

Satisfy Your Desires

by Gaining a Knowledge of
Your Psychic Powers Within

by

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Author of Physical and Mental Culture; A Psychological Experience with the Devil; My Bunkmate and I; What is The Mind? Organ Mountains, Etc.



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Master yourself, then
Satisfy your desires.
Yours truly,
Capt Parker.

SATISFY YOUR DESIRES

Dear Brothers, Companions and Princes,

Note this: It is Logical, Philosophical, Metaphysical, and deals with Suggestive Therapeutics. It teaches **mental and physical culture**, and contains lessons for the cultivation of **will power, self control and concentration**, a knowledge of which will enable **YOU** to become successful in your pursuits of life.

This treatise is not intended for so called literary people.

They know, or at least **think** they do, considerable about systems of education,—but as a rule know very little about themselves. The majority of those, the educated, have yet to learn from experience that spelling correctly, writing grammatically or a knowledge of rhetoric never will be the cause of man finding the **heaven within**, or of his gaining a knowledge of his **innate powers** in order that he may **satisfy his desires**.

Such conditions can only be brought about by the right way of thinking the proper kind of **thoughts** and the right method of action.

Self preservation is the first law of nature, and the pursuit of everyone in life is their own happiness. It may be obtained in various ways; your inclinations may be good or bad; whatever they are you should gain a knowledge of self and your **psychic powers within**, that by so doing you may be enabled to **satisfy your desires**.

It took but a few words to express the sayings of the greatest teachers of knowledge and wisdom of their time and who were known as the seven wise men of Greece. He who stood first was

Solon—"Know thyself."

Chilon—"Consider the end."

Pitticus—"Know thy opportunity."

Perander—"There is nothing impossible to industry."

Thales—"Security is the precursor of ruin."

Cheobulus—"Avoid excesses."

Bias—"Most men are bad."

Your humble servant teaches: Satisfy your desires, but first gain a knowledge of self that you may have the right kind of desires.

"Man, know thyself," is man's only salvation, either in the **physical, mental or spiritual** world.

Yours truly,

Comrade R. D. Parker,

Downers Grove, Ill., U. S. A.

Man's attributes and the higher actions of his life depend upon the control of his **mental and physical organs**.

Perception precedes mental growth, and the first intelligent, intellectual progress of man's mental growth was his ability to observe and perceive, his observation of events and things laid the foundation of his reasoning faculties; then as he progressed he associated that which he had observed with its locality, and the result was comparison duly installed with reason as a basis of all things that might be brought about by **experience**.

He who consults wisely, then executes his purpose with perseverance, will succeed in any undertaking.

Man's conscious life is largely a matter of mood—of **mind, heart, soul, spirit**—causing the individual to form habits that for a while may be pleasing to the physical body, but eventually not only wreck the physical but also the **mental, spiritual**.

As man is servant or master of his moods, he is servant or master of himself. If his spirituality has been properly cultivated, his motives will be to do good.

If he caters to the physical he is liable to deaden the spiritual, and his habits will eventually cause him to suffer in the mental as well as the physical body.

The cure of any habit of mind or body must be **psychological**. The cure of disease is a repair of tissue by nature, which can be brought about by normal assimilation, etc. This must also be taken into consideration in changing of **any bad habit**.

All things are based upon cause and effect. Effect is the result of cause and cause is the progenitor of experience. Experience seldom makes mistakes.

“Truth is mighty and will prevail.” “Seek ye the truth and it shall make ye free.”

From experience we gain knowledge; knowledge can be imparted to others,—but remember your chief knowledge is the result of your own experience—but you can profit by the experience of others if you will. From knowledge we gain wisdom,—therefore seek ye knowledge and wisdom.

You learn things by doing them; mental attributes are the cause of, and determine the effect.

Schooled to think in the right direction, you will have no unpleasant result, and you are master of your own destiny; you can **think** and produce your thoughts in action.

The kingdom of heaven is within you. Seek the kingdom of heaven and its enjoyments.

As a man thinketh so is he.

Then think of what you need to the exclusion of everything else and it will be given unto you; in other words:

Ask for what you want, believing, and you will receive it.

Thoughts lead to action—therefore thoughts are things.

Learn to **control thoughts**.

A positive person always radiates either good or bad influence, the negative person is the recipient, and usually burdens himself with things needless, and is therefore mentally and physically weak.

Learn to be positive mentally and passive physically,—you will be the better for it.

The person who violates the statutory laws is punished by the law; the one who violates the laws of nature punishes himself.

Which is the worse?

Put yourself in a sound condition physically and mentally and then you can think right,—and by thinking right will live right,—and by so doing will be at peace with God and man.

Then, if your life reflects what you think, everything will come your way. Try it and then you will have added to your knowledge, and be the better for it.

Factors in the composition of man are: The infinite and finite, a spiritual and material, an eternal and temporal.

The finite and temporal factors are manifested in the limitations and necessities imposed upon us by our earthly or material existence.

Choice is the creator, and our sole inheritance is the product of our deeds.

Every sin or violation of natural laws brings its own punishment.

“Whatsoever ye sow that shall ye reap.”

If your present conditions are satisfactory, you can assist others by a knowledge of the lessons in this work. If not, comparisons would be a waste of time and would bring you no relief. What you want to know is how to overcome your present conditions and profit thereby. The propagation of such knowledge is the object of this book.

First, you want to gain a knowledge of yourself, study the **psychic powers** within, become proficient in **psychometry**. **Clairvoyancy** will develop later and will prove to you the existence of your ever progressive **soul and spirit**.

Second, make use of the knowledge in improving yourself and teaching others; your reward will be certain.

Then remember there are no untalented people. When we envy the gifts of others we do but forget our own. No life is ungifted. There is no personality which has not its own peculiar and rich talents. If our lives seem to us untalented, ungifted, it is because we have allowed our natural gifts to be uncultivated.

All healing powers of mind and body lie within. If we surrender to this law, we will live the life and reap the blessing. Remember that man must be master of his own body, and

that a **desire** recorded mentally will eventually establish itself physically.



The Creator made man in his environment with all his hereditary tendencies, or else He endowed him with intelligence and reasoning faculties that he might produce his thoughts in action.

I assume that man's heredity and environment make him what he is until he gains a knowledge of himself,—then he seeks to make his own environment and himself what he wills them to be.

As there is no conception of mankind that does not undergo a change, I assert that all things must be brought about by **evolution** based specifically upon **cause and effect**.

In the process of evolution this world was a seething, firing mass, and in the course of time the surface began to cool, vapor condensed into water, and animated life sprang forth.

Through the abrasion of the surface of the earth soil was produced and vegetation began to grow upon it.

In time animals (mammals) were created, and, finally the crowning effort of the Creator, man, was produced and to him was given the power to think and create the object of his thoughts. Therefore, remember that thoughts are material and, "as a man thinketh in his heart so is he."

The first real progress of primitive man was when his thoughts led him to produce fire. This fact alone proves there is some sort of a future for the perpetuation of the experience and knowledge he has gained in this life. Man is the only animal that will build and replenish a fire. All other animals will huddle around it until the last spark has expired. Man knows from experience that if he would enjoy the warmth and pleasure of the fire he must prepare the fuel and use it when he **may desire**.

After man had learned the usefulness of fire he became more of a social being and began to express his thoughts in words that his meaning might be understood. He also began to make use of the manifold blessings with which nature had provided him.

At night as he tended his flock he gazed at the sky, and finally discovered that at certain times of the year the stars were fixed in obedience to natural laws, and his studies of their laws he called astronomy,—one of our most useful sciences.

He also discovered that people born under the various planets at stated intervals were endowed with certain dispositions and subject to kindred diseases; that they could affiliate with those who were born under other planets—and after keeping records of these facts for centuries it was given the name astrology, a very useful study for all who contemplate making the best of this and future life.

As man progressed and his thoughts ex-

panded, he ascertained that character was delineated in the mounts and lines of the hand,—which gave rise to what is now known as **palmistry**.

He found that in clasping the hands of others there were produced emotions which, **intuitively**, had a meaning, and it gave the positive character the power to read the negative or weaker one. This brought about **psychometry**, or the power to read past and present events. This knowledge is used by our spiritualistic friends to demonstrate their belief in the spiritual. They also discovered that it was not necessary to be brought into contact with the person, but with the aura containing their magnetism—which finally gave them a knowledge requisite to prophesy for the future, and which was called **clairvoyancy**, or the art of seeing things as they are, and as they will be.

If there is anything noteworthy in the evolution of man and his desire for a future, he must use his thoughts and prepare himself for the **spiritual**, which is demonstrated daily in our lives by the conscious or unconscious use of **psychometry** and **clairvoyancy**.

Science will receive no aid along this line until it observes man from both the moral and spiritual side. Knowledge comes only to those who strive to realize harmonious unity, yet our learned theologians and scientists express their different views only from the standpoint from which they have studied the case.

Our spiritualistic friends use **psychometry**

and clairvoyancy which belong to the occult, and some of them call it spiritual. While I am not in sympathy with this derivation, I do believe in the spiritual and will endeavor to explain before finishing this treatise.

As man's intellect and reasoning faculties expanded or grew, he created words to express his thoughts, views, etc., then worshiped or feared the result of his own creation.

What Is Thought?

Thought is creative energy brought about by force, or motion or electric magnetism, and precedes action; therefore thoughts are things, and "as a man thinketh in his heart so is he."

What wonderful things are our thoughts,
Be they either for good, or bad,
Then learn control of your thoughts,
That you be happy instead of sad.

Some years ago I wrote:

The soul comes from the infinite
With it the mind and spirit,
The mind controlling during the physical life
The soul,—the spiritual within it.

The soul makes the man. To the man of affairs the world is a scene of strife, to the child a playground, to the glad of heart, serene, to the tear stained eye it is turbid.

As the mind is that which controls in physical life, we should endeavor to gain a knowledge of it and profit by applying the same.

What is the Mind?

The mind is the seat of our thoughts and directing force of our actions. Within it is con-

tained the **intellect, intelligence and reasoning** faculties of man. The mind is the store house of all we have learned. It has the power to print, store away and reproduce at the will of the operator. The mind of man is the Creator's masterpiece. It contains the **spiritual and mental** faculties that will guide him through life and prepare him for the future.

All that man has attained, or hopes to attain, must be the product of mind.

The mind is the golden throne
Upon which sits the Goddess "Reason,"
Reflecting our thoughts for good or bad
In and out of season.

It is all there is of man
That in future life he may use,
Then cultivate wisdom and knowledge
That it may never fall into disuse.

But keep on growing in the things
That your heart may desire,
For you are what you will to be
When it comes to living higher.

You can think and you can act,
And it is for you to do,
If you make burdens for yourself
You needs must carry them through.

And as **truth endures forever,**
The **mind** is one of its facts,
And you make yours what you will to
By your thoughts and by your acts.

What is the Spirit?

In describing the **spirit** let us endeavor to explain the relation of the material mind to the **mental spiritual**.

The seat of the mind is the brain of the physical; within it are intellect and reason. The **spirit** is the connecting link between the **mind and soul** and is the medium by which impressions are conveyed from one to the other. To illustrate, consider the telephone. Listen to the voice of some one talking and you recognize the speaker; the medium is the wire and instrument that conveyed the message. You also listen to the graphophone and when the voice sings your favorite song, in tones familiar, you know the singer. This time the medium is a piece of vulcanized rubber. Now think: what science caused this oral transmission? It was the voice **in spirit** impressed upon the vulcanized rubber that was audible to the one who listened,—but there was a **mind and soul** guided by intelligence in both cases.

The Hindoo from his knowledge of psychic powers has practiced and used telepathy for centuries.

What is Telepathy?

It is the art of conveying or sending a message or thought from one person to another without material means. The one sending the message must have absolute control of self; the one receiving does not need to know or even believe. Distance is no barrier, but the participant must be passive or asleep,—a good explanation why the Greek writer wrote,—“The night time of the body is the day time of the **soul.**”

MAN AN INVOLUNTARY BEING.

“According to the laws of nature man was born involuntarily; he receives the breath of life involuntarily; his breath leaves him and he dies involuntarily. His thoughts precede his actions and are also involuntary. Man is composed of physical, mental or spiritual material which causes him to have two minds; one he controls, the other controls him,—he being possessed of a dual mind. For the benefit of himself and his fellow man he should cultivate his mental-spiritual until it predominates,—for he will have no further use of the physical after the burial services, “Dust thou art and to dust shalt thou return.”

As man was born involuntary with all that pertains to his heredity and his environment he has only progressed proportionately as he has developed himself mentally and spiritually.

During the Greek civilization, the physical was nearer perfection than at any other period because they used their mentality for the purpose of developing the physical. They profited by inscriptions upon their temple walls,—“The greatest study of man is man; Man know thyself;” and they made it their business to develop men intellectually as well as physically,—instead of utilizing their knowledge for the accumulation of wealth, a practice which makes slaves of the masses and **tyrants of the few.**

Compare the Greek civilization with the present time. Our government spends millions

in developing prize stock that can be converted into money, but not a dollar to inaugurate a scientific method of producing healthy children and to upbuild the race.

Man has voluntary and involuntary organs. His involuntary organs, such as the heart, lungs, liver, kidneys, stomach, etc., are for the purpose of producing energy, which in turn is consumed by the voluntary organs, directed by the thoughts of the conscious mind.

Man lives by breathing and breathing only, and the manner in which he breathes determines the manner in which he lives. Man can go a week or more without food or water a much longer time without food, but he cannot live five minutes without air.

To this point what has been written and described has been suggested from a varied experience.

Let us now endeavor to gain a knowledge of

SUGGESTION.

Which is the power to influence. A suggestion is an impression made upon a person which may cause him to act directly or indirectly. Our lives are created and ruled by suggestion. Consciously or unconsciously we are obeying the laws of **suggestion** from the cradle to the grave. It is a peculiar fact that the majority of our learned profession who make it a business to give spiritual and physical suggestions, have never studied the laws gov-

erning their suggestions. If they succeed they appropriate the praise and honor; if they fail they blame the patient for the failure. (It has been said that it is easier to preach than to practice, the reason the majority preach and the minority practice).

Psychology teaches that a suggestion properly given and properly received is always lasting.

Know thyself, and carry out thy thoughts. Let us now repeat that man has a **physical mental body**,—also that he has two minds,—one he controls and one controls him.

The object of this treatise is to impress the reader with the importance of gaining **self-control**, and to give him a knowledge of his psychic powers within, by a study of

PSYCHOLOGY.

The average reader will want to know what **psychology** is and the best method of acquiring an accurate comprehension of it. Psychology is the science of mind, or a knowledge of our powers within. To make it plain to those who have had no opportunity to enter the higher branches of progressive educational institutions, we will designate psychology simply as a study of the involuntary mind and organs by the voluntary,—or a study of the **mind** that controls you by the **mind** that you control, that you may obtain a pure mind in a sound body.

Psychology is the science of mind,
Or a knowledge of our powers within,
And when we have learned to control these powers,
We will never want to sin.

It teaches us there is good in life
And things we ought to know,
And proves the saying of Jesus
That we reap just what we sow.

Then why not "know thyself" that
You may better your conditions in life?
And get all the good there is for you
Instead of so much strife?

And you will be the better
For the doing as you should
And be able to help your fellow-man
And teach him to be good.

It teaches that our thoughts reflect
Either for good or bad,
And that we can control them
And be happy instead of sad.

For as a man thinketh in his heart
He will surely have to be,
Then look well to self in what you think,
And also what you see.

For the kingdom of heaven is within
Jesus taught us years ago,
Then seek you truth and righteousness
That the better you may know.

Cast thy bread upon the waters, it
Will return to you after many days,
If thine enemy hunger, feed him,—
You will find it always pays.

Resist ye not evil but love thy neighbor
For he'll think good of you
And others will follow in your steps
In what ever you may do.

For greater is he who conquers self
Than he who taketh a city,
You must learn **self-control** before
You bring others to do their duty.

Stretch forth thy hand and help thyself;
"Take up thy bed and walk"
That faith can make thee whole
Is no dream or idle talk.

Now you are what you will to be
In your **thoughts** and in your acts
That you cannot help reaping just what
You sow, is a **psychological** fact.

BELIEF.

Regardless of what you believe, you cannot do certain things without getting relative results. Many persons will believe anything. I care not how ridiculous it may appear until I know it to be so. When a boy, my father crossed the Great American Desert of Utah and Nevada,—left his teams and wagons and walked a thousand miles before reaching Hangtown, now known as Placerville, Cal. He returned by way of the Isthmus of Panama in 1855. I remember his relating his experience in crossing the Rocky and Sierra Nevada mountains—when he was interrupted by a man who ventured to say that some day a railroad would be built through those mountains. I shall never forget the expression of disgust that was on my father's face when he replied, "you can no more build a railroad through the Rocky mountains than you can fly." Yet I have ridden to the top of Pike's Peak on a railroad, and have seen men flying in the air like birds. In my day I have heard man say you could not send a telegraph message over a wire; have also heard men say you could not talk over a wire; and now men will exclaim you cannot send a message or talk without a wire,—yet the despised Hindoo has used **telepathy** for centuries.

The American people are so busy chasing

the almighty dollar that they overlook the cultivation of the **mental and spiritual** faculties that would make for them a **Paradise** in this world and happiness in the next.

As man's career begins with the first breath of life it would be reasonable to suppose that he ought to make it a study,—especially in relation to the **thought** that controls his actions.

Let us repeat that man lives by **breathing**, and the manner in which he breathes determines the condition in which he lives.

The average man is very particular in his eating, also in his dress and associates,—yet, any air is good enough for him or his family to breathe, even that which is saturated with nicotine caused by his filthy habits.

Before proceeding with the lessons for self-development, we will endeavor to impress upon the student mind an important word and its meaning:

ATTENTION.

Specifically the definition is,—the focusing of consciousness, or concentrated effort on the part of a person to receive something through one or more of the senses.

It is a fact that at the present time not one person in twenty can control himself enough to give absolute attention. Soldiers as a rule give the best attention under ordinary circumstances, and one of the first lessons a soldier is taught is to breathe correctly. As man never controls thought until to a certain extent he has learned to control breath, we will introduce

to the student's attention the lessons for **Breathing, Will Power, Self-control and Concentration.**

EXERCISES FOR BREATHING.

With every breath we inhale we generate an amount of magnetic fluid which can be used for the benefit of ourselves or to help others, if we think aright and use it in the proper manner.

METHODS OF BREATHING:—

There are three methods of breathing :

1 Abdominal ; 2 Rib ; 3 Upper Chest.

The proper method is the long, deep breathing which is a combination of all three,—beginning with the abdominal and ending with the chest,—inhaling as much air as possible,—followed by a gradual exhalation. This should be learned in a few moments.

Position for Breathing.

The best position for the breathing exercises is that required of soldiers in the United States Army,—with some slight modifications.

Stand erect,—feet at an angle of about forty-five degrees ; heels four inches apart,—the left foot slightly in advance of the right ; body set well on the hips,—chest thrown forward,—chin slightly drawn toward the chest,—arms hanging loosely by the sides and as straight as possible without contracting the muscles of the body.

First Exercise :

Exhale all the air from the lungs,—then inhale as much air as you can with ease,—counting regularly while doing so ; hold the breath an equal length of time,—then exhale the same. Practice this until you become proficient and can inhale and exhale evenly and smoothly.

With beginners—four seconds is usually the time required for each inhalation and exhalation.

This exercise usually makes the person drowsy, or sleepy which is a sure indication that he needs the practice. Increase the length of time until you can inhale for ten seconds,—hold ten seconds and exhale in the same length of time. Remember all this must be done evenly and smoothly without contracting the muscles in the slightest degree. Practice until perfect.

Second Exercise:

Repeat the first exercise, except that as you inhale you raise the hands,—with the arms at the same angle as the feet,—to the height of the shoulders,—palms of the hands downward; hold the hands in this position ten seconds,—then, while exhaling, slowly lower the hands to the side. Repeat this exercise for five minutes. Be sure the hands are under control the same as the breath,—or, in other words,—so that the hands do not get down to the side before the full ten seconds have expired. Practice this exercise until the hands and the lungs are in perfect harmony as to time. Become proficient.

Third Exercise:

Repeat the first exercise,—adding the following: First; turn the palms of the hands to the front,—then raise them,—describing a semi-circle, until the hands almost meet in front of the face and as high as you can reach. Keep the fingers and thumbs apart and the hands as close together as you can without touching,—fingers exactly opposite each other. This must be done in the ten seconds while inhaling. Hold the hands up ten seconds,—then begin to exhale slowly,—bringing the hands down towards and in front of the body. Now slightly bend the body and bring the hands below the knees,—throw the hands apart and stand erect. Turn the hands to the front and repeat the exercise until proficient. This is very important as it is one of the exercises used in generating magnetism for magnetic healing.

Fourth Exercise:

Those who desire to increase their breathing capacity should repeat the first three exercises,—extending the time to fifteen seconds,—and using three minutes to each exercise.

When the student has become proficient in these four exercises,—he has arrived at the point where he will be able to control his breath,—and to a certain extent, thoughts also,—and is in condition to receive new thoughts.

Exercises for Development of Will Power.

First Exercise: Stand erect as in first Breathing Exercise. Turn the palms of the hands to the front,—inhale for ten seconds,—at the same time raise the hands in a semicircle to a point opposite the top of the head and as far from the body as you can conveniently reach,—hold there ten seconds,—then while exhaling bring the hands towards and close to the breast,—bring the hands as close together as possible without touching fingers,—evenly apart. Turn the hands with an outward motion, at the same time throw them outward from the body and slightly towards the ground. These movements should be made slowly and evenly. Repeat for five minutes, then four or five times only.

Then instead of the latter part of the above exercise, after inhaling and bringing the hands opposite the head before you exhale—suddenly shut your hands, contract every muscle in your body,—close your teeth and with a quick movement bring the elbows down and past the hips,—make the house jar if you can,—at the same time say “I WILL.” Then relax the muscles, turn the hands down and out as was explained in the first part of this exercise.

As this is the first time you have been instructed to contract your muscles it may be well to impress upon you the following invariable rule:

Never contract your muscles unless the lungs are full of air,—and never exhale until you have relaxed your muscles. This must never be deviated from under

any circumstances,—as you can readily understand by doing the following:

Empty the lungs of air,—raise the hands to the height of shoulders,—arms same angle of the feet,—this requires somewhat of an effort.

Repeat the above,—except as you raise the hands, inhale as much air as you can and by so doing make it easy.

Second Exercise.

Slowly inhale as in first exercise,—at the same time raise the left hand to the height of the shoulder, palm to the front,—then bend the elbow and bring the palm,—fingers closed,—in front of the face,—not too close,—then while holding the breath ten seconds, raise the fore finger and lower it to place,—then the second, then the third, then the fourth.

Repeat this several times,—or as many times as you can during the ten seconds; then exhale,—bringing the arm back to same angle as the foot and lower to side. Repeat, using the right hand.

Third Exercise.

Repeat the first part of the second exercise to get the palm of the hand in front of face,—then bend the first finger towards the face and back to place,—then the second,—third and fourth,—bringing each finger back to place separately. Keep this up until you become proficient and can do it gracefully and with ease.

Fourth Exercise.

Repeat exercises one, two and three alternately with each hand. These exercises are very important for the reason they give you control of yourself. You must learn to control yourself before you can hope to succeed and control others.

Fifth Exercise.

Slightly close the left hand,—first finger extended,—inhale the breath, at the same time raise the hand on line of shoulder, then bend the elbow to a right angle,—hold there ten seconds,—then as you begin to exhale,

bring the hand back to the side. Repeat with right hand. After you have become proficient in this exercise with both hands,—you can vary it in this manner:

Raise both hands and leave them up five or ten minutes,—at the same time taking a breathing spell as described in exercise number one. Repeat this until you become proficient. You must get control of yourself,—and if you are only persistent you will find there is nothing impossible to him who uses his will in the right direction. This exercise can be used to attract attention when demonstrating; use either hand.

Sixth Exercise.

This is very similar to exercise No. 5,—except you raise your hand as high as possible,—arms straight above the head,—fingers apart,—take a breathing spell for five or ten minutes as directed in Exercise No. 1. This you will find an excellent exercise,—and if your circulation is good the magnetism will go through the body exhilarating you to a wonderful degree.

Seventh Exercise.

Repeat the Sixth Exercise,—except while holding the hand as high as possible, you make a movement with both hands,—passing them alternately over the head,—holding the breath while doing so the required ten seconds and as you begin to exhale bend the body to the front lowering the hands towards the ground and swing them,—passing each other. In doing the latter part of this become as passive as possible.

EXERCISES FOR DEVELOPMENT OF SELF CONTROL.

Repose is the first thing to be learned in the culture of self-control.

First Exercise.

Sit or stand near a small table or anything that is convenient to put the hands upon without straining

or contracting the muscles; close the hands as passively as possible; extend the second finger; inhale the lungs full of air and while holding the breath the required ten seconds, tap the table with the fingers alternately,—beginning slowly,—then exhale and repeat until you are proficient.

Second Exercise.

Repeat the first part of No. 1,—and instead of tapping the table make a small circle with the fingers,—lungs full of air. Become proficient.

Third Exercise.

Repeat No. 2, and change the order of the circle by making the left finger go to the right while the right finger goes to the left; then repeat alternately until proficient. This must be done while the lungs are full of air and remember to be as passive as possible while doing the exercise.

Fourth Exercise.

Raise the right hand,—palm down,—arm straight and same angle as the foot,—at the same time inhale, and in unison with the hand, and while holding the breath bend the elbow so that the hand nearly touches the chin,—move the hand forward and back as many times as you may desire,—increasing the speed for ten seconds,—then while exhaling, slowly bring the hand back to the side.

Fifth Exercise.

Repeat the Fourth Exercise,—using the left hand instead of the right.

Sixth Exercise.

Become proficient in the Fourth and Fifth Exercises, using both hands alternately.

Seventh Exercise.

While exhaling the breath raise the hands up the height of the hips,—and while holding the breath turn the palms of the hands down and back slowly and

repeat,—increasing the speed to as fast as you can for the required ten seconds,—then exhale slowly.

Eighth Exercise.

Repeat Exercise No. 4 with the right and No. 7 with the left hand. Do this until proficient,—then reverse the order and No. 7 with the right hand and No. 4 with the left. You will then have more control of self than before practicing the exercises. Become perfect and it will repay you.

Exercises to be used while sitting or reclining. Never sit in a rocking chair or a soft cushioned one. Only nervous people use them.

First Exercise.

Sit as erect as you can; keep the spine as straight as possible. Long lived people are deep breathers and have a straight spine. Place both feet square on the floor if possible; knees about a foot apart. Place the fingers of both hands in such a position that the ends come in contact with the artery on the inside of the leg,—draw the elbows back and put yourself in as comfortable a position as possible. By putting the fingers on the artery on the leg you induce a gentle current of magnetism. Carry out the first breathing exercise,—become passive, and be careful not to contract the muscles.

Second Exercise.

Repeat the first exercise,—except that you place the right hand only over the solar plexus. This can be done by putting the lower part of the right hand on the navel,—palm of the hand in front of the stomach.

EXERCISES FOR DEVELOPMENT OF SELF-CONTROL.

To be used while lying down.

First Exercise.

Repeat Exercise No. 1,—feet apart,—hands lying

loosely two or three inches from the body. Inhale and exhale very slowly during this exercise. Do not hold the breath.

Second Exercise.

Inhale as much air as possible,—slowly contract every muscle in the body,—stretch,—suddenly relax the muscles,—then exhale slowly.

Third Exercise.

Inhale as in No. 1; contract every muscle in the body,—point the feet downward as far as you can. In doing this be careful at first as it may put a knot in the muscles of the calves of the leg; relax and then exhale.

Fourth Exercise.

Inhale same as in No. 1; contract every muscle in the body,—turn the toes upward towards the face as far as possible,—relax and then exhale.

Fifth Exercise.

Inhale same as in No. 1,—contract the muscles and arch the body so that it rests only on feet and head. This is very essential,—especially for those who are fat and want to reduce flesh. This hardens the muscles of the abdomen. Exercise until fatigued.

Repeat No. 5 then stretch several times,—arms over head and draw them down—elbows to side,—hands below the hips.

Sixth Exercise.

This exercise should be used only in the morning. Repeat No. 5 four or five times,—then the same number of times add the following: Clench the hands,—put the elbows on the bed,—raise the hands and before relaxing the muscles suddenly throw the hands down on the bed and say "I WILL SUCCEED," then relax and exhale. This is the same as first exercise in Will Power.

EXERCISES FOR CONCENTRATION.

There are a great many lessons to be taken into consideration for concentration,—but if the student has become proficient in the Breathing and Will Power Exercises there will be no trouble in Concentration if he will use the following exercises.

First Exercise.

Stand, or sit, as has already been explained; draw in the breath,—at the same time make a semi-circle with the hands and bring them to the height of the head as in Exercise No. 1 for Will Power,—keeping the ends of the fingers as close together as possible without touching,—then bring them down opposite the lower breast. Be careful not to let the arms or hands touch any portion of the body. Keep the left hand half an inch in advance of the right. Do this for three minutes; then reverse and put the right slightly in front of the left for three minutes and continue; conclude by keeping the fingers as nearly opposite each other as possible. Do this five minutes. While keeping the hands in the positions described—keep the eyes on the space between the fingers,—at the same time taking any breathing exercises you may desire.

The reason for putting the left hand or foot forward is that it is negative,—the right is positive. This applies to right-handed people; with left-handed people the reverse is true.

Second Exercise.

Sit in a common, straight-backed chair; place before you some object with no other near to attract your attention; this is very essential. Look at this object two minutes; then close the eyes and think of it for two minutes. Do this to the exclusion of every other thought. Increase the time until you consume ten minutes in each part of the exercise. Take breathing spells while doing this,—but do not hold the breath.

The reason why you concentrate while practicing these exercises is—that you charge both your minds in the breathing. As was explained,—you use certain brain cells, no matter what you do. In these exercises you close up and bar out everything you do not want,—open to the thought you do want and concentrate on it. By so doing you cultivate the habit of thinking and willing as you desire,—then concentrate to accomplish it.

Before proceeding further it might be well to illustrate how thought (**mental**) will act upon the physical (**material**) in action under different circumstances.

Draw the lungs full of air,—lips closed,—bring the left wrist up and about 8 inches from and in front of the mouth,—blow ten seconds; it will immediately become cool.

Inhale again,—bring the right wrist in front of the face,—about one inch from the mouth,—which at this time should assume the letter O,—then exhale slowly as before—ten seconds; the pulse will become warm.

Repeat the above exercise except that you **think of heat while blowing cold, and then reverse and think of cold while blowing hot;** your experience will be knowledge to you.

As the student has become proficient in the lessons for Breathing, Will Power, Self-control and Concentration it might be well to again impress upon his mind the important fact that Psychology teaches us that we can make of ourselves what we please. Age and sex cut no figure.

The past is past, — the present (now) and future are your own. Every person can begin NOW, today, if they choose to take the trouble and develop their Will Power and get Self-control. A man of strong will has force; a man of weak will is liable to be infirm,—it is therefore better to be of strong will.

What makes man what he is? His thoughts. Why? Because his thoughts pre-

cede his actions,—and, as a man thinketh so is he.

LESSONS FOR CONTROL OF THOUGHT.

Put yourself in a comfortable position, either sitting or lying down; place the left hand fingers as near the artery on inside of left leg as possible; place the hollow of the right hand over the stomach, with fingers extended over the Solar Plexus. Close the mouth but keep the teeth from coming in contact; then inhale and exhale in short quick jerky breaths until you become drowsy. Have no thoughts; then slowly lengthen the breath until it becomes normal. This lesson is invaluable for many disorders, and will be mentioned later.

The control of thought is the art of breathing until you have no thought or a condition to cause your mind to become a blank. Think of nothing.

Man must learn to control himself before he can control others.

The most common things in life are the most phenomenal. It is so common to think,—and thoughts are so numerous and natural to everybody that we never stop to consider their source,—their importance or power. Thought is the result of a natural law,—the outcome of sense impression. Thought is creative energy brought about by force or motion.

Science has taught us that seventy per cent of an ordinary person's energy is used in con-

suming their food and thinking; therefore be careful of what you eat and what you think.

Science also teaches that whatever we do we act upon certain brain cells for that purpose. Now if we have an effect or condition that we do not desire, the most reasonable thing would be to remove the cause. If this cannot be brought about by direct action and your Will Power,—change habit (substitute something for it) and then you will have removed the cause.

REASON.

There is reason in all things no matter how absurd. Now let us reason this matter: If you use certain brain cells to put yourself in a condition you do not desire,—it would be reasonable to suppose that you should get control of self to that extent that you have the power to close up the undesirable cells and open new ones. That is what the lessons in this book are for, and it is up to you to **make yourself what you will to be.**

Turn back and again read the description of mind also thought.

Experience has demonstrated that after a person has become proficient in the art of breathing properly his spiritual nature will be developed and they will be the better for it.

At the highest point of the Greek civilization they made certain assertions while practicing physical culture, thereby concentrating their thoughts **upon their desires.** They compelled their students to perfect themselves in

certain breathing exercises, it being part of the pupil's formula to say as they inhaled,—“**The gods in us,**”—and as they exhaled,—“**We in the gods.**”

Zoism comes from the Greeks and reduces self magnetic healing to a practical science and exalts it to the summit of religious ideals at the same time. There are three grades of Zoism:

TO BREATHE, TO WILL, TO ASPIRE.

Zoism is composed of three elements:

Suggestion,—which is the power to influence;

Worship,—which is will training;

Breathing,—which is the **symbol of life**, and without which there is no life.

Zoism seeks:

First, to put one in touch with his own higher self.

Second, to conserve in the body the **vital elements** which the air is known to contain.

Third, to strengthen and develop will. The most important of these is the first.

MAGNETISM.

Magnetism plays a very important part in our success for health, wealth or happiness.

Magnetism comes from air. It can be produced by friction or chemicals, but natural magnetism originates from the elements that compose air. Lightning, electricity and magnetism, science proves, are one and the same, no matter how produced. Nature offers electricity in natural state. The magnetism of the

earth is electric. The sedative property of water is electric, and the quickening, animating, regenerating force of the sun's rays radiates electricity.

Man has natural facilities for producing, storing and using magnetism for his own use, and can control it for the benefit of himself or others.

The Heart is a dynamo,—the blood is the current of life, and from this knowledge is due the fact that the electric power-plants are changing their systems to conform to the circulation of the blood of the human body.

Air also plays a very important part in the manufacture of blood which to man is the electricity of life. The air we breathe is composed of oxygen, hydrogen and nitrogen. The oxygen enriches, exhilarates and magnetizes the blood, and plays a very important part with the nervous system, especially the Solar Plexus, which is controlled to a certain extent by the brain and is the seat of good or bad emotions.

To show how sensitive it is we will observe the following: A man lived fourteen years after a twelve-pound crow bar had been blown up through his head, another man lived for years who had a grape-shot pass through his head from ear to ear, yet many a man has lost his life by being lightly struck over the solar plexus.

The solar plexus is a much abused nerve center. It is situated adjacent to the stomach

in sympathetic contact with other organs and it should have plenty of good pure air so that it may radiate health and happiness, as its name implies. Instead of this in many instances it is unnaturally cramped by men and women who sacrifice health on the altar of style.

When a person has acquired the habit of breathing exercises every morning before an open window, scantily clad or quite naked, he will have no trouble with his nervous system. The action of the nerves is the reverse of the blood. When a person is paralyzed on the right side of the body it is the left portion of the brain that is affected.

ZOISM OR MAGNETIC HEALING.

We will now endeavor to explain zoism or magnetic healing. As blood goes to nourish the various organs of the body and depends upon air or magnetism for its vitality, it would be a judicious act to get a current of magnetism going through the afflicted parts. Blood will soon follow, and blood always nourishes.

Every nerve, bone and muscle of the body depends upon a blood stream for its nourishment.

It is a wise provision of nature that any portion of the body used the most,—the blood will go there to nourish it. But when through inaction or ill health there is too much in any portion of the body, there is a depletion and deficiency in other parts.

At this point it is a good time to suggest my readers, "Have a thought, express a **desire** for anything you may wish to do, make affirmations of any kind, such as—

I breathe this air for health.

I drink this water for vigor.

I eat this food to give me strength.

Never do anything unconsciously, as you simply hasten the loss of **self control**, and the result will be nervous prostration or other disorders. Avoid unconscious habits such as rocking in a chair, short-circuiting yourself magnetically by crossing the feet and clasping the hands, allowing the muscles to twitch, drumming with the fingers or feet, chewing gum or tobacco, biting the finger nails, or any useless habit that requires no thought.

Read again the lessons—Self Control and Concentration.

SELF RELIANCE.

Do not underrate yourself or your efforts and make it a business to every one else; do it consistently, praise with a will; then decide what you will do and do it by using your energy to carry out your thought in action, and you will develop for yourself wisdom and power to the benefit of others. You may have been **underestimating your abilities** for years and letting other people give you advice, and forming the **habits** that have made you what you are. As you gain a knowledge of self you will be more successful, because you realize

your own will power. Your store of original thought is inexhaustible and grows as you use it. Begin now; set aside a time each day to **relax** and get self control; spend ample time in bathing and dressing; then spend a few moments in **silence and meditation** and you will go about your duties as if they were pleasure; you will be happier, and those around you will participate in the benefit bestowed upon yourself; labor itself will be pleasure.

SUCCESS.

Desire with a definiteness of purpose is the—

First, aim for success.

Second; You want to be able to accomplish what you start out to do.

Third; You want to enjoy doing it.

Fourth; You want plenty of power with the right kind of a desire.

To manifest success is to manifest power.

To exercise power begin on yourself.

To manifest success you do not have to manage the world,—you have only to manage yourself. You have the power according to the law to think, then use your thoughts to produce the desired result,—then you are successful.

Your temperament—your construction—differs materially from that of anybody else. If you were not aware of this you have been living in accordance with other people's laws of being. Stop imitating,—follow your own

ideas,—use your own judgment and you will find success before you realize it. Remember Lincoln, Edison and others who were a success in their line of thought. **Never confess a weakness** or it will inevitably get control of you. The fields of success are open to you except where you close them by **unbelief**.

If you would be strong, see that you breathe strongly.

You will never be able to do a thing until through force of will you are confident that you are able.

When you desire to make a success after many failures, recollect that what others have accomplished you can; use your stumbling blocks as steps to success; and, if you use **will power** in the proper manner, you can help yourself and others.

With the growth of knowledge many of the desires of the past will vanish,—they cease to exist.

Our latent powers come to us as fast as we open the way. Every human being can err, but only fools remain in error. (Cicero).

Knowledge is valuable for its own sake.

Cheerful thoughts give tone to the body; a smile will invigorate the whole physical organism.

Man is the creator of his own destiny; he works out the problem that gives him joy or sorrow.

The world reflects unto man the image of himself.

He receives from the world the exact measure of his gifts.

Things go by law not by luck.

Any extraordinary thing beyond the comprehension of the educated has been termed a Phenomena,—even though resulting from a natural cause.

Effects produced by cause and known to the educated, but not by the masses, have been called miracles, yet scientists agree that all results are the products of **cause and effect**.

There are no Phenomena or Miracles. All results are brought about by natural laws which are based upon **truth**.

What is Truth?

Truth is the result of the cause that produced it. All effects are the results of experience, therefore are truths.

“Seek ye the truth and it shall make you free.”

Experience is what it purports to be, hence is true.

WHAT IS EXPERIENCE?

It is the demonstration of some effect of which we have a knowledge.

As we have endeavored to teach man how to control **thought**, to be healthy, and to live in harmony with himself and his fellow man, it may be well to state some reason for so doing.

Under the present system of education, the **soul**, we have been taught, is all that lives after the dissolution of the physical.

From experience and a careful study on the lines from which this work has been written, I consider myself and my **soul** handicapped at birth with the heredity of my ancestors. They were invalids and with a tendency towards scrofulous affections.

After an extended experience of over fifty-five years I was induced to study psychology, and I soon found I was endowed with intellect, intelligence and reasoning faculties that gave me the power to create **desires**, and carry them out in action.

Then I studied the teachings of the lowly Nazarene who said by **divine law** "The kingdom of heaven is within you,—seek it now and enjoy it and all things shall be added to you."

If such is the case I ask no further reward than to know that my **soul and spirit will progress according to my desires in the pursuit of knowledge and wisdom.**

HEAVEN WITHIN.

How good it was of the Infinite
To create for us a **heaven within**,
And how happy we could be
When we free ourselves from sin.

How wise it was of the Infinite
To permit us to think, create desires,—
That we might cultivate the good
And be able to live the higher.

How happy and contented we could be
In this beautiful world of ours
Were we to gain a knowledge of self
Then make use of all our powers.

TYPES OF MEN.

From our present system of education, heredity and environments, there have been produced four classes of people: The observer, the thinker, the learned,—and those who neither observe, think or learn, but are governed by animal instincts.

The observer sees everything, no detail escapes him. The thinker grasps the inward truth, the learned man is neither an observer or thinker, and simply abstracts knowledge by force of application. Experience makes little impression upon him. He lacks self-reliance; he relies upon authority,—hence believes in authority. Such men are dangerous; they were primarily the cause of the downfall of all fallen nations.

The fourth type is the one which adds to the fashion of the hour and goes with the crowd-freaks of nature.

The medical profession is recruited from all four classes of people. The combination of the thinker and observer gives us our greatest doctors. The learned man makes a poor doctor, and the fourth is not a doctor at all,—he is a faddist.

Yet from these four classes of people there has been established a number of schools for the treatment of disease of mind and body. The oldest is the Allopathic. They give drugs to change symptoms and in case they have the patient under control of the new systems, are like the Indian who had a boil,—he did not

know how to cure it but was an expert on burns,—so he heated a stone and burned out the boil, then used his remedy on the burn, which left him cured, but there remained a scar.

Next come the Homeopaths,—the chief rivals of the Allopaths. They give drugs in small quantities and **suggestion in large doses** and have more success by so doing.

The Eclectic School use herbs and are successful in many cases.

The Hydropathist believes in cleanliness and uses hygiene and the bath.

The Osteopathist believes the same and adds massage.

Next is the Mental Scientist,—he explains his result of telepathic influence of one mind over another.

The Christian Scientist is a sort of subject idealist who believes that matter, disease and sin do not exist except in a disordered mortal mind.

The divine healer believes that God Himself heals in direct answer to prayer.

The last but not least is the **psychologist** who believes in **suggestion**, and is willing to try anything and everything.

In the first three we have the use of drugs, minerals and poisons of various kinds, which, if used long enough will produce **new and lasting diseases of their own**. Many drug habits are induced by physician's prescriptions.

When patients become tired of continually taking remedies of every kind and obtaining no

relief, they begin to investigate for themselves, with the result that new methods are devised, which, in turn, are ridiculed by others.

Had our physicians studied and practiced on the lines that the patient was compelled to do and used their knowledge to good purpose there never would have been so many schools for the treatment of diseases,—but as there are so many different methods people feel compelled to tolerate and use them.

In the Mental and Christian Scientist there is a question of mind. It is also clear that it is not doing them wrong to class them with Divine Healing, though this hypothesis might not be admitted as correct by a large number of those who believe in their methods. However, if it is not mind, we should investigate and ascertain the **truth**, as it would be of great importance to science and humanity; but to say it is **mind** does not help the matter, for mind acts in accordance with fixed laws, hence we should endeavor to discover the lay by which it works,—then take advantage of it.

Faith Cure and Mental Science are not easily distinguishable from each other in their literature, but are more distinct in their practice.

Theosophy induces faith by **psychic** phenomena.

Christian Science by theology as set forth by Mrs. Eddy.

Metaphysical Science by various systems of

mind as formulated by students and experimenters.

The Christian Scientists have their form of belief classified for them by their leader, while Metaphysical Scientists are expansive and grow as their light increases.

The next class of faith cures is Prayer Cure. The nature of the blessing is in proportion to the quality of the prayer and the strength of innate faith. In prayer they attempt to dictate to the Infinite as to the manner in which He shall work.

Higher still in the scale is Divine Healing, which is more spiritual than mental, and looks more to the spirit than to the action of the mind for its effects.

THE PSYCHOLOGICAL METHOD.

Is there a psychological basis for the cure of bad habits and disease, or, in other words, is there a system or method by which a person can perfect himself, and which he can use to produce an effect that will **satisfy his desires?**

The disciple of suggestion says there is, that the remedies are simple, and to a large extent lie in the patient himself, and thereby he has perpetuated his ideals in lasting form.

First, remove the cause, never mind the symptom; get the patient to think right if you can,—if not, influence him to change his habits, especially in breathing. Teach him to breathe properly and the mental attributes will come later; then if you are proficient in **Psychometry**

you will have no trouble in giving the **right suggestion** to the patient, and he will act upon it,—and a cure will ensue.

There are three distinct classes dealing with disease.

First—Those who believe in drugs.

Second—Those who do not believe in drugs, but rely upon mental force.

Third—Those who are purely non-conventional in methods and labor to get facts.

The cure of any habit of **mind or body** must be psychological.

The cure of disease is the repair of tissue by nature. A drug is useful insofar as it serves the same purpose a whip does for a horse. Our friends who refuse to use material means are no better off than others. A pain feels no different after they tell us it is an error of thought.

The Mental and Christian Scientists have brought out and forced others to admit the truth of **telepathy**, of suggestive **Therapeutics** and the **power on mind over matter**.

Man is controlled by mind. Thought is spiritual when it comes from the **intuitive** faculties, and for that reason some women can write and do better things than men; Their organism is finer, they are more spiritual, their habits make them more normal than men, who, as a rule are slaves to some habit which deprives them of a comprehensive knowledge of their **psychic** powers.

The average man puts great stress upon reason, little dreaming that the most reasonable

thing ever spoken by mortal man came from the intuitive, or spiritual man.

At the Congress of Religions during the World's Fair in Chicago they permitted the Lord's Prayer and agreed upon the saying "For whatsoever a man soweth, that shall he reap."

The teachers and prophets of bible times were well versed in **psychometry and clairvoyancy**.

When Naaman, the leper, came to Judea to be healed, Elijah never took the trouble to see him, but told his servant to run out and meet him and tell him to change his habits, think good, go wash in the River Jordan seven times, and he would be healed. What was the result? Naaman was very much disappointed, lost his self-control, became very angry and rent his clothes, and wondered why Elijah did not invite him in and examine his pulse, look wise at his tongue, etc., but after he had vented his spleen and become **passive**, his servant **suggested** that he try it,—and when he complied he was healed. What healed Naaman? His belief which led him to try,—and his trial produced the desired result.

There are thousands of people today in the same fix as was Naaman, diseased in mind and body, and if you were to tell them what to do and how to do it,—knowing it would cure them,—they would die before they would venture anything not in accordance with old established customs.

Let us again quote from the man of Galilee

who was given the power to make everything plain to those who sought the truth, and one of His sayings was, "Seek ye the truth." He also said "Seek ye the kingdom of heaven and its righteousness, and all things shall be added unto you," and again, "Ask for whatsoever ye will believing and ye shall receive," and again,—“as a man thinketh in his heart so is he.”

He said to the man who was paralyzed, "Take up thy bed and walk," and to the leper, "Stretch forth thy hand and be healed," and to the woman who touched the hem of His garment, "Thy faith hath made thee whole."

People are more apt to worship the man who endeavors to expound a new thought for the benefit of his fellow beings, than they are to take up with the ideas and teachings he has expressed for their benefit. Such was the case with the Saviour; most of His followers worshiped Him and then quarreled among themselves over His teachings,—which are very plain and to the point.

ONE OF THE SECRETS OF HEALING

Lies in the proper direction of thought force. We must not fix our attention, on sickness, sorrow and worries, but join the "Don't Worry Club," associate with healthy people, imbibe their vivacity and show them that you can and will be one of them, no matter what your surroundings may be.

If you only persist in your undertakings you cannot fail. Keep on cultivating will pow-

er and concentration, and nothing can retard your progress.

To cure most ills is to order them out of your mental establishment and fill the space with good **common sense**; when that begins to operate you will be on the right road.

As long as you crowd your stomach, compress your ribs and are influenced by other people's **aches and pains**, you will have a weak heart, or some other disease which may be ascribed to **ignorance**.

Never enter into emphatic controversy, but retain your composure, otherwise you place yourself in a condition of a negative nature, inviting disease of mind and body.

"Harmony produces, discord destroys." Christ said, "resist ye not evil."

TO INDUCE THE PASSIVE CONDITION

Assume as comfortable a position as possible; close the eyes, then slowly, without straining, inhale a long breath, at the same time raising the eyes as if looking into the head; then exhale slowly and cast the eyes down as if looking at the nose. Repeat several times. Do this without contracting the muscles; then stretch by raising the hands above the head, after which exhale slowly.

In a short time you will become **passive or non-resistant**, drowsy or asleep, and in such condition you will be producing energy for your future use.

While you are in the passive state your

spiritual, or intuitive mind is in control, and you will be benefited in mind as well as in body. After you have become proficient in producing the passive condition, then give yourself **suggestions**, or **affirmations** to produce results desired.

THE POSITIVE CONDITION.

Learn to be positive; no one but a positive person ever becomes successful. Christ emphasized this when He said,—“let your answers be yea or nay.”

A positive person can become negative whenever he desires, but a negative person can never be positive until he first learns how.

In learning to be positive you add to your **will power**, which next to **desires**, is the most essential thing to be cultivated, but remember that “as a man thinketh so is he,” therefore cultivate your mental **spiritual**, that you may have the right kind of **desires**.

Here is a good opportunity to mention a fact. A majority of people who are sick have habits to their detriment, have plenty of **will power**, but lack **self-control**, therefore they use their energy to load themselves up with what they **do not want** or need and eventually become diseased through lack of self-control.

The body is the tenement in which man dwells; he can make it what he may choose by intention, provided his intentions are in the right direction.

When you have perfected yourself in the art of being positive **mentally and spiritually**, and passive **physically**—you have made the first step of attaining the heaven within.

FOODS.

Foods play a very important part in the history of man. The nutritive value of foods is based on oils such as butter, wheat, phosphates, nuts, grains, fruit and sugar.

The preparation of foods has become a science, particularly the art of making canned goods,—and money.

Science tells us that seventy per cent of an ordinary person's energy is to consume his food and to think,—therefore, be careful what you eat.

Average meat contains forty per cent of water, twenty per cent of waste matter, and it takes from three to five hours to digest; so the person who eats must manufacture the energy to consume it, and it contains no nutriment for his use but what may be found in other foods.

There is nothing that causes the American people more trouble than the manufactured foods they are compelled to eat.

The greatest bane of digestion is the **exploited** white wheat flour, from which nearly all the nourishment has been taken for the use of animals.

Next comes the use of animal food and the improper use of meats.

By referring to the following tables of nutritive values and the digestibility of foods, the

selection of a suitable diet for specific cases will be greatly facilitated, for it is plain that a food may be highly nutritive and yet very difficult to digest; such a condition would be worse than a medium nutritive quality and easy digestion.

No table can be arranged which would be suitable for every individual peculiarity of digestive organs; all operate as factors which are hardly capable of being accurately estimated. One's own experience must be a modifying element in all selections, or, in other words, use your own judgment after you have studied your case and **know yourself.**

TABLE OF FOOD VALUES AND DIGESTIBILITY.

Article	Value	Time to Digest	
		Hours	Minutes
Sugar	98	2	40
Olive oil	96	3	40
Butter	95	2	40
Wheat bread, baked	95	3	40
Peas, dry, soup boiled	93	1	40
Barley	92	2	..
Rice, boiled	88	2	..
Beans, dry boiled	87	2	30
Rye flour	79	3	..
Oat meal	74	2	30
Almonds, raw	66	2	30
Flour, unbolted	35	2	30
Mutton, roast	30	3	15
Plums, raw	29	2	30
Chicken fricassed	27	2	45
Grapes, raw	27	2	20
Eggs, whipped	26	1	30
Eggs, boiled soft	26	2	30
Beef, boiled, roast, etc.	26	3 to 5	..
Veal, roasted	25	4	30
Cherries	25	2	30
Venison	21	3	15
Pork, roast	21	3	15
Flour, bolted—in bread	21	3	..

Peaches	20	2	30
Soup, barley	18	2	..
Haddock, boiled	18	2	30
Potatoes, Irish, roasted	13	2	30
Strawberries, raw	12	2	40
Apples, sweet and sour	10	1	30
Carrots, boiled	10	3	30
Pears, raw	10	2	30
Cabbage, boiled	7	3	45
Milk, raw	7	2	15
Turnips, boiled	4	3	30
Melons, raw	3	2	..
Cucumbers	2	3	30

The following table might be useful to the student in selecting foods after having experimented with the preceding tablet:

Article	Time to Digest	
	Hours	Minutes
Pigs feet	1	..
Tripe	1	..
Trout, Salmon—fresh	1	30
Sago, boiled	1	40
Tapioca, boiled	2	40
Liver, beef, boiled	2	..
Cabbage, raw, with vinegar	2	..
Cake, sponge	2	30
Parsnips, boiled	2	45
Custards, baked	2	45
Hash, meat and vegetables	2	45
Bass, fresh	3	45
Chicken soup	3	..
Dumplings, apple	3	..
Corn bread	3	15
Cheese, old, strong	3	30
Turnips, boiled	3	30
Green corn and beans, boiled	3	45
Beets	3	45

In eating, control your appetite at every meal. The average man should eat as little meat as possible and should abstain from stimulants and narcotics of every kind.

Prof. Leibig, one of the greatest of modern scientists says: "Stimulants are a mortgage on

the body whereby the interest eats up the principle, and the result is bankruptcy of the body."

SLEEP.

Is a very important factor in man's pursuit of health, wealth and happiness. Sleep during the dark hours is more recuperating and beneficial than during the light hours. The solar fluids during the light hours are flowing towards the sun and sky, while during the dark hours it is the reverse and man receives the benefit and becomes more spiritual.

TO CONTROL SLEEP.

Lie on the back, without stiffness, no pillow, if possible to do without, feet apart, palms of the hands down three or four inches from the body; fingers separated, **lips closed and teeth separated**, inhale and exhale slowly for one or two moments, then change the breathing so as to exhale every third breath through the lips. Slowly repeat this part of the exercise three times,—

Then inhale slowly, fill the lungs full of air, and while the lungs are producing the necessary nourishment for nerve centers, stretch,—bring every muscle of the body into play.

Repeat the exercise until drowsy, then turn on your right side and compose yourself to sleep.

IMPORTANT. No results can be expected until the student has become proficient in the breathing exercises, also will power, and self-control.

Thirty per cent of the waste of the body is cast off through the nose of a normal person,—therefore, learn normal breathing.

Thirty per cent of the waste of the body is cast off through the pores of the skin; at the same time the air invigorates and assists in its nourishment. The best habit by which to assist the skin is to take a warm sponge bath at night, as it cleans and assists the pores to eliminate waste during the passive sleep interim, while the blood is drawn to the involuntary organs that produce the energy we expend during the positive or wakeful ones.

You can help the skin by a cold sponge (this is meant to be as cold as feels good), in the morning, bringing the blood to the surface that it may assist in its nourishment and keep it in a healthy condition. The sponge bath need not be of over five minutes duration.

Thirty per cent of the waste of the body should be cast off through the kidneys. If the weather is cold the kidneys eliminate more,—if warm, less, and the skin more. As sixty per cent of our waste is thrown off by breathing and eliminating through the pores of the skin, there can be no excuse for not breathing properly, and taking the necessary baths to insure health.

The kidneys will regulate themselves if you drink plenty of good **water**.

The remaining ten per cent of the waste is passed off through the intestines; which do

their part if you eat food that is easily digested and has the right kind of nourishment.

It is not generally known that the body is a storage battery, and under proper conditions is capable of storing up nourishment in form of fat, muscular tissue, upon which it can subsist for an indefinite period.

Never cross the feet or clasp the hands unnecessarily; by clasping the hands or crossing the feet you short-circuit yourself. Those familiar with electricity know when this is done something has to give, and usually it is consumed.

SUGGESTIONS RELATING TO HEALTH.

First, sleep in a room where there is plenty of ventilation; keep the window open at the top.

Second: take a warm sponge bath at night, and cold rub in the morning. After the sponge in the morning drink a small quantity of water; then take a good breathing spell,—Exercise No. 3, for three or five minutes. Do so while naked, as you breathe through the pores of the skin, and give them a chance to properly eliminate some of the foul gases they have generated during the night. This is very essential and should be persisted in. (**The exercises for breathing quite naked should be begun in pleasant weather, and continued as long as it is a pleasure to do so**). All breathing exercises should be performed in as pure air as your sur-

roundings admit of, and those who are unable to go out doors should begin by putting down the window a little from the top and increase the space until it is wide open, then begin to take off a little at a time until it is wide open, then begin to take off a little at a time of the clothing and covers, until you have on nothing whatever. This will assist the **solar plexus** and stimulate the nervous system.

If you eat properly, contract good habits, and take the necessary baths, thereby controlling the eliminating organs of the body and assimilating the pure material of your organism your good thoughts will be proportionate, and you will be able to carry out your thoughts in action. If you **desire** to assist your fellow man with the knowledge of **suggestion and magnetic healing** the following lessons are very useful for the

TREATMENT OF DISEASE.

First, get the patient in a passive condition; get him to sit or lie down in a comfortable position, temperature about 65 or 70 degrees, if possible; then cause him to breathe regularly, and as he inhales have him say mentally,—“the blood circulates freely in,”—and as he exhales—“my shoulders;” then repeat and say next time,—“in my elbows;” then again,—“in my hands;” then the next,—“in my hips;” then,—“in my knees;” then,—“in my feet.” This will cause him to become passive, and the blood will circulate freely.

HEAD AND NECK TREATMENT.

Place the right hand over the temples and in front, —the left palm on the back of the neck; three minutes in all treatments.

Breathe in unison with the patient; relax the pressure of the hands as the breath is inhaled, and while the breath is being expelled press lightly with the hands. The reason for this is; Magnetism goes first, blood follows, and a normal flow of blood always nourishes.

While treating the patient think of what you want to accomplish to the exclusion of everything else,—use will.

By pressing and relaxing, you cause the blood to change every breath. After a few minutes' trial of the above in case the desired results are not obtained, change the right hand to the neck and place the left hand on that portion of the head where the pain is located and repeat the breathing in unison—using the will. If the patient is in the right condition, and you have the right control of yourself, you cannot fail. The latter part of the treatment should be of longer duration than the first, for the reason that you cause the magnetism to surge both ways by changing; the latter part of the treatment is usually the most efficacious. Move the left hand to the afflicted part.

STOMACH, LOWER CHEST AND KIDNEY TREATMENT.

Place left hand on small of back,—repeat first part of other treatments,—then change the right hand to the back of and left to the seat of pain. Use the will for what you want and you will get the desired results.

LOWER LIMBS, BOWELS, ETC.

Place the left hand between the hips, the right in front, for a few minutes, then reverse.—Put the right in place of the left, and the left on the seat of the trouble. Use the will as in other treatments.

There are a number of treatments for the head and neck when the general treatment does not have the desired effect.

RELIEF FOR NEURALGIA IN THE TEMPLES.

Stand behind the patient, place the left hand on the left temple and your right on the right temple. Repeat the breathing and will.

FOR DEAFNESS.

Place your left second finger in patient's left ear, the right in the right ear; keep the fingers separated. Repeat the breathing and keep as passive as you can under the circumstances, use the will. Relax and compress the fingers as you breathe and after a few minutes of breathing remove the fingers, place the hand on the shoulder, inhale a long breath, hold a few seconds, then compress the mouth, open the lips like the letter O, bend down and slowly blow into the ear. This is called the magnetic breath, and will soon warm the ear. Repeat this two or three times; then put the finger in the ear again and repeat the first part, and when you think you have treated long enough, let the patient draw in as long a breath as possible, then open the mouth wide and expel the breath as quickly as possible. Have the patient do this three or four times; then repeat the treatment as often as necessary.

FOR SORE THROAT.

Place the hands under the chin,—palms under the ear,—do not let the fingers touch the chin; exercise the breathing as before, and use the will. This treatment usually causes the saliva to flow freely and is useful in indigestion. In addition to the above, have the patient, after inhaling as much air as possible, puff out the cheeks and work the jaws sidewise. Have him do this as long as he can, holding the air in the mouth, then expel the breath through the nose. This is also good for a bad taste in the mouth in the morning. It is also very beneficial for weak eyes, and should be practiced so as to throw the cheek up to the eye. Do this one side at a time.

There are several treatments for the upper part of the body. Place the right hand on the spine between the shoulders, the left over the seat of the trouble; take the breathing exercises and use the will. This is good for the lungs or ailment of lower throat.

FOR PLEURISY, PAIN IN SIDE, NECK, SPLEEN OR KIDNEYS.

Place the right hand on small of the back of the patient, left hand over the seat of pain; use the breathing exercises and will.

FOR THE BOWELS OR BLADDER.

Place the right hand on the lower part of the spine, the left over the seat of pain. Use the breathing exercises and the will.

To the ordinary person it may seem strange that every treatment used for magnetic healing requires the breathing exercises, as explained in the first part. Magnetism comes from air and goes to earth. Before treatments, have the patient drink a little water, as water conveys magnetic fluids and is a regulator of several parts of the body.

SELF TREATMENT.

Sit or recline as has been described; make yourself as comfortable as possible; be careful **not to contract the muscles**; place the hands on the legs, finger ends touching the large artery on inside, draw the elbows slightly back and take the breathing exercises. When the palms become moist and the blood circulates freely on the back of the hands, you are in good condition for self treatment.

Any of the following treatments are good for various troubles, and can be used as necessity may require.

Place the palm of left hand on back of the neck, the right covering the temples; inhale long breaths slowly, press the hands as you exhale and relax as you inhale. Have **fixed ideas of what you want and the pain will cease**. In the next treatment carry out the in-

structions already given and add the following: Place the hands on the side of the head, the ear between the thumb and finger ends, the latter on the temples. Breathe, etc. Another: Place the second finger of each hand in the ears; next place the palm of the hand on the jugular vein of the throat, fingers apart; do not let the wrist touch, breathe, etc.

If convenient for the patient, any other treatment can be done by placing the right hand opposite on the back and left on the seat of pain; take the breathing exercises and use the will. In a large number of cases you can add to this, taking the breathing exercises; the blood circulates freely as you inhale; then name the parts as you exhale. Rheumatism yields to suggestion. Catarrh can be cured. Drink plenty of water, attend to the diet and bath, and several times a day take any of the ten-second breathing exercises, with the addition; when the lungs are full of air place the second finger at the bridge of the nose, with each hand press, to stop the air from escaping: fingers apart, then let the breath out slowly on one side until all is expelled; then inhale through the side already used and exhale through the other. Alternate this for five minutes, then rest fifteen minutes. Repeat exercises three times. Do this often where there is good air, and you can cure the worst case in a short time.

This treatment will cure a bad cold, if you will only take into consideration the necessary diet and the bath.

TO OVERCOME FEAR.

As quickly as possible draw the lungs full of air, raise the hands the height of the shoulders, fingers separated, draw the left arm only back as far as possible; at the same time bend the elbow and slightly raise it, hold the breath, then exhale slowly, at the same time bring the hands down. Repeat a number of times. This exercise is also good for palpitation of the heart.

Another: Draw in the breath suddenly, at the same time bring both hands to the upper bowels towards the left side, and press upwards the lungs, hold the breath, then exhale, as before, and repeat.

Another: Rapidly draw in the breath, at the same time throw up the hands up to the side of the head, reach as high as you can; while in this position take as long a breathing spell as you can, then lower the hands and repeat. The object of the first part of the exercise is to relieve the pressure around the heart and solar plexus, and by raising the hands and arms you can accomplish this.

EXERCISES FOR THE BLUES.

Drink some water; stand or sit in a chair, inhale the breath in a jerky manner,—similar to a sigh,—fill the lungs full, then try to get in some more, at the same time raise the elbows to the height of breast, hands opposite the ears, fingers drawn up and apart and slightly bent, hold the breath as long as possible and draw up the muscles of the abdomen, then exhale slowly, at the same time bringing the hands down outward from the hips. Repeat and give suggestions,—“I will—(with what you may want).” Do this while the lungs are full of air, then exhale.

DOUBT.

Doubt in a thoughtless way
Said a trick she would play,
That would hinder knowledge from spreading.
So she constructed a hesitating lane
That has kept many from fame
Who has treaded its way unheeding.

But thought came with her light
Showing people they might
Overcome all difficulties in turn;
If they would only think right
Then work with all their might
In seeking for wisdom to learn.

For what wisdom has known
She seldom needs to be shown
 After **experience** has taught the way.
For every **cause** there is an **effect**
Which the wise never neglect
 When seeking for **knowledge** when they may.

Doubt is quite useless in a way
In the researches of our day
 And will eventually come to naught.
For she never can keep pace
With experience in a race
 When wisdom and knowledge are sought.

LIQUOR HABIT.

Business is a seed that begins at a mere nothing, and its commercial success is a spring that widens into a river which engulfs, **then drowns, the masses, while the few rule**, then eventually sail over them.

The present system of commercialism is the predominating factor in all the undertakings of all our so called civilization, and now has such power that it virtually rules over our educational, religious, social and political ethics, laws and in fact all of our institutions.

The present incentive for education is the purpose of personal commercial gain, and from its greed it has brought about customs that have caused the people of the United States to spend seven times as much for liquor and five times as much for tobacco as they do for **bread**, and it is a fact that the largest amount of taxes collected is for the purpose of maintaining our penal institutions and asylums that have been filled by the unfortunate victims of our system of commercial greed.

The average reader cares very little about dry statistics but if he has a relative or friend who is dear to him who has undesirable habits, he should at least take interest in him to the extent of suggesting that there is a way to overcome them.

Much has been written and many suggestions given for the treatment of the liquor habit, thousands of remedies have been advertised, and some of our most prominent professional men have given the subject careful study (**on the lines they have been educated in**), but in doing so a majority have overlooked the fact that the cure of any habit of mind or body must be psychological.

The cure of disease is a repair of tissue by nature, which in many cases can be helped by the knowledge and experience of our professional men. The only cure for the liquor habit is to **QUIT using it**. Remove the cause, change habit, then you will have removed the cause.

After many years' experience it has been demonstrated that the following suggestions properly carried out will cure the worst case of liquor habit.

First—the patient must take a warm sponge bath at night.

Second—take a cool sponge in the morning.

Third—must practice the breathing lessons, and become proficient in exercises for will power, self control and concentration.

Fourth—The materia medica is simply a half pound of epsom salts in a pint of water; take a teaspoonful three times a day; use your own judgment; a can of condensed milk, some sugar and a package of genuine cayenne (**red**) pepper; drink several times a day plenty of **hot water** seasoned with the milk, sugar and pepper.

Fifth—select a suitable diet from the page of foods; eat without drinking if possible; after your meal drink the pepper tea and in a short time you will need no stimulants or narcotics of any kind.

Liquor, tobacco and coffee will be of no value to you. **You will be Master of Yourself**, and if you desire to reap what you sow, suggest to others your experience that they may profit by it.