

Fundamental Principles of Mental Healing

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For a thorough and comprehensive knowledge of this comparatively new and important subject, it is absolutely necessary that a person be possessed of sufficient native ability to become well educated, or well trained, as he must be, in not only the rudimentary studies of high school and college, but he must have read widely in all departments of knowledge and general culture. The more he knows of the laws of language, literature, history and mathematics, the better will he be enabled to appreciate, understand and apply the principles and laws of the higher branches of knowledge as revealed to us by and through the study of natural phenomena and nature's methods of work, as shown and demonstrated by modern science and everywhere exhibited in the great law of general and special evolution. With this generous culture of a disciplined mind, in a sound brain and healthy body, he is prepared to investigate further the principles and laws of eternal and ever varying nature, and has a criterion to guide him and keep him from the follies and fables of ignorance and superstition that have ruled and still so largely influence the great mass of mankind everywhere in all the affairs of their living, thinking and doing.

A detailed knowledge of the normal physical structure of the human body— anatomy— is usually gained by the medical student, but more especially for surgical reasons only, while his knowledge of physiology or normal function is most sadly deficient and gradually wears away the years of neglected service by. His knowledge of anatomy is usually good, as may also be his knowledge of embryology. But his knowledge of perverted or deranged function— pathology— is very meager, and the complex functions of the nervous system are to him an unknown field. His diagnosis of the changes in the body is usually complete, but his diagnosis of peculiar functions, called symptoms complex, is entirely beyond his reach, especially when applied to the intricate workings of the mind or nervous system. His knowledge of morbid chemistry is fine, but his knowledge of the chemistry of the body, the blood and the other fluids therein, the secretions and the excretions, as well as his knowledge of foods and drinks, and their influence in causing or removing disease, is so exceedingly small that we may almost say it is of little or no account. The field of hygiene is to him practically a sealed book, seldom to be opened except in emergencies and closed again when the epidemic has passed. To understand the mechanism of the entire body under the various conditions that obtain, so as to arrange harmonious relations, it is absolutely essential for this broad and generous culture I have above indicated.

If these basic principles I have stated are true, then ignorant, uncultured persons who claim to practice mental healing are defrauding the public, and risking the precious lives of those with whom they deal. The cultured and well trained physician is the only one who can safely arrange favorable conditions, and when he has done this, then it becomes his privilege, as well as his duty, to use the mind power he possesses in the cure of disease. The energy of the infinite mind is the universal power in nature, existing in everything, not only in human and animal life, but also in plants, in minerals and in space. This universal mind power responds to all proper efforts, when conditions for favorable results are best arranged. Mental healing is a fact, but before this power is invoked, conditions must be arranged, as in experiments in chemistry or in physics, and this we do by right living, right thinking and in emergencies by the use of medicinal agents. The laws of psychology, so little understood by most physicians, must be known, respected and obeyed, then this mind power can be used and results obtained, no matter by whom used, or for what purpose called into action. Mind power is the most potent force in the universe, and is correlated with other forces of nature, such as light, heat, electricity, etc. Mind is a sub-form of static energy, and from the depths of this universal ocean of mind power all mental and physical power emerges. Man is an individualized part of this great infinite power, and is free to draw upon it and use this infinite energy of the universe, and is the creator and not the created. Matter itself is living, is latent energy, is lonely, ethereal, electrical and is the resultant of the mental activity of the great infinite. Thought in mind in action, and is the ultimate of all forces. Intelligence is a property of infinite mind, and its activities produce matter. All diseases have a mental basis, prior to anything somatic or physical. This being true, the cure of disease must be mental, or psychological activity, and when this activity is aroused in a proper manner, startling and beneficial results are very often secured. This mind power is like all the other energies of nature, wonderful in action and extent, when we have learned to handle it and make use of it. This universal ocean of mind power can be only source of psychic energy, but we have at our disposal as much of its force as we can carry off over our channels of supply. You may deride these ideas now, and laugh at these views as visionary, but the future will demonstrate it to everyone as soon as they have reached a certain stage of mental development where they can understand this philosophy. Mind power is as old as creation, and just as universal as is heat, light or electricity. It has shown out to the world in the folk lore, and ancient mysteries and ceremonies of all people in all past ages. The brain is not a creator of mind, but it is in the nature of a convertor or transformer of this universal mind power into usable forms and phases. But it is only during the last few years that this mind power has been scientifically investigated and placed upon a scientific foundation, and made to do service in the treatment of disease. A study of psychology, based upon physiology and laws that are as constant and varying as is the law of gravitation. The wireless telegraph is now in constant use. The wireless telephone is a success. We can dispense with the wire. The next step has already been partly accomplished—that is, to do away with the machines. Telecommunication or mind action, whether near or far, has been often done. Currents of mind power flow in vibratory waves from the mind of an individual and act upon the minds of others, according to the laws of mentative induction. These mental vibrations from the sender awake corresponding mental vibrations or mental states of feelings in the minds of other people similar to those existing in the mind of the mentator or sender. Man has but one mind, but this mind has several phases, and I will refer to only two, the conscious and the so-called subconscious mind. The conscious mind is the mind of desire and will power. Through the conscious mind in the subconscious mind is impressed, and the earnest desires of the conscious mind are executed or carried out by the subconscious mind. The conscious mind is a mind of action. The so-called subconscious mind is the mind reaction, and produces an expression in the personality of the subconscious mind will always do what it is directed and impressed to do. Hence, if we know how to impress

the subconscious, we can stimulate or inhibit function, and this is the essential thing to do for the preservation of health, or the restoration of health when impaired. Remember, would you impress another person, you must yourself deeply feel what you desire your patient to feel, and when you have done this and his conscious mind has received the impression and given it strongly to his subconscious mind, then will his subconscious mind carry out this earnest desire, and the cells of the body be moulded, invigorated or restored, to their normal function of perfect health and activity. Remember this must be done in accordance with law, and not in opposition to physical, physiological or psychological law. The physician to succeed must impress deeply upon the patient this fundamental fact, that whatever is impressed upon the subconscious will be carried out to its fullness. For instance, good thoughts and good desires deeply felt will bring peace, power, health, happiness, harmony, increased ability and a fine character, while wrong thoughts deeply felt will bring depression, fear, disease, weakness, sickness and failure. Here we have the keynote to success in the management of all chronic diseases, and unless these principles are carried out thoroughly and completely, all other methods will end in failure. An important point here must not be overlooked. All forms of certain luxury or fear of anything must be removed from the mind, for if the patient is deeply impressing the subconscious mind with the fear of anything, that very thing which he fears will be consummated, unless there be other influences to counteract the impression. Neither must one continually commanding the subconscious not to do a certain thing, for by this very directing and commanding he is impressing the subconscious with the very idea, and it will do that very thing. To remove a functional or even an organic pathological condition, as in many forms of sickness, try to forget it absolutely and impress upon the subconscious by a strong desire the idea of health or normal function, and this alone. Desire health earnestly and so completely that every thought of sickness is forgotten. Impress the subconscious with mental sunshine, peace, hope and good will to oneself and to all the world, and these influences will work out in his entire being and personality.

I do not ignore or condemn the use of drugs, surgical methods or other measures, as they are necessary agents in the management of disease, but I do in the strongest words possible condemn the indiscriminate and reckless use of drugs, that tear down and destroy vitality, and put thousands of people in their graves every year. Drugs and surgical operations are emergency measures only, too often used for the purpose of increasing the physician's bank account. When the emergency has passed, they forget, or at least neglect, to carry out necessary measures of right thinking and right living, that are so very important in the prevention of disease.

DRINK HABIT NO LONGER INCURABLE

King Alcohol, Defying Other Methods, Dethroned by New Blackstone Cure.

First Offered Public Three Weeks Ago, Now Known Length and Breadth of Land.

DOES NOT COST A FORTUNE FOR CURE

Take It in Privacy of Home and Save \$110.00—Avoid Institute Publicity.

Appeals to Man Who Wishes to Stop Drink but Objects to Institute Confinement.

The Blackstone treatment for alcoholism—the habit— which is sold under bond contract to cure any case in three days, is being eagerly taken up by the physicians and by the public. It is the latest and most improved of the three-day cures and is unquestionably the best treatment for liquor drinking ever brought out.

While the Blackstone Cure is very moderate in price—all of one hundred and ten dollars being saved over institute treatments—does not signify that it is a "poor man's" treatment for those of wealth do not object to saving that amount of money when they can get better results at the same time. Certainly such a large sum saved means much to the family of the man of small means.

Besides the great saving in cost and the fact that it is much superior to institute treatment as a permanent cure, there is another feature connected with the Blackstone which appeals to all classes—that is, it is strictly a home treatment. It is to be administered in the privacy of the patient's own home where he can have the tender, loving care of his wife, his mother or a relative.

There is bound to be more or less notoriety in visiting a public institution. One cannot well avoid meeting an acquaintance, and such "news" spreads. While there is certainly no disgrace in being cured of the brain, nerve and body-wrecking habit of liquor drinking—really it is a disgrace not to be cured—nonetheless, it would take but a small argument to convince any business or professional man, or one engaged in clerical work, that the publicity thus gained in attending a public or "private" institution, could injure his future prospects. It smacks just a little of incapacity "necessary detention"—restraint—weakness.

With each Blackstone treatment sold, a contract is drawn up binding the Blackstone company, a strong organization financially, to refund the small fee paid if the results of the three-days' course of treatment fail to prove satisfactory.

The Blackstone Cure may be ordered and the one to be cured can take a three-day vacation—at home—and the morning of the fourth day return to his business or occupation cured of the drink habit—a man renewed. Hundreds of physicians are using the Blackstone treatment in their practice. It does the work.

For full particulars and books of information, call upon or write to the Blackstone company or its manager, Arthur G. Morgan, 308 Brandeis Theater Building, Omaha, Neb.

Apply to immediate need of a Blackstone treatment may telegram and it will be sent at once. C. O. D. If the patient should refuse to be cured after the treatment arrives, it may be returned at any time in six months of the date of purchase with seals unbroken and the amount paid will be refunded at once. Private telegraphic address, "BLACKSTONE," Omaha, Neb.

logical and psychological laws, and by right thinking and right living and a firm reliance and implicit faith in the power of the Infinite, move on to better health, and permanent recovery from all undesirable conditions. All healing, is the result of responses on the part of the subjective mind to external stimuli of some kind. This external stimuli is often suggestion in its broadest sense, and will produce the healing result when allowed freedom to respond. To arouse this latent power within the patient, and put him in touch with the great Infinite power that causes every chord in his being to vibrate in harmony is the work of the mental healer, and through mental processes to stimulate or inhibit functions, rebuild worn out tissues and regenerate the whole being. Hope is constructive and strengthening while fear is destructive and weakening. Intelligence resides in every cell of the body, and the latent energy of the cell will always respond to the proper stimulus, when the objective mind gives its consent by impressing the subconscious mind, and normal activity is reinstated, and the recreative process begins. When external and internal conditions have been arranged by the use of drugs and hygienic measures, then this Divine, but latent power, can cure many diseases in their early stages, and is the essential factor in the cure of all long standing diseases. The fundamental principles are carefully carried out, followed by a correct and well adapted system of physical exercises, wonderful results may be obtained in a large percentage of chronic cases, that are usually neglected by the average physician, who depends on drugs alone and knows little or nothing of mental healing.

These views are not chimerical, nor are they the creations of a disordered imagination. They are the truths and principles of the new psychology, whose basis is modern science and modern philosophy. Too long have physicians used, and put their faith in drugs, and allowed nonprofessional and untrained people to popularize the truth, that diseases are cured by, and only, through right living and right thinking, and the inherent powers of man's organism. All great discoveries of science, philosophy and ethics have always been

stubbornly opposed by the nonprogressive, the conservative element, who, clinging to their fables and superstitions, have hindered the world's progress in all past ages. Thousands of physicians are awake today to the new thought, and all others must follow, in accordance with the universal laws of evolution, or soon be buried in the darkness and debris of their own decadence and conservatism.

"Truth wears no masquerade, bows at no human shrine, seeks neither place nor applause; she only asks a hearing."

COLOR THE BASIS OF FASHION

Japanese Idea of Woman's Garments Subordinate Out to Color.

The woman of Japan does not have to bother or interest herself in what the coming fashions are in dress. She does not have to be prepared to change her well plaited short skirt into a long, sweeping high one, or a banded, striped hobble one, but what she does have to do is to change the color of her kimono to carry out the Japanese idea of fashion. Color is the thing. Her kimono remains the same, but Madam Nippon may be terribly out of fashion if she dons a kimono that is pink when the season's dictator of women's fashions says that she should be wearing violet tones. And how many people know that the older a woman of Japan gets the shorter and smaller her kimono sleeves?

This interesting feminine gossip, says the New York American, came from the wife of Tokio's mayor—Mme. Yuki Otsuki—claimed the most beautiful Japanese woman that has visited our shores—as she sat in the Hotel Astor. Mme. Otsuki was dressed modestly in a black silk costume, with white about the neck, over which she wore a long gray fur coat. Her hat was of deep violet velvet, trimmed with violet. "Our women are further advanced socially than they were before the new code of ten years ago," she said. "It has been brought about through the difference in the marriage laws largely. Now divorce can only be procured through mutual consent. Formerly a man could divorce his

wife without any cause whatsoever. According to the present laws there are just two reasons for divorcing a woman—one is unfaithfulness and the other is if she has served a prison sentence of over a year's time.

"The women of Japan have not the social equality that the women of England and America have, and it will be far better when they get it. I think it will come in no very distant time, for the educational advantages that women are receiving in Japan have opened their eyes to the importance of it, and they have called the attention of their husbands and brothers and fathers, who will certainly recognize the rights of their women. But men never acquiesce in anything unless compelled to.

"I hope we do not have political rights; we women of Japan do not want them; we are not as yet interested in them. What we want is equal rights with men before the law in matters of property and of divorce and marriage."

Mme. Otsuki says that although girls are allowed a voice in their marriage more than formerly, the mother still selects her sons-in-law.

"Our girls," she explained, "are brought up with different ideas of life. We are taught that our lives are to be held suffering and care, and whatever there is of happiness is an accident. Marriage is looked forward to as one of woman's duties and as a high service. Therefore she generally accepts her mother's choice of a husband without dissent, for she is brought up to believe that her parents' judgment is best until she is married. I lean strongly to my own country's bringing up of girls. Marriage, for the most part, are satisfactory, and divorces are much less frequent than in America."

Mme. Otsuki says that although cigarette smoking has become so fashionable in England and in Europe and although her own women smoke their tiny pipes and cigarettes she is pleased that it has grown somewhat unfashionable in Japan and that women of the upper classes are not so frequently seen indulging in the pipe.

Perennial Advertising is the Road to Big Returns.

POISONED THROUGH HIS SCALP

Mercurial Head Powder Used by Mother Causes Death of a Baby.

John A. MacFarland, 3 years old, of 230 North Nape street, Philadelphia, died in the Mary Drexel Home from poisoning resulting from his mother rubbing a mercurial preparation on his head. Mrs. MacFarland is frantic that her baby should have died as a result of an act of maternal kindness. The officials of the home and Deputy Coroner Braun have done what they could to comfort her, however, informing her that death from mercurial poisoning through the pores of the scalp is unusual.

"No blame for the child's death is attached to anyone," the deputy coroner said today, after he had made an investigation.

"I had used the substance on John's head before," Mrs. MacFarland said. "It did not harm him then, and I had no idea it would harm him this time."

A physician in the Drexel home explained that the mercury in the preparation used on the child's head had worked its way through the pores of the scalp, entered the blood, and been carried to the kidneys. There it set up an irritation that caused death after the little fellow had suffered terribly.

It was a day after the mercurial preparation had been used before illness manifested itself. Then Mrs. MacFarland carried her baby to the home for treatment. The doctors say the preparation is used on the heads of thousands of children, all of whom are endangered—Philadelphia Press.

What Every Nobleman Knows

That marriage averts a failure.

That American democracy is but pure-deep.

That a title is worth all he can get for it.

That a reputation is mightier than the fact.

That he ought to be very grateful to the novelist.

That a nobleman is without honor in his own country.

That he would prefer to marry for love if he could afford it.—Judge's Library.

FREE—FREE—FREE

Our advertising is absolutely FREE of all fake schemes to catch the unwary. We do not offer free gifts as an inducement to purchasers. We give you as a consequence merchandise of the highest quality at the lowest possible price—merchandise that requires no sidshow methods to sell it. No plated collar buttons thrown in.

FREE—FREE—FREE

The FREE use of credit is offered you—credit of the most liberal character. We say to you, "Make your own terms—pay down what you feel you can spare and make your monthly payments to suit your convenience."

FREE—FREE—FREE



Base Burner Special
A 18-inch drop heater. We offer for Monday's business a base burner heater made by one of the best manufacturers in the United States. It is guaranteed in every particular. It is of the double line construction; is a powerful and economical heater. An unbeatable bargain at a special sale price of \$29.50.



Hot Blast Heater
Burns anything combustible—serviceable heater, made of heavy steel, with cast iron top—has screw drafts, large feed door, sah pan. This stove is perfectly nickel trimmed, a nearly airtight heater, at a very low cost. Rubel's Special Sale Price \$6.95.

The Katz Ventilated Mattress

A Perfect Mattress for Particular People

Permits of a free circulation of fresh air through the center.



We are sole agents for Omaha for the celebrated Katz ventilated mattress. An article that has been recently placed on the market to fill a long-felt want. No more need to sleep on hot, stuffy, uncomfortable and unhealthy beds. This mattress has small spiral springs, so arranged that it is impossible for them to become out of order. The top and bottom are built of the best grade of white felt, guaranteed not to jump. In the edges of this mattress are fitted brass ventilators which admit of the free circulation of air making this the only really sanitary mattress on the market. A great boon for the bedridden. In fact, a long sought for relief for all that is objectionable in a mattress. We offer these mattresses at a price far less than their value in order to introduce them. They are guaranteed in every respect. Rubel's Introductory Sale Price... \$21.50



This Elaborate Parlor Suite

This suite consists of three pieces. It is one of the most unusual values ever offered. It is made of dull finished mahogany—the frames of each piece are extra strongly constructed and being especially braced. It is upholstered in the best grade of Genuine Leather. The seats are full sprung—very comfortable. In order to fully appreciate this sale, you should make a trial. If you are not satisfied, we will cheerfully refund your money. Rubel's Special Sale Price... \$33.75



Oak Heaters

A heavy, serviceable Oak Heater, at an unbeatable price. This Oak Heater is made of heavy gauge cold rolled steel. The castings are heavy and well fitted. This stove has full nickel trimmings, including nickel rim, foot rest, screw drafts, swing top and urn; is fitted with a double reversible-rue construction and unusually good, powerful heater. Notwithstanding the low price quoted, Rubel's Special Sale Price... \$6.50

Base Burner Heater

A serviceable, economical heater at a very small cost. This base burner is beautifully nickel trimmed, has duplex grate. It is fitted with non-clogging magazine, is of the double reversible-rue construction and unusually good, powerful heater. Notwithstanding the low price quoted, Rubel's Special Sale Price... \$16.75



Pedestal Extension Table

Our Terms are Easier than the Easiest Elsewhere.

Our Prices are Lower than the Lowest Elsewhere.

We wish to call your attention to the fact that this table is made of heavy, solid oak, specially selected and highly finished. The design is most pleasing and sufficiently elaborate for any home. The base is of a fancy design and has extra large claw feet. It is fitted with patented non-warping slides; has a 48-inch top and extends 4 feet in length. It is a table well worth \$30. Rubel's Special Sale Price... \$12.75



Genuine Leather Couch

This handsome couch is upholstered in genuine leather of the best quality, over a serviceable and comfortable steel spring construction, that is guaranteed to last. It is very heavy and massive and made of selected quarter sawed oak, beautifully carved. This couch is easily worth \$40.00. Rubel's Special Sale Price... \$29.75



A Very Elegant Rocker

We will allow you more in exchange for your old stove than any other store in Omaha.

In American quartered oak. This Rocker is indeed a surprise value and we are certain you will recognize this rocker as a most extraordinary bargain. It is extra large and strong and beautifully finished. By glancing at the illustration you will get a fair idea of the handsome appearance of this rocker. It is upholstered in a full-spread Chinese leather—it is substantial—has a full-spread seat and back also upholstered in Chinese leather—has ruffled edges and a handsome cast-iron casters at each corner. Rubel's Special Sale Price... \$5.45

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