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SELF CULTURE

A Quarterly Journal & Review
for Promoting Success, Health & Happiness.

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DR. K. T. RAMASAMI, PH. D.

President.

The Indian Academy of Science,
Kizhanattam, Tinnevely Dist, S. India.



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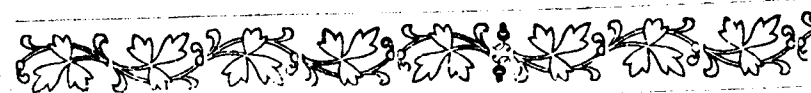
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Motto: " Purity in Thought, Word and Deed

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JANUARY—FEBRUARY—MARCH,

God-the Giver.

Thou of life, the great Provider,
Blessed be Thy name forever.
Thou healeth our weeping hearts.
Guardest every creature sleeping.
God of silence or of motion,
God of desert and of ocean,
Of the mountains and the river—
Blessed be Thy name forever.
Thou who all Thy children keepest.
Thou slumberest not, nor sleepest;

God of g'ccm or
Or of evening's par
God of ocean and o
God of time, and
God of love that
Blessed be Thy r

Gree

To all our :
A Very Happy N
thing in it filled
Infatide, for Hea

SELF-CULTURE.

of Spiritualism

What is man?

A trinity in unity
of body and earthly body,
and the spirit?

Immortal, indestructible
and pure. It is the life

never seen?

We only see its
earthly body.

Is the spirit-body?

Aereal substance that
is spirit to the earthly
embles, and is the
in spirit life.

Is the earthly body?

A living, living house,
of the spirit which
time on earth, to
life.

Does the spirit-body die?

Only the physical

Essences of the spirit

Exist in the bright
It has a beautiful
bad, it has to
ness until it is

Brothers, sisters,

mothers, fathers and friends ever return
to our homes?

Stu.: Yes; they return to watch
over those they love, and guard them
from evil and danger, and guide them
through life.

Con.: What is a medium?

Stu.: A medium is an instrument
through which spirits communicate. It
is a bridge that connects the two
worlds and over which the angels come
and go.

Con.: Let us ever pray for the holy
angels to guide us through life.

Science: Is mediumship natural or
artificial?

Our future home in spirit is but the
product of our thoughts and deeds in
this life.

Under all circumstances keep an
even mind.

Philosophy of Spiritualism

Compiled by Mrs. C. V. Morrow

Conductor: What are our duties?

Student: The obligation to obey the
laws of our being.

Cond.: How may they be divided?

Stu.: Into physical, intellectual,
moral and spiritual.

SELF-CULTURE.

Cond.: Name the prominent physical
duties?

Stu.: We should obey the laws of
physical health; eat pure and ap-
propriate food, drink pure water,
breathe fresh air, cultivate clean-
liness in habit and in person, and
take regular exercise.

Cond.: What are our intellectual
duties?

Stu.: To cultivate our reasoning
and instructive faculties in truth and
to spread its light abroad that others
may be guided there.

Cond.: What are our moral duties?

Stu.: To respect the rights of others
and hold their welfare equal to our
own.

Cond.: What are our spiritual duties?

Stu.: To train our spiritual nature
in the God-like qualities of un-
selfishness, harmony, nobility, purity,
truth, wisdom, and love.

Cond.: To whom do we owe our
duties?

Stu.: To ourselves, to our neigh-
bors, and to God.

Cond.: Why to ourselves?

Stu.: Because it is essential to
our existence.

Cond.: Is not such duty selfish?

Stu.: No, it is not selfish to care
for ourselves if we take from no one
by so doing; and having cared for

ourselves, gives us ability to care for
others.

Cond.: What is the duty to our-
selves?

Stu.: Proper self-esteem, self-
reverence, control and culture.

Cond.: What is our next duty?

Stu.: To care for those around us.

"THY KINGDOM COME"

How to Bring It

1. In the Morning arise—resolved
to do nothing against, but every thing
for the Kingdom of Heaven on Earth.

2. Happiness for all being the
object, let every action during the
Day spring from such well-conceived
and well-developed thoughts as lead
to its attainment.

3. In the Evening retire—at
Peace with yourself—at Peace with
the divine principles of Universal
Love and Wisdom.

* * *

"THY WILL BE DONE"

How to Do it

1. Be instructed by the Past, and
by all it has brought you.

2. Be thankful for the Present,
and for all its blessings.

3. Be hopeful for the Future, and for all it promises to bring you.

Observe these Rules, and the Harmonies and the Angels of Father God will be with you, and 'Peace on Earth and good will toward Man' be realized.

MEMORY GEM.

"Kind hearts are the gardens,
Kind thoughts are the roots,
Kind words are the blossoms,
Kind deeds are the fruits."

MUSINGS

by M. W. Chapman

The art of being able to get along with people ranks with genius.—Patterson.

Thoughtless words that may do harm 'twere better they were left unsaid.

Train your ears to hear nothing but good of others; your eyes to see the needs of your fellowmen, and your hands to supply those needs.

One can't take much stock in anyone's religion unless it makes them easier to live with.

Each person's world is as an echo of the thoughts and desires which

he sends forth to others.—Dr. J. W. Holland.

The tongue, unbridled, often brings contentions when the peace is sought.

Don't grumble, don't bluster, don't dream and don't shirk, don't think of your worries, but think of your work.—Blankely.

Deeds of kindness, courtesy and unselfishness build a noble character.
—A. P. Bird.

Spirit life and spiritual life should not be confounded. Our future life is spirit life in an ethereal body. Our spiritual life is a oneness with the spirit of love, wisdom and power. We are born to that life through knowledge of truth, by degrees, even while we are here in earth life.

He alone is wise who can adapt himself to every condition of life.

We labor in order that the divine or spiritual part may find expression. The direct operations of Deity are seen through the intermediary instruments (ourselves) as mediums.

Symptoms of Mediumship

There are certain evidences of psychic power which are general. A feeling as if a light electric current passes over or through the body; either from head to the feet or from the feet to the head; especially in thinking or speaking of a friend gone on; or in the emotion induced by great music or the recital of a stirring event. A knowing of events before they happen, which is a shadowing of the spirit. Suddenly knowing what course to pursue when the course determined on has been different. A feeling of being led, of being guarded. These are some of the "symptoms" which may be diagnosed as indicating a fair case of mediumship. But they may be no more than the initial and tentative effort or extraneous influences to attract your attention and may never result in verifiable mediumship.

The way to learn is to set aside a definite time in which you relax body and mind, turn your spirit to noble consideration; and invite, under the will of God, wise friends unseen, to unfold your psychic possibilities. Subject to them in so far as their counsel and direction com-

port with reason and common sense. Thinking for yourself but willing to listen to others who may know more than you do about a given condition, as you would be willing to listen to a friend or teacher here. Being, neither skeptical nor credulous and thanking God each breath for the greatest gift in the world.

BREATH

Always bear in mind the lungs are the dynamo of the body, while the breath is the motive power.

If you breathe short rapidly, you are excitable and tense, therefore sick or cross most of the time.

If you breathe full and long breaths you are cool-headed and fairly well.

If you be down on your back, your mind becomes dreamy.

When lying on your face the breath becomes irregular, and the ideas you entertain at such times are of a flighty nature.

When you sit erect your breath is easy and your mind is calm and serene.

When you stand up with the weight of the body thrown upon your stomach, your breath is heavy, and you become negative, so that your

mind can be swayed by anyone. You become receptive to any man's ideas. You are powerless to think for yourself.

When you stand erect, with chest well thrown out, you naturally suspend breath action, you are on the alert and ready to meet your enemy.

Just watch these different positions of the body, watch your breathing and the ideas that follow, and you will then soon determine the source of your troubles, mental and physical, and wherein you have failed all these years.

BREATHING

Enough cannot be said of full, deep breathing. It is no hobby or wild notion; and if you would prove its benefits, practise it daily, and you will increase the circulation, purify the blood, and send it to warm the feet, make ruby lips, and plant roses on the cheeks. It will aid your digestion, and give you a clean, sweet breath, promote sleep, quiet the nervous system, strengthen the throat and vocal organs, and increase the chest capacity. It will also cure your asthma, catarrh, and bronchitis, and prevent lung trouble.

This is a great age of convenience when one gets his food from cans, sermons by radio, and babies from foundling asylums.

BAD HABIT

The minister called on Mrs. MacShoddie. "By the way," he remarked after a while, "I was sorry to see your husband leave the church last Sunday right in the middle of my sermon. I trust nothing was seriously the matter with him?"

"Oh, no, sir," replied Mrs. MacShoddie. "It was nothing very serious, but you see, the poor man does have a terrible habit of walking in his sleep."

THE POWER OF SPIRITUAL HEALING.

All great religions have considered healing an essential part of their ministry to man. This healing has been considered a proof of the divine favor and of the sanction of heaven. When Jesus gave his great commission to his apostles to go into all the world and preach the gospel unto every creature, he likewise laid it

upon the conscience of the Christian church that his followers were to walk in his footsteps in healing the sick. All Christians, therefore, are just as much at liberty to ignore the preaching of his gospel as they are to neglect spiritual healing. Yet the whole orthodox world, with very few exceptions, deliberately ignores and neglects spiritual healing of the sick. Spiritualism is gaining immensely by demonstrating the power of spiritual healing.

Happiness is fostered by concentrating on the few things which are vital and essential.

Correction does much, but encouragement does more. Encouragement after censure is as the sun after a shower.

Initiative is doing the right thing without being told.

Whether you be man or woman, you will never do anything in this world without courage. It is the greatest quality of the mind next to honor.

How poor are they who have not patience!

DEATH MAKES DIFFERENCE

According to physiologists man has many new bodies during his lifetime, but his mental make-up, his concepts, his way of looking at life and its experiences, his mentality generally, change but little. We note the physical changes in an acquaintance that we have not seen for some years, but a few moments' conversation reveals that the man himself is unchanged. When the physical body is discarded, when he passes into the unseen world, he will be the same as was on the earth plane. His mentality, and his spiritual consciousness, will be as it was before death. Indeed, it may be difficult for him to realize that he has passed over.

No wonderful change, either in mentality or spirituality, will take place, consequently when we get into communication with him we shall find our departed friend the same as before he died—neither exalted into a saint, nor developed into a philosopher. His communications may be "trivial—commonplace," but they will be no more so than when we held converse together when he was in the flesh. Moreover, they convince and satisfy us, and that is the supremely important consideration.

Spiritualism not only gives us convincing evidence of the life after death, but it teaches how to develop those qualities that contribute to our progress and happiness. The great law of the spiritual harvest is that everything in life has its price, and the price will purchase that, and nothing else. That something cannot be obtained for nothing. "Whatsoever a man sows, that shall he reap." We must pay for development with sincere, unselfish work; by sympathy, understanding, and kindness; by being tolerant and forgiving. We can only grow spiritually by loving service to others.

* * *

Spiritualism is synonymous with progress. It is the only religion that eliminates the fear of death; that demonstrates that we are part of an ever-living universe, of whose body nature is and God the soul. It teaches that as we live, so are we; that we do not "go" to heaven, but that we grow heaven within ourselves. It is the only form of belief that fits "four-square" with the teaching of Jesus, and that of the New Testament, without twisting of texts or forced "interpretation." It shows that the greatest virtue is unselfish

helpfulness of others. It is the religion of the ever-progressive, ever-aspiring, ever-present life—a life that knows no ending.

LIFE AFTER DEATH

Writing to the Manchester "Daily Sketch," the Rev. H. Watkin-Jones, of Wesley College, Headingley, Leeds stated that St. Paul never teaches that the material element laid in the grave will be resuscitated. What is sown a natural body is raised a spiritual body, which is the expression of our individual identity in new conditions.

Generally speaking, the apostle meant by "body" what we mean by "individuality," and he strongly argued for its permanence. Any notion of the resurrection of the flesh never suggested itself.

A rose is fathomless in its mystery, but how unperplexing! Mystery is a legitimate ingredient of reality.

Everyone likes to encourage the honest and intelligent enthusiasm.

Humane education is a broad subject reaching from kindness to animals on one hand to peace with all nations on the other.—*The Progressive Thinker.*

SPIRITUALISM

Spiritualists have long ago added knowledge to their faith. We know so-called death is only a departure for a time. Spirit communion is an established fact. Always has been so.

Through the gateway of mediumship God and the angels are not remote. Our loved ones are not far off. Only a thin veil between us, a world within a world.

Guardian angels are ever present, know our good qualities and shortcomings. Ready to serve, guide and protect us. Spirit communion is an established fact. Always has been and will be for those honest enough and brave enough to add to their faith knowledge. Honest investigation shows that there are more facts in favor of Spiritualism than there are theories against it.

Through ignorance of the truthful teachings of Spiritualism, those who cry out for definite proof of life beyond the tomb and refuse to investigate to find it so, or not so, are the ones who will remain in spiritual darkness just that much longer.

Spiritualism is progressive and is the torchlight of religious freedom.

leading from obsolete creeds of the dark ages to eternal light. (F. L. White.)

I had seen the materialized spirits of John and Katie King in Paris. I again saw and conversed with them at Peckham, London, the home of Cecil Husk, the medium.—(Field.)

The Greek commanders were spiritual scientists. In the battle of Platea, Tissamenes was appointed Seer with the army. In the war between the Phoenicians and Thessalians, Tellus the seer stood in high regard with the generals.

(Captain Emile Felix.)

The cross is one of the oldest emblems, sometimes termed a phallic sign, and there is a tradition that in Egypt it was used as a nilometer to mark the rising and falling of the tide of the river whose overflowing fructified the land, making abundant harvests certain. The two beams of the cross, being exactly equal the one to the other, indicates equilibrium. A master tells his disciples that each must take up the cross individually and follow the master's lead, a counsel which does not mean that we are to torture our bodies or accept some limited theological doctrine as though

it were universally essential to salvation, but one that teaches us very plainly that we must aim at symmetry of character which a perfectly cruciform body outwardly portrays.

(W. J. Goltville.)

ALMOST RAN INTO A MAN WHO WASN'T THERE

Robert MacDougall, long professor of psychology at New York University, experienced what he terms a visual hallucination. While riding a bicycle on a country road he met a farmer or workman a little after sunset. He almost ran the man down, turned to apologize and found there was no one there. There was no object behind which an actual man could have slipped unperceived, he was not lying on the ground when the professor looked back, he could not have been a shadow or any kind of illusion having for its basis any material object. Of these facts Professor MacDougall is certain. The man was seen "walking toward me, and immediately at hand."

The psychology expert adds tersely: "Completely sporadic and isolated phenomenon. No ill health or eye trouble, and no significance--i. e.,

consequences or connections in previous or after experience."

An experience similar to the foregoing is related by Percy H. Boynton, professor of English and dean in the College of Arts, Literature and Science, University of Chicago, author of a History of American Literature and a number of other books.

In the early afternoon of a bright June day, Mr. Boynton was bicycling in the vicinity of his summer home at North Scituate Beach (now Minot's), in Massachusetts. He was resting after receiving his A. M. degree at Harvard. Preceding the examination he had crammed for ten days, sleeping only four or five hours a night.

On this afternoon he was going downhill on a sandy road, pedaling in a footpath about two feet from an old fence through which underbrush was growing. Beyond the fence was a stretch of salt marsh. As Mr. Boynton started down the hill he saw twenty or thirty yards before him a man leaning against the fence with his back to the road, idly looking out across the marsh. Continuing, Professor Boynton says:

"I rang my bicycle bell in the hope that he would draw near enough to

the fence to let me pass. As I came quite near, I spoke. He didn't move, and to avoid him I swerved out into the road. The bicycle skidded in the sand and I took a half tumble.

"As I picked myself and the machine up, I turned to speak to the man but there was no one there, and no tree or shrub by which he could possibly have been concealed."

INVISIBLE RAYS BELIEVED SECRET OF PERSONALITY

That intangible quality, which attracts two persons to each other, may be partly ultra-violet, a form of light invisible to the eye but thought to be given off by most living bodies.

Existence of an ultra-violet attraction between butterflies and moths was reported to the American Association for the advancement of Science, Atlantic City, N. J., by Dr. Frank E. Luiz and Richard Burlingame of the American Museum of Natural History.

These insects, they said, can see ultra-violet colors. Apparently this is because insect eyes are more sensitive to blue and violets than reds as compared with human eyes. Both

butterflies and moths have ultra-violet colors, a fact which can be detected with special instruments.

"Sometimes," the report stated, "the male is more ultra-violet than the female, but usually if there be any difference, it is the female that is the more brilliant in this color, which nature seems to have reserved for the eyes of those creatures that are presumably most vitally interested."

GRAINS OF GOLD

Garnered from the Field of Thought
By Mrs. M. E. Cadwallader

Don't get so absorbed in matters pertaining to the spirit world that you forget what is going on in the mundane world. It is bad form. The best way to contemplate the Spirit world, the only way in fact, is to find out what one amounts to in this world. Make yourself and this world better and you have improved the spirit world just so much.

When men and women feel and complain of lack of opportunities, they are very apt not to hear the call when some unexpected opportunity raps at their door.

INSTRUCTIONS FOR HOLDING SEANCES.

By Harry M. Bailey.

Having formed a circle of desired number (say, from four to eight persons) with, if possible, an equal number of both sexes, procure a small light table, unpolished and without covering. Arrange sitters positive and negative (male and female) alternately. Palms of the hands should be placed flat on the upper surface of the table, and feet firmly planted on the floor.

One of the company should then address the unseen and earnestly ask for help. Avoid a fixed concentration on the expected manifestations, and let the body relax naturally. Engage in cheerful conversation. Should the conversation flag, singing or music may help.

Table movements may result almost at once, but in most cases patience must be exercised before even the slightest movement is noted.

When tilting is established, a suitable sitter should be selected to act as spokesman and recorder. Explain to the communicating intelligence that an agreed code of signals is desirable, and request that a tilt may be given as the alphabet is slowly repeated, at

the several letters which form the word that the intelligence wishes to spell.

During the early stages in these experiments it will be found that much meaningless matter is often received and it would be well to ascribe it to the difficulties that must exist in this very imperfect media for communication. However, with the right type of investigators, patience will remedy this.

Always maintain a level head and a clear judgment, and try the results by the light of reason.

Finally, it should be remembered that it rests largely with the circle whether the manifestations become elevating or otherwise.

(*The Two Worlds*.)

THOUGHTS.

God giveth life to all creatures, and every living thing is His to mould as He wills for future existence.

For we are but of yesterday, and know nothing, because our days upon earth are a shadow.

Those who bring sunshine into the lives of others, cannot keep it from themselves.

ALPHABETICAL MAXIMS FOR THE YOUNG.

Always ask your parents what is best for you to do.
Begin an active business life with noble ends in view.
Care for those about you who are poor and in distress.
Don't take undue advantage when you're in power to oppress.
Endeavor to gain knowledge of the natural laws of health.
Forget not your honor while striving for great wealth.
Give only what you are able—you can do nothing more.
Have respect for the aged ones, be they rich or poor.
Indulge not in intoxicants, nor in language that's profane.
Just dealings are more profitable than underhanded gain.
Kindness oft-times purchases more than glittering gold.
Lay something by while young, for your needs when old.
More money spent than earned will always keep you poor.
No amount of self-praise ever gets beyond your door.

Obey your superiors—it will bring honor to your name.

Profit by the example of all good men known to fame.

Question well the motive of all workers without pay.

Resolve to do your duty, no matter what others say.

State the fact or nothing—don't indulge in lies.

Teach those who are ignorant: take lessons from the wise.

Unless you make the effort, there's nothing you can do.

Virtue has its own reward—a maxim trite and true.

Wealth can not purchase happiness in this world of strife.

Xcept 'tis used to glorify the One who gave you life.

Yield all unimportant things, for law-suits do not pay.

Zealously observe these rules—there is nothing more to say.

(*The Progressive Thinker*.)

Man's greatest friend is his knowledge; his greatest enemy is his ignorance.

TO KEEP IN THE MENTAL NOTE BOOK.

Three things to admire: Intellectual power, dignity and gracefulness.

Three things to love: Courage, gentleness and affection.

Three things to hate: Cruelty, arrogance and ingratitude.

Three things to delight in: Freedom, freedom and beauty.

Three things to wish for: Health, friends and a cheerful spirit.

Three things to fight for: Honor, country and home.

Three things to govern: Temper, tongue and conduct.

Three things to think about: Life, Death and Eternity.

CLAIRVOYANCE

There is nothing miraculous, or even marvelous about clairvoyance. Some are born clairvoyant. They were in childhood clear-seers. In others it is included, sometimes by influencing spirits, sometimes by mesmerists, and often by normal unfoldment through right thinking and right living.

Clairvoyance, stripped of all seedy, mossy, astral Orientalisms, is simply

seeing with the spirit eyes. Reduced to the last analysis it is the spirit, the conscious ego, that sees. Sometimes it sees through the intermediate soul-body, and occasionally leaves the latter and sees, knows, without reasoning.

Clairvoyance was largely brought before the modern world by Marquis de Puysegur, a disciple of Mesmer. There is independent clairvoyance, dependent clairvoyance, and psychological, pictorial presentations. There are also other phases with different degrees of lucidity.

Spiritualist mediums being the adepts—the real adepts of this period—are the legitimate exponents and elucidators of planes, spheres and the etheric strata of the worlds invisible, soon discover and describe the different shades of auras and psychic conditions that their lucidity so clearly sees and reveals. Andrew Jackson Davis, for example, was a clairvoyant truly 'trained.'

In independent clairvoyance, when discarnate spirits are the helpers, the clear-seer should and does exercise his own judgment, demanding of the spirit-pilot the where, the why, and the what of clairvoyant purpose and practicability.—H. R. Kahn.

The Humanitarian Mission, Kizhanattam, Tinnevely, S. India.

Founded in 1931, this mission works with the following glowing objects. 1. Promoting Universal Brotherhood; (2.) Promoting Success Health, Wealth, Prosperity and Happiness to all Members, here and abroad, through Instructions, Psychological methods and Yogi-Spiritual Treatments. Membership is open to either sex, irrespective of color, creed or nationality. Every member upon enrolment is granted a beautiful certificate of recognition. Membership fee for a Year is Sh. 5; foreign and Rs 3—Inland. Life; Membership fee is £. 5 foreign, or Rs. 65—to India.

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Therefore everyone of you, who desires UPLIFTMENT along physical

Mental, Moral, Social, Psychic and Spiritual lines, may co-operate with us in this Humanitarian Mission work. You and your friends and relatives are welcome to enrol as Members and derive the benefits therefrom.

Tell people around you that this great Humanitarian Mission of South India will cheerfully render every help to people high and low, in all departments of Human Life, that we heal the sick and afflicted, that we uplift and enlighten the weary and depressed Pilgrims of Life and that we educate and train our Members along true Samaritanism and the Siddha-Yogi path to attain Self-Culture Success, Peace, Health and True Joys of Life.

The world is our Parish. We are ever ready to serve the young and old alike. The East and the West can mutually work together FRaternally for the Welfare of our HUMAN FAMILY.

Donations or Free will Gifts are solicited from all the Humanitarians of the Globe, for the up-keep of the Humanitarian Mission.

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TAKE CARE OF THE MINUTES.

We are but minutes—little things,
Each one furnished with sixty wings,
With which we fly on our unseen track
And not a minute even comes back.

We are but minutes, yet each one bears
A little burden of joys and cares,
Patiently take the minutes of pain,
The worst of minutes cannot remain.

We are but minutes, when we bring
A few of the drops from pleasure's
spring;

Taste their sweetness while we stay—
It takes but a minute to fly away.

We are but minutes; use us well
For how we are used, we one day
must tell.

Who uses minutes has hours to use,
Who loses minutes, whole years must
lose.

'THE TEN LAWS OF RIGHT'

1. Manifest temperance in all things.
2. Give justice to all creatures that be.
3. Show gentleness in speech and act.
4. Speak truth in every word or thought spoken or acted.

5. Exercise charity in thought, striving to excuse the failings of others.

6. In alms-giving be generous.

7. Exhibit self-sacrifice at all times.

8. Be temperate, yet firm, in defence of our views of right.

9. Display industry in following any calling you may be engaged in.

10. Manifest love above and beyond all.

Lycaum: Seeking to cultivate in our families and kindred and friends, and amongst all mankind generally the feeling of that true and tender love which can think, speak and act no wrong to any living creature; remembering always that where love is, all the other principles of right are fulfilled.

Conductor: We shall ever hold these ten principles of right to be obligatory upon all.

The Progressive Thinker.

Magic Ring-Disc.

Price Rs. 5; Sh 10; 3 Dollars.

It is our own invention. It aids young boys and girls and psychic sensitives, to develop Clairvoyance, and mediumship to see Spirit friends at will and enjoy Angelic Communion at home and obtain messages from the Spiritual Realms. It works wonders.

Radion Galvanic Ring.

Price Rs. 2; Foreign Sh. 4. Postpaid.

A wonderful curative electrical novelty, when daily worn on your finger, gives a very mild current of health-energy, strength and vigour to your weak nerves.

It cures Nervous Debility, constipation, Gout, Rheumatism, Neuralgia, Sleeplessness, Blood-poisons, etc., etc.

Our R. G. Ring works wonders. Either sex can use it for Health.

Radion Goldona

BOON TO BRAIN Workers.

This is a Golden specific for Night Wet Dreams, Spermatorrhoea Loss of Memory, Impotency, Insomnia etc.

It is prepared according to the Prescription of the Sages of India. Taken with honey and butter, it has a nice palatable taste. It acts on the system wonderfully. It is the best known Tonic Restorative and Blood Purifier. It gives you Beauty, Strength, Youthful potency, Brain Vigour and Blooming Health.

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Our Course in memory is designed to develop your Will-Power, Attention, and Concentration to a remarkable degree. If you follow our system of graded lessons, you can know how to THINK properly. You can easily, Remember and recall to mind, faces, names, business-details, studies etc. Our system is useful to people in all walks of life—to young and old alike.

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For Brain Power, Success in Learning:
Farming: Matrimony; Legitimate Love.
Business: Success; Winning a Job;
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Eloquence; Charming Personality;
Overcoming enemical feelings, witch-
craft, Evil Spirits, Bad planetary
aspects; For gaining Health, Wealth,
Will-Power and Occult Talents, etc.

* Send 10 Shillings or Rs. 5 for each item of the Special Talisman.

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This Course Contains graded Lessons and exercises to develop a healthy Body, with a Strong Will-Power and Self-Control, and a magnetic personality : It is based on the system of the Yogees.

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