

Self Culture
November - 1953



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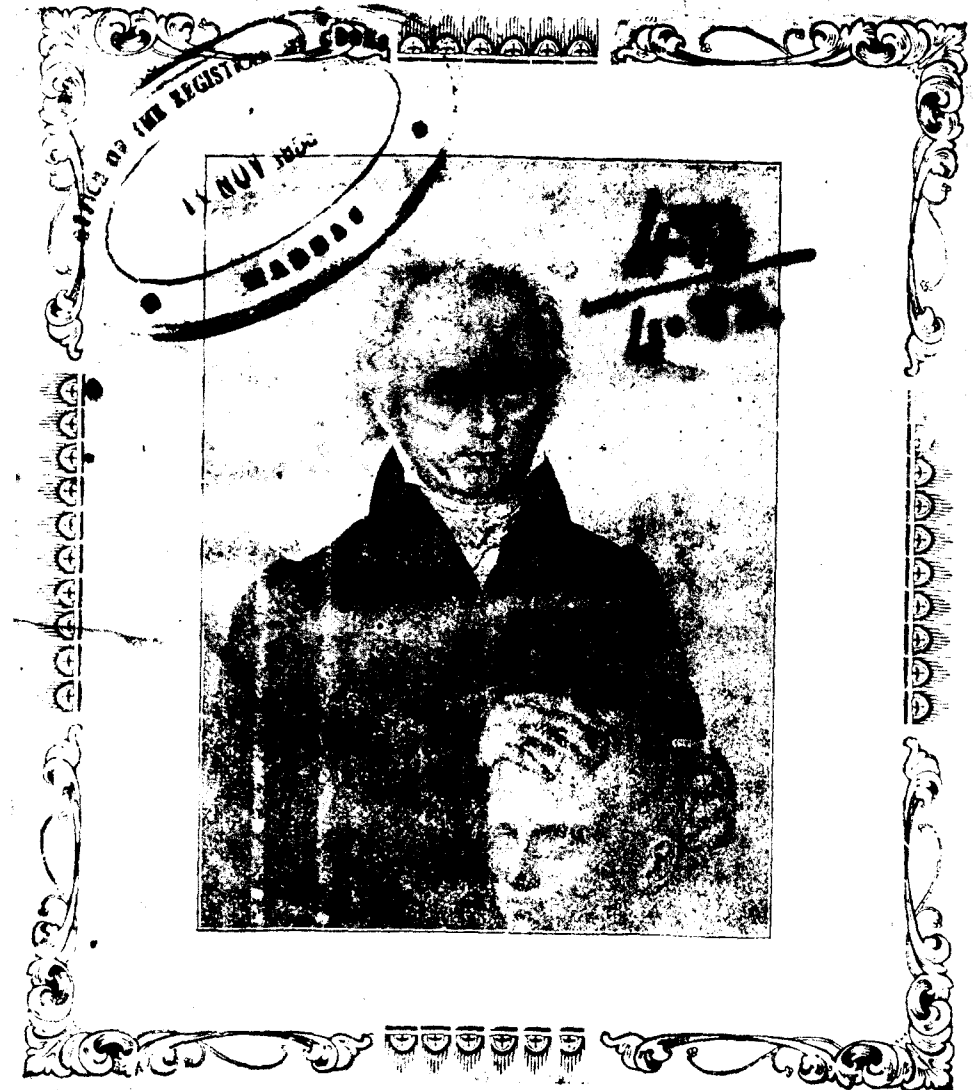
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SELF CULTURE.

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Editor, Printer and Publisher,

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About Our Journal.

Dear Sir/Madam,

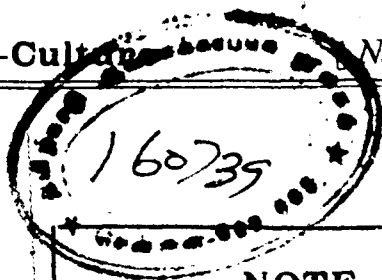
This journal is quite indispensable to every human soul in the face of the earth. It is solely & purely dedicated to the humanitarian cause, rendering humanitarian service as well. It does not dwell on any nationality or race. There may be difference in complexion, & habits among the peoples in the different nations inhabiting the globe due to peculiar climatic conditions, food etc. But the aim & aspirations for all the human beings are the same. The same fact is stressed by all the religions in the world. This journal is a guide for the betterment & uplift of the humanity as a whole containing valuable contributions by highly talented brains. It, besides serves as a sage-guide to every one whose aspiration is to better himself, preaching at the same time, the universal brotherhood, affection, faith, belief, and right thinking.

We therefore appeal to everyone to become a regular subscriber & benefit himself by following the maxims contained in it.

Thanking you,

Yours,

SELF-CULTURE JOURNAL
PUBLISHERS.



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Motto : "Purity in Thought, Word and Deed."

THE WORSHIP OF GOD Sandhya

May the All-pervading Divine Mother be gracious enough to gratify our inner craving, and send down blessings all round us !

O God ! Most sincerely and solemnly, I make a covenant with Thee that knowingly I shall never sin with my organs of five cognitive and five senses ; Viz, the tongue—taste, the nose—smell, the eye—sight, the ear—hearing, the palm and its back—touch, the genitals—passions, the heart—desire, the throat—Speech, the head—thought, the hands—deeds.

But O Lord ! I am weak and so depend upon Thee. Purify and so strengthen my senses-Thyself. May the Living God purify the head ! May the Holy God purify the eyes ! May the Happy God purify the throat ! May the Great God purify the heart ! May the Common Father purify the genitals or animal propensities ! May the All-wise God purify the feet ! May the Eternal God again purify the brain ! May the All-pervading God purify all places !

O God of life ! O God of Holiness !
O God of happiness ! O Great God !
O God the Father ! O God of wisdom !
O God of truth !

[By Editor]

By Editor

Mental Science:

Phrenology and Physiognomy.

("A" SERIES: CORRESPONDENCE COURSE OF I. A. Sc.)

WHAT IS MENTAL SCIENCE? This question is often asked by people who have not had any opportunity to study MENTAL SCIENCE. People want to know further, What does it consist of? How does it benefit? and 'What good is it to the people?'

The best study of mankind is MAN. The wisest Sages of antiquity have pursued the study of Mental Philosophy, that which relates to Human Mind, with great zeal and energy and prized such speculative Wisdom as above all value. But very few philosophers have been students of nature, careful observers of phenomena, or investigators of their efficient causes, and still fewer have been Physiologists. Their observations have been indeed more of a subjective than objective character. And such speculative knowledge, we call to-day as Metaphysics. If we go to analyse their knowledge respecting the powers of the mind and their respective material instrument, we find the question only involves doubt, speculation and uncertainty.

But a great tide in the great ocean of Human Science deluged Europe, when an individual was ushered upon the scene of life endowed with capacities of superior order, by virtue of which he commanded the mysteries of Human Nature and they were revealed to the admiration and wonder of millions of enlightened men. This was no other than the eminent Dr. Gall, who was born in 1758 and destined, by the kind Providence, to be the honored medium of discovering, interpreting and proclaiming to the world, probably the most important truths next after those of inspiration which have ever greeted the ears of mankind; for he disclosed the laws of the mind, written by the Supreme Being in our constitution and thus added another Chapter to the great volume of uninspired revelations.

That system of facts about the mind and the brain is termed "PHRENOLOGY" or Mental Philosophy based upon the Physiology of the Brain. Phrenology is both a Science as well as an Art of character-reading. As a science it embodies a

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 Wrapper picture:— Dr. Gall, Founder of phrenology

Associate Editor's Section.

NATUROPATHY

Review Course in Naturopathy

LESSON 2

By

Rt. Rev. Edward. M. B. OWNEN,

D. D., Ph. D., N. D., D. C., of U. S. A.

Anatomy

ANATOMY is the Study of the various parts of the Human body and their relations one to another.

Bone

A bone of a living man is itself a living thing. It has blood vessels, lymph vessels, and nerves. It grows. It is subject to disease. When fractured it heals itself.

Bones have an organic framework of tissue and cells, amongst which inorganic salts, notably phosphate of calcium, is to be found. The tissue give the bones resilience and toughness; the salts give them hardness and rigidity. One-third is organic: two-thirds are inorganic.

Function of Bones

The bones form the rigid supporting framework of the body, they serve as levers for muscles, they afford protection to the brain, spinal cord, heart and lungs, liver and bladder; they contain marrow,

in which red blood cells are made, and they are the storehouses for calcium and phosphorus.

Classification

Bones are classified according to how they are formed, either from cartilage or membrane; where they are located, as Bones of the Head and trunk, and arms and legs; and according to shape.

Location

There are 206 bones in the normal person and they are divided in the following manner: Skull 29; vertebrae 26; ribs 24; sternum 1; the arms including the shoulder bones 64; and legs including the hip bones 62. Some persons may have more and some less; these are due to the failure of development of the bones. Bones make up what is called the skeleton or framework of the body.

Over the radio the other day, a Medical Student was asked to give some definitions, one was SKELETON, and he wrote:

"A skeleton is a MAN with his INSIDES taken OUT and his OUTSIDES taken OFF."

Shape

As to shape they are located as follows : Long Bones are found in the arms and legs where they serve as levers for muscles. The long bones have a hollow center and are the weight-bearing bones of the body. The Short Bones are found in the wrists and ankles and generally have six sides. Flat Bones resemble sandwiches, since they are made up of two layers of hard bone and a center of spongy bone. They are found in skull, ribs, breast bone, and shoulder blade.

The Irregular Bones have various shapes, and they are found in the back-bone, hip bones, and jaw bones. There is another form of bones called Sesameid and they are formed in certain tendons, most commonly known is the knee cap.

Markings

We find many markings on bones and they are there for the purpose of attachment of muscles which extend from one bone to another : For blood vessels to pass from one bone to another and from outside to the inside of bones ; or from the inside to the outside ; smooth ends on

which other bones come in contact with in moving ; These markings take the form of elevations, facets, depressions.

Elevations are called a line, ridge or crest ; a rounded elevation is a tubercle, tuberosity, malleolus, or tréchanter ; a sharp elevation is a spine or process. Small smooth areas on bones are called facets. A depression is a pit, if small ; a fossa, if large ; a groove, if it has length ; a notch, when crossed by a ligament ; or a foramen, if it passes through a bone, a hole ; or a canal if it has length.

Growth

At birth both ends of a long bone are cartilaginous masses. Bones grow from both ends, while the center or shaft of a bone is compact bone. When bones become hard they are said to ossify. There are two types of ossification, intracartilaginous and intramembranous. The first is bones formed in cartilage while the latter are these that are formed in membrane. The bones of the skull are formed in membrane, or part of them at least, while most of the bones are formed in or from cartilage.

Bone Marrow

Bone Marrow makes blood cells. Blood cells have a short life, the red cells living about six weeks. There are two kinds of

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FUNDAMENTALS OF MEDITATION

By SRI SWAMY SIVANANDA.

MEDITATION is an unbroken flow of knowledge of the object on which one meditates. Meditation follows concentration. Concentration merges in meditation. Meditation is freeing the mind from all thoughts of sense-objects. Mind dwells on God during meditation. Concentration, meditation and Samadhi are internal Sadhanas.

If you meditate for half an hour daily, you will be able to face the battle of life with peace and spiritual strength. Meditation kills all pains, sufferings and sorrow. It is the most powerful mental and nerve tonic. The free flow of divine energy exercises a benign, soothing influence on the mind, nerves, senses and cells of the body.

During meditation, the mind becomes calm, serene and steady. One idea occupies the mind. Meditation opens the door to intuitive knowledge and realms of eternal bliss.

Deep meditation, cannot come in a day, or a week or a month. You will have to struggle hard for a long time. Be patient. Be persevering. Be vigilant. Be diligent. Cultivate burning dispassion,

strong aspiration or longing for Self-realisation. Gradually you will enter into deep meditation and Samadhi.

A mysterious, inner voice will guide you. You will yourself feel the way to place your first step in the next rung in the Yogic ladder. All your doubts will be gradually cleared through meditation.

How to Meditate

Meditate regularly in the early morning between 4 and 6 a.m. Mind is calm and refreshed now. The atmosphere is also calm. You will get good concentration. Have a separate meditation room or screen out a corner of a room for meditation. Do not allow any one to enter there.

If there is much strain in your meditation, reduce the duration of each sitting for a few days. Do light meditation. Use your commonsense throughout. Do not go to extremes. Stick to the golden medium.

Mind wants a concrete object for meditation in the beginning. Therefore,

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Marrow, red and yellow. The Red is at the ends and are the place where the red blood cells are made, while the yellow is found in the center of the long hollow bones. The bones in which red marrow is found are skull, vertebrae, ribs and sternum.

Cartilage

Cartilage or gristle is a connective tissue in which a solid ground substance replaces tissue fluids. It has no blood vessels, lymph vessels, or nerves, so, it is insensitive. There are three types of cartilage; hyaline, fibro, and elastic.

Hyaline Cartilage is white and resilient. It is potentially bone; in fact, all the bones, except certain skull bones and the shoulder bone, (clavicle), were performed in hyaline cartilage. In the adult, hyaline cartilage persists at the articular end of bones, the sternal end of the ribs, the cartilages of the nose and other parts of the body.

Fibro Cartilage has the same structure as fibrous tissue, except the ground substance is solid. Fibro cartilage bears the same resemblance to fibrous tissue that a starched collar bears to a soft collar. Wherever fibrous tissue is subjected to great pressure, it is replaced by fibro cartilage. It is found between the various vertebrae, and between the joints that

work upon the other. It is tough, strong and resilient.

Elastic Cartilage has numerous cells and the solid ground work is predated by elastic fibers; so, it looks yellow. It is found only in the external ear, external auditory canal, pharyngo-tympanic tube, and the cartilages guarding the upper aperture of the larynx. Being elastic, when bent it springs back into shape. It is, however, not tough.

Parts of the Vertebra and Functions

The vertebral column is made up of 33 vertebrae, arranged as follows: 7 cervical (neck bones); 12 thoracic (to which the 12 pairs of ribs are attached); 5 lumbar (located below the rib bearing ones and above the hip bones); 5 sacral (which forms one bone, the os sacrum) by the 25th year and are located at the back between the hip bones; 4 coccygeal (or tail bone, and which combines to form one bone: the os coccygis by the 25th year). There are, therefore, 24 true vertebrae, of which 12 bear ribs and 12 do not.

The vertebra is composed of the following parts:

- a. BODY, the weight bearing part.
- b. VERTEBRAL ARCH, the part that protects the spinal cord.

(to be Continued)

"THE SELF-CULTURE UNION"

Object: To promote the MENTAL, PSYCHIC, OCCULT, and SPIRITUAL development of Humanity at large.

No Fees or Subscription. Membership open only to the readers of SELF-CULTURE Journal.
Conducted by the Editor.

Associates, Fellows and Members of the Eclectic Healers Guild of the Indian Academy of Science, are cordially welcome to co-operate in this philanthropic movement intended to help promote UNITY in THOUGHT, WORD and DEED in the daily life of every reader of the SELF-CULTURE Journal.

The Members should make a formal request to us for their enrolment and their names will then be registered. The members of the union shall silently commune in their residence at 6 O'clock in the morning for 30 minutes at the most, for the REALIZATION of DIVINE PRESENCE. To do so, Love the Lord thy GOD with all thy mind, heart and strength. Do all things heartily unto HIM. Keep your faculties united. A few moments of passivity followed by Soul communion with the

Omnipresence, makes you all powerful. Rejoice in the law of God and give Him hearty thanks for all the Blessings you have received hitherto from Him. Pray that through His Divine Inspiration, the hosts of unnumbered illumined beings on earth and higher planes of Life will be pleased to help you materially along the path of Spirit unfoldment. Believe always in the Omnipresence and Omnipotence of God and He will reveal Himself to you as such, and you will see, hear or understand intuitively and Inspirationally—yes, receive all He has in the bounty of His rich kingdom for you, only waiting your willingness and openness of mind to receive same. God the great Architect of his grand Universe has one purpose and plan, namely, that everything and everybody of Creation, irrespective of size, shape, color or creed shall co-operate at every point along cosmic evolution towards

attaining Universal Spiritual Consciousness, which we rightly believe to be the Goal of Humanity at large.

During such soul-communion, every earnest aspirant sooner or latter can receive Divine Blessings in the spirit of Love and Confidence, believing that the Almighty God, the giver of every good and perfect Gift, cannot fall short of manifesting His Glory to and through YOU. Understand that all things that are possible to God are as well possible in a limited way to the soul that believes in God. The Great Jesus said, the doctrines, the words, the works, the good, are not mine, but His that sent me. Similar ideas you can see expressed by Lord Krishna, Mohamad and other world-saviors who graced this earth plane at different periods of Man's evolution.

Blessed is he who is rich in that FAITH in Himself and in GOD; for he can safely march along the path of SELF-CULTURE leading Mankind—GODWARD—HO!

INSTRUCTIONS TO MEMBERS.

Go into a calm room. Keep yourself in a passive condition of Peace, Ease and Rest. Close your eyes and meditate on the line of ideas suggested above. If

you are earnest enough in your Meditation, sure you will have Revelations from the Divine Source of Life and Energy in the shape of success, Health, Spiritual Power and Soul Bliss.

Members will report once in a month as to their experiences in this line, direct to the

EDITOR & PUBLISHER,
SELF-CULTURE JOURNAL,
KUMBAKONAM,
Tanjore District, South India.

The interesting portions of such reports will be published in these pages.

Our help of advice will be gladly and freely given to every Member. Our Consciousness, our time is yours and we expect from you, every reader of Self-Culture Journal, your kind and earnest co-operation in this useful work. We are daily prepared to send our Soul-Force TELE-PSYCHICALLY to help and uplift every aspirant after Self-Culture, and we will lovingly acknowledge whatever help you can choose to return for promoting the philanthropic cause of the INDIAN ACADEMY OF SCIENCE.

Let us see how many respond to this immediately!



✻ RITUALS OF HINDUS ✻

By Agnihotram Ramanuja Thathachariar

RITUALS play prominent part in religion. The course of evolution of religion, particular rituals may die, new rituals will come. But ritual is always with religion. The ritual of savage is not the ritual of advanced religion. But the savage performs ritual according to his own culture. The civilised people also perform the same according to his own culture. The African Negroes, American Red Indians, performing rituals with a fetish background. The civilised religions of the world such as Christianity, Buddhism, also performing some rituals in their churches and whereas rituals may differ from religion to religion in their body, but the background is the same. Rituals are spiritual actions i.e. the action, which is based on the spiritual principles. What are the spiritual principles? The existence of God, or supreme power, or powers and the idea of the soul and its relation to the supreme power or God. If we study the Psychology of religion, we can see strength of the psychological background of spiritual principles. He may be a savage or a civilised man, but he has something in his mind which produces some actions. These actions

are called rituals. Ritual does not necessarily require any sacrifice i.e. burning or throwing out of innocent matters. Of course the sacrifice itself is included in rituals. Chanting of mantras or meditation in a prescribed manner in a prescribed place is also a ritual.

In Hinduism, rituals have long history of unshakable stability. Buddha revolted against vedic rituals and ritualism & later Acharyas like Sankara & Ramanuja's philosophy also revolt against ritualism. In spite of this such rituals stand in India, undaunted by the evolution of floods. The unfortunate Buddhism is cent percent against rituals & ritualism. But Sankara & Ramanuja while describing their philosophy, they themselves were compelled to give place for ritualism in their philosophical doctrines. For Sankara without Vedic rituals, the purity of mind will not come. For Ramanuja the Bakthi which is prescribed as the means of emancipation will not take shape without the aid of rituals. Though some fanatic followers of Bakthimarga in India decline the help of rituals, to their

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meditate in the beginning on a concrete form such as on the image of your Ishta Davata, or family icon, Lord Jesus, or Lord Buddha. This is Saguna meditation, or meditation on the form of the Lord with attributes. Think of such attributes as omnipotence, perfection, purity, freedom, when you meditate on a divine form. Rotate your mind over the form again and again. As for example, if you are a devotee of Christ, practise meditation as follows.

Place a picture of Jesus in front of you. Sit in your favourite meditative pose. Concentrate gently with your eyes on the picture for some time. Rotate the mind on his beautiful looks, clear, frank eyes, a broad forehead and handsome beard, then on the cross on his chest, on his symmetrical limbs and the holy feet, on the halo around his form, and so on.

Simultaneously think of the divine attributes of Jesus, such as forgiveness, magnanimity, mercy, forbearance and all-inclusive love. Think of the various phases of his interesting life, his miraculous healing and the other extraordinary powers he possessed. Then close your eyes and try to visualise the picture. When the form is not clear to your mind, open the eyes again and

concentrate gently. Repeat the same process again and again.

Similarly you can meditate on Lord Hari, or Krishna, or Buddha with their respective attributes. While meditating thus you may repeat their respective Mantras as well with the help of a rosary. It is quite necessary in the beginning.

Meditation on Om

Now, all minds are not prepared for meditation on idols or a human being. They can have abstract meditations.

Have the picture of the Lord in front of you. Concentrate gently on this picture with open eyes. Associate the ideas of eternity, infinity, immortality, etc., when you think of OM. The humming of bees, the sweet notes of the nightingale, the seven tunes in music, and all sounds are emanations from OM only. OM is the essence of the Vedas. Imagine that OM is the bow, the mind is the arrow, and the Absolute or God the target. Aim at the target with great care, and then like the arrow becoming one with the target you will become one with God. You can also repeat OM while meditating. If the mind is tumultuous chant long OM loudly and rhythmically.

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EDITORIAL

* BAGAVAT - GITA *

Chapter XI. Verse 32.

I am the Lord of doom. Destruction waits on your enemies. My will wants not instruments to execute it.

So said the Lord. Arjuna longed to see the form of Sri Hari and the Lord revealed His form to Arjuna and gave him a divine vision to see.

With crowns bearing diadems and armour-bearing arms, rose the divine form, in dazing dazzling splendour, feet planted everywhere, hands reaching all about, decked with starry gems, daubed with dropping odours sweet, shedding love, sowing terror. Arjuna saw wherever he turned to see, universe in universe enfolded, suns and moons innumerable, flights of angels, gathering saints, routs of demons, a fierce, bewildering scene.

Orisons and prayers arose, songs and psalms, yelling cries and wildered words.

With folded hands, on bended knees, Arjuna fear-filled, yet full of love, begged to know what the shape meant, that was so terrific, yet so benignant. Through its opened jaws as into a sucking gulf, he saw the rush of living streams of warriors grand, and they were caught and crushed between teeth and fangs terrific

set. Like moths by light attracted and ruined, armed hosts were caught and singed in the fire and blaze of that majestic form. It was the avatar of the Lord, the Lord of Justice.

It said, Your enemies are grown in sin and ripe for shaking. Stand for me, be my captain. I put into your hand, my weapons of wrath. Kill and crush them. Dead are they already, by me dead. Have the grace to do my bidding. No time to tell prayers now.

Do rueful deeds, rein in your ruth. The glory of this war and its achievements, may they be yours. I set the correction. I set you to correct. Stand bold. Chase away your phantoms of fear. You will incur no sin. There is a divinity in man doth shape his ends, and if the Lord will, you may be made to act, however unwillingly, like a machine motored and set.

A temptation to desist from action because the Lord was all-acting, died with the waking remorse of Arjuna, that he had so long mistaken the Lord for his friend and charioteer. With tearful eyes and prostrations endless, Arjuna asked pardon

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knowledge of the relations of the brain, mind and body ; while as an art it teaches how to apply the science to the study and description of personal human character.

Success in Life is assured to the man who understands himself fully and has at his command the means of strengthening his character and can readily apprehend the strength and weakness of those with whom he has to deal, whether in the line of business or in the various other professional avocations. While we think, that a business education as given in the commercial schools and colleges may be desirable, it is not to be compared with the advantage to be derived from a Correspondence Course of Instruction in Mental Science as issued by the Indian Academy of Science, by one who has an ambition to achieve greatness in life. No matter how much good judgement one possesses, a certain degree of technical knowledge of human nature, will always greatly augment one's adaptiveness in obtaining position or public esteem.

As a profession, Phrenology associated with Physiognomy (study of the Face) opens the way to a field that is not overcrowded. There is wide scope for a competent phrenologist to earn. People consult a Phrenologist as to Choice of pursuits, matrimonial adaptation, the training of children or the best means of Self-Cul-

ture. The importance of the work done by a scholar in Mental Science and conscientious practitioner is second to none, for he can greatly add to the power and usefulness of everyone who consults him. And everyone of you earnest enough to take up Mental Science as a Profession should hastily proceed to prepare yourself for the task, and the power to read Human character can be attained by a careful mastery and application of the knowledge contained in our Correspondence Course.

Mental Science teaches you the proper methods of building in brain centres, how to develop and manage children, how to read and study customers. It enables the artist to impart expression to his paintings; the doctor to read temperaments, habits, weakness, symptoms and diseases in his patients; the minister of the Gospel to understand his congregation; the lawyer to understand his case, Jury, Judge and Witnesses; the salesman to sum up his customers and to adapt himself to them; the Business man to win trade and increase business; the manager to understand his hire men and women helpers; the Banker to hire honest clerks, cashiers and watchmen; the politician to understand the needs of the people; the young man to select and marry rightly; and each man, woman and child to choose the right work, according to the temperament, aptitude and talent.

It enables the father to understand his son and daughter and to adapt himself to their temperaments, tendencies, wants, needs, training, talent and defects, all for the purpose of changing, directing and improving the child.

When child-developments tendencies and characteristics are understood in the beginning, the father and mother can bring influence to bear upon their weak faculties. Parents, when they understand the faults, defects and weak faculties of the child, can choose associates who will have a developmental influence upon the child. They can select the right environments for the child; they can make choice of the best books, or such books that will call weak faculties into action. They will know how the child may be developed through conversation and association.

In fact, every man, woman and child may be benefited by Mental science. Each one may find his success-sphere by the aid of Phrenology, Physiognomy and other sciences that deal with character, talent and occupations.

If people understand our science they can understand the cause of insanity and crime to a greater extent and thus be able to lessen suffering and restore thousands of insane and criminal people to normal functioning. This science is

very useful to Police Officers and Detectives and Managers of Asylums too.

It is in the interest of every progressive, thinking and truth-loving man or woman to study this science. It is a moral and social duty. Every man who studies this science becomes greater in thought, word and deed, and quickly understands Human Nature correctly.

Our Correspondence Course in Mental Science contains 84 Lessons in two Volumes; and they are exhaustive and interesting. It gives you the methods of studying Human Nature by a quick observation of the Head and Face of individuals. The methods of practice in Phrenology and Physiognomy are clear and up-to-date. This Course is fully illustrated with Charts and Diagrams, and will prove useful to you to study mental philosophy and to read people better than you did before, no matter who you are, or what education you have had. This Course can be studied at home in your spare hours. It is complete, absolutely interesting and scientific and embraces the most practical branches of Human Nature Science, covering every branch of knowledge pertaining to cerebral Anatomy, Physiology, Phrenology, Physiognomy, Heredity and Psychology.

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RITUALS OF HINDUS

(Continued from page 11)

mystic experiences & meditations, but they themselves innovated new forms of rituals for their Bakthi. The history of Western philosophy is totally different from the Indian philosophy in some respects. The philosophy of Greece totally denied the Olymbic religion and rituals. The philosophy in India gives place for rituals in their own doctrines. That is why in India for the past thousands of years still now, the rituals are practised by Hindus with great reverence and faith.

Hindu rituals are always connected with Prayers in some places and sacrifices also. Rituals are three fold: i.e. Srowtha, Smartha and traditional. Rituals prescribed by the Vedas are called by the name of Srowtha. Rituals prescribed by Dharmasastras and Smritis are called Smartha and only those prescribed by traditions are called traditional rituals. The sacrifices performed in three Agnies i.e. 1. Garhapatyam, 2. Dakshnagni, and 3. Abavaniyam like Agnihotram etc. are Srowthas. The Sacrifice with the aid of one Agni is called Smartha. Traditional rituals also are performed in one Agni. Srowtha rituals are elaborately described in the Srowtha Sutras and performed

by very few in India. The Smartha rituals are performed by each and every Brahmin, Kshatriyas and Vysyas. The Smartha rituals intimately connected from Birth to the death. — Nishekadhi Smasantha Samskaras. Birth, Marriage, Death; these three incidents are very important in human life. For a Hindu these Occassions have rituals. Likewise the beginning of education itself have rituals called Upanayana. According to Smrithis these rituals are intended for the purity of mind by washing of sins. Apart from sacrifices and actions these rituals have beautiful and sincere prayers. we can see in these prayers a practical approach to human life problems which need a spiritual help in every walk of life. For instance, the Jatakarma is to be performed at the time of birth of a child. Then, there is a Ceremony which is intended for the child to suck the mother's milk. Here is a prayer :- The child not only drinks the mother's milk, but also through the milk he drinks the old age.

Next prayer. Oh Chests. You must grow Yourself and for the child's long life, beauty fame and strength. These are the rituals in India.

We shall treat each and every ritual elaborately in our next issue.

MENTAL SCIENCE

(Continued from page 15)

Phrenology and Physiognomy as sciences, have progressed in all civilized lands through their recognition in the hands of eminent Scientists as Sir Arthur Russell Wallace Dr. J. M. Peebles, Sir G. S. Mackenzie, President Royal Society, Edinburgh; Dr. James Coates, Robert Hunter, M. D.; C. Otto of the University of Copenhagen; Sir William Ellis, Physician to Lunatic Asylum, Middlesex, England; Archbishop Whatley; Rich. D. Evanson, M.D. Dublin Prof. Benj. Silliman; Joseph Vimont, M. D., of Paris; Horace Mann; Robert Chambers, Rev. Thos. Chalmers, D. D., Rev. P. W. Drew; Prof. R. H. Hunter; Hon. John

Pierpont, and others of equal fame and standing.

When such eminent Men besides hundreds of Women, have accepted Phrenology with Physiognomy as a true system of studying Human Nature, and in various ways given them the support of their influence, it does not behove you to hesitate investigating into the Gospel truths of Dr. Gall and his Co-workers, and once you are on the path you will be thoroughly convinced of what we claim for those truths embodied in our Correspondence Course. All the progressive steps of study, research and investigation in these sciences are recorded in this our Course. It is just what you need in order to read people for business, social or professional purposes.



By the Editor

MUSINGS

Turn where you will, there is music and harmony every where in this universe. You can hear the music of the spheres and see the perfect harmony reigning everywhere if you but tune yourself properly to it.



It is always a pleasure to absent ourselves from the world of gloom, and abhor the teachings of a pessimist.



Attempts are made by the public to study & publish the languages of all classes of nations and races: When will the time arrive for Researchers to devote their close attention to the study of the Languages of Birds? Psychics are able to understand their languages.



Success in life has for its keys Perseverance, Experience, Caution and Hope.



BAGAVAT-GITA*(Continued from page 13)*

for his ignorant faults, entreating the Lord to look upon them with the indulgence of a father, a lover, a friend, and promised submission without a breath of protest.

Chapter XII. Verse 12.

Wisdom is better than yoga, meditation is better than wisdom, renunciation of fruit of action is still better; it leads to peace.

To man in the frailty of his flesh the way to wisdom, of necessity, lies through steps easy and slow. To realise the self in oneself and to realise it as emerging from the Lord is wisdom, but this is hard to attain.

Then keep the ideal before you and be a patient toiler, practising ways and methods which will lead you to it. Render all action to the Lord. Covet not

the fruit. Do acts pleasing to the Lord. Be select and discriminate.

Leave desires, which make the weak mind and the wavering will.

Disengage your mind from the senses, rest it on your soul. Practise silence, concentration, contemplation.

Love all, reverence your betters, be compassionate to those who rank below you. Be yours the sweetness which belongs to this spirit of duty. Let no fear depend on you, let there be nothing for you to fear.

Sympathy, lowliness, calmness, sufferance, contentment, self-control, and constancy, will come to you.

Thus with pure, holy worship, will you live in the Lord, thinking of Him, resting in Him.

*By Editor***HEALTH IN ITS RELATION TO WILL**

The importance of health in relation to development of will power is explained more in our columns. We will now proceed with the principles of maintaining the perfect normal health. To maintain health we must have normal condition of blood. New blood is better and more quickly made by fresh air, cold shower baths, vegetarian diet consisting of green vegetables and fresh fruits, exercise to generate

heat and sun light. It is possible for us to live without food for several weeks and without water for several days, but we cannot live without fresh air for more than a few minutes. With all our explanations very few people realise the importance of fresh air in normal health. The fires of life cannot be maintained without an abundance of supply of oxygen in the air we breathe. The latest treatment in cases

of Pulmonalis Pathosis is fresh air. All the antituberculin injections are of no value at all when compared with fresh air treatment. Cold shower bath must be taken immediately after rising from bed. All realise the great importance of the skin as an organ of elimination and the necessity of keeping it in the best possible condition. It is acknowledged by all scientists that cold water applied to the surface of the body arouses and stimulates the circulation all over the system. The stimulating and invigorating effect of cold sprays, ablutions and of all other cold water applications depends largely upon the electro magnetic effects upon the system. Dr. Lindlahr, the great American Naturopathist says that the cold water drives the blood with increased force through the system, it flushes the capillaries in the tissues and cleanses them from the accumulation of morbid matter and poison, which are one of the primary causes of acute and chronic diseases. As the blood rushes back to the surface, it suffuses the skin, opens and relaxes the pores and the minute blood vessels or capillaries and thus unloads the impurities through the skin. It is only for these effects that cold water is advised for cleansing the body.

A man is what he eats, says an Indian proverb. The five senses of man and his character are affected by the food he eats. The mental and physical qualities are reflected by the state of his

chemical composition. Prince Paul Troubetzkoy in one of his theses writes that animal food has done more harm to mankind than any other thing...than any vice. Animal food is more harmful than alcohol. Animal food is as baneful as drugs. It is a poison and should be classed as among poisons. Physically and mentally, animal food causes degeneration. It is the cause of most crimes. Why? animal flesh and blood taken into the body poisons the system. It fills the blood with a toxin as potent as any poison. Moreover it is not easily eliminated. Dr. J. W. Hodge writes. "That flesh eating is not essential to the progress is shown by India a nation of vegetarians which as from remotest ages maintain a complete literature and a high civilisation. Brahmins and Buddhists are strict vegetarians as were their ancestors for more than two thousand years.

Many think that vegetarian food does not give much strength and endurance. Professor Sergeant of Harvard University examined George N. Brown a champion walker and proclaimed him a physical marvel whose proportions could not be expelled for symmetry. The Champion walker attributes a great deal of his athletic achievements to the vegetable diet including all vegetables, cereals and fruits. Now you all admit that vegetarian diet is sinquanon for the

(Continued on page 22)

FUNDAMENTALS OF MEDITATION

(Continued from page 12)

Abstract Meditations

Meditate on the effulgence in the sun, or the splendour in the moon, or the glory of the stars. Meditate on the magnanimity of the ocean and its infinite nature. Then compare the ocean with the infinite Self and the waves, foams, icebergs to the various names and forms. Identify yourself with the ocean. Become silent. Expand. Become infinite.

Meditate on the lofty Himalayas, the dense forests on the lower slopes, on the tall pine groves, then on the thorn bushes above ten thousand feet, and finally on the blue, silvery ice.

Gaze steadily on the formless air. Concentrate on the air. Meditate on the all-pervading nature of the air. This will lead to the realisation of the nameless and formless Brahman, the one, living Truth.

Meditate on the Absolute Consciousness. Associate ideas of existence, knowledge, bliss, absorbing love, perfection, peace, purity, infinity, eternity, all-pervasiveness and omnipotence. In due course the attributes will merge in pure Nirguna meditation. Attributes are essential in the beginning, and in any case, cannot be avoided. They are

as important to the initial practice or Nirguna meditation as to the Saguna meditation.

Experiences

The feeling of soaring above during meditation is a sure sign that you are progressing and going above body-consciousness. During your practice you are bound to get various occult powers. But do not use them for some material end. You will get a hopeless downfall. There is really no such thing as miracle. When you know the cause, the miracle becomes an ordinary event.

When you get a flash of illumination do not be frightened. It will be a new experience of immense joy. Do not delude yourself that you have attained your end. A flash is a glimpse of Truth. It is Ritambhara Prajna. This is not the experience whole. This is not the highest experience. Reach the Bhuma or the infinite. This is the acme or the final stage.

You will hear various sounds like the blowing of a conch, chiming of bells, the music of flute, lute, harp. Mridanga, thunderclap, beating of drums. You will see brilliant lights in the space between your eyebrows. They are like that of an intensely bright pin point, or like a huge sun-

FUNDAMENTAL OF MEDITATION

(Continued from page 20)

You will experience rapture, ecstasy and thrill. Sometimes you will behold coloured lights, green, blue, red, orange, etc. They are due to the presence of different Taitwas at different times. Sometimes, you will have visions of Rishis, sages, tutelary deity. Nitya Siddhis, astral entities, landscapes, beautiful gardens. Sometimes you may float in air; your astral body may get detached from the physical body, and you may move about in the astral world. Those who have entered the first degree of meditation will have a light body, sweetness of voice, beautiful complexion, clarity of mind and scanty micturation and defaecation.

Obstacles

The chief obstacles in meditation are Laya (sleep), Vikshepa (tossing of mind) the rising up of latent desires, lack of continence, spiritual pride, laziness and disease. Company of worldly-minded people, overwork, over-eating, self-assertive Rajasik nature, are all obstacles to meditation. Experience of rapture and ecstasy is another great obstacle to meditation. Rise above this, and continue your Sadhana.

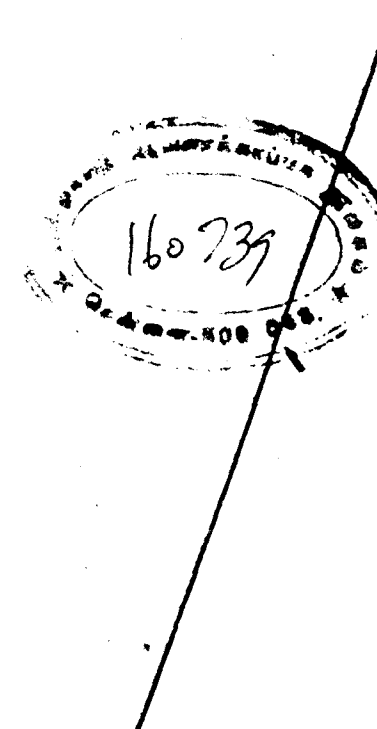
Conquer sleep through Pranayama, Asana and light diet. Remove tossing of mind through repetitions of Mantras.

Pranayama, Tratak, etc. Destroy desire through enquiry, contemplation, discrimination, and dispassion. Shun the company of the worldly-minded. Observe moderation in diet. Obey the laws of health and hygiene. Seek the grace of life.



Literary Reviews.

[By the Editor.]



Health in its Relation to will

(Continued from page 19)

development of will power. But all vegetarian diets are not productive of the same result.

Food is divided into three classes. Satvic, Rajasic, and Tamasic. Sri Krishna in his Gita says that the foods which augment vitality, energy, strength, health, cheerfulness and appetite which are savoury and oleaginous, substantial and agreeable are liked by the satvic. The foods that are excessively bitter, sour, saline, hot, pungent, dry and burning are liked by the Rajasic, and are productive of pain, grief and disease. That which is stale and become tasteless which is stinking and cooked over night, which is refuse and impure is the food liked by the Tamasic. We know that our five senses and character are affected by the food we take. We must therefore take such food that will produce

satvic quality for the attainment of our object. Physical exercise increases blood supply and improves nutrition. By means of systematic exercise combined with Pranayama as given in our work on Health-Culture, the liberation and distribution of electro magnetic energies in the system is highly increased.

The effect of sun baths cannot be over estimated. Sun is the greatest dynamo wherein we get our magnetism for revitalising our body. Sunshine contains heat, chemical and light rays. The heat acts upon the glands and vessels of the skin while the rays influence the nervous system. As the plants prosper under the life giving influence of sunlight, so the cuticle of human skin becomes alive and active under the stimulation of sunlight. To be healthy one must take sun bath in moderation as not to cause sun burn.

By the Editor

16237

MUSINGS

There is no Death. For all is life, and life is eternal, and the image and likeness of God can not die. God is Spirit, and man is the image and likeness of God and all these so-called material, physical surroundings are but the Spiritual manifestations of the one only substance—God, which is LOVE, LIFE and Mind.

You cannot teach or inspire another except beyond your own sphere of Realization.



To bring your life into harmony with that of Krishna, Christ, Mohamed or any ideal soul, you should closely follow their respective paths of attainment.



SELF-CULTURE.

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Kumbakonam, Tanjore Dt., S. India.

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