

PROF. JOS. RODES BUCHANAN, M. D.

(A scientific secret revealed,)

PERIODICITY

The absolute law of the entire Universe

LONG KNOWN TO CONTROL ALL MATTER

NOW REVEALED AS

THE LAW OF ALL LIFE

and the periods discovered, showing

1. The course of every life from birth to death.
2. When to prepare for success, and when for failure.
3. When to toil and when to rest for health.
4. How to avoid or overcome misfortune.
5. How every life affects other lives.
6. Whom to seek and whom to avoid in marriage, friendship and business.
7. Counsel as to parents and children.
8. Warnings to patients and physicians.
9. Influence of moon and planets on tides, weather, vegetation, earthquakes and life.

10. Warnings that may protect life and property,
11. Plain rules to find your own years, months and days for success or failure, health or sickness.
12. Destiny of Nations shown in the history of the United States.
13. Dangers of the next eighteen years.
14. Personal experience as examples.
15. Demonstration in the life of NAPOLEON BONAPARTE.

By PROF. JOS. RODES BUCHANAN, M.D.,

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Chap. 1. PERIODICITY

Origin and nature of the discovery now revealed — ancient opinions — its test by practical application — the number seven the prevalent number in nature — a septimal division in all affairs of life and in the solar system — study of Periodicity by physicians — septimal doctrine of my college colleague.

After my retirement from the Eclectic Medical College at Cincinnati in 1856, my attention was attracted by an apparent periodicity of nature, in the phenomena of disease and in the different influences of week days, months and years, and my affairs in the college.

Popular opinion fixed upon the sixth day of the week, Friday, as unlucky, and some of my experiments seemed to sustain that idea, which was expressed in the creative legend of Genesis, that God was fatigued on the sixth day and rested on the seventh, which was therefore ordered to be a day of rest.

Friday, the sixth day, was the day of the crucifixion of Jesus, and has since been regarded as hang-man's day, and used for that purpose. The wide spread opinion that Friday is an inauspicious day, would not have been so long maintained without some foundation in nature, and the same impression as to the number thirteen must have been based on some experience.

I need not narrate my methods of investigation and reasoning which led to the conclusions that I now offer my readers, which have been confirmed by many observations so fully that I am warranted in offering the doctrine to the public, which I have heretofore concealed for thirty years, waiting to subject it to decisive tests, to know if it was practically reliable.

To make decisive tests of the law, I have been accustomed upon first meeting a stranger to tell him of the favorable and unfavorable periods of his life, and to find him astonished at the revelation of his troubles, the times of deadly sickness, financial loss, disappointments, calamities and failures in schemes that looked plausible.

Some lives are more fortunate than others and the periods of distress or calamity less marked; but I do not think the failure of the rule (by some interfering cause) occurred in more than from two to five per cent. That interference may have been due to astrological causes, or to the bearing of one life on another, as one's destiny may be elevated or depressed by the influence of others; besides my understanding of the law was incomplete until in reviewing it I found an oversight.

The law which I have found in operation, and which my most intimate friends, in testing, have become convinced by experience that it is a law of great importance to be understood, is easily stated. It is this — that all vital operations proceed in a varying course, measured by the number seven. This septimal division I expect to find in the life of every individual from youth to age, in the progress of diseases, in the history of nations, societies, enterprises, and everything that has progress and decline — in short in all life, for all life has its periods of birth growth decline and death. I presume inorganic nature has periodical laws also, as seen in sun spots which appear to have eleven year periodicities according to the latest observations; and I know not why animals should not have their periodic laws as well as man; (for they have definite periods of gestation, of life and death); and even the vegetable kingdom has its regular periods, for the solar system and stellar worlds have regular periods which control all life by the seasons, by electricity and magnetism, and there is nothing that escapes these influences, which are all periodic.

The regular periodicity of fever has been a great puzzle to the medical profession. The great anatomist, Prof. Reil of Germany, referred it to 1 "some general law of the Universe" which was good philosophy and corresponds with Kepler's ideas. Cullen, Bailly and Roche made some imperfect attempts to explain it, but M. Brachet, a French physiologist tested it experimentally very successfully by adhering to the number seven.

Sir Thomas Watson, M. D., describes his experiment as follows:



"Towards the end of the month of October in the year 1822, M. Brachet took a cold bath at midnight, for seven nights in succession, in the river Saone. On the first occasion he remained quarter of an hour in the river; on the second half an hour; till at length he was able to stay in the water a full hour at a time. After each bath he betook himself to a warm bed and in a short time became affected with considerable heat followed by copious perspiration, in the midst of which he fell a sleep. At the end of the seven days, M. Brachet ceased to repeat this experiment; but what was his surprise, at finding on the following nights, between twelve and one o'clock, that all the phenomena of a true ague fit appeared in due order and succession! As however this artificial paroxysm was not very severe, and as he felt quite well during the day, M. Brachet determined not interfere with it; but to observe the result, six times it renewed with great regularity. On the seventh night after he had omitted the baths he was summoned towards midnight to a "woman in labor." On that visit he overcame the periodic chill and fever and had no more of it.

This shows the natural law of periodic recurrence of any strong and repeated impression at a specified hour and day and the ability to terminate evil impressions on the seventh day which is more marked on the eighth and ninth, so that the ninth day is often considered critical.

Dr. Watson says, "we have much to learn on this subject" and wonders why in quotidian fevers their usual and natural paroxysms occur, not in the evening, but in the morning, when there should be the least tendency to exacerbation of febrile action.

The septimal law of the two periods of life explains this by showing that the vital force is feebler in the morning and stronger in the afternoon. It shows the folly of early cold bathing. Many years ago several young men in a town near Cleveland get into a fad of bathing in the cold river (the Cuyahoga) on rising in the morning; which they were robust enough to keep up for some months on their theory, beginning in the fall without properly observing its effects. They were all injured in health and compelled to give it up. Warm or hot bathing is much more congenial especially to the old or the very young or feeble. But strong warm constitutions may enjoy a moderate use of cold water especially when it contains salt or something stimulating and is followed by friction or massage. The best statement on this subject in my reach is that of my able colleague, the late Prof. I. G. Jones, who says, in his excellent work on the American Eclectic practice of medicine:

"You will find in many instances a tendency to a return of the disease at set periods. The laws of periodicity appear to extend beyond the time governing the return of each paroxysm, and to produce a predisposition to a relapse at periods of about seven days. So that a return may be apprehended on the same day of the week on which the last occurred; or to state it categorically, there is a tendency to a return on the seventh, fourteenth, twenty-first, etc. day, from the time of the last chill. Physicians familiar with the disease have observed this tendency, and many have adopted the plan of fortifying their patients against the disease at those particular times. The days mentioned have long been considered important days."

In typhoid fever which comes on slowly and insidiously we have no day to count from but Prof. Jones says the usual time of the premonitory symptoms is about six days which is what periodicity would indicate. In favorable cases the improvement appears in the second or third week beyond which the indications are unfavorable. It is the doctrine of medical writers generally 7 that fevers have critical days, a time called a crisis, promising favorable or unfavorable results whether from specific causes or from contagion. The sixth, thirteenth, twentieth and twenty-seventh being unfavorable days, the favorable indications are apt to appear on the second or third day later. But the unfavorable days must be guarded against. When Prof. Jones had a student patient running into typhoid fever his prompt treatment broke up the disease in twenty-four hours and he was convalescent on the fifth day, but not allowed to go out on the sixth.

While the laws of the human constitution carry it into periodicity, diseases dependent on present causes must obey those causes and if the cause be bacterial we must study the action of bacteria.



Chap. 2. PERIODICITY THROUGHOUT THE UNIVERSE

Effect of the moon on animal life and flesh — farmer's observations — all scientific laws mysterious — facts better than theories — why my secret is published. Universal influences of celestial bodies — Predominant influence of the moon on tides, vegetation and life — influence of the planets known to the ancients — profound astrologists who are skillful physicians — opinions of Hippocrates and Kepler — a new explanation of planetary influences — the moon governed by seven — testimony by ancient scientists — influence on earthquakes — testimony of M. Perrey Arago and Sir John Herschel — Pearce on earthquakes produced by the moon — Commander Morrison predicts an earthquake in South America in 1853 — Kepler explained winds and storms caused by moon and planets — Medical colleges ignorant of meteorology — testimony of 25 distinguished physicians as to the influences of the moon on diseases — moon controls cholera — new moon and full moon dangerous — effects of moon on insanity, hemorrhage and deaths — on the flow of sap and on the weather and tides — earthquakes predicted — critical days in diseases known for 3000 years.

The periods of the moon are in sevens. Every woman knows how that governs her constitution. Close observers find the periods of the moon, influential in diseases and its effect on the brain is such as to originate the word lunatic from Luna, the moon. If you think the moon a matter of no importance, try the effect of moonlight on a piece of fresh poultry, veal or mutton. Perhaps a mutton head will do as well. Let some dull fellow sleep with his head in the moonshine and see how he feels next morning. The most experienced farmers who go by practical observation instead of theories, pay close attention to the state of the moon, because they find it profitable to do so. If they did not they would soon give up this old idea; but the longer they live the more positive they are.

He who will not believe any law of nature, until he understands its cause, is a very shallow thinker. All real science is a collection of facts that we cannot explain. Who can tell why oxygen attacks iron, and why an alkali keeps it off, why sulphuric acid seizes soda, potash, lime, ammonia or common metals. Nobody knows, but such facts constitute the grand science of chemistry. I have a theory to explain lunar action, but that does not make it any more certain — THE FACT is what we must act on.

If I had ten more years of life, I would try to develop the whole law of periodicity, but my own periods are now in their Nadir as to earthly life, and I can only tell what I have observed, as a matter of curiosity, having held it in reserve until tested by more than thirty years observation by myself, not thinking of making a book, and consequently neglecting to record many interesting facts, for I was so interested in the profound philosophy and religion, which concern the fate of all mankind, that I had almost forgotten periodicity, when a sagacious friend to whom I gave the secret, who tested it and found it true, insisted that it must not be lost. I believe that in the economy of the universe, as all stellar bodies have fixed periods and everything in the universe exerts its influence as far as its sphere extends, it must follow that all the planets of the solar system are influential upon each other; and notwithstanding the vast distances of the stars, reduces the influence of each star to a minimum, the starry groups of the Milky way, and other celestial constellations, must exert a real influence upon the earth by their aggregate power.

The moon is so near that all intelligent persons recognize its influence upon the tides, upon vegetation, and upon human life, indeed close observers engaged in agriculture are very positive because they have observed it, that their success in agriculture depends to a sensible extent upon close observation of the moon's influence. Indeed it is well known that the moon exerts an influence often injurious upon animal flesh, and upon the heads of persons who sleep in the moonlight.

If any stellar body exerts an influence upon the earth, that influence must increase or decline as it approaches or recedes from us, and must vary in the whole course of its orbit; hence it is reasonable to infer that certain phenomena in nature and in human life will recur at regular periods in accordance with the movements of



heavenly bodies, just as day and night, summer and winter follow the course the sun. The extensive observations of the most ancient nations have convinced them that the planets of the solar system have each a special influence upon man and upon the course of nature; hence arose the most ancient and most wonderful of all sciences called Astrology. I have never had time to study the science, but I know that it is a science of great profundity, and great value to mankind, because I have always found in conversation with intelligent, scientific and honorable Astrologers, that they had a wonderful capacity for revealing the outlines of my own life and its probable future.

I have also found that very intelligent and closely observant physicians, who have mastered this science, have found it of very great value in the diagnosis and prognosis of disease, though they often conceal their knowledge for fear of the colleges. Hippocrates, called the father of medicine (a very practical physician) insisted that every physician should understand Astrology. Kepler, the most remarkable Astronomer of his age, was a devoted student of Astrology and accustomed to earn his living by preparing horoscopes. Any Astrologer can tell you of many other eminent men who have cultivated this science. Though unable to study the science, I have speculated upon its philosophy; for the astrological doctrine, that the time of one's birth determines the course of events throughout his life, seems a priori so unreasonable or so impossible, that I endeavored to ascertain how planetary bodies may effect human life, and it appears from my investigations that every planet has its peculiar character, owing partly to the chemical constitution of the mass and partly to the psychic constitution of its inhabitants. A planet on which the conditions of life are favorable and the character of its inhabitants has developed in noble and loving characteristics, must have a beneficent influence upon the earth as it approaches, similar to that which a good man has in society, for it has not only its physical attraction, but its luminous and electric emanations and the still more pervading emanations of its psychic life.

For the psychic life of a planet must be a pervading power. The many millions of souls of those who have inhabited it through incalculable centuries must have accumulated a vast spiritual power, for the power of the soul is almost unlimited.

I believe for example, that the inhabitants of Mars and Venus have a much higher spiritual condition than the inhabitants of this earth, and consequently are capable of exerting a much more beneficent influence than what we receive from Saturn.

I hold it therefore not unreasonable to believe that a study of planetary influences will reveal occult laws of human destiny, and I believe that astrological calculations generally harmonize with those of periodicity.

Periodicity assures me of a calamitous period for this country, to be developed in the first ten to fifteen years of the next century, and astrological calculations lead to a similar conclusion. The student of periodicity would add greatly to his knowledge of periodical laws by the additional study of Astrology which is a far more extensive and complex science, as valuable to a physician as any of the studies demanded by a college.

The broad and universal science of Periodicity, discovered by myself has not been suspected by any author, but a great deal has been written upon the periodicity controlled by the moon, and a great deal of practical knowledge of this is enjoyed by farmers. As the moon's orbital revolution consists of four periods of seven, it gives an excellent demonstration of the septimal law, which rules many other things beside the moon, which authors have not yet studied.

As to the lunar influence, it has been amply illustrated by many physicians, whose works I have not been able to obtain, which are elaborate, statistical and scientific, making the lunar science one of the most important parts of meteorology. Hippocrates, the Greek father of medical science said, "the lunar month has such special power over our bodies, that not only births, but diseases, death or recovery have a kind of dependence on such revolution."



Ptolemy had the same opinion, saying, “the moon being of all heavenly bodies the nearest to the earth, also dispenses much influence and things, animate and inanimate, sympathize and vary with her.”

There has been a continual succession of such opinions, and modern writers adduce the confirmatory facts. M. Perrey says “The number of earthquakes when the moon is nearest to the earth, is greater than when she is farthest away, They are also more frequent when the action of the sun and moon on the earth is in the same direction; and shocks are likewise more frequent when the moon is near the meridian than when she is near the horizon. Arago, the greatest French scientist, said, that those who disbelieved the moon's influence, had never presented any good, scientific evidence against it. Sir John Herschel said, he had satisfied himself by long observation, that the moon, when very nearly full, cleared the sky of clouds, producing a calm, serene night.

Alfred J. Pearce, one of the ablest modern authors, has presented conclusive evidence, that earthquakes depend not only on the position of the moon, but on the cooperation of the planets with the moon. But this subject is too extensive to be presented here. The demonstrations are not only complete in a great number of earthquakes, but are placed beyond doubt by predictions of earthquakes based on planetary action. For example, Commander Morrison of the British navy, twelve months before the earthquake occurred, predicted that there would be “earthquakes and sudden chasms in the earth” in July 1853, about the 16th day, along the northern coast of South America — the earthquakes came almost exactly on the day he mentioned in that region.

The grand astronomer Kepler, who preceded Newton and revealed the laws of planetary motions, understood the Universe better than any of his successors and wrote a treatise showing the law of regulation of all meteorology by the action of the moon and planets — a doctrine which has been applied in Dove's law of the winds.

Yet the medical profession has always been too narrow in its views, and has always neglected important sciences, which may not be in the college curriculum, such as Hemospasia which is the most valuable contribution to therapeutics of the present century. The average doctor does not suspect the large amount of knowledge out of his reach, because it was not in his college lessons.

As to lunar science, he knows nothing of the writings of Prof. Laycock of England and such eminent physicians as Mead, Tesla, Balfour, Ramazinni, Scott, Pearson, Kennedy, Orton, Allen, Leuret, Moseley, Proctor, Robertson, Smith, De la Lande, Toaldo, Howard, Quetelet, Pitcairn and Graves, beside many observations in writers of former centuries. My attention was called to this by learning that calculous and kidney diseases were worse at the new and full moon, and the nervous system also in a worse condition.

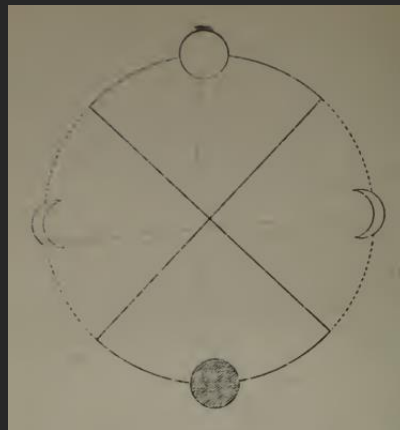
I shall offer enough of these observations to show that lunar periodicity ought to be known to all, and especially to all physicians. It is a perfect demonstration of the septimal law, and attracted the observation of the ancient Egyptians, Greeks and Jews. Galen, the great Roman physician, discussed the subject extensively in his writings. The influence of the moon on ulcers was shown in the London Medical Journal of 1785. Cullen and Balfour endorsed this idea. Mead showed that the influence of the moon was greatest in apogee and perigee.

Balfour, Lind, Scott, Farquhar and Pearson agree in the doctrine, that fevers in Bengal and India are controlled by the moon, and that not only in fevers, but in dysentery and spasmodic and affections, aggravations “occur most frequently during the lunar periods, i.e. in fifty hours before and after the new and full moon.” They say that this was the general opinion of the physicians of India.

Dr. Kennedy in his work on cholera in India says that its attacks on both natives and foreigners are under lunar influence. Mr. Orton says that “one gentleman had a paroxysm of intermittent fever, every lunar month at the new moon for two years and eight months. “ He had one paroxysm for two years invariably at the new moon.



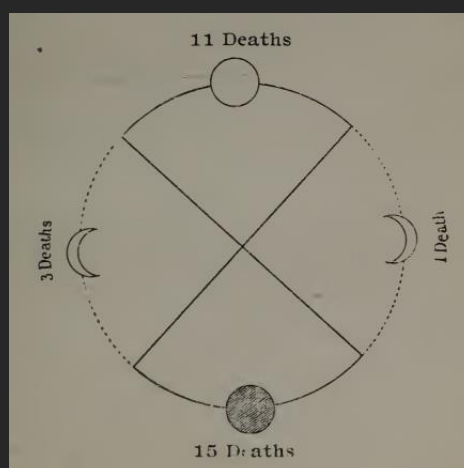
The healthy and unhealthy periods he illustrated by the following drawing, in which the black lines show the unfavorable periods, each of which extends three and three-quarter days before and after the new moon or the full moon.



The attacks of cholera were most frequent one or two days before or after full moon or change. Those eight days brought on 31 attacks, and the other twenty days only fifteen attacks. In the middle of the quarter (seven days after the critical time) there were no attacks at all and on the fifth day after the full or change there were only two attacks. Hence the new moon and full moon are dangerous and halfway between them is quite safe. These lunar influences are much more powerful in India, because that climate develops great sensitiveness of the nervous system. But the effects would not be so exact and positive in more northern climates. Everybody is powerfully affected by the moon in the tropics, especially where the tides are high — high tides and high fever go together.

Mead speaks of convulsions in a young female that came on with the rising tide and departed as it fell, and Brookes says that remedies for epilepsy should be given a day or two before full moon, as that is the time attacks come on. Dr. Ebers of Breslau reported a case of somnambulism in a boy of eleven years, which came on regularly every full moon. Dr. Rutter reported a case of hystericalgia, which for many years increased at every new and full moon.

The influence of the moon on insanity, as observed by Dr. Michael Allen is the same as shown in Orton's diagram for cholera, 11 deaths at full moon, 15 at new moon, one at first quarter, three at last quarter.



Observations in the Saltpetriere in Paris, showed the pulse of lunatics to be quickened just before the new moon.

Sexual excitement is influenced by the full moon, and in India the sexes of wild animals are more apt to be found together at that time, the full or new moon.



At the exact hour of the new moon Dr. Pitcairn of Edinburgh was seized with hemorrhage and fainting, and Prof. Cockburn at the same hour died from a pulmonary hemorrhage, and five or six of his patients were attacked by hemorrhages.

Dr. Moseley made a list of persons dying at from 113 to 169 years of age, proving that the very old die at the new or the full moon, and from the records of illustrious persons concluded that it was a general rule.

Dr. Robertson says that in the West Indies all sorts of vegetables are fuller of sap at the new and full moon; hence the people gather the castor oil nuts and cut the sugarcane at that time, but do not cut timber at that time — the nuts are believed to be fuller of oil then.

Dr. Smith says that farmers in Peru gather their maize crops in the decrease of the moon, for if they gather it in the increase it will not be free of moths three months, even if the husk is left out.

The observations of M. Toaldo on the weather of Lombardy for 48 years, showed that the new moon and the full moon generally brought a change in the weather — the new moon six times in seven, the full moon five times in six, and the perigee, seven times in eight. The nearer the moon to the earth the more marked the effect, for when the new moon coincided with the perigee the change of weather occurred 31 times in 32.

That the sun and moon have a powerful effect upon everything is universally known. Beside the heat, light and magnetism, and the effects of moonlight, which are like those of the Roentgen rays, there is the direct effect of gravitation. The sun at midnight adds its gravitating power to that of the earth and thus increases the vital burden — a depression which it relieves when it rises to its zenith. The moon is so much nearer that it is also powerful — more than twice as strong as the sun — as we see it in tides when a vast mass of water is raised five, ten or fifteen feet and in some places a hundred feet. When it is in conjunction with the sun at the new moon, when its effects are most injurious, it adds the depressing effect of its gravitation to that of the sun, which makes midnight unwholesome to man. At the full moon it sends in the influence of the moon rays which are very unfavorable to animal life. As it is passing from one stage to another it produces effects on vegetation with which farmers are familiar, as physicians are with its effects in the syzygies when it works with the sun and brings on attacks of cholera. An attractive force which raises tides in some places from fifty to a hundred feet high must certainly affect everything on the earth.

These things are obvious to the dullest understanding; but all the planets in the solar system have their special affects, which are of course periodic like all planetary movements. They belong to light, electricity, magnetism, and psychic forces, which are illimitable; and I hold it demonstrable for I have discovered in my experiments that every planet has a peculiar psychic force different from every other planet and effective upon the life of man. All of this is governed by exact periods, and it seems to be well established that the influence of the moon and planets affects not only the tides of the ocean but the whole mass of the earth, causing its volcanic forces to become active and bring on earthquakes. Pliny says that Anaximander a Greek astronomer “foretold the earthquakes which overthrew Lacedaemon.”

There is a certain condition of the planets which is believed to produce earthquakes and Dr. Goad enumerates twenty earthquakes which coincided with that position. In 1881 Mr. Pearce predicted earthquakes when that position appeared. It was verified by an earthquake at Chios in 1881 which destroyed 4,000 lives — another destroyed 34 villages in Armenia, and sharp earthquakes occurred in Switzerland, Lyons and Grenoble. Several other predictions have been verified.

This subject would require a large volume to do it justice and we must leave it now and all its numerous illustrations of the periodicity which governs the universe, to present in conclusion some practical rules based on lunar periodicity, saying nothing of the planets — rules which are sanctioned by observations of three thousand years and endorsed by Pearce.



These rules show that in serious diseases the crisis arrives on the 6th, 13th and 20th days — first on the 6th to the 8th day, the moon passing through one-fourth of its orbit — 2nd on the 13th to the 15th day, as she passes through half of her orbit — and third, the 20th to 22d day, the moon passing through the end of its third quarter, having passed through 270 degrees.

This illustrates the periodic law first stated in this book, discovered over thirty years ago — the fateful six in the number seven — and the fateful 270 — the number of days which brings us to separation from our mother and exposure to a period of danger.

Nature should rally on the 8th and 9th days, if not, we may wait to the 16th or even 23rd, but the 27th is a very evil day.

Chap. 3. SEPTIMAL SYSTEM

Septimal system represented by the days of the week. The first fifty years analyzed and described — my personal experience — advice how to manage the sixth period to avoid misfortune and reach wisdom. How the months of the year are arranged in good and evil periods. How to find your periods by the table — Importance of love and friendship.

Periodicity and fate of our country from 1776 on into the 20th century — our public men, Washington, Adams, Jefferson, Hamilton, Burr, Calhoun, Douglass, Clay. Young men our country's hope — rich men our danger — another class our savior.

The septimal division of time corresponds to the days of the week and is most easily understood by using their names, Sunday, Monday, Tuesday, Wednesday, Thursday, Friday, Saturday. Sunday is the beginning of the week, Saturday its end. Sunday corresponds to the beginning of life and the other days to its progress.

If life is **limited within fifty years**, we have a **period of seven sevens for its first cycle**. The first seven years of the beginning of life is of course a period of weakness and growth under the protecting influence of parental love. The second or Monday period or seven to fourteen is a period of more active and vigorous development under the same protecting care and the third or Tuesday period from fourteen to twenty-one is a period of still greater vigor, still assisted by protection; hence the **second and third are the best periods**. The **fourth** or the Wednesday period from twenty-one to twenty-eight **is a period of struggle without protection**, and consequently of care and trouble, as well as energy and accomplishment.

The **fifth period** from twenty-eight to thirty-five, or Thursday period in which care and responsibility is increased, is a **period of intense labor** and the **sixth** or Friday period from thirty-five to forty-two is the one in which the exhausting results of struggle and misfortune become apparent in a laborious life.

The period from thirty-five to forty-two, being a period of seven its sixth day or year is the forty-first, and that is the year in which calamity, disappointment, ill health and financial loss, are most likely to appear if the destiny of the individual is not determined by his stars as fortunate.

It was in my own experience the time when I retired dissatisfied from my college position, with some financial embarrassment, some enemies, the only ones I ever realized, and came near losing my life in the Ohio River when frozen, by breaking through the ice. I have seldom found any whose forty-first year was at all satisfactory and free from misfortune.

The seventh or Saturday period from forty-two to forty-nine may experience the lingering effects of the sixth, but it is a period of comparative rest, and after the forty-fifth year men are excused from military duty to which they are liable from twenty-one to forty-five.



From forty-two to fifty-six is a weak period, Saturday being rest day and Sunday an infantile period, the beginning of a second cycle, appropriate for change with the more auspicious influence of the first twenty-one years of a second cycle if the first has been successful.

In our sixth period we need all possible aid from friendship and love as we do in our first 6th period which is the time of birth. The best assurance of that is a happy marriage, and men generally obtain that by finding a wife younger than themselves, but women seldom seek the advantage of a younger partner.

It is too late to wait until the evil time and find friends then. They should be found in our happier years, and it is desirable that they should be younger, by from 7 to 17 years, which is a very favorable relation and it is equally favorable when they are twenty-five to forty-two our senior, in which case though they may be very good friends, we are not so apt to enjoy them.

I would also suggest that they are still better friends when they have left the sphere of physical existence, and much more competent to give us good advice. Many calamities in human history would have been prevented if spirit friends or guardian angels had been regularly consulted, for they have a clearer and more dispassionate view of all things. They frequently impress women with warnings which their husbands disregard. If Julius Cesar and Pontius Pilate had listened to their wives, it would have been fortunate for them. If Abraham Lincoln had consulted his angel guardians when he felt the solemn premonition of his own fate by assassination, his life might have been saved. There is no one who may not obtain this protecting influence if they seek it, for millions are now accessible to spiritual impressions, and capable of giving them to others. Many a man's wife might be his guardian angel if he would listen to her impressions. If I were now to give my best advice to a friend at his outset, in life I would advise him to get the advice of a scientific and honest master of astrology who would show him the path of destiny which he has already trodden and must follow through life, either blindly stumbling or with his eyes open to all dangers. The ruler of the Universe has fixed our pathway and we can walk in it with eyes open or shut. I regret that I did not learn the value of the science in time. It would have saved me from serious errors.

If no such scientist is within reach, your ascended friends can see farther and clearer than you, and knowing what I do I would not be a true friend if I did not advise you rightly. They will advise you to lead a kind and honorable life as our elder brother Jesus Christ advised the world, and if you do you will get nearer to celestial wisdom. I have tried to show you in "Primitive Christianity" what the pure religion of Heaven was and is and if you seek that you will be beloved in life and honored in death, leaving a good memory among friends.

The first fifty years of life ought to secure a home and family, a good reputation and good friends in a good community.

In accordance with these views twenty-one years is the natural period of encouraging progress — the fourteen succeeding years, the period of labor and laborious progress, and the next seven ending at forty-two, the period of decline and danger; so that we need be particularly prudent and careful in our sixth period, taking no risks or heavy responsibilities in our forty-first year.

Six being the evil number, needs to be guarded against. The sixth year of a child, the thirteenth, twentieth, twenty-seventh, thirty-fourth and forty-first are all unfavorable in regular progression, bad, worse, worst. But the months are as important to be regarded as the years.

MONTHS — If the year is divided into seven periods of fifty-two days each the sixth period will prove to be the evil one. Taking my own example, being born Dec. 11th, my periods run as follows:

Sunday — Dec. 11 to Feb. 1.

Monday — Feb. 1 to March 25.

Tuesday — March 25 to May 16.



Wednesday — May 16 to July 7.

Thursday — July 7 to Aug. 28.

Friday — Aug. 28 to Oct. 20.

Saturday — Oct. 20 to Dec. 11.

This I think has been verified through my life. October has been my unlucky month, and at the present time I am realizing as I write the dangerous effects of an evil period upon my vitality though no one in meeting me would suspect it from my appearance. I am quite sure the result will soon be fatal, for it is an evil period developed in fortnightly periodicity which is the most fatal.

Our successful time is the first one hundred and eighty-two days after the birth day. The latter half of our year is less promising, and the sixth period to be specially guarded against is from the 216th to the 312th day.

In the 6th period which begins our daylight life, we depend upon the love of parents and friends. So, in our 6th period through life we need that aid and should seek to have friendship and love to assist us.

That friendly love comes best from parents who are 25 to 42 years older than ourselves. Younger parents are less beneficent, under 14 years it is an unfavorable parentage and under 10 calamitous.

BIRTHDATE	EVIL PERIODS
January 1st,	Sept. 18 to Nov. 9.
February 1st,	Oct. 19 to Dec. 10.
March 1st,	Nov. 16 to Jan. 7.
April 1st,	Dec. 17 to Feb. 7.
May 1st,	Jan. 16 to March 9.
June 1st,	Feb. 16 to April 9
July 1st,	March 18 to May 9,
August 1st,	April 18 to June 9.
September 1st,	May 19 to July 9.
October 1st,	June 18 to Aug. 9.
November 1st,	July 19 to Sept. 9.
December 1st	Aug. 18 to October 9.

From this table one may easily ascertain his periods by advancing his figures as his date advances in the month. Thus my date being December 11, the addition of 10 days would change the evil period from Aug. 18th and October 9th, to August 28, October 19. The evil months in the evil year, 41, are sure to be unfortunate, and in the fifty-two days in the evil month period the worst will be the forty-fourth, or eight days preceding the end, which in my case will be October 12th, the day on which I usually expect some trouble.

PERIODICITY AND FATE OF OUR COUNTRY

Our country born in 1776 was fortunate in the aid of Washington born 44 years earlier, and of John Adams born 41 years earlier, and Thomas Jefferson 33 years. These men were in a favorable parental relation to the republic, but Alexander Hamilton, though equal to any in ability, was in a Thursday relation (January 5th, 1757) and his influence on the whole was not beneficent. Aaron Burr stood in an equally unfavorable relation, born Feb. 6th, 1756, and came near defeating our noblest patriot, Thomas Jefferson, for the presidency, which would have been unfortunate for our country, and his subsequent career led to his trial for treason. His date



was not unfriendly to that of Hamilton one year earlier, but their intense ambition and rivalry resulted in his killing Hamilton in a duel. He died in disgrace among his countrymen. It is probable that if Hamilton had lived, his influence would have been very injurious.

In the 6th year of our country, 1782, and in its 6th month, March 18, was born, John C. Calhoun, whose doctrine of nullification, led nearly to the destruction of the Union by the War of Secession, against which the Constitution had not been guarded, as it was formed at an unfavorable time. The movement towards secession was assisted by the policy of Stephen A. Douglass, born 1813, in our country's evil period, 1811 to 1816. My own period, 1814, is not a favorable one toward this country. I cannot but antagonize its character and career with the sharpest criticism. I could have no great sympathy with a population that was ready when a political difference arose to shed the blood of many hundred thousands instead of submitting to peaceful arbitration, and which now in blindness and selfishness is advancing toward another civil war.

Henry Clay, born in 1777, was by that date in unity or harmony with his country, in which he was immensely popular. He firmly maintained its rights in the war with England, was active in restoring peace by a treaty, and in urging internal improvements and the promotion of our infant manufactures, but I felt in my first interview with him in 1832, that my spirit of progress and his mind on the American plane of thought were not in harmony. He received me with cordial friendliness but as my period was in a Friday relation to his (37) I was not attracted, and when I met another eloquent statesman who was really my friend, my Friday relation to his birth (40) made me incapable of enjoying his society.

If our countrymen have already found the patriots that may guard our welfare, it will be fortunate in our coming troubles. They should be attended to and cherished now.

It is probable that those born in the dark days of 1860 to 1867 will not bring a beneficent influence. They will be about 50 years old at our next cataclysm (1909-15). This is not a positive dictum, but a suggestion to stimulate vigilance. Young men born between 1887 and 1888 will probably be our country's best friends. Men whose lives have not been devoted to accumulating wealth are our best reliance. History has not contradicted the opinion of Jesus that such men are not prepared for the kingdom of Heaven.

They are not a beneficent influence, for any passion long and successfully indulged becomes predominant. Even if wealth has been obtained by means considered honorable and not by financial strategem it becomes a financial magnet to hold man in the sphere of selfishness. The remark of Ingersoll that no man could own five millions, for the five millions would own him is not contradicted by experience. There are a few who can hold large sums and maintain their brotherhood with humanity, but they are very rare and extraordinary characters and have not the opportunity. Hence they are not known. The millionaire may retain some agreeable qualities especially if his wealth was not obtained by financial energy and sharpness. Neither the business world nor the church has any conception of the duties of a rich man, though Jesus Christ has spoken truly. Millionaire wealth is fatal to a republic and has already dragged us down. And the people do not know that they own the land on which they toil. Women are our country's best friends, educated women can save us. The followers of Jesus Christ of Jerusalem (not of Rome) will make a republic when they appear.

Chap. 4. NATIONAL PERIODICITY

Our country's history and fate — Calamities past — Calamities to come — Periodicity of the United States — war of 1812, earthquake and financial distress — Why the Revolutionary war was successful — Why the Federal Constitution has been a partial failure. Critical times under Adams, Jefferson and Aaron Burr — Purchase of Louisiana, not entirely a blessing — The Friday Septimal introduced the war of the secession, for fate has no more mercy on corrupting nations than on individual sinners — secession resolutions came in the evil periods — desolation and moral corruption — the crime of Bankers and Speculators. Shall it be reform or revolution —



1910 an alarming time — The voice of Jesus above the storm — Nations ruined by avarice of their masters — Rome, Egypt, France and South Carolina warn our demagogues in vain. The thunder rolls in 1909.

The most striking illustration of the periodic law that I know, is found in the destiny of nations.

United States began as a nation July 4th, 1776. Its first cycle extended to 1824. Its Friday period was from 1810 to 1817. During that period came on the unsatisfactory war with England called the war of 1812, its last great battle being Jan. 8, 1815. Had the war been prolonged into 1816 it would have been a much greater calamity. The end of a war is the gloomiest period, as derangement and distress have accumulated. From 1815 to 1820 was a period of great financial distress. The extensive earthquake of New Madrid in 1811, which was in this period changed the face of an extensive region.

In the Revolutionary war, the first 7 years and 2 months brought Independence at the beginning of the Monday period, September 1783, and before its close in 1890 came the new Federal constitution, in 1887 and 1888 adopted with great difficulty too late in the period. An earlier or much later adoption would have been more fortunate. Certainly its results have not been satisfactory. From 1790 to 1797, the Tuesday period, Washington was elected in 1792 the Monday of the Tuesday period. He gave up the office and we lost his services in the Friday period 1796.

From 1797 to 1804, the Wednesday period, occurred the contest arising from the Federalism of Adams and his alien and sedition laws with the whisky insurrection and the dangerous contests of Jefferson and Burr in 1801, in which we narrowly escaped the triumph of Burr over Jefferson. The Wednesday period on the whole was unpleasant and 1798 was a period of contest with France, and Washington died in 1799, but on the other hand Jefferson purchased Louisiana in 1806. It was a grand purchase for the United States, but in an unlucky year, and it resulted in the Civil War of secession, arising from contests over the regulation of this territory. Jefferson was re-elected in 1805, leaving office in 1809, an unfavorable Friday period. The Friday period took away Washington and Jefferson. Madison succeeded in 1809, the fifth year of the Thursday period (1804 to 1811) therefore entitled to expect an unfavorable reign which was more fully verified from 1811 to 1817 — the seven year Friday period, in which the Embargo and the war with England made an unhappy time, and the British army came to Washington.

The Friday period of the second cycle (1825 to 1874) extended from 1860 to 1867, and after the hostile excitement of 1860 the war began in 1861. The war of secession began by the attack on Fort Sumpter, April 12, 1861, in the midst of the Friday months, which extend from March 21 to May 12. The union troops were called for April 15, 75,000, and May 3rd 82,000. March 21 to May 12 is uniformly an unlucky time for the United States, most frequently by corrupt and absurd congressional legislation, of which a great deal more is certain to follow.

The first week of May is the worst possible time for the United States. A new President comes in March 4th, and the carnival of jobbery, intrigue and boodle, in dispensing patronage runs riot for two evil months, ably illustrated by President Cleveland when he bought the Democratic party, and the game will soon begin again.

The acts of secession were passed by the Southern states in the Thursday and Friday months. In the Friday period, March 21 to May 12, by Virginia April 25, Arkansas May 6, North Carolina soon after May 20, Tennessee June 8. In the Thursday period, January 27 to March 21 and nineteen days of Wednesday, by Mississippi January 8, by Florida January 10, and Alabama January 11, Georgia January 19, Louisiana January 26 and Texas February 1. The entire secession was in the unfavorable latter half of the period excepting South Carolina, December 28, 1860, which South Carolina put into action April 12, 1861. Counting from December, 1860, the secession rebellion then begun, lasting five years and four to five months, ending in its fatal sixth period, leaving desolation and misery where it had ruled. Desolation was complete when we had reached the Nadir of our destiny and we are going to the same place now — blind as bats to our destiny.



At the end of its seven year period 1867, the process of recovery began painfully in weakness through the South, while the North became the hot-bed of the political corruption of the Friday period (1866) so fearfully portrayed by Mr. Lincoln in one of his letters, the consequences of which will probably develop into another Friday period in 1910 and unless the seeds of political disaster, the unjust laws of monopoly, in land, finance and transportation, and other monopolies arising from ravenous selfishness and profligate accumulation shall be thoroughly burned out then by the volcanic fires, another Friday may come in 1958 or possibly the republic may be broken and new commonwealths have new destinies.

The evil period was so closely approaching in 1859 that I predicted six years of disaster in the Louisville Journal. The opening of the war by Lincoln's call for troops, April 15, 1861 was in the exact middle of the Friday period, and its close was almost exactly four years from that time, coinciding with Lincoln's assassination, April 14, 1865. April 9th Lee surrendered, April 26th Johnson, May 4th Taylor, May 10th Jefferson Davis was captured, May 14th was the last fight in Texas, May 26th Kirby Smith surrendered.

It may be thought that the Friday period of the country was not appropriate for the surrender of the Secession forces, but we must remember that the maximum evil of a war accumulates continually to its close. The conquest of half the territory of the Union left its population in a most desolate condition, the people impoverished, farms in decay, many cities ruined, their entire currency lost, their autonomy not yet restored, the ignorant blacks coming into controlling positions.

The entire destruction of their currency, the greatest of financial calamities was greatly aggravated by the subsequent contraction prompted by the bankers, about five hundred millions being destroyed, when there should have been an issue of \$500,000,000 to replace the entire loss of their money. This was as disastrous as another year of war. We may therefore rightly say that the worst Friday year was 1866, the most calamitous time of the nation, the South ruined, and the North loaded down with debt with a vast pension list, and the demoralization produced by war and the cormorant impulses of knavish speculators, fostered by four years of opportunity, a demoralization which is working out its natural result today, and giving us the sure promise of another period of national disaster equal to that from 1861 to 1865.

The sword of justice hangs over our heads, for no nation can escape the calamities that follow universal selfishness, and as the second corresponding period of calamity is not far off all prophetic minds are looking forward with fear. From 1867 to 1874 was our Saturday period, in which the evil effects resulting from the Friday period were continued, and in the Friday year, 1873, additional financial trouble was caused by unprincipled legislation and corporate greed, which made Senator Newton Booth ask in 1874 if it were possible to have any reform or if oppression must go on until revolution comes.

Our next cycle reaches from 1874 to 1923, and its Friday period comes from 1909 to 1916.

As 1811 brought war within one year, July 19th, and 1860 brought war in a year, April 15th, an inauspicious month for its inauguration, we may expect if these precedents are followed that 1910 will bring civil war, or at least bring us to the brink of it, and as spring is the most unfavorable time to the country, especially the inauguration of a president, March 4th, it seems that our third president after McKinley will be in as perilous position as Lincoln, either unable to rule at all or only ruling at the head of a faction. And the second will find himself in a storm.

This is not a war of sections before us but a war of classes the most terrible that can be imagined. The wealth that has been accumulated, and by its accumulation has filled the land with suffering and poverty, and the grinding action of corporations, and other combinations that disturb the whole course of industry, throwing millions out of employment must rouse a feeling of vengeance in the minds of victims if they can discover who are their oppressors.



The truth must in time dawn on the human conscience that no man has a right to monopolize anything and no man has a right to hoard up millions for riotous luxury, and domineering power while his fellow men are suffering — that no man has a right to ignore the divine law of brotherhood, and therefore Jesus was right when he said the rich man would not enter heaven, for the rich man is a criminal under divine law as long as he allows suffering to go unrelieved and as long as he enforces a social system of struggling competition fortified by monopoly which compels suffering, while the people's land, the people's roads and the people's money are monopolized.

His palaces and his lordly banquets in sight of human suffering, despair and suicide among his disowned brothers, will rise in testimony against him, and a social order will be established that will forbid the uprising and perpetuation of avaricious millionaires to corrupt society and teach a perpetual lesson of swinish selfishness, while corrupting the government into despotism that should stand for freedom and universal prosperity. It is only a repetition of history — the same drama of wealth corruption and ruin shown in Rome and Egypt — the slavery of the masses predicting the destruction of the avaricious classes as it did in Greece and as it did in South Carolina, but besotted wealth heeds no warning. The white man is more rebellious and revengeful than the black slave. Our good periods end with the century. The clouds gather in 1902 and the thunder rolls in 1909 to introduce the storm. It is a happy thought to me that I shall not be here to witness the coming Friday period. The national demoralization has already gone so far that the philanthropist will not be listened to and crime must go on to its punishment. My life is utterly foreign to the present system, and it will be a relief to leave it.

Chap. 5. THE LAWS OF PERIODICITY

APPLIED TO THE HOURS OF THE DAY

Morning hours feeble — Noon hours strong — Nature droops after six — Young and weak must go to bed early — Evil hours after 11 p.m. — Rest till sunrise — Ruinous effects of work before sunrise — But there is another law of life now discovered!

When the twenty-four hours of the day are divided into seven equal parts, each will be three hours and three-sevenths, equal to three hours twenty-five and five-sevenths minutes, counting it 3 hours, 26 minutes, and beginning the day on an average at 6 a.m., the successive periods will be as follows:

Sunday — 6 to 9:26.

Monday — 9:26 to 12:52.

Tuesday — 12:52 to 4:18.

Wednesday — 4:18 to 7:44.

Thursday — 7:44 to 11:10.

Friday — 11:10 to 2:36.

Saturday — 2:36 to 6.

The morning or Sunday hour of youthful freshness and preparation, laying in nourishment, and active freedom of movement, but not the hour of vigor or the best achievement.

The Monday hours are the hours of energy, achievement and success, the best part of the day. The Tuesday or afternoon hours are good also, but not as good as Monday; and Wednesday, when fatigue begins is a great deal less favorable, but may carry on and consummate the work of the seven best hours. The Thursday hours of night work are still less favorable and finally *demand* a pause.



The Friday hours are the time of rest which should never be invaded by labor. Nature then withdraws her resources; malaria concentrates near the earth; criminals, burglars and assassins are tempted to engage in crime, and the protective power of daylight and society is gone. The sun beneath the earth has a depressing power to match his elevating power at noon, and if the moon appears it gives no life, for it has no vital force to give. The Saturday hours after three, bring on a more restful condition until daylight; the dews or frosts of the night are giving some freshness to the air. The secretions of the body have purified the blood, and the supply of oxygen in the blood is increased, and the excreta are ready for discharge which should be attended to. The body and brain realize restoration and preparation for activity.

This corresponds to the ante-natal condition before birth as sunrise corresponds to birth. The condition of the infant is nourished and growing. This is the time that we grow and our rest is like the ante-natal rest. We rise in the morning a little taller than when we laid down at night.

The ante-natal rest is sustained by the mother's life and love and the Saturday rest before day is sustained by the spirit of the universe; that is the time when in our passiveness, all things being tranquil, our spirit friends are able to come with blessings, or with visions more vivid as day approaches; and morning dreams or visions are apt to be true or symbolical of the truth. The Friday period forbids action, and invites us to rely on the oversoul of the universe, just as the forty-first year invites us to caution and repose instead of action and risk. The Sunday hour of rising after six o'clock is to many people's constitutions an hour of feebleness, when neither brain nor body should be in any way taxed; this I have often realized when debilitated. Even those who are robust should not tax themselves heavily then, for their strength is not fully developed and it would diminish their energy through the day.

Farmers and laborers who rouse themselves for labor long before sunrise shorten their lives and exhaust the nervous system. This is peculiarly destructive to children, who, being in their Sunday period, the first seven years, should not be taxed in any way, but should enjoy the morning rest. For one to go to work before breakfast is like putting children to labor; to rouse before day for work is somewhat like taxing the unborn child through its mother. It is taxing the constitution before it is completely renovated. The amount of lunacy and brain exhaustion among farmers is due largely to their early rising, and imposing early rising on their children. Our writers on hygiene should endeavor to make this extensively known.

Humanity forbids child labor in factories. It should forbid all labor between ten at night and six in the morning. Indeed seven is an early hour for the factory bell; half-past seven or eight would be better; from eight to twelve and from one to five ought to be the limit of labor, but night labor before ten is less injurious than morning labor before eight.

On the fatal day of crucifixion Jesus experienced the evil morning hour before Pilate, and the evil afternoon hour in his crucifixion.

Going to work before day is a disastrous practice — even going to work at sunrise is wrong. Car horses which start early are short lived. Both men and horses that run milk wagons, beginning their work at three or four o'clock break down and have to quit. A dairyman told me that he had broken himself down by getting up for his business at three o'clock and the men he employed never adhered to the business a whole year. Five or six months was enough generally to exhaust them and a common horse starting out every morning before day would break down in three months, though a very strong one well cared for might last longer. The appearance of the horses shows their, exhausted condition. But after all this is not the whole story. I have discovered another law. Man has two sources of life and two dates.



Chap. 6. VITAL PERIODS AND EXTERNAL PERIODS COMPARED

THE LIGHT OF THE SOUL AND THE LIGHT OF THE SUN AS SOURCES OF LIFE

The beginnings of life are critical periods — The first year a battle — Strong and weak constitutions explained — The two critical periods of life — When we have strength and why — Day work and night work — Morning weakness and sickness — Precautions for old men — A hygienic discovery — Farm laborers and dairymen — Management of children — Afternoon work — Legislators — Table of morning life and evening life — The two dates, importance of, the one unknown — Nero's mother — Controlling the creative process — Hypocritical superstition in favor of ignorance — Duty to posterity — Birth dates and life dates compared — When vitality fails — The Friday periods of life dates — Dangers at birth — The mysterious law — Critical Friday time at weaning — Birthday advice — Period of gestation — Critical time in 40th year — The vernal equinox — Suppers and breakfasts — Birth dates.

THE BEGINNING OF LIFE. Our first entrance into this world gives us the most impressive lesson in periodicity, though we are too young to learn it, and no one has profited by the lesson.

Our life begins at conception, and this first year of our life comes to its Friday period after birth. Dividing our first year into its seven periods after conception, the sixth or Friday period begins at the 260th day, when our mother is preparing to throw us off into the dangers of the outside world, for the period of gestation is usually 270 days (or 280) which brings us into our Friday period and the longer the birth is postponed, the farther it advances us into the Friday period, and the more dangerous it becomes to the mother and the child for she sympathizes with her offspring in the Friday period. It is a critical period and the church is accustomed to pray for the safety of women in child-bed. In this critical period we lose the protection and nourishment of the mother's constitution, and are cast forth into serious dangers — immediate peril of health and life which we usually manifest by the cry of alarm. The act of birth has exposed us to many accidents and calamities, and the earlier it begins, to avoid the Friday period, the better for our safety, but the evil days must be realized. It is the most tragical period of our whole existence, for unless the circumstances are favorable, half the children born die in the first six years. Starting in the unfavorable Friday period of our first year of existence, we enter upon our life of exposure in its Sunday period of exterior weakness, and in the Friday month of our complete life. Hence the first six weeks of the infant are a very critical period, being all in the Friday month. This history shows that we have two periods to calculate. The life period, which is 9 months longer, as it begins that much earlier, and the day period, which commences at birth. As the consequences of these two periods extend through life, they give us an important lesson. When the original life force is strong, it gives us ability at particular times which differ from the day force, and when it is feeble we must depend on the day force and fail when that fails.

The first 3 ½ hours of the morning have little strength for the day life and less for the spirit life or vitality. Nothing great is done at this time, and all great exertion is exhausting and ultimately destructive. Old men in their fortnightly Friday, when day life has lost its power, should do little in the forenoon. After a strong breakfast they should retire to their couch and commune with their spirit friends and God in a comfortably warm apartment with pure air, which must be reinforced with oxygen and ozone. The detrimental effect of morning labor seems to me an important hygienic discovery, for I have never seen or heard any allusion to it by hygienists, practical men or miscellaneous writers and yet the facts are patent.

Anyone may observe the premature exhaustion and vital dullness of farm laborers in comparison with people of the city who observe later hours. The rapid exhaustion of life in horses of the street cars is a familiar fact, and still more remarkable is the exhausted condition of horses and drivers of milk wagons that start their



labors long before daylight to serve customers in the morning. There is a great contrast too between the farmers' work horses that start early, and the saddle and carriage horses that observe later hours.

Calling up children early to study before breakfast or immediately after is an iniquity. No school should begin before nine o'clock.

The maximum of this folly is reached in the unnatural hours of monasteries.

There is a great deal of night service of policemen, servants and railroad employees which is highly injurious.

Strenuous exertion in the afternoon hours is well borne by those of strong vital temperament, for it is their best time — and they are vigorous till twelve p.m.

The greatest mental performances of strong men are in the late afternoon and evening. Legislative bodies do well to meet at 10 in the forenoon and continue until 10 or 11 at night or later.

We may speak of the two sources of life as morning life and evening life. They run together as follows, beginning:

MORNING LIFE	EVENING LIFE
6 a. m. — Sunday,	Friday.
9:26 — Monday,	Saturday.
12:52 — Tuesday,	Sunday.

Constitutions strong in the life power, date from nine months before birth, as their most important period. Their native strength is favorable to longevity.

Constitutions with a feeble endowment of spirit or life must rely chiefly on the sun force of the day, food, air and sunshine, and date from birth and sunrise. Their force declines with the sun and they should retire early, as the animals do. They are unfit for night work. Their best energy is from 9:30 to 1 p.m., which is moderately maintained till six or seven. They should retire not later than 9 p.m. and must have absolute rest from 11:30 to 3.

The highly vital class date their vigorous life not from sunrise to one p.m., but from 1 p.m. to 8, with a prolongation in good vigor to 12 or 1 p.m. They endure night work with ease.

VITAL PERIODS AND EXTERNAL PERIODS COMPARED

Studies of human life heretofore have been based upon our birth. From that date we study our relations to coming years, coming months and coming days. But looking deeper into the subject I perceived that there was another and a very influential date.

We do not begin life in birth. Life began nine months earlier, by conception, and those nine months are decisive. They are the most important portion of our life, when the foundation of our destiny is laid, and astrology must be an incomplete science until it takes cognizance of conception as well as birth. And humanitarian science is a very imperfect sort of sanctimonious quackery as long as it neglects the prenatal life which determines the fate of coming generations by the impressions made. These are our permanent nature and if they are very evil impressions they may give us a wretched destiny, which, centuries in the higher world, may not be able to overcome.

The mother of Nero (Agrippina) was a sister of the monster emperor Caligula, endowed with a similar nature, and the evil impress she made in her offspring was rewarded by being murdered by her own son who is probably still in the dark regions provided for criminals in the spirit world.



To control the creation of humanity is a philanthropy beyond all others. But they who lead in such a reform are liable to be assailed by all the combined ignorance and bigotry which hides itself under a hypocritical mask of pretended Christianity, and seeks to persecute all who bring the discussion of such subjects before the people who are interested instead of having it confined to the medical profession, to whom it is a question of professional business.

I will show presently how to perform your duty to posterity and insure children who may rise up and call you blessed; but just now I must show how the dates of conception and birth bear upon our destiny and upon the proper use of our time.

We have nine months with our mother, before we depend on air, food and sunshine for our earthly life, and have to count our earthly destiny from sun dates.

It is more important to be well conceived than to be well born, for that conception may carry us to the loftiest destiny and if an evil conception our doom is sealed.

Both conception and birth give critical dates, and both should be studied to determine our life periods and policy in years and months.

As conception is usually nine months earlier than birth the reader will perceive that one who is born on January 1st was probably conceived April 1st in the preceding year. The month of conception therefore comes, though nine months earlier, three months later in the same year than the month of birth, and as to monthly periods we must put its recurrence three months later, but as to annual periods nine months earlier.

Hence when my evil Friday sun period came, in September and October, 1855, my evil vital period came in December and January, 1854. I had not then thought of the vital periods but I recollect some affections of the lungs in winter — and that winter has not been to me a beneficial season in health — colds and pleurisy being my liability.

Hence in predicting for ourselves or friends we must recollect that evils in health come nine months earlier than the external relations of the evils of business and exposures, but three months later in each year.

The failure in vital energy may be a predisposing cause to ill luck in business relations, but usually the external depression precedes and becomes a cause of the internal. Worry in business brings on worry in health.

We understand this better by going back to causes. Unborn life begins nine months before exterior life or birth, under the protection of love. That protecting power breaks down at the end of the ninth month, 270 or 280 days, and expels us into the dangers and hardships of the exterior atmospheric life in which we have to generate our own warmth. This is the sixth or Friday period of the interior life which may begin at the 260th day or end of the 5th period and last 52 days.

From the 260th to the 270th day is usually the beginning of our Friday trouble, as the maternal constitution is unable to shelter us any longer. We are thrust out in distress — the sooner the better — even if we come a little sooner before Friday it is a little better. Parturition should never be delayed — for the longer delayed the worse it is for mother and child; anything beyond ten days is evil and a delay from the 260th to the 300th day is dangerous and probably fatal. The 304th day would, according to the periodic law, be the most disastrous period.

Hence the external life begins in distress and weakness, as it begins in the Friday time of vitality — (though it is really the indispensable influence of a new life by oxygen) a large number dying in the first month of birth. That Friday time is a much more serious danger than a battlefield or most attacks of fever if rightly treated.

The exterior life is then at its beginning or Sunday period, a period of great weakness at first, handicapped by the sudden loss of support from maternal vitality. Thus great exhaustion is precipitated upon great weakness and nothing but the tenderest care keeps half the infants alive through the first five years.



Why this should reappear through life at the same day of the month, science cannot fully explain at present, but we know that there is a common law of periodicity in disease. Hay fever is very punctual in its returns and many other constitutional affections are liable to recurrence. All we can do is to recognize the law as a fact — a fact that governs all worlds.

The internal life gets through its Friday period and Saturday period in 104 days and in the third month or Sunday, intelligence begins to dawn where only rest and growth had been observed.

In nine months or even 260 days, the Friday time comes to the external life, while the internal life has gained substantial strength from its best periods, Monday, Tuesday and Wednesday. This is the time when the support from the mother's breast must cease and the infant must learn to rely on other food — a critical change. To continue nursing longer than nine months is to overtax the mother, especially if she has any labor, and by sympathy injure the child. Neither gestation nor nursing can run into the Friday period with impunity. The nine month law or Friday law must be obeyed.

We may infer that at first when our mother drops us and at our second Friday period she weans us the cause is sufficient, but why does it come regularly at that time.

Sunday birth anniversaries must be associated with Friday anniversaries of exhaustion from the loss of mother. Hence our birth periods are not auspicious, but require care, rest and protection, and birthdays should never be celebrated with any extravagance but should be pleasant, social occasions, to receive marks of friendship and affection, avoiding drunken revelry, or exposure and catching cold.

Like other unlucky times it should be sheltered by all possible prudence and friendship. It is no time for bold enterprises, for the vital force is not well sustained, according to periodic law.

The period of gestation or intra-uterine life is a period of benevolence from the maternal constitution, in which the foundation of longevity is laid. The elephant has almost two years of gestation and two years of suckling infancy and his constitution is so built up that he even exceeds man in longevity. Short lived animals have short periods of gestation and are very prolific, like the rabbit, which the elephant is not.

It is with human life as with human enterprises, which are in their most delicate stage at their beginnings, and probably may follow the human laws of periodicity, but that question I have not practically tested. Yet in reference to this republic the human law has been and will again be verified early in the 20th century.

The practical inference from the study of vital periodicity is that we should be extremely careful of our health in the 40th year of life as well as the forty-first for it is the forty-first after conception — and in the third and fourth months after the Friday period of the year — that is — beginning three months later, and lasting 52 days — the worst day being about the 134th from the beginning of Friday time of our external life. Thus our Friday vital deficiency reappears at the three months later than the Friday time of our external relations or sun periods and runs for 52 days.

Having arrived at this conclusion by periodicity for myself I learned that it was confirmed by astrology — and thus periodicity and astrology put me in an unfavorable condition in December and January 1896-7, which I am now verifying in great debility but taking great care. Thus as the Sunday period of day life, which with me commences Dec. 11, is handicapped by the arrival at the same time of the Friday period of internal life — it must require especial caution in avoiding exposure or heavy taxation.

The reader will understand that the three months difference between exterior and interior periods correspond nearly to two septimal periods of the year, which enables the first day of the vital Friday to correspond to the first exterior Sunday and its last to reach the exterior Monday.



Another valuable inference is that sunrise and the vernal equinox or sunrise of the year are critical periods like our birth days. The lassitude of the vernal equinox is sometimes jocosely called the spring fever, and suggests the idea of taking a little medicine to help the constitution.

I attach great hygienic importance to the suggestion of protecting our early morning hours. As the evening and afternoon periods, dating from the origin of life have a closer relation to vitality and longevity, they deserve more attention in that respect. Hence we may say that early morning work is more exhausting and ultimately more injurious than night work. I do not believe that indoor occupations running to midnight or later are so unfavorable to life as occupations that begin before sunrise. Night occupations require the exclusion of outside influences which depend on the course of the sun and early morning occupations should be protected from the early morning fogs and malaria and especially from early morning hunger. Breakfast should be an early and invigorating meal of warm food. Hungry exhaustion before breakfast may be opposed by the custom in some countries of having tea at six and a supper at nine. A similar object is attained by having a substantial dinner quite late, from five to nine. The tendency of the fashion has been to make the dinner more and more late. An interval of twelve hours between the evening and morning nourishment is too long.

In the Friday period of long life, 70 to 84, (especially 82-83) there is a partial protection in the fact that the Wednesday vital period is present.

It also follows as the vital period is nine months earlier that in reference to health the evil time may appear nine months earlier than in the day period, not in the Friday months of the 41st year but nine months earlier. Hence the beginning of the 41st year may be as unfavorable in some respects as its Friday months. The Friday months of day life relate more to external relations and the Friday at the beginning of the year to personal conditions.

Chap. 7. THE FORTNIGHTLY PERIODS OF A LONG LIFE

Long lives require a longer rule but do not suppress the short rule — Second cycle a real improvement and progress, but a decline in earthly external affairs — The long scale to 99 — When decline begins — The autumnal period — The winter after 77 — The long crisis 80 to 82 — The long scale corresponds to universal experience — Lessons from tables of mortality — Death our best friend.

Any failure to realize some adversity in the 41st year, which rarely occurs, may have an explanation aside from interference of others or astrological reasons referring to distant periods. It was forced on my attention in the case of Judge A. and ascribed to the strength of his constitution which gave him a long life. This led me to consider the destiny of those who occupy two cycles. If we consider the septimal division of a life attaining two cycles a life of ninety-eight or a hundred years, it leads to an important principle which at first I had overlooked, supposing the second cycle would be an improvement on the first, as Monday is an improvement on Sunday, and if the second cycle leads to the higher world the great improvement is manifest, but if it is merely an extension of earth life, it requires us to consider the entire life as a unit, subject to septimal division, and the result of such a mode of analysis corresponds with the well known facts of life, as the last forty-nine years must be greatly inferior in energy and success to the first forty-nine.

Supposing two cycles or ninety-eight years to be about the normal extent of the healthy life, which is seldom reached or exceeded, but which may be attained when the world is civilized, its septimal division gives us the double seven, the fourteen years or fortnightly period, and places a great decline after seventy years. Thus:

Sunday — 1 to 14.

Monday — 14 to 28.

Tuesday — 28 to 42.

Wednesday — 42 to 56.



Thursday — 56 to 70.

Friday — 70 to 84.

Saturday — 84 to 98.

In this arrangement the first twenty-one years are evidently the auspicious beginning, in which we receive the endowment of all we have, through Sunday and the best half of Monday, by birth, nurture and education. The period of most vigorous struggle extends from the middle of Monday to the middle of Wednesday, from twenty-one to forty-nine — the middle of life, when the period of a gentle decline begins, extending from forty-nine to fifty-six, when the decline becomes marked.

Thursday or fifty-six to seventy being the autumnal period compared to a year, when the harvest should be gathered, and as nature has no new achievements or growths we can but hold on to our harvest and take care of it. At seventy the cool period or Friday begins, extending to eighty-four — nature no longer builds up new forces — the sun of life is withdrawing from us, passing the autumnal equinox. The fiery ardor of youth is gone. The energies exhausted by any labor have no foundation to draw upon — the cold winter approaching is oppressive to the old but becomes more spiritual as earthly vitality declines. Our remnant of vitality must be protected or it will soon be exhausted — such is my condition now. The decline of vitality precedes the external decline, and birth dates are a critical time.

The Friday period, 70 to 84, brings its sixth crisis from eighty to eighty-two as eighty-two to eighty-four is the seventh or Saturday end, for in the long life calculation we go by fourteens. Hence in my own case, born in 1814, my Friday period, seventy to eighty-four, arrives in 1884 to 1898 and comes to its crisis in my present, eighty-second year. As in the fortnightly calculation of a long life, the septimal periods would be not fifty-two but one hundred and four — hence from 104 to 208 days prior to Dec. 11th, 1896, would be my worst period, which would extend from May 20 to Aug. 29, which I have fully verified. It was a dark period of financial trouble, incipient paralysis and a little discord, and I realized how little sympathy a life devoted to scientific truth receives from the mankind of this world and how desirable a higher home has become.

I may pass through this crisis into the Saturday end of the fourteen year period, but I have no expectation of completing the Saturday period, as the Friday period has nearly exhausted me, unless my reinforcement from the higher world should be truly marvelous. I realize daily that they are sustaining me, and their responsive sounds when I lie down, or when I write or think anything that specially pleases them assures me of guardianship. They tell me that too that writing this little book was a wise undertaking, as it is not too far from common life. The Saturday end, 1896 to 1898, has its favorable vital time in the summer, which may sustain me through the year.

Certainly this fortnightly view of a double cycle or fully developed life corresponds with the usual experience of mankind — very few have much energy after eighty. Neither Bismarck or Gladstone are their country's leaders.

Life is in its most critical time at birth but improves so that those who have lived to ten have a much better prospect than those just born. The prospect of life has increased ten years and one month by the Carlisle table and fourteen years seven months by the Northampton table.

The mean duration of life at seventy years from the reports of twenty offices is eight and a half years, a little over the first half of the Friday period. At eighty it is four and three-quarters years, a few months beyond the end of the Friday period. At ninety it is two years and a third. Thus at the beginning of our Friday period we may expect to realize seventeen twenty-eighths of the period, but if we live ten years longer may reach the end of it. In the decimal periods, from ten years onward, the viability or prospect of life decreases with some regularity. Thus if at the age of ten there is a probability of living fifty years longer, at the age of twenty we should expect only forty-two years more. The reserve force or possible longevity, which at twenty is estimated



as good for forty-two years, declines so that at the beginning of the Friday period, at the age of seventy, the viability is only eight years and a half—thus life continually declines from its first full development. It rises to its maximum in the first three periods, which are the most favorable of all, and declines until it is exhausted. But the table shows that those who have attained an advanced age had a much greater original vitality than those who have not survived.

Such is the history of the periods of earth life. But man has an eternal life, and the second cycle, though it is a decline as to the earth, is a progress as to his eternal life — an increase in wisdom, in the development of his soul, in the control of his passions, and if he has lived rightly, in the maturity of his happiness. He should then be ready to depart at the end of his century to the better life unless he has some grand work for humanity to complete. The angel of death is his best friend.

Chap. 8. PERIODICITY OF IMMORTAL LIFE AND PARENTAL INFLUENCES

Periodicity is evolution, or progress to a higher career — Earthly misfortunes of life help the higher life — We are snatched away from a mismanaged life — A life ruled from above is not snatched away — Great life a possibility — New aspects and sources of life, the spirit and the sun — Sunrise and sunset and the equinox — Heaven comes as earth recedes — Earth life year — December 8 to January 29 its dark period — Life at the equator — The calendar year — Showing sun life — Statistics of suicide illustrate periodicity — External periods belong to the animal nature — Very interesting statistics — Philosophy of heat and cold in climates — Life from the spirit world differs from sun life — Wonderful relations of the two lives explained — Practical inference — Lessons from the two forces — Cause of the jolly night time — The proper bedtime — Dangers of the night.

Effect of marriage at different ages of offspring — Relations of parents and offspring.

The periodicity that surveys mortal life in periods of seven or fourteen years is not the whole periodicity of man.

The fundamental conception of periodicity is evolution or continual progress with variation and subsidence as in wave-like motion — Sundays of commencement continually receiving for new progress as well as the use and full of Mondays and Fridays. Monday and Tuesday the crest of the wave — Friday the valley between waves.

The 98 years in 14 periods represent an earthly career coming to its end when overpowered by adverse influences. But when the career is ended a higher career begins and the whole progress of life is toward that higher career in another sphere of progression and the two careers widely differ.

That which seems the misfortune of the earthly career, breaking it down, is an introduction to the higher career, and may therefore be considered in one sense a blessing. The sickness in which earth fades from our sight is the dawning of a higher life, an easy transfer. It may be compared to the decay and bursting the seed in the cold ground which enables the plant to reach sunshine and develop its flower — yes and that plant goes on as it falls in frost to a higher spiritual life. The second cycle I regarded as an improvement on the first by the law of progress, but the second cycle leads to death and diminishes our capacities for earth life. In the earthly view it may seem unfortunate as a decline — but in a larger view it is a higher development or unfoldment of wisdom and nearer approach to our highest life.

Thus the decline of the earthly being the advance of the heavenly, progress is the continual law — from the things of earth in battle and toil to things of heaven in peace and joy.

The convulsive struggles of earth life release us more promptly, and the benevolent angel of death takes us out of suffering, but a life blessed by closer relations to the higher world has a more pleasant and healthful progress and does not need to be snatched away from earthly toils until the normal end of earth life for animal as well as vegetable life has a normal limit. Yet it would seem there might come an ampler development of



humanity which might, like the trees of a thousand years deep rooted in earth, and expanded to the sky live through the centuries.

TWO LIVES

Man has two lives, temporal and eternal, or rather two aspects of life.

One is visible, the other invisible. One is illuminated by the visible sun — the other by the invisible spirit.

The one flourishes in the sunshine and declines in its absence. Its two halves are divided by sunrise and sunset in each day — by the vernal and autumnal equinox in each year.

The invisible life comes in as the visible declines. It overhangs the hours of darkness on earth, and occupies the “night-side of Nature.” It over arches the wintry half of the year. It comes nearer as the terrestrial life recedes, and when the terrestrial life is gone the spiritual life is in its glory, and the farther it extends away from the terrestrial sphere the more glorious it becomes. Earth life is like a morning to prepare for the heavenly life.

When earth life sinks in calamity we may, if we will, approach nearer the heavenly life.

It is one of the blessings of sickness and calamities that as we surrender our physical forces and passions we may cultivate the nobler sentiments and acquire patience and humility.

The earth life, beginning its day at sunrise, which ends at sunset, reaches its Zenith of the year in the summer solstice, June 22d, and its Nadir at the winter solstice, Dec. 25th, when nature withholds all supplies of life, but reaches its evil Friday period near its end, 104 days before the vernal equinox and extends from December 8 to January 29 — its Saturday from Jan. 29 to March 22. This is the most spiritual period as shown by the record of suicides in San Francisco. From Dec. 8 to Jan. 29 is a spiritual period, but it is the suspension of all vegetable life. Nature then gives man no assistance.

Thus in the earthly or business like view of annual periodicity its most evil period is the period of spiritual life. The heavenly and the earthly life are widely different and the rich man has rather a poor prospect in heaven.

But there is a view of life which corresponds nearly with our calendar year, as it begins properly at Dec. 25, the winter solstice.

As the differences of a few days is not very important, we may count by the calendar year for convenience, which is six days in advance, and deduct six:

Sunday — to Feb. 21.

Monday — to April 14.

Tuesday — June 5.

Wednesday — July 27.

Thursday — Sept. 17.

Friday — Nov. 8.

Saturday — Dec. 31.

At the equator there is no division of the year into terrestrial and spiritual halves. It is all terrestrial, and the only spiritual relief from day life is in its nights, which vary little from the half of 24 hours.

This indicates a fullness of animal life in tropical regions and probable predominance of the animal nature, which is certainly realized in Central Africa and in some cannibal islands, but this may be counteracted by the superior nervous susceptibility of hot climates — making the nightly visits of spiritual beings more easy.



The evil effects of tropical climates appear in the lowlands and not in the mountains.

These principles are further illustrated by the periodicity of suicide, crime and insanity.

Suicidal periodicity

The statistics of suicide in San Francisco, as given by the Health Department reports of 1896 correspond with the law of periodicity. For this calculation which relates to the spiritual condition of man, the year may be regarded as beginning at the winter solstice, or return of the higher powers, beginning Dec. 25, which ancient nations celebrated as the birth of the year — or on the first of January, which is six days later.

The first six months to the end of June would correspond to three and a half periods, Sunday, Monday, Tuesday and the first half of Wednesday. This is the whole favorable half of the vital period. The second six months from June to January, would correspond to the unfavorable half, Thursday, Friday and Saturday, with the last half of Wednesday.

The first or favorable vital half had but fifty-eight suicides and the second half had ninety-four, thus the animal spirits rise as the sun is approaching and fall as it goes away. In the last three months of the year as it ends, the sun has gone far away and the suicides were forty-six, but when the new year began, the sun coming north, the suicides fell from forty-six to eighteen — the last three months being twice as evil as the first three.

Friday and Saturday were two and a half times as evil as Sunday and Monday.

The beginning is far better than the ending.

So it is in human life. The first twenty-eight years or fortnightly Sunday and Monday of a long life are far superior to Friday and Saturday or 70 to 98.

The external periods of material life seem to belong to the animal nature, as the internal or vital periods belong to the spiritual nature, and English statistics published by Dr. Laycock of the York Dispensary, confirm this, as they show the maximum number of suicides in summer, minimum in winter. The deaths from drunkenness at London reached their maximum in summer, minimum in winter. The cases of insanity reached their maximum in June and July, their minimum in December and January. The crimes against persons reached their maximum in June, their minimum in January. But the withdrawal of the sun in winter makes it a Friday period for animal life and shows an increased number of deaths in Belgian statistics.

Thus it seems that the more the animal nature flourishes under the patronage of the sun, the more it overpowers the spiritual nature of interior life. This seems to be verified also in nations, as the people of the North Temperate Zone have generally a higher morality than those nearer the tropics, and have conquered them in conflict. The Greenlanders contrast favorably with the people of Dahomey, who seem the vilest specimens of humanity the world has ever produced, vastly inferior to the Kaffirs of South Africa, and the Swedes and Norwegians compare favorably with the Italians — the Scotch with the English. The tigers, lions and poisonous serpents of tropical regions which cause so great a loss of life in India, have no correspondence in northern climes, and the Thugs of India and cannibals of Pacific islands have no analogues in the north.

The sun born luxury and influence of hot climates seem less favorable to virtue and health than the wintry influence of northern climates. The greatest mass of corruption and crime of ancient Europe was in Rome and around the Mediterranean — in Spain and the Barbary Coast of Africa. Bonaparte, Caesar, Scipio, Hannibal, Alexander the Great and the Roman Emperors belonged to that region — so did the warlike Jews and the modern Turks.

Heat is essential to animal life, but in excess is destructive like all other manifestations of animal force. Its worst effects are produced in combination with water. Warmth and moisture promote putrefaction and malaria, originating malignant fevers. Whatever promotes decomposition is unfriendly to life. Where warmth



and moisture abound evaporation produces a negative condition exhausting to life, which is common in summer and favors suicide. Diseases increase a few days after rains. Life is more vigorous and active in a dry atmosphere which retains the warmth and electricity of the body which water rapidly conducts away producing languor and debility. Heat and moisture combined produce sunstroke. A cold climate protects the constitution by freezing out the water of the atmosphere thus protecting us against a debilitating influence and acting as an antiseptic which protects life like antiseptic medicines.

Thus we perceive why cool climates, frosty nights and mountain heights are beneficial to life and sustain the spiritual nature which is life. The highest development of humanity is in the mountains. Switzerland and Norway lead in Europe and Scotland in Great Britain. The Alleghanies and Rocky mountain region are superior to the sea coasts and river valleys.

Of our two lives one is drawn from the earth — the other from heaven. One is sustained by food, air and sunshine as long as they are necessary. The other comes from the great fountain of life which invigorates the human race. It comes to us through our parents. One is transient, the other eternal. Prenatal science shows that the interior vital force which originated from the spirit world has different periods from the exterior or sun force.

The life force, which dates from conception, reaches its minimum or Friday period at birth or just before it. Birth or entrance upon exterior life and sunshine corresponds to sunrise. The approach of birth being like the approach of day — an unfortunate transfer of life from dependence, on life to dependence on food.

Consequently the life force is to the day force as Friday to Sunday — two periods in its year. The beginning of the day is necessarily the low period of the life force, for life has been inactive in the night, and the 12 hours past, from six or seven at night to six or seven a.m. produces a lowering of vital force. Hence the breakfast should be taken immediately on rising. It was a custom in Louisiana to ward off fevers by taking a cup of coffee with a lemon in bed before rising, which has a restorative effect on the liver.

When the wife rises early to make the fire and prepare breakfast for the family she is unduly taxed. Hygienic wisdom would suggest that the fire should be prepared at night, needing only a match to start it in the morning. The breakfast too should be prepared and placed on the table at night, so that a lamp could in a few minutes warm the coffee, tea or meat in the morning. Morning tasks on rising are very injurious to delicate constitutions. The lamp chimney with a cross (sold in the shops) or even a pair of scissors on its top is sometimes effectual for the little cooking of a small family. But good food is very necessary in the morning — a substantial breakfast.

As the vital hours follow the day hours two periods behind, this fact gives us the new light on periodicity which I have recently discovered.

The day force is in its Monday maximum from half past nine to one, but this is only the Saturday period of the life force. The Tuesday period from one to half past four is but the Sunday period of the life force, and its Monday period begins about 4.20 — its Monday and Tuesday periods reaching to half past eleven p.m.

These vital periods become more important in proportion as the day force declines in its Friday periods or in advanced life and I have lately realized it. As my day force or earth life has declined in advanced age I have to rely on the life force and find myself accordingly extremely weak and unfit for any duty in the morning hours, when the life force is in Friday and the Sunday day force in its Friday year, so that I have to lie down after breakfast. My vitality increases with the day's progress and from four to nine I am competent to intellectual labor, owing to the Monday and Tuesday of the life force and Wednesday and Thursday of the day force.

I find it best to stop at nine in the first half of the Tuesday vitality as the day force is then in its Thursday decline and longer continuance would increase the morning weakness.



The vitality of the human race carries them every day beyond the limits natural to the day force, producing vigor late in the afternoon when the sun power is declining, and carrying them far into protects the night's cold negative hours.

Instead of using the daylight of early morning hours at and before sunrise they prolong the active day far in the night, and from five to ten p.m. is perhaps the most active and jolly period in the 24 hours. The Wednesday period of vitality, extending from half past eleven to three, is a favorite time among fashionables, although it is a Friday period of day life and therefore should be avoided. But such dissipation may be endured by those who have a great life force, though it would be destructive to those who have not.

It is the common impression of prudent people that our habits should be regulated as the sun indicates — that our labors should slacken and end in the afternoon, the night given to refreshing society or amusement and an early retirement, very little beyond eight, never later than nine, which is the average end of the Wednesday period. Eleven thirty is considered a very late hour, and it is, for it reaches the Friday limit of the day force and all after night is in the declining Thursday period. Early retirement is necessary for those who have not a strong vitality.

Nine o'clock is a judicious limit to protect the day force, but a great many disregard it for the reasons given that we have an interior life force which may carry us beyond the sun limits, and those who are largely endowed with it may indulge in nocturnal hours, but no one should do this in whom life has been weakened by its Friday periods, whatever he may have done under twenty-five. Nor should children ever go beyond the limits of the day force for they are in the weakness of the Sunday period and should go to bed at eight and not rise earlier than seven.

These principles show us the dangers of the nocturnal revelry of the profligate even if intemperance and sensuality are excluded, for the latter half of the night is not fit for action and must be given to rest and restoration. The sun born power comes to its Friday time at midnight and the vital or spirit power at sunrise, consequently the hours after midnight are the feeblest of all and these are hours when disease invades and reveals a morning patient. The majority of the attacks of cholera occur after midnight and this is the time when malaria takes effect on those who sleep too near the ground or in unwholesome apartments and when flimsily built houses expose the sleeper to a chill before he rises. The ventilation fad admits the night air even when malarious, which is never needed in a spacious apartment.

Prenatal Periodicity

The relation of parents and offspring runs through several septimal periods.

Counting backwards before our birth we find seven years of Saturday in which procreation by a parent is impossible.

Then seven years of Friday period presents 7 to 14 years of age in which procreation should not be allowed though quite possible in warm climates. A Friday relation is unfortunate and does not give the energy necessary to proper development. The feebleness of the Hindoo race is probably due to their very early marriages.

From 14 to 21 in the parent is a Thursday relation to us. Such parents are better than the Friday class but have not the strength, maturity and wisdom for the parental office. But the offspring of very early marriages are in a very friendly Monday or Tuesday relation to parents and disposed to be amiable.

But older parents produce more energetic children and are more competent to take care of them.

The Wednesday period, 21 to 28, is one of equilibrium in the moral and physical energies — so is the Monday period, 35 to 42. But these periods give more energy than geniality in the offspring. They are harder to govern



but receive the affectionate care of mature and considerate parents. Older men are kind and considerate to young children and young wives, but the wives sometimes neglect them and the children may be self-willed, hence the first born or oldest children are the favorites and the law of primogeniture gives them an advantage in inheritance.

The common experience of mankind corresponds with these principles.

Chap. 9. YEAR AND DAY COMPARED

The day hours, the week days and the seven yearly divisions compared — All hours of the day explained — Importance of morning rest — Calculations applied to the year and my own experience.

If we take the progress of a year or the progress of a day, in the external or sun life, under the septimal division, the results correspond to universal experience.

Thus let the day begin on an average at 6 a.m. and we will find its progress corresponds to our law, as follows, the periods being 3 hours and 26 minutes.

Sunday — 6 to 9:26.

Monday — to 12:52.

Tuesday — to 4:18.

Wednesday — to 7:44.

Thursday — 11:10.

Friday — to 2:36.

Saturday — to 6.

The first morning hours are not vigorous, they are for preparation of food and dress with youthful freshness. Delicate constitutions are feeble in the morning hours, but acquire strength after the digestion of breakfast. Early rising is not beneficial to the delicate. The atmosphere needs the vitalizing influence of the sun, and dispersion of fogs and malaria. From nine to one is the period of greatest efficiency, the Monday period, the sun is then giving its best service. The afternoon or Tuesday is not quite equal to the forenoon for business, and the sun is often oppressive in warm weather. The Wednesday period from four, to eight is less favorable and 6 p.m. is a proper time to stop, the sun is then withdrawing its support. From 8 to 11, the Thursday period, fatigue is the rule, the sun no longer stimulates and the malaria is settling, we need the protection of a roof, and the refreshing influence of society and amusement. This corresponds to the Thursday autumnal period of the year and the Thursday decline of life, from fifty-six to 70, when we realize the need of rest from arduous duties.

At 11 the sun is far gone, shelter is indispensable, the weather colder and malaria more abundant — this begins the Friday period, when all occupation must be suspended, and every protection brought around us, and corresponds to the winter, which is the Friday period of the year and to the cool old age from 70 to 84, the Friday period of life, when the utmost care and abundant rest become necessary.

The midnight hours are unfriendly; the profligate, the thief, the burglar and assassin are abroad and good people are at home. The night service of physicians and nurses is doubly taxing to the constitution and it is recorded that the officer in Spain who sought to escape the heat of the day by marching his men at night increased their mortality.

In our Friday years the spirit may be strong but the body is not, as I am now realizing.



So in the Friday hours of night, which must be devoted to rest, the spirit may be emancipated in visions and our guardian angels may be near.

But the succeeding period is more hopeful, the Saturday period of night, from 3 to 6, is a more spiritual period. It corresponds to the ante-natal period when a new life is maturing and the protective love of a mother is developing it. So in the early hours a new life is coming in the body for it has grown and is growing, the blood has become purified and the stock of oxygen assimilated, the excreta are ready for removal and the brain has recovered from fatigue. Now is the time when we receive the influx from guardian angels and the universal spiritual element of nature, and visions or presentiments revealing the truth are often granted. If we are of a spiritual temperament our invisible friends often make their presence sensible by sounds or perhaps respond to our thoughts; thus the new life approaches that is born at sunrise.

The ante-natal period before sunrise for three hours ought to be sacred to the restoration of life, a great deal of nervous exhaustion and great loss of brain power are produced by rising at dawn or before day break, as it is practiced by many farmers and their wives, it is in this way as much as by long hours and night work that constitutions are exhausted and premature age brought on, with feebleness of brain. This lesson is enforced by the vital view that sunrise is the weakest period of the 24 hours in natural vitality.

The common sense and experience of mankind have taught all judicious people to give rest to the Thursday hours of the day and to the Thursday years of life, and to protect not only the Friday hours of night but the Friday season of the year, the pitiless winter when the sun is withdrawn, and the beneficence of nature suspended.

When the renovating power of nature is suspended in the winter period of human life we approach the end of the year or the end of life.

There is then a brief interval, the ending before a beginning, when in Saturday the foundation is laid of a new life, a new career.

This may come at the end of the first cycle, between 42 and 49, and if it comes then as it does to many, the new life of the second cycle is a vast improvement on the first, for the second ought to be better than the first as Monday is better than Sunday, it is the beginning of a higher life free from the toils and suffering of earth.

But if the normal strength of the human constitution exists and is well managed, the new life comes after the Friday period is ended, between 84 and 98, when we go rich in experience to our higher home.

These things have been realized in my own life, but I have not from time to time preserved the memoranda.

It was in the Monday period of my entire life that I mastered the problems of the brain and the sciences of psychometry and sarcognomy were completed by 1842, my 28th year.

In my Tuesday period, from 1842 to 1856, I had my medical career and stood at the head of a flourishing medical college at Cincinnati, but the discord in the Friday of the first cycle came in at its close when I retired.

My Wednesday, from 1856 to 1870, was much less satisfactory, being one of irregular success in uncongenial surroundings, with financial success and financial misfortune, but offering an opportunity for political distinction, which I did not accept as it was foreign to my aims, though I might have reached a very honorable position. The opportunity came at the beginning of my second cycle and might have been a distinguished period if I had pursued it with energy.

My Thursday period, from 1870 to 1884, had no satisfactory success, financial misfortunes came in, collegiate schemes had to be abandoned, my publications had but moderate success.

In my Friday period, from 1884 to 1898, my finances dwindled down toward poverty, my gifted wife passed away, and my constitution gave way to vital and atmospheric malaria, and from spinal exhaustion as the



consequence of a fall, in an evil year. I was for some years not capable of more than half my proper labor. Yet with the aid of science I resisted all and kept up my mental vigor to a surprising extent, writing and speaking with such vigor that it was called robust vitality. Whether I can resist the periodic tendency to decline, many months is an urgent question now.

Chap. 10. PERIODICITY OF DAYS, MONTHS AND YEARS

Concords and discords — Laws of Marriage

The Genesis fable — Rest on Friday — Septimal law applied to our work days — Do we all observe Friday — When is our Friday — a discovery — How to find our week days and Fridays — Table to show every one his birthday — Coinciding years, months and days — How to match in your associates — who will harmonize with you and who will find fault — Our mysterious Friday antipathies — How they make mischief — How they are overcome — The laws applied to marriage — Relations of junior and senior — Relations of husbands and wives discussed — a complex question requiring study — Old men and young wives — Mature women and young men — A sure guide in the study of character — Advices for husbands.

The human brain explained. A brief synopsis OF THE TRUE SCIENCE OF THE BRAIN, showing what to seek and what to avoid, and a wonderful secret for posterity.

According to the septimal law every seven day period produces a degree of exhaustion by labor or exertion which makes rest necessary.

The old fable of Genesis, which the church in the early centuries regarded as an allegory or fable but becoming more superstitious, accepted as history, represented God as being so fatigued on Friday as to rest on Saturday, which was therefore made a Sabbath.

But it would be more reasonable to rest on Friday, the day of fatigue on which we are less qualified to gain success in anything. I therefore advise all to take rest for soul and body and avoid all risks and heavy responsibilities or new enterprises or exposures on their Friday days, Friday months and Friday years; but from want of energetic forethought, expecting to pass through my double Friday from seventy to eighty-four, I have allowed my great responsibilities in recording my scientific discoveries to accumulate on this period, and now in its most critical portion which is the eighty-second year, I am suffering from great prostration and am unfitted for completing my work but possibly able, after passing the eighty-second year to have a slight improvement in the eighty-third year which begins my Saturday.

In applying the septimal laws to the days of the week, we would of course advise any one to be careful on Friday, a principle so often verified as to seem true, but at length I have found a very intelligent and observant lady who maintained that Friday was her best day for action and Tuesday her best day for rest; this implied that her native week days did not correspond to the calendar days, that her Sunday and Friday were not the Sunday and Friday of the Calendar.

If Friday was her best day, her week may have begun on Wednesday or Thursday; these being her first day or Sunday would make Friday a good day Monday. If born on Thursday, Friday would be her Monday, and Tuesday her Friday. If born on Wednesday, Friday would be her Tuesday and Tuesday her Saturday. As she said Tuesday was her day for rest, unfit for any active business, I was sure she was born on Thursday, which would make Tuesday her Friday, Thursday being her Sunday. It is well for all persons to use the same vigilance as this intelligent lady, to find their lucky and unlucky days, which were forced upon her attention so often as to compel her to recognize them. Looking farther into her case I am convinced that I made a discovery and that she was actually born on Thursday though she had been told her birthday was Saturday. This discovery leads to the necessity in each case of ascertaining the week day which can be done from the following table. To



enable one to select good and bad days from the day of his birth, I present the calculation of the relations of days. He who is born on Sunday will have his evil day for rest on Friday.

Monday brings its Friday on Saturday.

Tuesday on Sunday.

Wednesday on Monday.

Thursday on Tuesday.

Friday on Wednesday.

Saturday on Thursday.

Sunday on Friday.

This seems to be my experience, hence I infer I was born on Sunday and think I was once told so by a psychie.

The same principle applies in reference to months and years. We do not place everyone as born in January, and locate his Friday months from October 1st to November 19th, but find his actual birth and count his year from his birth date to the same day next year; and as to his years we count from the year of his birth.

If the reader would learn on what day of the week he was born, he can ascertain by referring to the table of years and days.

Coincidence and Harmony

All who are born in the same year, not too far apart, have similar years of good and bad luck, and therefore a certain similarity and adaptability, but if they unite in business in their evil years they intensify their misfortunes, as both are unfortunate. If you select for an associate one whose good Monday or Tuesday period corresponds to your Friday, his good luck may save you if you let him take the lead, when you should rest; but if you should bring some man in his unlucky year to manage in your good year, he may spoil your success; so you must not let him lead then and lead you into his bad luck.

There is the harmony of similarity in those born in the same year, the same month and the same day.

But when days, months and years differ, they may produce beneficent harmony or intolerable discord — a problem requiring much study for each individual, in which I may guide him by showing the law.

Your young friend who is born seven to fourteen years or even seventeen years later than yourself is in a beneficent relation to you and predisposed to be friendly and may do you good. It is well for you to try him and see how far the relation is desirable if he is a proper person.

Of course the periodic law does not change his character though it effects his relation to you. He may be poor, ignorant, diseased, miseducated, or otherwise unfortunate, but he will be better for you than another of the same sort born in your Friday years and months.

When you enter into relations with a man or woman born in your Friday year, all may seem right, for others, but not be right for you. He is not born to be a blessing for you. He is probably disposed to find fault, to censure and condemn your action and character, or he may prove an adverse element by being engaged in something unpropitious for you, or in sympathizing with something that is discordant for you.

I know, for example, that I have found myself in a Friday relation with gentlemen of ability and merit, to whom I felt an intense repugnance, though they were in many respects superior men, and entertained for me a considerable degree of esteem, which I could not fully reciprocate though I respected them highly. There was a real antagonism in our natures, expressed by the old verse:



For ascertaining any day of the week for any given time within two hundred years.

YEARS 1752 TO 1952.

											Jan...	Feb...	Mar...	April...	May...	June...	July...	Aug...	Sept...	Oct...	Nov...	Dec...
1761	1767	1778	1789	1795																		
1801	1807	1818	1829	1835	1846	1857	1863	1874	1885	1891	4	7	7	3	5	1	3	6	2	4	7	2
						1903	1914	1925	1931	1942												
1762	1773	1779	1790																			
1802	1813	1819	1830	1841	1847	1858	1869	1875	1886	1897	5	1	1	4	6	2	4	7	3	5	1	3
						1909	1915	1926	1937	1943												
1757	1763	1774	1785	1791																		
1803	1814	1825	1831	1842	1853	1859	1870	1881	1887	1898	6	2	2	5	7	3	5	1	4	6	2	4
						1910	1921	1927	1938	1949												
1754	1765	1771	1782	1793	1799																	
1805	1811	1822	1833	1839		1850	1861	1867	1878	1889	2	5	5	1	3	6	1	4	7	2	5	7
						1901	1907	1918	1929	1935	1946											
1755	1766	1777	1783	1794	1800																	
1806	1817	1823	1834	1845	1851	1862	1873	1879	1890		3	6	6	2	4	7	2	5	1	3	6	1
						1902	1913	1919	1930	1941	1947											
1758	1769	1775	1786	1797																		
1809	1815	1826	1837	1843	1854	1865	1871	1882	1893	1899	7	3	3	6	1	4	6	2	5	7	3	5
						1905	1911	1922	1933	1939	1950											
1753	1759	1770	1781	1787																		
1810	1821	1827	1838	1849	1798	1866	1877	1883	1894	1900	1	4	4	7	2	5	7	3	6	1	4	6
						1855	1906	1917	1923	1934	1945											
										1951												

LEAP YEARS.

1764	1792	1804	1832	1860	1888	1928	7	3	4	7	2	5	7	3	6	1	4	6			
1768	1796	1808	1836	1864	1892	1904	1932	5	1	2	5	7	3	5	1	4	6	2	4			
1772	1812	1840	1868	1896	1908	1936	3	6	7	3	5	1	8	6	2	4	7	2			
1776	1816	1844	1872	1912	1940	1	4	5	1	3	6	1	4	7	2	5	7			
1780	1820	1848	1876	1916	1944	6	2	3	6	1	4	6	2	5	7	3	5			
1756	1784	1824	1852	1880	1920	1948	4	7	1	4	6	2	4	7	3	5	1	3			
1760	1788	1828	1856	1884	1924	1952	2	5	6	2	4	7	2	5	1	3	6	1			

1	2	3	4	5	6	7
Monday..... 1	Tuesday..... 1	Wednesday..... 1	Thursday..... 1	Friday..... 1	Saturday..... 1	Sunday..... 1
Tuesday..... 2	Wednesday..... 2	Thursday..... 2	Friday..... 2	Saturday..... 2	Sunday..... 2	Monday..... 2
Wednesday..... 3	Thursday..... 3	Friday..... 3	Saturday..... 3	Sunday..... 3	Monday..... 3	Tuesday..... 3
Thursday..... 4	Friday..... 4	Saturday..... 4	Sunday..... 4	Monday..... 4	Tuesday..... 4	Wednesday..... 4
Friday..... 5	Saturday..... 5	Sunday..... 5	Monday..... 5	Tuesday..... 5	Wednesday..... 5	Thursday..... 5
Saturday..... 6	Sunday..... 6	Monday..... 6	Tuesday..... 6	Wednesday..... 6	Thursday..... 6	Friday..... 6
Sunday..... 7	Monday..... 7	Tuesday..... 7	Wednesday..... 7	Thursday..... 7	Friday..... 7	Saturday..... 7
Monday..... 8	Tuesday..... 8	Wednesday..... 8	Thursday..... 8	Friday..... 8	Saturday..... 8	Sunday..... 8
Tuesday..... 9	Wednesday..... 9	Thursday..... 9	Friday..... 9	Saturday..... 9	Sunday..... 9	Monday..... 9
Wednesday..... 10	Thursday..... 10	Friday..... 10	Saturday..... 10	Sunday..... 10	Monday..... 10	Tuesday..... 10
Thursday..... 11	Friday..... 11	Saturday..... 11	Sunday..... 11	Monday..... 11	Tuesday..... 11	Wednesday..... 11
Friday..... 12	Saturday..... 12	Sunday..... 12	Monday..... 12	Tuesday..... 12	Wednesday..... 12	Thursday..... 12
Saturday..... 13	Sunday..... 13	Monday..... 13	Tuesday..... 13	Wednesday..... 13	Thursday..... 13	Friday..... 13
Sunday..... 14	Monday..... 14	Tuesday..... 14	Wednesday..... 14	Thursday..... 14	Friday..... 14	Saturday..... 14
Monday..... 15	Tuesday..... 15	Wednesday..... 15	Thursday..... 15	Friday..... 15	Saturday..... 15	Sunday..... 15
Tuesday..... 16	Wednesday..... 16	Thursday..... 16	Friday..... 16	Saturday..... 16	Sunday..... 16	Monday..... 16
Wednesday..... 17	Thursday..... 17	Friday..... 17	Saturday..... 17	Sunday..... 17	Monday..... 17	Tuesday..... 17
Thursday..... 18	Friday..... 18	Saturday..... 18	Sunday..... 18	Monday..... 18	Tuesday..... 18	Wednesday..... 18
Friday..... 19	Saturday..... 19	Sunday..... 19	Monday..... 19	Tuesday..... 19	Wednesday..... 19	Thursday..... 19
Saturday..... 20	Sunday..... 20	Monday..... 20	Tuesday..... 20	Wednesday..... 20	Thursday..... 20	Friday..... 20
Sunday..... 21	Monday..... 21	Tuesday..... 21	Wednesday..... 21	Thursday..... 21	Friday..... 21	Saturday..... 21
Monday..... 22	Tuesday..... 22	Wednesday..... 22	Thursday..... 22	Friday..... 22	Saturday..... 22	Sunday..... 22
Tuesday..... 23	Wednesday..... 23	Thursday..... 23	Friday..... 23	Saturday..... 23	Sunday..... 23	Monday..... 23
Wednesday..... 24	Thursday..... 24	Friday..... 24	Saturday..... 24	Sunday..... 24	Monday..... 24	Tuesday..... 24
Thursday..... 25	Friday..... 25	Saturday..... 25	Sunday..... 25	Monday..... 25	Tuesday..... 25	Wednesday..... 25
Friday..... 26	Saturday..... 26	Sunday..... 26	Monday..... 26	Tuesday..... 26	Wednesday..... 26	Thursday..... 26
Saturday..... 27	Sunday..... 27	Monday..... 27	Tuesday..... 27	Wednesday..... 27	Thursday..... 27	Friday..... 27
Sunday..... 28	Monday..... 28	Tuesday..... 28	Wednesday..... 28	Thursday..... 28	Friday..... 28	Saturday..... 28
Monday..... 29	Tuesday..... 29	Wednesday..... 29	Thursday..... 29	Friday..... 29	Saturday..... 29	Sunday..... 29
Tuesday..... 30	Wednesday..... 30	Thursday..... 30	Friday..... 30	Saturday..... 30	Sunday..... 30	Monday..... 30
Wednesday..... 31	Thursday..... 31	Friday..... 31	Saturday..... 31	Sunday..... 31	Monday..... 31	Tuesday..... 31

NOTE.—To ascertain any day of the week, first look in the table for the year required and under the months are figures which refer to the corresponding figures at the head of the columns of days below. For example: To know on what day of the week July 4 will be in the year 1896, in the table of years look for 1896, and in a parallel line, under July, is figure 3, which directs to column 3, in which it will be seen that July 4 falls on Saturday.

*1752 same as 1772 from Jan. 1 to Sept. 2. From Sept. 14 to Dec. 31 same as 1780 (Sept. 3 to 13 were omitted).—This Calendar is from Whitaker's London Almanack, with some revisions.



"I do not like thee Dr. Fell,
"The reason why I cannot tell,
"But this I know and know full well —
"I do not like thee Dr. Fell."

I have been acquainted with three ladies, they were superior women and had a high regard for me, as I had for them. One of them whose nature and purposes were foreign and adverse to my own had a monthly date harmonious to my own, and hence was personally very congenial, though our life aims were entirely discordant. The other two had life aims entirely harmonious with mine, making the basis of a strong attachment on account of their virtues. But their month dates were so discordant with mine, that it required much care on my part to avoid exciting the little unpleasantness and annoyance which comes from discordant months. My monthly relation to them being as favorable as their relation was discordant, I was able with my harmonious relation to overcome their little irritability.

In such relations if the discordant party is the stronger, a rupture, dissatisfaction, or unhappiness will result, overpowering the friendly relation; but if the friendly relation is stronger it will overpower the discord. A strong exalted character, following the example of Jesus Christ will overpower all discords, and a hostile Friday nature if very strong will crush the pleasant sentiments in those who would naturally be friendly.

Suppose we apply this to marriage. A man who is thoroughly and entirely good in his nature will be beneficent to all who approach him, and a man thoroughly selfish, jealous, irritable and revengeful will be an unfortunate acquaintance for anybody. Periodicity does not annihilate characters but modifies relations.

I could not advice a lady to marry a man in a discordant relation unless he were so thoroughly good that even his discords would not be formidable though they would be distinctly perceptible.

The senior party generally has the advantage in matrimony. He is more disposed to dictate, to find fault or be dissatisfied though he may be polite enough to conceal it. The junior is disposed to look on the other favorably, to be pleased at first sight and to be generally partial.

Men uniformly aim to be the senior party, and women submit to that arrangement, which increases their natural amiability to husbands, to whom they are inclined to look up, while men are not disposed to look up to their wives. This is seen in the forged Epistles of St. Paul manufactured by Catholic priests, in which women are required to look up to their husbands as children to parents or even as they would look up to Christ. St. Paul did write several epistles full of good sense and enthusiastic religion, but nothing derogatory to women.

If your husband is of your own age that is a good relation. If he is six or even twelve months older it is not objectionable. But if he is from twelve to twenty-four months older that brings a little discord. You will be partial to him inclined to like his manners and if he is a good man that will satisfy him, but his ways and manners differ from yours, and he will look on you with a critical eye in the small matters of personal intercourse. If he is a good man this may not show itself distinctly but only negatively. If he is not good it will show itself unpleasantly and it will require care to please him.

If he is three, four, five, six or seven years older that will not make a discord, but five, six or seven is better than three or four. But in all these unfavorable dates just mentioned your amiability to him increases as his declines, so that if you are both good there is no trouble.

But if he is between eight and nine years older look out — you will then be the concord and he the discord and if he is of a cold selfish or jealous nature his relation will bring his discord to the surface and as a strong positive character he will be somewhat unsatisfactory or oppressive. He must be an uncommonly good man if the 8 to 9 year relation does not spoil his charm.



Beyond the ninth year, the older your husband is the better for you, if you love him. But from the eighth to the 14th year, he is not well born for you and you should be careful not to give him your affection till you have very thoroughly investigated and tested him, for he is in a Friday relation. But I do not deny that an entirely good man will be good even in a Friday relation, especially if you love him warmly.

From 14 up to 42 years of seniority is a good relation for a husband — the older the better but when he is in the forties though he loves you, you may not love him and you must be cautious. It is not a good position for you to be forty years younger than your husband, but if your fountain of love is full and flowing and he is good you maybe happy with him. Yet if you are easily annoyed or disgusted or irritated by a nature foreign to your own do not risk a discord.

You are not apt to fall in love with a man 35 to 42 years older than yourself but he is likely to love you at first sight and so you may reciprocate his love.

On the other hand you are in danger of falling in love with a man who is not really in accord with you, being in a Friday relation, eight to nine years older, and so you may win him, but I would advise you to look sharp and let him do his share of the courting and make his love and his good temper conspicuous before you trust him. Try his patience or amiability in advance. But if you wish to submit to a master and make your happiness by pleasing him you may accept a Friday master.

I knew of a lady who took an interest in a young man, had him educated and then married him happily. Of course he was devoted to his senior, and I would advise widows and mature woman to pick up young husbands when satisfied as to their character. I knew a lady who chose a husband at least twenty years younger than herself (perhaps thirty); her friends were all opposed to it, but I approved it and it was a good match.

Men who marry step mothers, or mothers-in-law are generally good husbands, and if somewhat henpecked do not mind it, for they know how to respect age and experience. It is a good discipline for a man to have a wife he is compelled to respect, and rather a bad discipline to have a timid harmless wife whom he can neglect or snub or oppress with impunity. If you have not enough self-respect or firmness and judgment to command the sincere respect of a man, you should let him alone, unless you wish to be a slave.

But in all cases make sure of the depth and strength of a man's love before you surrender. Observe his deportment to his mother and sisters — if it is not satisfactory avoid him. Finally study him psychometrically — if the impression you feel from one of his letters, not knowing who it is, is not satisfactory, let him alone. — The psychometric study of character, and how to train yourself in studying one you have not seen, is shown in my Manual of Psychometry, which gives every woman a safeguard against mistakes in marriage, if she will use it.

When I advise a gentleman as to marriage I of course advice him to select one younger than himself or of his own age. If she is eight or nine years younger, it is a charming relation if your natures are congenial. It is probable she will be so agreeable and yielding as to spoil you or tempt you to be authoritative. Any where from one to eighteen years younger than yourself will be agreeable.

But beyond eighteen years her affections will be less intense — there will be less unity, and if thirty-five to forty years younger I would not recommend her; you will not be adapted to her nature.

If you are a modest and reasonable man with a high regard for women, you may do well in marrying a woman four to seven years older. But I would not recommend one two or three years older, and I would object decidedly to one nine years older: that is a discordant relation, unless you are deeply in love with her. Anywhere between eight and fifteen years of seniority is quite objectionable. She will be independent and different from you in her plans and wishes. It is even better beyond fifteen. Even thirty years of seniority will be beneficent if you love. A mature woman enjoys the life and freshness of a young man — and is disposed to give a maternal



love, and if she is a well preserved woman you will not be ashamed of the contrast of age. — She will be very faithful in sickness and watchful over your welfare.

But the question of months is also important. For that regulates the harmonies of manner and person. You should avoid a Friday relation in months, unless you are good enough to overcome it. A lady born over nine months later in the year than yourself is not rightly adapted to you. Thirty-seven weeks, 269 days, is the beginning of the unfavorable period, and 45 weeks or 313 days is its end. The very worst relation is 304 days. You may arrive at it by counting backward. Shun any birthday that is from 52 to 104 days earlier than your own — especially one 60 days earlier.

You may overcome such a discord by amiability and love, but unless well furnished in love, I would not advise you to try it. Thoroughly good people can harmonize in spite of discordant relations in manners, owing to months or even discordant years, but others should not attempt it. A lady whose head is sufficiently elevated and symmetrically full on the upper surface will make any man happy and elevate his nature by her own elevation. If he is not a brute, she will greatly improve him.

But if you are a really good man — a good lover you need not depend entirely on periodic harmonies, for you can overcome them. Of course you will be happier with a harmony of periods but virtue triumphs over all such difficulties. And if you select a healthy companion with the proper head, all will probably be well. Hence I give you the locations of the good qualities in a head that contributes to human happiness. The brain is not indicated by bumps as the ignorant suppose, but by the form of the head.

The human brain has its heavenly and its earthly region. One side looks up to God — the other looks down to this world of dead matter. — As we obey one or the other we go up or down — up toward God reaching heaven, down toward matter and force — toward passion and sensuality, selfishness and wickedness, reaching hell — the hell of a groveling beastly criminal nature, ready to destroy happiness or lives and then turn the pistol on his own brains and land in the hell of remorse in the spirit world.

The lower brain is for the body — the upper brain for the soul. They in whom the upper brain rules absolutely — who never yield to passion or selfishness or animalism, are of a nature a kin to heaven, and are a blessing all around them; as the other class are a curse. Jesus Christ was the heavenly model of the higher class, and the rich men of today whom he excluded from heaven are often of the lower class, and they create by oppression a similar but worse lower class — the men whom injustice oppression and suffering have made miserable and desperate.

The following SYNOPSIS OF BRAIN SCIENCE has been demonstrated by experiment for fifty years, and is as positive as anything in anatomy or physiology — being based on the anatomy of the brain. Without attempting to give the whole science I present all those qualities important in conjugal union.

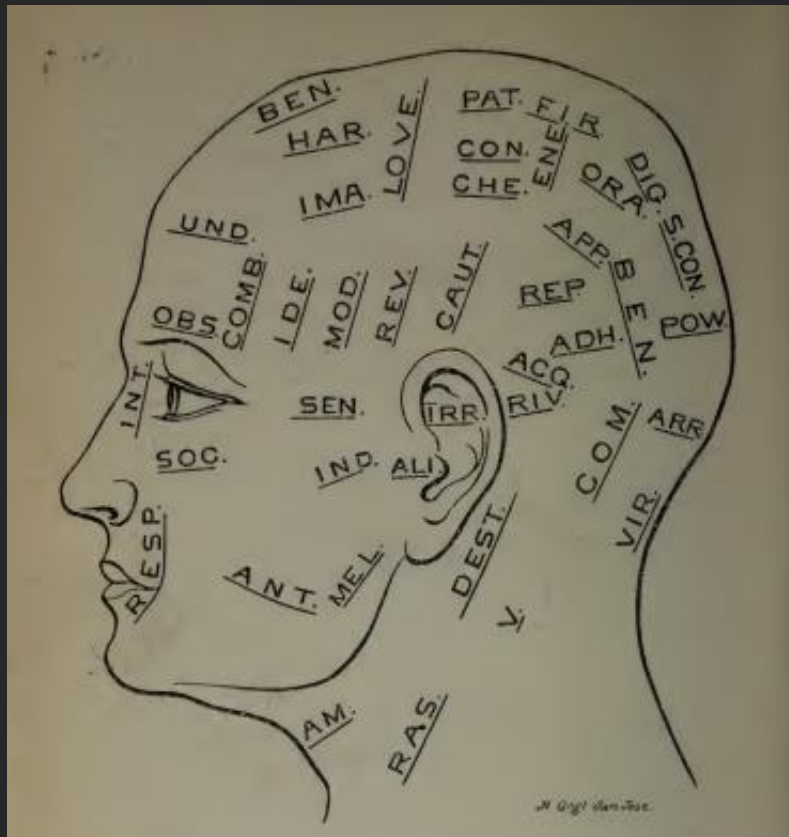
If the head is divided by a horizontal line from the middle of the forehead backward, all above that line gives noble and amiable qualities — all below it gives animal force, temper and selfishness. If divided by a vertical line from the cavity of the ear upward — all behind that line gives the strength and activity which make success. — The upper back head gives moral energy, the lower back head animal energy.

The frontal half of the head gives the intellectual faculties and sensibilities, with the amiable and yielding moral qualities.

THE FACE gives at INT. intuitive and quick perception of everything, including human character. — The upper part of the face gives expression to all the amiable pleasing qualities. It is marked SOC. social qualities. The lower part of the face, ANT. Indicates antagonism, self-will and resentment. MEL. indicates melancholy or disposition to look on the unfavorable side of things in opposition to CHE. Cheerfulness, which makes a gay happy nature. Physical warmth is indicated by prominence of the chin. RESP. Respiration, indicates activity of the lungs, the lower part gives deep respiration and a strong voice. AM. signifies Amativeness, which is



reinforced at VIR. Virility. ALI. signifies Alimentiveness or interest in eating and if it is full, adjacent to the ear, a desire for stimulants or drink. If flat or withered at that spot it indicates temperance and incapacity for stimulants.



Acq.uisitiveness	B.E.N. Business Energy	Dest.ructiveness	Ind.olence	Ora.tory	Riv.alry
Adh.esiveness	Ben.evolence	Dig.nity	Int.uition	Pat.ience	Sen.sibility
Ali.mentiveness	Caut.iousness	Ene.rgy	Irr.itability	Pow.er Love of	Soc.ial qualities
Am.ativeness	Che.erfulness	Fir.mness	Love	Resp.iration	S. Con. Self confidence
Ant.agonism	Com.bativeness	Har.mony	Mel.ancholy	Ras.hness	Und.erstanding
App.robativeness	Comb.ination	Ide.ality	Mod.esty	Rep.ose	Vir.ility
Arr.ogance	Con.scientiousness	Ima.gination	Obs.ervation	Rev.erence	V.ital force

In the temples, SEN. indicates sensibility and delicacy. It makes the person sensitive not only to language and manners, but to weather, to pain and to everything that affects comfort. Those in whom this is defective, the temples being hollow, do not take care of themselves but are liable to overwork and exposure. When interested they forget the body. MOD. is the region of modesty and courteous deference to others. In excess it makes bashfulness. IDE. Ideality is the source of literary taste and general refinement and love of beauty.

IMA. is the seat of Imagination and love of the spiritual and marvelous. If large, with broad temples it produces mediumship.

HAR. is the seat of social harmony and an obliging, polite disposition opposed to combativeness — COM.

Pleasantry gives humorous and pleasing ideas — just above Und. (accidentally omitted in the engraving.)

Tranquility, opposed to Restlessness, is indicated between Cautiousness and Love.

The intellect is in the forehead, but needs to be supported by the energies of the upper back head, Self Confidence and Firmness.



UND. is the region of general understanding and reasoning. OBS. of general observation and accuracy. A broad forehead gives power in planning and scheming above, and Invention below — COMB. Language and music are just behind the eye and eyebrow.

BEN. Benevolence is opposed to selfish Acquisitiveness in the back head. The posterior part of it serves a friend heartily, the anterior part gives away freely. The central part of the upper surface of the head, LOVE makes a thoroughly lovely character. Whoever has that will be lovely as husband or wife, and whoever is deficient in that will not give a great deal of happiness in marriage but may be faithful to duties, if Conscientiousness (CON.) is large, whoever has large Love and Conscientiousness will make a happy home. The whole central space is marked LOVE. It includes Hope and Religion which are nearly the same — one means Hopeful love and the other Reverential love.

Serenity and mildness of temper is due to Patience — PAT. which is opposed to Irritability IRR. The latter is the chief source of petty quarrels and fretfulness or anger and alienation of feeling — a very dangerous element in marriage. Patience and Firmness should be higher on the outline of the head.

DEST. Destructiveness, running from Irritability around and below the ear, seldom does much harm in a woman, though it gives her a full supply of temper and force, but in men it runs to anger, violence and lawless profligacy if not controlled by the Love region.

COM. Combateness, makes one face opposition contend for his rights and become quarrelsome and stubborn, unless controlled by Harmony. In women it makes them good scolds, and firm in maintaining their rights.

ADH. Adhesiveness (located a trifle too low) gives a fondness for society and attractive manners, without which we get tired of company.

ACQ. Acquisitiveness makes a selfish grasping nature and when that region is large it brings in the deceit and jealousy of Secretiveness, which is just a little below it, and runs into Rivalry, RIV. — a spirit of competition to surpass others, with an inclination to gambling. Jealousy and Acquisitiveness spoil many men for husbands. They are exacting, jealous and stingy.

Cautiousness CAUT. is a cool steady quality necessary to success opposed to the Rashness and Carelessness indicated on the neck RAS.

Arrogance ARR, is inclined to be rude and overbearing, unless checked by Modesty. Love of Power POW. gives great force and ambition. Business Energy B.E.N. is intensely practical — fit for any business and with self-reliance will push on to success.

Approbateness APP. (which should be located a little higher) gives pleasing winning manners and promotes social harmony. It is stronger in women than men and so is Adhesiveness.

Oratory ORA. is active and impressive, showing off our ideas and illustrating them handsomely.

DIG. Dignity or self-respect is not the source of conceit but maintains dignity and seeks to be honorable.

Firmness FIR. is the most powerful of all the faculties, carries us through what we undertake, and is not afraid of danger.

Energy, (ENE.) gives incessant industry and efficiency, and if not balanced by Indolence (IND.) is liable to overwork. Cheerfulness (CHE.) is important in both sexes to hold up under misfortune and makes their company always pleasant. But when Cheerfulness is low, the head sloping down from Firmness like a steep roof, and Melancholy MEL. making wide jaws, life is very gloomy, and such people are oppressive company.

Finally Conscientiousness CON. does every thing honestly and industriously, pays debts, is grateful for favors and leads a godly life.



And now, dear reader, if you have secured a wife according to these rules, you have a treasure and a treasury that you must fill. Love her with all your might and she will give you compound interest on your whole investment. Never say a word that could possibly hurt her feelings; keep to yourself all such thoughts. Don't find fault, for that only injures your investment. There are ways to overcome all faults without scolding or grumbling, which only do harm; and when she is bearing children be doubly attentive and watchful if you would not be disappointed in your children. Court her still as you did to win her.

I can give you a wonderful secret that will make good children if you are kind to their mother. Place the top of your head in which all your good qualities lie against the front of her womb. It will quiet the fetus, make a lovely child and a successful delivery in childbirth. This secret is worth millions to posterity and I must not conceal it — a salvation to women and children if repeated. Kneel before your wife as she sits, while giving this blessing. If you are not willing to do this — you are not fit to have a wife.

After due attention to periodicity and to the development of the brain, there is another important matter too often overlooked — the law of heredity. What is in the parents is sure to appear in the offspring though it may be difficult to tell which parent will have the greatest influence. There was a striking illustration in France which is authentic, in the family of a farmer named Etampes. The man hanged himself without apparent cause, leaving seven sons and five daughters — ten of the eleven hanged themselves, after marrying and begetting children, and all of these children have hanged themselves. But there was one survivor, a son sixty-eight years old, when the case was reported by Prof. Brouardel, Dean of the Faculty of Medicine in Paris.

All qualities and character are liable to this transmission and most likely to reappear at the same age. But prenatal impressions come in to produce strange results sometimes.

In reference to a man I would study his treatment of his mother and his sisters. If faulty in that he is not a desirable husband. The girl who has neglected or disregarded a mother, and whom her companions do not love has not the best qualifications for a wife. These things may be beyond the reach of the enquirer but they are not beyond the reach of Psychometry. The students of the Manual of Psychometry have a sure protection.

There are many other valuable truths which are still secrets, undiscovered in science which I would like to give the world if it were sufficiently civilized to appreciate a true teacher and receive knowledge which is foreign to its habits and prejudices. But the more important a truth may be the more dangerous it is to give it out prematurely, as was realized by Socrates, Jesus Christ, Hypatia, Joan of Arc, Bruno and Servetus. But I may speak to future ages. "Primitive Christianity" is as much as the most enlightened can receive at present.

Chap. 11. INDIVIDUAL EXPERIENCE

Decisive experience of a lady, a gentleman and Napoleon Bonaparte

(With a final lesson.)

The reader cannot realize the truth of periodicity as I do after observing hundreds of verifications which I have left unrecorded. At present I can only give him a very recent sample which I recollect.

It is the case of E., a lady of superior intelligence, who saw the great importance of periodicity as soon as I applied it to her life experience.

She was born of very mature parents — one 43, the other 37 years, older than herself, consequently endowed with a very strong vitality, as the periodic law shows. Hence she has been a woman of heroic energy, triumphing and surviving under conditions which would have been fatal to 999 in a thousand.

In her Monday and Tuesday period, (9 to 15) her school girl days, she led. No boy or girl could outrun her. In her studies she was at the head of her classes. Her mind was quick and intuitive; her spirit utterly fearless. She



has been shot at without a tremor — a stranger to fear — has faced hostile Indians and defied their attacks, and has always felt a consciousness of latent powers which justified a high ambition. She desired to enter a professional career, in which she would have been distinguished. But her stars were not propitious, for the narrow prejudices of family and friends terribly held her back and her unselfish nature yielded to friends, as thousands of noble women have under the rules falsely ascribed to St. Paul, been held down in obscurity. With a less amiable nature she would have won distinction.

This might have been overcome in time when thrown upon her own resources, but she inherited a disease of the nervous system which the clumsy system of medicine could never eradicate, and made her sensitive to all causes of disease, so that her life has been a struggle with physical suffering and calamity through which her vital force and energy sustain her wonderfully.

In the first seven years of her life her ill health was continuous, but more marked in sixth year.

From 7 to 14 (Monday period) she was remarkably vigorous and active, excelling all her schoolmates, but had a sick spell in her 13th or Friday year.

An attack of measles occurred in her unlucky 13th year (1855) and in her 20th or Friday year she had a sharp attack of pneumonia and bronchitis brought on by her benevolence in nursing a sister and the exposure of travel. But she was very vigorous and bright between 14 and 21, the Tuesday period.

From 21 to 28, the Wednesday period of strong action, she began favorably in the Monday year by a marriage which proved a happy and satisfactory union, blessed with a good son. But in the sixth or Friday year, at 27, came the death of her beloved husband with fraud on his estate, and the struggle of self-maintenance in which her energy soon won success in the 29th, 30th and 31st years. This was the Thursday period, 28 to 35, and the last years were bound to be unfavorable, from 32 to 35. Financial loss came on severely in the 32d year, 1876, the effect of which continued on through the Thursday and the Friday period (1877-1884).

At the same time, in her Thursday period, 1876, (the Friday year) brought on a severe attack of pneumonia, in her Friday month, July. The evils developed in the Thursday period made the whole Friday period extremely unfortunate. In 1881-2-3-4 then in 39th, 40th and 41st years, there were continued misfortunes culminating in the 41st year.

An attack of inflammatory rheumatism which came on in her Friday month, July 1882, made her helpless for six months, unable to move for four months, and she thinks she has never completely recovered from its effects. Her friends had no expectation of her recovery — in her central Friday year.

In 1883 and '84 she was a complete wreck from this attack and domestic trouble, the severest calamity of her life coming on in her Friday year and Friday month, the effects lasting through the first year of the Saturday period, in a pulmonary affection supposed to be running into consumption, but ending in Monday year of the Saturday period — changing into a local tumor which her constitution overcame in 1887 to '88.

Her second son was born in November, a month congenial to her own and was of a very congenial nature, and her first son, born in March, which was her vigorous period of vitality, was a strong, active character, as well as congenial, according to his date.

In her Saturday period, 42nd to 49th year, she had no serious trouble, but gradual improvement. In the fall and winter of 1889 and '90, in favorable months she made two public addresses which gained her reputation as a speaker, but on the other hand in her unfavorable 34th year she made a very impressive public address July 4th, 1876, which she would not have done if she had known anything of periodicity, and in consequence fell into typhoid pneumonia in ten days afterward, from which she did not recover until the ensuing fall — though not a complete recovery then.



She remembered generally that all her serious attacks came on in the Friday time — June or July, and her recovering in the fall and winter, which are her favorable months. She was generally well in the winter. Being born in October, she does not suffer from autumnal malarial fevers, to which my birth date makes me liable. I have suffered much from autumnal malaria in late years and in my first experience of malaria in intermittent fever in my sixth year I became delirious.

Autumnal malaria comes in an unfavorable time for those born in midwinter, and the spring snows and thaws are unfavorable to those born at the end of winter. If born in March it will be well for you to seek a climate where the snows will not disturb you.

From 1884 to 1891, having passed through her Friday period, she had no serious trouble, but gradual improvement, and increase of reputation, but in 1890, the sixth year of the Saturday period, she suffered much from a tumor which seemed to require a very expensive and dangerous surgical operation, but with her own intuitive skill and spiritual cooperation she recovered without the surgeon's knife.

In 1891 she entered her second cycle, a time for change and progress in a new direction — its Sunday period lasting to Oct., '96 — and with prudence might have fully recovered, but misled by her heroic benevolence at a time which required great care to recover, she did not protect herself. She rested in her 50th year, beginning the second cycle properly; but in her 51st year she devoted about six months to nursing with a zeal and devotion which was far beyond her strength and was quite exhausted vitally, requiring the whole of the remaining Sunday period to recover from her rashness.

But in the July month she married and immediately realized nervous depression and suffering which gradually diminished, but she has had no happy time in July. Learning something of the periodic law, she retired to a summer resort camp, meeting some congenial friends and experiencing some pleasure. But her experience of law shows her that she still has trouble before her, but that she may expect success at the end of the century, 1898-99, and 1900 when the advanced condition of the second cycle will be realized.

Her personal experience has made the periodic law very impressive to her. In '96 she was induced against her own judgment to engage in an enterprise in the summer, which was developed in July as very unfortunate.

She is very fond of children and has observed that the sixth month as a general rule brings on teething, feverishness, nervousness, cough, often followed by bowel troubles. The thirteenth month, beginning the second year is often unfavorable with such diseases as belong to the season, though the strength of the constitution generally resists. In girls she has noticed a sick spell about the thirteenth year, and that her first son had a sick spell of fever near the end of his thirteenth year and again near the end of his twentieth year with a financial loss of \$800. Again in his 27 year near its close he was disappointed in securing a good business and competence. Thus he realized the unfavorable influence of his 13th, 20th and 27th years, which he might have guarded against if he had known the periodic law.

I once had an opportunity to warn a friend against a periodic danger. After telling him of his periodic fate up to that time the gentleman, (Prof. L.), a highly intellectual gentleman, was so impressed with the truth of the law, that he asked my advice in reference to a course of travel he was about to begin. I showed him that it would result in an unfortunate failure, as it was then a very evil period, and he gave it up.

Aside from the law of periodicity I was sure from my knowledge of his plan that it would prove disastrous, though he did not perceive it. Men are liable in their evil periods to fail in their judgment and engage in ill advised or impracticable schemes. I can see in my own life serious mistakes in my unfavorable years which I have not detailed arising from practical errors. The evil year brings impaired judgment.

The knowledge of periodic law would have saved E. from many a severe calamity, and she keenly realizes it now.



I can add to her's an equally impressive case of a truly good man, Mr. A., whose whole life has been a series of mistakes in his Friday years.

With talent, energy and virtue, he would have been an admired and beloved millionaire if he had been warned by periodicity or astrology against his Friday years, and now he knows it and wishes me to record his experience for the benefit of humanity.

Born March 4, 1815, his evil years came on in 1821, 1828, 1835, 1842, 1849, 1856, 1863, 1870, 1877, 1884, 1891 and 1898, and they all proved unfavorable.

He recollects nothing of his sixth year, but suffering from a severe boil; nor has he much recollection of his 13th year, 1828. But in his 20th year, 1835, he made the mistake of his life, as he now, sees it. He was pre-eminently qualified by nature for a physician, and even now is full of medical ideas, but though his friends tried to make him a doctor he ran off and went to a trade, in which his talents made him successful in a few years. But instead of adhering to his place, he made a change in his 27th year and in his 34th, a very evil year, he made perhaps his worst mistake in giving up a good and profitable marriage, dropping his business, and coming to California, from New York, where he had wealthy friends, which he thinks now a great mistake. A good wife would have made him happy and saved him wealth.

The California location was of course disastrous in his 41st year. He failed in business and lost everything, though his services would command three or four thousand dollars a year. His 48th year brought him loss in partnerships, which he knows were all mistakes, and in bank deposits, and he suffered from partnerships in his 55th year, 1870.

But now in his second cycle, the severe calamities have ceased, yet in his 62nd year, 1877, he was salivated. After his 58th year he had no serious trouble, and his health improved, but the time for fortune had passed, and he is now nearing his end humbly, though contented in mind, and is ready to see a better world. He recollects no serious troubles except in his Friday years, and sees how the warnings of periodicity would have saved him. It seems that judgment becomes less reliable in our Friday years. May such experience prove profitable to others.

PERIODICITY OF NAPOLEON

Many an illustration of periodicity might be found in biography and history, but while finishing this little booklet, uncertain how soon the pen may drop from my hand, I am unable to make the research.

But I must select one famous example, in the life of that imperial scoundrel, Napoleon Bonaparte, whose crimes have debauched the world's conscience so completely that he still receives a tribute of admiration.

He passed through his evil periods utterly unconscious of the law he was fulfilling, and all nations have done the same without warning heretofore.

In evil periods men seem to rush on to their fate by the mental obscuration that belongs to darker periods, and it seems to have been so with myself.

Shall it always be so? I trust not, for the divine light of Christianity, which is the light of Heaven, will penetrate the dark twilight of the obscurities of life, and the law of periodicity will mark the dangers in our path.

Napoleon was born August 15, 1769, and there is a singular harmony in consequence between his periodicity and that of the American Republic, seven years younger, one in July, the other in August. Both were destined to disturb and break the Holy Alliances of consolidated despotisms, and both came to grief in similar periods (he seven years earlier.) 1811-18 for the United States in an unsatisfactory war with England, which we wisely dropped, while we were protected by the giant power of Napoleon in conflict with England, and 1804-11, for Napoleon, when he started his fatal policy which we assisted by fighting England.



1816 was a disastrous year for the United States and I have already said that according the law, our war would have been far more disastrous if prolonged into 1816, without thinking how periodicity would have been fulfilled; but looking to Napoleon we see that he too was on his downward career and held England in check, beginning in 1812 his insane war with Russia, fighting England in Spain and the allies in France, going down in 1814 and '15, when England might have turned upon the United States, but in 1815 the sinking giant rose again and occupied England's hosts until summer, protecting the United States. But in December, 1814, the United States, guided by Henry Clay, had concluded a not very glorious treaty, (saying nothing about imprisonment of American sailors), and Jackson's victory at New Orleans two weeks later, gave us some consolation; but if the war had continued to 1816 with the unembarrassed power of England it would have been terribly disastrous to the United States, from which we may learn that when we are running down in our Friday periods and contests, it is well to have a wise friend like Clay to lead us into the path of peace and safety.

Returning to Napoleon, we find his good periods of development and education running as follows:

Sunday to August 15, 1776.

Monday to August 15, 1783.

Tuesday to August 15, 1790.

Wednesday to August 15, 1797.

His evil periods were:

Thursday to August 15, 1804.

Friday to August 15, 1811.

Saturday to August 15, 1818.

Sunday three years to 1821.

As the Wednesday passes away the life struggle begins that exhausts and ends in death. I have not time to study Napoleon's first three periods of growth which made him a great man. The decadent periods of crime and desperation were Thursday 1797 to 1804, Friday 1804 to 1811, Saturday 1811 to 1818. How did they develop — as in Napoleon, and so in similar characters.

The turn of the tide comes in Wednesday 1790 to '97 when he entered his bloody career. In December '93 he captured Toulon. In 1895 thinking of enlisting with the Sultan of Turkey, he slaughtered the National Guard in Paris by cannonade, and was made commander of the army; and in March '96 (evil year 27th) marched to Italy, and in the same month married Josephine — a marriage that came to misfortune.

May and June were his evil months, March and April not propitious. Josephine was six years and fifty-three days his senior, which established discord between them placing her in his unfavorable month June and insuring much dissatisfaction on her part in personal intercourse, and insuring that he would be fascinated at first sight, being almost in a Sunday relation to her. I do not need to read any memoirs to realize the many petty irritations that must have arisen which his imperious temper would not tolerate, though he must have admired and loved her. She could not be entirely happy in such a relation, notwithstanding it promised much love and he must have realized a lack of harmony. He was too selfish to be faithful which she would feel, and she must have found persons more agreeable in manners than her husband. Look into her history, and I am sure this will be verified. As to her months, Murat was better suited to her than Napoleon and so were all of Napoleon's brothers, except Louis (Sept. 2, 1778) who was exactly fitted to be devoted to Napoleon which he was but had moral principle enough to try to do his duty. Joseph, Lucien and Louis all had principle enough to object to the criminal career of Napoleon, who was the black sheep of a good family. Joseph and Lucien had dates discordant with Napoleon's and Lucien quarreled with his policy and broke off, starting for America 1810.



The marriage to Josephine was dissolved in its unlucky 13th year.

His campaign of lawless brigandage went on grandly and dishonorably in Italy, in his evil year 1796, and in his better year 1797 and in his good month, October, Austria yielded to his prowess.

In June 1798, the evil month of his first Thursday year, he went to Egypt, which might be called a piece of land piracy, and made himself master, but left an infamous history. Disaster followed. Nelson destroyed his fleet, convulsions and massacres followed in Cairo, and he marched across the Syrian desert to attack Jaffa and Acre, where he was defeated and had to return in Cairo in his evil month June 14.

In his better month August he returned to Paris and became first Consul, actually emperor. In 1800 (Tuesday year of Thursday period) he displayed administrative vigor and success, made a successful campaign and peace with Austria, Feb. 9, 1806, and in the same year with Pope Pius, and a treaty of peace with England, March 1802.

He established a system of government for France, entirely despotic, aiming chiefly at military success.

His Italian policy irritated the English government and in the Friday year of his Thursday period 1803, and his evil month May 18, England declared war. It was not necessary that this evil period should involve him in war, but his own defiance of fate and of all moral law made his evil periods terrible.

Losing sound judgment at this evil time, he thought of invading England, and expected to be received as a liberator. The evil passions almost blind the judgement. At this time Cadoudal and others were conspiring against his life which alarmed him so as to result in the murder of Duke d'Enghein, and in May (unlucky month) he crowned himself Emperor of France and King of Italy.

The assumption as King of Italy and Emperor in this unfortunate year (Friday of Thursday next to worst — being the 34th — paving the way to his 41st year) alarmed all Europe and in 1805 (the second year of his Friday period, a coalition was formed against him by England, Russia, Austria and Sweden and a sensible monarch would have sued for peace, but war began in September 1805. This was the beginning of his destruction and would have been worse if begun in June. But at Austerlitz he won a complete victory for 1805 and 1806 were the best years of his Friday period, and in Feb. 1806 Naples was conquered and in June Louis his brother made King of Holland and in October his good month 1806 he defeated Prussia and Austria and entered Berlin, and in November started his mad campaign against British commerce by the famous Berlin and Milan decrees, commanding Europe to obey him, which were ultimate failures and did more than anything else to bring on his destruction. In July 1807 he got Russia to submit to his crazy commercial war against England, then made further encroachments on the rights of the people and began war with Portugal to enforce his commercial war against England.

In 1808 he seized the royal family of Spain and made his brother Joseph King of Spain, his brother Jerome becoming King of Westphalia, and swept through Spain successfully with 100,000 soldiers, and in 1809 he again subdued Austria, in his lucky month October.

To a superficial observer he was in the floodtide of fortune though he was really treading on the quicksands of ruin. Friday bedevilment must be paid for terribly. Many a knave has been considered successful when he has put \$100,000 in bank, but has only damned his own soul.

In all his gigantic and desperate movements since 1803 he was only rushing spasmodically and insanely to ruin, for love is life and hate is death. He was driven out of Spain across the Pyrennees, and soon defeated everywhere.

General Jackson and Abraham Lincoln were wiser than Napoleon. They were not scourges but patriots. In their 40th and 41st years, instead of stirring storms and shedding blood they were avoiding rashness, living



comparatively quiet and modest lives. Neither had any success or prominence in their Friday period. Jackson farmed and traded, lost money and was wounded in a duel which did him no credit.

In Napoleon's eight years of criminal folly came forth his crazy decrees, all in his evil years; beginning Nov. 1806, repeated Nov. 1807, Dec. 1807 and January 1808, and Aug., Sept., Oct. 1810, all unexampled in folly — the last commanding the burning of all English goods in every country he could control. This was a fatal period (1810 the fatal year) and roused the hatred of Europe, ruining commerce by blockading decrees. Providence passed sentence then by universal law, and 1811 to 1818 was the time of its execution.

In Dec. 1809 he divorced Josephine and his desperate struggles to enforce his commercial war on all Europe brought their natural consummation in 1812 in his insane war on Russia (to enforce his decrees of 1806 — 10) — a war declared in his unlucky month, May. Terribly and horribly defeated there, he assailed Germany in 1813. Defeated by the allies, he tried to drive them out of France, but was conquered and sent to Elba 1814 in his fatal month of May, the third year of Saturday — the fourth year ending his career as a prisoner instead of being hung like minor criminals.

But his war with England in those years was of great assistance to the United States which it was his periodic destiny to help and the destiny of the United States to help him.

Blind to his real condition he rose again in March 1815, widely detested and met his fate at Waterloo, abdicating in his fatal month June, surrendering to England in July and imprisoned at St. Helena, dying in his evil month May 5, 1821, going to a world not entirely congenial to his nature.

His surrender was in the 4th year of his Saturday period and his death in the third year of his second cycle in the Sunday period, the death was a good event for him giving him centuries to reform.

He was crushed and put finally to rest in the fourth year of his Saturday period, but it was predetermined by the insanities of his Friday period which came to their maximum in 1810 the Friday of Friday. What followed after that was beneficial to him and to the world. His Friday insanity was too intense to be conquered by one defeat, and his seventy-five years in the higher world have not yet restored his moral equilibrium.

FINAL LESSON

If we rebel against Providence we learn nothing and continue ignorant. But when evils come it is our duty to seek the cause in ourselves — in our good and bad qualities. Reform yourself before you try to reform the world.

It is evident that if you had been good, wise and great, you would have conquered evils and gained success. If you have not done this study your failures and mistakes, and see wherein you are below the highest standard and resolve to do better.

THE FINAL HEAVENLY RULE

To this advice I would add my best gift as a friend to every reader.

LOVE is the secret of life — true life — happy life — successful life. It will carry you high above misfortune and land you in heaven. Find what you can love, and love it with all your might. The more love you have, the more happiness, the more health and the more success you will have. Life will be joyful and friends near you.

Young man love your wife, body and soul, with overflowing love and fidelity. Young woman love your husband but CHOOSE HIM BY THIS BOOK.

We must begin by loving mother and father, and if your soul is large enough to love God from whom all blessings come — and if you can love Jesus Christ, who is the world's example of a perfect life and try to



imitate him, your prosperity is assured, and your evil periods may be conquered if you do your best, and in the land of the blessed you will remember with gratitude the counsel of your friend — The Author.

Periodicity compared to Astrology

Prof. Cameron, who is one of the best astrologers in the United States, has made the following statement:

Having studied the indications of periodicity throughout my life according to the doctrines of Prof. Buchanan it seems to me that as far as I can recollect they have been entirely true. If I had known this science in my youth it would have saved me from great mistakes and financial losses. For the last thirteen years I have been a student of Astrology, which also shows where I had made mistakes and seems to confirm the new Science of Periodicity from the beginning to the end.

A. E. Cameron.

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