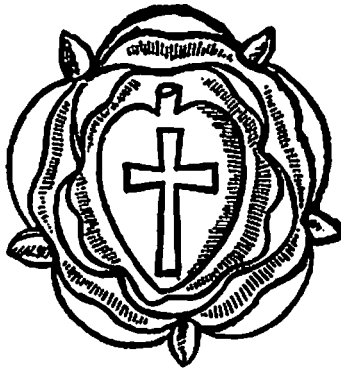


**THE SECRET SCIENCE
AND THE
HIGHER KNOWLEDGE**

Made plain according to the Inner Teachings of the old
Mystics, Hermetics and Rosicrucians.

Number _____

PART II.
NATURAL HYPNOTISM
AND
SUGGESTIVE THERAPEUTICS
IN THE
NATURAL SLEEP
(A NEW DISCOVERY)



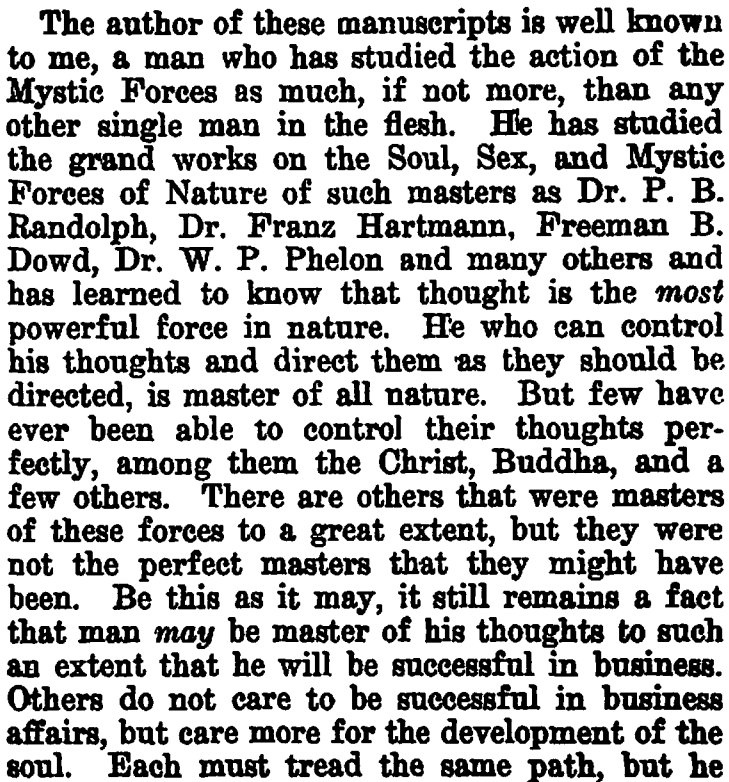
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PREFACE

BY THE DEPUTY GRAND MASTER
RABBONI OF THE PHILOSOPHERS
OF THE LIVING FIRE.



The author of these manuscripts is well known to me, a man who has studied the action of the Mystic Forces as much, if not more, than any other single man in the flesh. He has studied the grand works on the Soul, Sex, and Mystic Forces of Nature of such masters as Dr. P. B. Randolph, Dr. Franz Hartmann, Freeman B. Dowd, Dr. W. P. Phelon and many others and has learned to know that thought is the *most* powerful force in nature. He who can control his thoughts and direct them as they should be directed, is master of all nature. But few have ever been able to control their thoughts perfectly, among them the Christ, Buddha, and a few others. There are others that were masters of these forces to a great extent, but they were not the perfect masters that they might have been. Be this as it may, it still remains a fact that man *may* be master of his thoughts to such an extent that he will be successful in business. Others do not care to be successful in business affairs, but care more for the development of the soul. Each must tread the same path, but he

that desires to have a nobly developed mind and soul has that which will go with him beyond the grave, but he must suffer, suffer even as the Christ did, but in the end he will be the better for the suffering. As gold must be purified by fire, so must the soul of man.

Much is written about magic, both white and black. In all these writings the *real* force is hardly ever explained. The reason is plain, in many cases the authors do not really know what this force is, and others dare not explain it. In the part "Thoughts and their Actions," this force is made plain.

In the performance of all magic rites, it is the concentrated thought power of the operator that produces the results. In all performances where magic—*true* magic is made use of, it is the thoughts of the operator that produces the results.

Instruments may be and are used, but it is not these that bring about the terrible results, these only heighten the effect and give the imagination of the operator greater power, so that he may have but one thought in mind, and use that thought force with all the intensity of his powerfully developed will. These thoughts he sends forth, and these thoughts are known as elementals to the occultist and mystic, go out on their mission, and when sent out by a developed mind, they never fail in their mission, be it good or bad. In the following manuscripts these forces are fully explained, how to develop the power and how to use it. Also concentration as taught

by the Hermetics.

White Magic is the same force as Black Magic. It is White Magic when used for a good purpose; when used for an evil purpose, it is Black Magic. I wish to warn all never to use these forces for any evil purpose. While they may gain their object and be successful for a time, yet the time will come when these evil forces will come back from whence they were sent forth, and ruin, shame, and all the horrors of hell will be the results, and no power in heaven or earth will be able to hold them from taking hold of the one that sent them. On the other hand, if these forces are used for a good purpose, to bless others and make them happy, for the good of humanity, then will the one that used them for this purpose be blessed for it and can be truly glad that he has mastered these forces. The student can now choose between the two, the force is the same in both cases.

The teachings in regard to Regeneration are taken from the inner and secret teachings of the old Hermetics and are also the foundation of the Order of the Illuminati. The author does not exactly agree with these teachings and would refer the student to the work "Divine Alchemy" and the works of Dr. P. B. Randolph.

The instructions in regard to the Internal Bath is known as the "Flushing Treatment." Its wonderful curative virtues are well known. The author of the manuscript does not claim to

be the founder or discoverer of this system, as it was discovered and used many years ago, and the best hygienic physicians throughout the world make use of it, without medicine, their wonderful success is well known. Those who would administer to the sick will do well to take up the studies which are especially prepared for such and which teach the true Alchemical System of Healing.

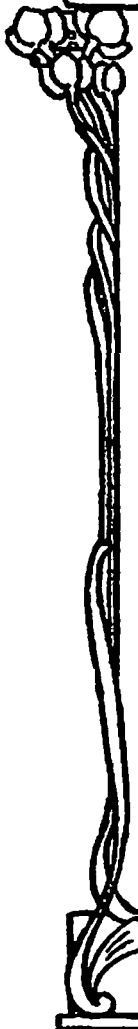
The teachings on vegetarianism are those of the true Theosophists and now so ably advocated by Sidney H. Beard of England, Editor of the *Herald of the Golden Age*. One of the best magazines published in the world. Students of the higher knowledge cannot afford to be without this magazine. The table is a correct one and the statements are true. The effects of meat on the human system has often been proved and it is not a necessary article of diet. Vegetables, fruits, nuts, etc., are far better for the human system. I think that the foregoing will be enough in explanation of the following manuscripts and the student who will study and *follow* them in the true light will never regret having started on the path.

Lovingly and fraternally,
THE DEPUTY GRAND RABBONI OF THE
PHILOSOPHERS OF THE LIVING FIRE.

NOTE.—All books mentioned can be obtained through the publishers of this manuscript.

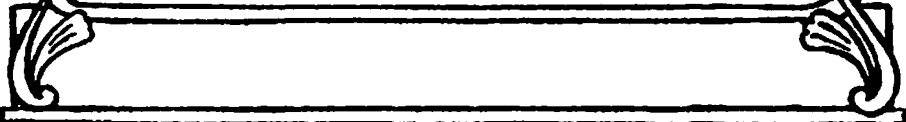



THE ELEMENTALS.



The elementals are beings created by our thoughts and are even more a reality than our body is, because an elemental once created, cannot die; it either takes hold of the person or thing to whom it is sent and becomes a part of that person or returns to the person who sent it and becomes a part of him.

Everything thought of man passes into the invisible world and becomes a semi-intelligent being and a powerful force, either for good or evil. If a good thought, then a good being; if a bad thought, then a bad being. Thus, if a man thinks an evil thought of another that thought immediately becomes an evil being and as it has no power or will of its own, but that which was given to it by the one that created it, it will at once make its way to the person of whom its creator thought, and if that person is not fortified against such beings, by having a strong will and good health, it will attach itself to him and become a part of him, and help to bring him ill-luck or poor health. How much harm it will do to the person against whom the evil thought or elemental was sent will depend on how intense



and passionate the will of the sender was at the time he brought the being into existence. This is the reason why we often see a person happy one moment and sad and down hearted the next. A thought of sorrow had been sent out by some one and as the person was in a passive condition, he received the full force of the thought, or in other words, the elemental of sorrow or evil had found its counterpart, to which it attached itself and became part of that person. But woe unto the person that creates a being of hate, revenge, malice, etc., because if that being does not find a resting place with the person against whom it was sent, it will return to the person who had created it; not only will it return as it was sent, but with three-fold more evil power, and it will take hold of the person that had created it and no power in heaven or earth can prevent its attack. This we call the *reaction of thought*. This is the reason why people who always think evil of others never have any good fortune. They are constantly sending out these beings of evil and as they do not have the will power to make them powerful enough so that they will attach themselves to the person against whom they are sent, they always return to their creator with three-fold more evil power, and therefore the person ruins himself, both body and soul and then blames God for not letting him have any good luck. Every thought we think becomes a being. If we think evil we run the risk that the evil being will return to us, but if we think good thoughts we create good beings, and while they

go on their journey of good, they will again return to us laden with good power and again become part of us and bring us good fortune. The man or woman who never thinks or wishes evil to another is not troubled with much bad luck, unless it be the Law of Karma, but those who constantly think evil of others and wish them ill-luck are the ones who suffer for their own ill will. Thus are the words of Christ true: "The hand that smites thee is thine own."

We are all the makers of ourselves, as it were, since, as we think, *so are we*. Is it not far better then, to think and wish well of our fellow man since by so doing we create loving beings who will stand by us and help and cheer us in all our trials and time of need? Is it not far better to fill the space around us with loving beings, instead of beings that are ready to devour us, even though we are the authors of their being? All of us can have the air around us filled with loving angels who are ever ready to help us, and all we need to do is to think kind and loving thoughts of our fellow men, truly an easy and loving and soul-uplifting task, and one that every Mystic worthy of the name will rejoice in doing.

A decorative border with floral and scrollwork motifs surrounds the text. The top border is a wide, flat band with repeating floral patterns. The side borders are vertical, featuring stylized flowers and scrolling vines. The bottom border is a wide, flat band with a central floral motif.

CONCENTRATION.

There is a great deal said about concentration at the present time, especially by those who claim for themselves some advancement along the lines of higher thought.

It has become a catch-word and a fad, to be mouthed by every pretender and ignoramus, who desires by idle words to establish a feeble reputation. It comes about then, that there is a concentration that is potent; a pretended concentration is the worst kind of diffusion, waste of power and absolute loss.

When we think of something we would like to accomplish and our thought only goes as far as, "I wish it were so," then the whole potency is emasculated and the thing that might be, fails to be of consequence on the plane of force. The wish ceases to be the father of desire, of beginning, progress, or accomplishment. To succeed the wish must become *will* and will must develop conditions of success on all planes. Very few persons ever carry forward persistent concentration. The Persian adage "If you see a falling star and can voice a wish aloud before it stops, that wish will come to pass," is based upon

the underlying principle of all Spiritual and mental action,—continued concentration. Unless the wish is being constantly held in the mind it would not be possible in so short a time to recall and voice it. If the thought is so carried it will by its own potent forcefulness bring about the thing desired or longed for.

We may carry earnest thought for achievement in our mentality and when the present stress has seemingly ceased, we let go and the holding passes away. There remains no mental nucleus nor center around which soul-force can gather potency, in fact the command: "Pray (that is desire) without ceasing," is disobeyed and we have injured not only our own ability to do and perform, but have passed the favorable moment, when the heavens opened, and the gift and the ascending word of the Father could have been heard by us, and accomplishment would have been fully ours on all planes. Like the caged squirrel who essays to try his revolving wheel by keeping on the jump, we have not *held* on and have remained always at the bottom, whereas if we had held with a tenacious grip we could have been at the top half the time at least. If we have the power to stay the wheel when we were on the top, then all the advantage of those who steadily stand at the head would accrue to us.

There is but one path to this condition and that is *concentration*. It makes no difference what name we call it by, or what method you may use to produce results, the underlying power

and principle is the centering force, as when we build a dam across the river, increasing the volume and weight of piled up water until the purling brook is capable of setting a thousand pieces of machinery in motion, or in this later day of knowledge a dynamo demands still more concentrated potency out of the atmosphere, and it gets it in a most wonderful demonstration.

Concentration is the first step and transmutation the second. It is possible for us to train ourselves to carry two or three lines of concentration more or less distinctly at the same time. Whether this is the best method or not is an open question. But we do know that persistent, forceful concentration of all the self-potency will bring its results to a greater or less degree up to a perfected conclusion.

Concentration is the unchanging holding of a thought. The constant infusion of the power that wills accomplishment, whether consciously or unconsciously, it is always the same thought and the same word. "The Word is from God, is God," manifesting in the flesh. So far as we make ourselves a part of the word, so far do we become concentrated.

I would advise all students to follow but one line of drill and hold to that until they are masters, and then any other line can be taken in hand with success.

A decorative border with floral and scrollwork motifs surrounds the text. The top border is a wide, flat band with repeating floral patterns. The side borders are vertical, featuring stylized flowers and leaves. The bottom border is a simple horizontal line.

SUCCESS. HOW TO SUCCEED.

These teachings, if followed, will insure perfect freedom of disease; will increase your mental capacity and quicken the power of your mind so that you can readily understand the most obstruse subjects; will enable you to send healing and helpful thoughts to others, and will insure ultimate and lasting success in anything you may undertake. Your domestic relations will be very happy and your children will be superior to others, and when you leave this world, the people will long remember you and be thankful that you have lived. These promises may call forth doubt and criticism; to these we do not object, but we would ask you not to condemn anything until you know it to be unworthy. The habit of denouncing things that you know nothing about, dwarfs the intellect, stupifies the sensibilities, and retards the growth of your latent forces, therefore, deny nothing, no matter how absurd it seems, until you know better. In the following course we will not attempt to set forth the reasons why the methods taught herein are absolutely necessary for the student's rapid development, but beg you to lay aside all pre-

vious views and accept the methods presented to the crucible of your judgment. You need to do this for a short time only as the evidence of truth of our statements you will soon realize. Make it a rule to read these lessons at least once a day until you know them by heart and are able to repeat them under any circumstances. In your spare moments meditate over these truths and argue with yourself whether or not you are following these teachings as closely as you should. The evidence of the truth of our teachings is immediately obtainable by following them, therefore, we at once proceed to present the methods in the briefest manner possible. Perfect health is the first requisite to success and happiness; and again the first requisite of good health that makes life worth living is a healthy digestive organism. To restore the digestive organs to their normal state of health and power the following method is given: Three times daily drink as much of warm water as your stomach will comfortably hold. Commence by taking a cup of water as warm as you can comfortably swallow. Gradually increase the amount until you can take a pint or more at one time. Please observe the following rules in combination with this:

1st. Drink the water very warm, but not actually hot so that you are obliged to sip it slowly. A cupful should be taken in two or three swallows. Hot water may injure the stomach and we do not advocate its use.

2nd. Do not drink within forty-five minutes

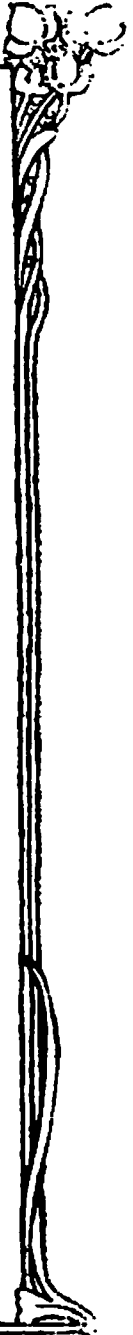
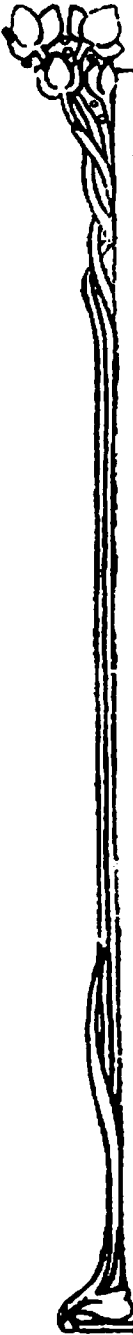
before meals. The best time being about one hour before and two hours after meals.

3rd. After following this treatment for one month drink more lightly, say once a day for a week or ten days, and after that drink only pure cold water, except when occasion demands to take a drink of warm water. This treatment of itself will do wonders towards the rejuvenating of the body, purging the organs of impurities and foreign matter, such as mineral substances, etc., by directly acting upon the liver, kidneys, restoring them to power so that they will be able to serve the body through a healthy and powerful function.

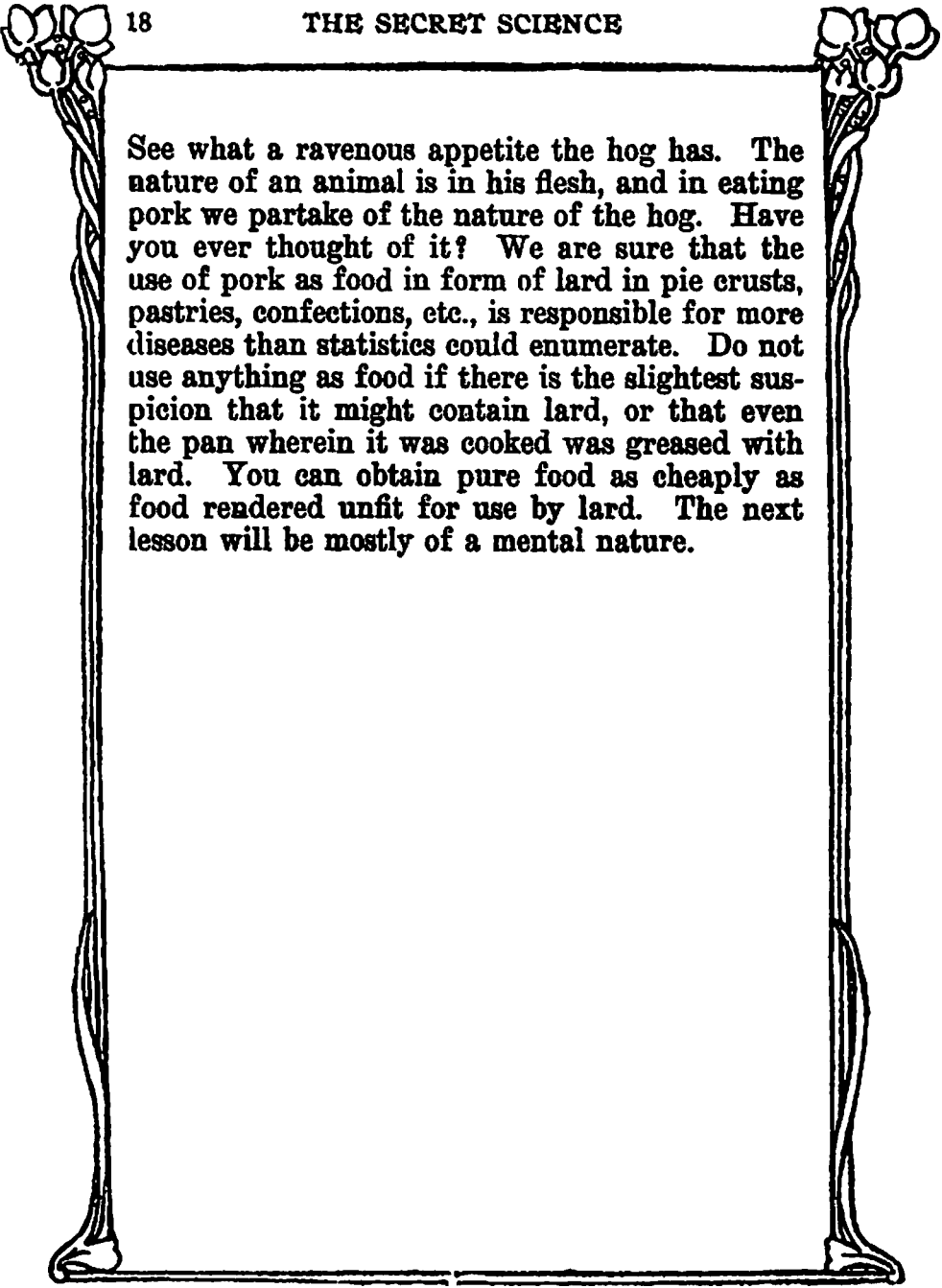
AN INTERNAL BATH.

Take a fountain syringe, say a two-quart one. fill it with warm water, as hot as you can stand your hand in it, and hang it on the wall, say about 6 feet from the ground. Lay on the back on a couch or in bed and raise the hips about 6 inches higher than the head. Be sure that the hips are higher than the head. Now insert the tube in rectum and let one quart of the warm water run into the bowels. You will notice that you will have a little trouble at first in injecting one quart, but when the effete matter in the colon is removed you will then readily be able to inject two or three quarts (or even more if the person is large). It is advisable to lubricate the nozzle of the syringe before using. It is also advisable to retain the warm water in the bowels for a few minutes, while kneading the stomach with the hands, and to discharge it slowly and a

little at a time. Do not strain. It will come of itself. You may have to sit for from five to ten minutes. If you feel unable to hold the water, try pressing the hips together with both hands. Take one full injection as directed above every evening before bedtime for one week or ten days. For two more weeks, every other evening, and when you feel that it is necessary, take an injection at night. Such injection should be retained for five minutes before discharging. While retaining the warm water it is best to lie on the right side. It is also well to thoroughly cleanse the colon, say about once or twice every month, by taking two or three full injections one after the other until the water flows clearly. This will insure you perfect health; however, after you have gained sufficient control over your organism, so that you can regulate the functions and workings of your servant—the body—all mechanical means to regulate its functions may be dispensed with. After such an injection you will know what it is to be really well. The treatment herein prescribed will wonderfully increase your appetite and you must take care that you do not eat too much. Always make it a point to stop eating after you have consumed a certain quantity of food, even if you should feel like eating more. About two hours afterwards you will experience a joyous, happy feeling which would not exist had you overloaded your stomach. It is also well to miss a meal entirely, if the proper appetite and desire for food is lacking at meal time. We must eat to live, but



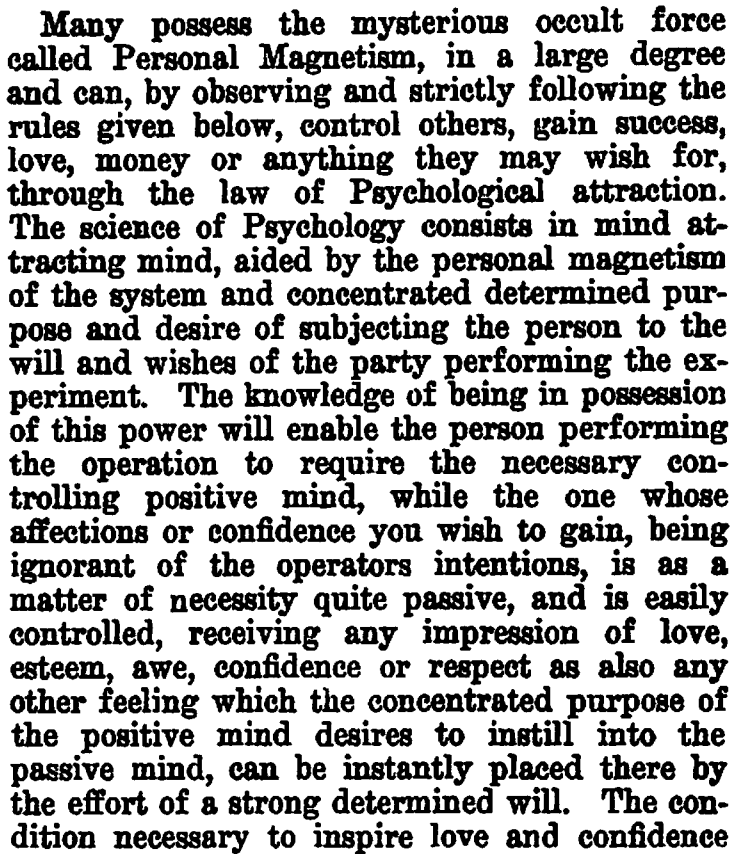
not live to eat. We take food in order that our system will get proper nourishment from it and not merely for the pleasure of eating; therefore, avoid the use of anything in your diet that is superfluous and not essential for the nourishment and proper sustenance of the system. Lay aside pepper, mustard, spices of all kinds, and use but very little salt. These do not nourish you, but simply create an unnatural appetite. After a week stop using coffee, tea and spiritous liquor as well as tobacco in any form. All of them are injurious to the body and mind and will hinder the development of higher powers, making the body susceptible to disease, stupifying the intellect and deadening any higher aspirations and feelings which a person should have. If you are a slave to any or all of these habits, you must overcome them one by one. This will not be an easy task, until you begin just right, then it will become a pleasure to you to control and govern your appetite and inclinations. It may take you more than one week to overcome them fully, but the best way, however, is to declare your independence from them at once. Remember every application of natural laws to the government and development of the physical body reacts upon the mind. Also every effort in the right direction ramifies into departments of life, producing desirable results. Abstaining from the use of the above named unnatural substances as food, will give you a power heretofore unknown, and you can proceed further by excluding pork from your bill of fare.




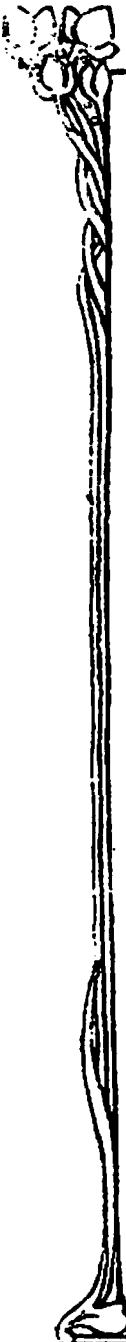
See what a ravenous appetite the hog has. The nature of an animal is in his flesh, and in eating pork we partake of the nature of the hog. Have you ever thought of it? We are sure that the use of pork as food in form of lard in pie crusts, pastries, confections, etc., is responsible for more diseases than statistics could enumerate. Do not use anything as food if there is the slightest suspicion that it might contain lard, or that even the pan wherein it was cooked was greased with lard. You can obtain pure food as cheaply as food rendered unfit for use by lard. The next lesson will be mostly of a mental nature.



HOW TO GAIN CONTROL OF ANY ONE IN ALL AFFAIRS OF LIFE.



Many possess the mysterious occult force called Personal Magnetism, in a large degree and can, by observing and strictly following the rules given below, control others, gain success, love, money or anything they may wish for, through the law of Psychological attraction. The science of Psychology consists in mind attracting mind, aided by the personal magnetism of the system and concentrated determined purpose and desire of subjecting the person to the will and wishes of the party performing the experiment. The knowledge of being in possession of this power will enable the person performing the operation to require the necessary controlling positive mind, while the one whose affections or confidence you wish to gain, being ignorant of the operators intentions, is as a matter of necessity quite passive, and is easily controlled, receiving any impression of love, esteem, awe, confidence or respect as also any other feeling which the concentrated purpose of the positive mind desires to instill into the passive mind, can be instantly placed there by the effort of a strong determined will. The condition necessary to inspire love and confidence



are as follows: You must first love and esteem the person you wish to be loved and esteemed by in return, as you cannot give to another what you do not possess yourself; hence, if you love a person you may by this power make that person love you in exact proportion as the concentration of the rays of light with the aid of a camera instantly produces a photographic likeness of any subject however intricate, so in like manner the steady concentration of mind upon the mind with the determination to win the affection and create love, will instantly produce a corresponding feeling of love on a mind passive and negative. Having explained the theory of Psychology in order to make the student familiar with the principles here laid down, we will presume then that you are acquainted with a person whose affections or confidence you are desirous of gaining. The operation is performed as follows:

Take one or both of the person's hands in yours, gently pressing the palm until you feel the pulse beat. Be particular to find the pulse as it connects with the sympathetic cords leading to the particular nerve centers, this being the conductor conveying the magnetism of love from your mind to the other (you may easily determine the exact place and pressure of the pulse by feeling for your own in a corresponding place), then look steadily and earnestly into the eyes, instantly concentrating your mind on theirs, mentally offering your entire love and affection or any other emotion you wish to, at the same time desiring with a violent effort of


the will that the person shall love you in return. Let your determination be firm and positive to command your affections, feeling confident that you can inspire them with a sincere regard and love for yourself, making their wishes and desires the same as your own. All this can be accomplished with the velocity of thought during the ordinary time occupied in shaking hands. You will perceive that the person will make no disposition to move till you loose the hand, being completely magnetized. This will give you ample time for firmly concentrating your mind and exerting your will upon them. A slight trembling of the hand is the signal that the individual is under the magnetic influence. In some cases a slight faintness seizes on the one magnetized, which passed away almost instantly. Some persons are more impressible than others and can be influenced by merely placing the hand on any part of their person, enabling the current of magnetism to make a connection and flow uninterruptedly from the positive to the passive mind, but the surest plan is that described above, making the success of the operator certain. By the same methods any impression can be instilled into the passive mind in the same manner, providing the operator has the necessary conditions, namely, a strong positive will and a firm faith in his own abilities to impart the impression desired and possesses himself the feeling he wishes to instill into another. Students of Personal Magnetism as taught in our course of practical methods for the attainment of success will have who will seek every opportunity to become better

developed the necessary qualifications and can influence others without having to observe any rules even at a distance of thousands of miles.

Before trying to perform this operation, practice as much as possible in concentrating the powers of the mind on this subject so as to make yourself familiar and expert in instantly fixing your will on the object to be attained. Whenever you have acquired some proficiency in this you may safely try the experiment. The evening is the best time to choose, as the mind and muscular action of the body are more passive and impressible then, though it may be successfully performed at any other time. Any place will suffice, provided you can be collected and easy, observing the usual modes of etiquette, salutations, etc., which will not in the least interfere with the success of the operation. One or two precautions, however, are essentially necessary. Never hint before or after that you are acquainted with this power. If you were to mention that you intended to subject a person to this influence their mind would be positive and antagonistic to your own and the operation would prove a failure. It is only by keeping a person passive (which they will be if they do not suspect your purpose) that success is possible. Take your leave as soon as possible after the operation is performed as it will be the best means of making the person feel the loss of your society and will desire to see you again. A kind of restlessness comes over the person influenced, acquainted with one who in future will occupy much of their thoughts, having no suspicion of the real cause why they are so interested.

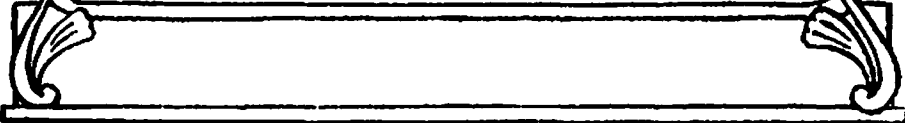



HOW TO SUCCEED IN BUSINESS THROUGH MENTAL ATTRACTION.



It is now a well established fact that the mind is matter and as real as anything we see or feel, such as minerals, water, air. Thoughts are things created by our minds or received from other minds and always have a two-fold effect; first, upon the person to whom the thought was directed and second, upon ourselves or, in other words, an action and reaction. Thoughts which express a desire are very powerful in bringing about the desired result, the law of which I will not endeavor to explain for lack of space.

Persistent concentration of thought upon an object or quality desired, combined with faith in drawing such an object or quality to you, will certainly result in your obtaining exactly what you desire. Remember, however, do not let doubt of your ability to obtain the desired result creep in; doubt is also thought, and is equally powerful in reacting upon the drawing powers of the determining thought. If you desire for anything particularly, be it money, position, success in business, or a quality of mind, every evening systematically devote a portion of your time in



persistently desiring for such object or quality. Say persistently in your mind, "*I must and I will have these things.*" "I am going to have them." Be careful that such thoughts as "I can't," "I shall fail," "it's no use trying," etc., do not creep in. If they do they certainly will destroy the effect of your desiring thought-structure which has commenced drawing to you the thing desired.

The student of our course will find that after a short time of application of laws herein demonstrated, all doubt will disappear, as he will become conscious of new and increasing powers *within* himself which will inspire him with a feeling of mastery, enabling him to gratify his most cherished desires. We are aware that these powers which are developed by our methods, can be used for evil as well as for good. Many other useful inventions can be misused likewise. We aim to do good only, and warn any one for even thinking an evil thought, as the reaction of such thought will certainly have a disastrous result upon the thinker as well as the person against whom it was aimed.

HOW TO BREATHE. THE LIFE BREATH.

The act of breathing is an important function in physical life. From the air that we breathe our blood receives some of its most important constituents. Therefore it is of the utmost importance that we should breathe correctly, filling the lungs to their full capacity, or nearly so, at every inhalation. In the ordinary act of breathing a comparatively small portion of the lungs

is exercised, the remainder is not even ventilated, remaining full of foul air and gaseous substances. Without having further time or space for argument I must ask you to accept what common sense, combined with experience of thousands of the most successful people in the land teaches us as reasonable and beneficial. Three times daily, while in your room near an open window or door, or out of doors, draw your shoulders slightly down and back and inhale a long breath (breathing through the nostrils) filling first the abdominal region, then the lungs to their utmost; retain (hold) the breath for a moment and before exhaling, draw one or two short rapid inhalations, filling the parts to their utmost. There is no healthier exercise than this. It does not only ventilate the lungs, but it sweeps them, generating magnetism and vitalizing the blood. In connection with this exercise, remember the following:

1st. Do not practice it immediately after a meal.

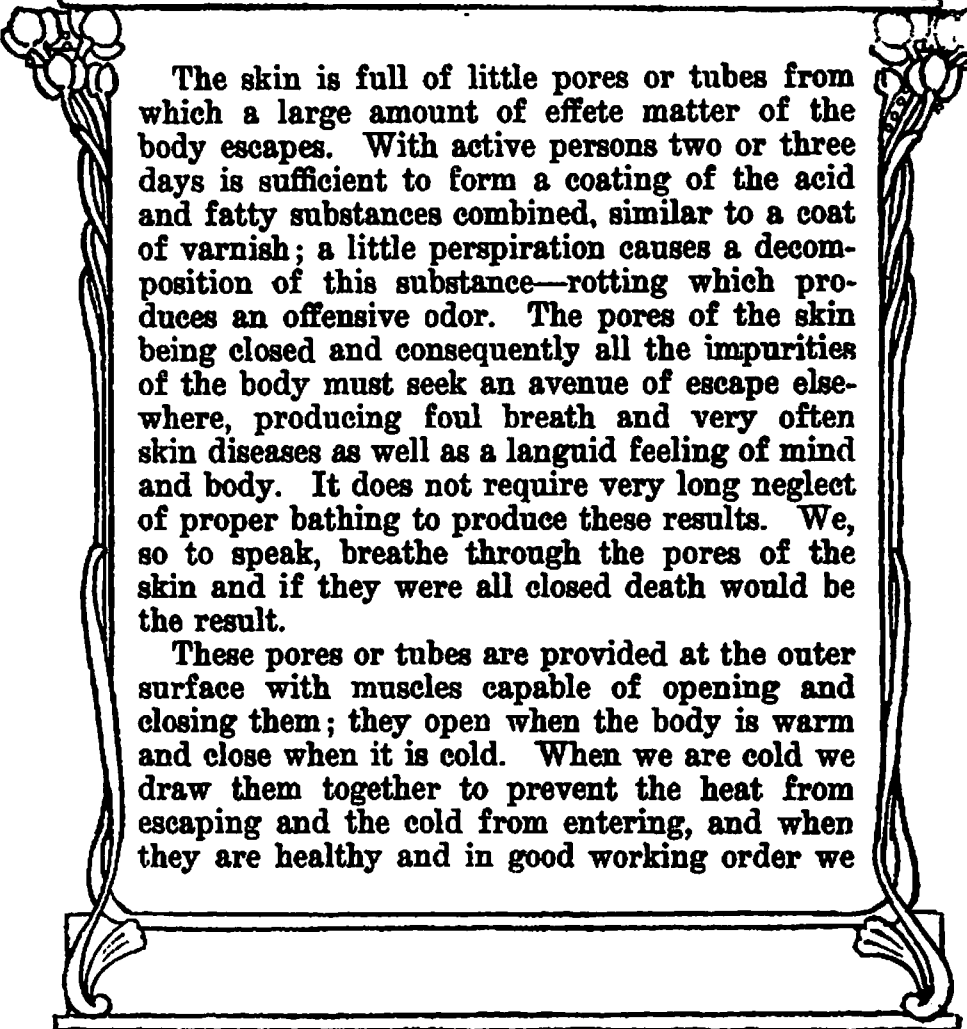
2nd. Do not practice more than five minutes at a time for the first week, ten minutes during the second week, twelve minutes in the third week and fifteen minutes during the fourth. After that you can practice more, but do not overdo yourself. Stop as soon as you feel tired.

3rd. Some persons when first commencing the breathing exercises experience a rush of blood to the head and it will make them feel dizzy. Stop as soon as you feel that way. Walk in the open air for a few minutes and after that dizziness

has passed away, resume the exercise. The best time to practice the breathing exercise is in the morning right after arising, the lungs then being filled with carbonic acid gas, and it is well to ventilate them. This exercise does not only benefit you as stated above, but it also causes the muscles of the chest to become prominent relatively to the abdomen and therefore adds to personal beauty, by throwing the head back and giving the body a straight athletic bearing. Always in ordinary breathing, breathe through the nostrils as the air will thereby be warmed before reaching the delicate membranes of the lungs. With occult students breathing is considered to be very important, as you will be taught in due time.



CLEANLINESS IS NEXT TO GODLINESS.



The skin is full of little pores or tubes from which a large amount of effete matter of the body escapes. With active persons two or three days is sufficient to form a coating of the acid and fatty substances combined, similar to a coat of varnish; a little perspiration causes a decomposition of this substance—rotting which produces an offensive odor. The pores of the skin being closed and consequently all the impurities of the body must seek an avenue of escape elsewhere, producing foul breath and very often skin diseases as well as a languid feeling of mind and body. It does not require very long neglect of proper bathing to produce these results. We, so to speak, breathe through the pores of the skin and if they were all closed death would be the result.

These pores or tubes are provided at the outer surface with muscles capable of opening and closing them; they open when the body is warm and close when it is cold. When we are cold we draw them together to prevent the heat from escaping and the cold from entering, and when they are healthy and in good working order we

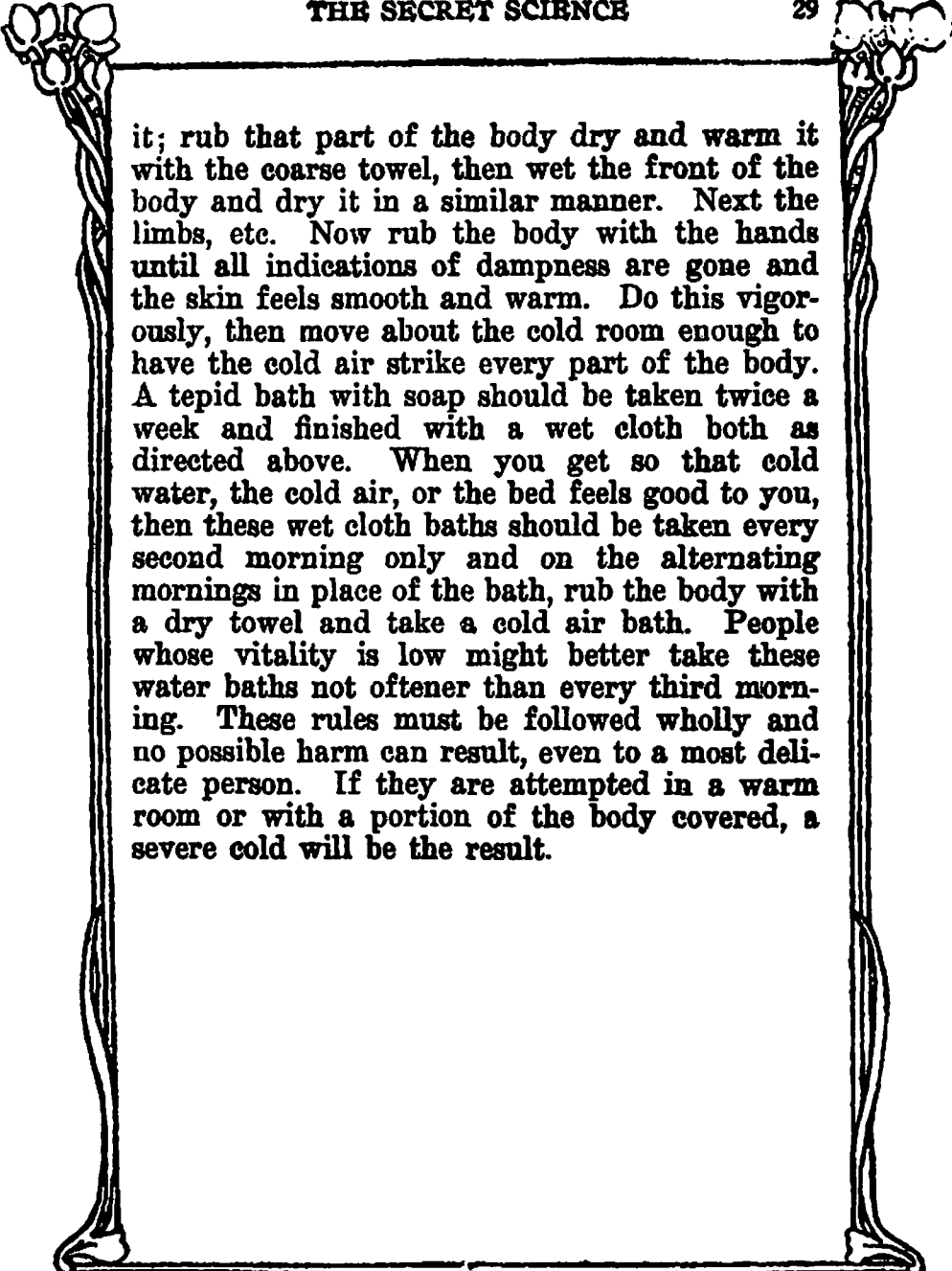
are not apt to "catch cold" or to chill quickly, when the cold strikes us. Persons who continue in regular temperature do not have occasion to use these muscles at all and consequently they cease to be able to close the pores, and when a cold wind strikes them they are chilled and take severe colds. To teach you how to gain control of these muscles, avoid colds, keep off contagious diseases, and conquer and take control of the body, the following advice is given:

1st. You should never sleep in a heated room and there should always be an open window, no matter how cold the weather.

2nd. You should never sleep in any garment worn during the day. The body should be well aired and kept fresh by frequent exposure to the sun.

3rd. You should never sleep in a room where the sun cannot enter.

4th. Always take off all clothing and rub your body over with your hands before putting on your night robe. If you are of the class so very sensitive to cold, etc., you should make it a rule to take a bath every morning immediately on rising. Have at hand a coarse dry towel and a woolen cloth. Each of these should be long enough to admit of your taking an end in either hand, one over your shoulder, the other behind you. Take water of the temperature of the atmosphere (water that has been standing in your sleeping room over night will be nearly so). Wring a woolen cloth out of this water just so it will not drip, then wet the neck and back with

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it; rub that part of the body dry and warm it with the coarse towel, then wet the front of the body and dry it in a similar manner. Next the limbs, etc. Now rub the body with the hands until all indications of dampness are gone and the skin feels smooth and warm. Do this vigorously, then move about the cold room enough to have the cold air strike every part of the body. A tepid bath with soap should be taken twice a week and finished with a wet cloth both as directed above. When you get so that cold water, the cold air, or the bed feels good to you, then these wet cloth baths should be taken every second morning only and on the alternating mornings in place of the bath, rub the body with a dry towel and take a cold air bath. People whose vitality is low might better take these water baths not oftener than every third morning. These rules must be followed wholly and no possible harm can result, even to a most delicate person. If they are attempted in a warm room or with a portion of the body covered, a severe cold will be the result.

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THOUGHTS AND THEIR ACTION.

It has been said by the best of our new thought teachers that these thoughts are things. This is not a fact. Thoughts are not things, but the cause of things. Thoughts are far greater than things. Everything has a form, and every form is a thought *expressed*, and every thought has two modes; action and reaction—action upon others and reaction upon ourselves. (See the chapter on the Elementals.)

When we eat and drink we must remember that with every mouthful we build and place a thought into ourselves in accordance with the mood or frame of mind which we are in while eating. So we should be sure to be bright, hopeful and buoyant while eating, and if we cannot command such a state of mind, pray for it. In this connection I wish to say that by the word "prayer" I mean desire. Every desire is a prayer.

Our thoughts have a profound influence over our physical health. Effectual thinking is one of the main means by which we are made comfortable and happy. Health and all its blessings and delights are, in a large measure, the fruit of right thinking. "As a man thinketh in his heart

so is he'' is a truth that concerns the physical as well as the moral man. Noble thoughts, fearless, helpful and loving, will create physical energy, buoyant and abounding. Why is it that when one speaks to us, bringing us bad news, our stomachs will turn sour for us, while good news will act just the contrary? It is thought action that does it. Our prevailing mood or frame of mind has more to do than anything else with our success or failure in any undertaking. The mind is a magnet. It has the power, first, of attracting to us, and next, of sending that thought out again. We do not of ourselves make our thought, we only receive it, as it comes to us. Whatever kind of thought we most charge that magnet, our minds, with, or set it open to receive, it will attract most of that kind to us. If, then, we think or keep most in mind the mere thought of determination, hope, cheerfulness, strength, force, love, power, justice, gentleness, order and precision, we will attract and receive more and more of such thought elements. Keep any thought fixed in your mind, say the thought of strength and health, however weak and ill you may now be. Keep in mind the idea of force, push and go ahead and you will attract to you in elements that which gives you force and push. So long as you are in a determined, confident, sincere frame of mind, having some special aim in view. This aim should be based on *right* and *justice* so long as you are moving in this way, the strongest, silent power of your thought is attracting to you the persons and means you need to co-operate with. Let silent, persistent resolve in mind and the eye, voice and touch into

the work. It will do it if you persevere, holding to this frame of mind. It is no new power, though possibly new to you or most of you. It is constantly, though unconsciously, exercised for good or evil all about you. These methods when used in the cure of diseases, may not act with the rapidity of drugs or unnatural stimulants, in bringing about a hot-house growth, yet they are sure and permanent and remove all the hindering causes of disease and non-magnetic conditions, and allow nature to do her own work in accordance with her laws, therefore I must ask you to lay aside all previous views, submit the thoughts and methods presented to you to the crucible of your own judgment and then decide for yourself. Remember that I do not say that medicines and natural remedies can do no good in the treatment of diseases. They can and do help a great deal, but in the same way that food helps a person when hungry, by supplying a deficiency. Every application of the natural laws to govern the development of the physical body reacts upon the mind, also, every effort in the right direction ramifies into each department of life, producing desirable results. Right here, I might call your attention to the fact that the food we eat has very much to do with our bodily conditions as well as our mental development and power, therefore it is of the utmost importance that it should be of the proper quality to insure greater possible results. It is not positively necessary, but if it isn't asking too much of you, I insist on you to become a strict non-meat eater, by giving up entirely all animal flesh, fowl and fish.

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A VEGETARIAN DIET.

By adopting a vegetarian diet, everything desirable for your success is obtained. This will give you the bloom of health which cannot be obtained any other way. It will make other attainments easier, and you will more rapidly develop your internal consciousness, which is called personal magnetism by some and which is one of the strongest efforts in insuring success in any undertaking in life. Living thus gives a joyous, happy feeling to the mind and body. It builds up the intellectual so that you can readily grasp the most obstruse subjects. It gives strength and decision of character and requisite purpose. It gives you a love for refinement, purity, goodness, honor, justice and morality. It adds to the capacity of mind and body in every conceivable direction and the growth of both can be kept up indefinitely. You will find awakened *within* you new feelings, and every day you will find new and increasing forces acting within you as your nerve and magnetic forces accumulate. Perhaps you may think that a vegetarian diet does not nourish you, but, friend, there you have a wrong idea. Vegetarian diet does not

consists of cabbage and potatoes only, but everything in the vegetable kingdom and especially grains and fruits, nuts and oils. Bread made of entire wheat flour will alone sustain the body and keep it in good health, while ordinary white bread does not contain one-fourth of the nourishing qualities of whole wheat bread and cannot support life. I here will quote a table of the relative value of foods.

Meat alone could not nourish properly, and it is a mistake to suppose that meat is necessary as a diet. It is in fact a source of disease and should not be used as food. Pork is essentially bad, as the nature of an animal is in his flesh, and see what the hog is.

LBS.	NUTRIMENT.
100 lbs. of Brown (Whole Wheat)	
Bread contains.....	80 lbs.
100 lbs. of Meat (the average) contains	35 lbs.
100 lbs. of Beans contains.....	85 lbs.
100 lbs. of Potatoes contains.....	25 lbs.
100 lbs. of Carrots contains.....	14 lbs.
100 lbs. of Peas contains.....	34 lbs.
100 lbs. of Oatmeal contains.....	91 lbs.
100 lbs. of Rice contains.....	92 lbs.
100 lbs. of Pearl Barley contains.....	84 lbs.
100 lbs. of Wheat contains.....	84 lbs.

There is no objection made to milk, eggs, butter, cheese, etc.

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THE REAL MAN.

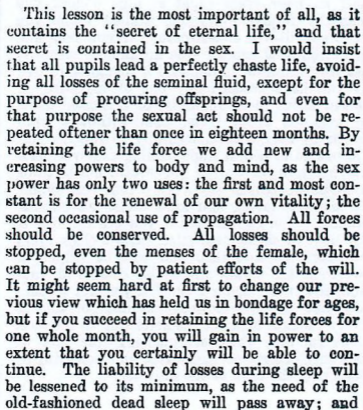
We all have, or rather, we all are, part of the universal substance called God, Universal Mind, Spirit or Father and therefore do not stand alone as a special and independent creation, but with all manifested life, we float in and draw every breath of our existence from the universal substance, which to the physical eye is invisible, but which in reality is the only life, light and intelligence. It is impersonal, universal, and absolutely perfect in its nature and is the supreme cause and only moving power of the universe. This supreme cause being mind or spirit and you can only come into *conscious* relation with it through your mind or spirit, which is accomplished by carefully observing all the instructions which I have and will give you. Make these lessons a part of your daily life; commit them to your memory and constantly live them until you possess that conscious God-power called personal magnetism, or the sixth sense, which will carry you out of errors into right and cause you to avoid mistakes and disappointments and which will in time carry you into different surroundings, different ways of living and will at-

tract to you associations which will aid you in the execution of your plans. To become powerful, you must first have a true affection for the universe with all there is in it. You must learn to view all men and all women as your brothers and sisters, as children of one father and their faults as mistakes of a struggling race. Avoid avarice, greed, sensuality, hate, pride, self-conceit, selfishness, jealousy, hypocrisy and superstition. Do not say you cannot; strike the word "can't" out of your dictionary. Spiritually you live, move and have your being in this universal element and have in *embryo* all its attributes; for as an individual you are its thought or idea. Your individuality is your *consciousness* of yourself. Your power to say "I am." You think and your thoughts take form as environment. All your bodily conditions, your health, your finances, your intelligence, your energy, your domestic and social relations, in fact, everything connected with your life, is in a very great degree the result of thought, either your own or that of the nation or the whole human race. The objects of these lessons, however, are not to argue the point or advocate some pet theory, but to point out to you the *way* which leads you to the knowledge of your real *self*. When you know this you have the real key to the "Mystery of the Ages," the Philosopher's Stone, the Divine Elixir, the Universal Solvent, and the "Fountain of Eternal Youth." And they are all yours. You have found the Elixir of Life for which the wise and

mighty have sought since the world began. This is a stupendous claim, but it is strictly true, and you can prove it true for yourself, by a faithful adherence to the instructions in these lessons. Thousands all over the land are doing so and are rewarded with health, peace and plenty. If for half an hour every night at nine o'clock you mentally forgive every one against whom you have any ill-will or antipathy; if you fear and are prejudiced against even an animal, mentally ask forgiveness of it and send it thoughts of love. If you have accused any one of injustice, or talked about them unkindly, or criticised them, or gossiped about them, then withdraw your words by asking them mentally to forgive you. Do not go to bed at night feeling that you have an enemy in the world. Be careful not to think a single thought or say a word that will offend. Be patient, loving and kind under *all* circumstances. You can do this if you are faithful to the hour of silent meditation (at 9 o'clock every evening), because then you will be helped to overcome the carnal and selfish desires of your animal mind. Again I caution you not to omit anything in these lessons as unimportant, as every thought expressed is according to the most powerful law, which are unchangeable, and we can only become perfectly free and powerful by observing the laws of the universe.



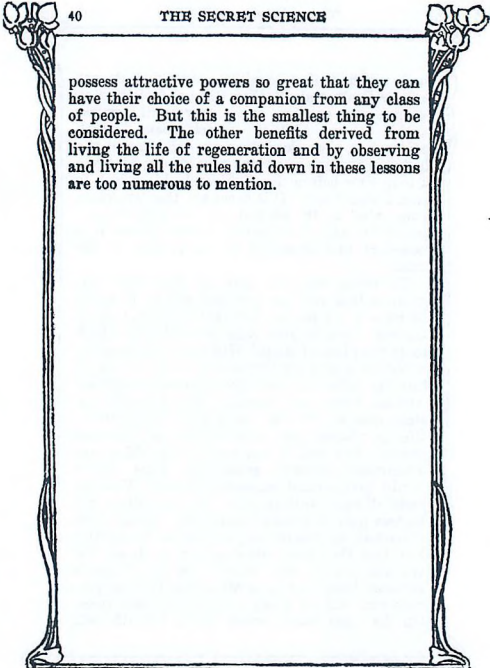
REGENERATION.



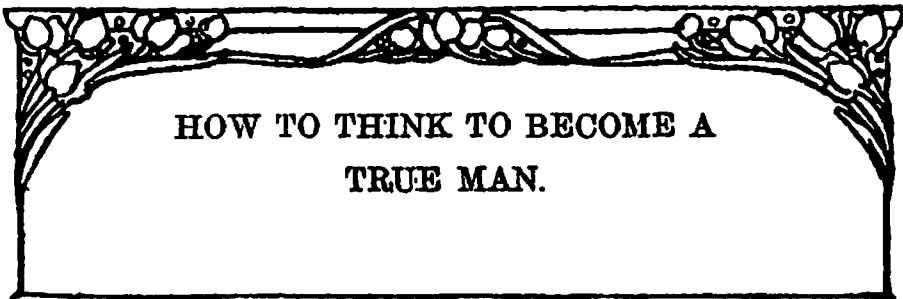
This lesson is the most important of all, as it contains the "secret of eternal life," and that secret is contained in the sex. I would insist that all pupils lead a perfectly chaste life, avoiding all losses of the seminal fluid, except for the purpose of procuring offsprings, and even for that purpose the sexual act should not be repeated oftener than once in eighteen months. By retaining the life force we add new and increasing powers to body and mind, as the sex power has only two uses: the first and most constant is for the renewal of our own vitality; the second occasional use of propagation. All forces should be conserved. All losses should be stopped, even the menses of the female, which can be stopped by patient efforts of the will. It might seem hard at first to change our previous view which has held us in bondage for ages, but if you succeed in retaining the life forces for one whole month, you will gain in power to an extent that you certainly will be able to continue. The liability of losses during sleep will be lessened to its minimum, as the need of the old-fashioned dead sleep will pass away; and

such will find, that notwithstanding they do not appear to sleep at all, they will not feel tired or sleepy; and as they go on there will awaken *within* them another *consciousness*, which awakens as they close their eyes and forget the body. There are some who may have to struggle a long time before they can reach this point; to such I would say: It is necessary that you place your mind in the attitude of one who is compelled to sleep in a place of danger, where it is necessary that he should be on the alert all the time.

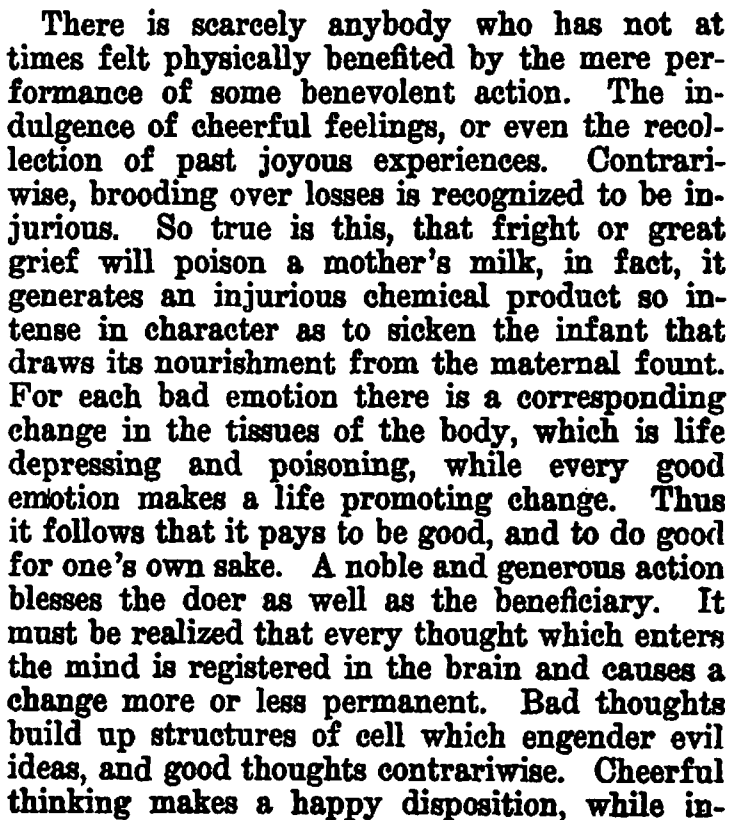
To retain the life may at first seem the greatest task you can perform, and so it would be were it not for the fact that but a few days' success rewards you with a condition which takes the place of sleep. While you are sleeping, is Nature's time for recuperation; but if you retain the life—the seed—the exhaust is supplied without sleep and therefore the necessity for sleep ceases. To live the chaster (regenerate) life, is placing you in a current of life and power. You can, if you will, by the aid of the magnetism created, accomplish feats which would have seemed impossible before. You can resist disease, prolong your life, and attain the highest goal of human attainment. It has been remarked, by young people who are living this life, that they have added power to attract the opposite sex; in fact, therein lies one of man's greatest dangers, viz: in attracting to them persons who will use every means to ensnare them. On the other hand, people living this life will



possess attractive powers so great that they can have their choice of a companion from any class of people. But this is the smallest thing to be considered. The other benefits derived from living the life of regeneration and by observing and living all the rules laid down in these lessons are too numerous to mention.



HOW TO THINK TO BECOME A
TRUE MAN.



There is scarcely anybody who has not at times felt physically benefited by the mere performance of some benevolent action. The indulgence of cheerful feelings, or even the recollection of past joyous experiences. Contrariwise, brooding over losses is recognized to be injurious. So true is this, that fright or great grief will poison a mother's milk, in fact, it generates an injurious chemical product so intense in character as to sicken the infant that draws its nourishment from the maternal fount. For each bad emotion there is a corresponding change in the tissues of the body, which is life depressing and poisoning, while every good emotion makes a life promoting change. Thus it follows that it pays to be good, and to do good for one's own sake. A noble and generous action blesses the doer as well as the beneficiary. It must be realized that every thought which enters the mind is registered in the brain and causes a change more or less permanent. Bad thoughts build up structures of cell which engender evil ideas, and good thoughts contrariwise. Cheerful thinking makes a happy disposition, while in-

dulgence in melancholy has an opposite effect. Mind is the most important thing in the world, for without it all else might as well be formless and void. How is man to get more mind? That is the question. Anybody may go into the business of building his own mind. The thinking organs undergo a perpetual change in all structures and are never finished; therefore every one is in a measure the architect of his own mind. He may begin alterations at any time. Systematically devote a portion of your time every day to calling up pleasant ideas and memories. Summon these fine feelings of benevolence and unselfishness which are called up in ordinary life now and then. Make this a regular practice like swinging dumb bells. Gradually increase the time devoted to these mental gymnastics, giving them from 45 to 90 minutes time per day, in a short time you will find the change in yourself surprising. The alterations will be noticeable in both actions and thoughts.

What we call the drawing power of the mind is not that of longing for things. Longing implies impatience because they do not come as soon as we desire. The impatient state will either drive what you desire from you or delay its advance. The force of mind that you need to put out to draw good things to you lies in that mood which continually and calmly says: "I must have these things." "I am going to have them, provided a wisdom greater than mine sees that it will not work me injury to have them." This mood is to be permanently maintained from

month to month and from year to year until at last it becomes a part of yourself and you actually will have such a frame of mind whether you are conscious of it or not. To cultivate the art of pleasing is not only worthy of your ambition but it is the duty of humanity to render ourselves as agreeable as possible to those around us. I do not recommend flattery and deception for the purpose of winning the regard of others. I would rather urge a sincere and open conduct which is founded on moral principles, and which looks to the happiness of others not through any selfish aim, but for the reward that virtuous actions bestow. The simpler and easier your manners, the more you will impress the people of your good breeding. The magnetism that charms must be developed on charmable lines. It is a mistake to think otherwise. I will here once more urge you to learn to concentrate your mind to the thoughts which you desire to make the purpose of your life.

To begin with, you should read nothing but thoughts worth thinking about, and that will aid to store your mind with useful knowledge.

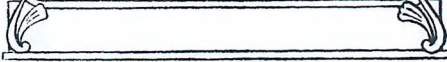


THOUGHT POWER AND DISEASE.

The mind of a diseased person contains diseased parts which directly control the diseased portions of the body. Brain and nerve cells accumulate and die very rapidly and the full force of the mind centered on making the nerve cells healthy will accomplish this and the corresponding parts of the body is healed.

"As a man thinketh, so is he," not only in one thing, but in all things. The man or woman that constantly thinks that they do not feel well, must necessarily be diseased. Fear a certain disease, and keep your mind on that disease, and it will not be long before you will have that disease, not in imagination, but in reality *through* imagination .

But not only is it necessary to think of disease to become diseased, but if a person has gloomy thoughts, is anxious for any length of time, or has thoughts of hate, malice, etc., these also will bring different diseases, because they interfere with the proper circulation of the blood, through the brain, making it sluggish and thereby killing the brain cells. This is the whole cause of disease. No man or woman that has any gloomy or



hateful, spiteful thoughts can be in a healthy state. It is impossible, because these thoughts kill the brain cells and cause disease.

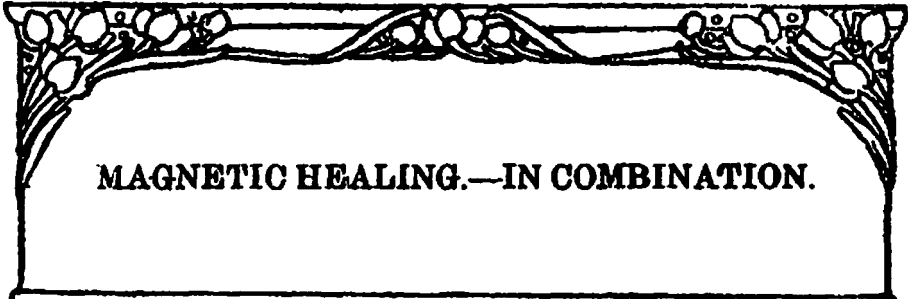
On the other hand, thoughts of health and love, cheerful thoughts, thoughts that have no hate or spite mixed up with them, but thoughts that wish the best to all, etc., these bring health and beauty and all that is desirable in life, and by this it will be seen that our life is as we think or make it.

On treating others, do not lose sight of the fact, that you must control the patient's thoughts or mind. You must centre that mind on health instead of disease, harmony instead of discord, change his or her thoughts from disease to health and the cure is assured.

This can be done by suggestions. Impress upon the patient's mind the thoughts that he is being cured, that the disease will leave him or her. Give him healthy thoughts. Make your suggestions impressive so that the mind of the patient will accept them as true and they will start to think that they are being cured. Soon they see a little improvement, their thoughts become more firmly fixed on a cure and it will not be long before they are completely cured.

This is the only way that cures are effected in absent treatment. When the patient sees an advertisement, why he thinks that perhaps he may be cured that way. Here faith in the treatment already begins. The person answers the advertisement and all the time while waiting for an answer he hopes that he may be cured in that


way. When the answer comes, if it be an impressive letter, the patient will follow the instructions, believing that the healer can cure him. This is putting his thoughts on a cure and by steadily thinking of a cure, the cure is effected. Why? Because instead of killing nerve or brain cells, as thinking of disease always does, the patient thinks only of health and thereby builds cells and gets well.

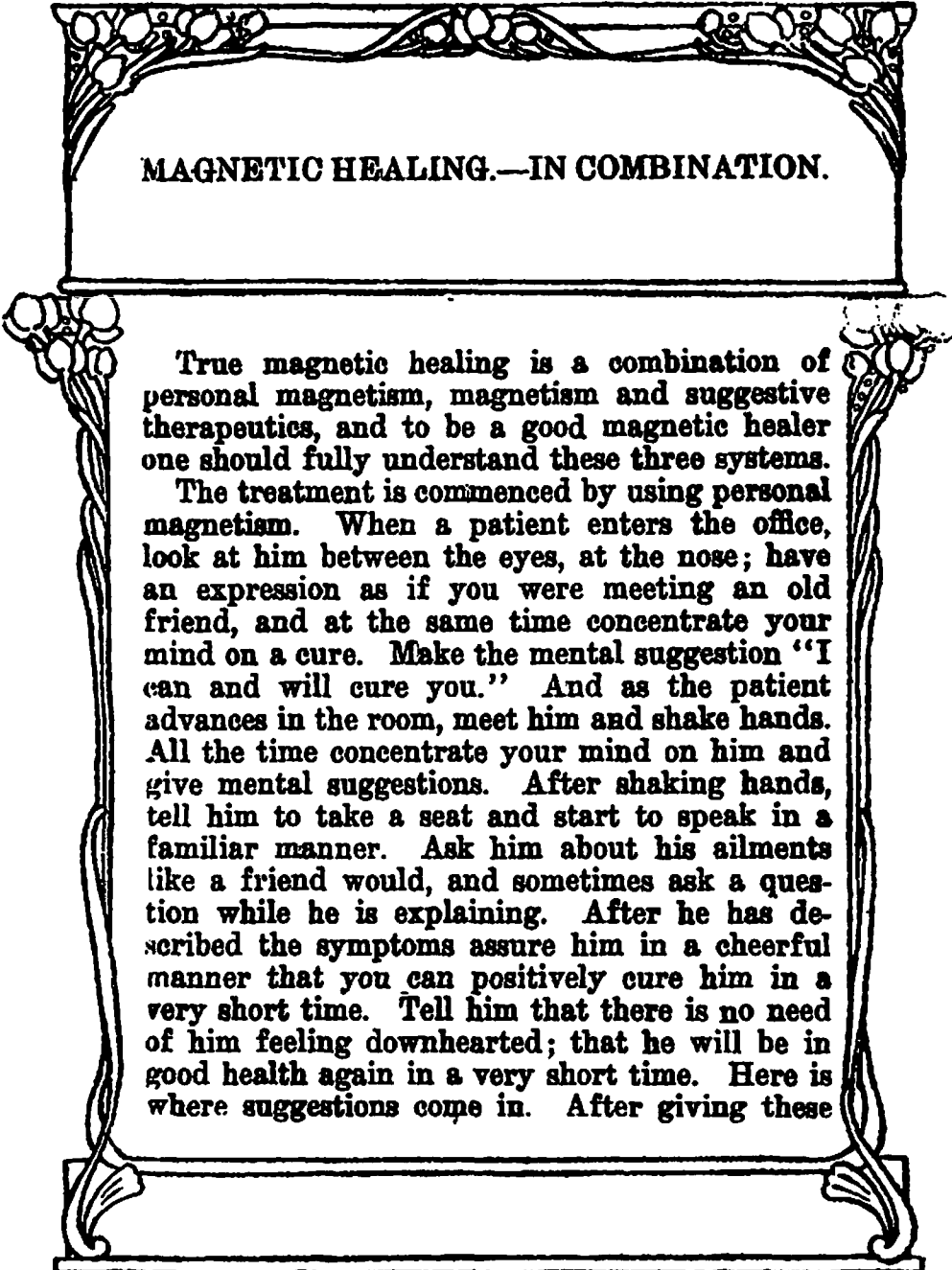


MAGNETIC HEALING.—IN COMBINATION.

True magnetic healing is a combination of personal magnetism, magnetism and suggestive therapeutics, and to be a good magnetic healer one should fully understand these three systems.

The treatment is commenced by using personal magnetism. When a patient enters the office, look at him between the eyes, at the nose; have an expression as if you were meeting an old friend, and at the same time concentrate your mind on a cure. Make the mental suggestion "I can and will cure you." And as the patient advances in the room, meet him and shake hands. All the time concentrate your mind on him and give mental suggestions. After shaking hands, tell him to take a seat and start to speak in a familiar manner. Ask him about his ailments like a friend would, and sometimes ask a question while he is explaining. After he has described the symptoms assure him in a cheerful manner that you can positively cure him in a very short time. Tell him that there is no need of him feeling downhearted; that he will be in good health again in a very short time. Here is where suggestions come in. After giving these



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and some more cheerful suggestions you have turned his thoughts from disease to health. When you have fully accomplished this, your cure is effected, for when a person once stops thinking of disease and thinks of health, he can no more be sick than the world could move without nature's law. Get him to think of health instead of disease and your cure is assured every time. This is the whole secret of success in this or any other system of drugless healing. No other instructions are needed, just simply turn the patient's thoughts from disease to health.

Now tell him to lay down on a couch in a comfortable position and make passes over the affected parts. Always make these passes downward and while doing this make suggestions verbally. Should it be a headache let him sit in a chair while you make the passes and give suggestions, telling him that "He is feeling better;" "that he will feel better every hour from this time on;" "that he will notice the change in his condition and will steadily improve until he is completely cured." Right here I wish to say a few words to the healer. First. No patient will come to the healer unless he has some faith in the treatment. Second. When the patient is given treatment he believes that he will be cured. Third. When he is told that he will steadily improve he will believe it, and at first imagine that he is improving and then feel the improvement, because he has accepted the suggestions and has *faith* in the treatment, and remembers the words: "Thy faith hath made thee whole."

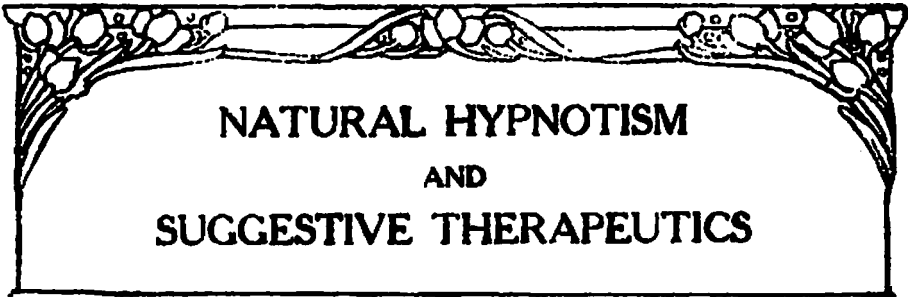
Concentrate your will and also give the suggestions mentally that he will be cured and you will succeed. Gain his confidence in a cure and when once he has faith in the cure he will soon be cured. Do not begin to give treatment in a half-hearted kind of way, for you will surely fail every time. Have confidence in yourself and put your soul into the work and the patient will have confidence in you. It is one of nature's laws. (See "Alchemy and the Alchemists.")

It is best that the patient's eyes should be closed during the treatment for this will keep his mind fixed on the cure.

In case where the patient has pain in some part of his body or a burn or a sore, it is best to follow the instructions as given in the "Militia Crucifera Evangelica," Part Third.

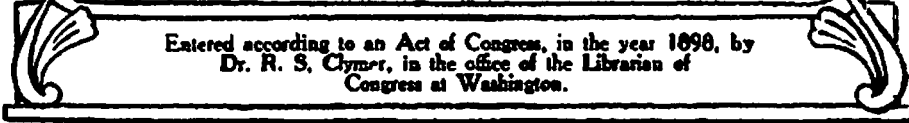
By the foregoing it will be seen that this system must be effective, in that it combines magnetic healing as the healer practices it. It combines the powerful thought force, the strongest healing power known to man: Suggestive Therapeutics, and Personal Magnetism. The healer should practice concentration daily, so that he can control his thoughts at will.

Remember, in giving treatment, to first gain the patient's confidence and his faith, so that you are able to cure him, and next to turn his thoughts from disease to health and you will and must succeed.

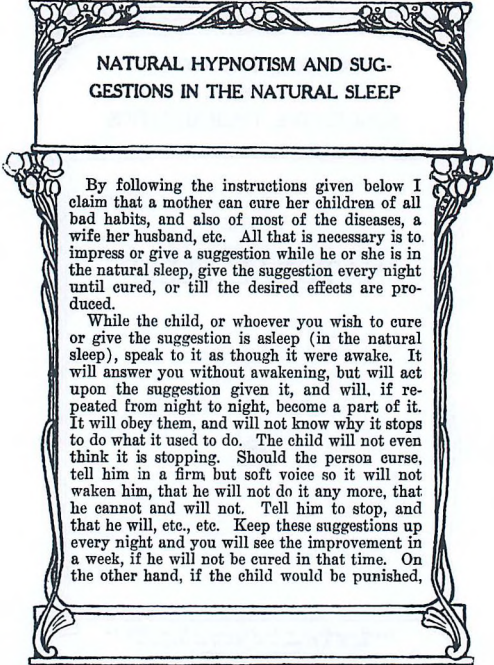


NATURAL HYPNOTISM
AND
SUGGESTIVE THERAPEUTICS

IN THE
NATURAL SLEEP



Entered according to an Act of Congress, in the year 1896, by
Dr. R. S. Clymer, in the office of the Librarian of
Congress at Washington.

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NATURAL HYPNOTISM AND SUGGESTIONS IN THE NATURAL SLEEP

By following the instructions given below I claim that a mother can cure her children of all bad habits, and also of most of the diseases, a wife her husband, etc. All that is necessary is to impress or give a suggestion while he or she is in the natural sleep, give the suggestion every night until cured, or till the desired effects are produced.

While the child, or whoever you wish to cure or give the suggestion is asleep (in the natural sleep), speak to it as though it were awake. It will answer you without awakening, but will act upon the suggestion given it, and will, if repeated from night to night, become a part of it. It will obey them, and will not know why it stops to do what it used to do. The child will not even think it is stopping. Should the person curse, tell him in a firm but soft voice so it will not waken him, that he will not do it any more, that he cannot and will not. Tell him to stop, and that he will, etc., etc. Keep these suggestions up every night and you will see the improvement in a week, if he will not be cured in that time. On the other hand, if the child would be punished,

he would get worse instead of better. It is the nature of a child. In this way you can cure a child of any habit, no matter what that habit is. It may take a week or it may even take longer, but the results will please you if you have a little patience. Mothers, think is this not far better than to scold and abuse your children, and what good will it do you? I have never seen a child that was cured of any habit through abuse. In nearly every case when a child is punished he will grow worse instead of better. Why? Because it will think of the punishment and also of the habit. By using this method you need not scold or abuse your child, and yet you can cure it quickly, easily and for ever, without its knowledge. Is this not far better than to be always scolding, cursing and beating your children, like a good many people do? Or have you a son that drinks or smokes or does something else that you do not wish him to do? Then try the following method. If he drinks, then wait till he is in bed and you think he is sound asleep, then you may call his name softly. Perhaps you must call several times before he will answer. If he wakes, you can make some excuse; you can easily tell if he is asleep or not. If he sleeps on, then say: "You cannot drink any more, you will not; it is not good for you; it will make you sick," etc. Keep on making suggestions for a few minutes every night and you will and must succeed.

Should your child, husband, father, mother, brother or sister be afflicted with headache, nervousness, constipation, indigestion or any

chronic disease, that could be cured by hypnotism, you can cure them, by the same method, while in the natural sleep. Give them the suggestion that they will be cured. If they have headache, tell them that the headache will go away; that they will feel all right; that when they awake they will not feel anything any more; that the headache will be away not to return again, etc. Give them these suggestions, and you can cure. In constipation, indigestion or disease of this nature, you must keep these suggestions up for more than one night; keep it up till your patient is cured. There is no disease that can not be relieved by hypnotism, if it cannot be cured it can be relieved at least. Even death can be stayed for some time.

Should you have a child that is lazy, or that will not obey when you tell it to do something, do not scold it in any way. It will get worse instead of better. Scolding is giving a suggestion, and remember that any suggestion that you give a child will be remembered by that child. It will think about it, and in the end it will do more harm than good. How can you expect a child to obey if you are always scolding and cursing it? Would you? Do you like to work for a person when you can do nothing right for him? and if he is always finding fault with your work? Whereas, on the other hand, if a person speaks kindly to you, you will be pleased to work for that person. Do you not think it is the same with an innocent child? A child cannot take the curses and abuses that a man can. A mother or

father can mould the brain and the thoughts of their child. Why not do so then? Not by scolding and curses, but by the method here given. Give him the assurance that it is not his nature to tell falsehoods or being lazy; that the better part of him is the stronger part; and that he will never be lazy again. Give him something to think, something that will make him feel good, instead of making him downhearted. Give him these suggestions while he is asleep and repeat them for several nights in succession or till cured. Let him answer you without waking.

Or if a wife has a husband that drinks or is always cross, give him the suggestions in his sleep, that he will not drink any more, that he cannot; that he will get sick if he will drink any liquor again, etc. Give him these suggestions every night and you can cure him. If he is cross, give him the suggestions that he will not be so cross again; that he cannot and will not, etc.

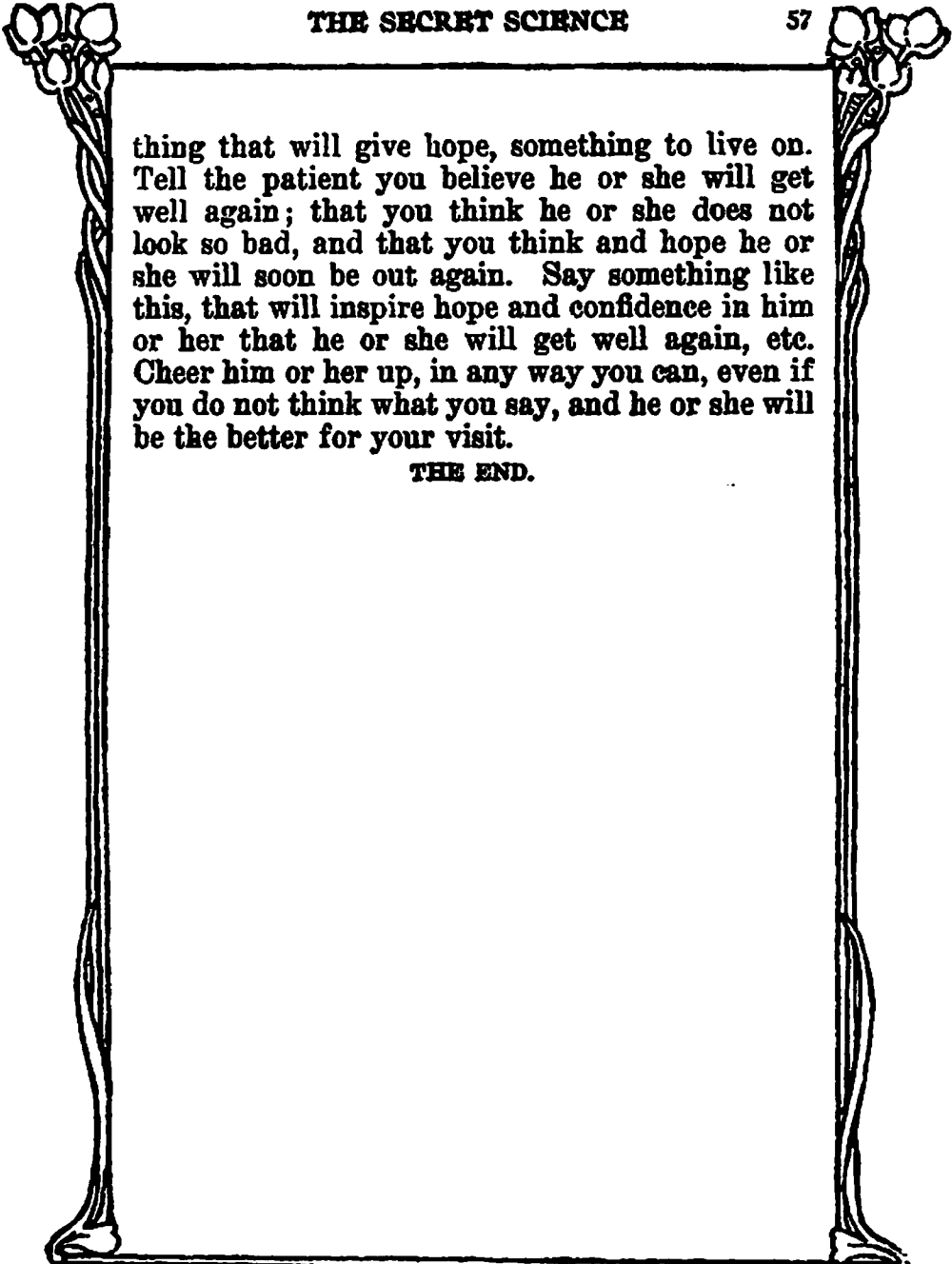
This is not hypnotism; that is, induced hypnotism, but natural hypnotism. Suggestions given in the natural sleep. Every mother, nurse and physician should understand hypnotism and use it. Many a mother uses hypnotism and does not know it. How often do we see a mother coaxing her child to go to sleep, etc., telling it to sleep. Is this not hypnotism? That child sleeps perhaps one, two or three hours and then awakes. The mother hypnotized that child. If she did not, then there is nothing like hypnotism. Then that child awakes by itself. This proves that there is no danger in hypnotism, or that a hypno-

tized person will not awake, for how often does a mother put her child to sleep by suggestion, or as it is termed, by coaxing it to sleep. Yet I never heard of a case where the child did not awake. This proves that there is no danger in hypnotism, or in awakening a person that is hypnotized. Hypnotism may not be free from danger when it is not employed right. But natural hypnotism or suggestions in the natural sleep is.

Every mother should understand all the easily understood principles of hypnotism, and should use it in training her children, or in curing bad habits and diseases.

Ill informed persons will still insist that there is danger in hypnotism and that it weakens the mind. Hypnosis will strengthen the mind or will. It teaches concentration of the mind; it is an educational agent in every sense of the word. There is no danger in hypnotism if used right. Every person may know the supposed mysteries in hypnotism, if he wishes to, with a little study.

Another thing parents or friends should not do is to say when they come into a room where a sick person is, "I don't believe he or she will get well again; look how wasted he or she is. He or she looks awful. I would not wish to be in his or her place for the world. I would give up." Any person saying something like this should not be allowed to be in a sick room. It is giving a suggestion, a deadly one at that, and one that will do more harm than a dozen doctors can make good. It invites death itself. Always, when you go into a sick room, say something that will cheer, some-

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thing that will give hope, something to live on. Tell the patient you believe he or she will get well again; that you think he or she does not look so bad, and that you think and hope he or she will soon be out again. Say something like this, that will inspire hope and confidence in him or her that he or she will get well again, etc. Cheer him or her up, in any way you can, even if you do not think what you say, and he or she will be the better for your visit.

THE END.

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CONCERNING MAGIC MIRRORS THE MAGIC INDIA BHATTEH

The mysterious value of Magic Mirrors, jewels and crystals for divination purposes, and sensing the far-off dead, has been conceded in all ages, from the Tirtakas (who preceded Gautama Budha) to this day wherein Irisis Budha is on the earth, preparing for HIS mission to human kind. Mirrors equal to those noted herein have never been in this world before, and when these are gone may never be again.

The prices vary according to grade, size, and whether fretted, plain or golden; and the costliest ones are of course the best. We do not, cannot make either the frames, mountings, shields or faces, the Bhatteh, or anything else about them: but only fit, black, polish, charge, magnetize and prepare them for use. Experience enables us to select the best. In ordering them, two or three months must be allowed as often we have to send 1,200 miles away to have the order filled, and each one requires a great deal of manual, mental and magnetic labor and manipulation before being ready for shipment. We are the ONLY ones in America who can produce the genuine Bhatt, or who understand their treatment. All cannot successfully use them. Their prices vary according to grade and quality, and of fifty made if three prove

exactly right, it is a fair percentage—the other forty odd being useless and a dead loss.

First grade, finely mounted in black, small but first class, \$18.00.

Second grade, much finer than above, mounted in same way, \$35.00.

Third grade, larger and mounted in same manner, \$45.00 to \$80.00.

Fourth grade, large, finely mounted, frame covered in gold leaf, \$130.00.

Fifth grade, largest and best made (Queen Bhatts), frame covered with 14 carat gold, \$180.00 to \$300.00.

All prices are according to fineness, beauty, polish and depth of Magnetic Basin. The number procurable is small—their quality superb. As to who can and cannot successfully use them, it were a waste of both time and money for those to invest who have no natural bias toward the Occult, Spiritual or Mystical in the Worlds. Generally those who are immortal can use them, but those whose immortality is doubtful or not assured cannot at once see even floating clouds in the best Bhatt ever made; wherefore we hold that person fully endowed with immortality who can see clouds, phantoramas or emblems therein; or who become magnetized while gazing into their deeps; but those wholly non-subject thereto, their immortality is not a certainty by any means; yet by their use it is held that the latent force WITHIN, the dormant Magnetic unction, may be aroused, concentration be effected, the Lymphication of Love take place, and the body therefore be enabled to build up the Electro-Ethereal one WITHIN, and life be prolonged, subsequent to death—albeit it is held that

those who use them for vile purposes—lust, revenge, avarice—invariably injure **THEMSELVES**, defeat their own best interests, and cancel their chances of a glorious post-mortem life.

A lady resident in a large city in New York State purchased some time since one of those magic mirrors in whose black concave surface the “conscious clairvoyant,” as Major Buckley called those whose interior vision is opened while the person is awake, are able to see the wonderful phantasmagoria of the spirit-world.

It is formed apparently out of a great black onyx, some fifteen inches in diameter, and is polished more highly than cut glass, is framed in black, and rests upon a crimson silk pad in a handsome morocco case. At a recent seance the powers of this bowl of fate were fully exemplified. A clairvoyant woman gazed at it, and for more than two hours described with scarce a moment’s intermission landscapes, emblematic groups, scenes transpiring by land and sea, in the snowy fastnesses of the Far North, and on the burning sands of the Great Sahara Desert. The forms of deceased friends flitted across it, and messages were displayed on white sheets, or paper screens held up before the seeress’s eye. Anon a mounted cavalier would dash into the field of vision, or the exciting episode of a lion chase be exhibited. Take it all in all it is one of the most curious of the phenomena of the school of magic. The potency of the magic mirror was avouched in the earliest historic periods. The ancient Egyptian soothsayers used a polished metallic basin or a dark fluid held in the palm of the hand. In modern times the most famous among the adepts

in this form of divination was Dr. Dee, whose magic crystal is still preserved in the British Museum, and who fell a victim to the ignorant intolerance of his times.

The true magic mirror is prepared by a high-caste priest, with solemn and peculiar ceremonies. Its potency is supposed to depend upon the nature of the ceremonies, and it may be made to represent either the dark or the light side of nature—to attract either good or evil spiritual influences.

Very large sums have sometimes been paid for a good mirror, and the one in question was thought a great bargain at the price of \$250."

The above mirror is one of two procured for the lady by our house. We have the choice of a few quite as good, and at less than one-third the cost of that one.

No genuine Mirrors can be procured except through this house. The one alluded to by the Sun is one of a few of which there are but two of each grade left for sale on this Continent. These Bhattehs, in the hands of those of mystic inclinations, who are judicious, and will not abuse the marvelous power they confer on properly organized persons, are believed to be the grandest agency on Earth for Vision-Seeing, Self-Magnetizing, Clairvoyance-Producing, Mind-Concentrating, Spirit-Viewing, Mental Developing, Reason-Expanding, Love-Enkindling, Affection-Centering, and general Mystic—revelative—Power, surpass infinitely all Crystals, Moon-stones, Magnets and Circles—while for fixing firmly the hearts, attentions and affections, recalling and restraining the erring, centering the energy of prayer, drawing to one's aid

the citizens of the Eternal Worlds, and of the Spaces, exerting majestic magnetic energy on the living and the dead, defeating fraud, forecasting the future, smoothing one's affectional pathway, and for general mystic divination the true Bhatteh has in all ages been regarded as the supreme agency of the globe.

The present few are probably the only ones that will ever be procurable in this country.

Address:

Write your letter concerning these Mirrors, place in an envelope and address to "K. R."

Place this in another envelope and address this to

**PHILOSOPHICAL PUBLISHING CO.,
Allentown, Pa.**

Same will receive proper attention. Do not write unless really interested.