THE science of life, the study of the working of the divine mind in nature, of the evolving life within the changing forms, is the torch which is to throw light on the many problems of life and the invisible worlds, in search of the explanation of the visible; thus to render materialism impossible, by completing the half truths upon which it rests, to disperse superstition by illuminating dimly seen facts of nature.
---Science and Key of Life.

## OUR CONTENTION

## \%

It is our contention that through scientific research a key will be found to unlock the mysteries of the ages. Immutable law governs the universe, and this law is divine.

It is man's prerogative to become acquainted with the whys and wherefores of life, and in so doing be master of himself and all the kingdoms of nature. He may achieve all that his ideals conceive, and as those ideals are attained, their superstructure is replaced by those more lofty.

Fellow-travellers! Let us lift ourselves on the wings of possibilities and attain knowledge, happiness and power.

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(Signed) MISS CARRIE SCHWARZ.
707 Oxford St.
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I am much gratified with the improvement I have made during the past three months. The combinations of food you have prescribed have been most delicious, and I have no desire to return to the old conventional diet.

I shall be glad to recommend your course of treatment to any sufferer. Please send your literature to the enclosed list of names. They all need your instructions.

Thanking you most heartily for the services you have rendered me, and the promptness, skill and courtesy you have shown in Imy correspondence, I remain,

Most sincerely,
185 N. College Ave. $\qquad$ GEO. M. HURST.

## Eureka, Cal., Feb. 13, 1906.

Fugene Christian, New York, N. Y. My Dear Sir:
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MRS. B. M. LYON.
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Your influence will be felt more and more as the years go on. Yours very truly.
(Signed) E. L. WASHBURN.

Allen Place, Hartford, Conn.. Eugenc Christian, Dec. 1, 1906. New York, N. Y. My Dear Sir:

I want to congratulate you from a professional standpoint on the work you are doing. There is nothing so needful as a reform in eating, and there is no man I regard so competent as Eugene Christian, to teach people the art of selecting and combining foods so they will chemically harmonize, which will remove the causes of a great majority of physical troubles called "disease."
(Signed) W. H. MORSE, M. D.
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Mr. Jas. Nicholson, Pittsburg, Penn. Dear Sir:

Your inquiry as to whether I was benefited by Mr. Eugene Christian's teachings received. I was, and greatly.

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I write you all this with pleasure and in absolute justice to the man. Personally, he will ever have my profoundest gratitude.
(Signed) HU'GH H. KENDALL,
C. R. Maltby Co.

Treasurer.
162 Chicago Avc., Chicago, Ill..
Sept. 25, 1906.
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Yours very truly.
(Signed) THOS. N. THURSTON.
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Ocean Park, Cal.. Dec. 4, 1906.
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#### Abstract

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## In Connection With the Following Letter.

Since purchasing The Suggestion from Dr. Parkyn, we have received many letters of inquiry as to the reliability of the Black Sand and Gold Recovery Co., also of criticism regarding the propriety of holding out investment propositions to the readers of this journal.

While cheerfully printing the followirg letter from Dr. Parkyn, we must clearly define our position in the matter.

The Stellar Ray is not a propagator nor a party to the propagation of investment proposals, however reliable they may be. Although the editor believes that Dr. Parkyn is perfectly sincere in his enthusiasm regarding his enterprise, it must be distinctly understood that we neither disparage nor recommend the enterprise referred to by Dr. Parkyn. The Stellar Ray stands for advancement and prosperify along legitimate lines of industry, but it does not undertake to advise its readers how to invest their money.-Editor.

Dr. Parkyn's Interesting Letter.
Chicago, Ill., June 15th, 1907.
Readers of The Stellar Ray All Over the World:
Dear Friends:-The old readers and subscribers of The Stellar Ray will remember that I sold my magazine Suggestion (now The Stellak RAy), which I had edited for tel years, in order to take charge of the financing of The Black: Sand \& Gold Recovery Company wh:ch is independently following up on a commercial scale the work started by the United States Government at the Lewis \& Clarke Exposition at Portland. Congress appropriated $\$ 50,097$ for an investigation of the Black Sands, and at the Lewis \& Clarke Exposition it was shown by actual operations that the black sands carry large values in prec:ous metals like gold, platinum, monazite, etc., also that the iron, which is in excess of any other minerals in the black sands can, when recovered, be turned into steel.

Here the Government work ended, but I had friends who had been
granted patents on various successful devices for treating the black sands commercially, in the way of recovering the precious metals and extracting the iron, and after looking into these patents thoroughly and studying the field for them, I decided I would join with my friends and help them to raise the money to start commercial operations.

My old readers will further remember that the advertisement of the Black Sand \& Gold Recovery Company appeared in Suggestion for several months and that I sent a personal letter to all subscribers telling them about the company and my connection with it.

At that time, although the Government had issued a report on its successful handling of the black sands, showing the enormous values in the sand, I received many letters telling me I was making a mistake, that the enterprise was not practicable, etc. But I knew that the writers of these well meant letters had not fully grasped the immense possibilities the field offered nor seen
in opeation the patentel devices owned ly the company. However, nany of wy old Suggestion friends were sat'ssied to Lack my judgment in the matter and they invested many t'cusends of dollars in the stock of $t$ 'e company.

NOW MAKING STEZL FROM SAND
I have recently returned from a two months' tr'p to the Pacific const, where I went to vis't some of t'se company's plants that are now in actual operation in the ${ }^{\circ}$ field and make a personal investigation of the estent of sonse of the big black sand depos'ts that abound there. It is, therefore, with a great deal of pleas. ure ansl satisfaction I can now announce that the company's first electric smelter, situated at Hoosl River, Oregon, is turning out steel daly from iron ore recovered from t'e tlac!: sands by the Lovett Magnetic Separator, the patents for which are owned by the company.

Herctofore, the Pacific coast has imported every pound of its iron and steel from Europe or brought it overland from the East under big fre'ght charges. Consequently, our smelter at Hood River is now turning out the first steel ever made commercially on the Pacific coast from native iron ore. The present smelter is only a samall smelter, but it is a success, and it is the beginning of the steel industry on the Pacific coast. Furthermore, the Lovett Magnet:c Separator is the only separator that will extract the iron from wet sand commercally,
thus giving our company a virtual monopoly of this source of iron ore. SUCCESSFULI.Y RECOVERING iron from SAND

It was an interesting sight for me to watch the magnet:c separator estract'ng the iron from the sand of the Hood River Bar as quickly as the sand could le conveyed to it throug' a sluice box, and then to see th's same iron turned directly into steel within a few rours from the time it was dumped into the electr'c furnace.

One morning while I was at Hoo: River the plant was visited by the Mayor of Hood River and a numlier of other prominent citizens of the town, all of whom watched the iron being extracted from the sand and then stayed to see the molten steel drawn from the snelter.

At Sacramento, Calif., I saw one of the company's Bed Rock Pneumatic Pipe Dredges at work and every foot. of sand it is lifting from far below the bed of the river contains gold values in paying quantities. But at Sacramento, the drealge is looked upon as the solution to the problems of the rivers of California which this year caused $\$ 30,090,000$ damage on account of floods. The Pnetumatic Pipe Dredge costs only one-quarter as much to build and will do four times as much work per day as any other type of dredge.

PIPE DREDGE OPERATING AT SACRA-
mento
The Sacramento newspapers have published long illustrated accounts of
the work done by the dredge and declare it is one of the biggest things that has ever come to California.

The people of Sacramento are taking a big interest in the dredge and some days a crowd of a hundred or more people may be-found watching it in operation. One day while I was there, the mayor of the city and many prominent state officials, including the state engineers, visited the dredge while it was operating, and the following day the Sacramento newspapers published interviews with the mayor and state engineers regarding the success of the dredge. These published opinions are certainly very flattering.
lifting sand earins $\$ 1,000$ a day
The field for the Pneumatic Pipe Dredge is much more extensive than we ever imagined. It was invented for the purpose of bringing up goldbearing sand from the bottom of gold-bearing river beds, and while it is a demonstrated success in that field, it has shown itself to be the greatest and cheapest sand dredge in existence. Fifty of these dredges can be put to work in the Sacramento Valley alone as quickly as they can be built. The dredge at Sacramento operated only one pipe, but contracts are now being made for a dredge that will operate four to six ten-inch pipes at the same time. This dredge will earn over $\$ 1,000$ per day.

Thus, the Black Sand \& Gold Recovery Co. is making good all its claims and it is on the eve of making
one of the greatest financial successes of the age-a success that will be as great as that of the Bell Telephone. An investment in the stock of this company is no longer a speculation. It is now a solid industrial business enterprise, and I hope all my old Suggestion readers and every reader of Stellar Ray will invest in at least a small block of stock. Nothing now can prevent the company becoming a gigantic financial success, and every dollar invested in its stock at the present price will grow into many dollars in a remarkably short time.

## an honest candid opinion

A long detailed illustrated report of my two months' trip has just appeared in the Black Sand News, and I will mail to everyone who sends me his name and address the prospectus of the company, a copy of the Black Sand News and copies of the Sacramento newspapers telling about the dredge.

I have told you briefly but accurately in this letter how the company is progressing, but my candid, honest optain is that every reader of THE Stellar Ray should send for my detailed report and then arrange as quickly as possible to invest every available dollar in stock of the Black Sand \& Gold Recovery Company. Now, don't overlook this opportunity, but send me your names and addresses at once and I will send you all the papers mentioned; address your letter to Herbert A. Parkyn, Black Sand \& Gold Recovery Company, 1512 Marquette Building, Chicago. It won't cost you anything to find out all about the company, its work, its officers, prospects, etc., but

I am confident that after looking into the enterprise carefully, you will. like others, pronounce it one of the biggest enterprises and best investments of the age.

Be certain to send me your name and address immediately.

Yours faithfully,
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8
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Filipino Women and Domestic Science.

From a letter to The Outlook, containing extracts from the original of an essay by a young Filipino, entitled "What the Study of Domestic Science Means to the Filipino Woman." It was read as a graduating essay at the Commencement of the Philippine

Normal School, which school is a part of the insular school system, on the 30th of March of last year. The writer is seventeen years of age, has studied English for four years and attended lectures and worked experimentally in the course of Domestic Science, or the science of home-making, offered by the public school system here, for a period of ten weeks


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## EUGENE CHRISTIAN，scieorint

7 East 41st Street，
only previous to her graduation．In her essay she wrote：
＂I wish to show you why it is es－ pecially necessary that the women of the Philippines should receive in－ struction in Domestic Science．Con－ sider the food condition．It is a com－ mon practice among the poor to eat in the public tiendas．Often the food is not nourishing，and is prepared with little attention to cleanliness． Diseases are contracted and spread， for the foods themselves are often adulterated or poisoned．Domestic Science trains the woman to select nourishing food and to prepare it in her own home，with attention to cleanliness，and to cook it in such a way that it will be digestible and nour－ ishing．It is not the aim of Domestic Science to introduce rich foreign foods or foreign ways of living． There are plenty of rich and nutri－ tious foods in this country，if they are only prepared in the proper way． The aim of Domestic Science is to
raise the standard of living，to ele－ vate the ignorant mass to a higher level，and to make it physically and mentally strong．
＂Another evil to be fought in the Philippines is the spread of infectious diseases．We are all aware that chol－ era，fever，and other terrible plagues have visited and still visit the coun－ try．These epidemics have caused the death of thousands of people，and the population of the country has been greatly reduced．Tuberculosis is growing and spreading．Great numbers of people become the vic－ tims of this disease every year．What is the cause of these epidemics that prove such calamities？＊＊＊ The condition of the home．Munici－ pal sanitation is nothing but the growth of the household sanitation． The condition of the town is deter－ mined by the sanitation of the house－ holds．In Manila，where Chinese homes abound，it is especially neces－ sary that sanitary homes be insisted
upon, and this is one field open to the educated Filipino woman. We need women who will fight this evil.
"Domestic Science also trains the woman to be a home physician. This is one of the most essential needs of our country. Think of the times when the cholera epidemic visits the Philippines. The mortality is due to the ignorance of the women in the way of giving the proper care to the patients and victims. If the woman knows how to be a physician in her own household, she would not wait for a busy doctor. She would have no hesitation in applying remedies as soon as possible. How many lives would be saved then!
"The slow growth of the Philippine population is due to causes that are entirely under the control of women. What is the main cause of the constant death of infants? Every one of us is aware that it is due to the absolute ignorance of the mothers. We must realize that our Philippines loses one of her citizens whenever an infant dies. How many hundreds of citizens has she lost during the last few years! It has been the common saying of the ignorant mothers, whenever their infants die, that 'it has been the will of God to take their children.' It is not the will of God to deprive them of their children. It is not the will of God to depopulate our beloved country. It is the punishment he sends upon us women for failing to give the proper care to the innocent children. It is their punishment for disobeying the laws of health. Now we see how necessary it is for our women to study Domestic Science."

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After all isn't a man's success best measured by the number and quality of his friendships? For, no matter how much money he may have accumulated, if he doesn't have a lot of friends there is certainly some tremendous lack in him somewhere. There is certainly a great lack of sterling qualities. Children ought to be taught that the most sacred thing in this world is a true friend, and they ought to be trained to cultivate a capacity for friendships. This would broaden their characters, develop fine qualities, and sweeten their lives as nothing else could.

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It is certainly a blundersome met ${ }^{11}$ od that is pursued at present, at the docks, where the throngs of passengers just arrived and impatient to $\mathrm{g}^{\circ} \mathrm{t}$ away, together with the hundreds of friends come to meet them, are crowding and worrying the customs officers, who are bustling and hurrying about, accomplishing a quarter of what they might do if they were not so hampered.

It has been the wonder of theusands of people for years whether the methods pursued were the best possible; but nobody has set about correcting them until the young secretary startles all officialdom by announcing that he believes the time has come for doing something about it. Of course, there will be no trouble improving conditions. All that was needed was somebody with aut thority, and gumption enough to see that affairs as they are, need improving. Then it is all as easy as sliding down hill.-Milwaukee (Wis.) Free Press.-American Trade Digest.

Prejudice corrupts the taste, as it perverts the judgment, in all concerns of life--Racine.

Learn to stand in awe of thyself.Democritus.

## Extracts from Capt. L. W. Billingsley's Article on "The Barbarism of Hunting" -in the Lincoln Herald.

Hunters often witness the killing of innocent victims, and see the suffering and agonizing death of birds and animals that dearly love their lives, and have done their hunters no harm. Most huntsmen of kindly nature tell you that at times a feeling of self-reproach has passed through them as they stood by the dying victims of their skill.

The slayers of elk, deer and antelope can tell you of seeing the terror stricken eyes of those animals, filled with tears, glaring at them with mute reproach as they sobbed their lives away, and deprived of all power to wreak vengeance on their human aggressors. Such memories should haunt men, who are not hardened or calloused with savagery.

No good thing is failure, and no evil thing success.-W. C. Gannett's favorite Proverb.

Read the best books first, or you may not have a chance to read them at all.-Thoreau.

Carlyle claimed that "every stroke of honest work is throwing sunlight into some dark corner, and bringing some bit of chaos into heavenly order."

In donating the forty thousand dollar Nobel prize, awarded to him for his services in the cause of Peace, to form the nucleus for the maintenance of an "Industrial Peace Committee," to harmonize differences between capital and labor, President Roosevelt has set an excellent example, and will be followed by a general awakening in other hearts and minds to go and do likewise.


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Says the wood's so hard and tough, Do the best he can,
He can scarcely make enough To support a man.

At the corne: grocery store, Every evening, Raggs,
With a half $a^{\prime}$ dozen more, Sits and makes his brags
Of the winner he would be If he had a chance!
"'Course, while choppin' wood," says he, "No one can advance."

But while thus the idle "jacks"
Waste their time and shirk, Riggs is sharpening his ax

For the morrow's work;
Giving it an edge so sure
He can cleave his way
Where the one whose ax is poor
Cannot make it pay.
All the world is chopping wood,
And while rusty wits
(Why, is clearly understood,)
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The evil will die of neglect by and by'Tis the very best way to undo it.

We preach too much and dwell too long On Sin and Sorrow and Tŕouble;
We kelp them to live by the thoughts. we give
Their spite and might redouble.
And I say if you search for the good and pure
And give no thought to the evil,
Our labors are worth far more to the earth
Than when we are chasing the devil.
-Ella Wheeler Wilcox.

## Goodness.

We do not like the idea of being "good" in the old, conventional religious sense, but the genuine goodness of the eternal life is very acceptable. Real goodness and wisdom, are synonymous, and who would not like to be wise? I believe that every one naturally desires to follow in the wise way, in spite of appearances to the contrary. But we are slow in overcoming our ignorance and the habits of mind that are tightly woven into our very nature. But when we have thoroughly outgrown these through spiritual education, we are easy masters for all time.
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To be good is the work of God in his world.

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It is through ignorance we err, but with knowledge comes power. and with power. liberty.

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-Humboldt.

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