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The EDITOR,
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The soul refuses all limits.

It affirms is man always an Optimism, never a pessimism—EMERSON.

The Self-Culture.

A Magazine of Promoting Success, Health & Happiness.

Happy New Year Greetings for 1954.

BY

Dr. K. S. Ramanujam, PH. D., PSY. D., H. M. D., N. D.

Editor : *SELF-CULTURE JOURNAL*,

President, *THE SELF-CULTURE UNION*, and

President, *THE INDIAN ACADEMY OF SCIENCE*

Dear Friends, Known and unknown !

In the name of the Immortal
Rishis and Siddhas of our Ancient
Land, let me call you all as
"Divinities on Earth". For verily Man
is potentially divine. The duty of every
student of Occultism is to exalt his status,
however humble, and to conceive of
himself as an emblem of Purity. Purity
begets peace ! Peace is poise, and poise
is power in reserve ! I invoke choicest
blessings upon your happy heads from our
heavenly Hierarchy of Siddhas in order
that you all may be indued with Power
and peace that shall make your life an
endless anthem of joy and grace. We
must radiate plenty and peace ! Let peace

and illumination be ours ! Let harmony
be our watch word and let us have courage
enough to live the Life superlative on
Earth, here and now.

The year 1953 is left behind and we
are gayly moving on with the rolling tide
of time and progress. We are spiritually
richer and wiser now !

I earnestly wish all the students and
members of our Self-Culture University
more Health, more Wealth and more
Enlightenment.

"My peace I give you" said Jesus to
His disciples. What a glorious spiritual

legacy it was ! For the peace that passeth understanding carries in its womb the Power that lies beyond the pale of comprehension. Let there be peace and good will subsisting between us all for ever and ever. We must all claim and give peace mutually. Let us help if we can, but not thwart the evolution of another soul through envy or covil. Mark ! Ours is Regeneration, not degeneration ; ascension not dissention ; Harmony and Peace and Not War.

I fervently hope that this Happy New Year, will herald success and progress. On the pinnons of sincere thought do I waft joyous greetings of the season to all the Brethren of our fold across Land and Seas, for the Weal of All. May Peace and Plenty reign us all through out all times and Eternity.



Think Happiness instead of Sorrow.

By EDITOR

It is not enough to shut out all discouraging, worrying, devitalizing thought, the pessimistic outbursts that poison the system to cease speaking of our ailments, real or imaginary ; we must get on to a new

plane of thought, we must believe in happiness and health, not for others only, but for ourselves as well. If we live in this belief, if we think health and happiness and talk them, we shall make them ours.

Think Forward, Not Backward.

Brooding over the evil that you have done will never correct that evil. Rather will it make possible a repetition of the thing dwelt on. Set your mind the

other way. Think honest, pure, kind, courageous thoughts all the time, and your mind will have no time for their opposites.

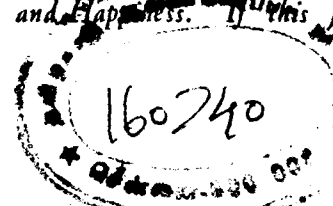
SELF-CULTURE.

One hundred thousand happy souls read the "SELF-CULTURE" Journal each month. And they smile cheerily.

read by one who is unhappy, there is something wrong with him. That Soul is out of harmony. Let it not be so. Write us. Tell us what it is.

They smile because they have learned the Secret of Success, Health and Happiness. If this Journal is not

Remember, that there will always be Sun shine where the smiles beam.



Naturopathy

REVIEW COURSE IN NATUROPATHY

LESSON 3

BY

Rt. Rev. Edward. M. B. OWNEN, D. D., Ph. D., N. D., D. C., of U. S. A.

ANATOMY

Review

LAST month we laid out the framework from the blue prints (the bones) of the greatest Temple in the world. The Temple is MAN. In that framework we built bridges of sounder construction than man has ever been able to assemble. The conduits, through the bones of the spine are so arranged that they will last a lifetime. We constructed a spot, the SKULL, in which will be placed the complete plant that will control the workings of this Temple. We gathered together, in perfect unison, the manufacturing establishments for the BLOOD, for the converting of FOOD into building materials and fuel, for utilizing the minerals and vitamins and for the construction and rebuilding of the CELLS. So important are these manufacturing establishments in this Temple that we will spend many lessons on their various functions. In future

installments we will cover the SENSE centers, the SEWERAGE systems, the COMMUNICATION facilities, etc.

This lesson will embrace the various elements which hold the bones together and which permit and cause the wide variety of movements of this Temple.

These lessons will give a complete review of Nature's methods which result in a perfect human BODY. What MAN does with that marvellous Temple—his body—is his own responsibility—his own making or un-making. The proper uses of that body, in order to keep it the great Temple it was designed to be, is NATUROPATHY at work.

These lessons will give a complete review of Nature's methods of laboring to build a perfect BODY. What MAN does to that Temple is of his own making or un-making. The proper uses of that BODY, in order to keep it the Great Temple, is NATUROPATHY at work.

Muscles

A muscle is an organ whose special function is the production of motion. It is a tissue that ties together the various bones of the body in a way to give strength and motivity.

Types of Muscles

There are three types of muscles : (1) SKELETAL or Voluntary, such as those of the limbs, body walls, and face, (2) HEART or Cardiac, confined to the heart, and (3) SMOOTH, Involuntary or Visceral, such as are found in the stomach, bladder, and blood vessels.

Skeletal Muscles are under the control of the will; hence they are also called voluntary muscles. They possess light and dark cross-striations. Heart Muscle also is striated, but neither Heart Muscle nor smooth Muscle is under voluntary control; they are both involuntary.

Function

To Contract and Relax is the function of all three types of muscles.

Skeletal Muscles, the Voluntary type, mostly pass from one bone across a JOINT (or joints) to another bone, and by contracting they approximate their sites of attachments; hence, they act upon joints. Heart Muscle and Smooth Muscle mostly form the walls of the cavities

and tubes, and, by contracting, they expel the contents.

The distinction between Voluntary and Involuntary Muscles are not always clearly understood. Thus, the DIAPHRAGM is a constricted muscle like the BICEPS, a Voluntary Muscle, and it can be controlled when we take a deep breath, but under usual uses, breathing, the diaphragm is Involuntary. The same is true about the upper part of the OESOPHAGUS.

Voluntary Muscles

The red or lean of a roast of beef is Voluntary Muscle. About 42 per cent of the total body weight is Voluntary Muscle. They are the engines or motors of the body. When they contract, by bringing two bony points closer together, they act on joints, producing movement. In this movement, as the muscle is contracted, energy is produced. Only about 20 per cent is used while the remainder 80 per cent of the movement produces heat.

Structure

The FIBERS of a Voluntary Muscle are in reality CELLS, consisting of PROTOPLASM, several NUCLEI, and a cell MEMBRANE. Complete study of the CELL will be given under the lesson dealing with CELLS. The fibers range from 1 millimeter to 41 millimeters in length. (Continued on page 10)

My Conception of Culture

(Honourable CHAKRAVARTI RAJAGOPALACHARI)

CULTURE is not just art or literature or dancing or music or painting as they prevail among people. It is the pattern of behaviour generally accepted by a people. Culture is very far from freedom. No man of culture feels free. He imposes on himself all sorts of restraints. So, then, the culture of a people is the pattern of restraints which that people have, as a whole, after trial and error through generations, settled down to accept, in the interests of social order and happiness. There is joy and pride in the acceptance of such restraints and no resentment or pain. In that sense there is freedom in culture as an essential part.

It is this which distinguishes culture from state regulation. State regulation began as a protest against the anarchy created by indiscriminate individual freedom and the greed and competition that resulted from it. The practice of State regulation has resulted in the discovery of several evils in the remedy itself, worse than the disease. In the cycle of human progress, the slogan of 'freedom' has therefore been raised as a counter to excessive state regulation. The one comes from America and the other from

Moscow. But neither the slogan of freedom nor the slogan of 'State-regulation' can solve the difficulties of humanity. The right slogan is 'self-control' and that is the message of Indian philosophy and the culture that can be claimed by India as its own.

Basis of Culture

Every culture is based on and bound up with a definite idea. The culture of Greece was bound up with the sense of beauty. The culture of Rome was developed round the sense of order and law. The culture of India is built round the central idea of self-control. The way of life, the pattern of behaviour, accepted as correct and esteemed by the people of India as worthy, by the common folk as well as by the enlightened, is the way of self-control as laid down in the Upanishads and the Bhagawat Gita and emphasised, with the whole force of a political revolution behind it by Mahatma Gandhi.

Therefore, before we discuss culture in the Indian background, it is necessary to dwell on the essentials of it. The first two verses of *Isa Vasya Upanishad* put it down in simple and brief language.

'God pervades everything in this world.'

'Dedicate everything to Him while doing the things you do and enjoying the things you possess. Do not entertain covetous desires.'

Life necessarily involves activity and work. Work necessarily involves some evil or other, particularly attachment to the fruits of activity. If one must work, as one must live, there is no other way to escape the contamination of evil, except by dedication of all activities to the all-pervading Supreme Spirit.

'Whatever you do, do it as an act of dedication to God, be it small or be it big, whether it is a trivial business, or a thing of great and general importance.' This is how Brother Lawrence is said to have lived. Even when cooking or scrubbing the floor or cleaning the vessels, he did his work in company with his God. He worked and he laughed with God by his side.

Ideal of Discipline

'There is a soul in the body that functions in the material world. He who denies the soul and identifies it with the body and thus kills his own soul, will find the world all dark and without any light to guide his steps.'

Why? Because such minds are led by desires and will wander into evil and

grief. The soul can conquer the wandering mind and the senses. It can control the senses and prevent their attachment to sensuous pleasures which leads man to ruin. All that one thinks to be other than oneself, moving or unmoving, near or far, should be seen and realised to be part of oneself. The sense of separation from those around you should be overcome.

What I have explained is a rendering of the six verses of the *Isa Vasya Upanishad* and it is also the teaching of the Gita. The Upanishad proceeds to explain that, by the result of the life and discipline taught therein, one will attain equanimity and reach knowledge and the power of enjoying all that comes to one to the best advantage. 'You will thereby,' says the Upanishad, 'properly enjoy the things of enjoyment for years and years, that is, in the right way and not leading to pain and grief.'

All Indian culture is bound up with this doctrine of self-control, based on a recognition of the existence and the functioning of a soul pervading the material casement.

Civilisation and Moral Values

Civilisation in modern times has developed into and identified itself with man's control over his environment, man's

(Continued on page 14)

□ SPIRITUALISM AS I UNDERSTAND IT. □

Man, in his inmost, a potentialized portion of God, who is Spirit, essential and infinite, continues his conscious and individual life, after the event called death.

(2) He takes with him to the invisible beyond, consciousness, intelligence, memory and moral attainments—in a word, his individuality, plus his external personality.

(3) His life in these invisible and more ethereal realms, is just as real and more spiritually substantial to him than it was in this sphere of mortal existence.

(4) The future world affords equal opportunities to all and brighter, better facilities for progress than does this competitive, selfish, warring world.

(5) Man, as a thinking, rational being, a moral actor, is inspired by highly unseen intelligences and is also, under certain conditions, subject to low obsessional influences from the underworld spheres of darkness.

(6) Within the physical body there is a partiled soul-body, the intermediary vehicle between the ego, the conscious immortal spirit, and the grosser physical body.

(7) The future life is a conscious, breathing, thinking, acting, exploring, discovering, unfolding life; and all the good, the true, the beautiful gained and practically lived here, is retained beyond death's peaceful river.

At this crisis, death, every person, by the force of fixed law, takes his position as a progressive soul in the higher spheres or remains an earth-bound spirit, the subject of regrets, of remorse, and yet with opportunities for unfoldment. God's wisdom and love spans all worlds and the Christ-spirit of love and tenderness is calling—continually calling. Come up higher; and this voice will continue till harmony reigns throughout the measureless universe.

Editor



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Naturopathy.

(Continued from page 6)

In some animals muscle fibers are red or dark, as in the leg of a chicken : others are white or pale, as in the breast. In man, red and white fibers are mixed in different proportions in different muscles. The red have a smaller diameter than the white. In general, slowly contracting but constantly active muscles are mainly red, such as, Diaphragm, Eye Muscles, Muscles of Mastication ; rapidly contracting and readily exhausted muscles are mainly white. FLEXOR Muscles are mainly white. EXTENSORS are mainly red.

Parts of a Muscle

The PROXIMAL attachment to a limb is called the ORIGIN, and the DISTAL attachment the INSERTION. The fleshy part of a muscle is sometimes referred to as the FLESHY BELLY, the Origin as the HEAD, and the Insertion as the TAIL. Some muscles are fleshy from end to end, but most are fibrous at one end or both. The fibrous end has the same structure as a ligament. When rounded it is called a TENDON, when flattened and membranous, an APONEUROSIS, which suggest that it is nervous.

Insertions

Muscles are usually inserted near the Proximal end of a bone, close around a

joint, close to the axis of movement. So, they help to retain in opposition the ends of bones taking part in the joint, and thereby give it strength. Being thus inserted they produce, on contracting, rapid movement of the Distal end. Were they inserted towards the Distal end, the movement produced would be more powerful, but it would be also slower.

Muscle Actions

A NEURONE, NERVE, and the Muscle Fibers it controls, generally about 100, may be called a MOTOR UNIT much as one may speak of a KIDNEY, a LIVER, a SPLEEN, or a LUNG Unit. Only a small proportion of Motor Units are in action at a given moment, at least they are in different phases of activity, because impulses are discharged by the CENTRAL NERVOUS SYSTEM.

While maintaining a given position or posture the muscles concerned are in a state of RELAX Contraction or TONE. Tone depends on the AFFERENT impulses reaching the BRAIN from the SENSORY endings in the muscles, joints, and tendons. Movements are produced by throwing and increasing number of Motor Units into play.

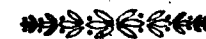
Most Bodily Actions, even ordinary ones, call into play principal muscles and many assistants. The Principal Muscles,

(Continued on page 22)

Manifestation of Great Spirit of Universe.

Yonosuke Nakano

Founder of the Ananai-kyo, Japan.



THE SUN, THE MOON AND THE earth were created at one time. The trinity of these three is called the universe, the phenomena of the universe the great spirit. The will of the universe is the great spirit in other words, and "its work is named the great spiritual atmosphere. God's will is that of the ruler who is the greatest and highest one, abiding in the very great mysterious other world that we cannot see or hear, and is the only one in the world in reality and presides over the great universe which is beyond the imagination of human beings. The spirit of that one we call the great spirit.

The Japanese character "Dai" of "Dai Seishin" (The great spirit) is in the shape of a man ("Hito" in Japanese), and "Sei" of "Dai Sei Shin" means to know in detail or to be pure. "Shin" (of "Dai Sei Shin") is soul, sun, moon, earth, heaven, earth, man ; these meanings are implied in it. The great spirit is the name given to the figure of the great art. In the true state of the great spirit there arise the celestial globe and the earth ; by the friction of these two there is brought forth the great

atmosphere. The phenomenon of the figure itself is not good or bad, not a doctrine nor an ideal. When the figure was formed at first it did not come out with name, it comes out without name and we have no way to name it, nor it is possible to know by guess from the standpoint of human world, and it can not be explained by words or in sentences. I dare call it the great spiritual atmosphere. This is taken as the standard for its activity.

A man being a miniature of the universe, to receive the spirit of the universe into his mind is called religion. In short, religion is communicating by a tacit understanding through five supernatural powers the phenomena of the universe to us as the great art of the great spirit of the universe. This is what I can express in words if I dare try to do. Because of man's being a reduced image of the universe, in the body of man there are soul and spirit by virtue of the three elements of spirit, power and body, and then power comes to exist ; our flesh is brought forth too by these three of spirit, power and body. In our body

there are heat or fire (sun) and water (moon), and body is earth. When a child is born, it grows in human body; therefore, there are flesh-mother and flesh-father. Spiritually, there are spiritual-father and spiritual-mother in the spirit of the universe. Making oneself dear to the great spirit of the universe is called Faith.

As human beings, we are living by great benevolent virtues of the sun, the moon and the earth. Thank Heaven! We are gratefully born on earth and we are grown by fire and water. As to clothing, food and housing which are indispensable for our daily life too, we cannot lead a life even a day without depending upon the virtues of the sun, the moon and the earth. The meaning that we take these three as our standard lies on this point. The sun is fire, the moon water. Owing to the activity of the moon there arise the ebb and flow of tide, and farm crops are raised by the moisture of the moon. When the moon is at the full its water rises, in moonless night water is low. In this way, it is properly adjusted to the need of farm crops and gives necessary moisture for its bearing fruits. Such unseen great activities are done by the moon.

There are some who are explaining work of the sun and the moon in connection with all matters in this world, but no one has ever been to the world

of the sun, or the moon, they are all giving explanation by means of inference through human knowledge only.

For instance, though today's scientists hold a postmortem when one dies, they can understand only what related to the physical body, but are unable to see any spiritual things. When we say spiritually, whenever we look at one object, we have to see at a glance what spirit there is in it. It is impossible to understand the spirit of things unless we have seen the spirit of the universe. Being able to see the spirit at a glance is called religion. When we follow the way of science we shall be able to comprehend what related to the materialistic things by means of dissection or analysis of things. But, in the line of faith it cannot be done that we dissect the great spirit of the universe, nor analyse; it is not to be comprehended through reasoning. However, when it is seen by virtue of faith, no dissection nor analysis is necessary, by looking at the phenomena of the universe everything is spiritually clear to us, which we say, everything is made animate.

Because of this great spirit all things are clearly seen and the will of the great spirit of the sun, the moon and the earth is communicated to our mind and heart, and the great riddle of the universe is explained. When this power is received
(Continued on page 20)

❖ PSYCHOLOGICAL NOTES: ❖

by the EDITOR

Observe the fact that no one can hypnotize another against his will unless by post-hypnotic suggestion, or thought transference, and the latter means without the knowledge of the subject. To prevent hypnosis restore in yourself perfect confidence, the best way is you can close the magnetic orbit by becoming positive, by closing your jaws when you feel someone trying to hypnotize you. Also clench the fist; if sitting cross your legs. This creates the adverse auto-suggestion and repulsive magnetic current, and that repels the control of either spirit or mortal.

Through post-hypnotic suggestion you can permanently cure any disease that ever existed. One post-hypnotic suggestion given every 24 hours, will duly impart a lasting virtue on the mind of the patient of the hardest curable disease in the world. You treat all ills in the same manner. Suggest to the subject that on awakening he will feel much better and in a short time he will have no troubles at all.

To cure tobacco habit, alcoholic habit, or any vice, suggest to your patient that on awakening he will have no appetite for

such things, but will have horror and disgust at the very sight. This suggestion can be given in various ways. I told a drunkard that when he raised the glass to his lips he would see my face before, bidding him not to drink, and sure enough the suggestion took effect at the set time, and the man could not drink, and to this day is free from that habit. Through this means of suggestive visualization I have cured cases. I effect cures in this line where all physicians' medicines have failed. Such is the power of this Hypnotic science.

What thou thinkest thou shalt become.

Very few stop to know the power of thought and its subtle workings. Our actions are nothing but the outward expressions of the intricate movements of the mind. Our external activities are moulded and shaped by fine desires forming deep down within the mind. Regulate your thoughts, and your conduct will be regulated accordingly. Fill your mind with great and noble ideas, great and noble you shall be
(Continued on page 24)

MY CONCEPTION.....

(Continued from page 8)

control over nature. In the pursuit of this objective, civilisation has forgotten the prime requisite for happiness, viz., control over oneself. We have learnt very greatly how to control ourselves. Control over nature and nature's environment has extended beyond all expectations and has, in recent years, spread out to a dangerous field, viz., to the obtaining of psychological power over the minds of men and women. Humanity is reduced to the condition of material nature and the rulers of the world have developed a technique to control the minds of men and women as they have succeeded in controlling material nature. The attempt to control the minds of men and women as if they were raw materials like coal and iron, took shape in Hitlerism and totalitarian Communism.

If civilisation means happiness, this must not be permitted. If men and women are reduced to something like coal and iron, where are the moral values, the weights and measures by which we judge progress and civilisation? Moral values cannot be allowed to become the playthings of psychological technique. The culture of a people is essentially the prevailing pattern of joyous restraint accepted by the people.

Concept of Truth

Now, Hitler claimed, when he was in power, as the Communists claim today, that truth is not an inviolable temple. Their activities past and present, are based on the conviction, that truth is just what we agree to be true and nothing more permanent than that. This cannot be accepted. When you stand for freedom of culture, I presume you claim that no direction should be given to culture in disregard of the respect that is due to truth, that is, in disregard of moral values.

Now, there are some who argue that truth continually grows, that it is not static, that it is ever a matter for further research and therefore there is no sense in talking about the absolute essentiality of regard for truth or for moral values. I agree that truth is not entirely disclosed to man but there is such a thing as an essential, unalterable desire to seek the truth, and unqualified respect for what we for the time being believe to be the truth. The opposite approach is that we do not know the ultimate Truth and, therefore, what the ruling party has decided to be good for the people is the truth.

Bane of Totalitarianism

What I most dislike in totalitarian Communism is the deterioration it works

(Continued on page 18)

Associate Editor's Section.

"MAN AND HIS BODIES"

BY

Dr. Chas. H. GUNZOLUS, Ph. D., Th. D., Dsc.

Fellow of The Research Council of The Lucem College of Science and President of The Gunzulus University of Spiritualism.

LESSON 1.

THE ANCIENT Vedas state that man is septenary by nature and that he has seven distinct bodies.

Seven principles are also recognized by Egyptians and Greeks, as entering into the constitution and make up of man.

The seven planets of our solar system emanate rays and vibrations—thus we see that man is "enrapport" with the septenary makeup of the stars and planets.

Man has the same nature and vibrations as a chain of worlds, or globes, through which he progresses. Man is made up of the elements of the stars. From mother earth, he obtains his gross physical body. Many occult scholars think that the moon (Chohans) helps man to build his three lower vehicles, while the sun (pitris) help to construct his three higher principles.

In occultism, man's four lower bodies are known as the "Lower Quaternary", and it is here that the personality is created. Man's three higher vehicles are called the "Upper Triad", and it is here that the individuality is born and lives.

Throughout the process of evolution, the "Triad" of higher principles works in and through the "Tetrad" of lower bodies. It is in this way that the different vehicles obtain knowledge and experience from nature of life.

Some occultist think that the planet Saturn is the link which connects the "upper Triad" with the Lower Quaternary. They also believe that the Moon, Mars, Mercury and Venus, have a great influence over the four lower bodies, while Jupiter, Neptune and Uranus, work through the three higher vehicles.

The planets when correctly understood will give religion and science an

insight into the true nature of man and his bodies. The planetary influences have a marked effect upon all forms of life—here and hereafter. The ancients studied Astrosophy and therefore knew many things concerning man's constitution.

According to the "Vedanta System" (Uttara Mimamsa) the seven bodies of man are as follows:

The first body is known as the gross physical body (Sthula Sharira). This is the elementary body. It is composed of five natural entities (Bhootas). These Tamasic realities of nature are: Earth, (Prithivi), Water (Apas), Air (Vayu), Fire (Tejias), and Ether (Akasha).

The dense physical body is the Egos' most valuable vehicle, because it is in this instrument that all other bodies center and rest. This body is necessary for man, who desires to live in the mundane plane, and the chemical regions. It is the best organized of all man's vehicles, and the one through which the most experience is gained.

This body is the resultant product of Karma and it contains the food sheath (Annamaya Kosha). In time, the physical body will attain perfection, as it continues to evolve. It is wonderfully constructed, and it is now in its fourth stage of development. When it

reaches the final and seventh stage it will become perfect and immortal.

The second body is called the Etheric Body, or Vital Force (Jiva). This second etheric sheath is rooted in the spleen. It always takes on the shape of the physical body, and permeates it in every respect.

The Vital Body is now in its third stage of development, and it is composed mostly of Sun Energy (Prana). It absorbs solar energy through the spleen. It is built of points or particles (Paramanu), and atoms (Anu), which penetrate the dense atoms making them vibrate faster. The Vital Body is of opposite polarity, of the physical body, and the blood and the glands are its most important expression. It helps to develop the physical body during the antenated period, and it is usually born about the seventh year.

LESSON 2.

All through life, and under normal condition, it remains deeply incased in the physical body. The looseness of this body usually causes clairvoyance and clairaudience, and great psychic perception. During hypnosis, or deep trance, or when anesthetics are administered, the Vital Body is partially forced out of the physical body.

(Continued on page 28)

What is Planetary Influence?

Professor Tyndall, who is not an Astrologer, says: "The waves of light require a medium for their formation and propagation, but we cannot see or feel or taste or smell this medium. How, then, has its existence been established? * * * It is, therefore, at least as certain that space is filled with a medium by means of which suns and stars diffuse their radiant power as that it is traversed by that force which holds not only planetary systems, but the immeasurable heavens themselves in its grasp."

Professor Tyndall proves the existence of an omnipresent substance, acting as the medium of the phenomena of the universe. In doing this, the professor proves far more than he ever intended to, and that the law of vibration explains the influence of planetary power on the human brain.

When the law of gravitation was first suggested to the intellect of Sir Isaac Newton, he at once determined the courses of the planets. The rapidity of the moon's fall toward the earth was calculated. The ebb and flow of the tides and the equinoxes were considered,

and all this phenomena was explained by the law of gravitation. He regarded the law established, and the verdict of science confirmed his conclusion.

Scientists are as near agreed on the fact that all space is filled with an intangible substance called ETHER as they are agreed on any subject. It is this ethereal substance that carries the planetary vibrations to the human brain. This ETHER is undoubtedly omnipresent and immaterial. It is spiritual in nature.

The air which we breathe and live on is charged with planetary vibrations. All planetary vibrations are good—none bad. The reason some prove adverse is because we are not able to respond to their vibrations harmoniously. We misunderstand or misapply them, and our lives become discordant instead of harmonious. That is what the modern astrologer means when he tells us we can become masters of our fate, and determine our destiny. If we are able to receive the high vibrations of Neptune, we get light and help on this subject; but, if we are not responding to these high influences, chaos results.



MY CONCEPTION.....

(Continued from page 14)

in moral values and the respect for truth. When regulations lose the life-giving governance of moral values and when indoctrination is deemed lawful and proper, in order that some objective may be reached, then there is loss of freedom, which all of us deplore. And this is what happens when Communism is allowed to rule. This is what we have in mind when we say that freedom is lost in Communist ruled countries.

God is dethroned in those countries as the first necessary step to dethrone Truth so that nothing may stand in the way of whatever the ruling party decides on such data as are accepted by them as good for the people. In fact 'the people' is a phrase that has, with the Communists, replaced moral values. Of all the slogans, that I dislike, I dislike most this misleading slogan of 'the people.' It is sought to replace every moral value, everything sacred. Even justice in judicial matters is considered by the Communists as justice, only when an indoctrinated crowd shouts it. The party that has got hold of power makes the people what they are, if not in one generation, in two or three. And this was sought to be done secretly before, but it is openly done now. In fact, it is acclaimed to be lawful education. The

difference between culture as we understand it and culture as developed in Communist countries consists in this—that we respect truth and have regard for moral values which are deemed inviolable.

It may be that everything is relative and we have to be content with truth as we know or believe it to be. But it is something to love what we regard as truth. It is disgusting altogether to shape life, not caring for moral values. You know that a child does not remain a child all the time. It will be in course of time quite different from what it is now. But you love it with all your heart. You do not stint the child in your love or in your attention because he will grow into a big man later on. Truth grows, but we must love it at all stages and not regard it as an illusion. I consider that this is the meaning of the slogan of 'freedom.'

Banner of Struggle

But for my own part, I would love it that, instead of making 'Freedom' the banner of our struggle against would colonialism and totalitarianism, we set up self-control, that is, the restraint of our activities based on moral values, and self-culture as our banner standard. Not freedom which may deteriorate into licence and anarchy, not State regulation which may deteriorate into tyranny, but 'self-control' and 'self-culture' are the right

slogans. As against the culture of unrestrained liberty which is the slogan on one side and the culture of all-round State regulation which is the slogan on the other side, India stands for self-control, which is neither freedom nor regulation from outside. This is what Gandhiji stood for, what the Bhagawat Gita preached and what was solemnly voiced forth in the ancient Upanishads. This alone will save the world from anarchy as well as from the slavery of totalitarianism. To cultivate self-control, faith in the Divine, is an indispensable, pre-requisite condition of mind; without it, we may talk of self-control, but it will not be possible. It is

only when based on faith in the Divine that self-control will be a joy and a fulfilment and a progressive evolution, instead of being a painful imposition.

The culture of India is based upon and bound up with self-control. It is the characteristic fundamental of Indian thought. It is this alone that can establish true freedom which is different from free play of individual ambitions. It is self-restraint, control from within, that makes art truly artistic, beauty beautiful and order orderly and enjoyable.

The Divine Life, Rishikesh.



MUSINGS.

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 any one'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.

Manifestation of Great Spirit of Universe.

(Continued from page 12)

into our mind, the past, present and future is seen through very plainly just as in hand. Here originates the reason why we take the sun, the moon and the earth as our standard. Again, on the earth, in accordance with the atmosphere of the four seasons of Spring, Summer, Autumn and Winter, there arises the spiritual atmosphere which raises trees and grasses, and everything under the sun is made perfect by the favour of the great earth. On account of this great favour of the sun, the moon and the earth, man continues to live as long as his destiny lasts. We are propagating thus in the world, taking these three as the Way.

The sun, being the object for the great earth and water, brings forth light and heat, and the moon brings forth the work of water by dint of the great earth and fire. Again, the earth creates and brings up human beings as well as all other things by the power of fire and water. These three are in trinity and cannot be separated, for mankind this teaching is religion. How dirty a thing may be, when it is burnt up, everything will be purified, and also water will wash away dirty things and make the world pure and clean, and on the great earth every dirty object will be destroyed and erased and new things will be brought forth one after another

and made clean. Through the work of these three of the sun, the moon and the earth anything and everything is made pure. For instance, even a man, when is dead, the flesh will be cremated, buried or laid to rest at sea and be returned to earth. Therefore, it is said that a man is born out of earth and returned to earth.

Human beings from the beginning of his birth to the end of his life, they are making their living under the benevolent favours of the sun, the moon and the earth. All things also in the same way, even a tree grown on this great earth by the power of fire and water and continues to grow facing front and back, South and North in a meaning that is difficult to explain. Trees grow facing South to receive light and heat, for South is the positive, North the negative and naturally it spreads their branches facing toward the North pole. Truth being followed, even when we look at the shape of branches we find they are all facing toward us, the lord of creation, and making us understand everything. Even trees that do not speak grow in complying with truth. For this reason, trees are decided to be the king of things. This is the manifestation of the benevolent deeds of the sun, the moon and the earth.

The Ananai, Japan.



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 short-comings. 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 Phocaeans and Thessalians, Tellas 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. Colville.)

Naturopathy.

(Continued from page 10)

PRIME MOVERS or **AGONISTS**, by actively contracting (shortening) produce the desired movement. The muscles that produce the opposite movement. **ANTAGONISTS**, by actively relaxing or "paying out" cause to be smooth and regulated a motion that otherwise would be jerky and spasmodic. Again, when a Prime Mover passes over more than one joint, certain muscles are called upon to steady the intervening joints; such muscles are **SYNERGISTS**. Still other muscles, **FIXATORS**, are called upon to steady the more Proximal parts of the limb or trunk. Obviously, the same muscle may act as Prime Mover, Antagonist, Synergist or Fixator under different circumstances.

Blood Supply

The chief blood vessels enter a muscle with the **NERVE**, accessory vessels unaccompanied by nerves are present in many muscles. The vessels in a muscle **ANASTOMOSE** (unite) to form a rectangular network. The **VEINS** in the muscles, like those in the limbs in general, have valves: so, muscular exercise, by massaging those veins, aids in circulating the blood.

LYMPH Vessels run with the blood vessels.

The Blood Vessels, through the **ARTERIES** feed the muscles, while the **VEINS** and **LYMPH** Vessels carry away waste products.

Nerve Supply

The nerve to a muscle, though called a Motor Nerve, is in reality a Mixed Nerve, being about 3/5 **MOTOR**, 2/5 **SENSORY**, and partly **SYMPATHETIC**. The Motor (**EFFERENT**) Fibers pass to motor End-Plates. The Sensory (**AFFERENT**) Fibers begin as: (a) **FREE ENDINGS** on the muscle fibers, as (b) **ENCAPSULATED ENDINGS** in the connective tissue, and as (c) **MUSCLE SPINDLES**. The **SYMPATHETIC** fibers are, by some, believed to end in the muscle fibers, but by most, to supply the vessels.

Most Motor Nerves are derived from more than one Spinal Segment, and the segments are always consecutive. Muscles placed near the surface of the body (**CUTANEOUS**) may be made to contract on applying an electrode to the skin near the point of entry of the nerve. This is called **NERVE TESTING**. The purpose is to determine if a nerve is in **TONE**, or **DEAD**. The appropriate point for each muscle is called the **MOTOR POINT** of that muscle.

The proper placing of all the muscles, their Nerves, Blood Vessels and Lymph

System is an **ALL** important study in Naturopathy. It is the main study in such courses as Physical Therapy and Massage. Proper use of all muscles must be understood in order to have a perfect working body.

At the American Therapy Institute, a student is instructed in the use of each muscle, its name and its location: also how to find what is wrong with a muscle through a complete understanding of the nerves of such muscle. In addition, instruction is given how to cause tone in each muscle. That is **HEALTH**.

Terminology

MUSCLE, an organ of the body to produce motion.

SKELETAL MUSCLE, a voluntary muscle, under control of will.

HEART MUSCLE, a muscle confined in the heart, also called **cardiac**.

SMOOTH MUSCLE, an involuntary muscle, not under the will.

ORIGIN, The start of a muscle, proximal end and nearest to body. The Head.

INSERTION, the tail or distal end, a tendon.

FLESHY PART, called the belly, the active part.

TENDON, the insertion or starting of muscle, round in shape.

APONEUROSIS, a flat ligament that attaches muscles to body.

MOTOR UNIT, the muscle fibers and the nerve that controls it.

TONE, the proper relaxing and contracting of a muscle.

PRIME MOVERS, a muscle that produces a desired movement.

ANTAGONISTS, a muscle that works against a Prime Mover.

SPASM, a muscles that moves with jerky actions.

FIXATORS, muscles called upon to steady the proximal end of a limb.

SYNERGISTS, muscles that steady intervening joints.

ANASTOMOSE, the uniting vessels or nerves at their ends.

MOTOR NERVE, the nerve that causes the movement of a muscle.

EFFERENT, the same as Motor Nerve.

SENSORY NERVE, the nerve that carries messages to the brain.

AFFERENT, the same as Sensory Nerve.

SYMPATHETIC, a secondary Nerve System.

MOTOR POINT, the place of entry of a nerve into a muscle.

NERVE TESTING, a system of diagnosis for nerve **TONE**.

Next month we will take up the study of the **BLOOD** and **LYMPHATIC** Systems.

PSYCHOLOGICAL NOTES.

(Continued from page 13)

sooner or later. On the other hand, if you cherish low desires or indulge in impure thoughts, you shall gradually become low, vulgar and unholy in your behavior. We may hide our mean and degrading thoughts from our fellow-men, but it is for a while only, because our attitude, behavior, and above all, deeds will lay bare what is going on within.

Our character, good or bad, is formed similarly by the resultant force of our mind. Suppose, we think good and ennobling thoughts, study good and useful books, perform good, honest and decent actions and keep good company, and naturally our mind will be full of good impressions, which becoming deep-rooted, go to form our habits. And what is our character but the product of habits!

On the other hand, those are called men of bad character, whose mind is full of bad impressions owing to the constant indulgence of indecent thoughts and repeated performances of evil deeds. Thus even a child can understand that it behoves us to practise discrimination by choosing elevating thoughts and rejecting vain, worthless and degrading ones.

Many are undoubtedly puzzled as to what is good and pure and what is evil and unholy. The standards and conceptions of good and evil may vary with

the different races or different stages of evolution, but there are certain common standards by which we can all go in order to determine unmistakably their nature and characteristics. That which makes us selfish, weak and full of worry and anxiety can be discarded as evil. That which makes us unselfish, infuses real strength into our heart and soul, and, above all, brings peace and harmony into our life can be safely taken as holy and good.

The one point which cannot be laid too much stress upon, is attainment of the knowledge that it is we that make our life sublime or worthless. We make our position worse by imagining some supernatural beings or other extraneous causes to be responsible for our failures or successes in life. Fate is nothing but the resultant of our own thoughts and desires.

It is true, mere thoughts or speculations, without right endeavors in the right direction cannot produce sufficient results. But it is also certain that out of great visions and dreams, great achievements are made. Those who have been successful in accomplishing great things in this world were all great dreamers and visionaries. Those who know how to think properly can never fail to act properly also.

He who thus through the self sees the Self in all, attains to the Supreme State of Brahman by the unity of all.—Manu.

"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 experience in this line, direct to the

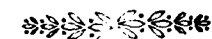
EDITOR & PUBLISHER,
SELF-CULTURE JOURNAL,
KUMBAKONAM,
Tanjore District, South India.

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!

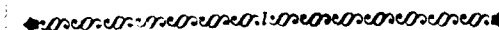
CONTROL OF ENERGY.



THE only conceivable way in which the human intelligence can ever succeed in averting the "procession of the great year" is not by postponing the issue but by reversing the process. The question is this: While energy is being dissipated in accordance with the natural law, can we so manipulate things as to accumulate energy, making the unavailable available—notwithstanding the fact that cosmic processes seem to be essentially irreversible? Now, there is assuredly no inherent reason why we should not accomplish this. It is true that hitherto all the atomic evolution that has been observed is atomic disintegration. We may speak now, indeed, of the analysis of the elements. But so it was, we may remember, that the older chemistry began, and yet analytical chemistry was the precursor of synthetic chemistry. We began by breaking up compounds, but now we can make them—can, indeed, make compounds hitherto unknown in nature. Similarly, it is more than probable that we shall ere long learn to achieve the synthesis of the elements as well as their analysis. No energy is ever lost. Even when the radium atom, itself the child of the uranium atom, breaks down and

dissipates its energy, ending, it is supposed, as the dull atom of lead, the original energies, are not destroyed. Why should they not be gathered up again and thus again become available? Are matter and energy to go on their way, ultimately destroying the human race? For myself, I incline to the view that victory will rest at last with "man's unconquerable mind".

By a A. M. I. A. Sc.



By Editor.

MUSINGS.

If you radiate goodness, Light, geniality, and Joy to your surroundings you will be a centre of Inspiration. And naturally people will seek your company.



It never pays to enter strife or to pick up quarrels or to arouse such negative conditions in any sphere of action.



"Man and his Bodies"

(Continued from page 16)

This etheric body is positive in woman, and negative in man, and the collapse of its mechanism produces sleep. During the hours of sleep, the Vital and Desire bodies help to refrain and replace lost energy which follows a day of activity. The etheric body functions as a guard and protecting envelope for the dense body, and it is the medium for forces which act between the physical and astral vehicles. When the Vital Body is healthy, it throws out strong healing forces and vibrations which are radiated as N-Rays.

The third sheath is the Astral Body (Linga Sharira). It penetrates the physical body and it is composed of a more active, finer matter. It extends several feet beyond the dense body. This emotional vehicle is composed of the essence of the stars, with which it vibrates. Occultists say that it is this body that remains over graveyards, visits haunted houses, and is often called a ghost, or spectral apparition. It is also often active in dreams, and visions. This body has the power to take on weird shapes and forms, and to expand or contract. The Psychical Research Records tell many interesting stories concerning this mysterious, subtle body.

The Astral Body is composed of 19 principles and faculties; viz: 5 organs of action; 5 organs of knowledge; 5 Pranas and the 4 fold nature, viz: Mind; Intellect; Memory; and the Egoity. The fourth body is called the Animal Soul (Kama Rupa). This irrational sheath is saturated and filled with animal desire, passions, instincts, and it is built around the senses. It is this vehicle which separates the physical body from the immortal spirit. It is the balancing power (Labra) of the whole. From it the Ego either evolves upwards, or recedes to a lower plane of existence.

The fifth body is the human soul (Manas). This body is endowed with reason and judgement, and here it is that we find the Ego, and the Individuality. Here is found the "Thinker", and the mental, psychic and spiritual qualities that set man apart from the animal kingdom. It is in this vehicle that self-consciousness is born, and the eternal spark of Divine Fire, that makes Man immortal. The Pineal gland is the seat of this vehicle and of the Ego.

The sixth body is the Spiritual Soul (Buddhi). It is endowed with intuition, inspiration and the higher faculties of life. Here is found the determinative faculty of the mind. The cultivation of this principle leads to "Transcendental Contemplation and to ecstasy".

The seventh and last body is pure Spirit (Atma), and it is this spirit that forms the basis of all life, wisdom and intelligence. In order for man to progress he must know and understand the nature and functioning of all his bodies. Harmonization of these bodies is necessary, from the

physical body to the highest spiritual body. The four lower bodies of man are subject to death, but the spirit is beyond the touch of disintegration. Man's soul is distinct from his bodies, for they are just the vehicles through which the Ego evolves and manifests.

AN OPTIMIST'S PRAYER

By a F. I. A. Sc.

OH, Unseen Power that controls the FATE, though not the Destiny, of the children of men, teach me to know myself so truly that I may realise the presence of an all-pervading spirit, and in that realisation learn to know and to appreciate the part I am called upon to play in the world of men.

TEACH me to discriminate between the good and bad by the powers which have been implanted within me, enabling me to understand that we all have parts to play in the great drama of life, no matter what our station.

IN success, crown me with the laurels of a victor, yet make me humble in that success so that I may never forget my fellow-men and women.

IN failure, or apparent failure, make me strong that I may come to a knowledge of the truth, that what one moment may appear a failure, in the next may prove a stepping stone to a higher ideal of success.

IN my greatest moments may I never lose the knowledge that I am but one unit amongst many, not only on the earth plane, but also upon the planes beyond, all under the jurisdiction of the one great Oversoul.

MAY I never fail to recognise the silver lining to every cloud, with a knowledge that though to-night the outlook may be dark, the storm may blow, and the wind beat against the windows of my soul, to-morrow, the sun will surely shine again.

MAY I ever be open and receptive to those heavenly messages borne upon the wings of the wind and sea; ever being able to help and uplift my fellows, showing them the true help and comfort of the soul, and bringing to them a knowledge of those ever present words:—

"Not for the one or two
But for the CROWD;
Shall all my thinking be
Words from the housetops,
Durance long and loud
To raise HUMANITY."

Affiliated Branches Of Our Self-Culture Union

Applications are invited all over the world from influential persons to conduct our branch unions in every city.

Affiliation Fee for a branch is £10.

A branch should have atleast 25 members. Two Copies of our Journal & other connected pamphlets will be supplied to our branch union then & there.

The Head of the branch is styled "Secretary" and will be enrolled as one of our Committee Board of the Principal "Self-Culture Union", Kumbakonam.



SUPPLEMENT TO

Self-Culture (ECLECTIC HEALING)

Editorial:-

Instructive articles on the practical phases of Eclectic Healing will henceforth appear in this supplement, which is a new feature introduced here not only to interest the Associate Members of our Academy, but also to instruct the Members of the Eclectic Healers' Guild:— a guild it is, started as an auxiliary department of instruction to the Indian Academy of Science.

Within the short interval of two months many have enquired for particulars about the guild and several have been co-operating with us in this new field. The membership in the guild is open to all classes of healers, medical and non-medical, for the promotion of Health and Longevity of the human race in general. It is right that every reader of our Journal should enrol for the Membership in the Guild. The Admission fee is Rs. 5; Sh. 10. or Two Dollars. The Annual Subscription is Rs. 10. £1; or 4 Dollars. Do not fail to give this your immediate attention.

Eclectic:

This word takes its origin from the Greek *eklegos* to select. Archigenes and some others selected from all other systems of Healing what appeared to them to be most rational. Hence they were styled "Eclectics". This rational system of Healing which combats disease by using remedies, provided by Nature is what we term as Eclectic Healing.

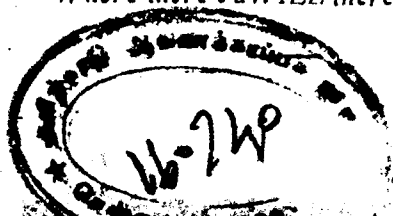
For the present we confine ourselves to the treatment of the following important branches of Healing:— Suggestive and Psycho-therapeutics, Vitaopathy, Hydropathy, Osteopathy, Occult Healing, Chiropractic healing, Mechano-therapy, Physio-therapy and other systems having for their basis all the natural healing methods.

Health Your Rightful Inheritance.

There is enough good health floating about in the universe, at the present

time, to give each man, woman and child a full quota. If you are not receiving your share, it is due to the fact that you are in error, somehow, somewhere.

You have tried, to be sure, to maintain your health; in fact tried, every method and system known to science, so far as you know, and yet you are afflicted—suffering, body and soul. You have almost despaired of ever regaining your health, or even of securing permanent relief. This has prevented you from making the best of your latent talents; it has robbed you of the advantages of many golden opportunities which have been presented to you. In fact it has deprived you of that force which gives Power to Man: ESSENTIAL FAITH. Yet strange to say, the few who are absolutely beyond hope of restored health are very small in number. The "never-give-up-while-he-has-a-plank-to-stand-on" disposition has won many a battle even in the face of apparently certain defeat and destruction. It will win in the battle you are making for health. The DETERMINED WILL overcomes all obstacles. You shall then, WILL to maintain perfect health, if you have it; and to regain it, if it has been impaired. "Where there's a WILL, there's a WAY."



Finer Forces employed in Healing

By F. J. A. G.

There are finer forces employed in Healing which touch the very springs of life, and then work in and with the causes of disorder and the sources of health.

Of which Psychic or Magnetic nerve energy which works in healing as normal and abnormal, ordinary and extraordinary, is one of them.

Under this heading falls the great subject of so-called "spirit-healing," or healing in which the healer is a medium through whom a spirit-healer works. I have the right to speak with authority, though not here the possibility to speak fully on this great subject, for I myself have for years practised normal psychic or magnetic healing, wherein works the finest force of all, even the Holy Spirit, the one Power of Life, and that with very beautiful results. And I have been singularly privileged in seeing, through my wife's work as a spiritual-magnetic healer for over ten years now, the truly astounding fruits of what I call extraordinary or abnormal healing. To eyes that have never seen have been given sight, and to ears that have never

(to be Continued)

*** SPECIAL NOTE *** to the Subscribers & Readers

Dear Sir/Madam,

As we are receiving valuable suggestions from our foreign readers that the magazine may be issued quarterly (Three months issue in one publication), we are printing the magazine from January 1954 in quarterly issues and will be published in January, April, July and October of every Calendar Year. Hence the January issue will be made available covering the issues of February & March. In this method we can assure our readers that we would find more time in giving a good get up to the issue. The quality of the paper and the outer cover will be improved and the issue will be printed in 84 pages and above. We could find time by getting more valuable contributions from eminent persons. This will make our readers to digest the valuable articles more leisurely and well in advance. We hope our Subscribers would find this to their own convenience.

Yours,

Self-Culture Journal Publishers.

Further issues will be Published as Under.

1. January, February, & March in one publication on 1st January
2. April, May, & June in one publication on 1st April
3. July, August, & September in one publication on 1st July
4. October, November & December in one publication on 1st October

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