which seem to be in darkness will appear quite different when viewed in the light. Strive to look at all things hopefully; make the most of all conditions,

and, having done your very best, labor not too arduously on conditions which are not of your making, if it takes too much of your time, which could be better spent in another way.

Regard the world as a place to express the Infinite's love through a small portion of His being—a place to do the right, to bring happiness to others and joy to yourself. The open field for work is the one which will give man the most opportunity to express the Master's teaching. Look about and find wherein you are not right, then rectify the error. Do that which is your duty uncomplainingly and the Master will care for you. In this effort those upon this side, who are ever near, will strive to aid you.

October 8th, 1915.—With untiring devotion to that which is the desire of an individual's heart, the results will be infinitely greater than those attained by one who is indifferent. Overzeal is bad also; it detracts from man's physical energy and makes conditions worse than they would be if he slowly and methodically carried out his plans.

Open the mind to reason, that you may understand the mental struggle does not disturb and wear out a man quicker than overexertion of the body, although it is more vital; the combination is most injurious. Endeavor to use the mind in such a manner that a reasonable amount of physical labor, together with normal reasoning, will enable you to

go forward, not backward; thus the gain will be made. Work with quiet dignity, making clearness of reasoning and peaceful surroundings the basis of your operations. Willingness to follow these conditions will produce many advantages.

October 10th, 1915.—Having learned the principle of progression, go ahead. Those who strive to make things which help others the keynote of their desires will be rewarded if they work onward without discouragement. There is, after all, something to be gained by the so-called setbacks; they show man his weakness, the way to better certain conditions, and wherein his armor was defective, so that with the errors corrected he may go forward. Man often makes more fuss about small things than when some great catastrophe has befallen him. Smile when unimportant things threaten to annoy, and smile when larger things disturb, for the smile brings joy to others and victory to yourself. Think not that it is easy; indeed it is a mighty victory for him who conquers.

October 11th, 1915.—Rouse the protecting force of man, his spiritual being, and his course of life will change. Those things which appear absolutely necessary to the man of materialism hold little value to him who desires true growth. In this respect he must protect himself through living strictly after the pattern of Christ, for by so doing none can

harm him; his body may be crushed, but the spirit is uninjured.

The nature of man's spirit is revealed by his expression. Those who are crafty and cunning narrow their eyes and are often too gracious. Endeavor to judge a man by his natural expression; the higher developed rogue must be caught off guard in order for his true character to be discovered.

Attribute not all things to outside influences, for there are in the earth life many spirits that are unclean by their own desire; these individuals attract others of a like character, and often someone who is interested tries to put impulses of a higher nature into their hearts. Thus you will often see a man of meanness and cunning push forward in a surprisingly noble manner and do a kind and worthy act; with proper training he could be made to see the error of his way and progress.

You find all kinds and conditions of individuals, the same as you find all kinds and conditions in the animal kingdom. Each has his usefulness and his good points, and each his undesirable qualities. The animals may be trained when young and their treacherous qualities eliminated to a certain degree, but their keepers must be on the lookout lest the creatures spring on them unexpectedly and harm them. Thus man, who has been easily preyed upon by outside influences, must guard against the sudden outburst of the evil spirits, lest they grip

him unawares; he must be ever prayerful, ever alert.

October 23rd, 1915.—Order will make all matters more easily handled. In everything show precision, cleanliness and order; man is thus more easily able to cope with situations that otherwise would be well-nigh impossible. Apportion your duties in such a way that they will not occupy all your time; with order, great things are obtained.

No triumph operates entirely according to man's expectations; he is either too desirous of the glory or overwhelmed by its greatness. Do whatever you undertake in a slow, methodical way, maintaining order in the carrying out of your plans. Nothing is too small to be done well. We find that when the small things are well done, the larger ones give no trouble.

Stand for what is just, allowing no one to cause confusion by conducting affairs in a disorderly manner, or one not in accordance with reason. Work with this end in view with quiet patience; the just and orderly way is that which is proper and will bear fruit. When an individual is striving to do a certain thing, allow none to upset him by the manner held toward it, causing confusion, for when a man is upset he disturbs many others, and when there is confusion little is accomplished.

November 1st, 1915.—Concentrated effort yields the best results; when various minds feel the same

desire, it is more quickly fulfilled. If there is a current of dissatisfaction, the results are not achieved which harmony and unison of purpose would bring. Let each individual strive to see wherein he is weak, when aiming for a point of vantage, and let him, knowing full well that his shortcomings are mentioned only for his ultimate good, buckle on the armor of determination and obliterate the weaknesses which now hamper him and detract from his character. Let each study himself, and with honesty ask advice, accepting it without demur.

Man makes mistakes through carelessness, ignorance, forgetfulness, or the full consciousness of what he does. Let him overcome all these failings, if he would seek to do the Master's work. With the desire to do right, his errors will be corrected. Man is prone to fall by the wayside, for that is the tendency of humanity. If he realizes his duty and has confidence in his ability to follow where he is led, through obedience to His teaching, he will find peace and comfort in the knowledge that what he accomplishes is worth while and will live and bear fruit which, in time, will do much good. Continue as you have begun; the going may sometimes be rough, but what that is worth having is secured without a struggle?

Will not men sacrifice their lives, position and much of value, to obtain their desire, when they are

in a position to demand it? The yearning of the heart does not hold such men down. The present situation of the countries at war demonstrates what man will do for material things; by it is shown the folly and the wickedness of a determination to obtain what he desires at any cost. Then, would it not be worth a few years' struggle to secure a position in which the Master's work may be done, that many may see the light and gain that of which none can deprive them? Keep the mind clean and the heart will be eager to do much; thus individuals will not feel the sacrifices made.

November 6th, 1915.—Gather the harvest from good deeds wrought; if there be none, the fault is yours and the planting time should straightway begin. Large is the opportunity afforded each individual, so none may say with truth that he has been unable to serve. Investigate what appears to be light, fruitful soil and put the seed to work. A rich and plentiful harvest will be the outcome. Obey the call that the Master sends; it will bring peace and comfort.

The way is sometimes rough and full of stones; these must be removed, one by one, before the attention of disinterested people is attracted to the work. With the first stone uprooted, the labor has begun; after the ground has been cleared, plant the seeds. Wrong and disagreeable habits are the stones; when all have been overcome, the better

traits will assert themselves and the individual will be a new person. Cast aside the faults while they are small, when it is your opportunity to do so, for then they are easier uprooted. This is a general lesson, by which all may profit. Be of service to those with whom you are near, and whom you can help through their desire and willingness to accept aid in the spirit in which it is offered.

November 12th, 1915.—Let bright visions only remain in your thoughts. Weakness comes from sapped vitality. Those who offer much that is productive of helpfulness must receive assistance, that things may balance. Woe to him who places too heavy a burden on the back of anyone, for none can endure great weight for all time; let things be judged by the individual strength. There are some burdens which a man may carry with ease, while another would break down under them; therefore strive to find the proper adjustment, and be governed by it. Short is the day when things go smoothly; long are the hours when the opposite condition prevails. Accept life's tasks with a spirit of willingness and none will seem too heavy. The manner in which you walk makes the journey either pleasant or otherwise.

Permit not those who have no wish for your welfare to annoy you by their unkindness in act or word. Love gives man courage and strength; by doing for another he helps himself along. Look

around then with observing eyes; see what dims the brightness of another, and give aid by obliterating it. This will ease matters greatly. What is a tonic to one person may be a harmful thing to another. Thus each is different and individual conditions must be studied, and the way to treat them be found.

November 16th, 1915.—In broken vows is found food for anguish. Care should be taken to keep all pledges, that sorrow be not the outcome. Over and over again man yearns to retrace his steps, when it is too late. Cast your lot among men of integrity, and find happiness in virtuous living. In this day and age much that is necessary for man's well-being is forgotten. A mad rush to secure pleasure, no matter by what methods, often causes unappreciable sorrow. Pleasure is needed by the healthy individual, but it should be clean and wholesome. Defile not another, that no added sin may be upon your conscience. Open any door with care, that what is behind it may not take you by surprise; man is helpless to meet a situation if fear rules him.

December 15th, 1915.—Clothed in an armor of uprightness, no one need fear the arrows hurled at him. Much exertion is used by the adversary, which harms not him at whom it is directed, so endeavor by self-control to become impervious to things of an unpleasant nature which are encountered throughout the day. There is none whom this will not fit. Those who would attain the poise

necessary for self-protection must watch the little things of life.

Task and duty, what meaning they carry with them! Man's duty should not be a task, but a task is not at all times his duty. A wish to help another is prompted by love of fellow man, in the spirit of the Master, but when helping another seems a task, the act is not rich in its inspiration and helps not him who gives, while he who receives is not blessed to the fullest extent.

Let what you give be given cheerfully, not grudgingly, nor from a feeling that it is a hardship, for there is no true worth in such deeds. Offer what you have in a spirit of love, though it be but a cup of cold water. Thus a wealth of goodness will be continued in the smallest gift.

Oppression causes man to forget his blessings, but when this feeling creeps over him it is well to remember that man's mind is his own and none can dominate it save himself, if the Master is in his heart. Constant fear makes the individual a coward and the best within him is destroyed. There is none to fear save Him against whom man cannot go without danger of falling.

Man's duty, then, is to live without fear, but with confidence in the Master, doing his best each day, that the thankfulness of his being may the better be expressed. When living and doing become a task, there is something amiss with the individual

and he should search himself and, finding wherein he is wrong, strive to rectify his error.

You will find those to whom this is applicable. Let them ponder well upon what has been said, and do that which is their duty uncomplainingly, else their burden will be increased, not lessened.

December 21st, 1915.—Make that which you have fill your mind with content; man never gains more by fretting, but detracts from what he has through his dissatisfaction, which prevents his portion from being fully appreciated. Follow where instruction leads. Thoughts are many times suggested by those on this side for man's protection or good; just as a sudden impulse which urges someone to an unkind word or act is often prompted by evil forces on this side. This fact is not recognized nor understood by the masses, who follow blindly the dogmas decreed for past ages by the Church.

Man is a creature of habit, an imitator, and acts often without consideration as to the reason for doing so. If he would stop and think, studying the situation, his future conduct would be quite different from that of the past. Learn, before rushing into a situation, to think over it and thus avoid much regret.

December 27th, 1915.—Urge upon all the habit of honest thought, plain truth, and reasoning. When an individual says one thing and means another, how will he have the ability to progress?

None can judge his true worth, for he allows not the best in him to be manifested, and although he may deceive his fellow men for a time, when his duplicity is discovered great pain is caused. Be at all times true to Him who can see and know your real worth. Ever be kind, even to those whose activities displease you, owing to their unwholesomeness. By your actions let mankind know that the Spirit of the Master dwells in your heart.

December 28th, 1915.—The willingness to pass onward those little things which are within his power brings unto him who so acts that true feeling of spiritual activity which speaks of love. He who meets such an individual is conscious of his worth by that something in his bearing which is gentle, thoughtful and to some unexplainable, but which is never lost.

It is a regrettable thing to cast aside that which is offered in good faith, and causes pain to him who holds out his hand in all goodness and kindly feeling. Man is apt to realize this error too late, through ignorance, stubbornness, a total indifference to another's feeling, or other reasons wrongfully maintained.

Let each person strive to see that good in another which warrants a word of encouragement, for when discouraged the individual is often forced back from the very edge of success, so to speak. Speak the word of encouragement, rather than the one of dis-

pleasure; the result is richer in good deeds and gives enjoyment to many.

December 29th, 1915.—Try to be strong and steady when circumstances of a disagreeable nature arise. That he may meet such things in an undisturbed manner, man must learn the power of self, the ability to conquer the impulses which are likely to rob him of poise. Long, and with a true sense of the requisite qualities with which to master the impulses that crowd upon him, will he who wishes to control himself be obliged to strive. It seems necessary always to teach the same lesson—that of self-mastery. It is the first principle, and after it is attained man's progress becomes swifter. Man must not seek to become the central figure, but with humility should ask the Master's aid, without which man is in a sorry plight. There may be material gain, but the spirit remains undeveloped.

January 4th, 1916.—A winding path is sometimes chosen in order to go around a dangerous place. Often when climbing a zigzag trail is taken, to make the ascent less fatiguing; so when man feels that he is unable to go directly to a thing, owing to its difficult position, let him try a devious pathway. It will cause him to traverse more ground, but he will reach the desired object with less exertion.

Owing to no lack of determination, the individual will often find the chosen pathway tiresome on

account of obstacles placed there by those not in sympathy with the progress he seeks to make; in consequence, there will be a feeling of discouragement many times, but undaunted will and faith will outweigh the obstacles and, through the strength which God sends, man will be victorious.

Apply this truth where you see any persons who are determined to follow His teachings, but who find the various ways in which they are put to the test very arduous. They may declare that they will follow the Master, but when trials come they turn to their easy-going pathway (from a material viewpoint), and forget His teaching, feeling that the task is beyond their strength and too difficult to be safe.

Fools! Fools! how can man reason so? What doth it profit a man if he gain the whole world and lose his own soul? Those who think not of the continuance of life after death have no thoughts worthy of the name, for when an individual lives to gain strength, that he may grow in the image of the Master, his influence is bound to be felt, and his way will be observed by many, who will learn from his example and follow it. That is, any who really wish to live will be thus guided.

The sorrow of him who turns aside at the first real ordeal, using all the kinds of reason to which his weak mind is heir, will be great; he has put his hand to the plow and looked back. The scene is

not the same as before; some change has taken place, and the inner cry for comfort is hushed by the fear of personal want.

Why will man believe only that which is of material interest? Why will he wreck his all in a mad plunge, at man's flimsy behest, in order to increase his hoard? With the majority, the whole is swallowed up in the maelstrom of lust and greed.

May this lesson be of help, that others may not be caught in the foolish snare.

January 5th, 1916.—Winds blow and the flowers are broken from their stems, the seeds are scattered, and new life starts. The words of man are like the seeds; they are taken from the tree of life, whose seeds are planted in the form of souls, in human beings. Thus man continues and his words are scattered broadcast; some seeds are unproductive, owing to the poor ground, or the lack of nutrition given them.

The course for all is to guard against this and make the individual life beautiful, a help and pleasure to all. Words scattered broadcast hold great power. A person often says something which at the time held for him no great significance, but to the hearer was of striking force, considered carefully and, in the degree of its importance, was instrumental in helping, or, perchance, in harming him.

In what you say, then, strive to let the note of

truth, of purity, and of love dominate. You will not, by so living, lose any of life's enjoyment, but will, on the contrary, gain much. There is strength in purity, no matter where and how it is found.

January 7th, 1916.—Notice in what way the information you give is received. When a truth is told it is not at all times pleasing, because it may place the individual's thoughts and actions, in some respects, on a lower level than was previously realized. When those who seek help and guidance find the messages sent through not to their liking, owing to their plain manner of speech, let them not complain, else their appeal for help and light will be known to proceed from the lips only. When things are amiss, they must be seen from the proper angle before conditions can be made right.

After this has been made clear it should be considered a privilege to be thus aided, for man's eyes are blinded through his inability to see through the cloud of personal desires and grievances. Hence when, with help from this side, a word comes which because of its truth seems severe, let man not feel that it is anything but a kindness and a token of love. Does not the parent correct the child who is doing wrong? According to his willingness or unwillingness to recognize truth will this larger child be benefited.

I hope no one will think any unkindness has been sent through me, for in the work it has been my

privilege to do the one thing which I have tried to impress upon all is love and kindness, without which nothing can be accomplished. Therefore, it grieves me to find anyone so mistaken as to feel that truth is cruelty. It would be cruel to smooth matters over and let an erring child continue to disobey the laws of his Maker, and thus abuse his physical being. How often has man been commanded to obey the laws of nature and not to tax his strength too greatly, yet this very thing goes on for days and weeks, and when the crash comes there is a wail that all advice was wrong and cruel, because it did not express what was desired, but the plain, unvarnished truth.

Would an individual cut off his hand if he reasoned clearly? Then why do the same things theoretically? Reserve some time for rest. Work is good for all, but a never-ending grind is good for none. All must live; all must eat; all must have the means to buy both food and clothing. This will be denied no one who faithfully follows the Master; but wherein will be the benefit of food or raiment for those who are too weak to rise, or too ill to eat?

Let judgment be used. All the days of the week and all the hours of the day should not be devoted to making money. This is wrong, and the manner in which many things are now conducted places the truth of my assertion before the eyes in a way which

may seem cruel, but which is man-made. He who transgresses must suffer, and he who knows his duty and does not perform it will suffer. These are plain truths which, though they may sound cruel, can be overcome by living next to Christ, doing as He said and having faith. Any who seek His help will be aided, and the peace and comfort and understanding which are derived from communion with Him will be so comforting that man will not understand how he could have doubted. This condition must be sought by the individual. Christ's spirit will dwell where love and the willingness to follow the Master are known to be.

Let the days be bright, through willingness to let the Master lead, in spite of all that seems to be discomfoting. Say, "His will be done," and strive to do it. Cruel, unkind thoughts He never had, though nearly all mankind possessed more of material wealth and pleasure. There was no envy nor bitterness in His heart; ever ready to help, and to listen patiently to the woes of others, He forgot self and His spirit was cared for. Those cruel people who strove to injure Him only harmed the body; the spirit was untouched. Hence live so that your spirit may grow. Care for the physical being, since it is the house of the soul; none may injure the soul except the individual himself. Would that this might be seen with clear understanding! Truth, love, and help I strive to send through this mes-

sage, that courage and strength may come to those who seem bewildered, although they have the means to seek light and comfort, which has been turned aside through doubt or indifference.

January 8th, 1916.—Various are the ways in which a constructive principle may be taught, the mind of one individual being able to grasp certain things put in a certain manner which another would not comprehend. Thus man, in endeavoring to get facts and conditions to various persons, must study each one, that his capacity for grasping and understanding terms and principles may be discerned, and he may be dealt with accordingly. Some may hear what you say without comprehending it, so with patience strive to make things clear.

January 10th, 1916.—With willingness let your work be done, thereby lightening your burden. Fretting never helped anyone to attain a given point; to him who conquers self belongs much glory. Idle talk results in nothing; it is one's acts which count.

Foster the heart's desire for helpfulness, that progress may be made; fit yourself for promotion by striving to lead a life of spiritual activity. It is very easy for an individual to tell another wherein his acts are wrong, but it is difficult to set the example for that other to copy, that he may progress.

Be not discouraged after you have striven to do your duty and to help others, if in return you re-

ceive scant, if any, notice in the way of appreciation. It is man's ignorance and selfishness which places him in such an ungracious position.

Look not for man's appreciation, but know that the fullness of your kind acts is seen and added to your spiritual growth by those on this side.

January 11th, 1916.—Wake the slumbering soul to a realization of its duty. When this is fully understood it will place the individual upon the pathway where peace and love abide, and where trials which he meets will be overcome without their exercising any evil influence upon him.

Cast aside no one who desires help, but do not countenance any who tamper with sacred things. Man has an obligation to his Maker, and the degree with which he fulfills it rests with him. The grace of God will be given to all who ask and seek for it from the heart. Man cannot expect peace when all his interests are of a nature which involves worldly things entirely, and he thinks of his Maker only when all else seems beyond his grasp.

Material affairs are built up by degrees, just as the development of a soul must be slow and accurate. Often something is allowed to take place which spoils the situation. This condition must be worked over and changed; the beauty of the change is according to the degree of man's earnestness in remedying the defects.

Thus build day by day slowly and with accuracy,

that the result may be pleasing to the eyes of the Master. God bless all who strive in earnestness to do His bidding. The love of Him radiates from such, and must be felt by all who hold themselves in a position to receive it.

January 13th, 1916.—Climb the ladder of progress slowly; with firmness grip each step, that there may be no slipping backward and necessary repetition of the effort. What man feels he should say, if it is just and right, for with candor all are better off; otherwise what he feels would best be left untold. What can it gain a man to be told a certain thing, if it be other than truth? An individual may go along in the same manner, becoming a victim of vice, of ill health, or of many other undesirable things, when if he honestly knew the true condition which he is leading up to, he would make a change.

The naked truth is often hard to face, but he who can look bravely upon it and go on has the proper spirit within him to progress. Individuals are weak, many feeling that what is told them for their good is made known for other reasons than those of helpfulness. Man ever shrinks from facts. Let the way be cleared; set truths plainly before everyone, and unsightly things will be removed and kept away, with God's help.

No one is without faults; all need God's help; so let none think he is beyond the need of seeking the

Master's aid; for usually he who thus feels is in sad need of assistance.

To those who seek will be given; seek, that ye may find that peace and love which the Master gives to all who lay their burden at His feet and ask help and guidance in carrying it.

January 14th, 1916.—Glad are the hearts filled with the spirit of brotherly love. He who looks for the opportunity to help someone in need is far more contented than he who is waiting to be pampered. Through being ever on the alert to aid others, man assists himself to grow spiritually; in this respect much growth is needed, first in the spirit, which is everlasting. No one can harm, by word or deed, that which you protect.

Love of Him, our Guardian, fills the souls of all who approach Him in prayer, seeking His guidance and protection, His will to make us like unto Him. Ability to become a willing and facile instrument will be given those who ask His help. Hold yourself ever ready to listen to those who strive in all earnestness and goodness to show you your shortcomings.

Give us, O Lord, the power to pray, that the fullness of prayer may be rightly understood, and help may be obtained by all who seek it. Bless to our use those faculties which we are called upon to operate, that they may show their true worth wherever it is called for. Sway with love those

whom we seek to enlighten, that their ears may hear and their minds may grasp that which we strive to impart. Help us each day to fulfill those duties which are ours and, with purity and sweetness, to do His bidding.

May those things which we ought to do be given attention, and with a dexterity befitting one of His children, may all be accomplished. O gracious Lord, forgive our many shortcomings, and fill our hearts with sorrow for what has been left undone, that with new vigor we may set about the performance of that which has been overlooked.

God grant that we may be able to live up to the teachings which it has been our privilege to receive and, by the grace of God, to pass onward what we have learned, permitting any who will to hear of thy mighty goodness. In all humility we come before thee, in thankfulness for thy goodness to us, and pray for the light to shine upon us, showing us the places to avoid and the proper course to follow.

With thankful hearts we place ourselves before thee; in earnestness we strive to do thy will. Grant us, O Lord, thy tender protection, for in the knowledge of thy being we live.

January 15th, 1916.—Winding paths lead to mountain tops. Remember this, as a straight climb is very laborious. Slow and progressive work is

better than rapid, irregular labor, which makes little progress. Persistent effort in any direction reaches its fulfillment; there is much assurance in this. Cultivate a desire to see the best in your fellow man and in what he does. Attain peace through a conscience untroubled by unkind things said or done.

With a desire to advance, man has taken the first step onward. Continue by putting the wish into activity. Opposite ideas from those held by an individual are often made clearer by calm comparison than through much arguing. Hence it is well to listen to others' viewpoints, that your own may be better used as principles when they are evidently fitting. He will give you the wish to follow where He leads. Stand up and do it.

January 17th, 1916.—Mirrored upon the ether are man's activities; whether the picture is a pleasing one depends upon the individual. If man were conscious of the ugly scenes which his life represents, there would be a radical change. The trouble lies with his drifting along, thinking of nothing but selfish ambitions, forgetting the nobler things, which were pushed one side in the struggle.

Good is the ideal which man has instituted as opposed to evil, those opinions which differ from the laws of God being known as evil. Thus one who commits an act against God's laws is committing evil, for which he must suffer. It little be-

hooves anyone to complain when conditions are not to his liking, without searching himself to find if some of His laws have been transgressed.

With a steady voice proclaim the truth; fear not those who, with cowardly reasoning, stand back and, rather than proclaim God's name as the stimulus under which they work, allow themselves to be carried along with the majority of godless people lest, through ignorance, they may be ridiculed.

Love the Master and, with honesty of purpose, strive to do His bidding. He who complains lacks His spirit. Self-pity is a cancerous growth which pollutes the mind and affects the body, robbing it of the advantages which proper thinking would set forth.

January 20th, 1916.—Mitigate sorrow with the conviction of Christ's love for His children, realizing the power and aid which such a belief gives. Arrive at the point where strength, calmness, love and desire attain their best results through man's efforts. The hours will not seem long if they are spent in activity, which is of His teaching. He who finds it easier to complain, to be dissatisfied, to crave that which he has not, than to be thankful for those blessings which are his, is indeed a sorry creature, whose entire habit of thought must be reorganized; he must feel an earnest longing to do for others, not look for others to do for him.

The work for others will bring new life to him,

new vigor created by his earnest desire to be a comfort to those in need. Let the work come from the heart; it is then pleasure, not labor; although it is activity, it does not become laborious unless the task is undesired.

Great is the loss of those who have the opportunity to see and do, but selfishly place obstacles in the way of progress. Usually the ones who complain the loudest are the ones who do the least. Each has a duty belonging to him, and even though it take eternity, it must be worked out. Therefore, it is best for each individual to do that which he ought to do cheerfully and at once.

January 25th, 1916.—Win through application that which is within your grasp. Obtain those things which are the privilege of all who really seek and strive for them. The man who looks for imperfections in another will find them, but with diligent search for the good that may be seen, let the two go hand in hand. Good can be found if the search is thorough, since many times those characteristics which another so incompletely understands and thinks are unworthy prove to be the foundation necessary for the upbuilding of a character and to discover one's own true worth.

Oh, would that man could see wherein the obligation to his Master lies! A profound knowledge of matters pertaining to those whose writings are held by the civilized world to be the truth is not

needed. The necessary thing is for man to live a life of pure thinking, honest reasoning and brotherly love, remembering always to do unto others as he would be done by.

Find not a flaw in a project, a condition or action to be met, and dwell upon it to such an extent as to make it assume larger proportions than the main object of which it is a part. Seek to rectify the flaw, but not with continual derision or complaint. This weakness is greater with some than with others, and the flaw is regarded as larger if it is in opposition to the prejudiced man's viewpoint.

January 26th, 1916.—O Lord, put into our hearts and minds thoughts of the highest order; let us be mindful at all times of thy closeness, which brings with it a feeling of security against all things. Man may strive to knock us down, but with perfect confidence in thy power and ability at all times to succor thy children, let us start with new vigor to do the work of the day.

Guide us, O Lord, into those places where, with our hearts and minds filled with thy love, we may be able to accomplish good work for the Master's vineyard.

Give us, O Lord, thy blessing, and with peace in the knowledge of thy care and guidance, let us seek to make this day one of many blessings realized.

January 27th, 1916.—Give unto man the power

to reason, that those things which beset him to annoy may be more easily disposed of. Bend the twig as you would have it grow; thus train the child or man toward proper living, so that his spirit may develop in a straight course, not warped or crumpled by unreasonable desires or ideas.

Grasp the truth in any proposition. Allow not prejudice to keep it in the background. Opinions should be voiced, if the individual is situated so as to give them, allowing man's freedom of thought to express itself, and not be held back by narrow dogmas, or a man-made ritual. Was it not Christ's way to preach in the open to all and any who wished to hear Him? His truths were given under the canopy of heaven, where His thoughts vibrated through the air to the hearts of those eager and willing to listen.

More attention is now paid to the synagogue, to man's comfort, than to the means of attaining truth through the mouth of the teacher used as His disciple and exponent of the truth. Go, therefore, where His word is set forth in humbleness, that the true spirit may be felt and understood by those who are eager and willing to hear and to become better through the things heard.

January 28th, 1916.—Mingle with those whose desires are for man's good. People who are interested merely in worldly ambitions will not be found attractive. Forget not that man must keep

his spirit bright through activities pertaining to play as well as to hard work. Strive to see in all things conscientiously done a spiritual growth and, by its fulfillment, an unconscious good influence to those roundabout.

The effect of man's acts can not be confined to himself, any more than a stone cast into a pool affects only the spot which it strikes; the result is far-reaching. With regard to this fact man seems at times very unobserving, or thoughtless, or indifferent, else much that he does would not be done.

Gather little words of comfort to give out as you journey along the way. You may feel that some whom you meet do not need your comfort, yet their souls may be hungering for a true and thoughtful expression from you.

A life to live, a life to give,
To beast, to child, to man;
A cheery word, a gentle touch,
Is the Creator's plan.

February 1st, 1916.—Let the course of truth be followed at all times. Man should on all occasions be direct in his answer or question, and not through intimation suggest anything which is not true. Matters can become very complicated through indirectness in speech (as was the speaker's intent), giving the hearer an entirely wrong conception of what was meant. Do what you can to prevent the

spoken truth from hurting you. He who lives as the Master would desire need never fear truth, and he who hears truth and trembles knows the degree in which he has erred.

O hear these words! Hearken unto the voice of the Lord and do His bidding. Let not man's sorrow rob him of his duty toward God and his fellow man. Who is capable of judging the depth of another's wound? You will find that man is at all times ready to think the hardest lesson has fallen to his lot; he has not reasoned well nor rightly, for what to one would be a catastrophe is to another only a sad coincidence. Therefore strive to put all things in their proper positions, and be willing to be shown their true relation to each other.

Omission to do these things is not what the Master would desire of His children. With earnestness pray for understanding, that the dark places may be made light, and the power of the spoken truth may be manifested in its full value.

February 2nd, 1916.—Nothing which another does is cause for your wrong actions, however great the provocation may be. When man reaches the point where he can overcome all irritation caused by another's trying behavior or words, he has attained a position which is far advanced and is a creature nearer to His liking. This position is not reached in a haphazard way, nor without hard disciplining, for he who is slow to anger usually

wounds greatly when he allows himself to be caught off his guard. The provocation may have been great, yet it was through lack of a well-poised mental activity that the tempter came and won. For him who has no control of his anger, the lesson is not an easy one to learn; lack of self-control, allowing influences to sway him with each undesirable condition which manifests itself, man must work hard to overcome. It is the individual himself who is to be taken to task for weakness, not he who, through walking in paths of unrighteousness, provoked the word or act of reproach for his conduct.

Man may feel sorrow, but when anger is demonstrated, he commits some act, or allows some word to pass, which is a great mistake—if he censures without losing his own dignity, great help may be given. Endeavor to be composed, and in no wise place yourself in a position subject to criticism through lack of self-control. In other respects than loss of temper man is found guilty; I have reference to all conditions outside of strictly high ideals and activities.

February 3rd, 1916.—With minds and hearts adjusted to the propaganda of right thinking, there would be greater harmony, more peace, and greater progression for man in general. You will find that when an individual wishes to dominate others by his own desires or opinions strife soon enters

the home, the school, the business place, the social meeting, or the church. There must be one to whom the people look as the head, but such a leader must not be swayed by his personal ambition or desire to rule things in his own way. There must be unity of opinion, a harmonious assemblage, with one to direct, in order that affairs may be properly adjusted and controlled, just as the conductor of an orchestra must have his ear attuned to the different chords of the various instruments, so as to direct the proper harmony in its course.

Conditions would be better in large institutions if this principle were followed, but because of ambition some people do not agree with the general plan, and thus dissatisfaction and intrigue result. In all things undertaken strive first to prepare a platform which everyone will find satisfactory; the man with the most executive ability and tact combined should be made the director or leader. Those who wish to do right, and who earnestly seek to please the Master by serving others, will be too busy with a properly organized and conducted scheme of work to find flaws and causes for dissatisfaction, if each person does his best.

February 5th, 1916.—Men hold fast to old traditions, through lack of independent thinking. Those who have strength, determination, and fixity of purpose enough to look deeply into things long accepted and followed by man frequently find a new

and quite different formula to work upon and are derided or considered foolish; hence one must be brave as well as determined in all that he undertakes, which is contrary to popular opinion.

Work which has no real incentive is a burden that could be lessened if what such work entails were appreciated. To help a creature who wants help is a blessing for both; to awaken in the breast of another a desire to be aided, when the wish had not existed before, is a great thing and means progress for both. Never be discouraged, but do your best. The seeds of kindness and good deeds are never dead, though they may be carried far from the spot where they were meant to be planted.

Awake the mind to proper thinking; you will find that by lack of thought much confusion is produced. Strive to do the Master's bidding through the day. Learn to feel and know His presence with you when you pray, and help the sick or lonely creatures who are falling by the way.

Bid them hear and believe that there is kindness, even when they have strayed from the path of His own teaching—sinners though they may be. Tell them His words: "Take up thy cross and follow me."

February 7th, 1916.—Cherish those words or deeds which are as drops of water to a thirsty plant; they bring new activity and life into that which was in need of stimulus, thereby causing

individuals to realize the true worth and comfort which acts born of His teaching bring.

A gift to one is for the good of all, if it is accepted in the proper manner. God's love is a beautiful and powerful incentive for man to help those around him; whether it be in a small or great degree is determined by the broadening and progression of the individual.

Great is man's privilege in being permitted to look with understanding upon the works of His creation. Those who have faith and seek His knowledge are given through demonstration the cure which they desire. Be patient then and have faith to believe that He who has promised to care for His children will not fail you. When an individual places himself in His keeping, doing his best to live as God would direct, He never fails to give protection.

February 8th, 1916.—Do those things which the heart dictates when you are perplexed as to the propriety of any contemplated activity. Wasted moments bring hours of anguish; thus man, for his own advancement, should not allow time to be wasted.

Shine, O sun, with all your radiance; reveal your glory through the day, and later, under the reflection of the moon, will come the peace which is found in the tranquillity of night.

Speak, Lord, through nature; let man behold thy

wondrous works and marvel. Those who think and study find earth conditions much more remarkable than they realized, since in taking things for granted, they understood little about what they saw. With a perfect body, able and rugged, each man has the same opportunity, but when he who is not strong starts out, and through his faith and energy masters his weakness, great indeed is his progress, and he is rewarded accordingly.

To all is given the opportunity to obtain from the ether the healing quality which it contains, if they humbly apply to those above for their help. Work then, that you may become strong among men and glorify the Father in heaven.

February 9th, 1916.—Attain the best through hard work; though the struggle may be great, the victory will be greater. With a shadow about him the individual is not seen clearly, hence strive to come from beneath the shadow; but if it is persistent, with added strength throw light into your being, that those things which would weigh you down or darken your horizon may be discovered to be useless.

Youths are fearless many times through ignorance, which in no way saves them from treachery around them, just as the majority of individuals seem ignorant of the forces which play upon them and through which they suffer. The ignorance does not check their attack, but enlightenment should

be of valuable assistance in preventing them from overpowering individuals.

Fight on; the way is rough and rugged much of the time, yet the clearing will be reached and fully enjoyed. They who secure things without an effort never realize the full worth of what they have.

February 12th, 1916.—No matter what man has to do, it is best for him to strive systematically to accomplish it, for with system greater progress is made. Rush brings confusion, and when there is confusion little is done.

Power to meet events will be given according to man's strength in reasoning, whether it be with willingness to accept that which comes and to work accordingly, or with complaint and discontent to fall down, forcing the true condition to be seen. Uphold those things which bring to man a feeling of quiet resignation to whatever overtakes him, knowing that, through force of circumstances for which he was not accountable, such was brought to him.

A smiling face and a happy heart gain many friends; in useless, wearisome prattle man loses companionship. Desire the pure and it will be yours.

February 13th, 1916.—Miss not the kernel in any word spoken or act done. The average individual hears not the facts which have been stated, but listens to the words without gaining any definite

understanding of the facts given. Show your mental strength through the power of your reason to grasp the truth in a statement when often the meaning is hidden. Learn to perceive the substance of what is said; in that manner things are better learned and you are safeguarded against deception, being able to stand your ground and make an answer according to what was meant.

Honesty of purpose, manifested in word and deed, is the standard man must follow, thereby gaining the clear conscience, the perfectly calm demeanor, and the poise necessary for proper progression. Opening his mind to facts makes the way easier to discern for overcoming his weaknesses, which otherwise would not be acknowledged or in any way considered.

Cling then to the wish to be open-minded, seeing your fellow man's good points and faults with the same critical eye. May each day bring a blessing to another, whether it be a child or a king, a sister or a brother. Follow this rule so true! Do unto others as you would have them do unto you.

February 24th, 1916.—The tranquil mind is capable of viewing things in a rational manner; with undue excitement, or aversion, or great love, the situation is not always looked upon in the fairest manner. About what the individual desires his mind is often prejudiced, when he has not acquired the strength or wisdom given by the Master

to aid man in thought for others. Although unselfish in many ways, a person may give to another and there may be a selfish motive in the giving, or the same may be true of not giving. Also there are many circumstances for him to take into consideration, in the matter of his activities.

If man would in all sincerity strive to do his best, willing to accept that which is allotted to him for his good, to see wherein he is weak and to welcome the helping hand without a feeling of injury or resentment, in case the correction is in his opinion too severe, eager to be taught and to do, great joy, progress and strength would come to him.

He who can hear his weaknesses discussed without a feeling of bitterness or resentment, with the wish to do worthy things, to see and progress, is the man who will be a benefactor to many. In the lesson of today, I would say this: The man who tries to excuse himself through the errors of another is a weakling, but he who recognizes with sorrow and humility his inability in the past to lead the life which Christ taught, and with determination follows where those teachings take him, will be blessed.

Endeavor each day to correct your little weaknesses, that no larger ones may be found, for small things grow and with time become of great size.

February 25th, 1916.—In troubled waters man's craft often is upset, causing grave disaster. If the

man at the helm were cautious enough, he could guide his craft safely through. There are many who are not attending to their lifeboats in the best possible manner. They have become careless, and when an unlooked-for wind begins to blow the ship will rock unnecessarily.

No harm can reach a soul which is properly piloted. How can conditions that are of man's making disturb you when what He directs is so lightly put aside? Do His bidding and you will be helped and cared for. Cooling winds bring much comfort to those who are suffering from the hot rays of the sun, just as God's love comforts him who is weighed down by a burden of any kind. Remember at all times to seek Him from whence proceeds all help.

February 26th, 1916.—When there is frost the step is more lively than when the sun's rays are scorching. The one condition of the atmosphere makes the other better appreciated, so let the sunshine in your heart bring warmth to the soul, as frost impels him who walks to quicken his movements.

Offer much help to your fellow beings, conscious of the duty which is yours to the Master. It is natural for some to smile; by others it is a habit much needed, hence it should be early cultivated. Frowns should be banished from the faces of all; they mark the individual as disgruntled, displeased,

and altogether unattractive, therefore it is wisest to dispel them at once. The man who smiles when things are not to his liking is the man who wins.

February 28th, 1916.—Man makes his friends or foes; according to the attraction of the one and the repellency of the other will he weigh the importance of each. Ethical works in no way interest him who desires only personal gratification; hence an individual inclined to them cannot be held on a footing of close intimacy with the materialist.

You will find the man who is absorbed in the solving of an intricate problem wholly taken up in its solution, unconscious of the struggle which is going on in the heart and mind of his brother, not caring for those things which to his brother may mean as much as the problem does to him—a creature selfish, unfriendly to many, and uninteresting to still more. In the struggle to gain a desired position, man must work in conjunction with those with whom he is brought in contact, not pushing aside everything which does not appertain to his problem as foolish or unnecessary.

Man should strive to take a broad view of things, seeing the good as well as the bad in everything, and placing the good in a position where it may be realized, while eliminating the bad. Look not with dislike upon those who find no interest in that which you do for them. The truth has not been made clear to them, either through lost opportunity,

ignorance or a total disinterestedness. Let the glimmer of truth reach them through your acts; it will attract even those who are most unfamiliar with ethical teaching, for was it not said, "By their works ye shall know them"?

Work then with the desire for achievement, for the upliftment of man, and for your own spiritual upliftment through the helping of others.

February 29th, 1916.—Cause hearts to know the trueness of their beat. Often man's actions are not properly understood; some things are omitted which should not have been neglected, and other things are done which were better omitted. Share the beauties of life with those whom you are helping by your clearer light, when they become troubled. In that way you can lift the weight off another soul more easily than would seem possible.

With each individual doing his best with earnestness and helping his brother to do his part, unison in the work will be manifest, and the progress will be marked. It is when, after the falling of one, the others step back instead of aiding, that the ground is more slowly covered. It will take time and patience to establish the better way upon a firm basis, that one and all may guide themselves and be on guard against the meanness or oncoming of petty enemies.

March 1st, 1916.—Go in order, that what you

desire may be the better fulfilled, for with confusion much is wasted. Who is there that does not let mental anguish grip him until, by the power of learning, he realizes that through prayer and faith it may be eliminated?

Show any whom you may the strength in such a procedure; he who knows it not has missed much. Those matters which upset may be put aside if man's will is strong, his faith secure. Man may fret over a thing of small account until it gains the dimensions of a mountain in his conception. By this serious harm is wrought, and sorrow is caused not alone to himself, but to those about him; thus man must think of others besides himself in what he does, and do what is best for all concerned. Show by your activities the feelings within your breast. Grow and help others to grow; be to the weak and weary what light and water are to a drooping plant.

Allow none through his shortcomings to place blame aught else but where it belongs. When man sees his error and acknowledges it, a great step is taken toward improvement, but by acknowledging his wrong and endeavoring to attribute it to the shortcomings of another, the individual has not progressed far. See, O see, wherein the fault lies and eradicate it, and strive earnestly to keep away from the pitfalls out of which your errors have sprung.

March 2nd, 1916.—Willingness to do what is asked or what is an individual's duty makes the task less difficult. If he is slow in seeing his duty, it will cause a burden to be placed upon another through his lack of action. Hence each must perform his share, asking not another to do that which he should do himself.

Stand firm in what you feel is right, if after due consideration it has been found just. Perfume from the flowers permeates the surrounding air; likewise kindness for another fills the hours with happiness.

When things are not seen clearly, do not feel that the sun is gone, but understand that they are blurred by acts, mental stress or worry. Allow no thought to weigh you down which, with a will, may be pushed aside. Dwell not upon unpleasant matters, for they take strength from you and in no way benefit anyone.

Lift your voice to God on high,
Bid Him come and linger nigh;
You will feel, with sudden cheer,
His power and love, through lack of fear.

March 4th, 1916.—When he feels contented, man is capable of fulfilling his duties in a manner most pleasing to himself and to those with whom he comes in contact. A smile holds power; it brings to one who is heavy of heart a feeling of comfort

and warmth, when everyone seemed uninterested and unconcerned before.

Let each strive to bear a smile upon his face, that the spirit within him may thus express itself; necessarily the spirit must then be lofty, pure, and filled with the Christ love. By the expression upon man's face is clearly shown the mind, if not the heart; with this expression he either attracts or repels. Therefore in all ways endeavor to keep your mind clean and kindly, that your expression may ever be pleasant.

A kind act not only makes another happy, but the individual feels more contented from manifesting the spirit of love which was pent up within him. Man is heir to many weaknesses; these must be overcome, each and all, in the mastering of self.

March 7th, 1916.—Success will follow willingness to perform a task, combined with the strength and faith to see it through. Fretting and grumbling, with a wish to lean on someone else, mean failure. Meet all that comes within the day as calmly as you can; find the good, weed out the bad, and make in some degree a success of everything. Sometimes what man would do is very high in ideals, and is not so easily accomplished as he might desire, owing to the loftiness of its purpose.

Man is so dull and stupid! He sees a proposition and its fruition, and knows little about the proper way to attain the desired end. He gives time and

thought to vigorous labor upon material things, but when the objective point requires the spiritual nature to be worked upon, with self-sacrifice, brotherly love, and aid for others, in the majority of cases he is not interested. It is through him who has suffered, and him who really desires to follow the Master, that our work is found to be slowly gaining.

Therefore when that which is attempted is blocked by man's want of thought for others, and through the feeding of his material desires, be not discouraged, but know that it is man's lack of God within him which places things of a lesser importance before those that are everlasting.

Grow slowly but surely, firm in what you feel is His wish for your development, whether it be that development which your neighbor considers right or not; as long as the spirit of the Master is strong in your heart the rest will be easily accomplished.

Different minds do not find, save in a general concept, the same import in lessons which are not in all respects positive, but contain portions left to be filled in from inference. Absorb what you can and all that is necessary for the growth of the inner man, pondering not too deeply upon those questions which seem too intricate to be comprehended. Work gradually, for in the beginning of this undertaking the understanding was not as it is now.

The growth has been slow, in order that each advanced step might be secure, owing to the firmness of its foundation. Man, with both his spiritual and physical body, is coming at all times into atmospheric conditions which are in no way calculated to form the placid ethereal wave necessary for the perfect condition of mankind to exist.

With conscientious striving and the faith that conditions will be mastered and his poise and spiritual growth may be realized, man will progress. Slowly, to be sure—for has he not for years digressed from the path of the Master? Faith, which is the feeling of certainty that such and such a thing will be, allowing no wavering of doubt to creep in, will by the force of its power draw from the ether that which is necessary to conquer those obstructive forces which are being fought.

You will find many persons whose desire is for the recovery of perfect forces, but whose inner voice is not fully confident, only hopeful. This obstacle makes the recovery slow. The quality of faith is, indeed, a rare and glorious thing; one far more potent than other attributes. With prayer and reliance upon the Master, in conjunction with all the work that the individual is able to do, while living His life, this force will grow. From now on seek His aid in wisdom, finding it best to approach those whom you would help after a moment's prayer by yourself, in communion with Him. God

will this day, bless you in that the power which will be transmitted will hold force of a noticeable quantity. In the desire of your heart, be not too anxious, for this pushes aside the calm and poise necessary for a perfect connection between you and the friends.

March 9th, 1916.—Ostentation never brought anyone into the realm of true humility, or of interest in another's ambition. Such an one is content with his own desires, and only satisfied when his vanity is being gratified.

Look upon all whom you meet with a feeling of sorrow, if they are of this class. Man finds it hard, so often, to regard things which are simple and of no splendor with satisfaction or happiness. He who is blessed with a knowledge of what is worth while feels not so, knowing that the things which count may be had, even if the conditions about him are troubled, or humble, or—in the minds of the average individual—undesirable.

Man is like an architectural structure: the exterior may be plain, or ugly, or beautiful, but the interior is what counts the most. The interior of man's being is the spirit, which, when beautiful, clean and Christlike, makes everyone forget all else in the realization of its worth. Hence each person must endeavor to keep his spirit beautiful, healthful, and possessed of strong magnetism,

through its wonderful ability to understand and deal with mankind.

Learn to see another's viewpoint, and when you conscientiously feel that he is wrong, strive to aid him; by endeavoring to realize his position, you will be better able to guide him patiently and sympathetically. Grow, then, gradually in the power of understanding and in strength, for with understanding comes strength.

March 12th, 1916.—Wondrous are the works of the Almighty, showing in so marked a degree the limitations of man. The finger of scorn must not be pointed at any who, through their ignorance, laugh at those endeavoring to follow the teachings of the Master, and through faith to accomplish what man, with all his faculties, is competent to do. Rather should one feel compassion for them in their ignorance and in the loss of happiness and comfort which they might enjoy.

Let not the weakness of any individual break down faith in mankind, for one may be weak, yet become stronger through suffering. Each has to advance, and whether the progress be slow or rapid is man's own choice.

March 14th, 1916.—In all which you desire to attain put forth unselfishness, and quietly go about and do those things which speak of Christ within you. Contentment makes a palace of an humble dwelling, or robs one who is blessed with the lux-

uries of earth life, if it is not maintained. Unto the face which bears a smile will come many who are weary and soul hungry, seeking from the outer sign that comfort to their innermost selves which can give them some ray of hope, if not light, in the feeling of brotherly love and support.

In the smile of a cynic there is no warmth; it produces only a feeling of repulsion. Love kindles and radiates warmth, and man would be the better for holding and giving it out. One at a time, master the little faults; seek the kingdom of God, which is love exemplified, then your way will be less weary, and in many places where light seemed shut out you will discover it glimmering through the darkness.

March 15th, 1916.—Mistakes are made by all; therefore be not dismayed if it is your lot to err in any matter, but let your action show or teach a lesson; thus some good may be accomplished. He who makes a mistake and in no wise profits by it falls again more readily and the way becomes more difficult, for no lesson having been learned, nor profit realized, the discouragement becomes great and, through inability to reason, man goes down. Though the mistake may have been a grave one, worrying does not help in any way, but true sorrow does; it causes a thorough searching of self and the conditions round about to be made, and the path wherein temptation, ignorance, lack of reason-

ing, and many other weaknesses lie to be avoided. The individual has then derived some profit from his error.

Note the ways in which you find yourself unable to benefit by the experiences of others. Man does not see things when they are brought home to him in the same light with which he views them when they are connected with another.

Pride sometimes makes man a slave to things which gnaw at his vitals, but not anyone who allows truth to come out, thus enabling a way to be seen which will help him and alter the course of many others. Pride is a false and evil thing to harbor; weed it out where it can be done, that he who is laboring under this oppression may be made to see the weakness of it and profit by the revelation.

March 17th, 1916.—Man makes for himself peace or turmoil. When a man sets out to sea in a poor craft, there is grave danger in case a storm is encountered. With man as the craft, life as the sea, the necessity of carefully building the craft and meeting all requirements, so as to be fitted to combat the storms which may arise, is shown.

Youth is the time when the work calculated to save the craft from rough and dangerous treatment should begin; there is too much for age to guard against when it is attempted merely to prepare for a coming storm. A voyage without adventure is rare. Many are the ways in which the

Father points with unerring reasoning to those weakriesses which man finds cannot be hidden from His eyes.

Be quick to observe wherein you may be able to come to the aid of a fellow craftsman in distress. Some will give you little thought after their danger has passed and they are again upon a firm footing, yet do not allow this to discourage you, for in doing a kindness man adds to his own strength and there will be glory for him. Those who return thankfulness for aid add to man's happiness, and place themselves in a position to be greatly blessed and benefited, for the spirit of the Master is within them.

March 18th, 1916.—Who is so much in need of sympathy as he that blindly follows impulses which, with thought, he knows are not right? There is sympathy for such an individual, as his responsibility is known and the suffering which he will be obliged to endure is realized; at the same time, a just indignation is felt for one so powerless to combat the unworthy influences which are working against him.

Choose well the course you would follow; then walk with unfaltering steps, showing the beliefs you hold by your activities; this is, after all, the best way of expressing man's true feelings.

When man would progress he must have the determination to master himself. He who falls with each gust of wind, in a matter of opinion

which is his, but not held by another, will not progress far. What difference does it make if everyone fails to see your good intent or your acts of self-sacrifice, as long as you know in your heart that all is done for love of the Master and through a wish to follow where he directs? With a wish to advance keep on and show, by overcoming the little annoyances, that you are making progress.

March 20th, 1916.—A contented mind causes all things to appear satisfactorily as regards the progress of the moment, but not necessarily as a final condition. Work by degrees; master first that which obstructs, overcoming each obstacle as conditions make it possible, not permitting the obstruction, however great, to annoy you, but feeling assured that it will be overcome. Be thus contented, that your strength may increase when you have done your duty as shown to you.

Man must be constant in the effort to surmount the difficulties which will be met. Open the mind to the full importance of considering things whose conditions change, obliging those whom the changes effect to be more cautious about where they go, what they do, and with whom they spend their time. If man clings to his own desires these matters become greatly confused through cross purposes being exposed, which bodes no real good for anyone. This, of course, is many times in a very small degree, but will change as the situation warrants.

Be the manager of your own activities, knowing when and where and to what degree conditions annoy or upset you, and strive to fit yourself to fill your position, or else take yourself entirely away from it.

March 23rd, 1916.—Much that man desires is very near him, and its attainment would not be difficult if he reasoned and saw things as they really are. Be conscious at all times of your own ability to grip with conditions, in conjunction with Him. Man must view things according to his own power of understanding, and through conscientious study come to a conclusion.

March 24th, 1916.—Attain that which is your desire by conscientious effort. Difficulties which man gradually overcomes open a wider door, showing future possibilities. Considerable is demanded of anyone who makes it his desire to follow, in his humble way, the footsteps of the Master. He must possess the governing power of himself, allowing none to crush the spirit, which through lack of assertion may become an imitative, instead of a creative force; hence strive to know yourself. Learn to master that which is part of you yet distasteful to you, and overcome it through the strengthening of your more pleasing qualities.

Like rain upon the desert is the feeling which is born of an individual knowing that he is understood and not misjudged by those about him. If

mistrusted much or little, he may not grow in spirit. What is needed to stimulate him is trust and confidence, a knowledge that those about him see and appreciate the battle he is fighting and, though he may fall down often, that he has the wish and desire to go forward until complete self-control gives him the victory.

Be filled with the joy of living, putting one side any interjecting thought that the struggle is too great. Live and be happy; live and be well. This is your lot, and when man comes to the realization of it, his outlook will be a better one. To all would I make this lesson apply. Can anyone read it and feel that it would not help him in any way to follow the teaching?

March 27th, 1916.—Man misses, through lack of attention, many opportunities for clear understanding. Observation is a faculty not developed with any degree of care in the lives of many persons; through this there is great loss. With a mind intent upon one thing, many other worthy conditions are missed entirely; hence it seems wisest and best, when making a study of a subject, to devote a certain time to its development, and with conscientiousness meet the requisite requirements for its completion. When the allotted time has expired, man may look about and see other things which are necessary for the development of his brother, and by observation may become familiar with condi-

tions which help to make life better for those around him. This understanding causes him to grow, and through growing his own particular study is benefited, and through broadening his own mentality he gains added power.

Consider the plans which man has in view, and according to their size and importance must the time necessary for their fulfillment be measured. Man is bound to meet opposition to all the new statements he makes which advocate a purer, more unselfish and more ethical standard to be followed.

He will not be without a feeling of weariness at times, for the undertaking is a tremendous one, with great odds against him, if his hearers think only of material things, but if their spiritual natures are recognized and given thought, there is nothing worth having which will not be on his side when he works for the Master.

He should live, then, without the shadow of doubt or oppression disturbing him, and if through weakness he becomes discouraged, a survey of what has been achieved through His help will cause his depression to disappear, and the Master's light will shine forth more strongly and greater force will come to him.

Meet conditions as they arise, but never allow them to conquer you; know that nothing can wreck a work which is for and of His power.

March 28th, 1916.—Be careful that the things

which you endeavor to accomplish are worth the struggle. Man must determine that for himself after due thought. Some persons may be strongly enthusiastic in the beginning of a project, but when the work, time and sacrifice which it requires is realized their fervor subsides. Therefore it is best to go about a thing slowly, overcoming any such tendency by the prudence with which the undertaking is conducted. Give the attention which is necessary for the accomplishment of any mission, with the spirit of earnestness, and secure from the time and energy consumed the most which is possible. This holds true to all things undertaken. Give what you can thoroughly, systematically, and derive the best from anything you attempt, whether it be great or small, of long or short duration.

When you desire to undertake any new enterprise, a conference should be held and all sides of the question taken into consideration, with a calmness which will endure. Thoroughly understanding the best way to proceed, begin the work in earnest, and thus success will be attained. Open your mind to the influx of strength through taking such a course.

March 29th, 1916.—Will that subjects of the greatest importance shall dominate your mind. Attack that which is weakest, overpowering it, and thus make the way that much clearer for you to progress. Little by little this must be done, with

precision and care, until the entire elimination has been accomplished.

Step by step the mountain is climbed; so progress is attained, not by one bound, but by sure and steady steps. When the mind is made up to a certain activity, the individual feels relief and satisfaction that the plan for his procedure has become clear. In all things decide as to your course of work, then proceed. By this method the little mental hindrances and annoyances which kept the individual in a state of indecision are brushed away, and man goes about his tasks in a manner that is bound to reap the best results. Take up what is your duty and, with a tranquil mind as to the proper course, walk on, not forgetting that God is your leader, and thus much gain and progress will be secured.

The works of man are never fully appreciated until after he has passed onward and the fruits of his labor have been seen to be of real value. He who is striving to do the right will find few who really understand, or are truly interested in, what he attempts, yet he should not be heavy-hearted, for the good which he is doing will live and grow and multiply.

With willing hands to do his best,
With passive mind to stand the test,
With eager feet to go life's way,
To teach another not to stray
From out the path which leads to Him,
Man will progress and outwit sin.

Be ever cheerful, ever just, and in what you say let your willingness to guide another through dark places be made manifest, if he will place his hand in yours and try to see the Master's teachings; through Him are great things accomplished in the individual.

March 31st, 1916.—Obey the laws of Nature; this is the first step toward perfect living. When man's desires infringe upon these laws, he meets with less success than would be his if he were to live properly. Maintain your own opinion if, after due consideration and thought, it appears to you to be right, for he who is unable to see a thing from the angle of another person, if he be honest in his search, would do wrong in following what to him is not the best and most fitting course.

Consider well if what you wish is the best for the development of your spiritual, as well as physical, growth. Stand upon the ground which is firm. It may not appear at first so attractive as other places, but when rough weather comes, you will find that upon it you will be able to withstand the elements. Give your development a firm foundation, then facts will accumulate to strengthen your stand, and no one will be able to shake it; on the contrary, with every new event it will become stronger and better in its simplicity.

Through feeling that he is able to follow a teaching, seeing its depths and intricacies, an in-

dividual is more contented and better able to comprehend the truths brought forth. What is most essential to one may not be to his brother; therefore, in a discussion, find the viewpoint of your neighbor and learn the state of his mind with regard to a given subject, if it be possible to determine it. Slowly, with decision and calm poise, follow those things wherein you wish to find improvement.

April 3rd, 1916.—Wisdom is attained through study and experience; it cannot be bought. This is fortunate for those who would be unable to obtain it if it were a commodity for sale. Usually it is the poor man who applies himself and becomes a sage; was it not so ages ago?

Men who have many ideas, and whose very beings are awakened through their wish to fulfill them, will work and deny themselves that the ideas may be carried out, not thinking of remuneration, but of the completed work. Thus through the wisdom of one man, bought by labor and experience, the world receives the benefit, whether he be a mechanical genius or a man learned in other ways.

The majority of those men whose discoveries have made conditions easier for the masses have worked from their great love of discovery, and with persistent effort have accomplished that which they set out to do. The lesson is for those who desire a thing which it is well for them and those about them to have; progress will thus be made.

Let each individual continue on, not discouraged, but with zeal, knowing that the obstructions which he meets are worthy of notice, for they show him the way to overcome them and to continue with a better knowledge of the things necessary for advancement.

April 5th, 1916.—

A pilgrim on his weary way
Knelt down upon the road to pray
For guidance; help and strength he sought
Each day to heed Christ's precepts taught.

When you rise in the morning, make it your habit to do this and follow what is sent to you. With willing hands and heart the labor will be less and the blessings will be greater. This course does not seem hard to take until it is brought home to an individual, then he realizes the difficulties he will have to contend with.

Give without reluctance, whether it be time, money, labor or love. The way in which things are given makes the gift precious, or the reverse. When the sun is overcast its warmth and beauty are not felt; even so, when a gift of beauty, or one which would brighten the receiver, is made in a grudging or ungracious manner, its real beauty is overshadowed.

Do what you have to do sweetly and simply, and thus the gift will be valued at its full worth. This is a universal teaching which all will find worthy to

follow. You remember the Master said, "The Lord loveth a cheerful giver." Open wide the gates of the heart, that full beauty and love may flow therefrom, helping those who may be in want and also those who have plenty. Kindliness is a quality of which none can have too much, whether he be rich or poor.

April 7th, 1916.—Within the heart of man there is a seed, though small, which yields goodness. In some it is not allowed to grow, being choked and crushed by a mean environment. The individual who is brought up in an atmosphere of refinement has much greater responsibility if he has not allowed this seed to thrive. One often finds the seed undeveloped in the latter atmosphere, because the selfishness of man predominated and impulses of the better sort which came were allowed to pass unnoticed.

The duty of each man is in some respects different from that of his brother, but there is a responsibility from which none can flee. Those who fail to do their duty today must realize their error and, through suffering equal to the degree of their neglect, make amends.

April 8th, 1916.—The mind which sends out wholesome thoughts upon the ether has a greater claim upon a beneficial return than one whose thoughts are not constructive of good.

The motive is what counts in man's activities.

Man may perform an act which was prompted by a good motive, yet the effect may not be productive of his idea of comfort or peace; while another act may be instigated by an unwholesome motive and, from man's limited view, appear to bring great results, not only to himself but to those in whom he is interested. To illustrate this truth, man must sometimes wait years, in the first instance, before his views are productive of good; and in the latter case, his inability to preserve peace is noticeable when everything said and done is against his teachings.

The day of reckoning comes, and through man's selfishness suffering is brought to innocent people, but the suffering is a crucible through which those who have striven to live their best are obliged to pass on account of the errors of others.

Meet everything which comes resignedly, for upbraidings against conditions help no one. With a true understanding, you will find much comfort and happiness. Man has sorrows in his physical or material existence which are brought close to him. To these he is heir, but the effect of such sorrows should not cause the blessings and comforts which he enjoys to be overlooked. The truth should help man to a better understanding, so that when trouble comes he can master it, not allowing it to master him. The soul lives on; nothing can destroy it.

April 18th, 1916.—Man does not see all things

plainly when pursuing a theory which he desires to prove true. With each advancing step there is a clearer understanding, yet often before it is taken there is much perplexity and fog. Concentrated thought, coupled with deep reasoning, will bring him out of the mist and he will go forward with renewed vigor.

Hence man must not feel discouraged when, in some lofty endeavor, he seems apparently blocked. Let him stop and retrace his steps, taking note of the progress thus far attained, and by the use of his reason discover that the obstruction which appeared so gigantic is small and, with the Master's help, may be easily set aside.

Meet, then, all conditions which arise to interfere with a given desire, not with rebellion, but rather as a problem which, though difficult, will enable you to see things more clearly. While going through the stages necessary before the top of the hill can be reached, you will have gained poise, self-reliance, faith and the power of endurance, which all tend to make an individual really worth while.

April 21st, 1916.—Show faith that you will be led in the path which keeps man from the highway of fear and tribulation proceeding from uncertainty. When the individual knows and is in no wise benefited by his knowledge, there is much which he will be obliged to work out in pain and suffering. Study

the conditions about you and meet them with patience and tolerance, improving them wherever you can until whatever is undesirable has been removed through being overcome.

Mold man gently and by degrees, as a vine is trained, no manner of violence being necessary, only a consistent and, at times, energetic effort. Naught is gained by pulling and jerking; quiet, methodical plodding more surely results in progress.

You will not escape the notice of those about you if, through conscientious effort, you strive to master the faults which are evident and troublesome. Success never comes without an effort, and the greater the achievement the more trying was the way which led to it.

May the Master's strength be felt this day,
Wisely guiding you upon your way,
Filling your hearts with joy sublime
As on the heights you strive to climb.

April 24th, 1916.—Man is forced to watch himself closely, permitting no disturbing influence to mar his better judgment. Justice in all things must be held, that he may progress the farther. If he desires to attain that which is for his betterment, whether it be material or physical, he must work. If a material gain be sought he toils unceasingly, forgetful apparently of all else but his achievement, allowing his health to suffer and not permitting his

better judgment to come into play until, when the goal is reached, he finds himself possessed of all material things, yet indeed poor, for his health is gone and he has no foundation upon which he may build himself up. The justice in this seems to be that the neglected things which cry out for recognition are the ones through which he must work to attain happiness.

He who regards spiritual qualities as those which he wishes to develop will care little for material affairs, deriving happiness and spiritual growth from making others happy, and from seeing the best in all things. Though his material gain may not be great, the justice in this is that he feels it not, for the peace and happiness in his spiritual growth compensate him for his lack of worldly possessions.

The Master takes care of all who place their faith and trust in Him; it is for the individual to decide. With wisdom, strength and love, there can be no failure.

High upon the mountain top the sun shines with the same brilliancy as it does in the little valley; it is the same sun, with the same light and warmth. Its beauty seems greater upon the lofty height, though its light is hidden from the valley when the atmosphere is cloudy. Let the people of the valley learn to look through the clouds and realize that the sun is still above the mountain, feeling its

warmth and light and beauty, though at times it is unseen.

On the top of the mountain man is often beyond the clouds; although they are visible they do not keep the sunshine out, for it is above them. Aim for the lofty peak where the sun is never obscured. The clouds which oppress those below are looked down upon, and do not obstruct the light and warmth enjoyed above them. Man must strive to climb above the material obstructions which are between him and the light, truth and radiant power, that he may reach a height where nothing will be able to come between him and God, for God is the Light. Find the way, the truth, and the light and follow them; no man can wish for more.

April 25th, 1916.—When man is unwilling to accept his burdens and hold the position which is of his own making, sorrow and confusion are born to many and circumstances are kept in a condition which is not beneficial.

Through being a mortal, man is weak and devoid of the spiritual nature necessary to make him of higher caliber, he is liable to spells of depression and discouragement. Much is borne on a wave of discontent which destroys happiness as well as peace. If an individual finds himself in an unpleasant position for which he is responsible, or which he has been brought into through association with others, he must do all in his power to make the situation

bearable and to lift himself above that which is disturbing. Each must do his part to relieve the other, and through the exercise of his will make the very best come from it that is possible. With contentment and happiness, the individual should accept his own responsibilities in a cheerful manner, be grateful for what is done to aid him, and see the best at all times. When troubles seem to crowd and weigh him down, let him go by himself and with prayer and reasoning find that the best will predominate, then with a cheerful heart set forth once more upon his way. It seems necessary for man to suffer in order to learn from experience, though he may have been warned; he appears to need refining before the real material within him can become available. So let no one be discouraged if he cannot save another, if through that other's suffering a bigger soul, a finer man, will result.

With a light heart set about that which you have to do, knowing that the Master is with you and watching over you.

April 28th, 1916.—

Attain that which is your right,
A tranquil mind and spirit bright.

Oppression strangles man's better thoughts and casts gloom where sunshine really belongs. All man's activities are more or less influenced by the attitude which he takes toward the approach of

another. Man must smile to win, for no one is attracted by a sad visage. Take this to heart and do as you are instructed. One individual influences another to a greater degree than is realized until afterward; then the points, both weak and strong, are clearly seen and their influence is noted.

The man who is striving to attain the best that can be had for all sometimes does not see the improvement in affairs, but this must not be allowed to depress him, for with clearer sight and a little longer time the real heart of the situation will be discerned and found to be cleaner and better, and thereafter the advancement will be more marked.

With joy be filled; the truth is seen and known by more of your fellow men who, since their awakening, have had to struggle upward from the depths into which they had been plunged. He who lives in an outside realm, to which the help comes, must seek the spiritual atmosphere; once having gained this he will fast become of it.

April 29th, 1916.—Another can not do that which is an individual's own duty. He may be assisted or lifted out of trying positions, but his duty still remains and must be fulfilled by him. The shirking of it only postpones its completion. Brought face to face with the realization of this truth, man will endeavor to do at once that which is his duty, thus making it a thing to reckon with and not to be avoided.

Look forth then, awake to that which is your duty, and strive with earnestness to do it. Man places himself where strictly meeting duty is his mountain to climb, precisely as an offense against truth is the weakest point in his armor, else it would not be offensive.

Collect those mental pictures which offend, and after finding wherein a lesson is to be learned, put them outside your life. This is a duty to yourself, and to those with whom you are associated, for constantly living over that which is past robs man of that which is in the present. In this respect you will find many who can follow what is here said and improve their condition by doing their duty.

Slowly climb, with steps quite firm, and the way will lead to pleasure and happiness. Keep your mind clear and nothing can matter.

May 3rd, 1916.—Be careful to make your activities fit all conditions; link act to act, that the complete change may be one of real worth. Allow nothing mean to creep in and mar your kind and noble actions, thus spoiling the effect of the whole.

Longing to be of service, man must be willing to work and by diligent effort to overcome all the obstacles which arise, making himself a bigger and better individual than before. There is no one so strong that he does not at times need help to overcome some weakness. Awake, then, to a realization that each person can and must be either a help or a

drawback to his neighbor. It is the individual's duty to see that he is the former and, by virtue of his earnest endeavor to follow the Master, to overcome any tendency toward the latter.

Give all within your field of contact a feeling of security by the manner of life which you live. Show by actions what words of worth really mean. He who continually makes matters more pleasant, more bearable and more clearly understood will have built up for himself something of real value, which time will increase rather than diminish. Take unto yourself the spirit of the Master, and by His grace and power keep alive the lesson which He strove so hard to teach—God's love manifested in man to man.

May 4th, 1916.—With garlands were the heroes of ancient Greece crowned; with joy are those whose lives are examples of goodness and right living crowned in these days. Much that man desires is, because of its worth, difficult to attain without much endeavor; but know not discouragement if it seems slow to approach.

Zeal may make a man too eager; excessive zeal casts a cloud over things through the disappointment in not attaining that which was sought within the time which man's anxious desire had allotted for its fulfillment.

Live with willingness to do and patience in teaching those who are difficult to convince; with kindli-

ness to all, follow the pathway you have chosen. What is greater than the desire to prove to mankind the continuity of life after death, the power of spirit upon all things, and the influence one being has upon another?

Man foolishly attributes too much strength to evil forces, giving the good no power at all. If the good were appreciated and worked with, the evil would be overcome with greater ease, but now each step is hampered by the recognition individuals give to those who are wrong. With acknowledgment of good the first step is taken toward advancement.

May 5th, 1916.—In much that man does he is impelled by a force outside himself, if his mental attitude is in direct opposition to his act; he also feels a certain something impelling him to do what there seems to be no reason for. The execution is his own work, but the stimulus comes from outside. You will find that man would best leave these things alone unless he is a clear thinker, and should never lead without due thoughtfulness and a wish to act wisely and right.

Man gets into serious trouble by mixing with the forces from this side, doing their bidding without first testing and watching to see if what is given is ethical. When he has a desire to benefit himself along the lines of materialism, great progress is often made, for the forces directing the activity

lead him into paths where it may be found, not caring for the outcome other than the acquirement of the coveted thing; this will cause the forces to express themselves often in the future.

Hence, when an individual strives to be ethical and to obtain things for his good and the good of man, much must be thrust aside, and thereby great opposition is created; therefore, from man's viewpoint this pathway is difficult and continually requires patience and perseverance. There is, however, a feeling of comfort, of confidence and love, in the hearts of those who choose it that no opposition can take away. A restful spirit is more precious than great wealth. Many will not be able to grasp this truth, owing to their lack of knowledge of the human frame and of the mechanism, so to speak, of their very beings.

In all there is a desire to live. You will find some who claim otherwise, yet in a combat they will try to overpower the enemy, which proves that the desire within them is for expression or light. In those who care not, or know not, that life after death continues, there is a strong desire to obtain on earth all that they crave, without a feeling of responsibility to anyone for what they do. There is a broader scope in which man may carry on his works; the awakening to this fact is very surprising and, according to the individual, it is pleasant or otherwise.

Each person has a conscience which can not be quelled, unless the spirit is of mean quality. All things being from Him, there is in each human being a quality of good which environment and cultivation bring out to the best advantage. Those who are thrown among men who care for nothing except the gratification of some passion, whatever it may be, will find themselves trending in the same direction; but with a new and cleaner environment, one in which God's love and wisdom is taught, a new light, a new desire, will be born in the individual, which will grow and flower and bring forth fruit.

May 9th, 1916.—Direct your thought in a straightforward manner toward that which you wish to accomplish. Meet calmly any interruptions which can not be avoided, for by fretting the mind becomes crippled and the effect is disastrous for a continuance of thought. Fill the time which you have judiciously, and set aside an hour to devote to those intricate problems which arise; if necessary, seek the aid of others who, it is apparent, can be of assistance.

Those in sympathy with your project are the ones who seem to be the best to ask for help; thus man may work, with a chain of fellow workers becoming stronger through each individual link, assisting the others.

After all, you will see that man's acts bring forth

accompanying consequences, which may be varied by the entrance of another whose activities play a part in the drama of life. Thus each thing that man does has its connection with the whole, and in some way affects the fabric woven by his conduct. It behooves each and every one to make his acts those of clear and clean conditions, having a peaceful effect, rather than one of confusion.

May 10th, 1916.—The motive which prompts any action must be considered. An individual is often compelled to bring criticism upon his head, owing to his reason for some act not being understood. When man's motive is pure, good is bound to come from his act, though at first glance it may not be seen.

It is necessary to look beneath the leaves to find the tiny flower. Often that which appears to be of little account shelters very beautiful concepts. Do not allow yourself to be disturbed, if there is no doubt of the purity of your motive, even if the conditions do not seem bright, for out of good nothing but good can follow.

Stand firm and be strong, thus enabling the best to be derived from your desires along the line of advancement. Those conditions which often arise to cause momentary anxiety are for man's good if he but reasons right. If matters progressed without any opposition, there would be cause to feel that they were of small consequence, for a thing

which nobody opposes is apt to be inferior as to real character and worth. When someone desires to improve important affairs opposition at once sets in, for the individuals do not like to be interfered with, being content to work in stagnant pools.

Make up your mind as to what you wish to do, then with precision and determination endeavor to do that thing. He who falters between one project and another in his plan for work gets nowhere, except into a condition of unrest and physical depletion.

Give thought to that desired; know the motive and, with prayer and earnest desire to fulfill the mission, proceed with His help.

May 12th, 1916.—There is no shadow which can not be swiftly dispelled by the individual standing one side and letting God's light shine in its full strength. What man needs to do can surely be done through trust in Him. Shadows are often caused by man standing before the light, which makes them self-made. None can rob anyone of freedom of thought, if another's acts or words are not what he would choose to have them.

Into each day put a will to do the best that is within you and, with God's help, this may be carried out. There is no one above the need of God's light in order to thrive and grow; hence he who feels he can live, and be progressive and productive of good, without it is wrong in his idea, and such

an one will meet with no success which is regarded by us as success.

Win that which is of the most importance to possess; anyone may obtain what he desires if he persists in striving for it, without overreaching. You will find many who seek help but who do not seem to understand that, to obtain results, they must be in a proper attitude to receive aid. All depends upon the individual and his environment. Let man get his spirit in control and things will appear differently.

Rob not yourself of the privilege of freedom of thought, for by it man advances. The views held by another may not appear on the surface to be yours, but closer survey may show that to be untrue. The manner of expression, with its terms used, is sometimes confusing, so find a general foundation in truth, such as love and unselfishness, and work from that point.

Strive to rise above petty grievances; find the best in another, and let that conceal the weaknesses until the individual is brought to a realizing sense of the inefficiency of his methods, which hamper others.

Work day by day, but with your labor have some recreation. It is not wise or best for men continually to drive and push; there is a time for work, a time for meditation and prayer, and a time for play or relaxation. Thus no one will become

weary of anything, but will be more proficient in carrying out the whole.

May 14th, 1916.—In mastering one's self a great victory is attained; when there was nothing to overcome the individual has not reached that point with a tremendous struggle and fight. To know his weakness and not struggle to conquer it is the greatest mistake man can make. Who is benefited the most by such an effort. Is not the individual himself? And by it a changed condition is created where he abides, whose effect is far-reaching.

Apportion the work where it is most likely to be faithfully performed; with constancy the reward will be great. Let all who are timid place their trust in Him who created all things, and if they have a fixed desire for help, it will be received.

May 16th, 1916.—The clouds which are seen in the heavens are not always indicative of storm; some are caused by wind, so that when man sees a shadow upon the horizon of his life, let him have faith and continue to work in patience, feeling that it is only a fleeting wind cloud and no harm will follow. How often man through his fretting causes a tiny speck of trouble to become the size of a mountain! The speck could have been ignored as progress toward it was made, but because of his fretting it came toward him as he advanced and, like a snowball pushed along the roadway, grew in size beyond all reason.

Man makes either his peace or his unhappiness; he who dwells too long on one thing does harm. At times change the scene, the thought, the work, or the play, that you may not become dull, disgruntled, or disinterested. As the rain refreshes the earth and its products, so does change refresh man.

Around the shepherd the lamps gather when they feel danger, just as the Master draws those who seek His protection when oppressed or heavy laden. Walk, then, in peace; follow the sunlight, and do not allow the little clouds which gather to fret you, but feel that they will blow away if you show faith and stability.

Open your mind, that His power and will may be felt and realized; thus you will be free from man-made annoyances.

May 17th, 1916.—Do that which will be of benefit to others, when you have an opportunity in the execution of your duty. To live and not to know the touch of a loving hand is a most sad and lonely condition for any individual; a word spoken to the stranger may sometimes fall upon ears unaccustomed to aught but harshness. Kindly words can never be lost. Man is drawn unaccountably near to anyone who is kind; the smile which lights the face is like the sunlight from the heavens. It gives cheer and warmth and is a pleasure to all, the beauty of it is seen and, though conditions are not

always the brightest, still the smile is there and the help it gives is ever felt; so let each individual strive by his countenance to reflect the spirit of contentment, the joy of life, and the love of the Master.

A person may feel discouraged, but after encountering such an individual, new determination, strength and happiness take possession of him.

Blessed are they who strive with earnestness to lift the burden of another, and to teach the children of men by example the way to follow Him. Example is what counts. He who merely talks can not teach; he who follows what he preaches is the man that will do good work.

May 18th, 1916.—Desire produces activity; the man who has to act according to his circumstances is a most common sort. He who keeps guard of his activities, who is held in check, can not develop like one who allows no opinion or condition to hold him back. Onward go, making a desire for progress stimulate you when an act is believed to be right; fear not the consequences.

Who is not willing to meet conditions with a smile when they are, according to man's ideas, of great material worth. Few realize that even material things can be made to conform with high principles. By living an upright life man must succeed; though in the midst of thieves, he will not be kept back. Material success through the growth of the spiritual nature must be had to keep him

from feeling discouraged or that harm has been wrought.

Stand up and with a will determine to follow where the Lord has led, giving to all who are in need whatsoever you can send. Follow close wherever He walketh; there the light of glorious day will shine in splendor.

May 19th, 1916.—A tiny spark in the underbrush sometimes sets the whole countryside ablaze; just as a spark of love dropped in the hearts of those hungered is kindled into a fire warm and rich in bounty and capable of great happiness.

Can any doubt the real value of the love of His children when the unselfish work of those about them is manifest? Would not the individual unresponsive to such a love indeed be lacking in His spirit of love?

You can not fail to feel this mighty fire of love which has been kindled for you; there will be that within you which will seek His aid to make and keep you worthy of His great blessing.

May 21st, 1916.—To know clearly the right thing to do and without fear to go ahead and accomplish it, is something that all may acquire if they but train their wills and minds in the right direction. To whom should man look with thanksgiving for the privilege he enjoys in the beautiful country which is his, except to those whose persistent efforts made it possible to acquire a land beyond the

sea? There has been persistency in all promotion which has ever been achieved. With constant effort and determination to do right there can be nothing but good results. It is when man becomes faint-hearted or discouraged, while striving to attain a certain thing, that harm is done and that which might have been accomplished with less difficulty is a great struggle.

Live and act, then, according to the best that is within you. Consider what is best and if, after deliberation and prayer, you feel that it is right, work earnestly for its fulfillment. With the keen eye of the bird, man must strive to cultivate his reasoning.

May 23rd, 1916.—No rude touch can hurt man's inner self. The spirit can not be killed, though by unkindness the bodily frame may be broken. Walk through the throng undisturbed, feeling and knowing your own strength, which with the help of the Father will carry you safely through all dark places.

Meet everyone with a feeling of brotherly love, that those who are in need of a sympathetic hand may receive it. Unceasing will be the desire for progress, once the spirit of man is truly awakened to its wonderful glory and pacifying qualities.

The closeness to man, the nearness to God, in the spirit of him who seeks to lead a life after His teaching, gives him greater happiness and calm.

Persons who have never thought of the help they might give another, their own pleasure being always uppermost in their minds, have lost one of the sweetest experiences in life. The ability to lift a burden in ever so trifling a manner strikes a chord which vibrates, whose magnetic spark is carried beyond the point where it was first felt to where man alone seeks to find it. Give all you can of the love which is His, that the glory of the Master may shine forth in its beauty and strength.

May 24th, 1916.—When some event disturbs you, search deeply and find if there is any justification in the occurrence and, if so, set about correcting yourself in whatever degree you have been wrong; if your action has brought about the unrest, determine to be master of the situation, not allowing it to master you.

If the things which distress man could be seen as they will be viewed at some future date, how different he would feel and act! Therefore it behooves each and every one to look well into the occurrences of the day, that they may be taken care of in a manner of the greatest benefit to all, now and in the future.

Man, though striving to walk rightly, may not do so at all times without hesitation; this is owing to his inability to have perfect control over himself, being mortal man. An effort to do right is a seed which will grow if given the slightest opportunity.

God is all-powerful, God is good; hence good is stronger than evil.

May 29th, 1916.—Be constant in all things, not allowing your desires to make you forget the principles which are necessary to follow in order to bring you into the proper pathway of progression. Man seems to forget himself in his eagerness to reach a desired goal which is not best for him, owing to the fact that he has certain duties and obligations which should be met, such as nutrition, rest and sunshine. These are neglected at times, and though individuals may not feel their lack of care, inroads are made in their physical strength which will cause weakness later and retard the desired progress, through the time necessary to rebuild the normal vigor. Therefore do not overtax your strength in any pursuit. When the work is unselfish the friends help and protect to their utmost, but nature's laws cannot be transgressed without leaving a mark. With too close work man becomes weary, but the interest which is paramount keeps him from feeling that his strength is being consumed too rapidly. Hence do for a given time a certain work, taking the rest which is needed and is helpful in maintaining strength, that you may make the greater progress.

My closing chapter will be brief. It is hoped that all readers who have followed the teachings day by day may have seen that the prin-

ciples which have been set forth are love and charity, and a will to do unto others as they would be done by.

Love is the greatest mediator known; find it and the whole world changes; possess it and the world is a place filled with opportunities to give expression to the highest principles, the desire to help another, to see his viewpoint and, though he err, to be kind and willing to set him right again. Patient is love and never fault-finding. Justice, also, is an important factor. The sick, the hungry, the rich, the poor, all need love, and without it the heart becomes sad. He who has it not is indeed wretched, for none can live without it. Love touches the soul when naught else can reach it, making the haughty humble and the lowly rise to heights before unthought of.

Charity is the twin of love. He who has charity in his heart is filled with love; he blames no one ruthlessly for weaknesses, but endeavors to be kind in his judgment and criticism, and stays the tongues of those who would flay him.

Strive, then, to have charity. The power or will to do unto others as one would be done by is sometimes difficult to put in practice, judging from the infrequency with which man follows this rule. If more individuals would follow it, the pathway of millions would be changed. O beloved, find it in your hearts to long for the ability to so

conduct yourselves! All are the children of God, all must leave the earth plane, and to this extent all are equal. God has no favorites. His laws are for everyone and he who transgresses those laws must suffer according to the enormity of his transgression.

God, the Power, the Supreme, the World's Arbiter, will allow no miscarriage of justice. He who does his best, with love and charity in his heart for all, will find, when he closes his earthly eyes and steps into the realm of spirit, a welcome by a throng of mighty workers. As man lives, so shall he die. This has greater truth than the majority realize. Live, then, so that the death of the material body will give an opportunity for the spiritual nature to blossom forth in the spirit realm in beauty and strength,—a rich, progressive state. The blessing afforded me in placing what few truths I could before you is great, and now may God's love and peace be with you all. Amen.