

AUG 22 1910

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MAKING THE MAN OF TOMORROW

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THE NAUTILUS

September, 1910

You are a jewel!
In exactly the right
setting for the
present.

But the setting
may be made
over!—

By believing and
working.

You are the jewel
that polishes it-
self and secretes
its own setting—

By wanting to,
trying to, and
keeping at it.

—Elizabeth Towne.

See Table Con-
tents, page 5

Published by
ELIZABETH TOWNE
HOLYOKE, MASS.

PRICE 10 CTS.

NEW THOUGHT CENTERS.

Following is a list of New Thought centers, reading rooms, bookstores, etc., where New Thought publications may be found, and where visitors are always welcome.

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- BLOOMFIELD, Iowa.**—Mrs. Stella W. Teed, North Madison street.
- BOSTON, MASS.**—The Sholar Business Building Service, 101 Tremont street.
- BOSTON, Mass.**—Smith and McCance, 38 Bromfield St.
- BRUNSWICK, O.**—Co-operative Book and Subscription Agency, R. 3.
- CHICAGO, Ill.**—The Progressive Thinker, 40 Loomis street.
- CHICAGO, Ill.**—The Progress Co., 515-519 Rand-McNally Building.
- CHRIST CHURCH, New Zealand**—Ida M. Bruges, Fendalton.
- CINCINNATI, Ohio.**—Lotos Library, 701 Mercantile Library Bldg.; Annie McIvor, librarian.
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- NEW YORK CITY.**—New Thought Free Reading Room, 110 W. 34th street.
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- ST. LOUIS, Mo.**—H. H. Schroeder, 3537 Crittenden street. German publications a specialty.
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- SAN DIEGO, Cal.**—J. C. Packard, 825-827 Fifth street.
- SAN FRANCISCO, Cal.**—Olivia Kingsland, care of Theosophical Society, 1472 Golden Gate avenue.
- SAN FRANCISCO, Cal.**—Occult Book Co., 1141 Polk street, near Sutter.
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- TORONTO, Can.**—W. H. Evans, 488 College street.
- VALPARAISO, CHILE, S. A.**—Georgina Hammer-ton, Carilla, 271 P. O. B.
- WASHINGTON, D. C.**—The Washington Therapeutic Societies Circulating Library and Reading Room, Room 617, New Evans Bldg.
- WASHINGTON, D. C.**—Oriental Esoteric Society, 1443 O street, N. W.
- WILLIMANSETT, Mass.**—Mrs. S. A. Emerson, 30 Emerson street.
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New light on self-development. Practical and helpful. Cloth bound. Price \$1.00. Selling like hot cakes!
- THE STORY OF A LITERARY CAREER,** by Ella Wheeler Wilcox.
This book contains a foreword by Elizabeth Towne, who publishes it; and a supplementary chapter by Ella Giles Ruddy. Beautifully printed and bound in heavy paper, with illustrations. Price 50 cents.
- NEW THOUGHT PASTELS.**
A volume of the latest and some of the best of Ella Wheeler Wilcox's beautiful poems. Paper, 50 cents; silk cloth bound, price 90 cents, postpaid.
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ELIZABETH TOWNE, Holyoke, Mass.

Nautilus News.

BY THE EDITORS.

One on Mr. Atkinson!

We are to begin a splendid new serial story in the October *Nautilus*. This is one on William Walker Atkinson!—who says there is no good new thought fiction. I want you to read this new story and swell my smile at his mistake.

It is true that it is extremely hard to get new thought fiction as good as fiction which doesn't claim to be new thought, but once in a while something does appear that is worth the name and more than worth the reading. One of these was Frances Hodgson Burnett's "Dawn of a Tomorrow." Several others were written by Florence Morse Kingsley, "The Transfiguration of Miss Philura," "The Resurrection of Miss Cynthia," etc. And this new one is written by Wallace D. Wattles, a most remarkable man whose work improves faster than that of anybody I know of. He has had a serial in *the Ladies' World*, and he has written stories for *Munsey's*. This new one is the best yet. It is a melodrama, a psychological study, an original idea and a literary achievement all rolled into one. It is full of action from the opening to the ending, and every instalment is better than the last! If you have never cared for new thought fiction before I think you will care for this.

The story is called "As a Grain of Mustard Seed." It brings in some very unusual situations and shows in the most natural way possible how the faith of one person can fire the faith in other hearts and bring things to pass. You won't know how this story is coming out till it comes, and every chapter leaves you wondering what will happen next! It is a full-fledged new thought romance in ten instalments. Just let me know what you think about it.

Our October Number.

Our October number will contain some more personal sketches of people who are doing the sort of things that are bringing about the Millennium, the age of Practical New Thought.

How do you like "The Psychology of the Solar Plexus," the first instalment of which appears in this number? It improves as it goes along. Part 2 of this splendid series by Dr. Sears will appear in October number.

Also Part 2 of "How to Teach School Without Friction" by Katherine Quinn. Katherine is another one of those rare souls who does things first and then writes about them. Please everybody read her series—if you have no children you care for now, you may have; and if you never have children to care for the series will help you to train yourself into the successful Man or Woman of Tomorrow.

Look for—

Look out for "Faith and Means Consistently Combined" by Walter De Voe, in our October issue.

Please mention NAUTILUS when answering advertisements. See guarantee, page 5.

READ

The Changing World

By ANNIE BESANT

This is Mrs. Besant's latest message. It consists of eight public lectures and seven private ones, which she later decided to publish in this book. It covers a wide range of subjects of commanding interest at this time, found in no other publication.

Read the Table of Contents below:

Lectures to the Public

1. The Deadlock in Religion, Science and Art.
2. The Deadlock in Social Conditions: Luxury and Want Face to Face.
3. The New Doors Opening in Religion, Science and Art.
4. Brotherhood Applied to Social Conditions.
5. The Coming Race.
6. The Coming Christ.
7. The Larger Consciousness and its Value.
8. The Place of Theosophy in the Coming Civilization.

Lectures to Students

1. The Sixth Sub-Race.
2. The Immediate Future.
3. The Catholic and Puritan Spirit in the Theosophical Society: The Value and Danger of Each.
4. The Sacramental Life.
5. Address on White Lotus Day, 1909.
6. The Nature of the Christ.
7. The Theosophical Student in Face of Revelation, Inspiration and Observation.

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CHICAGO SCHOOL OF ELOCUTION, 342 Grand Opera House, Chicago

And look out for a lesson by Wallace D. Wattles on "Waste," and "Your Interest" by Fred G. Kaessman.

There will be more travel editorials of mine and a whole lot of new thought answers to some things you have been asking me about. And my translation of William James' new "Moral Equivalent of War" idea. Not to mention a few current things that you won't know about till you see them.

And "Views and Reviews"—something special by William.

And there will be some new personality items about people who are doing splendid things to help the world along—stories full of inspiration and suggestion for everybody.

Good News.

How do you like our beautiful poem page this month? The border design was made by one of our delightful friends and readers,
(Continued on Page 2.)

Nautilus News Continued.

Mrs. A. V. Sturdivant of Atlanta. Next month we shall have another special design page, with a new poem from Edwin Markham.

Ella Wheeler Wilcox is writing us an article on Karma in answer to earnest requests from some of our readers. It may appear in November *Nautilus*. And there will be more poems from her, as well as from Edwin Markham.

Our rule is to make every number of *Nautilus* better than the last. Just look back over your file for a year or two and see if we haven't done it! And we have some of the best plans yet for our coming year. For the October number closes our twelfth year of publication, and the November, 1910, number begins our *thirteenth year*. Lucky year! You can help us to make it so!

For You.

Here is a beautiful little set of ten volumes of the "Lotus Edition of the Works of Rudyard Kipling," which I want to give away to somebody at the end of September.

The set of ten volumes contains over three thousand pages, printed from new clean and clear type plates, on pure white wove paper, well bound in good strong dark red art buckram, with full gold titles, and a lotus design stamped on each volume.

Kipling is the reigning favorite in the hearts of millions of people, his wondrous character drawing, his mastery of plot universally acknowledged. He is one of the few authors who has received the Nobel prize for literary excellence. He is the Dickens and the Scott of today, rolled into one. No reader's education is complete without him.

And this is a specially attractive form in which to offer you Rudyard Kipling's works, tales, novels, ballads and poems. There is an introductory by Henry James, and there is a neat little book-rack to hold the entire set of ten volumes.

September 30th I will give this little set to the Nautilus friend who has sent us the most new subscriptions during the month.

Do you want to *make sure* of a set, before you send in the subscriptions? Well, send me five new subscriptions to *Nautilus* at \$1.00 each, and you shall have a duplicate set of this library of Kipling no matter who gets the prize for the largest number sent in. Five new subscriptions at a dollar each insure you a set, and the one who sends us in the largest number of subscriptions in the month will get a set no matter if the largest number is only two!

Here's hoping that we shall need an extra edition of this Lotus Kipling to satisfy our readers!

Special Delivery for the Family Counsel.

The "Family Counsel" Department is growing! So many people are asking questions. I have more answers piled up here in front of me than I can get into *Nautilus* in the next six months! *What* am I going to do

about it? I want to help everybody, I want to answer everybody, to the level best of my ability, and I want to do it as quickly as possible. Some of you get discouraged before your matters can be gotten into print. Some of you even get cross.

I have been asking the Spirit what to do about it, and the other day the answer came plump into my mind. I will print all these answers that I have written, just as fast as possible, and I will dictate the answers for new questions as fast as they come in.

And if anybody is in a hurry for his reply he can get it by mail if he will enclose with his query a self-addressed stamped envelope, and four cents extra in stamps. If you do this my little Madge will make you a copy of my dictated answer to your questions, and mail it to you forthwith.

Don't write orders or other matters on the same sheet with Family Counsel matters. Observe these requirements strictly—if you cannot obey me in these small matters how shall you obey God and be blessed?

I can answer all questions of this sort within two or three days of receipt—unless I happen to skip off to Europe or Atlantic City or somewhere. In which case you will wave me godspeed by wireless and possess your soul in patience till I get back!

New Thought Schools and Centers.

There are two classes of institutions for whose addresses we get many requests. One is new thought centers.

When people move from one town to another they write and ask us how to get in touch with a new thought center. I just answered such a request for a woman who has gone to Minneapolis to live. We find we have a very long list of subscribers in Minneapolis but I cannot tell from our list which ones are interested in new thought work.

That list of new thought centers given on the inside front cover of *Nautilus* is a very great convenience as far as it goes. It doesn't go far enough! Let every city and town in this country see to it that there is a new thought center in it and that it is listed in *Nautilus*. Drop us a line and we will tell you the very easy terms on which this may be done.

The other class of institutions that we are continually importuned about is *schools*. People who are waking up want to know where to send their girls and boys in order to bring them in touch with those who preach and practice new thought or Christian Science. Every such school should be advertised in *Nautilus*.

We have made very low terms for advertising both these classes of people, 3c a word and a discount for insertions by the year. If you know of a good school that is friendly to new thought or Christian Science send us the name and address and we will try to get them into *Nautilus* where new thought people can find them. When we get a few such we will have a special department for schools, as we are now organizing a special department for practitioners.



Roosevelt

A Striking Example of Success Due to a Well Trained Mind and Marvelous Memory

THE value of a well trained memory has never been more strikingly exemplified than in Theodore Roosevelt. It is to his remarkably trained memory—the ability to summon instantly to his aid the information necessary for prompt, accurate judgment and quick decision under all conditions—that makes Roosevelt the man he is today.

Roosevelt Recalls the Names of His Rough Riders

An incident illustrating the possibilities of a well trained memory was witnessed at Roosevelt's homecoming, when he shook hands with his famous Rough Riders, addressing each by name, and that after years of separation, an interval of excitement and strenuous life that would blot from the minds of most men all recollection of names and faces.

This man is a notable living proof that

A Good Memory is "The Key to Success"

What Roosevelt can do, any man can do—you can do. A perfect memory is the key to success in business, political or social life. You can have a perfect memory if you want it, because a perfect memory, like perfect health, *can be acquired.*

How Does Memory Training Concern YOU?

No matter who you are or what you are, what you do or where you live, you owe it to yourself to find out just how a perfectly trained memory will help you to greater success. You may secure this information without any obligation or expense. Do you want to remember names, faces, facts and figures? Do you want to learn how to focus your mind instantly on the vital points of a business proposition—How to think "on your feet" and make an extemporaneous speech—How to overcome bashfulness and converse in that natural, interesting way that wins friends—How to acquire the faculty of systematizing your mind, in fact, how to acquire the ability to CONCENTRATE? Then write to Henry Dickson, America's foremost authority on Memory Training and Principal of the Dickson School of Memory. You have the direct, personal supervision of Prof. Dickson.

Concerning the School

The Dickson School of Memory is acknowledged the most successful school of Memory Training in the world—The fame of this school and its successful, logical system of home instruction has spread over the entire country and its graduates fill every walk in successful business, political and professional activity. While the weakest memories can be strengthened, you must not imagine that Prof. Dickson's system of Home Instruction is applicable only to this class. Many of the most intellectual men of the day have availed themselves of memory training. There are no tedious lessons or long hours of study. Just a simple, unflinching memory system, easy to learn, easy to adopt.

The Dickson System of Home Instruction in Memory Training has been highly recommended by such notables as Elbert Hubbard, Prof. David Swing, Dr. Latson and thousands of others.

The First Step is My Free Book "How to Remember"

Every reader of this publication should secure a free copy of Prof. Dickson's valuable book—"How to Remember"—read it carefully—it will show you how you can acquire a perfect memory. Fill out the coupon and mail it today. The reading of this book will be the first step toward a trained memory that will be the beginning of greater things than you ever dreamed of before.

FILL OUT COUPON — MAIL TODAY IT MEANS SUCCESS

MY BOOK FREE

"HOW TO REMEMBER" Write to day



Memory the Basis of All Knowledge

Stop Forgetting

THE KEY TO SUCCESS

Prof. Henry Dickson, Principal, Dickson Memory School, 888 Auditorium Bldg., Chicago

Send me your free book "HOW TO REMEMBER."

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Nautilus News Continued

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For You.

Here is an beautiful ... of the ... of the ...

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The set of ten volumes contains over three thousand pages, printed from new clean and clear type plates, on pure white wove paper, well bound in good strong ... with full gold titles, and ... stamped on each volume.

Kipling is the reigning favorite in the hearts of millions of people; his wonderful character drawing, his mastery of plot, universal knowledge. He is one of the few authors who has received the Nobel prize for literary excellence. He is the Dickens and the Scott of today, rolled into one. No reader's education is complete without him.

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Special delivery for the Family Council.

The "Family Council" Department is growing up. So many people are asking questions. I have made ... of the fact I can get ... next six months ...

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The ... of new thought centers given in this ... of Nautilus is a very ... of ... of ... of ... of ... of ...

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We have ... very low ... for advertising ... of people ... of the year. If you ... of ... of ... of ... of ...



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of All Knowledge



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The set of ten volumes contains over three thousand pages, printed from new clean and clear type plates, on pure white wove paper, well bound in good strong dark red art buckram, with full gold titles, and a lotus design stamped on each volume.

Kipling is the reigning favorite in the hearts of millions of people, his wondrous character drawing, his mastery of plot universally acknowledged. He is one of the few authors who has received the Nobel prize for literary excellence. He is the Dickens and the Scott of today, rolled into one. No reader's education is complete without him.

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September 30th I will give this little set to the Nautilus friend who has sent us the most new subscriptions during the month.

Do you want to *make sure* of a set, before you send in the subscriptions? Well, send me five new subscriptions to *Nautilus* at \$1.00 each, and you shall have a duplicate set of this library of Kipling no matter who gets the prize for the largest number sent in. Five new subscriptions at a dollar each insure you a set, and the one who sends us in the largest number of subscriptions in the month will get a set no matter if the largest number is only two!

Here's hoping that we shall need an extra edition of this Lotus Kipling to satisfy our readers!

Special Delivery for the Family Counsel.

The "Family Counsel" Department is growing! So many people are asking questions. I have more answers piled up here in front of me than I can get into *Nautilus* in the next six months! *What* am I going to do

about it? I want to help everybody, I want to answer everybody, to the level best of my ability, and I want to do it as quickly as possible. Some of you get discouraged before your matters can be gotten into print. Some of you even get cross.

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Don't write orders or other matters on the same sheet with Family Counsel matters. Observe these requirements strictly—if you cannot obey me in these small matters how shall you obey God and be blessed?

I can answer all questions of this sort within two or three days of receipt—unless I happen to skip off to Europe or Atlantic City or somewhere. In which case you will wave me godspeed by wireless and possess your soul in patience till I get back!

New Thought Schools and Centers.

There are two classes of institutions for whose addresses we get many requests. One is new thought centers. When people move from one town to another they write and ask us how to get in touch with a new thought center. I just answered such a request for a woman who has gone to Minneapolis to live. We find we have a very long list of subscribers in Minneapolis but I cannot tell from our list which ones are interested in new thought work.

That list of new thought centers given on the inside front cover of *Nautilus* is a very great convenience as far as it goes. It doesn't go far enough! Let every city and town in this country see to it that there is a new thought center in it and that it is listed in *Nautilus*. Drop us a line and we will tell you the very easy terms on which this may be done.

The other class of institutions that we are continually importuned about is *schools*. People who are waking up want to know where to send their girls and boys in order to bring them in touch with those who preach and practice new thought or Christian Science. Every such school should be advertised in *Nautilus*.

We have made very low terms for advertising both these classes of people, 3c a word and a discount for insertions by the year. If you know of a good school that is friendly to new thought or Christian Science send us the name and address and we will try to get them into *Nautilus* where new thought people can find them. When we get a few such we will have a special department for schools, as we are now organizing a special department for practitioners.



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THE NAUTILUS.

Vol. XII.

SEPTEMBER, 1910.

No. 11.

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THE NAUTILUS.

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for 1910-11.

Others

Coming!

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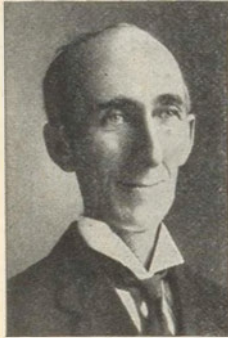
The word NAUTILUS is pronounced exactly as spelled, accent on first syllable. Its significance is hinted in the NAUTILUS verse at top of page 9.

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Leave thy low-vaulted past!
Let each new temple nobler than the last,
Shut thee from heaven with a dome more vast,
Till thou at length art free,
Leaving thine outgrown shell by life's unresting sea."
—Holmes, "The Chambered Nautilus."

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SEPTEMBER, 1910.

} VOL XII
No. 11



The Promised Land.

Quit looking for the promised land. Make the best of the land you are in today, and the first thing you know you will wake up some fine morning and find yourself in the promised land.

Reaching the promised land is not a case of weary pilgrimage, it is a sort of Aladdin's Lamp affair. You say the wonderful Word and smile, and presto change, you are in it.

Imagination.

Affirmation.

Realization.

To the Farmer's Wife and Others.

The most effective, and the *cheapest thing in the end* for the tired-out farmer's wife is to go away from home for a good month's vacation. You and your husband both overdo the physical, but you overdo it worse than he does—at least this is the rule in families of farmers. The men get out more and see other people. The women see few and think nothing in the world but farm routine, week in and week out. This is the reason why so many farmers' wives go insane.

Get out of that place, and take a

week's vacation in some city, and get just as far from the thought of farm as possible. Meet as many people as you can, and have a gloriously good time, doing *just exactly as you please*. Forget home as if it didn't exist.

This will rest the brain centers, nerves and muscles that are being worn to a frazzle by the everyday routine, and it will exercise other brain centers, nerves and muscles.

When you come home again you will find that these newly exercised brain centers and nerves are a storehouse of energy upon which you will draw for inspiration and strength in your everyday routine.

It is just exactly as if you had depleted all the storage batteries that run your electric bells, and yet you kept on insisting on trying to run those electric bells on the same old worn out batteries.

You can't do it. You have to give these batteries new ginger. Your only way to get new ginger is by exercising other batteries—other brain cells. Then when you come back you will find the energy from the newly charged cells flows through the old ones again and on into your daily routine.

It is true we have in us everything that is necessary to keep us healthy and successful. But this "everything"



is static, except as outside stimulus sets it in motion; and *only as it moves* do we feel the pleasurable sensations of health, happiness and success.

This means that you have to make connections between your soul and your environment, and you cannot keep the connections running on one set of little material stimuli. There must be a change of thought and action.

This is why drudgery kills people, and new thought saves them.

New thought gives them a new point of view, and stores new batteries. They *see* their work in a new light, and therefore get a new stimulus from it, a new connection, a new touch.

There is a limit to the capacity for routine and drudgery in every individual. This work limit varies in different people, of course. But the limit is somewhere in every human being. No person can recover from depletion without change of activity.

In other words, if you had to work at that farm work all day *and all night*, how long could you live? Only a few days. Your batteries would be completely exhausted, and you would cease to react at all. If you were working hard this way, day and night, you might last longer than your husband, or vice versa. The limit is different in each individual. But in *every* individual is the limit beyond which he cannot go and retain his body.

A Vacation A Day.

You have exhausted yourself so far that it is doubtful if you can react without giving yourself a physical change, to *relieve* your mind

that it may bound back again to its normal state; to permit your storage batteries to fill up again.

The person who lives normally takes most of his vacations in short periods *every day*. If you could pitch in and work hard at your routine for eight hours a day, and then hop into an automobile with your husband and skip off to the nearest city and hear a good opera or some delightful lecture on a subject that you want to know about, or go to a card party with a lot of friends, you could go on doing your routine work year in and year out without being depleted.

New thought people are quite apt to sneer at so-called "society" as frivolous. Social life is just as necessary and *life-giving* as useful work or a set of new thought lectures—*provided* it is sandwiched in between useful work and high thinking, instead of being pursued as a business in itself.

Social intercourse stimulates nerves and stores brain centers that are never touched or used in ordinary work or in communion with oneself or with books.

All sides of life should be cultivated, all sides should have exercise every day, or at least every few days.

Hire somebody to help, and both of you get away from the farm at frequent intervals, and get lost in something different.

Discouraged Desire.

Follow your desires into all sorts of new fields. Desire will guide you, unless you have silenced it under too much routine.

In that case you will have to "lay



EDITORIALS

BY ELIZABETH

for your desires" and gratify them as fast as they crop up, no matter how foolish the desires may seem. Keep on encouraging your desires by "laying for them" and gratifying them *all*. After a time they will come back again to normal functioning, and will be infallible guides to what is best for you and yours, best for your self-development.

And the development of self is all you can give to the world—every developed soul radiates life and inspiration to others.

Discontent and bad temper are simply *discouraged desires*—desires squelched until at last they are cross and sulky.

You just make your business to lay for your desires and gratify them as fast as they come up, no matter how whimsical or expensive they seem, and you will quickly find your equilibrium again.

Drop the work—leave the beds unmade, and the dishes unwashed, and the meals uncooked—let your husband get his own meals or go without—live on baker's bread—or on boiled wheat and milk and syrup. Nothing more wholesome than the latter, by the way. Cut your work down, and *make* time to get away on some kind of a vacation. If it is truly impossible to go away for a month, then take a vacation every other day or take one whole day a week, and several hour-vacations *every* day. Let go and rest there, and let your giving out come in answer to desire, all in new directions. Reduce your farm work to an absolute minimum for a while, no matter what people think or how things look.

This is not impractical nonsense, dearie, it is the most important thing in the world to you, and to your husband, and to everybody whose life your life touches. Do it.

You cannot make high thinking take the place of change of activities, except in a *very* limited degree, and for a short time.

High thinking *with soul in it* is dependent upon right physical stimulus, and all-around high thinking of the educational sort you want is dependent upon all-around physical activity, all-around physical touch with the whole world about you.

There must be an interchange of ideas between your world and your soul.

Making the Man of Tomorrow.

The keynote of this number of *The Nautilus* is Making the Man of Tomorrow. Read Thomas Dreier's article of that name. Read the personal sketches about Mrs. Young and Mrs. Parsons.

The Stout Institute and Mrs. Young and Mrs. Parsons are three forces out of thousands that are working together these days to make the man of tomorrow a much better product than the man of today. We give you these as eminent examples, not as the only ones of their kind—splendid examples of people who have really got hold of the problem of developing the boy and the girl each according to individual special capacities.

Mrs. Young wields a tremendous influence over the lives of the three hundred thousand children of Chicago.



One of the most splendid things she has done for them is to replace a dead study with a live one about the city of Chicago itself. The children are learning sociology by practical observation and experiment. Then she is emphasizing the industrial and art sides of life without in the least relieving the emphasis on the three R's. Under her direction six thousand teachers are training three hundred thousand pupils to make their mark in the world in which they live.

And the world is beating a path to her door.

At the last convention of the National Education Association in Boston Mrs. Young was elected president of that association on this platform: "*We are presenting her not as a woman but as the best human being for the presidency of this association.*"

So Mrs. Young's ideas and influence will go on through the N. E. A. to every public school in the United States. We are in the midst of a sunrise of practical idealism. The public schools under Mrs. Young are a great force which makes for true socialism.

And here and there over the country are many other private schools which are working for the same ends. Such is the Stout Institute which makes teachers that make the man and woman of tomorrow.

Just one generation of children trained according to Mrs. Young's vision, and we shall have the full Millennial Day. Think of that!

Nautilus is too small for us to attempt to even enumerate the schools that are working out this problem. But by way of supplementary reading on this line turn to some of the articles in the cur-

rent magazines. Read "Boy Power Applied" and "The Woman of Tomorrow" in *Everybody's* for August; and "A Fighting Chance for the City Child" in *Hampton's* for August; "The Public Play Ground Movement," August *Progress Magazine*; and "Vacant Lot Gardening in Chicago," in August *Physical Culture*. There is a good article on "Deep Breathing as an Aid in Strength Building" in the same magazine.

What You Can Do.

Read all these things and get enthused with the spirit which is making the man and woman of tomorrow. Look into the schools in your own city. Use your power to wipe politics out of school affairs, to see that the best superintendent of schools obtainable is secured, and that he is made responsible for the entire school or schools and given a free hand in the selection and management of teachers. See that he is a man in line with Ella Flagg Young and Mrs. Parsons, and the Stout Institute, a man who is devoted to the highest ideals and who loves children. The key in your city is the superintendent of schools. Get the best you can possibly afford.

See that you have public playgrounds in your city or town, with the right kind of playmasters to direct the children.

See that you have a Boys' Club to supply the heart-side and the art-side of training to the children of squalid homes.

See that your schoolhouses are put to good use as civic centers where the parents may meet and learn as the chil-



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dren do. Use your schools at night as neighborhood club houses, as many of the eastern cities and towns are doing; as the New England country villages have always done.

Ask the Spirit what *you* can do. *Help* the schools and the playgrounds and the Boys' Club, instead of standing off and criticizing. See that you don't neglect your social duties for your home!

Ask the One Spirit what *you* can do to make the world One in social body as it is in spirit. Keep on asking until you receive the answer. Then, if at first you don't succeed, try, try again!

Now let's all pull together for the Millennium.

And This!

In order to have right schools you must have right politics. There is no way around this. Corrupt politics means corruption on the school board, a superintendent whose allegiance is owned by the book concerns and his own private aims.

This means that the city superintendent is either owned by the school board, and the teachers are appointed through personal preference, or else he is continually at war with the school board over the board's appointment of incompetent teachers. In either event there is no peace and no progress for the schools.

There is just one thing at the bottom of all the political deals in this country, and that is *bi-party politics*. The two parties combine, elect some of the officers from each party, and the Republicans shut their eyes to the grafting of the Democrats, and vice versa. Then

all the petty offices are filled by private pull. Incompetents or worse are put into office for the number of friendly votes they can bring. Others are put in or kept in because they know too much to be turned out. And from the top to the bottom little is considered except petty pulls and private profit.

The office holders are not working for the people but for themselves. They couldn't get their graft except for the bi-party arrangement so of course they work for the machine. This means that they help every other officer and appointee to get what he wants out of the public crib.

The bi-party political machine is a school for the turning out of public pick-pockets. Even an honorable man will be corrupted to a certain extent by such politics. If he doesn't pull and be pulled on money he does it on friendship, and he deliberately winks while his neighbors waste the public funds in a way that no man would waste them if the public business were his own private affair. If he doesn't graft himself he winks at it in the other members of the machine.

The Cure.

The only cure for this is Publicity. And there can be no real publicity as long as there are party primaries where the deals are made. We must have all officers elected at large and no ward politics. And we must have the referendum and recall.

For the United States Government we must have senators elected directly by the people, no government elections at the same time as state elections, and


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we must have public nominations.

Everything must be done openly and above board, every candidate must be thoroughly well advertised so that the people may know for whom they are voting, and every candidate must be publicly pledged for the right measures. Given these requisites and you may depend that the voice of the people is the voice of God.

The right man will get into office and he will work for the right measures. Only by eliminating the intermediaries between the people and the candidate can the candidate be made to realize *that he is working for the people*, that he gets his pay from the people.

Here's to publicity that will burn out craft and graft!

As supplementary reading on these lines read: "Ask Your Congressman" in August *Everybody's*; "The Crime of the Pork Barrel," in August *World's Work*; "Scientific Corruption of Politics" in June *Hampton's*; "What Are You Going to Do About It," and "A Remedy for Machine Politics" in August *Cosmopolitan*.

By way of an interesting sidelight read "The City That Taxes Things as They Are" in *World's Work* for August.

As another sidelight on the woman's suffrage question, read "The Case of Mrs. John Smith of London" by Winifred Black in August *Cosmopolitan*.

And then if you want a little fiction to relieve so much fact turn to Jack London's "The Heathen" in August *Everybody's*. By the way, the most delightful serial I have read in some time is "A Successful Wife" in the same magazine.

Gay Paris.

We ascended the Eiffel Tower in Paris. Unless you get hold of just the right kind of picture and study it carefully you have no conception how the height of this tower dominates the whole country. If you have steady nerves you can afford to go up to the top and look off. Paris lies all around you at your feet, her tallest buildings dwarfed into insignificance, her moving people mere ants, her wonderful Seine a curving drab ribbon slotted with many beautiful stone bridges.

Paris is a walled city. There are thirty-eight miles of masonry surrounding her, still in use. Three million people live inside these walls, and there is no entrance or exit except through the guarded gates.

Just outside the walls on the west runs the magnificent boulevard, the Bois de Boulogne. On the east side the old moat still shows, the bed of which is now used for drill grounds. No structures of stone or brick are allowed within sixteen hundred feet of the walls of Paris. The moat and walls of course are useless for purposes of defense. They can never be of service again to protect the city from invasion.

What to do with this sixteen hundred foot strip of land all around the city is the question. They are planning to run a magnificent boulevard entirely around the city, and perhaps the expense of making this will be met or partially met by selling off the balance of the sixteen hundred foot strip. They want a curved boulevard thirty-eight miles long, a magnificent boulevard like the Bois.

On the east side of the city now stands



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innumerable little wooden houses where the million or two poor people live. A guide told us that outside the walls of Paris, crowded as close to the line as possible, built solidly, there are the homes of three million people. So if the Paris wall were done away with Paris would be a solid city of six million people, as large as London, and covering much less territory. Only the three million people count who are crowded inside the walls.

The only use now made of the walls is to keep people from smuggling in taxable goods. When we started for the forest and palace of Fontainebleau, in the big American Express Company's touring limousine, we were halted at the gates and our gasoline measured. When we came in again at night we were again halted and our gasoline measured. We asked the courier about it and he said that for every extra gallon of gasoline that they brought into the city they had to pay twenty cents.

Things which are brought into Paris are all heavily taxed, and these taxes go to keep up the wonderful old city. We found that we could buy French things in Brussels at from twenty per cent to forty per cent less than in Paris itself. Brussels was the finest shopping city we found anywhere on the continent, the nicest shops, the Frenchiest things, at the most reasonable prices.

Trees in Europe.

There are splendid trees in Paris and around it, the big horse-chestnut predominating. And they have a funny fashion over there of cutting back their trees in the country

every year so that in the spring you see only the great stub sticking up out of the ground eight or ten feet with a big knotty place on the top of it. Out of this knotty knob spring a hundred or so shoots which are allowed to grow all summer and perhaps until the next spring. Then they are all cut off again and used for fagots, or possibly for some other purpose which we did not discover. The trees have a queer dwarfed look, but I surmise that in a closely settled country it is necessary to cut the trees back like this in order to allow the sunshine necessary for the crops. It is likewise necessary to use every shoot for some special purpose. The American who has seen France must find his heart bleeding at the waste of trees which goes on in America. We saw large trees in France but nothing wonderful. And everybody kept telling us that in the forest of Fontainebleau we would see marvelous trees, giants. But when we got to the forest itself they told us that in order to see the giant trees we would have to stay over and walk way back into the depths of the forest.

As it was, we saw no trees in France nor in any other country we visited which began to compare with the wonderful trees in America. The largest we saw over there would look like saplings beside the redwoods of California, or the firs of Oregon. And the wonderful old English elms proved to be not nearly so large or graceful as the elms of New England, which sprang from them. English elms are very old and gnarly. The English are proud of the "artistic shapes" of their elms. To us many of them look grotesque.



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Fontainebleau. The palace of Fontainebleau is thirty-eight miles from the gates of Paris, and the road runs as the crow flies. Nearly half the way we ran over those fierce stone blocks that are as bad as cobblestones or corduroy. But tall trees shaded the way on either side, and in spots there were two rows on each side. The fields and pastures were green, the houses quaint, pink-roofed and neat. But none of the land has the thrifty, rich, well-nurtured look that England bears. Rural France is comparatively poor.

We passed through miles of the sort of land which you see pictured in Millet's "The Angelus," and "The Gleaners."

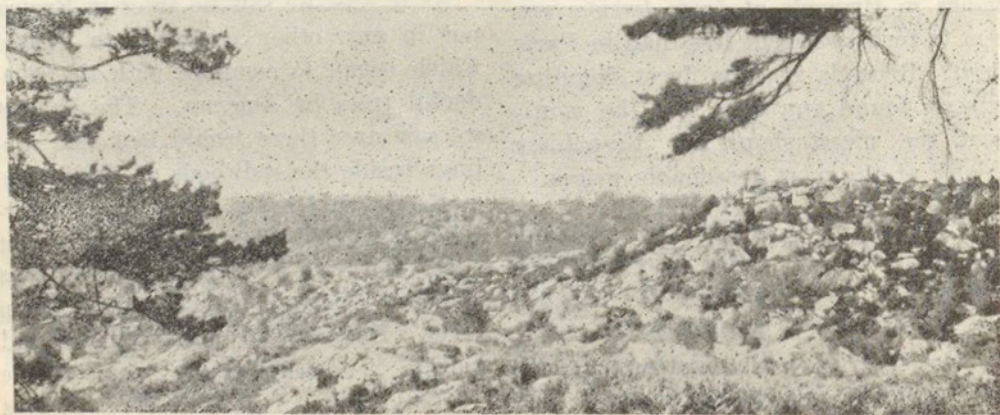
And we came to the little town of Barbizon which was the rendezvous of Millet, Corot and their cronies, designated in the history of art as the Barbizon school. We saw the very scenes immortalized in their paintings. We saw some of their homes in the little town. We saw the wonderful trees, the lakes, rocks, the grotesque things, the plains,

the hills, and the same stolid laborers that are forever immortalized in the art of these Barbizon painters. Many of the paintings themselves we saw in the Louvre, and in the other galleries of Europe and England.

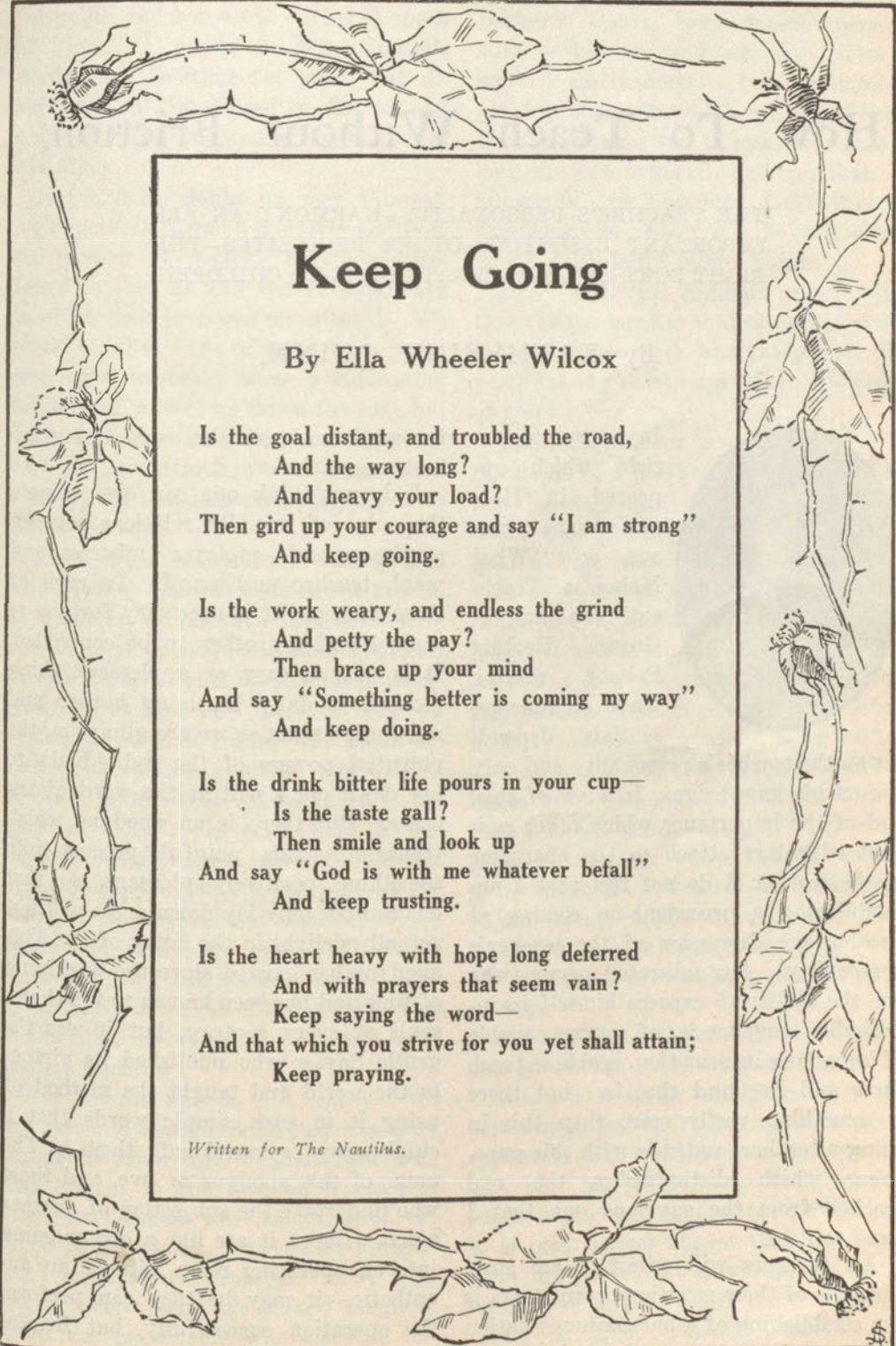
Barbizon. Barbizon stands out as the most attractive and typical French town which we saw. No wonder the great painters made it their rendezvous. It is situated in the very heart of the Fontainebleau forest, and even in our hasty trip through we saw more quaint, beautiful and curious bits of landscape, water-scape, and treescape than in the same amount of territory anywhere else.

One of the quaint things there is the twin tree, or "the charmed tree." Two trees of different kinds growing side by side, a branch of one tree having grown entirely *through* the trunk of the other. The limb which passes through that tree and out at the other side *bears leaves of both kinds of trees*. We did not see this curious twin tree but we brought home a picture of it.

In one direction is a curious rocky canon, a small picture of which appears in this number of *The Nautilus*. The trees are very old and gnarled, and charming roads wind away on every hand.



Les Gorges d' Apremont, in the Forest of Fontainebleau.



Keep Going

By Ella Wheeler Wilcox

Is the goal distant, and troubled the road,
And the way long?
And heavy your load?
Then gird up your courage and say "I am strong"
And keep going.

Is the work weary, and endless the grind
And petty the pay?
Then brace up your mind
And say "Something better is coming my way"
And keep doing.

Is the drink bitter life pours in your cup—
Is the taste gall?
Then smile and look up
And say "God is with me whatever befall"
And keep trusting.

Is the heart heavy with hope long deferred
And with prayers that seem vain?
Keep saying the word—
And that which you strive for you yet shall attain;
Keep praying.

Written for The Nautilus.

How To Teach Without Friction.

THE TEACHER'S PERSONALITY—HARMONY AN ALL-IMPORTANT ESSENTIAL—OTHER REQUISITES—THE RIGHT SORT OF LOVE—WHAT GOD IS TO CHILDREN.

By KATHERINE QUINN.



In a very able article which appeared in Harper's some years ago on "What Makes a Teacher" the author, George Herbert Palmer, made three or four essentials depend-

ent on the teacher's personality and only one on his knowledge. In view of this, and of the importance which other eminent educators attach to the character of the teacher, I do not feel that I am establishing a precedent in coming at once to the discussion of the teacher's personality. Any educated person who has the ability to express himself in intelligible language is, of course, capable of imparting information, is able to teach facts and expound theories; but there is something vastly more than this in being a teacher, and it is with this something which distinguishes the real teacher from the spurious one that I have to deal.

All teachers will admit, I am sure, that one of their most important tasks is the establishing of a harmonious relation between themselves and their young charges. As order is the first condition

for good work, so also is harmony the first essential.

I do not think one can overestimate the value of friendly relations between employer and employee, mistress and maid, teacher and pupil. In each of these relations it is necessary for one to control and the other to be controlled. It is not an easy or a pleasant thing (and it is daily becoming harder and more unpleasant as we are glimpsing the potential powers of the individual) to lay down one's will at the word of another. But there is an anodyne which transmutes this painful process into something positively pleasant, so that one can not only lay down one's will but actually delight in the doing of it. This anodyne has existed since the beginning of time and has been known to the choice souls of every century, but it was the gentle Savior who published its virtues to the world and taught the method of using it in such simple words that a child may comprehend them. The name of this anodyne is love, and those who undertake the subjection of another spirit without it are like a doctor going into an operating room without an anæsthetic,—it may be they can perform the operation successfully, but fearful pain will result.

I do not believe any teacher deserves

the name of educator who does not love her pupils and her work. When I speak of "love" I mean, in Mrs. Towne's words, not "sentimental gush, but divine emotion," and used in this sense I consider it an indispensable factor in education.

It would no doubt be very interesting to go back through our lives and note the number of persons who have professed to love us and the various ways in which their love was manifested. We would see that some of them were insincere, some unstable, some well-meaning but unwise, and so on down the list; but I am sure we would find that in every case the love which was of help to us was love for that imperishable part of us called the soul.

There is a great deal of so-called love which leaves a brown taste in the mouth. It is like an intoxicant which gives us a few hours of pleasure and then abandons us to a dejected and disillusioned awakening. But now and then on the road of life we meet a friend who looks beneath our surface qualities and discovers that in the heart of us there is the germ of a god. In some dark corner of our being, buried perhaps beneath accumulations of debris, there glows the spark of aspiration, and the real friend tends and feeds this spark till it has grown into a light great enough to disclose to us our wonderful destiny. This is the kind of love that wins our everlasting gratitude.

For we are spirits, not bodies. We are sons and daughters of God who have wandered from our Father's dwelling and hidden in the deepest recesses of our consciousness are memories of the home we have left. We are ever hungering for the heavenly manna. If we were not of noble birth, we should laugh to scorn the messengers who come to tell us of our heritage, but in our hearts we know we are divine, and when they come

to us, speaking the language of our Father's Court, some latent memory stirs within us and we cry "Yes, I know I am immortal. I know there is nothing on earth which can satisfy my craving because the things for which I long are not material, but spiritual. I hunger for the Kingdom of God and its righteousness. Show me the way hence and I will gladly follow you."

It is with this hidden, interior life that the teacher has to deal and in order to come to her work with the proper dispositions she must be a "born discerner of spirits."

The ideal teacher is not given to admirations of a particular sort. She does not "adore" dark eyes and dislike blue ones. She does not go into raptures over golden hair and look with indifferent eyes on locks of brown. She does not lavish her attentions on her brightest, most vivacious pupils and leave the backward ones to shrink still farther into their shells. She does not shiver when a dirty child approaches her; rather she attracts it and tries to teach it cleanliness by allowing it to note the difference between her immaculate attire and its soiled raiment. In short, she is not hyper-critical, but is made up so entirely of admirations that no matter how poor or insignificant a child may be she can discover some present or potential good in him.

She has amity for all sorts of persons and praise for every kind of loveliness.

There is a large unselfishness about her which makes her delight in good wherever she beholds it. Her pupils love her, but they never look to her for a particular or exclusive affection. It is part of her charm that she loves them all,—loves all goodness, all heroism, all beauty, all truth.

She is firm, constant, self-poised, "wise as a serpent, tender as a dove." Children cannot apprehend the nature

of God. To tell them that He is eternal and unchangeable, all-wise, powerful and loving adds but little to their conception of Him. But they sense Him through the characters of the noble men and women they meet. And when they come into daily contact with a nature sane and sweet, in which there is neither dissimulation nor fear, they feel behind that personality a strength which whispers to them of the Infinite. Nothing I have seen in the natural world nor any argument advanced by any thologian speaks to me so convincingly of the existence of God as do the characters of the best men and women I have known. For how could their lives be so heroic, unselfish, and God-like if they were not fed by a source divine?

Children love the temperamental virtues. They have as yet no passions and no appreciation of self-control per se. Other things being equal, a child might love a glutton or a libertine quite as well as an ascetic or a saint. They have but little mind, and accordingly but little appreciation of mental power, though they may be susceptible to mental charm. They are almost entirely heart and soul and they love the qualities which are the outcome of development

along these lines. Dignity awes, but cannot subjugate them; in fact, they give their hearts into the keeping of none save those who have preserved the secret of youth inviolate and who by its aid are enabled to return at will to the enchanted kingdom they have outgrown.

Unless you are some such person as I have described, you will never be in the fullest sense a teacher. You may win wealth and fame in other lines of endeavor and reap a goodly harvest of material blessings, but the schoolroom will never yield you a harvest of hearts. If you have no love for souls; if it is no joy to you to watch a character grow from glory unto glory; if you do not believe that in each of us there is an immortal part and that it is only as life ministers unto the growth of that part that it becomes significant, then your calling is not to teach. But granted that you have these qualities, then the schoolroom may be to you a little kingdom in which you can rule joyously and with benefit to yourself and your youthful subjects.

In my next paper I shall talk of government and explain some principles which my own experience has proved true.

(To be Continued.)

*Joy is a duty;—so with golden lore
The Hebrew Rabbis taught in days of yore;
And happy hearts heard in their speech
Almost the highest wisdom man can reach.*

*But one bright peak still rises far above!
And there the master stands whose name is love,
Saying to those whom heavy tasks employ,
Life is divine when duty is a joy.*

—*Anonymous.*

The Psychology of the Solar Plexus.

SEEKING UNFOLDMENT—UNDERSTANDING THE
LAW OF OUR OWN BEING—ENERGY A PART OF THE
INFINITE SOURCE—UNCONSCIOUS COSMIC UNION—
THE SOLAR PLEXUS THE CENTER OF THE SYMPA-
THETIC NERVOUS SYSTEM.

By JULIA SETON SEARS, M. D.

PART I.



There are many ways in which the human mind seeks knowledge, but no matter what pathway it chooses, it comes in the end to the finished product of its search, viz: the unfoldment of a perfected harmo-

nious Self-hood.

There are many people who seek unfoldment along the lines of scientific research, and many who seek it along the lines of philosophy; and then again, there are those to whom all life is simply a system of religion and worship. These lines of research all add their mite to the sum total of wisdom, but often after these things have been fully exhausted, we find that there are many things latent within the consciousness which have not yet been answered; we are unsatisfied, and do what we will, the mind remains disquieted and incomplete in its connections until it is linked with the unfathomed laws of the psychology within itself.

Science, from the plane of Science, is wonderful, and fascinates us with its

far-reaching laws of material relationships. Philosophy, from the level of philosophy, is fascinating also, and leads us through a labyrinth of conclusions and deductions more or less purposeful, but after a while all these conclusions connect us with other lines of consciousness which they reveal but do not interpret; and we find that after the last word of science, philosophy and religion have been said, there still appear levels of mental and spiritual expression which have not been included.

Looking at life, then, from the inclusion of a larger spiritual perception, we find that in order to build sublime and lasting interpretations which will stand the test of time, the human mind is called upon to interpret life not alone as a science, philosophy, or even a religion, but in all these ways linked together psychologically, giving the race the example of life as an art.

We cannot know life as an art until we know and include in our conclusions, the action of every phase of human consciousness, both seen and unseen; and then, through higher scientific and philosophical training, based upon finer psychiatry, the race can come into larger methods for human progress, and

through these methods eradicate sin, sickness, poverty and lack of every nature.

In order to know these finer laws of relationship, we must understand not only our own being, but the laws of the universe in which we live. The energy which operates the physical human form is derived from and is a part of the Infinite Source; it is eternally existent as Universal Intelligence. This Intelligence creates and manifests form, in the world of substance around it, in just the degree of harmony and power that the human instrument is attuned to transmit Creative spiritual impulses.

Unless all the states of consciousness and their corresponding cell centers are correlated in perfect at-one-ment, the thing called *life* must take on a perverted form.

New thought recognizes two distinct centers in the physical body through which this Infinite Intelligence manifests, and through these centers the whole physical phenomena of human consciousness is brought about.

Through these two centers we are related first to our source of intelligence, and second, to our environment, and through these centers we also receive, generate and send out thought force, which, embodied in form, becomes the body and the environment.

These centers should normally act together; they have unconscious Cosmic union, and when not broken in their normal chain of functioning, will faithfully perform their work, demanding no attention from us; but to those who have drifted into false plays of consciousness, and broken their own normal union, through negative thinking and destructive acting, they become points of great disturbance, and unless they are regulated and passed back to normal, the result is disorder of body and lasting disease of the mind.

One of these centers is called the brain and the cerebro-spinal system of nerves; the other is known as the solar plexus, or abdominal brain, and the sympathetic system of nerves.

These centers with their connecting nerve fibres, make the physical mechanism for the manifestation of human consciousness or mind. A prolonged break in normal consciousness is followed with a break in the functioning of this chain of physical nerves and centers; and any break in the connecting centers of these systems brings about a corresponding interference in the normal expression of the mind, and thus a vicious cycle is established and maintained, and in order to again move the physical mind and body at its normal expression of health, the union of these psycho-physical nerve centers must be re-established.

The human brain with its system of nerves, is the point of connection between man and the external world of things, and it is with these that we operate our daily affairs. We have physical touch, taste, smell, sensation and motion through these avenues, and without them we would be useless. Children have been born and lived a year without a brain or spinal cord, but they were idiots simply because there were no centers through which normal human consciousness could manifest.

The human brain is the receiving station through which the Ego directs physical action, and the physical body can no more act without it than a piano or violin can play without a player. All conscious life is simply motor response to sensory stimulus, and this stimulus is being received both from within and from without.

The physical brain is filled with idea centers through which intelligence is active, and with these centers intact, we are fit instruments to register all sensation

from without, and all emotion, illumination and revelation from within.

In order to understand inner impulses, we must be familiar with the function of the center from which they arise; this center is the solar plexus or abdominal brain, and the sensations are transmitted through its intricate system of ganglions and nerves.

The solar plexus is a large collection of nerve cells, and it forms the great center of nerve-generating energy for the sympathetic nervous system. It is situated at the middle of the upper border of the pancreas. It surrounds the coeliac axis and root of the superior mesenteric artery, extending downward as low as the pancreas and outward to the suprarenal capsules.

The solar plexus is whitish gray in coloring, very much fenestrated and flattened in form, and is attached to the second and third sacral nerves of the cerebro-spinal system.

The nervous system accompanying the

solar plexus is a series of other smaller ganglion, connected by intervening cords and extends from the base of the skull to the coccyx, on each side of the middle line of the body, partly in front and partly on each side of the spinal column. The communication between the nerves of the sympathetic centers and the cerebro-spinal system is accomplished by each system throwing out fine nerve tendrils, some passing from the sympathetic to the cerebro-spinal, and from the cerebro-spinal to the sympathetic; and in this way a double exchange takes place between the two systems.

The point of entrance for the life energy into the physical body is through the solar plexus, and it is transmitted over its nerve fibers to the cerebro-spinal nerves through the physical tissues; and while it is in fluidic solution in the body, it brings about the functions called life and consciousness.

(To be Continued.)

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Folly.

BY JULIA S. NICHOLS.

All the world seems thinking, John,
Of reform a-thinking;
Yet the world is winking, John,
Over sin is winking;
And the world is writing, John,
Of its plan is writing,
While the world is fighting, John,
With its self is fighting.

All the world is racing, John,
With its self is racing;
Hence the world is chasing, John,
Foolish phantoms chasing;
All the world is weeping, John,
Over sorrows weeping,
While it should be sweeping, John,
Mortal errors sweeping.

All the world is sighing, John,
Sad of heart and sighing;
Hence the world is dying, John,
Fearing death and dying;
But when we've grown jolly, John,
Pure and wise and jolly,
Then we'll lose our folly, John,
Lose our fear and folly.

Low Down.

By FRED G. KAESSMANN.

Greeting! Yes, we are with you. You can depend upon our help. Elizabeth has more practical wrinkles up her sleeve than you can shake a stick at. She has been through the mill—and—having eyes—she saw.

However, to return: Find a vulnerable spot! Realize what "point of contact" means? Have you learned to concentrate your attack? Know now what "cut in" really means? No? Well, cheer up. You will learn soon. Hammer away harder. Keep hammering away. Only a matter of time. You are sure to win. So much is certain. May take time—but time, as Ben Franklin says, "is the stuff life is made of."

Effort levels the biggest hills, bores the longest of tunnels, builds the highest skyscrapers—**PRODUCES THE GRANDEST CHARACTERS.**

RIGHT effort.

Persisted in.

Just keep your eyes and mind open—and plug away.

Should you strike a snag—should results fail to come—STOP. Reason it out with yourself. Ascertain the trouble. "There's a reason." Having learned the trouble, rectify it—then forge ahead.

They tell of an Italian tunnel in which men could live—but in which dogs in-

variably died. It was mystifying and sad. "Must be something in the air that does not agree with the dogs" said the wise ones. True—could not be any truer. Why they did not find out WHAT this something was—is not so easy of comprehension. The same with you. You will see your hopes of a grand character dissipated if, when you strike an obstruction, you fail to learn the nature of that obstruction. You MUST learn the WHAT and the WHY of things.

What's that? Why did the men live and the dogs die? A wiser man than the wise ones aforementioned said, "The breath exhaled by men contains carbonic acid gas. This is heavier than air and sinks to the ground. It seems there is a current of air which constantly replenishes the upper air here, but this same current fails to sweep out the lower parts. Consequently, we find a lower atmosphere heavily laden with the poisonous carbonic acid gas. The dogs, not having the height of men, breathe this poison—and die. Should a man lie down on the ground, he would die just as surely."

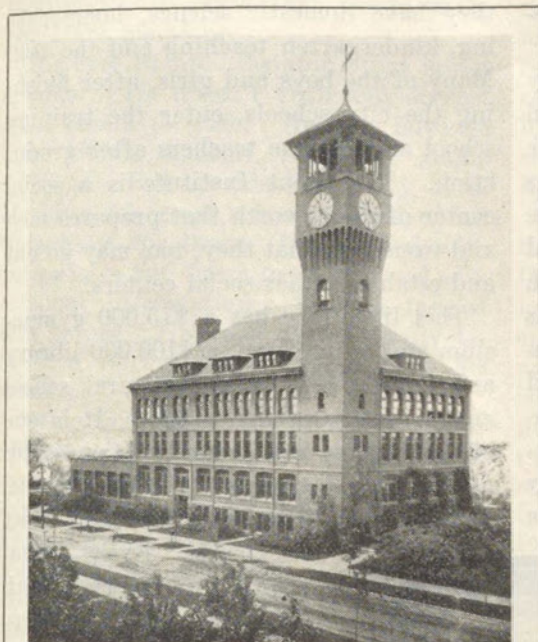
This shows a pretty moral. Like morals?

Pretty good stuff—when ACTED upon.

Good luck to you.

Help Progress and Progress will help you.

—H. B. Ash says he gathers that motto from *The Nautilus*.



Stout Institute

Do you know, I really am not much in sympathy with those folks who chant paens of praise to the unselfishness of millionaires who use their wealth for the good of society instead of investing it in all that constitutes for them a short life and a merry one. The reason the millionaire invests his money in that which benefits society is because it gives him pleasure to invest it that way. If he could be persuaded that money spent on wine, women and song would yield him more pleasure, he would not hesitate to spend it on them. Analyze this honestly and get its truth.

Now, there is James H. Stout. When the bottom dropped out of the lumber industry in his section of Wisconsin he might have stored his wealth in a vault under his home at Menomonie. Like a good business man he re-invested it. He kept it working. Out of his income he spends tens of thousands in personal pleasure. He has one of the greatest and one of the most expensive and one of the most fascinating hobbies in the

Making the Man of Tomorrow

By Thomas Dreier

world. In indulging himself he goes the limit. His hobby is of the limousine and not of the runabout variety.

His hobby, I must tell you, is education. He has made possible that wonderfully efficient school known as the Stout Institute. He has made Menomonie, a little city of six thousand souls, on the North-western line, eighty-four miles from St. Paul, the Mecca toward which

educators everywhere turn their heads. Here boys and girls are taught to work with head, hand and heart. One great building houses the Stout Institute which is a training school for teachers, and right next to it is the city school building, which houses the high school and the many grades down to the kindergarten in the sunshiny basement.

Here boys learn manual training in connection with their academic work. They learn how to make things. They sense the joy of liberating creative energy. All boys want to make things. And the school which does not gratify that desire for self-expression in doing things is the wrong kind of a school. Lack of wise self-expression does not result in self-repression but in unwise self-expression. If the natural channel of a stream is dammed up by us, what right have we to damn the stream because it overflows its banks and wets all our kindling wood in the basement. Animal spirits not directed into creative channels will break out in destruction. Hood-

lumism comes from good energy misdirected.

And so I say, up in Menomonie they are teaching boys how to do useful things. They are giving boys a chance to choose a trade. If the boy decides upon a trade he would like to follow, he may elect work in the Stout trade school during the last two years of his high school course. Graduates from this trade school have gone out and done infinitely better work than men who had worked at the trade for years. The reason is, the Stout men are trained scientifically. They learn reasons why. They look for the cause which will produce a desired effect.

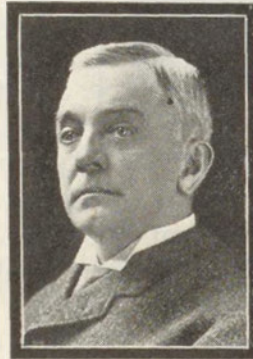
Cax Holmes and I were talking just the other day about industrial education. He cited his own experience to illustrate the wisdom of learning the principles which underlie all trades. He once applied for a position as superintendent of printing for a big institution. There were forty applicants. Cax got the place because he knew the science back of the art of mixing colors. He had gone to Paris for the special purpose of working with artists and learning how to mix colors. Thus, when he desired a certain color of ink for a special job, he knew that forty per cent of one, ten per cent of another, and fifty per cent of a third would produce the desired effect. The untrained man would simply have to experiment until he secured what he desired. Cax did his like a trained man. And—well, you remember that famous advertising line, "Send for Murphy, he knows."

So, in Menomonie they teach wood-working, blacksmithing, plumbing, cabinet-making, mechanical drawing, designing, and a score of other things, to the boys. For the girls there is the same training if they wish it, but in addition

they have domestic science, home-making, kindergarten teaching and the rest. Many of the boys and girls, after finishing the city schools, enter the training school and become teachers after graduation. The Stout Institute is a social center of great worth that prepares men and women so that they, too, may go out and establish other social centers.

This little city has a \$75,000 gymnasium and natatorium, a \$100,000 library and auditorium, an agricultural school and a county normal school. It is one of the biggest little cities in the world. My vagabond journey to Menomonie, Dunn county, Wisconsin, was the richest

I ever made. Every vagabond will find it rich with good things. And a vagabond, you know, is one who in wandering around finds the best in persons, institutions and cities. Menomonie has much that is "best." Go and talk with Senator Stout, Superintendent Harvey, G. L. Bowman, C. F. Niles—the latter is a combination of Robert Louis Stevenson and



Senator Stout

Ralph Waldo Emerson. Let John Wilcox back you into a corner and fill you with ginger. Let Martin and Francis unfold for you the beauties of Wilson Creek. Go to Menomonie to scoff if you want to. You'll leave with a desire to remain and worship.

And what is the latest news from this Athens of today? I'll tell you. A few months ago I was sitting quietly and inoffensively in a Pullman car on a western road when I was commanded to tell all about myself, good, bad and indifferent. I took the blow calmly and waited until my inquisitor was seated opposite me. "Sure, I'll tell you," I answered, "But"—and here I winked at myself—"before I do that won't you tell me, Mr. Stout, what's the latest news from Stout

Institute." I knew that would make him leave me alone.

His eyes lit up. Senator Stout is not a talker. He doesn't gush and doesn't want others to gush. He is a business man, silent, efficient, farseeing, gentle and just. But he rides his hobby hard. He loves his great schools. Most of his thought is for them. He is filled with enthusiasm and has a great fund of educational information. I have tapped him before. He knew I was vitally interested in his proposition and in his dreams.

"Our next step is to establish a maternity school," he said. "A while ago we established a home-maker's course. Girls were trained for life in the home. They learned how to do housework—real practical, everyday, scientific housework. The course was a success from the start. We emphasized the dignity of housework, showing that the preparation of nutritious food is one of the greatest tasks in the world. We taught the girls how to change a mere house into a real home—a place where folks would love to live. There should be a thousand of those schools—every city should have one.

"And we have now come to the next step. We are about to teach girls how to become true mothers. We are preparing to better the men of tomorrow. To educate the children of today properly we should commence with their grandparents. We cannot do that. But we can do the next best thing and that is to educate the mothers of the men of tomorrow. Than motherhood there is

nothing more sacred—nothing that is more divine—nothing that deserves more care. Men and women must be made to see it as it really is and not as it is seen by the masses of today. On this we need education. The public needs more light."

In this school girls will be taught what the Greeks made part of their religion—the sacredness of their bodies. They will learn that the body is the home of this spiritual force which some call the soul, and that a great soul cannot express itself perfectly in an unclean, unhealthy, ill-formed body. They will learn to free themselves of the fetish of false modesty, and they will see that their whole body is sacred and that every part is prepared for natural use. They will see that perfect children can be produced only by perfect parents and that no wise girl should select as the father of her children a man who has gone the pace. They will be given scientific reasons why they should select a clean, healthy, mentally-rich husband. They will be told the truth, the reasons why it is the truth. Then it is up to them.

My paragraph cannot tell you all about this great institution built by Mr. Stout because it pleases him to help society evolve to a higher plane. But this may prompt you to visit the place for yourself. A knowledge of the work being done, the work that has been done, and the dreams for the future will make you mentally richer. It is always worth while to learn how a big man satisfies his selfish desires for pleasure by serving society. Senator Stout is a man who truly serves.



The Wood Lathe Room at Stout Institute

Women Directors of the Men of Tomorrow

ELLA FLAGG YOUNG

By LUCY B. JEROME.



Mrs. Ella Flagg Young

Mrs. Ella Flagg Young of Chicago is the woman who has established a precedent in that city. She is the first woman to be unanimously appointed superintendent of the public school system in Chicago, and she receives the satisfactory salary of \$10,000 a year. Although five men of recognized ability were her rivals for the position, the undeniable excellence and originality of Mrs. Young's educational ideas, outlined in a two hours' speech before the fifteen members of the Board of Education, won her a unanimous vote. Her broad grasp of educational affairs, keen insight into the school systems' needs, her tact and the impression of sterling, undaunted power which emanates from her, led President Harper of the Chicago University, always a strong opponent to the appointing of women to important posts, to view her work and personality with large respect, and finally to acknowledge her as one of the finest educators of the day.

Mrs. Young's life work began when, as a girl of seventeen, she entered Chicago's school department as a teacher on the modest salary of \$25 a month. Working her way steadily upward, she

passed from grade to grade till she reached the position of district superintendent of schools which she held for twelve years. Some years later, the degree of doctor of philosophy was bestowed on her by the University of Chicago, and she was made a professor of pedagogy in that institution. In 1905 she was made head of the Chicago Normal School, which position she held up to the time of her present appointment.

A characteristic incident in connection with her degree of Ph. D., is related. When President Harper offered her a full professorship in the department of education, Mrs. Young declined, because she did not possess a doctor's degree. "Pshaw," said President Harper; "it's the woman, not the degree I want." Notwithstanding this high tribute both to her character and scholarship, Mrs. Young persisted in waiting till the degree had been granted. After it was gained, she occupied a professor's chair for six years. During her term of service, she introduced several innovations, delightful to the students, but looked upon askance by other instructors who were more conservative. One of these was the serving of tea and coffee to the students who met weekly at her house for recitations. When Mrs. Young asked President Harper how this appealed to him, he murmured plaintively: "Good idea! I only wish I had some of it," and remained her loyal friend and staunch supporter in all she did till his death.

Mrs. Young was born sixty-four years ago in Buffalo, but received her early

education in the Chicago public schools. In her long acquaintance with the department both as teacher and pupil she has acquired a personal knowledge of Illinois teachers that is unexampled. It is said that at one time, she knew every teacher in Chicago. In her present position, it is not her aim nor desire to introduce revolutionary methods. She desires only to make the Chicago school system the finest, broadest, possible. Whatever changes are instituted will be along the lines of the cutting out of useless "fads," of emphasizing the necessity for the extension of industrial training, and in giving rigorous attention to the simpler elementary branches. These declarations indicate the large and vital nature of the standard of excellence demanded. While giving herself almost wholly to her work, Mrs. Young is essentially feminine in her love of rare and beautiful objects. Her surroundings in her home show exquisite taste, but her dress, though elegant is marked by extreme simplicity. Her husband, William Young, died shortly after their marriage which was childless. As an example of true and tolerant womanhood in public life, Chicago's woman superintendent of public schools is a shining mark.

MRS. HENRY PARSONS

By LUCY B. JEROME.



Mrs. Henry Parsons
Henry Parsons of New York, has suc-

ceeded in making ten thousand New York children—little denizens of the tenement and factory districts—happy. She has done this by her system of child-farming; which means that in three-quarters of an acre of land allotted her by the city in De Witt Clinton Park, long used as a dumping ground, she has established 460 little farm plots, four by eight feet each, which, twice a year, 500 children plant with vegetables and flowers. Seven kinds of vegetables are planted—beans, onions, radishes, lettuce, beets, carrots, and usually, one stalk of corn. The children soon learn to be genuine little farmers, digging, watering, hoeing, sowing and cultivating with as much care and anxious consideration as if the crops of the nation depended on their efforts. The farms have been in working order for some years, and all crops obtained have gone toward reducing the food bill of the children's families and the consequent improvement of health conditions by the use of fresh, sweet vegetables straight from the soil.

To get a good look at Mrs. Parsons, is in itself an object lesson. Although close on her sixty-second birthday, her eyes, alive with interest, show that none of her energizing vitality has been sapped. She has not permitted it. She fairly radiates bracing, helpful, sunshiny thought. To hear her talk to her girl farmers is an inspiration which makes you long to be up and doing yourself. She urges, corrects, gets down on the farms to show how a thing should be done, reprimands, praises—and all in the breeziest and most cheerful manner imaginable. To watch her in the big garden with the youngsters of the neighborhood gathered about her, is to gain an insight into the sort of work she is doing; work, which almost more in the future than in the present, will show active and far-reaching results.

"I don't want these children to be mere farmers," Mrs. Parsons says. "I

want them to grow up into wide-awake men and women with a working knowledge of the big principles involved in big national questions. Right here in these tiny plots we enter into the questions of the uplift of the farmer, the good roads' problem and the preservation of the forests. Practical farming experience brings these things very close to the child; and there isn't one of them that isn't interested in them to the degree that he can illustrate what he is taught, on his farm."

As an outgrowth of the farm idea, the International Children's School Farm League has been formed, which, in turn has established a garden farm for little convalescents at the Bellevue Hospital, New York. A garden training class for teachers is in operation at the New York

University Summer School, and lectures in various cities and towns are being constantly delivered with the idea of extending the movement along broad lines. That the effects of all these things, are highly helpful in bettering the state of the children physically, esthetically and morally, is seen in the different medals and diplomas awarded Mrs. Parsons in recognition of her pioneer work. One of these medals is from the International Congress on Tuberculosis which convened in Washington last year, and which reads: "— in recognition of a beautiful work, wisely planned, successfully demonstrated and prolific in results." Many exhibits of the garden work have been made, and, on its broad catholic basis, the plan is spreading every year.

Uplifts.

BY STILLMAN F. KNEELAND.

Adversity is fortune's school,
It's lessons fill the air;
There's wisdom in the babbling brooks
And uplifts everywhere.

Disasters are but stepping-stones,
That span life's mystic streams,
Mere finger-posts to victory,
Or figments of our dreams.

The hand that bringeth sorrow,
Ofttimes a blessing brings;
The clouds that hover o'er us,
Are only angels' wings.

If God is God and right is right,
Though fools and cowards blame,
Stand in the glowing beacon light,
That ever shines the same.

If God is good and right is might,
We cannot suffer long;
Discount the final victory,
And lift your soul in song.

Your Habits and History.

OCCULT CONSCIOUSNESS AND STORED IDEAS—
HABIT MOLDS LIFE—HOW THE IDEAL MAY BE
REACHED—THE HAMMER OF REPETITION—RIGHT
USE OF MEMORY AND IMAGINATION.

By C. JOSEPHINE BARTON



*As melting Sun lifts
sea to cloud and
storm,
So HABITS thru
repeated action
form.*

*Your willed impres-
sion Repetition
molds*

*In good or ill your
life as it unfolds.*

*Fixed concept of
yourself brings
you to be*

*The manifested state
of self we see;*

*The power to
change the con-
cept of yourself*

*Is basis of self-culture, healing, wealth.
Then meditate Right Being and its Way,
Thru shadow or thru sun unwav'ringly—
Till Habit shows you and you Elysium find
Your native, inborn quality of mind.*

Physical condition changes with the change of mental Habit.

You may voluntarily establish for yourself that Habit of contemplation which will help you into being that which you aspire to be, and your wealth of attainment will depend on the character of the Thought-Habit you acquire.

Value of Repetition.

Use builds Habit. Your ideal contemplated, kept in the Mind's eye, will cause you to quicken with its quality, and in its light walk to it. Build your ideal of solid substance, pure gold. Not like King Solomon built, whose will worked well on the surface and there

weakened; his Temple Cherubs were only olive wood veneered with gold. Repetition is the hammer that fills with pure substance every vacuum or place of error, and your Will is the firm grip with which you wield the hammer.

Within your mind there is a little room, a laboratory in which your voluntary and involuntary ideas lodge while Nature alchemizes them into the texture of your body. This little room is the

Stored Ideas.

Occult Consciousness, where *tomorrow* your thoughts of today wait development. It is the Camera Obscura of the soul where the fixed negative of the picture of your thoughts rests while multiple impressions are in process of formation from this negative of one photographic thought-exposure within *present consciousness*.

The physical body is the display window of the soul who holds the negative in occult consciousness. And until, disturbed by the repeated impressions, it resolutely changes its thought-habit, they will continue to reproduce themselves.

Train the Will.

Habit once formed becomes automatic. It continues to act of its own inertia. *Involuntary Habit molds life.* Examine your volitional powers; exercise deter-

mination; rightly direct, put spurs to your languid *will*. For, "Whoever will, *may*." Thus build up a new and loftier plane of thinking. Erect in your mind ideals of truth and Beauty; deliberately make a study of the Pleasing, the Healthful, the Sublime, the Powerful in life, until you *form the Habit* and these things alone fill your consciousness. Whatever appeals to you as *true*, beautiful, honest, just, pure, set your thoughts thereon and hold till their light dawns. Turn away your ear from evil reports, names of diseases, sickness, gossip and take up the opposite and Real. For you become like that which your thought cultivates. Or, if you are negative, you may become like that which you accept or allow from any mentality. Look straight at the Infinite and have a will of your own.

If there be little to commend in a person or thing, you can help that person or thing into better condition by dwelling in thought or word on that little until it is magnified into much. You need not mind about the shadows, the old-thought ashes, for when you have generated light sufficient, they will need no shovelling out; shadows vanish *sans compliments*.

So let the fearful unwind their clinging fingers from the weak straws of error and discover the power within themselves to swim to shore.

There is liberty in right living. Right is governed by its own law, which makes it a delight when followed. This is also the law of your own divine, unseen Self, which is your Ideal Standard to be reached, and which will appear when you have watched through all mental mists for the purple sails of its sure coming.

Pinned Down Thoughts.

When you express your ideas before witnesses you thus pin them down for

many hammers of thought to play upon. Once thinking is not always sufficient to produce a permanent picture. Unless you hold to the thought, speak it, write it, with a *will*, a purpose; it may disperse in your atoms, there to outpicture immature results.

You once took up the thought of "Peace" till it poured down upon you its heavenly influence and convinced you of its healing efficacy, so that it empowered you to send out sparks and streams of peace vibrations over your neighbors till they caught hold of its healing waves and were renewed by them.

Then you met new gymnastic exercises you called "trials," and the old conditions found the road open to you again, and you again felt the need of this harmonizing word. You had not hammered it down in your consciousness sufficiently to make it a permanent possession; you had not committed it to heart and soul; you had not kept the word *peace* until it flamed like a Sirius Star for constancy in you; until it kept flowing through you like a river, and you obtained the peace that passeth understanding, and all the little things of life, every rock and tree and human were illuminated by it.

With your will you had not handled the hammer of repetition long enough to make sparks fly and light dawn. You may do it yet. You are here for that purpose. You are an Actor, on Life's Stage. You are taking a most important part in its great Drama. You have not merely your part to play, you have to be a Star Actor, a success, merely on account of who you are. Through earnest application you master your role.

A soldier you are, equipped against error, armored with life eternal. Awhile ago you used your weapons, your swords and guns at random, without reckoning how they were loaded or directed, and so their explosions hit innocent people, yourself and friends included. You had

lot thoughtfully reduced your soldiery to a science; you had not studied to use your arms with skilled knowledge, pure purpose, so that only the enemy could be attacked, wounded or destroyed. You did not moreover, realize that the best way to rout an enemy is to fire volleys of love-thoughts at him. For the universe of power is love, and Love is to all error a consuming fire.

Through giving verbal expression to your thoughts you marshal the "powers of the air," you get the united force of consciousness from your listeners visible or otherwise, when all the "powers" bend to do your bidding, if your choice has been right words. Thus you pin down your thoughts with witnesses, so that in future, should you forget, other mentalities may telepath it in your ear. This is a world of immaterialities. *Jovis omnia plena.*

Ideas well stored are safe for reference, whether you wish to speak them out or leave them for future inspection. Though absent in present Consciousness, they wait, ready for your use, and will respond when Memory is appealed to and beckons them.

Your stock of stored ideas are of two kinds—*Mechanical* and *Labored*. Ideas that generate in thought without any special effort are mechanical ideas, and they have greatly exceeded the Labored, the earnestly schooled and trained and really serviceable ideas in the world today. Look in at your way of thinking and see how well or ill-trained your faculties are. Do you find yourself in such command of your memory that it will retain whatever you demand of it? Will your Imagination roam new fields of truth and beauty when you will it? Why is this faculty or that viscus slower to obey than your ready right hand, which will lift, or play the piano at your slightest volition? It is because you with your Will have not *formed* the Habit of pick-

ing up a thought and driving Repetition to *results*, like your trained hand can grasp a hammer and drive a nail to clinching.

Your Style.

With your Will you write your history in your physique, and there display your style of Mental Autography. All your life you have been training your right hand into skill superior to the left. Now, in the conscious knowledge of how to train faculties and organs, you can find success. Your liver should obey you like your hand, and will when you have as faithfully *Habituated* it through the special curriculum for it. Any member of the body may be brought into excellent involuntary obedience.

Form a Habit of saying "Nay" to all unwelcome suggestions, and such *thought-tendencies* will soon cease to vex you. Error is easier vanquished at the door. Once in, it takes more hammering of the Will to get it out. Be instant with the word, yet speak denial *only* when error presents itself.

Two men are exposed to cold:—A admits it, clears his throat, feels to see if he has not taken cold. Perhaps calls for the doctor, who develops his fear into "La Grippe." This formidable French name means only "The bad cold;" but the gruesome name intensifies the condition. In like manner B is exposed to cold; but B has the *automatic habit* of negating such fears at the instant, does not worry nor mistrust Universal Love, and does not *take* cold. Very likely he agreed with the "adversary" and made him a friendly servant by affirming,— "This cold wave is friendly."

Offset Error With Truth.

When thoughtless people discuss diseases, instead of co-operating with them by saying "How dreadful," say "O no," or "Not so" in a Spiritual Universe like ours. For you are to Judge things in

their *Rightness* and *not* according to appearances. Speaking thus you will have the re-echoing delight of alleviating instead of aggravating conditions. If the case is your own, keep hammering with good Will until your Neo-human Word travels back and becomes a thought-Habit so strong it will permeate your consciousness, misplace error, and photograph the true condition instead.

The moment you remove the *cause* of any trouble, you disarm the trouble. And whether the fact becomes at once

apparent or tarries, you are healed from that hour. Error is so hypnotic some have to be told they are healed. The true word is always a benediction. The greatest need of the people is *the trained use of their faculties*, orderly, arranged knowledge, disciplined *feeling*, not "dangerous guides," but cultivated. Educated *Will*, drilled into efficiency, like the Universal Will.

Right use of *Memory* toward the past, of *Consciousness* in the present, and of *Imagination* toward the future is the Rossetti stone to right progress.

Inspiration.

FAMOUS PEOPLE INTERESTED IN METAPHYSICS—
SARDOU, DR. CHARCOT, URIO—TO WHAT THEY AT-
TRIBUTE THEIR POWER—ALMOST WEIRD EXPERI-
ENCES—AN ODD QUESTION—THE TENOR'S MODE OF
LIFE.

By W. H. WATSON.

Two distinguished personages attracted my notice at the Paris Psychological Society. The leading masters and savants were members, with whom I conversed concerning the art values necessary in high art, and the means of production. Suggestive therapeutics and mental science were taught as first lesson in conceiving original work in music and painting.

Victorien Sardou, the man who became the leading dramatist, took his first lesson in metaphysical science, in the rooms of the society. He was undeveloped, knowing only what other people knew of the drama; he recited from Moliere, and entertained us in an amateur attempt at dramatic art. He was very sensitive and humble, but he

had overcome the resentment caused by criticism.

Alphonse Urio, the Italian tenor, of the London Covent Garden Theater, was another brilliant example, who proved that the mind is master of all. Urio, like all the other members, studied everything, but was a master in voice tones, softness, expression, appealing to the innermost souls of his hearers, as though a god of the muses were speaking a soul language, full of supplication, poetry and feeling. He attributed his success to the influence of mental science, received at the society's rooms, and from Dr. Charcot, who taught the members.

Sardou began to read seriously the French dramas, he could not say what

impelled him in that direction, but in the mental environment of the society, he got impressions, new and strange to him. He acted out what he read, and was filled with a happy enthusiasm, as he wrote down the words of the puppets, which came before his high strung imagination. He told me that these speeches seemed senseless at first, but eventually they took proper form in dramatic construction. As far as I remember, I give his exact words here:

"There are times when I feel morbidly miserable," he said. "I am unhappy when my brain is inactive, the remedy is in Parc Monceau, when I commune with the flowers; rest and tranquility make me sad. I am normal and rational when writing my speeches and seeing my characters. It is a disease with me, an incubus clinging on my neck. It is pleasant enough, but I wonder why I should be chosen to make a reaction in dramatic art."

Dr. Charcot, in my hearing, declared that Sardou was overpowered by the mental vibrations of other minds, running in the line of dramatic art. I mentioned this to Sardou and he answered:

"I am wondering why I should be miserable in my normal state and very content in this abnormal state. Are we instruments? Is it a healthy condition to be thus inspired?"

This answer recalled the theory of guardian angels, advanced by the church, and I desired to know what such an angel can accomplish, when a proper instrument appears, and if the saints were used in a similar manner to heal and to write.

Critics say that Sardou was a unique genius, full of power and high class drama, elevating and calling forth our emotions. If so, I knew that Urio, the tenor, was similarly inspired. I asked him if he heard dramas enacted or saw pictures.

"No!" was his reply. "I hear voices singing when I am asleep. I dream of hearing people singing all kinds of operatic music. It came to me in Italy, when I sang in the cafés. My parents told me that the good angels were singing, and that I would be inspired to sing like them if I attended to my Christian duties."

In trying to find the causes of art and music, I elicited from Urio a strange fact; he was temperate and very plain in his diet; his mind wandered in dreamland, where he was happy. Like the other masters he was unhappy in rest, and perfectly happy, sane and healthy when busy with his music and his pupils. As one of them I feel honored, and can never forget the happy times we spent together in his studio.

Give.

By MINNIE E. HAYS.

Give the glad hand to your brother to-day;
Lift with your thoughts the dark sky;
Send words of cheer to the sad far away;
Buds sleep neath snows that drift high.
Roses and violets hidden may be,
But they bloom when warm zephyrs blow over the lea.

Give the glad hand to the weary and worn;
Smile on the sin-sick and lame;
God knows the griefs of the heart that is torn;
Love will the fallen reclaim.
Roses and violets hidden may be,
But they bloom when warm zephyrs blow over the lea.

Electronic Chemistry.

ELECTRONS ARE MENTAL—THEY KNOW WHERE TO GO AND WHAT TO DO—THEY BUILD GEOMETRICALLY—ANCIENT ESOTERIC THEORY OF ILLUSION—DIRECTION'S MYSTERY.

By EDGAR LUCIEN LARKIN.



Come along within limitless and winding ways; search out electrons, see them pulsate, and with rhythmic motion build structural matter—differentiated force. Discover cosmic ether within ether even to the fourth refinement.

Call the etheric, the dynamic realm that of the fourth dimension if you will; but hurry along in labyrinth and corridors, ever on the alert; waste no time, but explore.

The entire list of physical sciences is now rapidly changing, except mathematics, and it is expanding beyond all imagination. It cannot vary, but simply grows. The mathematicians themselves are astonished over the labors of their own hands, and wonder how can it be. All physical science is becoming specific. We have specific speed-motion of translation; specific rates of oscillation; specific quantities of combination of specific kinds of atoms, and specific rates of disintegration; specific risings into nascency; specific pressures; specific tensions, and to crown all, specific mathematics for each of these, all crowding

along and coming in from infinity demanding a hearing, in a bewildering procession, majestic—limitless, true. PRIMORDIAL PHYSICAL ELECTRONS. I will never hesitate again, but will assert here and now, that they are hyperphysical; they are mental. It is useless to argue against this assertion. Electrons, these monads are mentioned as well as dynamides. They know what to do, where and when to go to build matter.

Know is a mentological word. They are alive; they are life; they expand and contract as if breathing. They whirl and twist in spirals, and the different directions of their rotations on their axles determine whether they are positive or negative. This is true of all currents of electricity when making expression in polarizing needles, magnets or atoms. The absolute, ultimate physical body is the electron; so is the mental the indestructible electron. Mentation is continuous and cannot be quenched.

The nature of force is at present unknown, but a stream, current or line of force cannot be distinguished from a flow of electrons. And by methods of telepathy from a mental flow. A physical flow of electrons manifests as light; another as heat; another as electricity in ordinary use, and another as mind. This

much is apparent in the present state of science: all nascent, or working electrons in existence are directly and bodily handled by a mighty geometrician, or they go now here, now there of their own volition. A dot over any letter *i* in this print is made of many billions of electrons of carbon and other kinds.

Every atom in existence is exceedingly complex, but rigidly geometrical. And were not the geometry perfect the mass would not be an atom.

See this: Where there is a mathematical impossibility there is known to be a physical also. Let investigators memorize this rock-hewn law. Electrons build geometrically. Formed atoms: These erect molecules and these structural forms. We name these matter. But there is room for far more matter, in any rigid solid, than the quantity employed, even in platinum, osmium or diamond. And this leads to a most remarkable deduction: the very ancient esoteric theory of illusion. The fifty-three bibles of mankind teem with this wonderful doctrine of illusory appearance of everything with which we come in contact.

A WHIRLING SPARK OF FIRE.

Ignite the end of a stick of wood; then whirl it rapidly around. One ring or circle of continuous fire will appear in a darkened room. Now apply this to electrons and atoms; the result is beyond all limits of human imagining.

Draw a triangle and mark the angles A, B and C. Make a dot of A, call it an electron and imagine it to be vibrating at the specific speed-causing light. Now let the shining electron at A, move to B, thence to C and back to A, and repeat the circuit nine times per second. Then a brilliant impression of a triangle will be received on the retina of the eye. This, as in the case of the spark on the stick, is due to the fact that impressions

on a normal retina endure one-ninth of a second. That is the human eye will see the creation of one face of a crystal. This is digging around and about the very base of Nature.

Let three electrons move in this succession, then the image of the triangle will be three times brighter on the retina. Increase the specific speed of the electrons to many billions of times per second, then illimitable wonders will appear in formative or creative processes. Draw hexagons, octagons and so onward to any regular geometrical number of sides and angles. Then if electrons, atoms or molecules make rapid movements along the sides and change direction at each angle, these beautiful forms will appear in living light. Mystery deepens when geometrical solids are studied.

Draw a pyramid consisting of three faces all triangles, resting on a triangular base. Then there are four planes, four angles, and six edges, all straight lines. Mark the angles A, B, C and D. Let a light generating electron move with sufficient velocity to make a continuous impression on the retina, from A to B, B to C, C to D and D to A; then, an apparently solid pyramid will appear.

If we look at a diamond having many facets, we see half of them because the gem is opaque. Now let glowing electrons rush from angle to angle with inconceivable speed in space, then we would see the entire diamond, front and rear, because the whole interior space is empty! Each angle, each edge of the jewel would flash out in the blackness of darkness as if instantly created. So much for structural form or matter-building. The interior of all crystals thus formed are empty, so far as matter is concerned; but full of neutral electrons: nascent electrons only do the work of building.

Suppose that impressions are made on the nerves of the fingers fast enough to

appear as one continuous sensation: then we will think that we are touching a solid. Let this rapidity of impulses be, thirty per second; then a stream of minute grains of sand, the distances between each particle being 6,200 miles, would seem to the touch as one moving solid wire, if the velocity of the stream should be the standard speed potential of energy as light, heat, electricity, or 186,380 miles per second. Thus a dim form of a diamond, or any other elemental form of matter could be cut out by only one electron moving fast enough through space angles and edges. Could the fingers feel one electron, moving over angles and lines with this original specific speed, then it would feel a solid crystal,—rigid matter.

What we call visible, tangible matter is motion of primeval electrons.

Electrons are not things,—matter,—but they are the only builders of what to our senses is matter. They build by merely moving: but they must move in the clutch of the laws of geometry. Mind

only can recognize or sense, or obey mathematical law. It is evident that electrons move themselves or are moved. If they move themselves, then mind is within; if moved, then the moving mind is incredibly near; so close to them as to submerge all imagination, striving to comprehend.

THE MYSTERY OF DIRECTION.

Stretch a wire across a room; suspend a needle near it; send a current of electricity through the wire, the needle may be attracted and move toward it; if so, change direction of current, and the needle will be repelled and move away. If electrons forming an atom, move, say from right over to the left, then if another atom whose electrons are moving in this same direction be brought within their mutual spheres of influence—electro-magnetic—then they will at once move away from each other. But a right over to left atom brought near to a left over to right atom will attract and unite to form a molecule of matter.

Lessons in Constructive Science.

DO YOU CARRY A "NO TRESPASS" SIGN—A FORCEFUL ANALOGY—A REASON FOR THE GREAT CHRISTIAN SCIENCE GROWTH—"SOMETHING FOR NOTHING"—A MILE POST TO RUIN—FEEL "UNITY," THE ONLY RIGHT LIFE.

By WALLACE D. WATTLES.

LESSON XI.

MENTAL CO-OPERATION.

I walked out into the country the other day and about two miles out from town I came to a farm which was evidently owned by a man of unsocial spirit. On every post and tree by the side of the road was a sign, "No Trespassing," "Keep Out," "Keep Off this Property," and so on.

In one place was a grove encircling a natural pond, a spot of real beauty and

attractiveness, but entirely neglected and uncared for, surrounded by signs, "No Fishing," "No Swimming," "Keep Out" and others of similar import. Evidently this man having become possessed of the legal title to a little portion of the world God made for us all, firmly intended to keep that little corner for his own private use and benefit, and as far as possible to prevent the rest of us from getting any enjoyment from it.

Two miles away was the city of fifteen

thousand people, cooped up in stores, working in hot, stuffy mills and factories, and longing for a chance at the cool shade and water of the little grove. No doubt the man had been annoyed by trespassers, but how easy it would have been to put a self-closing gate in the fence beside the pond, post a notice asking people not to deface the trees or property and at least have given the boys of the town the blessed privilege of using his pond for a swimming pool.

However, he was not obliged to do so. The property was his own, and legally he had a perfect right to insist that no other one of God's creatures should set foot upon it. One thought, however, came to me: This man's property received its real value from the near proximity of the little manufacturing city. It was the presence of the fifteen thousand toiling, sweating, laboring human beings, two or three miles away that made his land worth a hundred and fifty dollars an acre; that gave him a market for all he raised, and that made it possible for him to draw a living from his farm, and in the evening when his work was over to come to town in his automobile.

Suppose the city should be moved away; suppose all his neighbors should move away, and the man should be left without another living soul within a radius of five hundred miles, what would be his condition? He might take down his "No Trespass" signs, and all his warnings. There would be no one to come near him, but his land would be worthless, his product unsalable, he would have no store at which to purchase even the necessaries for a comfortable existence and he would be in a miserable state indeed.

That man's happiness and all his opportunities in life spring from the presence of the very people whom he is so anxious to exclude from the blessings

he enjoys, and I do not believe that he has any real happiness. In my judgment no man can ever be really happy who surrounds himself with "No Trespass" signs and shuts himself off from either physical or mental association and co-operation with his kind.

The trouble with most new thought people is that they are too much like that man. They are trying to use the power of thought for their own benefit and for their own benefit alone, not recognizing the fact that the power of thought receives its value from the lives and loves of the people by whom we are surrounded and can only be rightly exercised in full co-operation with all of human kind.

The value of mental association and co-operation is shown by the wonderful growth of the Christian Science Church. The members of that body do not consider themselves as detached and separate units independent of one another in the search for health. Each one looks upon himself as a part of an organic whole. In recognizing health in himself he recognizes it in all; and in seeking health for himself he seeks it equally for all. Each member has the mental and moral stimulus and support of the consciousness of mental association and co-operation with all the other members; and that gives each one in time of difficulty a strength, the power of which is beyond estimation.

This is what we need in the new thought movement, both in the search for health and in that for wealth and happiness. With us it is too much every man for himself, while we may think kindly of everybody (no doubt the farmer with the pond thought kindly and benevolently of the boys whom he warned to keep away from it) yet we are almost invariably trying by thought to attain things for ourselves, of ourselves, and by ourselves, without real regard

for the rights or happiness of any other person on earth. And right here is where many of us fail.

There are altogether too many people who seek to use mental power as a means or instrumentality by the use of which they can get something for nothing; who think that in some way the new thought may be used in taking advantage of other people, and whose mental science is in reality nothing more nor less than an attempt at robbery. It goes without saying that sooner or later these people are going to come to failure and disaster. In this lesson, however, I am not speaking so much of our correct attitude toward the whole of humanity as of mental co-operation with other new thoughters who are aiming at the same ends we seek to attain in ourselves.

In wealth getting what we need most is the same sense of organic unity that Christian Science gives in health getting. If all new thoughters were mentally united into a great body, co-operating with one another and each affirming, for all, all the good that he affirmed for himself, the result would inevitably come to be the complete success of all. It is time for us to take the first step in this direction. This is not to be done by forming any external organization, for organization does not give unity of spirit. That is one point which should be considered by all reformers, social, religious and otherwise: that organizations never give unity of spirit while unity of spirit always results in organization. The first step toward strong and permanent organization of any kind is the cultivation of

unity of mind and a desire to co-operate with one another.

Let each reader of these lessons begin more and more in his own mind and thought to recognize his unity with all who are using similar means to attain similar ends. Think of this until you *feel* unity. Take advantage of every opportunity to meet those who are traveling in the same way, and when you do meet them, fully recognize them as brothers and sisters in a special and peculiar sense. "Do good to all men," said Paul, "but especially unto those of the household of faith." Have no desire but for good to any living soul. Affirm for, and desire for all, but especially unite yourself in mind with those of the new thought faith. Take advantage of every opportunity to correspond with your fellows; give encouragement where it is needed, and receive instruction from those who can give it to you; and by all means be sure that you do not fall into the way of feeling contemptuously toward those whom you consider merely beginners. There is no living soul, however humble and however small in attainment, who has not something to teach you and something of value to give to you.

Practice concentration of thought upon this point, cultivate in yourselves the sense of unity with other new thoughters and a willingness and desire to co-operate with them. Recognize this same feeling and spirit as existing in others; affirm for all, desire for all, work for all and know and feel that you are one with all. In unity is strength.

*You have not fulfilled every duty, unless you
have fulfilled that of being pleasant.*

—Charles Buxton.

Mary's Allowance.

CONTINUANCE OF THE GIVING PLAN—CONDITIONS
THAT ARE SENSIBLE AND SELF-EXPLANATORY—
CREATING IN "MARY'S" MIND A NEW IDEA—TEACH-
ING HERSELF HOW TO OWN AN UMBRELLA FOR
RAINY DAYS.

By ELIZABETH TOWNE.

PART II.

Last month we gave you a letter which was written for a young girl on her Commencement Day. Please be sure to read that one in connection with this, so that you will get the full import of this second letter, which went along with the first.

Here is Letter No. 2:

FOR MARY.

June 25th, 1910.

Believing that any person's income, whatever it may be, is not well managed unless each month shows an addition to a savings account, and

Desiring you to realize that I am *very anxious* to have you manage your money well, that you may get out of it and out of your future life all the peace and happiness which comes from an income well managed,

Therefore I have decided to make you a special inducement to save money out of your regular allowance.

Here is the inducement:

FIRST. If, at the end of one year, you have lived according to the terms of your allowance, and can show me in addition a savings account equal to ten per cent of your entire allowance for the year,

I will give you a present of twenty-five dollars cash, to be used for anything you wish which does not happen to come within the terms of the allowance agreement. These savings amounting to ten per cent of your allowance must *not* be eked out by extra money presents which may come to you from relatives or friends.

SECOND. If, at the end of one year, you can show me a clear slate, no debts and no grievances against the size of your allowance, and in addition a savings bank account amounting to at least fifteen per cent of your entire allowance for the year, I will give you a cash present of fifty dollars, which you are to use exactly as you please.

The saving of money is just as necessary as the paying of bills for the absolute necessities of life.

Here is a little item that will help you in managing your allowance.

When you get your allowance at the beginning of a week or month divide it into four allowances for yourself.

FIRST. Set aside the amount of money you *must* spend for *absolute necessities*.

SECOND. Set aside the sum which you determine upon to add to your savings account.

THIRD. Set aside another sum to cover *THE UNEXPECTED* things which may crop up before your next pay day, such as extra expenses of visits or treats, charities, etc.

This division will leave you a fourth sum which you can conscientiously spend before your next pay day for things which are not necessities, in case your fund for non-necessaries runs out before your next pay day.

Don't make the mistake of encroaching on your fund for *THE UNEXPECTED* until you have got your next allowance. Then when you divide up your next allowance you can add your left-over fund for *THE UNEXPECTED* to your new fund for the non-necessaries, and you will have a little extra to spend for all such things before your next pay day.

If you will practice this a few weeks or months you will find yourself getting into the spirit of it and thoroughly enjoying the sense of power and self command which will come to you from *managing money* so as to have plenty at all times for any of *THE UNEXPECTED* things, with a steadily growing savings account in addition.

Later you will find yourself almost unconsciously dividing your income in this way so that you will never run short and will always have a savings account

growing. Until this becomes a habit you will find it necessary to hold yourself religiously to your subdivisions of the allowance. Only by so doing can you quickly grow the habit—and the *satisfaction* which comes with the habit.

If, at the end of a year, I find that you have not only managed your allowance well, *but that you have also managed your present stock of clothing well*, I will increase your allowance and turn over to you more of your necessities to buy. I would like to turn all your buying over to you, and give you an allowance sufficient to cover it, but I do not feel that I can afford to do it until you demonstrate step by step that you can really be trusted to manage money for your own well being and happiness. Rest assured that the better you manage your allowance the more inclined I shall be to increase it and leave the responsibilities all to you.

It is possible that you will some day marry! Remember that this learning of the problem of managing your income will eliminate at least fifty per cent of the chances for friction between you and your husband. So in making a success of this managing of money you are *already* helping to build the harmonious home every girl desires and hopes to have. And the things which you could get for your home with your money savings are only a drop in the bucket compared with the *solid satisfaction* and capable management which you could put into making that home an ideal one.

Signed.....

Men are seldom more innocently employed than when they are honestly making money.

—Samuel Johnson.



Views and Reviews

By

William E. Towne.

The Man of the Hour.

* * * A few have seriously objected to our commendation of Mr. Roosevelt. They think he is too strong a man to be intrusted with more power! Upon the surface this may appear true. But I believe this country has great need at this crisis of just such a strong leader as Roosevelt. We are standing between the greed and unscrupulous use of power by capitalism on the one hand and the chaotic mob rule of socialism on the other hand. Only a strong, progressive leader like Roosevelt can bring the nation safely through this period of readjustment. All strong men have faults. Roosevelt has his. But a weak man, however virtuous, cannot be trusted at a national crisis such as we may be nearing.

Napoleon guided France out of the anarchy and chaos following the French Revolution, established order upon a firm foundation, restored prosperity and did more than any other one man to give to France all that is best in her laws and institutions today. No other man could have done the work.

Napoleon was a strong man, in many ways a great and noble one, but not always scrupulous in the use of power. He was largely a product of his times and the only man for the place.

Even so Roosevelt seems to be the only man, so far, who is at all fitted for the work of shaping this nation at the present time.

The people need leaders. The more I come in contact with people in the mass the more I am convinced that the welfare of society depends upon strong, honest leaders—leaders with self control and conscience. Perhaps at some distant day we may be far enough evolved to develop conscience in the mass, and possess enough of the co-operative spirit to build a real republic, but the time is not yet ripe for such an undertaking. A benevolent monarchy seems about the most *practical* form of government the world has so far evolved.

When you get down to the roots of national life you will find that each nation is shaped and molded by its great leaders—whatever form of government it may profess. Monarchies and republics are simply instruments used by leaders to accomplish their work for the nation.

I did not used to be very enthusiastic about Roosevelt, but I have come to believe that he is "the man of the hour."

The First Great Advocate of World Peace.

According to Madame Muhlbach, the famous German writer of historical ro-



VIEWS AND REVIEWS

By WILLIAM E. TOWNE



mances, the idea of world peace was conceived early in the 19th century by no less a person than Napoleon Bonaparte. Napoleon was not only a fighter, but a dreamer of dreams. His active, cosmic mind planned a central government so powerful and effective that world peace would become a necessity. Working in conjunction with Alexander, Emperor of Russia, he hoped to make of Europe one great state with uniform laws, a common currency and a common system of weights and measures.

It is true that Napoleon, true to his nature, intended to enforce this world wide peace at the point of the sword, and he failed to take into consideration the law of evolution. The life of a great nation cannot be snuffed out in a few weeks or months. The customs of centuries cannot be checked or changed in a minute. Such changes, when they are permanent and far reaching, come only by the slow growth of years. The new always unfolds out of the old. A new nation cannot be created out of an old one purely by force applied from without. While Napoleon realized somewhat of this, yet he trusted in his wonderful power to conquer and rule. He did not foresee that no one man, however powerful, could recreate a nation unless the minds and hearts of a great majority of the people were working with him.

And so this great dream of an universal empire failed to materialize, and world peace was left to develop by the slow but sure process of social evolution.

What the Mills of the Gods are Turning Out.

The human race is just getting ready to *live*. Up to the present time we have been busily engaged in two ways. First, during the early stages of our race life our entire attention was taken up with the sordid struggle for bare existence. We engaged in an endless fight with the elements and with the beasts of the earth for supremacy.

When civilization, as we call it, began to dawn, man settled down a bit and his ideal took the form of a desire to corner the natural resources of the earth. This was the second stage in our growth as a race. Every man wanted to accumulate some of the products of the earth, the right to use the land, a supply of food, or the wealth that would buy food, etc., etc. In later years we have the great trust magnates all engaged in a mad scramble to complete their monopoly of natural resources.

We are now nearing a point where the best of our natural resources will be claimed. There will be little of importance left for the capitalist to acquire.

As a result of this, in the near future we shall have to undergo a readjustment. We shall turn our attention to cultivating men and women. As a matter of race preservation we shall have to learn to think of ourselves in the bulk and forget the individual a little. The common good will grow in importance in the minds of men.

Up to the present time, the highest ideal of the majority has been to simply accumulate property and then sit down and enjoy it. Now our ideals will turn to work for the common good. When we



VIEWS AND REVIEWS

By WILLIAM E. TOWNE



get time to think and look around a little it will gradually dawn upon us that the real pleasure in life does not consist in sitting still and enjoying the good things of earth. Real enjoyment comes from useful *constructive* activity.

Thus far our activity has been largely destructive. In the future instead of two factions continually fighting to pull down each other, they will work together each to build the other up. Nations will not artificially create trouble by fighting other nations. They will find abundant outlay for their energies in overcoming the natural difficulties of existence, in improving the conditions of living within their own boundaries, and in formulating plans for the just distribution of wealth.

Better laws for controlling the distribution of wealth will become necessary in every civilized nation within the next few decades. As natural resources become exhausted the minds of men will have to become more constructive in their activity. In working out the laws that will be necessary to meet the changed conditions, the spirit of co-operation will from necessity grow and increase. The inevitable law of evolution is driving us all on toward fuller co-operation in living.

As natural resources decrease co-operation must increase.

* * * A New York paper recently published a story to the effect that Roosevelt was a direct descendant of Robert Bruce, King of Scotland. The article referred to also credited the ex-president with being related to many others of royal blood.

* * * It is interesting to note that when Rudyard Kipling first visited this country some twenty years ago, he predicted that we would soon require a conservation of natural resources department to our government, organized on a scale such as the world had never seen before.

In all the many troubles I have had in the last two years, when I would be down with the blues, and everything apparently going wrong, along would come The Nautilus with its words of cheer and inspiration, and I would buckle in again. I have stuck to it, and by using the knowledge gained from its columns have changed my condition financially, and in fact in every way.—L. P. R., Philadelphia, Pa.

For World Peace.

We, the Rising Generation, want a World Agreement for Universal Peace.

We want our war vessels and battle-ships disarmed and turned into a Public University of Travel, a White Fleet of Peace that will tour the world every year.

We want these ships manned by the best instructors in Foreign Art, Literature, Travel, History, Live Languages, Sociology, Human Nature and Universal Brotherhood.

We want the students selected by all-around merit from the graduates of Public High Schools and Industrial High Schools of all States.

We want this postgraduate year of travel given at the expense of the nation, the students co-operating systematically in all the work done aboard ship.

We believe in these things.

We pray for them.

We talk them.

We work for them.

We vote to this end.

—Elizabeth Towne.

THINGS THAT MAKE FOR SUCCESS.

A Correspondence Department.

Conducted by the Editor.

If you have discovered something that makes for success, or if you have seen some one find and surmount, or remove an obstacle to success, let us hear about it.

We are publishing herein many bright thoughts from our readers, each over the name of the writer, unless a nom de plume is substituted.

Letters for this department, which must not be too long, should be plainly written, on one side of the paper only, and should not be mixed up with other matter of any description.

To the writer of the most helpful success letter published (as a whole or in part) in this department of any number of the magazine, we will send THE NAUTILUS for two years, to any address, or two addresses, he may designate.

To the writer of the most helpful success letter printed in six months, we will send \$5.00 in money in addition to the subscriptions. Prize winners announced in number following publication of their letters.

EDITORS.

Success Letter No. 269.

Would you be strong,
Give o'er;
Judging is not your job.
Would you be true,
Adore
Simplicity's faintest throb.

—NODA E. HULINGS, Siegel, Los Angeles.

Success Letter No. 270.

I also wish to write my idea of the Key to Success. It is contained in one word—*Cleanliness*. Though you are old and in your dotage, if along life's pathway you have learned the great lesson of always being clean, everyone you meet will love you. Be clean in the long sense of the word. It is a nice road to travel. Try it.—*Dr. W. C. Merrick, 3608 Tracy Ave., Kansas City, Mo.*

Success Letter No. 271.

To be successful?
Oh, that's easy!
Mind your own business,
With the accent on the mind.
Again, mind *your own* business,
With the stress on your own.
And, third, mind your own *business*.
With the italic line under business.—MABEL
BURNHAM PACE, Los Angeles, Cal.

Success Letter No. 272.

Some of the secrets of Success are keen perceptions, unerring foresight and the ability to grasp opportunities when they present themselves.

We sometimes hear people remark that everything a certain man touches turns to gold. The reason for this is not because that particular man is more fortunate or more brilliant than the average man but that he knows a good chance when he sees it.—H. V. RAY, Seattle, Wash.

Success Letter No. 273.

Success. What is it? According to Webster, "The favorable or prosperous termination of anything attempted; a termination which answers the purpose intended; properly in a good sense, but often in a bad sense."

To be in accord, then, with the foregoing definition, a man, if he determines to become a great criminal and attains his purpose, may be said to have attained success.

In this connection however, we cannot conceive of real success conjunctly with evil because evil is artificial and carries along with the satisfaction of attainment a penalty, discontent, which if permitted to grow produces disease and death, while good carries with it only the satisfaction of attainment, with peace, which means health. Can real success, therefore, become a part of the attainment of a bad purpose? Who is so great a failure in life as him who has "sipped of every sinful sweet" and lost the faculty to enjoy?

Man to become truly successful must find his place in the great plan of the Creator and to do this he must get beyond self and a desire for money or pleasure for selfish ends. He must willingly give to others the best of his life and by bettering them better himself, for real life does not consist so much of independence as it does of inter-dependence. The greatest fortune can give to its possessor only shelter, clothes and food, things which the poorest of us with earnest effort can easily have, while the men who are laboring for the betterment of mankind are erecting for themselves monuments, through the influences of their lives, which will last as long as time. Community of interest has bequeathed to the present generation all it has, a free gift of the labors of all the ages of man, and only demands that we maintain and better the condi-

tions which we have taken so small a part in making.

The man who takes to his own selfish enjoyment (this means man and woman alike) the labors of others without endeavoring to make to society a fair return, occupies the same relative position to society as does the drone to the busy working colony of bees, and nature has implanted in the worker among the bees the instinct which man, might, perhaps, with justice emulate.

To attain the success worth having, get busy, be as honest as the mad methods of the present society will permit, and give a portion of your time, your brain, and your money to helping others who are less fortunate than yourself, and doing this, the reward which is the only true success, love, light, and peace, will be yours.

The person who will adopt as a guide, "Good anywhere should be copied everywhere" and practice copying good wherever it is to be found will not lack success.—An admirer of *Nautilus*, ISAAC WINGEST, Chambersburg, Pa.

Success Letter No. 274.

Success means self-perfection, self-control. It matters not what the nature of that success may be, whether spiritual, mental, physical or financial, it all depends upon the degree of self-control maintained in the direction of the success. In just such measure that we master self, so will we master the things of the world. Our outward surroundings are an exact reflection of our inward selves. The one who has conquered self will, in the very nature of things, be able to control his outward circumstances.

We cannot confidently expect to be great in *all things*. The effort that is not confined to a well-defined purpose becomes weak and inoperative. We must be content to achieve success in certain definite directions.

Nautilus teaches us also that true success and true health go hand in hand. That without good health we cannot hope to achieve any enduring success. They are inseparably interwoven in the realm of mind, and there is absolutely no other way to success and health than through self-control.

To be successful we must have singleness of purpose, a definite object in view. Then concentrate and intelligently direct our thought forces toward the accomplishment of that purpose. We must concentrate our whole mind to the attainment of this end. We must throw into it all the energy of which we are capable.

We must be determined to reach our goal. We must try and make each effort, even to the most trivial, perfect in itself. By so doing we make the whole perfect, or, in other words, a success.

Like causes always produce like effects. A perfect cause will always produce a perfect effect. Now, success is an effect. The cause is ourselves. Therefore, to obtain success, we must perfect ourselves. We must resolve ourselves into a cause that will produce a perfect effect—Success.

We find this much prized self-control in silent meditation and accurate self-examination. We must patiently examine and understand ourselves. We should set apart a certain period of each day for this silent examination, and religiously adhere to it. We should make a daily practice of putting the mind and body at rest. By thus calming and subduing the thought currents, we gain the ability to turn them in one powerful direction. As we gain this ability we will be able to work with a poise and confidence that will command success.

However great the difficulty under which we are laboring, if we will seek some quiet spot and silently and calmly meditate upon it, the right solution will come to us. What was complicated and involved in our hour of trouble will be made clear and simple, and the right course to pursue will be made plain to us. Be guided absolutely by what is unfolded to you in your silent hour.

As you proceed in your improvement and self-mastery, strong friends will be drawn to you; at each step golden opportunities will unfold themselves; you will have more openings for the exercise of your talents than you can utilize, and all that you require for your success will come to you unsought.

"As the colors of the rainbow
Make the one uncolored beam,
So the Universal changes
Make the One Eternal Dream.

"And the dream is all within you,
And the dreamer waiteth long
For the morning to awake him
To the living thought and strong.

"Dwell in thought upon the grandest
And the grandest you shall see,
Fix your mind upon the highest
And the highest you shall be."

—ADDISON HICKOX.

Success Letter No. 275.

In these strenuous days when everything is done in a rush, it comes to one's mind how valuable a thing is patience. To think quietly, to meditate over the doings of the day's work—and after analyzing to have learned how to correct all the little impatient acts in our home or business life. "The hour is not wasted that brings with it tranquility of mind and an uplifting of the heart."

Shakespeare has said: "I must have patience to endure the load." This load is represented by many things and in different ways, and is not always easy to endure. One meets with discouragements and failures—all loads to carry that require patience to endure.

Many of the world's greatest men of achievement have labored under conditions that would dishearten, discourage and cause failure to most men. But they possessed this great virtue of patience.

Success can be accomplished by practical patience in all things.—MRS GEORGE S. DAVIS, JR., Seattle.

Success Letter No. 276.

"Success is the favorable or prosperous termination of anything attempted." There are certain attributes combining the power of will and desire in the elementary sense.

Having laid down your first principle of action, there must be an inherent under current of reserve strength fortifying you against apparent defeat. When we set out to do a thing, it sometimes seems that "all the powers of darkness were loosed," and bucking against us, obstacles rise up from most unexpected sources, it is then that we call on our reserve fund of "faith" and determination to surmount all difficulties. Communion with that inner resolve, prompted by the spirit of right doing, (for right is might), leads us out into the light. Having made up your mind that you will succeed, let that "thought" crowd out even temporary defeat.

"Set your face like a flint," "success is yours," (not for the asking except it go hand in hand, with the working.)

The "mustard seed kind of faith" is the kind that having been planted in the bosom of the earth, lies not there in passivity, but takes hold, grips and pushes its way through darkness, gaining strength with every effort in the forward direction, until it has reached the grand consummation for which it was intended.—ELIZABETH RANSON, 2818 Warren avenue, Chicago, Ill.

Success Letter No. 277.

Success, that goal toward which the human race is ever striving, what does it mean?

I think true success means to serve God by serving our fellow man; realizing fully the brotherhood of humanity.

He who would know the strength of success in its fullness, must keep so close to God that in darkness His hand will be touched, and life become fragrant with His very presence.

Ah, we know full well "'Tis the set of the soul that decides its goal, and not the wind nor the wave."

Once upon the hill-crest, we're under the influence of God's uplifting power, and then it is, we catch glimpses of this divine knowledge, this spiritual power which imparts to success its only worth.

Thus equipped, do not fear to ask too much, for remember,

"Thou art coming to a King,
Large petitions with thee bring,
For His grace and power are such,
None can ever ask too much."

—ELIZABETH, Alabama.

Success Letter No. 278.

The only way to succeed at anything you wish to accomplish is to put all your best forward forcefully. Unless you happen to be a mule. Then you must put it backward. Yours in the car ahead, loaded with experience.—D. S. MCPHERSON, New York.

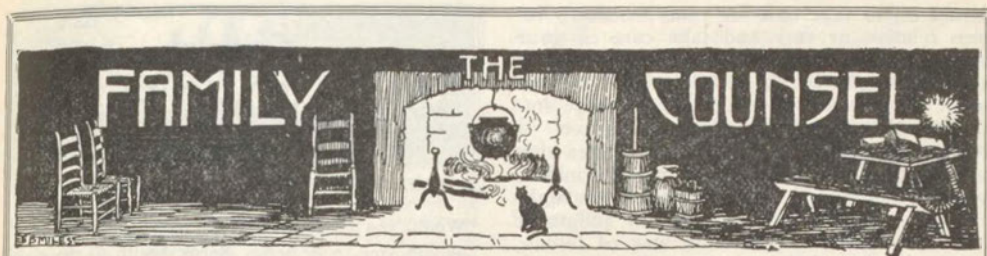
Success Letter No. 279.

Would you be wise,
Secure
Peace by trusting for the best.
Would you be rich,
Be sure
You've only trusting in the breast.

—NODA E. HULINGS, Siegel, Los Angeles.

THE PRIZE WINNER FOR AUGUST is "L. H.," of South Otselic, N. Y., whose letter was No. 262. The prize will be sent anywhere that "L. H." instructs.

Here is an interesting comment on the "Things That Make for Success" department. Read it. "I have been reading your Success Letters ever since the department started, and to my mind it is one of the best parts of your excellent magazine. The benefit I have derived from reading these Success Letters and other articles in NAUTILUS is beyond price. Less than ten years ago I was 'down and out,' in the hospital, and was what seemed a hopeless case. Today I am in as good a state of health as a person could possibly desire, in a better financial condition than I ever was, and steadily improving. And the information gleaned from NAUTILUS has been among the most helpful. May it live long and prosper."—ADDISON HICKOX, Chicago, Ill.



"Oh, wad some power the giftie gie us
To see ourselves as ithers see us!
It wad frae mony a blunder free us,
And foolish notion."

A DEPARTMENT OF
CONSULTATION AND SUGGESTION
CONDUCTED BY ELIZABETH TOWNE.

In this department I reply to the 1,001 odds and ends of life-problems and home interests which are presented to me, answers to which are not of general enough interest to make them suitable for the regular reading pages of *The Nautilus*. Every reader is welcome to what advice and suggestion I can give. Welcome, all! If you are in a hurry for your answer enclose with your query a stamped self-addressed envelope, with four cents extra in stamps, and Madge will mail you a copy of my dictated answer. Do not write orders or other matters on the same sheet with Family Counsel matters. Observe these requirements strictly—if you can't obey me in these small matters how shall you obey God and be blest?
ELIZABETH TOWNE.

DOROTHY.—Look for my editorial on "Jealousy and Self-Esteem"—it was written in answer to your letter.

M. A.—My dear girl, hands off! Make no moves as a result of motives which you would blush to have the other girl see. Otherwise you will make pi of your own affairs and possibly those of two other people. Trust in the Lord Good with all thine heart and lean not unto thine own understanding of how to gain happiness. Your own comes to you, and anything that doesn't come to you *without under-hand methods*, is not your own. You don't want it. You may think you do, but you don't. Be still and know.

MRS. J. H.—My dear woman, your son is an individual with a perfect right to go where he pleases. He is not a dog to be chained up at home! No matter what you think of his judgment in the matter, he is entitled to it. Good or bad he is entitled to the woman he chooses. And you are doing everything in your power to make him choose her. Do you suppose he wants to come home like a little dog and be chained up? No young man would! He goes where he wants to go and where somebody makes it pleasant for him and lets him have his own way. The only thing you can do is to practice non-resistance, remembering that our children sometimes have to learn through their mistakes.

P. I. C.—If you have correctly reported that astrologer, he is one of the kind that ought to be drummed out of business. Any man that will fill a horoscope with the sort of pessimistic rot that you have described has no business to be monkeying with human destinies. Don't believe a word of it! When a horoscope

tells you good things, accept them and work for them; but when they're evil predictions, snap your fingers at them, live your wisest and best, and break the fool predictions. What if your acts are not appreciated! Are you getting your reward out of the appreciation of other people, or out of the *well done* of your own spirit? Live for your own appreciation, and you won't care whether other people are grateful or not. And by so doing, you will leave others free to show as much gratitude as possible under the circumstances. The unpleasant things in your life won't "happen twice" unless you refuse to take nature's hint from your first experience. Then it will be repeated twice or more times with a little harder kick each time. Be still and know your own self and God, and you will turn anything and everything to beautiful results.

MRS. C. M.—Goodness me!—you seem to think that the body your mind builds is something different from the body you see and feel and touch. It is not. The body your mind builds is the body that goes into the grave when your mind goes out of it. All mind is invisible, mortal mind as well as divine mind. Spirit and mind are two names for the one thing. The Spirit goes back to God who gave it, the body goes to dust. There are people who claim that there is a mental body as well as a spiritual. I don't know about this and I don't much care. If there is a mental body it is something you cannot see and I know it goes back to God because it cannot go anywhere else—how can it when God is omnipresent? Don't get mixed!—YOU are mind, you are Spirit, the real you is unseen; that is the maker and remaker of your body. Your body is a train of thought, an organization of trains of thought, and when you get tired of your organization of trains of thought you drop it, and it dissolves back into its original element. Bodies are made out of thought and you are the thinker, the spiritual unseen thinker. Your mortal mind is your body but you are divine mind, the perfect ideal of God, one with God and like Him in wisdom and power and thinking capacity.

A. M. C.—I don't know anything about it! How do you expect me to know whether you

should go to take care of your husband's insane relative or stay and take care of your husband? The Spirit of good does not tell *me* what *you* ought to do—it tells you. It looks to me as if your husband were of more importance than his aged and insane relative. It looks to me as if you would much better stay and make a good home for him no matter what his faults, and help him to live his highest in the world. But you see my judgment may be away off. I have no way of telling, except the fact that you yourself seem to be uneasy about the choice you made. That indicates that your own conscience is guilty and that God is still prodding you to go to your husband and help him live his best. Quit asking other people what you ought to do—*ask yourself*. God and you are one and nobody else knows what you ought to do but just you and God. Be still and know. Strip away your own personal desires in the matter, forgive everybody's shortcomings, and ask yourself what is the loving thing to do. It may be that the spirit led you right where you are, but that it is now admonishing you to go back to your husband! Anyway you did the best you knew and up to the present time you have done right *because* you did the best you knew. And you have been growing in wisdom every day and every hour. Now ask yourself again, be still and listen to the leading of the spirit and act accordingly. Nobody can answer you but your own spirit, which is God, and *He* will. Be still and know.

TROUBLED ONES.—Girls of twenty-five years are certainly old enough to have beaux and to go out to parties when they desire. If I were in that family I would prosecute a civil war until I gained my freedom. In other words I would *go* out, and I would have beaux! I would have an understanding with my parents, and I would have the use of a room to receive my company in. Otherwise I would walk out of the house and stay. I would do kitchen work rather than be kept in prison like a ninny with no mind or power over her own actions. Parents have no right to treat young women as if they were simpletons. And young women of that age have no business to allow themselves to be so treated. You are just as close to God as your parents are, and by the time you are twenty-five years old you ought to be able to direct your own lives. If you are not able it is because you have not been allowed to practice it, and you had better begin now than later. As to your "bitter enemies" I haven't the remotest idea what you are driving at. But I *do* know that an enemy can generally be turned into a friend by kindly thought and actions, by remembering that if they have false ideas about you it is not because they *want* to be in the wrong. Time and right thought and action on your part will show them the truth. You can overcome evil with good and in no other way can you really overcome it. Wake up, girls, and direct your own lives. Hold no grudges, and *know* that all things work together for good to you and yours. Even a civil war will work for good, if prosecuted with force and decision.

Circle of Whole-World Healing

Conducted by THE EDITORS.

Would you be at peace? Speak peace to the world.
Would you be healed? Speak health to the world.
Would you be loved? Speak love to the world.
Would you be successful? Speak success to the world.

For all the world is so closely akin that not one individual may realize his high desire except all the world share it with him.

And every Good Word you send to the world is a silent, mighty power working for Peace, Health, Love, Joy, Success to all the World,—
Including yourself.

Will you join all the readers and the editors of *The Nautilus* in daily periods of Whole World Healing? No membership, fees or special duties, no joining of anything but a spiritual movement. The entire visible sign and direction of this Circle of Healing appears in this column, in each number of *The Nautilus*. You join the Circle in thought only; no letters, fees, etc., are connected with it. You are free to secede when and how you choose.

No duties are attached and only one privilege. That of holding your own version of the thought expressed herewith, sending it out to all the world each night before you sleep and as many times during the day as you think of it.

Each number of *The Nautilus* will carry in this column the thought to be used daily until the next number appears.

The emolument of membership in this Circle is *The Cosmic Consciousness*.

Which includes Health, Happiness and Prosperity to every creature.—THE EDITOR.

Key Thought for Daily Meditation

*God is
And nothing else can be.
God Loves
And life unfolds for you
and me.
God breathes
And worlds and suns are
rendered free.
God knows
And therein rests eternity.*

—Grace M. Brown.



Friends, the Wind Blows toward the new heaven on earth! We are all wasting that way. If you are not TOO BUSY you can see such indications all about you every day. And every paper and magazine you pick up contains little straws that show it. Here are a few the editor and some of our friends have culled while reading the daily papers and weekly reviews, etc. We shall be glad to have our readers keep an eye out for other Straws that Show the way the Clean Winds Blow, sending us any items they may think suitable for this column of very brief mention.—E. T.

The country wide discussion of the Reno films is apt to be productive of good results. Now Pittsburg rules out moving pictures depicting train robberies, safe cracking and other crimes.—*Holyoke Transcript*.

The women of Yonkers, N. Y., have established a "woman's institute" for the exclusive use of domestic servants. Here the girls may meet their friends and spend their evenings in attractive club rooms. The dues are not large, and in addition to the recreational features there are classes in domestic science, and an employment bureau for those who desire to make use of them.—*Springfield Republican*.

The world's first regular aerial passenger trip was made recently when the new giant Zeppelin dirigible, the Deutschland, commanded by Count Zeppelin and with ten invited passengers with him, flew from here to Dusseldorf, 280 miles to the north. The trip which was accomplished in ten hours was in every way a huge success and marked the inauguration of a regular passenger service in dirigibles.—*Holyoke Transcript*.

The Third International Congress of Physical Therapeutics, held the week beginning March 30, in Paris, was opened by the president of the French republic. An excellent meeting is reported. The growth in popularity of non-drug therapy is shown in the fact that the second congress, in 1907, had only seven-hundred members, and this congress had five thousand; that is, nearly three times as many.—*Life and Health*.

Negroes in the South are gradually acquiring the property habit. The publication of the Atlantic University gives some striking figures on this subject. In 1900 the total property listed by negro citizens in North Carolina was \$9,478,000; in 1908 it was \$21,253,000, a gain of 123 per cent; in Virginia the increase was from \$15,856,000 to \$25,628,000, a gain of 62 per cent; in Georgia, from \$14,118,000 to \$27,420,000, a gain of ninety-one per cent.—*Holyoke Transcript*.

I am sure that what has happened in New York will happen in the nation at large, and

that prize fighting will be, as it ought to be, stopped in every state of the Union. I sincerely trust that public sentiment will be so aroused, and will make itself felt so effectively, as to guarantee that this is the last prize fight to take place in the United States; and it would be an admirable thing if some method could be devised to stop the exhibition of the moving pictures taken thereof.—THEODORE ROOSEVELT.

A department for instruction in methods of healing without drugs is to be established at Temple University, the first of its kind to be part of a medical school. The head of the new department will be Dr. J. Madison Taylor, a physician of high professional standing in this city. Dr. Taylor has been a close student of the effects of such treatment as massage, rest, diet, suggestion, electricity, baths, light and the like for several years. The new department will be known as that of "non-pharmaceutic therapeutics." Dr. Taylor will hold an adjunct chair in therapeutics. He has sailed for Europe for a period of advanced study in new methods of drugless healing.—*Philadelphia Bulletin*.

The Southwest will, with time, meet its various perplexities and adjust them to the greatest ultimate profit. That spirit which is changing the barrens into granaries and gardens will uproot the economic prickly pears, along with the other bothersome growths of the prairies. A new type of man is rising to power. The Southwest will add a distinct type to the great national potpourri. It will breed original thinkers and workers; it will produce leaders with far visions, and builders with great dreams. The crossing of strains and the blending of brains will enrich the twentieth century with sturdiness and imagination. The son of the pioneer is heir to ambition, pluck, and tenacity. He is physically fit and mentally clean; and it is in such men that the boundless hope of the Republic lies.—*Herbert Kaufmann in June Everybody's*.

The Boston children are taking to the new playgrounds just as religiously as in Holyoke. Boston has twenty-seven of these public playgrounds and the daily average attendance is now about three thousand a day. There are five playgrounds in South Boston, four in Charlestown, four in Roxbury, two in the South end, three in East Boston, three in the North end, one in Jamaica Plain, three in Dorchester and two in the city proper. They are kept open until sunset every day. This is an innovation this year. One of the most interesting features of the work this season is the work of special teachers, who dramatize child stories for the pleasure and instruction of groups of children. Other teachers give instruction in folk dancing. Instruction in athletics and swimming is made much of. This all contributes to the mighty work of helping the children on and up. This is the work that Holyoke is busy with and splendid results are sure to follow.—*Holyoke Transcript*.

Little Visits

A Cosy Corner Department where everybody chats and the Recording Angel puts down what she can find room for.

Laugh and Expand:—

When I first read "How Blessings Brighten" in William's department of June *Nautilus*, I felt a little depressed and a little as if my own fears had been realized, but this morning as I was thinking about it I suddenly began to laugh and laugh till I could almost feel my solar plexus expand. I imagined I could see Elizabeth up in the garret shaking her fist and hollerin' "I love you" to that dear worried friend of hers, bless both their hearts.

As for the "educational warships" I'll admit that it looked to me like trying to insert the wrong side of the wedge, but maybe not. Perhaps the thin edge is that wave of interest sent out by thoughtful reading of this new idea as outlined, for there will be many of the best sort who will not jeer and others who will appreciate the splendor of the place.—CORA W. BLOODGOOD, Huron, S. D.

From Henry Frank:—

It is some time since I have seen a copy of *Nautilus*. Suddenly I was seized with a voracious appetite and sent on for a whole year's back numbers and a year's subscription in advance; also your big little book on Self-Healing. What a bunch; all for one dollar! I have been plunging through them, or let me rather say, like a bee, flying through their pages, and sipping here and there some of the delicious food. Let me say I thank you, I bless you for producing such a superb magazine; full of wisdom, knowledge, inspiration. I find every bit of each page attractive and helpful, from your own dashing tidbits to the very last advertisement. Bless you, what a soul you are, and all your co-adjutors, correspondents, contributors, and inspirers! Keep it up. The kingdom of light is at hand. The harvest is ripe; the laborers are few.—Henry Frank, Montrose Point, Bungalow-on-the-Hudson, N. Y.

More Petticoat Opinions:—

In the last number of *New Thought* when I reached the article entitled "New Thought and Politics," I was somewhat ruffled, and I feel like talking to you a little about it. The lady writes Mr. Atkinson bewailing your touching upon political matters in *Nautilus*. She thinks that William Towne ought to put a stop to it, etc. I supposed all new thoughters were sufficiently out of the old ruts to be in sympathy with all thought vital to the welfare of humanity. The sociological and political questions are as germane to the so-called new thought as the personal tide of it. We must have a sound body—economic system—before the psychic power can express perfectly

through humanity. Many of the new thought publishers seem afraid they may "get out of the lot," and they go around and around in a goody-goody rut that reminds me of the Sunday School books, lacking naturalness and vigor.

Then Mr. Atkinson's correspondent wants William to oversee and keep you within bounds, showing that she is still tinctured with the old Adamic idea of woman's subjugation.

I want to say, don't let anybody or anything put a fence around your writings.

To me, as well as to many of your readers whom I am in touch with, your just, clear, brief and capable editorials, political and otherwise, are the "tang" which gives zest to *Nautilus*.—IRENE L. MINER, Brant, Mich.

Another View of Nautilus Politics:—

She did not mean that your writings on political questions were not good, uplifting and straight from the shoulder. She simply meant that you were so peculiarly capable of writing in a helpful way to women on women's topics, and that we had no other writer so ably gifted to help us, while there were so many, many writers who tried to write on political reform, and yet totally unable are they to give just the help that your writings would give. In other words that you were giving time to things that others might accomplish and all the while we were in need of your writings along more personal, helpful lines that no one else could in any way fill.

I lived in Holyoke one year and walked from the "Oakland" to the High School, and for several months I kept asking regarding a woman I passed often on my way, "I would love to know who she is. She radiates help and cheer all around, and I walk past her slowly so I can absorb all of cheer she throws off. I may never know her, but I shall always love and remember her for the help she gives one." I said this many, many times before I chanced to give one of your former assistants private lessons, and she told me it was the Elizabeth Towne. She also told me some interesting things of you and your home life, and said one thing that has helped me to understand your writings better: "If Mrs. T. made up her mind to do a thing she would do it if it killed her."—With good wishes.—ELIZABETH GALBRAITH, Milton, Pa.

A Personal Acquaintance:

I have read *Nautilus* for two years. I enjoy the magazine and get more benefit from it than from any other progressive magazine. It is as inspiring as a personal acquaintance. It has a distinct character of its own that no other magazine can touch. Probably I should say an "atmosphere" of its own. At any rate it is something strongly felt. I have sent you five subscriptions this year to *Nautilus* through the American Woman's League, of which I am a member. I should like you to send sample copies to the enclosed addresses. You might get permanent readers, as the ideas and philosophy are almost entirely new to these people.

I wish to relate an incident of your telepathic

powers that happened to my daughter. She had retired but was not asleep when some strong inclination possessed her to seek you. She called to me and said: "Mamma, where does Mrs. Towne live? I must find her." I was about to tell her but at the same time she was endeavoring to light a match to see by one of your magazines, but the thought came like a flash to her before I could answer or she get a light—*Holyoke, Mass.* Whatever the answer meant to her it was satisfactory, for she immediately went to sleep. I believe you were touching her atmosphere and as soon as she became conscious and recognized your universal thought, she was ready for sleep. We had both been in the habit of taking your magazine to our rooms and often reading from minutes to hours after we went to bed, and we often discussed different articles and writers while we read. I believe we got more out of that year's *Nautilus* than we could have got in any other way. Babies kept us busy with other work all day. At night it was quiet and we were in the mood to read and enjoy—*Mrs. Clara Mitchell, Big Pine, Cal.*

More About Stout Institute:—

I do not know that I can name you any of our graduates who have yet achieved distinction, although we have a good many who are doing good work. Our training school was organized in 1903, and as this is our seventh year, we hardly expect any of the people who have gone out from us to have yet achieved great distinction. Our graduates have taken charge of departments in manual training and domestic science in city systems of schools; in high schools in large cities; in state normal schools; and in state agricultural schools, and they have been successful. Many of them have organized one or the other of these two lines in cities of medium size, handling the entire work throughout the city schools.

The one thing that we are particularly proud of is the fact that not one of our graduates has made a failure as a teacher. This is due perhaps to three causes: first, the quality of instruction and training we give; second, the requirement that every person shall show actual teaching ability before a diploma is granted, and third that we take special pains in trying to recommend people to positions to which they are especially adapted.

Thomas Dreier was in high school when I came here to organize the training school work. I knew him as a good high school student, and I have known him in his newspaper work since he went away from here. I did not know that he was writing such an article as you mention. From what I have known of Mr. Dreier I think he is not inclined to make statements without being thoroughly convinced of their correctness.—*L. D. HARVEY, president Stout Institute, Menominee, Wis.*

From the Head of a Girls' School:—

I was writing yesterday to a very able intellectual woman friend of mine, about *The Nautilus* and advised her to take it. She really needs thought along sunshine lines. Perhaps

it might be well to stimulate my suggestion by mailing her a sample copy.

I thought that when vacation came I should be able to read more of your books but I enclosed you my little letter sized brochure about our Burton-Hampton school for girls, to show you why I am so busy.

For several years past my sister and I have been deeply pained in our work here as teachers to see so many girls coming to New York from distant states with the idea of carrying away some of its culture and bearing its educational uplift to far away homes, and ending with nothing after a year here but the thought of spending more largely for material and evanescent things. We have felt that there was an ethical work for women of our opportunities, a crying need for it in fact, and we hope now that the time has arrived when we can be about it.

Have you ever written any talks for girls—new thought, virile, elevating talks? You might help me in my educational work if some time you could write such a book for them. At any rate I shall do what I can until you do something of this sort, to create the habits of constructive thought among my girls at the Burton-Hampton, and to make my school a splendid broadening institution. But I am writing you a letter and I started out to ask you for a list of books. However I must tell you that my sister and I keep the July, 1910, *Nautilus* on top of the magazines on our table and whenever we get disheartened and fearful of success for Burton-Hampton we read "Pin Your Faith To the Unseen Things" and so forth. We like that cover.—*Emily Prather, Burton-Hampton School, 381 Central Park, West, New York City.*

Wants to be Whole:—

In the June number of *The Nautilus* is a letter from Mary H. Force, which is decidedly the most helpful I have seen. She tells something of what can be done with new thought in healing the body, and gives a clear idea of how it is done.

There must be others, I am sure, besides myself who know but little of this new way and what we want is plain talks about the healing power of thought.

I have for the past year been sorely afflicted with stomach trouble which medicine has failed to cure. The diagnosis of several physicians is catarrh of the stomach and too much acid, which causes a sensation of burning of the throat and tongue. My diet, by order of these physicians, is confined to toast, milk, rice and eggs. I know quite a number of persons who have been healed by Christian Science, and I have taken two months' treatment but without any benefit. For several reasons I greatly prefer new thought to Christian Science and am exceedingly anxious to know more of it and to be healed by it. I have read enough to know something about denials, affirmations and the "silence" but I seem to get nothing out of them. When I read of others being cured I determine to give it another trial, but when after a few days or a week of deny-

ing and affirming I am no better I become completely discouraged and feel that it is no use to try longer. I have done this a number of times and now I write to the *Nautilus* readers trusting that I may receive help. Tell me, please, how long I shall keep up the denials and the affirmations and the concentration and the "silence?" One week, two weeks, one month or six months? I am nearly fifty-nine years old and I suppose my age is against me. My physicians have told me so, and I sometimes feel that it is useless for me to make further efforts to be healed. H. Emile Cady in the chapter on denials, in *Lesson in Truth*, says, "Repeat these denials several times a day," and again, "Just begin to practice these denials in an unprejudiced way and see how marvelously it will, after a little, deliver you." "Several times," and "after a little." Now, I have repeated them forty times, at least, without the slightest prejudice for days only to wake every morning with the same old burning of throat and tongue. Then what is to be done? I hope you'll tell me. Of the affirmations Emilie Cady says "Strangely will they act to deliver you out of the greatest distresses, places where no human help avails." Well, I have affirmed and affirmed over and over again and have not been delivered. How am I to get up the faith to deny and deny again, to affirm and keep on affirming when I see that nothing comes of it? Shall I just keep it up without faith? Have any of you known a case of stomach trouble cured in this way? Honor bright.—Mrs. L. H. RUSSELL.

Value of Rapid Deep Breathing:—

A simple and effective method of stimulating mental processes (says *The Literary Digest*), while increasing physical endurance, at the disposal of any one without apparatus and without expense, would seem to be worth attention. Such a method is noted by D. F. Comstock, of the Massachusetts Institute of Technology, in a letter to *Science* (New York, December 3). The writer modestly disclaims all pretense to originality; he simply calls attention, he says, to important facts that have been generally neglected. He refers to the effects of enforced deep breathing, lasting for several minutes. Besides the results noted above, this produces ability to hold the breath for an unusually long period, and quickens the pulse. Writes Mr. Comstock:

"It has been noticed by others that deep violent breathing for several minutes so changes the system as to make respiration unnecessary for perhaps as much as five minutes after this preparatory breathing is over. In my own case I have found that four minutes' enforced breathing makes it possible to hold the breath for $3\frac{1}{2}$ minutes, whereas without this preparation 56 seconds was my limit. The time during which it is possible to do without respiration increases, of course, with the length of time during which the preparatory breathing is carried on. The increase does not go on indefinitely, but reaches a definite limit, beyond which further length of time given to preparatory breathing does not in-

crease the time during which the breath may be held.....

"The preparatory breathing is effective long after the 'washing out' of the lungs must have been completed. The change produced in the system is certainly, therefore, more fundamental than a lung change, and would appear to a layman to indicate a temporary change in blood constitution.

"The effect as a mental stimulant is very pronounced. I have noticed in my own case that mental fatigue may be postponed, far beyond the usual point, by two minutes of rapid deep breathing at half-hour intervals. A feeling of sluggishness or sleepiness may be almost completely dispelled. I have never noticed any reaction as in the case of most stimulants and altogether it seems to me very satisfactory.

"The effect on muscular fatigue is also striking. A difficult arm exercise with heavy weights which I could not repeat under ordinary circumstances more than twenty times, I found after four minutes of this preparatory breathing that I could do twenty-seven times, i. e., about 30 per cent more. This increase I found to exist at all stages of fatigue, as might be expected.

"The pulse beat goes up very rapidly while the breathing is continued, in my own case from about 65 to 106 after four minutes' breathing.

"Another curious effect which perhaps is worth mentioning is the apparent rapid lapse of time during the latter half of a hard breathing period. This change in the time-sense is very noticeable.....

"I should not have ventured to describe phenomena which are so easily in the reach of every one, had I not found in people at large, and even among scientific men, a surprising ignorance as to their existence. I have seen some very amusing betting on how long it was possible to hold the breath, and have seen the cocksure bettor laid low by not knowing of this possible resource of his adversary.

"As a mental stimulant, and as a means to increase the time during which the system can do without respiration, violent breathing might find considerable useful application, and daring rescues from suffocation are common enough to make a knowledge of this possible three-fold endurance without air of no little value."

Growing Mentality, and Trusting:—

Being at one time a student in a Normal College, I was compelled to select one of four orthodox churches where I should attend at least one service every Sunday. I accordingly made my selection. The first time I attended I thought I would drop into the Sunday School. I was ushered into the room where the Normal class was being taught by an elderly widow whose husband had been the esteemed pastor of that church for many years. The gist of her teaching was as follows:

We are every one of us born depraved, and unless we become converted and join the church, can never go to heaven. This was enlarged and elaborated into a very lengthy and, to me, tiresome lesson.

Those thirty or forty young women were, I think, believers, and I do wonder if those of them who are now alive are still adhering to the faith, or if they have grown into the higher thought and found heaven right here on earth.

In the lapse of fifty years, wonderful, indeed, have been the changes, and the trend of thought is to render life more enjoyable in its freedom, and to entrance our Spiritual growth. I do not remember the time when I have not had a thirst for knowledge, a reaching out after truth. I am glad to see others reaching out. I see those who assume an air of contentment, possessing great wealth they have gone on in the same rut for half a century, accumulating until their worldly possessions are enormous, but no change whatever in their mentality. They stand today just where they did when they started out, thinking the same thoughts, making the same speeches, exhibiting the same human frailties. O! but how have they survived the monotony?

It reminds me of an old well where I played in childhood. It was filled almost to the top with rocks, with enough of water left to make it the abode of a big old bullfrog. I used to make a daily visit to the place and with a stick stroke the frog's back and punch his sides. He was there all through my childhood and for many years after, and should I go back tomorrow, I believe he would be there still the same big puffy old froggie.

When we begin to realize that we are really accomplishing something in the way of mental and spiritual growth, is when something like the following comes to us:

Twenty-four years ago the Milwaukee Sentinel had a new Washington correspondent. I was so well pleased with the new writer's style that it created in me a desire to know her. Some ten years later I was made secretary of a society with a national body at Washington, D. C., and in a business way frequently exchanged letters with the secretary of that body. It came to pass that we were thrown together, each going as a delegate to a convention held in a Western city. We made an appointment to meet and spent a most delightful hour together and in the conversation I learned that I was face to face with my charming writer whose brilliant articles I had read in the *Sentinel* ten years previous. So I am trusting desire, and know that I am growing.—AN ATLANTIC FRIEND.

The only apology I can offer for making you so much trouble is that I earnestly desire that each member of my family shall have a copy of "The Science of Getting Rich" regardless of how much trouble it makes anybody. I refrained from ordering a copy for myself an appreciable time, because I knew that of course the book was a freak production by the name of it. Finally, in a spirit of large toleration, and lofty extravagance (who cares for a dollar?), I sent to you the necessary dollar for that freak book. However, I appeased my own vanity and pleased my self-esteem by indulging in good natured sarcasm in ordering the thing,—although you did not care the least

Please mention NAUTILUS when answering advertisements. See guarantee, page 5.

The Way Out

What to Do When Food Don't Agree.

When food don't agree sensible folks make a change.

Where all others fail Grape-Nuts, being partially predigested and nearly all nourishment, succeeds usually from the first trial.

A lady in Washington says: "My baby 19 months old had never seen a well day in her life. She had suffered from indigestion from the time of her birth, and it seemed impossible to find any food to agree with her. She could keep almost nothing on her stomach and she was in such a constipated condition she suffered a great deal.

"It was then that I tried Grape-Nuts for her, steeping it thoroughly and straining it, putting a small portion in each feeding and it worked like a charm. She began to improve immediately and gained half a pound the first week.

"Baby got her indigestion from me, for my digestive organs have always been weak. I rely on Grape-Nuts for most of my food for there are times when I can eat nothing else. I am steadily improving and know Grape-Nuts will make me entirely well in time.

"I never have 'that tired feeling' any more. I eat Grape-Nuts and I feel its effects in improved mental strength very forcibly."

"There's a Reason."

Look in pkgs. for the famous little book, "The Road to Wellville."

Ever read the above letter? A new one appears from time to time. They are genuine, true, and full of human interest.

in the world, you should know that I was not the credulous dupe that ordering such a book would seem to indicate. Then the BOOK came. Hats off to Wattles!!! He's all right!!! How such a book can be crystalized wisdom passes me,—BUT IT IS! As I am a self-opinionated person, however, I wish to convince you that I was at least partly right in my suspicions of the work, by recording a criticism here:—The binding does not suit me! It is too delicate in color. I have only read my copy four times, and by the time I have read it fourteen times it may begin to show signs of soil. I do not think it will—but it may. Any book to be read as many times as that book ought to be, should be bound in oil-cloth.—MRS. ELGIN H. RAY, Winamac, Ind.

I have been a reader of Nautilus almost from its beginning and want to thank you for its

(Continued on Page 56.)

Mother's "Notions"

Good for Young People to Follow.

"My little grandson often comes up to show me how large the muscles of his arms are.

"He was a delicate child, but has developed into a strong, healthy boy and Postum has been the principal factor.

"I was induced to give him the Postum because of my own experience with it.

"I am sixty years old, and have been a victim of nervous dyspepsia for many years. Have tried all sorts of medicines and had treatment from many physicians, but no permanent relief came. I believe nervous dyspepsia suffer more than other sick people, as they are affected mentally as well as physically.

"I used to read the Postum advertisements in our paper. At first I gave but little attention to them, thinking it was a fraud like so many I had tried, but finally something in one of the advertisements made me conclude to try it.

"I was very particular to have it prepared strictly according to directions, and used good, rich cream. It was very nice indeed, and about bedtime I said to the members of the family that I believed I felt better. One of them laughed and said, 'That's another of mother's notions,' but the notion has not left me yet.

"I continued to improve right along after leaving off coffee and taking Postum, and now after three years' use I feel so well that I am almost young again. I know Postum was the cause of the change in my health and I cannot say too much in its favor. I wish I could persuade all nervous people to use it."

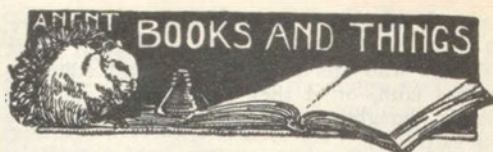
Read "The Road to Wellville," found in pkgs. "There's a Reason."

Ever read the above letter? A new one appears from time to time. They are genuine, true, and full of human interest.

(Continued from Page 55.)

helpfulness and congratulate you on its progress. I am so glad (contrary to the critic) that you do give us a touch of politics. Who can help wanting to have a hand in them who loves his country and his kin?—EMILY L. WYMAN.

The month would be dreary indeed, even in our sunshiny climate, without The Nautilus' message of uplift and cheer. Thank you for it.—CATHERINE R. HAMLIN, 1622 Canal street, Santa Barbara, Cal.



In this department we notice all cloth bound books sent us, and as many paper bound ones as we can find rooms for. Lack of space forbids reviewing music. Publishers please give selling price and address when sending books for review. Reviews are written by S. Jay Kaufman unless otherwise signed.

—"Beatrice the Sixteenth" is a novel by Irene Clyde which the Macmillan Company of 66 Fifth avenue, is distributing. It is well written, interesting and its characters are more than mere puppets. The author injects reality into their doings. 338 pages, cloth.

—"Thought Awakening," by Ruby Archer is in point of text and binding admirable. It is sumptuous. Only nineteen pages, but each a gem. Only one thousand were printed. 622 Merchants' Trust Building, Los Angeles, Cal. Tapestry cover, silk faced, no price given.

—"The Forecast" is a new magazine of worth. It advocates the new idea in things civic and its trend is progressive, hopeful. It is neatly printed and illustrated with many interesting photographs. Ten cents will bring you a copy from the Forecast Publishing Company, Lafayette Building, Philadelphia, Pa.

—"Nothing more practical has come this way for a long time than Dr. Keith's handsomely bound book, "How to Take Care of a Wife." It combines both theory and practice, and coming from a physician is doubly valuable. Dr. Keith does not mince matters—he gives you facts founded on his experience. If you are married or are going to be, or have a friend who is, send him a copy of this book. Keith & Ginter, Bellville, Ohio; silk cloth. 136 pages, \$1.00; paper, 50 cents.

—"A New Heaven and a New Earth" by Dr. Charles Brodie Paterson is called by the author "Thought Studies of the Fourth Dimension." There is a splendid description of it. It is a strongly worded argument for the realization of those forces which lie just outside the plane of ordinary existence. Dr. Paterson has a message and he delivers it. You will both enjoy and admire this book. 285 pages, \$1.35, postpaid. Cloth bound, gold initial. Thomas Y. Crowell & Co., New York, N. Y.

—"The Magical Message According to Ióannès" (St. John the Divine) by James M. Pryse. This is a literal translation from the original Greek of the mystical book of St. John. It also contains interesting chapters entitled "The Seen and the Unseen," "The Drama of the Soul," etc. The book is beautifully printed and bound, heavy cloth covers, gold stamping front and back, gilt top; 227 pages octavo. Price, \$2.00. Published by the Theosophical Society, 244 Lenox avenue, New York City.—W. E. T.

(Continued on Page 62.)

Please mention NAUTILUS when answering advertisements. See guarantee, page 5.

Man a Machine

"CLOGGED-UP"

By Walter W. Griffith



IF YOU had an automobile and never cleaned it internally, but allowed the oil, the residue from the fuel, and the particles of waste which the machine itself produces to accumulate, you would not be surprised if it not only clogged up, but wore out.

If your watch is left to its own resources and not cleaned internally in the most thorough way, it will, even though "dust tight," gather to itself enough foreign matter to put it out of business.

And every day that an "unclean" watch, auto, or any other machine is compelled to run, wears seriously its vital parts and saps its vitality.

Just so is the human vitality sapped and the "works" of humans worn—not, mind you, if we lived strictly up to the simple, primitive but rigorous laws of nature, but who does and who can?

If we were all farmers and labored in the fields from morning till night, or lumbermen chopping trees the day long—if we were able to earn our salt in one of the few, the very few occupations which call into play every muscle and joint which nature has supplied for the purpose of effectually throwing off the waste which our systems naturally create and accumulate—

If, in addition to this, we ate, drank and slept in strict accordance with exacting Mother Nature's demands, no one would have cause to say, "I have Spring Fever;" "I feel Yellow;" "I am Blue;" "I am

Nervous"—but show me one who violates any of her laws who can truthfully say, "I am never afflicted with any of these."

Are you ever so afflicted?

The life we live is to a great extent artificial. Many of us endeavor in our spare time to satisfy Nature's requirements as far as possible by exercise, but does this suffice? Does this absolutely obviate for you all the mild and serious ailments to which you are subject? If it does not, as is doubtless the case, what further is required?

Man of today is as near a machine as he probably ever can become, and still exist, and to keep him in perfect "running order" he has to be treated as such. Now, if your watch or auto was "clogged up" with foreign matter threatening its very existence unless removed, would you apply acid to rid it of this foreign matter? You could get an acid that would do it, but you know that it would also injure the mechanism.

So I don't think you would use it—you would cleanse with that which nature has provided to make and keep it clean with no injury to the "works."

I wonder why everyone does not treat the most precious thing on earth to them, their physical bodies, in the same considerate fashion. Everyone knows that their internal organs make waste which is rank poison to the blood and the system, and, under our present mode of living, the functions ridding it of these are, without aid of some kind, unable to accomplish it.

Their first thought is of the drug shop

and medicine. Never a thought of whether Nature can be assisted by her own provisions, but "Acid to the machine"—that's just what it means.

Prof. Alonzo Clark, M.D., of the New York College of Physicians and Surgeons, says: "All of our curative agents are poisons, and as a consequence, every dose diminishes the patient's vitality."

Prof. Joseph M. Smith, M.D., of the same school, says, "All medicines which enter the circulation poison the blood in the same manner as do the poisons that produce disease."

This waste in the system can be effectually reached, and the intestines cleansed and kept pure by Nature's greatest cleanser and healer, Warm Water, which, if properly introduced, is the only rational, safe and sure way of purifying, sterilizing and keeping in perfect working order the internal organism.

No poison, no violence here. Just as sensible and sure a method as is external bathing certain to keep the pores open and the external organism sweet and clean.

That dangerous and incidentally very expensive disease, Appendicitis, is caused solely and directly by accumulated waste. Indirectly I would hesitate to name the complaints attributable to this same cause. It is a well-known fact that the blood, in

circulating, comes in contact with the contents of the colon twice in twenty-four hours, and, taking up by absorption the poisons they contain, distributes them throughout the entire system.

The system is gradually weakened until it is no longer able to fight successfully against the microbes which are taken into the body through the air and otherwise, and are continually struggling for the mastery—those germs which are dominant at the time inevitably gain the upper hand and the particular illness which they produce develops.

I would advise everyone who is interested in keeping as near a perfectly healthy condition as possible without racking the system by unnatural drugging to write personally to Dr. Charles A. Tyrrell, M. D., 134 W. 65th street, New York, mentioning that they have read this article in *The Nautilus*. He will be glad, under these conditions, to send without cost a treatise on Internal Baths called "The What, The Why, The Way."

It will be very interesting to everyone, as it shows clearly how rational is the system of Internal Bathing, and in what way it differs from and is superior to forcing and injuring the functions by drugs—much clearer and in greater detail than can be covered by this brief article.



THE NEW HOUSE DRESS

An Advertisement Written by
ELIZABETH TOWNE



"What Every Woman Knows" about house dresses makes her eager to find something better than the usual garment. Right here in Holyoke was invented the neatest, cutest, most practical thing yet.

You will see thousands of these garments in New York, Brooklyn, Cleveland, Detroit, Seattle, Boston and all over New England, where their neatness and utility attracts much attention. All the big stores are demonstrating the new dress, and it is selling so fast that heretofore the manufacturing end could not keep up with the orders. Now the capacity of the plant has been nearly trebled, with a view of supplying everybody who wants them. That means everybody who sees them!

Housewives, nurses, housemaids and others wear them, made of regulation percale.

Artists wear them at their work.

When Milady presides at the chafing dish she wears it. And there is a special edition of this garment which is highly appreciated by governesses, nurse-maids and saleswomen. Some people call this garment

THE BALDWIN FOUR-IN-ONE HOUSE DRESS

(Patented in United States, Great Britain, Canada, Germany and France.)

GET THE BALDWIN HABIT

SQUARE NECK, PIPED, \$2.25 ROUND NECK, PIPED, \$2.00

This Garment May be Used as a Dress, Kimono or Apron!

The Double-Service Dresses are adaptable to many uses. As a Dress the garments are complete—really a 4 in 1 dress, comprising Skirt, Waist and 2 Aprons. As a Kimono the garment has many special features not found in the ordinary kimono. As an Apron the Double-Service Garment gives perfect protection to any valuable clothing worn underneath it. The Double-Service Garment is a Complete Dress (it is not an apron) but it has the additional advantage that it may be used like a big apron for protection. Double-Service Garments are made on a quality basis—the best of materials and workmanship entering into their manufacture. These New Style-House Dresses are much cheaper—in the end—than old style wrappers. Every woman will be interested in this New Idea in wearing apparel.

The BALDWIN GARMENT can now be secured from the leading merchant in your town; or if he does not have it SEND US THE PRICE AND HIS NAME AND YOUR BUST MEASURE and we will send it to you, postpaid.

Made in high-grade percale, thoroughly washable, in gray and white nurses' stripe, black and white shepherd's check, light and dark blue chambray.

Money Back if You are Not Satisfied.

Address THE BALDWIN GARMENT CO., Inc., Dept. 12, 279 High St., Holyoke, Mass.

Use This Coupon **TODAY!**

Baldwin House Garment Co., Dept. 12,
279 High St., Holyoke, Mass.,

Enclosed please find \$....., for which please send me.....Garment.....
Bust Measure Neck.....
Material.....
Name
P. O.
County
State

It combines a shirtwaist and two aprons. Think of it. Designed to be worn as a dress, but is delightfully comfortable worn over your good gown when you go into the kitchen. From the back it looks like a shirtwaist and

skirt. In the front it folds over on the lines of the Russian blouse, so much in vogue at present. It fastens up neatly at the neck, and looks as trim as heart could wish.

You can do all sorts of housework in the Baldwin garment. If the front of your dress is soiled when the front doorbell rings, you unbutton the belt, whisk the inside over the upper, and button it up again, and there you are with a spick and span clean dress on, ready for visitors.

This double front feature enables you to keep clean for a whole week without the use of an extra apron.

INTERESTING AND IMPORTANT PARTICULARS

By the adjustment of the belt, the Garment will fit any figure. To change the Waist Line on these garments raise or lower the belt a trifle, a very simple operation. By moving the belt the garments may be made to fit perfectly, either short, medium or long-waisted persons. A Special Feature.—Found Only in the Double-Service Garments.

NO BUTTONS OR HOOKS AND EYES.

Two large Snaps on the belt—as shown above—hold the entire garment in place. Under this arrangement the garment is adjusted to three different sizes.

EASY TO PUT ON

Without a doubt the easiest and quickest to put on, of any House Dress made. On and off like a coat—no pulling over the head or stepping out of the skirt.

MADE "PRINCESS" WITH POCKET AND TWO REVERSIBLE FRONTS

The "Princess" design gives the garment an exceptionally neat and tidy appearance. The pocket is a great convenience. The two Reversible Fronts give Double Service both as to wear and soil.

VERY EASY TO LAUNDER

because the entire garment opens out flat with no buttons or "frills" to bother. An important point.

REMARKABLE AGENTS' PROPOSITION

Sells on sight. Dozens of agents are now earning big sums weekly by selling these garments. You can easily earn \$25 weekly by selling them to your friends during your spare hours.

WRITE TODAY FOR OUR SPECIAL AGENTS' OFFER

Please mention NAUTILUS when answering advertisements. See guarantee, page 5.

STRANGE HOME INVENTION STARTLES WORLD!!!

**NOTHING SO WONDERFUL! PEOPLE FASCINATED!
MARVELOUS APPARATUS GIVES EVERY HOME A BATHROOM FOR \$6.50**

Glorious discovery—new, peculiar apparatus a mighty wonder-worker; humanity amazed—terrific stampede to possess it—inventor heralded as public benefactor—people exclaim, "from whence comes his marvelous inventive power?"—enthusiasm runs riot—great excitement over Allen's wonderful Bath Apparatus.

MILLIONS MADE HAPPY: Any home made modern—any room turned into a bathroom—enjoy modern bathing facilities. Isn't this just great! Any farmer—any mechanic—any merchant—in fact, any family, anywhere, can modernize their home. **Energized water works wonders**—revolutionizes living conditions. Ingenious applicator makes one gallon of water do more than 20 gallons old way. Apparatus used wherever there is water—in any room; no water-works—no plumbing—no valves—not even a screw to insert. **Child can operate it.** Does more than bathrooms costing \$200.00—gives **soothing friction—invigorating shower—health-building massage.** Bath taken in 5 minutes or can be prolonged 30 minutes. Think of it! Only clean water touches body—no using same water twice. Wonderful yet true—everybody delighted—people wild about it—**physicians** proclaim it a God-send to humanity; used by famous **Battle Creek Sanitarium.**



Sectional View

USED BY UNITED STATES GOVERNMENT

200,000 already sold—millions to be sold—everybody wants it—have always longed for modern bathing facilities. Here at last! The humblest home—the hut of the hunter, the cottage of the miner, the home of the farmer, can be modernized. Oh! How simple!

Patent water heater a marvel—simply strike match— presto! water hot. Adjust marvelous applicator—turn regulator—thereafter it works almost automatically—your body constantly flushed with clean, running water—your blood leaps—muscles expand—flesh takes on ruddy glow—mind becomes bright—system invigorated—nerves soothed and rested—your whole body experiences exhilarating effects—you are delighted! Oh! What a blessing to know these pleasures! What a boon—what a great convenience!

No buckets, basins or tubs to bother with—no unsightly, unsanitary, disease-breeding rags or sponges—no dirt—no muss—no splashing—no odor or unpleasantness. **THINK OF IT! NOTHING BUT PLEASURE.** This wonderful apparatus is a boon to travelers, roomers, campers—city homes—country homes. Its use promotes health, strength and vigor—stimulates circulation—greatly benefits the nervous system—feeds oxygen to the blood—produces sound, refreshing sleep.

MIGHTY INVENTION BOON TO MANKIND

Rejoice! Shout the glad tidings—your chance has come—get the good things—enjoy your home—be happy—love to live. Hark ye! It's just what you want—must have—act quickly. Don't deny yourself this blessing—thousands are buying—all delighted—sound its praises to the skies. Think what it means to introduce this marvelous invention in your home! **IT WORKS LIKE MAGIC—LASTS FOR YEARS—SOLD AND BUILT ON HONOR.** Apparatus a thing of beauty—people crazy about it—will to get it. Read about sensation of century—resolve to get one right away—modernize your home NOW—TODAY. NOT SOLD IN STORES.

PRICE \$6.50 SENT ANYWHERE

Place your order right away. To get such GREAT VALUE for so small an amount of money is indeed wonderful. So **MODERNIZE YOUR HOME—do it today.** Think of it! \$6.50 buys apparatus complete. **SEND FOR FREE BOOKLET AND FULL INFORMATION ANYWAY.** Think what it means to you! Think of the comfort you have been denied—resolve to order right now. **GUARANTEED TO BE AS REPRESENTED OR MONEY BACK.**

Used and Praised by Thousands: C. DAY, S. D., writes, "Used it 10 minutes WITH NEW LIFE." MRS. SUTTON, KY., writes, "Splendid! So easy to bathe the children." G. CHASE, N. Y., writes, "After 2 years' use I consider it a God-send; my complete restoration to health due to Allen bath." E. SHOLTUS, MICH., writes, "So simple, easy; time-saver; 5-minute bath more thorough than half-hour old way." J. PHAR, MONT., writes, "Makes a modern house on the farm; great gift to mankind." J. B. HART, N. C., writes, "Placed one lady on her feet in 2 weeks; been under doctors' care four years, suffering from nervousness."

GUARANTEED BY AN OLD RELIABLE \$50,000.00 HOUSE—EVERYBODY GETS A SQUARE DEAL. Get with big people—become important—get rolls of money—MODERNIZE YOUR HOME ANYWAY; get one for personal use—then you will be astonished—be crazy to take up sale. Write today; don't put it off—send a postal—get startling proposition—full information—put it up to us Hurry! Hurry! Let us introduce you to success.

ALLEN MFG. CO., 2014 Allen Building, TOLEDO, O.

AGENTS GETTING RICH!

TERRIFIC, FRENZIED MONEY STAMPEDE. Agents wild. Zimmerman, (FARMER) orders \$13,246.32 IN 110 DAYS; Korstad, (FARMER) rets \$2,212.13 IN 2 WEEKS; Stoneman, (ARTIST) sells \$2,841.68 IN 60 DAYS; Cashman enthusiastically exclaims, "Man who couldn't sell your goods couldn't sell bread in a famine." **THREE CHEERS!** Rasp, (AGENT) did \$1,685.00 IN 73 DAYS; Juell, (CLERK) \$6,800.00; Oviatt, (MINISTER) \$4,000.00; Hart sold \$5,000.00 and "took 16 orders in 3 hours." Reese, (CARTPENTER) saw 60 people and sold 55—result \$320.00; McDaniel visited 20 farmers, sold 19.

Simply show—Sale made. People snap it like lightning. Wild scramble for territory. Own a rip roaring business—pile up money—NO EXPERIENCE NECESSARY—spare time means \$7.00 to \$15.00 daily—ENORMOUS DEMAND—NO COMPETITION—EXCLUSIVE TERRITORY. Shake hands with prosperity—join gigantic success. What a blessing to have plenty of money! Sow seeds of prosperity—reap golden harvest—have a business of your own—sell something NEW, WONDERFUL—GRAND. People crazy to get it—a golden stream flows into your pocket. Be a big person yourself. Seize great, golden chance, and forever afterward be happy.

FREE \$13.75 SAMPLE TO AGENTS. CREDIT GIVEN. Costs nothing to investigate. Rush—be quick—get free proofs and liberal offer.

BREATHE PURE MOUNTAIN AIR IN YOUR BEDROOM

For use in Home, Bedroom, Sickroom, and wherever PURE AIR is needed



The OZONE PURE AIRIFIER

is endorsed by highest medical and scientific authorities, for such conditions as catarrh, asthma, hay fever, bronchitis, weak lungs, anaemia, nervousness, insomnia, etc. Soon saves cost, in doctor's bills. Write for catalogue.

THE OZONE PURE AIRIFIER CO. :: 312 Chicago-McNally Building, CHICAGO, ILLINOIS

Please mention NAUTILUS when answering advertisements. See guarantee, page 5.

Whenever
you see an Arrow
Think of
Coca-Cola
Delicious
Refreshing
Thirst-Quenching

**Hot Sun
Stifling Streets**

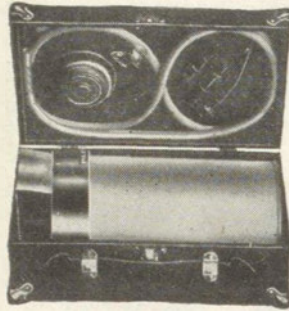
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(Continued from Page 56.)

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(Continued on Page 66.)

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The faintest touch of this wonderful new novelty perfume sends forth a dainty exquisite odor fairly redolent of the subtle mysterious charm of Paris.

Nonalcoholic in composition, highly concentrated and powerful in the extreme. The odor of the smallest drop will linger for days and a bottle will last a very long time.

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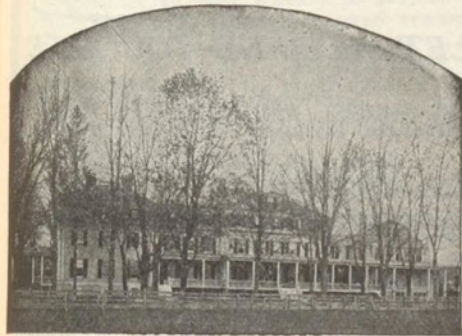
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MEN with hearts—and souls—and feeling for their fellowmen—men who will pitch in and help overthrow a great wrong—and wipe a blot from civilization—*these* are the kind of men we want.

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(Continued from Page 62.)

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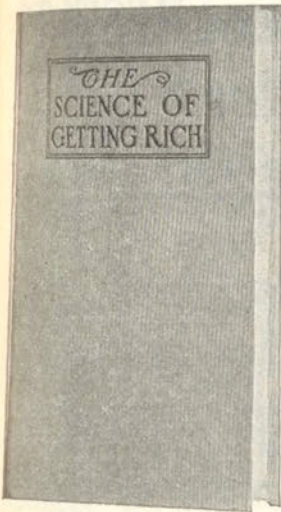
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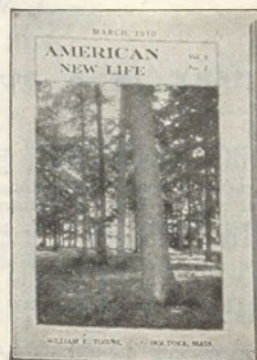
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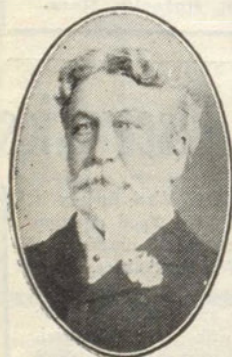
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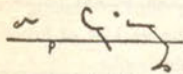
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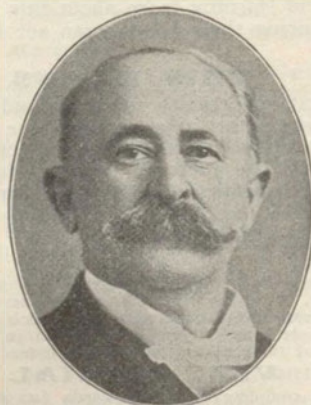
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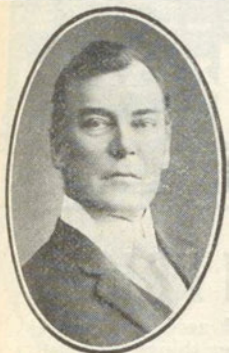
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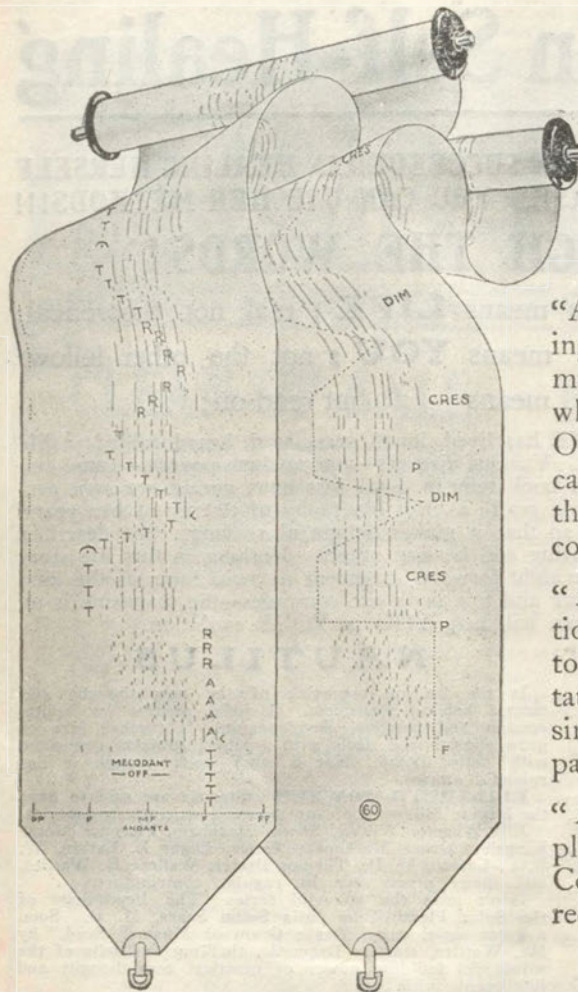
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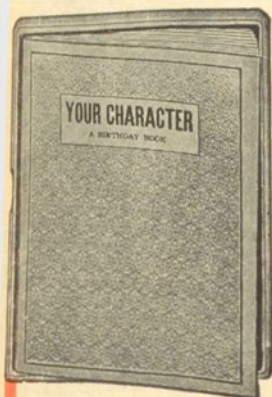
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