



Her Day's First Thought
is to Evoke Planchette's Aid.

Posed by Billy Bingham

Weird Ouija Rites Are Source of Dementia

Portland Tries to Pierce Veil That Separates Living and Dead



BY DEWITT HARRY.

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N EARLY every up-to-date home has three essentials—a percolator, an electric iron and an ouija board, there being some discussion as to their relative importance.

Ouija insanity, frequently referred to as ouija mania or craze, is becoming a factor in mental diseases which can no longer be ignored. Press dispatches published nearly every day bear overwhelming evidence of the spread of this mental disease. Alienists and metaphysicians are united in the opinion that today the ouija board is one of the greatest contributing factors there is to the filling of the insane asylums of the country. Insanity of this type is not foreign to Portland, but it is brought home to the city when one of the most reputable alienists in the state makes the unequivocal statement that this apparently simple little toy is responsible for a large percentage of the late commitments to the Salem asylum.

Keen analysts of human frailties resulting from unnatural reliance on the psychic hold that the ouija board sold in toy stores is a most dreadful instrument for the spread of unnatural fear.

Spiritualist Discourages Use.

Right today the results of placing undue importance on alleged messages received from the "spirit world" by this means are showing up in our courts. Perplexity, doubt, distress, self-hypnotism, all bear fruit when allowed expression by means of the ouija board.

"Can any reliance be placed on the ouija board as a means of communication with the spirit world?" was the query put to a Portland student of psychic phenomena who is admittedly well in touch with the local situation. "We all know that matches have a use," was the cryptic reply, "but we do not believe in allowing children to play with them. Beginners who are striving to pry into the mysteries of spirit phenomena are usually led astray by means of ouija boards. Spiritualists hold the ouija board as dangerous for many reasons and do not advocate its use by those who cannot analyze its messages."

"Ouija messages, how do they occur and what reliance can be placed on them?" was what was asked one of Oregon's most skilled practitioners in mental ailments.

World's Thought Unhealthy.

"Ah, now you have opened up a subject that calls for a great deal of sane and careful elucidation," observed this cool-headed student of mental processes. "The world today is experiencing a psychic wave of a magnitude which it has never before known. In previous ages various nations have passed through somewhat similar experiences, but never before has such utter reliance been placed on the nearness of the other world. The main contributing cause to this present unhealthy condition of thought in the world at large is due to the recent horrible war experience through which the world's people have passed. There has been so much sadness and sorrow, so many loved ones have disappeared into the limbo of things unknown and so many surviving relatives and friends have missed their going, that delivers into the realm of the unknown have found fruitful soil for the spread of their propaganda."

"Mental processes have become dis-



A Home Made Board Tells Just as Much.

torted. Abnormality frequently rules. So many instances have been given of seemingly simple methods of communication with departed spirits, such as the ouija board, that people are placing undue reliance upon them, with the result that in many seemingly normal human beings thought processes are becoming distorted. Neurasthenia is becoming frequent. People brood and get unwholesome sensations. The emotional element steps to the front. As a general rule the ouija board leads to distress, not pleasure.

Fear Fostered by Messages.

"What will it all lead to—what will be the consequences? It is difficult to judge. The fact is that fear of some sort is the main result of dabbling with the ouija board. Even in the abstract it is a fearsome thing to contemplate unrestricted communication with people who have departed this world. Unnatural frames of mind are fostered, and the result frequently is morbid mania, and even sheer insanity in some of the worst cases. Rational reasoning processes cease. The effect on the lay mind of reliance in mysticism and superstition is awful. A good simile to emphasize the unwholesomeness of relying on an ouija board would be to say that an ouija thought is to the mental world what fake bonds are to Liberty bonds in the financial world. Undue dependence on the ouija manifestations will soon destroy a person's mental integrity." Here this alienist recited a concrete instance of a typical commitment to the Oregon insane asylum.

A Portland business man engaged

PAGING MR. DOE.

A Philadelphia clubman dreamed that he died and went to heaven. While sitting in a beautiful palace a cherub came through paging him.

"Call for Mr. Doe! Call for Mr. Doe!"

"Here you are, my boy," the clubman said, beckoning to the page.

"I'm Mr. Doe. What is it?"

"Your wife wants you on the ouija board, sir."

—Saturday Evening Post.



Miss Ouija Friend on Her Way to the Asylum.
Posed by Billy Bingham

in an enterprise on the East Side of the city had spent part of his early life in Alaska. While there his existence had not been too righteous or orderly, although he had done nothing in reality which would warrant undue blame. However, there were some instances of this portion of his career which he guarded jealously as secret and of which he was ashamed. Minor business troubles bothered him, and in a period of slight depression he was advised to visit a medium. By a few lucky statements this medium gave the impression that she was familiar with his past life and told him to consult an ouija board.

Secret Life Thought Exposed.

This he did and the messages he thought he received gave him the impression that others, as well as the medium he had consulted, knew of the secrets which he wished to hide. Continual use of the board served to accentuate this belief, with the result that he finally got the impression that practically all of his associates, whether business or personal, knew of the black pages in his past life and were constantly thinking of him in

an unfavorable light. The facts were that no one but the man's own inner conscience accused him, the ouija board merely serving as a medium for indulging in this self-accusation. His business suffered, his mental processes were unwholesome, he grew nervous, irritable, he could not sleep, his mentality gradually decayed. Result: When examined he was found insane and now is a ward of the state in the Salem asylum.

Brooding on things which do not exist is usually what causes this frame of mind," the alienist told The Oregonian. "All these cases need is quiet, rest, careful care and ministrations from loving friends and a world of good counsel to allay their fears. If we can get them in time, this system of treatment will nearly always result in a cure. I have found in this connection that one of the best sources of reassurance is to call in a minister of the gospel from some church which does not countenance the supernatural."

"The treatment of sick souls is a very difficult process. Mental strains are much harder to handle than bodily

Intense Concentration in this Tournament Ought to Fetch Spirits.

Innermost secrets are known to everyone. The rankiest of amateurs become firm in their belief that they are experiencing psychic phenomena unknown to even the most unwholesome advocates and students of the present-day movement. Hallucinations become fixed.

Hysteria Is One Result.

"It is so easy to obtain one of these little toys and seemingly get in touch with a hitherto unfathomed world, that the danger is becoming greater every day. It is difficult to say whether the crest of the movement has been reached as yet. Frequent examples of insanity that occur by this means might have some deterrent effect. It would seem to be the duty of all who have it in their power to discountenance this movement as soon as possible. Miraculous benefits are difficult of proof. Hysterical reliance on the ouija board produces the same effect as would consultation of a quack doctor in a case of physical illness. Vague messages tend to produce worry, the subject continually trying to decipher in his own way their meaning. In many cases the ouija board is nothing more than a mental murderer. It is the antithesis of the sensible and wholesome and kills that abiding faith in God which is part of every human being's makeup."

"The idea that a ouija board can comfort and be relied upon in lieu of the Bible for guidance (as is frequently the case) is nothing less than an insult to God. None but a weak mind would entertain this viewpoint. Our world right now is filled with people who are mentally weak and seeking relief. They seize on any means that presents and this is all the more dangerous because apparently the simplest. Often from the slightly unbalanced minds we get the violently insane by this means."

Self-Accusation Causes Derangement.

Another case. A prominent business man who took an exceedingly active interest in a secret order was told by several of his brother lodge men that he was being considered for elevation to one of the chairs of the order. This news was extremely gratifying and pleased him greatly, as his fellow lodge men had shown him a number of kindnesses and his association with them had been very pleasant. His business life had been a clean one, his material affairs were prosperous and there was nothing which should prevent him from accepting this honor, which he valued so highly, at the hands of his friends. When the time came for the lodge election, for some unaccountable reason his name was not mentioned, though he had been assured by several other friends in addition to the first ones to speak to him that he was being seriously considered.

He had thought a great deal upon receiving this honor and had counted very strongly upon it. When it was refused him he immediately began searching for the reason. So far as he knew, none of his lodge conduct should bar him from the office, so he immediately examined his personal conduct, with the result that he found several little incidents which might

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