

# THE NAUTILUS

*December, 1909*

Every man helps others  
At his own expense  
When he concedes to another a virtue, a power,  
or a possibility, that he  
refuses or fails to claim  
For himself.  
There is only one thing in  
the world  
That controls man,  
And that is  
His belief.

—S. A. Weltmer.

*Published by*  
**ELIZABETH TOWNE,**  
**HOLYOKE, MASS.**

THE NAUTILUS.

# Here's Health and Happiness For All—For YOU



Don't suffer any longer! Don't try to stand an ache or pain—**cure it!** Don't neglect the little ills—unless they are attended to, they lead to serious things. Even if you have a chronic Disease—one that physicians have told you is **incurable**—**DON'T GIVE UP HOPE!** The greatest natural curative force in the world is **NOW AT YOUR COMMAND!**

## Vibration Banishes Disease As the Sun Banishes Mist!

It is the source of all life—the cause of all existence! VIBRATION is the remedy NATURE meant. It sets your nerves a-tingling—your blood leaping and thrilling through your veins and arteries—it removes the CAUSE!  
VIBRATION will make you new and whole from head to foot! You will feel refreshed and invigorated from the VERY FIRST TREATMENT!

## The White Cross Electric Vibrator

begins where doctors stop! Thousands upon thousands of people who have been given up by specialists as incurable are now well and happy through the aid of this marvelous invention. What the **WHITE CROSS VIBRATOR** has done for others it will do for you. No matter where you live or what your trouble is, you owe it to yourself to find out all about this wonder of the 20th Century! Even if you are perfectly well now, you should investigate anyway! You cannot tell when the dread hand of disease will seize upon you or one of your loved ones. **Be ready! Post yourself!** Don't let disease get ahead of you. *Take the first step yourself.*

**FREE TRIAL** We will send you the **WHITE CROSS ELECTRIC VIBRATOR** on absolute free trial! We will give you an actual demonstration of its merits without charging you one penny. Feel its marvelous power for yourself. Feel how it drives out disease.

## This Valuable Book Now Sent FREE



The Famous book "Health and Beauty" will be sent to you absolutely free for just your name and address. No matter who you are or how well you are—you need this book! It tells you all about the human body in health and disease so plainly—so clearly—that anyone can understand. It tells you how, with aid of the **WHITE CROSS ELECTRIC VIBRATOR** you can cure yourself without the aid of drugs and doctors.

### SIGN THE COUPON

and get this free book today! It will open the door to a new world to you. It preaches the gospel of health and hope. Thousands have benefited by its teachings—why not you?

**LINDSTROM,  
SMITH CO.  
253 La Salle St.  
Dept. 2988  
Chicago - Illinois**

Without obligations on me, please send free, post-paid, your book, "Health and Beauty," on treatment of disease by Vibration and Electricity. Also free trial offer.

Name.....

Address.....

**LINDSTROM, SMITH CO.  
253 La Salle Street  
Dept. 2988  
CHICAGO, ILLINOIS**

## What This White Cross Electric Vibrator Will Do For You

A few minutes use of the White Cross Electric Vibrator each day will put you in better health than you have known for years. Drugs may relieve but they seldom cure. The White Cross Vibrator attacks the cause. When the cause is removed the disease is gone forever. The White Cross Electric Vibrator gives you not only Vibration but Galvanic and Faradic electricity as well. It is not only an **ELECTRIC MASSAGE VIBRATOR** but also a complete electric **MEDICAL BATTERY.**

**HERE IS THE WAY IT ACTS** on a few of the most common chronic and acute diseases:

**Headache**—from whatever cause, can be almost instantly relieved by the White Cross Vibrator. However, headache is usually only a symptom of some other trouble. Find the cause and the Vibrator will cure it.

**Catarrh**—Clogged nostrils relieved after a few minutes treatment. Discharge grows gradually less. Time for complete cure varies only with the foothold which the disease has obtained. (Common "cold-in-the-head" or coryza can frequently be cured in one treatment).

**Insomnia**—A short treatment with the Vibrator and in the Vibration Chair just before retiring will insure a good night's sleep even in the most long-standing cases.

**Indigestion**—This common disorder yields readily to vibration. **DYSPEPSIA**, which is only **CHRONIC** indigestion, is more stubborn but a complete cure almost always results in a surprisingly short time.

**Rheumatism**—is caused by congested circulation resulting in inflammation and a deposit of uric acid. The worst case of rheumatism can be instantly relieved by the application of Vibration and Electricity.

Here are a few of the other diseases which are instantly relieved by Vibration and Electricity: Asthma, Neuralgia, Earache, Weak Eyes, Nervous Debility, Constipation, Heart Trouble, Weakness, Deafness, Stomach Trouble, Skin Diseases, Scalp Diseases, Lumbago.

## Genuine Swedish Movement

You do not have to go to expensive Specialists or to a sanitarium to get the genuine Swedish Movement. With a White Cross Vibrator you can give yourself the same treatment without cost.

## Vibrating Chair

With the White Cross Electric Vibrator and a simple attachment you can transform any chair into a vibrating chair.

**Send for Free Book  
Which Explains All**



Mention NAUTILUS when answering advertisements. See guarantee, page 5.

TRANSCRIPT  HOLYOKE, MASS.

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*Published by*  
ELIZABETH TOWNE,  
HOLYOKE, MASS.

## 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.

- ASPEN, COLO.**—Matilda L. Ross, 116 East Cooper Avenue.  
**BOSTON, MASS.**—The Metaphysical Club, 211 Huntington Chambers, 30 Huntington avenue.  
**BOSTON, MASS.**—The Scholar Business Building Service, 191 Tremont street.  
**BOSTON, Mass.**—Smith and McCance, 38 Bromfield St.  
**BRUNSWICK, O.**—Co-operative Book and Subscription Agency, R. 3.  
**BATTLE CREEK, Mich.**—Phyllis Champagne, care Macfadden Sanatorium.  
**CHICAGO, Ill.**—The Progressive Thinker, 40 Loomis street.  
**CHICAGO, Ill.**—The Progress Co. 515-519 Rand-McNally Building.  
**CHRISTCHURCH, New Zealand**—Ida M. Bruges, Fendalton.  
**DENVER, Col.**—Dr. Alexander J. McI. Tyndall, 526 14th street.  
**FRESNO CAL.**—Mrs. L. F. Sanders, 944 O. street.  
**SANTA BARBARA, Cal.**—Ramona Book Store, J. M. Barboer, Prop., 707 State street.  
**HELENA, MONT.**—Mrs. S. J. Rumans, 1051 N. Ewing street.  
**KINGSTON, JAMAICA, B. W. I.**—Hale's Popular Variety, 51 Luke Lane.  
**LONDON, England**—Higher Thought Center, 10 Cheniston Gardens, W.  
**LONDON, England**—L. N. Fowler & Co., 7 Imperial avenue, E. C.  
**LONG BEACH, Cal.**—Mrs. S. F. Connley, 14 American avenue.  
**LOS ANGELES, Cal.**—Metaphysical Library, 611 Grant Bldg., 355 South Broadway.  
**LOS ANGELES, Cal.**—Occult Book Co., 213 Mercantile Place.  
**MELBOURNE, Australia**—Miss E. R. Hinge, 178 Little Collins street.  
**NEW YORK CITY**—New Thought College Free Reading Room, 1 Carnegie Hall, ground floor.  
**NEW YORK CITY**—Roger Bros., 429 Sixth avenue.  
**GAKLAND, Cal.**—Rest Reading Rooms, 719 14th street.  
**PITTSBURG, Pa.**—Dr. H. Lewis Belknap, 813 Wood street, second floor Wilkesburg Station, P. O. Box 171.  
**PORTLAND, Ore.**—W. E. Jones, 291 Alder street.  
**PROVIDENCE, R. I.**—S. C. Dunham, 104 Olney street.  
**RICHMOND, Va.**—M. E. Davison, 1002 E. Clay street.  
**SHANGHAI, China.**—International Subscription News Co., J. Thompson, Mgr., American P. O. Box 922, 5a North Soochow Road.  
**SPOKANE, Wash.**—Spokane Book and Stationery Company, 114 South Post street.  
**ST. LOUIS, Mo.**—H. H. Schroeder, 3537 Crittenden street. German publications a specialty.  
**ST. PAUL, Minn.**—Ida Willius Goldsmith, 469 Laurel avenue.  
**SAN DIEGO, Cal.**—Loring & Co., 762-766 Fifth street.  
**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.  
**SEATTLE, Wash.**—Thomas A. Barnes & Co., 1325 Third avenue.  
**SEATTLE, Wash.**—W. H. Wilson & Co., 903 Pike street.  
**SPRING VALLEY, Minn.**—Mrs. Rose Howe, Box 165.  
**SYDNEY, Australia**—Progressive Thought Library Co., 5 Moore street.  
**TOLEDO, Ohio**—Progressive Book Co., 417 Adams street.  
**TOLEDO, Ohio**—Mrs. Anna L. Stoeckly, 622 Navarre avenue E.  
**TORONTO, Can.**—W. H. Evans, 488 College street.  
**VALAPARAISO, CHILE, S. A.**—Georgina Hammer-ton, Carilla, 271 P. O. B.  
**WASHINGTON, D. C.**—Oriental Esoteric Center, 1443 O street, N. W.  
**WILLIMANSETT, Mass.**—Mrs. S. A. Emerson, 30 Emerson street.  
**WINNIPEG, Man., Can.**—Prof. R. M. Mobius, 494½ Main street, Suite 1.  
**WIMBLEDON, S. W., England**—Power Book Co.  
**YOUNGSTOWN, O.**—Flora G. Whiteside, 108 West Wood street.  
**THE AMERICAN NEWS COMPANY**, through its various branches, supplies *The Nautilus* on a returnable basis to all newsdealers who request it. If your news-dealer hasn't it on sale please suggest that he request his branch to supply him.

## LIST OF BOOKS

BY ELIZABETH TOWNE.

### PRACTICAL METHODS FOR SELF-DEVELOPMENT, SPIRITUAL, MENTAL, PHYSICAL.

160 pages on antique paper, new half-tone of the author; well bound in cloth; price \$1.00.

### THE LIFE POWER AND HOW TO USE IT.

176 pages, well bound in vellum cloth, with autograph picture of author. Latest book by Elizabeth Towne. Price \$1.00.

### JOY PHILOSOPHY.

75 large pages, bound in purple silk cloth stamped in gold; price \$1.00.

### YOU AND YOUR FORCES, or The Constitution of Man.

15 chapters, green and gold, flexible cover, half-tone of the author; price 50 cents. "Full of thought starters."—"In many respects the most remarkable book I ever read."

### HOW TO GROW SUCCESS.

71 pages, strong paper cover, picture of author; price 50 cents. "A well of information and help."

### EXPERIENCES IN SELF-HEALING.

A Spiritual autobiography and guide to realization, intensely alive and helpful; price 50 cents. "A book of strong common sense, lighting up what to many is a path of fear and mystery."

### HAPPINESS AND MARRIAGE.

Treats of the everyday problems of married life and tells how to solve them successfully. 80 pages, heavy paper covers, picture of author; price 50 cents.

### JUST HOW TO WAKE THE SOLAR PLEXUS.

Paper bound; price 25 cents. German translation by Bondegger, price 30 cents. "It contains a FORTUNE in value." "Breathing exercises of great value." "Not only the key, but explicit method."

### JUST HOW TO CONCENTRATE.

Paper; price 25 cents. "A bugle call to those who sleep." "A power and an inspiration." "So helpful."

### HOW TO TRAIN CHILDREN AND PARENTS.

Paper; price 25 cents. German translation by Bondegger, 30 cents. "It is great! Every father and mother should have it."

### JUST HOW TO COOK MEALS WITHOUT MEAT.

Paper; price 25 cents.

### HEALTH AND WEALTH FROM WITHIN.

By William E. Towne.

Cloth bound, half-tone of author, 156 pages. Price \$1.00 postpaid.

### PROSPERITY THROUGH THOUGHT FORCE.

by Bruce McClelland.

Cloth bound, half-tone of author, 160 pages; price \$1.00.

### PSYCHICOM, or Soul-Sleep, by Helen Rhodes.

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.

### THROUGH SILENCE TO REALIZATION.

This is the latest book by Floyd B. Wilson, author of "Paths to Power," etc. Handsomely bound, green and gold, 200 pages, price \$1.00.

### NEW SCIENCE OF LIVING AND HEALING, by Wallace D. Wattles.

Ninety-six pages, heavy paper binding; price 50 cents.

### THE EVERY DAY BOOK.

Compiled and portions of it written by Suzanne Wardlaw.

A "birthday book," "year book" and "every day book" combined. Gives zodiacal sign, precious stones, colors, flowers, musical composers, and special sentiment for every month, with appropriate quotation for each day of the year. A little beauty, heavy finished paper, rich red silk cloth stamped in white leaf, 130 pages, and blank pages for further sentiments. Size 4½x8 inches. Price, \$1.00, postpaid.

Any of these books sent postpaid on receipt of price. Order of

ELIZABETH TOWNE, Holyoke, Mass.

## Nautilus News.

By THE EDITORS.

### Two New Ones.

One is the most practical article on healing that has come to me in a long time—the sort that I'm always praying for but seldom see. This one is "Non-Resistance as a Healing Power," by Alice B. Stockham, M. D., who writes from her own wonderful personal experience.

The other article is "A New Sartor Resartus," by Jessica M. Reynolds, wife of Stephen Marian Reynolds, the Indiana silver-tongued orator. Mrs. Reynolds is a brilliant young woman of ideas and wit, and her new philosophy of clothes will interest our readers, men and women.

### New Points of View.

avananda.

A bright article of business suggestion, "Living on Friends," by Thomas Dreier.

"Money Lovers," a new point of view by Katherine Quinn.

Another Constructive Science article on "Agitation and Reform Works," by Wallace D. Wattles. This new view is a good one and practical. I wonder if Stephen Marian Reynolds can refute it or supplement it!

Then there is to be the fourth instalment of Sinclair Lewis's "City Shadow"—wherein "Kate up and does," to some purpose. It is amusing!—and suggestive of a new order.

### Facts, Fun and Instruction!

help you to express the most Good Will to the round dollar.

Note our new book for amusement, human-nature and character-building—"Your Character."

William and Catherine and I wrote that book—three heads and hearts went into it, not to mention the art printer's! I think it will take.

Get a copy now, for you'll want more for Christmas. There's fun in it, besides inspiration, self-help, other-fellow-help and beauty. All packed in a beautiful little white fleur-de-lis-and-gold box that makes it lovely for a gift. Sent postpaid for seventy-five cents a copy; two copies for \$1.25; four copies for \$2.00.

Yes, you may have one copy free for two new subscriptions to *The Nautilus* at \$1.00

(Continued on Page 2.)

I have two extra interesting articles from new writers, that will appear in our January issue.

Among our other January contributions of special interest will be: "The Sacred Way of Tao," by Swami Vy-

Look over the advertising pages in this number. There are a lot of very nice special holiday offers that will

## Doremus & Company's Special Quality FINE OLIVE OIL Pure and Genuine

Selected and imported by us exclusively for its medicinal and food values. Nature's own remedy for Stomach Trouble and Constipation. A spoonful before meals and retiring will relieve the most obstinate case. Edgar Wallace Conable in August, 1909, *NAUTILUS* says, "Olive Oil is a splendid food and supplies all the fat the body needs." Unsurpassed as a food dressing—particularly salads. Large bottle or quart can \$1.00, 1 gallon can \$2.50, case of 4 quart cans \$2.75, case of 3 1-gallon cans \$10.00. Trial bottle 20 cents postpaid. Correspondence invited. Write

DOREMUS & CO., Importers, 111 Sullivan St., New York

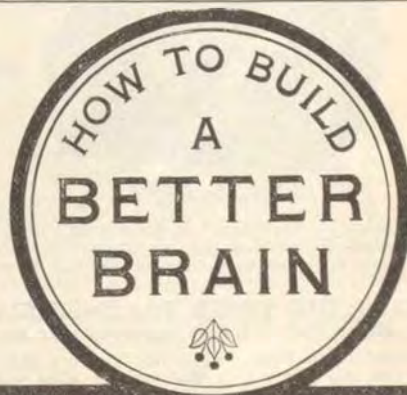
Our pure OLIVE OIL SOAP will be found a delightful innovation for the toilet and bath.

10 cents per cake unscented, 20 cents and upwards scented.

## EASE YOUR FEET



Tired, aching feet and limbs, lameness, weak instep and rheumatic pains, instantly and permanently cured by wearing **BULLARD'S PERFECTION ARCH CUSHIONS**. They are light, soft, flexible and comfortable. They remove all muscular strain from the arch—equalize the weight of the body—and enable you to stand or walk all day without fatigue or pain. Price, 50c per pair, by mail. Give size of shoe. Money back if not satisfactory. A fine proposition for good live agents. Write for particulars and free booklet. **BULLARD MFG. CO., 129 Summer St., Boston.**



### With a Lengthy Analysis of The Seven Foundation Powers of Human Achievement.

This instructive treatise (just published) gives **Actual Methods** by which the brain can be built into a mighty engine of Creative Mentality. Also explains the 150 studies you must know to possess brilliant powers of

**WILL : ENERGY : INTELLECT : CULTURE  
SELF-MASTERY : INFLUENCE : SUPREMACY**

Handy pocket edition mailed for 3c in stamps. You make a short cut to Power : Fortune : Success by sending for this book at once.

**Albert Lewis Pelton, - - Meriden, Conn.**

Mention *NAUTILUS* when answering advertisements. See guarantee, Page 5.



MRS. J. C. CARR

## Would You Like to Earn \$20 to \$30 per Week My Lady?

Thousands of women no more gifted than you are earning as high as \$3,000 per year. The middle-aged lady, or even a grandmother, can earn a comfortable income through my help, instructions and

## "Sempre Giovine"

Sem-pray Jo-ve-nay (Always Young)



PRICE, 50 CENTS.

This "Queen of Beautifiers" is the matron's most priceless possession. It is a fact that women who use "Sempre Giovine" are made to appear years younger than they really are.

### LEARN THE TRUTH FOR YOURSELF It May Mean Comfort and Independence to You.

My confidence in "Sempre Giovine" is such that I am positive you will join me in this business after you have given "Sempre Giovine" a trial. The success I have attained in this work with twenty years of experience, and what I have done for others, proves my ability to assist you to meet with the same success.

**WRITE ME TODAY** for full particulars and **YOUR OWN JUDGMENT** will tell you why "Sempre Giovine" is invaluable to other women, and why thousands of women are interested in my proposition.

Enclose ten cents in coin or United States postage stamps to cover cost of mailing, and I will send you a generous briquette of "SEMPRE GIOVINE."

ADDRESS ME PERSONALLY.

Mrs. J. C. CARR, Pres.

Marietta Stanley Co.

5912 Fourth St.

Grand Rapids,

Michigan.

**COUPON—FILL IN—MAIL TODAY**  
I am interested. Send me full particulars of your business and briquette of "Sempre Giovine." Enclosed find ten cents.  
Name.....  
Address.....  
5912 4th St.....

(Continued from Page 1.)

each; or for one new subscription and forty cents extra.

Order early and be sure.

**For Christmas.** And that reminds me we have everything in line for prompt handling of Christmas orders. Every order will be filled the day of its receipt, barring Sunday, of course.

But the postal service!—we can't guarantee prompt delivery at holiday seasons. So be sure to send your orders early, early to make up for possible delays in transit.

### And More!

Yes, there's our regular Christmas offer of three subscriptions to *The Nautilus* for the price of two—\$3.00

worth for \$2.00, at least two of the subscriptions to go to new subscribers.

And we will send your card along with each subscription, if you wish; or we will send our own card of notification, with or without your name, as you say.

This is a real opportunity to send a Christmas gift that will carry Good Cheer and growing Good Will for twelve months in the year. Try it.

Then there are other holiday offers—note the "Your Character" advertisement on page 57. And the special Experience offer on page 60. And isn't there somebody who wants help in "Making the Man Who Can," see page 52. And "Prosperity Through Thought Force," by Bruce MacClelland. And all my books—just look at that offer, "Very Special for Christmas," on page 88.

**Are you Interested in Shorthand?** Then why not learn the method that requires the **smallest** outlay of time and money. Ideal Shorthand is the climax of **simplicity, brevity and practicality**. Mastered in One Hour. Speed from the start. Price (complete), \$2. Particulars for 1c stamp. **Holyoke Sales Co., Holyoke, Mass.**

## Helpful Books for Every Reader Catalogue FREE

New Works Furnished by Us.

Our Invisible Supply, Part 2, Frances L. Warner, \$1.00  
Dore Lectures, Judge T. Troward, .50  
The Life Beyond, H. Emile Cady, .15  
Lord's Prayer and Psalm XXIII, Anita Lawrence, .15

ROGER BROS., 429 Sixth Ave., N. Y. City.



Prof. Brooks

## Make the Farm Pay

Complete Home Study Courses in Agriculture, Horticulture, Floriculture, Landscape Gardening, Forestry, Poultry Culture and Veterinary Science under Prof. Brooks of the Mass. Agricultural College, Prof. Craig of Cornell University and other eminent teachers. Over one hundred Home Study Courses under able professors in leading colleges.

250 page catalog free. Write to-day.

**THE HOME CORRESPONDENCE SCHOOL**  
Dept. 139, Springfield, Mass.

## Asthma

**CURE** sent by express to you on **Free Trial**. If it cures send \$1; if not, don't. Give express office. **National Chemical Co., 795 Ohio Ave., Sidney, O.**

# Health is your Birthright!

Some men sell their Birthright of Health and Happiness for a Mess of Pottage. Some sell it for a Plate of Homemade Doughnuts. And some sell it for a Midnight Supper.

But the final accounting discloses the fact that the Price paid in each instance is the same. Poor Digestion! No Appetite! Insomnia! Loss of Health!

If your food has made you ill, if you have stomach trouble, if you are obese or emaciated, if you are full of aches and pains or are nervous and brain fagged,

*Send for my Book and Learn*

## "HOW FOODS CURE"

*Read these letters from those who have learned*

February 17th, 1909.  
Mr. Eugene Christian, 7 East 41st St., N. Y.

My Dear Sir: I beg to acknowledge receipt of your favor of the 10th inst., and replying to the last paragraph of same, beg to say that I am entirely pleased with your dietetic treatment, and I thank the day that I first saw your advertisement, as at that time I was suffering everything possible from indigestion, constipation, etc., etc. I was suffering with pains of all kinds at first, then my condition changed to being unable to keep anything on my stomach—not even the lightest of foods and I felt as if I did not care to live any longer. Upon taking your treatment I gradually was able to retain some food, until at the present time I am able to eat almost anything, and with great relish.

Thanking you for your kindness to me in bringing me back to my former health, and wishing you all the luck in the world, I remain,

Yours very sincerely,

T. T. BANKERD.

La Cross, Wis., October 5th, 1908.  
Dear Mr. Christian:

I am immensely pleased with the contents of your letter as it is a pleasure to know that you are grateful for my appreciation of what you have done and are doing for me. My main regret is that I cannot express what I feel. You have rescued me from a quagmire of disease and improper living. You have lifted a load of dread from my

heart and are putting in its place hope, health, energy, ambition and restored ability to carry on my work in life. I would indeed be an ingrate were I not willing to give you credit and to try to spread your theories for the benefit of others. After all, life in the broad sense, is valuable only as we improve it to benefit mankind. That is why I feel sure you find so much gratification in your work, even though you must fairly fight to get people's permission to help them. Many, I fear, have taken so much medicine they eye the word "cure" with suspicion. I feel certain that among the hundreds of people you have helped there are many who have appreciation in their hearts, but like the "cub" reporter, cannot transfer it to paper.

Very truly yours,

W. V. KIDDER.

1412 Hyperwin Ave., Los Angeles, Cal., Sept. 28, 1909.  
My Dear Mr. Christian: This is my final report and I am happy to say a very satisfactory one. The three months have passed very swiftly and I can testify to your being the best "doctor" I ever knew in all my long life. Your prescriptions are not only the most sensible, but all so delightful, so dainty, so aesthetic, that I am a complete captive to your theories, and shall never go back to the troublesome old ways of cooked foods. There is also a marked improvement in the family menus, for they are not going to let "Grandma" have all the good things.

Yours sincerely,

FRANCES M. RICHARDS.

You may not be "under the doctor's care," but if you don't feel *all right all the time*, you can read my book with profit to yourself. Write right now! It is sent Free.

**EUGENE CHRISTIAN, FOOD SCIENTIST**

7 East 41st Street

Department 70

New York City

*Mention NAUTILUS when answering advertisements. See guarantee, Page 5.*

# IN THE CRUCIBLE:

## New Thought and Old Theology SPECIAL BOOK NUMBER TWO

A SPECIAL BOOK OF 54 PAGES WHICH FULLY DESCRIBES VOLUME II, "GOD, THE BIBLE, TRUTH AND CHRISTIAN THEOLOGY," "TEXT BOOK" OF THE CONGRESS OF ANCIENT, DIVINE, MENTAL AND CHRISTIAN MASTERS, HAS BEEN PREPARED AT GREAT EXPENSE.

This book is beautifully printed in Gold, Black and Green. It also contains two instructive and interesting articles which give the honest opinion of the professors of almost every American College regarding the forces of the Spiritual world and Orthodox Christian dogmas.

This special book of 54 pages shows that the professors of almost every American College are a unit in rejecting old-time Christian Dogma, not because it calls for too much credulity, but because of what they consider its irrational unbelief.

The scientific men and College professors' philosophy is purged of Christian Mysticism and blind faith in ancient, Biblical Myths. All interested in the "New Thought" and the "Emmanuel Movement," "The New Gospel," "The New Theology," "The Immanence of God," "A New Religion," as well as learning in an intelligent, cold and scientific manner the absolute truth concerning the Bible and Orthodox Christian Dogmas, should send for this beautiful 54-page book, size 6x9 inches. Printed on finest paper.

The subjects treated in the two articles contained in this special 54-page book are entitled "AVATARS OF THE ALMIGHTY" and "CHRISTIANITY IN THE CRUCIBLE."

This special 54-page book is a revelation of what the colleges are teaching as well as the cold scientific opinions of the professors on the Bible and Orthodox Christianity.

These opinions have profoundly stirred America and Europe. They are like similar articles beginning with "Blasting at the Rock of Ages."

Nothing could be more of a sensational revelation than this book, which shows the assaults by the professors of American colleges, upon the venerated foundation of the Christian Church.

In short, these articles are a sweeping condemnation of the church as one of the leading obstacles in the way of man's progress and spiritual unfoldment. Conspicuous in this 54-page book is the college teaching, which is an assault upon the Ten Commandments said to have been given by God, the church, the Bible and the popular conception of God.

It is shown in this special 54-page book, that the college professors take the ground that the dogmas and interpretations of the church not only should be disbelieved and repudiated, but should be denounced as harmful to mankind.

They assert that the last slavery from which man must be freed is the slavery to Sacred Myth, for the doctrines and traditions that deal with the fear of an angry God have been the instruments that have tortured the spirit of man and kept him from his true development.

### A CELESTIAL CZAR.

Instead of living in harmony with God, the church, the colleges say, has set up a celestial czar, a conception which has been an injury to man, because it has given him a sense of weakness, inferiority and fear.

And fear has been the deadening element in the whole history of man's faiths and wars. The Colleges say that the church, through its fear of new truths, has at all times been an obstacle to progress.

A former president of Cornell University says—"That the church, in its apprehension of the progress of learning, persecuted Roger Bacon, and by so doing did more harm to Christianity and the world than has been done as a result of all the efforts of all the atheists who have ever lived."

BELOW IS A PARTIAL LIST OF CHAPTER HEADINGS AND LIST OF CONTENTS OF THIS SPECIAL, 54-PAGE BOOK.

### RELIGIOUS REVIVALISM WORSE THAN DRUNKENNESS.

AVATARS OF THE ALMIGHTY—THE BIBLE IN NEED OF EDITING—NEW CONCEPTION OF DOGMA—MODERN PHILOSOPHERS NOT IRREVERENT—DISEASE AND POVERTY SUBJECT TO SPIRITUAL LAWS—THE GREAT PSYCHICAL MOVEMENT—THE WORLD DEPENDS UPON MAN'S SPIRIT—CHRISTIANITY IN THE CRUCIBLE—MARRIAGE A TERMINABLE CIVIL CONTRACT—THE CHURCHES HOTBEDS OF DOGMA—SCHOLASTIC FAITH VS. ANTIQUATED CREEDS—NO INTERFERENCE BY GOD—BIBLE UNFIT FOR CHILDREN—OPPOSES THE CATECHISM, TOO—CRITICISES DEBATE OF CLERGY.

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These ancient Tablets, Busts and Views are as follows and are a liberal education to the progressive student of today.

Plate I.—BABYLONIAN BOUNDARY-STONE OR LANDMARK, recording the purchase of a plot of ground in Bit-Hanbi from Amil Bel, the son of Hanbi, by Marduk-Nasir, an officer of the king of Babylon (about B. C. 1100?). (British Museum, No. 106.)



**Plate V.—THE "SILOAM INSCRIPTION,"** in the Phœnician character, cut on the wall of the conduit of the Pool of Siloam (about B. C. 700).

**Plate IV.—THE "MOABITE STONE."**

(Paris, Museum of the Louvre.)

**Plate LXIV.—TEMPLE OF DIANA AT EPHEBUS.** (Contemporary with St. Paul) showing the image of the goddess which had fallen from heaven, and the columns sculptured on the lowest drum. (Now in the British Museum.) (From a Roman Coin.)

**Plate LXIII.—THE EMPEROR TITUS.** Born A. D. 41; died A. D. 81. (From a marble head found at Porta Portese, Rome.) (Now in the British Museum.)

**Plate LX.—THE EMPEROR AUGUSTUS.** Born in Rome B. C. 63; died A. D. 14. (From a marble head in the Vatican Museum.)

**Plate LII.—THE FIGHT** between the monster Tiamat, the personification of chaos, darkness, disorder and evil, and Marduk (Merodach), the god of light, armed with thunderbolts.

(From a bas-relief on the walls of the palace of Assur-nasir-pal, king of Assyria (B. C. 885-860), discovered at Calah (Nimrud), now in the British Museum.)

A terra-cotta tablet, inscribed in cuneiform characters with the details of the combat and of the defeat of Tiamat, is preserved in the British Museum. [Kouyunjik Gallery, No. K. 3437.]

(From a bronze bust in the Louvre.)

Born A. D. 9; died A. D. 79.

**VESPASIAN.**

**Plate LXII.—THE EMPEROR.**

(From the marble bust in the Berlin Museum.)

**Plate LIX.—CLAY TABLET FROM TELL EL-AMARNA, IN UPPER EGYPT,** inscribed with a letter from Abi-milki (Abimelech), governor of Tyre, to the king of Egypt, about B. C. 1450. (British Museum, No. 88-10-13, 51.)

**Plate LVII.—PART OF THE ASSYRIAN ACCOUNT OF THE CREATION,** inscribed in cuneiform characters on a fragment of a clay tablet, from the Library of Assur-banipal, king of Assyria (B. C. 668-626), at Nineveh. (British Museum, No. K. 5419.)

**Plate LIV.—ASSYRIAN WINGED MAN-HEADED LION.** (From a doorway in the palace of Assur-nasir-pal, king of Assyria (B. C. 885-869), discovered at Calah (Nimrud). (Now in the British Museum.)

**Plate LVI.—BRICK OF NEBUCHADNEZZAR II, KING OF BABYLON** (B. C. 605-561). The inscription reads: "I am Nebuchadnezzar, the king of Babylon, the restorer of the temples of Sag-ili and Zida, the eldest son of Nabopolassar, king of Babylon." Bricks used in the construction of public buildings bore the stamp of the king in whose reign they were made. This brick measures 13x13 in.; it is now in the British Museum.

**Plate LI.—WORSHIP OF THE SUN-GOD.** From a stone tablet in the British Museum recording the restoration of the Temple of the Sun-God at Sippara, near Babylon, by Nabu-pal-iddanna, king of Babylon (about B. C. 900).

**Plate LVIII.—ASSYRIAN ACCOUNT OF THE DELUGE.** A terra cotta tablet, from the Library of Assur-bani-pal (B. C. 668-626, at Nineveh). (British Museum, No. K. 3375.)

**Plate LXVIII.—SHEKEL OF MACCABAEUS.** **Plate LXVII.—BRONZE COIN OF AGRIPPA I.**

**RELIGIOUS REVIVALISM WORSE THAN DRUNKENNESS.**

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"This is simply a form of drunkenness no more worthy of respect than the drunkenness that lies in the gutter," says the *President of a well-known Western University*.

The *president of a well-known Eastern University*, as a result of his investigations, says that the *president of the Western University* was entirely too mild in his expression, and adds that:

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*"As a sot, man falls below the brute; as a revivalist he sinks lower than the sot."*

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# THE ELOIST MINISTRY

## THE NAME OF OUR WORK.

In the nine years of my ministry to souls I have made several thousand friends. From highway and byway of this broad land they have come to me; from villages and cities their letters of praise and prayer for healing have reached me; from every foreign country and from the islands of the seas they have extended their hands of friendship, so that I feel I have much wealth of true heart-gold.

There has come from these friends from time to time the demand for a distinctive name for our faith and work. This is the response to that demand.

The foundation rock of our faith is the belief in God as both Absolute and Personified; in God as not only the powerful Father but as the loving Mother and redeeming Son as well; in God the all-embracing Whole, the life and soul of every part in the whole. This idea of God, which explains the evolution and immortality of souls as the activity of the Spirit of God, all in all, is so much greater than the idea of an impersonal universal Mind (although it embraces that idea also as one phase of the divine activity), that it seems worth while to distinguish our idea of God from materialistic concepts and from the "extra-cosmic" God of the orthodox Christian, by the sublime name of E-LO-HIM. (Accent the second syllable.)

This musical word is one of the principal names by which God is designated in the Hebrew Scriptures, and its sweetness and power has not been defiled by common usage and the false beliefs of the dark ages.

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Those mighty souls have become so consciously one with Elohim that they are Elohim personified, and they call to us from the heights of individualized Bliss to come up higher in our realization and thought of God that we

also may be one with them and with Christ in the Father-Mother-God, namely—ELOHIM.

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## THE ELOISTS.

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We seek to understand and proclaim all the mysteries of the visible and invisible nature of Elohim.

We believe that the Father has sent many souls with a message to humanity but that Jesus Christ was the greatest personification of Elohim the world has known, and that His great work of drawing souls to the Father still continues and will continue until every soul has found the unity of Love in the Kingdom of the Infinite Father.

WALTER DEVOE.

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We are sending teachers to the small towns with the message of Divine Love. We want active members to voice the truth in every community.

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There are no membership dues, as this work is supported by free-will offerings. **Elohim needs voices!**

**THE ELOIST MINISTRY** 293 Garfield Avenue  
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Mention NAUTILUS when answering advertisements. See guarantee, Page 5.

"Build thee more stately mansions, oh, my soul;  
As the swift seasons roll!  
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."

# THE NAUTILUS.

*Self-Help Through Self-Knowledge.*

MONTHLY,  
One Dollar a Year.

DECEMBER, 1909

VOL XII  
No. 2



Blow, bugles of battle, the marches  
of peace;  
East, west, north, and south let the  
long quarrel cease:  
Sing the song of great joy that the  
angels began,  
Sing of glory to God and of good will  
to man!  
Hark! joining in chorus  
The heavens bend o'er us!  
The dark night is ending, and dawn  
has begun.

—Whittier.

## "Sow a Thought"

There is an old saw  
that says you  
"Sow a thought and  
reap an act, sow an  
act and reap a  
habit."

The *real* cause of the drink habit is  
a mass of *thoughts* or thought pictures  
away back in your consciousness. Your  
subconscious mind is filled up with pic-  
tures of drink and drinking—just as the  
walls of some college boys' rooms are  
hung with pictures of drinking bouts  
and their plate rails set with steins.

Every one of these pictures inside of  
you and out suggests drink and invites  
you to *act* upon the suggestion.

Every time you *act* on one of these  
suggestions you add more pictures of the  
same sort.

When you get enough of these drink

pictures in you, you can't get interested  
in anything else.

And, remember, *all thought-pictures  
are promptings to action and feeling.*

The "drink habit" is simply a mass  
of thought-pictures about drink and  
drinking and the "fun" that goes with  
drink, *all prompting to more drink.*

## Love and Religion as Drink Cures.

The cure of the  
"drink habit" is to  
fire these drink pic-  
tures and fill your  
being with some-  
thing better.

This is exactly what happens when  
a drinking man falls violently in love  
with a woman and thereafter never  
wants to drink again. His mind is  
*filled* with new pictures of the loved one  
and of what he will do and be for her.  
He forgets his old thoughts and the  
pictures are swept from his wall and  
carried clean *out* of him on the tide of  
quick-coursing blood. With every  
breath; deeper, fuller, more joyous and  
purposeful for thought of her; with  
every exhalation goes out myriads of the  
old thought-forms; with every inhala-  
tion comes more thought-forms of the  
new love.

With such a renovation by a new love  
it takes only about three months or less



to cast forth not only every drink-picture of the mind, but every atom of the body, leaving a man literally a new creature, born again, with all power over himself and his world, with clean heart and mind, and brand new, beautiful thought-pictures and purposes.

And from the *first moment* of his "falling in love," the man realizes his freedom from the old habit. He does better than that!—he *uses* his freedom without ever remembering the old habit. It is weeks or months afterwards that he *realizes* how love-pictures have displaced drink-pictures in his being, how aspiration and purpose have displaced drink craving.

All this was done so instantly, so well, because a woman-picture touched his heart and let loose a flood of emotion (e-motion, soul energy moving outward from within), that swept through him to her, His Ideal, leaving him clean and humble and worthy.

This wonderful and natural phenomenon has occurred ten thousand times, in every day and age of the world.

The same phenomenon has occurred other ten thousands of times between drinking men and Religious Ideals.

Any Ideal that can touch a man's heart and release the full flood of his emotions will sweep him clean of sin-pictures and leave him possessed by new thought forms, loves and purposes.

And his old habits will be as though they had never been—exhaled into the bottomless pit of space.

#### A Surer Cure.

So much for a new birth through great emotion. But no man can fall in love

to order, and even the most artistic religious exhorter fails sometimes to fit his Religious Ideals to open the lock of a man's heart.

But never mind. There is a surer way, if maybe slower.

*You can wipe out your drink-pictures by denial, and fill in new and better thought-pictures by affirmation.*

This method requires persistence, but it has the merit of being sure in any and all cases and conditions.

And after you have filled in a few hundred of the new ideal pictures by sheer brute force of will, you will find that a little of your emotive feeling is beginning to flow into the new thought forms in spite of the absence of a great love or a great emotional experience. You will find yourself beginning to *feel* with your new ideals, instead of with the old habits.

The more you affirm the new and get interested in it, the faster will your feeling or emotion, your *want-to*, flow out in the new and desirable direction.

This is because every thought-form is *alive*, with a will and feeling of its own—unlike the picture on the college boys' walls—and the more of them you build up in yourself by affirmation the more you *feel* with them and *will* with them.

#### And Suggestion.

I said these thought-forms are alive. So lots of your old thought-forms will not need to die and pass out of you—they will listen to the new thought-forms you send into your being, and they will be "converted" and grow like the new thought-forms, in form and feeling and willing. A really



# EDITORIALS

BY ELIZABETH

intelligent, forceful new thought-form spoken within you will evangelize unnumbered thousands of the old thoughts and set them to working and feeling and loving *with* the new ideas instead of the old ones.

A wise new thought spoken into your body will work and accomplish its mission just as a new thought person will if he says the right thing to an audience of people.

Your thought forms hear your messages, reform or evolve themselves and vote the stubborn back-numbers down and out.

You don't have to wait for a whole new body or mind to be built before you can feel and will aright.

You convert your old thought folks by "suggestion"—which is affirmation artistically insinuated.

## The Mental Specific.

So; to cure the drink habit, the worry, hurry or whine habit, the invalid habit, or any

*other undesirable habit under the sun—*

1. Cultivate assiduously a new kind of thought-pictures.

2. Forget the old drink-pictures as nearly as possible, and avoid all people and places that suggest them. When you can't forget such, drat 'em and seat 'em, breathe deep and exhale them!—then go and get interested in the new thoughts that are to inherit your being.

3. *Keep at it.*

Those three rules persistently followed will heal you of any bad habit of mind or body. The more imagination and good will and good humor you put into the practice the quicker results you

will get; but success is certain anyway if you persist. And you can grow persistence itself by keeping at it!

## And Some Hints.

Now for a few hints: 1. Active, useful and enjoyed work is the greatest aid in getting rid of

undesirable thought-forms. This induces deep breathing, quick circulation and elimination of old thought forms by way of the lungs, skin and other organs, with brightening and lightening of the mind.

2. But active work carried to the point of drudgery, where the thoughts go trailing out after a drink, is worse than useless.

3. If your occupation is sedentary then provide plenty of active exercise night and morning, and noon, too. Sports, or walking; anything *active* and outdoors. Use gymnastics indoors (always with windows open), as last resort.

4. When you feel you must indulge your old habit, go *first* and run around the block, or chop a little wood furiously, or do a vigorous athletic stunt before the open window. Then take ten slow, full, even breaths of outdoor air, taking pains to hold each breath an instant and then exhale as slowly as you inhaled; and saying over to yourself with each breath the word PEACE, or JOY.

After that drink slowly a glass of water, or eat an orange.

*Then* if you can't live without that drink go and get it; drink it quickly and alone—no treating or being treated—and then *forgive yourself* and forget



# EDITORIALS

BY ELIZABETH

the drink as soon as possible and get interested again in your new thoughts and purposes.

*It is your new ideals, thoughts and purposes that will save you; cultivate them, fill your time and thoughts with them. Take up new studies and good works that will help you.*

Time and nature will rid you of the old thought-forms and impulses without effort, if you will only *keep interested in the new.*

Never fight or resist a bad habit. To keep it *displaced by new interests* is the aim; follow my directions, number four; when you *must* do it, do it quickly and get back to the new interests again.

In due time you will find yourself able to snap your fingers at the drink-thought and forget that you ever had it.

## Chicago the Growing.

Chicago is making great strides. She has just engaged in a new scheme for civic beautification

that is the most tremendous thing of the kind yet dreamed of.

She has elected a woman superintendent of schools, Ella Starr Young, aged sixty-four, salary \$10,000 a year, who is making equally stupendous improvements in the school. She has taken a cue from Fitchburg, Mass., and started in Chicago the plan of "continuation schools," whereby boys and girls, too, may alternate a week of school with a week of paid work in a shop of some sort learning a trade, all the way through high school, the shop work being a regular training with compulsory attendance like a school.

So the shops and mills and businesses are to co-operate with the public schools to turn out graduates competent to earn a living. (Note an item about this in our "The Way the Wind Blows.")

## The Great School.

This idea of a business being a school of training is one of my hobbies. Several times I have

had girls say our offices are more like schools than business offices. The other day a public school teacher remarked to one of our ex-assistants, "Mrs. Towne's office is like a school isn't it?—where the discipline is strict and the girls are taught to do things well." And the ex-assistant said yes.

Exactly. I believe business is The Great School of Life, and that every employer should see that his employes are taught the best methods of doing things and required to keep up to the highest notch of interested efficiency; doing this *primarily* for the sake of the employe, whose character is formed and reformed by his every day activities.

Our business is run with this school idea behind it, and we rejoice when a girl *graduates* to a better-paying position or to a home, either of which will be better *and more happily* filled because of the training here.

We can afford to wait a lifetime for the thanks. We can afford *never* to receive other thanks than our own spirit's "Well done." Well done in intention and effort, if not always in manner. But we are already reaping some of the thanks.


 EDITORIALS

BY ELIZABETH

**More Chicago.**

Chicago has improved in its general atmosphere since we saw it last. There is less noise, and more order and decency in handling traffic. All this must react to tone down the Chicago boisterousness. (I wonder if the Chicago skyscrapers will fall on me for this insinuation.)

We were delightfully entertained in Chicago by a number of new thought friends. Louise Radford Wells gave a charming luncheon for us in Marshall Field's great cafe, and we lingered for two hours, so jolly it was. Besides Miss Wells and ourselves William Walker Atkinson was there and Ernest Weltmer and Uriel Buchanan and Miss Metz. The table was decorated with red roses and there was the prettiest ice for dessert served in tall glasses with a perfect little meteor rose on each plate, and around the cream was poured a sauce just exactly the color of the red meteor rose; the most ravishing dessert I ever saw served.

We had a great time deciding metaphysical questions and settling the fate of new thought matters in general, and ourselves and friends in particular. We didn't agree at all but we settled our differences—or left them unsettled—after that new Esquimo fashion, mentioned in another column. We did everything but dance and sing songs, and we nearly did that.

Ernest Weltmer and I had one tilt about iconoclasm that we didn't get settled. He declared it was better to tear down things and give people a chance to build for themselves, and I insisted that we new thought people show 'em how to

build and let every man do his own tearing down when he has done using the old as scaffolding from which to build the new. I still think I'm right. And William Walker Atkinson advanced a little iconoclasm, too, that some of us wouldn't stand for. Uriel Buchanan and William did the justice-and-scales stunts and the hostess and Miss Metz did the soda-to-sour-milk acts! Only one thing brought a five-sixths affirmative agreement—that Miss Wells is a dear and the luncheon the very nicest and most enjoyable ever.

We went to the offices of the New Thought Publishing Company, and continued our visiting. The painters and calciminers were in part possession, but we could see with the eye of faith that the *New Thought* offices are very nice and comfortable.

Louise Radford Wells is another of those little ninety-pound dynamos like Kate Barnard. She has big brown eyes and attends to four thousand things a minute. She is a near lawyer and a practical humanitarian as well as an editor and business woman.

**Omaha and Akron.**

I gave no addresses in Chicago, but delightful audiences greeted me in Omaha and Akron, Ohio, where kind friends had arranged for me to lecture.

In Omaha I lectured to a good audience in the Lyric theater, managed by Alfred Thomson, who is another radiant center of new thought. The lecture came off on the hottest night in the hottest town we found on our trip, but it was well attended by as nice and respon-



# EDITORIALS

BY ELIZABETH

sive an audience as one could ask, and I was cordially introduced by Dr. Mackay, the most prominent Episcopal divine in that section. There were two other prominent ministers in the audience, and all three read *The Nautilus*. How is that for a pork-packing center?

In Akron I was not introduced by a preacher but my lecture was delivered in the Baptist church by courtesy of its pastor. Here I was introduced by Mrs. Reid who knew me in Portland, Ore., fifteen years ago. Here, too, it was a hot, hot night, but the audience was surprisingly large and very attentive and appreciative.

The *goodness*, the warm, human *kindness* of the new thought women who entertained me in Akron—William had gone on home from Chicago—is something beautiful to remember. Nothing was too much trouble—they even pressed the wrinkles out of my dress-up dress, while I visited with a houseful in the parlor.

The new thought societies in Omaha and Akron are both new, but bright and enthusiastic. May they live long and grow happily, to the joy of many. Mr. Thomson, at the Lyric theater, is the moving spirit of the Omaha work. There are several moving spirits in the Akron society—the secretary, Elsie Hoffman, can tell you where to find them.

## In the Wrong Pew.

Some of our good new thought friends think I "got into the wrong pew" recently in Kansas City, because I lectured for Dr. C. H. Carson's convention.

All because Dr. Carson is a spirit-

ualist, they say. Dr. Carson vociferates that he is *not* a spiritualist, that he receives his power to heal, *not* from disembodied spirits *but from angels*; that he "doesn't believe in mediums and all that trash."

He has a big house at Twelfth and Washington streets, the walls covered with oil paintings made by angels and the Bangs sisters. Michael Angelo was the angel that did most of them, so the Doctor believes, with an electric brush forty feet long.

He paid \$5,000 for the Bangs sisters' part in these paintings and he thinks he saw most of them done right in his own house in broad daylight.

That the Doctor himself is sincere I have no doubt.

But I haven't forgotten the wonders of Herman the Magician, a certain little girl twelve years old gaped at night after night for two weeks, in Portland, Ore., 1877, seated beside her father who reminded her frequently that even bright eyes are easily deceived and those inexplicable wonders were merely clever tricks.

And too, I remember having heard that one of those Bangs sisters told on the witness stand that she did the painting herself and it was all a trick.

"*She lied*," says the Doctor. "They will cheat if they can," he adds, "But they couldn't cheat me, in my own house in broad day."

And he thinks me very narrow-minded and back number because I still hold the clever trick idea.

But the pictures are a really remarkable collection, whoever did them. Several are life size and one is larger.



# EDITORIALS

BY ELIZABETH

"That one," explains the Doctor, "Is Olson, in the long white robe. He is fifteen feet tall, very powerful. He is the one who stood back of me always when I healed, until the Divine Jose (Jesus) began to come."

And there was Jesus' picture, too, life size with a beautiful face and eyes that follow one.

There are dozens of these large paintings, one of them that of "The Temple of Light," done by Michael Angelo and Miss Bangs, which constitutes a design Dr. Carson expects to build from.

"I've got the money now," he says, (Kansas City folks say he makes barrels of it), "but I don't intend to build the Temple of light until I've got a million followers."

That is what he is working for now—a million followers and the "Temple of Light," where all people of all sects shall come and be one—with him. He reminds me of John Alexander Dowie; a big, blonde, blue-eyed, robust Dr. Carson who believes and bosses.

His big house on Washington street is "The Temple of Health," and that is complete, the Doctor says. It is always crowded with health seekers.

I heard a testimony meeting one afternoon, and three women told marvelous tales of healing wrought by Dr. Carson—who they added did *not* rob them as some rank outsiders averred.

One woman was Mrs. Royce, wife of John I. Royce, recently bank commissioner of Kansas, healed of meningitis after trying all the other healers for a hundred miles. Another was a little woman from Enid, Okla., whom we had met down there last spring. She was

healed of cancer six years ago, after four burning plaster experiences.

Evidently the big blustery, blond doctor delivered the goods, whatever his beliefs may be.

After all it isn't so much what good power or theory we believe as *that we believe*, that does the work.

It was good for me to sit for a time in Dr. C. H. Carson's pew. I learned many things good to know. I met a new kind of person and work. I understand better, for the experience. I know more and therefore love more. And it was a very comfortable pew made soft and lovely by the generosity of a simple minded and kind hearted man who does all the good he can and tries to live worthy his angels.

## The Weltmer Convention.

From Kansas City I went down to Nevada, Mo., to address Prof. S. A. Weltmer's New

Thought Chautauqua and Convention of Suggestive Theraputists.

I'm not exactly from Missouri, but I've been through parts of it, you see.

Professor Weltmer's pew is of vastly different architecture from Dr. Carson's, and made equally as soft and lovely for me. I must say I felt very much at home in both pews, especially as both men invited me to bring along my own pulpit. All pews belong to me anyway by right of interest and enjoyment.

Nevada, Mo., is a typical southwestern town of 10,000 or 12,000 population, with more possibilities than push. It may be beautiful some day when folks learn to pull together.

The Weltmer Institute is the biggest thing in town next to the Insane Asylum. It's post office business is double that of all the balance of the town put together, and the townspeople respect it in proportion, so I heard whispered. At any rate they turned out well to all the meetings, and they came in to help out when the chef struck and two dining room girls went out for an airing with their beaus, who proved to have marriage licenses in their pockets and a preacher engaged! Some of us served our own supper that night. But everybody was too busy chattering to mind it!

The Weltmer Institute family of workers consists of five mighty nice wholesome people whose hearts beat as one on teaching teachers to teach folks how to be healthy, wealthy and wise.

There is Prof. Sidney A. Weltmer himself, a quiet, sincere man with plenty of friendly twinkles in a pair of fine brown eyes. There are three good looking young sons, Ernest, Si and Tracy, each a character and a specialist on his own account, each in charge of a special department of the work at the institute. The fifth is "Uncle John" Weltmer, another man with smiling brown eyes, brother of the professor.

In addition there is Mrs. S. A. Weltmer, two handsome young daughters, and young Mrs. Si, all delightful persons to know, all helpers, heart and hand in the work. Both hands in when the convention is on.

I went two days early just to get acquainted before the Chautauqua started to chan tauk. And I fell quite in love with this wholesome, kind hearted family and the general atmosphere of the institute.

And I saw the town, too, the asylum, the beautiful little lake and park and all the tree shaded streets. Mrs. Weltmer and a friend and I in a surrey, with Beau-

lah, the "Boyville" girl driving, saw sights and heard heart talks amazing and amusing. The next day, Sunday, Mrs. Si drove with some of us over another delightful route—with more talks.

And Monday came the Chicago special car full of visitors with Louise Radford Wells in charge, and the tauk wau was on for the week. I left Wednesday eve, after more visiting and things than I've had since last year at the Philistine Convention.

#### Eyes Open.

I listened with both ears and my eyes, material and spiritual—four pairs in all!—to everything Professor Weltmer said and wrote on the blackboard. His teachings are "pure metaphysics" presented from a psychological standpoint, and are better calculated as a course for teachers than those of anybody else I know, unless I except Mrs. Eddy. He "belongs to the same sign of the zodiac" (Cancer) as Mrs. Eddy, and I told him that he gives the masculine and she the feminine of the same thing.

And I think I use *both* the masculine and the feminine of it, and present it in popular form that people catch on to more quickly. How will that do as an estimate of the work of three teachers?

Professor Weltmer seemed not at all displeased at having me accuse him of teaching the masculine of Christian Science!—though he seems to have it in a bit for C. S. I wonder if he thinks the *man's* view is right and the woman's no matter!

He says Mrs. Eddy 'll get me if I don't watch out! But I'm watching, and why should anybody get me when all good and all truth and all freedom are mine? And yours. And every man's and every woman's. I might get Mrs. Eddy's truth, and Professor Weltmer's,

and the truths of all the other good teachers of all the ages, but no *one* of them would get me. The truth monopolist is not yet born, and nothing short of the whole truth can corral me. Or you, unless you choose the corral.

That Professor Weltmer's teachings are the masculine of something is confirmed by the fact that nearly all the delegates at the convention were men. The business sessions looked like a smoke talk minus the smoke. Nowhere in new thought circles have I seen so many men. And the social sessions showed nearly as many men as women.

Professor Weltmer is a teacher of teachers, but he is likewise a healer of testimony. One of the first persons to greet me was a man from St. Louis who reads *Nautilus* and named his baby number seven after Weltmer. He told me a wonderful story of how Professor Weltmer appeared to his wife and healed her. The professor says he has records of over two hundred cases like that, and yet he never tries to project himself when treating, and is never conscious of appearing to anybody. I think suggestion and the subconscious explain it.

One of the greatest healing testimonies I heard for Weltmer was given in an address by Mr. Cowgill, railroad commissioner from Indiana, who was saved from the surgeons once, and another time healed of total paralysis.

There were lots of interesting people at the Chautauqua—Dr. E. H. Pratt, Clifford Greve, Dr. Otterbein Smith, and others I heard speak. B. Fay Mills and Elbert Hubbard were expected later in the week.

And nearly everybody knew me and had *The Nautilus* habit! One beautiful little lady came a thousand miles just to see me. Two more traveled two hours to have a half-hour talk. They couldn't even hear my address, but they came anyway. Several others came long dis-

tances to see if Elizabeth Towne looks as she writes. I'm not going to tell you what they said about it. But I was very happy in it all, and a wee bit humble in heart, for it seemed to me *I couldn't* give enough in return for the love and sweetness that comes to me.

### Christmas.

**The Holiday Spirit inheres in the merriment of children, a religious glow for all participants, a burst of generosity for those less favored, and a sense of universal peace.**

**Stated more concretely, the deep concerns of the day are the child, the family, the church, and the poor.**

**Its active celebration consists in releasing the good-will of each heart through unselfish action or gratitude.**

**It's atmosphere derives from the old-time attractive belief that at a certain season of the year there was a Peace of GOD, with a laying down of arms and a cessation of strife.**

**The hope of the day is that there shall be an extension of the area and time-limit of that peace till it gathers in the nations and interpenetrates the daily struggle of the individual.**

**A holiday season offers us the chance to step out and look at our work, and the spirit and purpose of the work. It is a seventh-day affirmation of the worth of the six days of headlong creative activity. Like the Gobelin tapestry weavers, we are mostly on the wrong side of our own pattern. It is profoundly good once a year to see that the outworking is gracious and progressive.**

**The deeper mood of Christmas is quieting to the perturbed spirit of us. We are permitted to glimpse the eternal order—to know that the near foreground is torn and swaying with blind struggle and muddy turmoil, but that behind it, for all the reaches of space, there is the assurance of a great peace.—*Collier's*.**

# The Oriental Religions and What They Can Teach Us.

RELIGION DEFINED—THOSE OF THE JUNGLE AND CHURCH CONTRASTED—CAUSES FOR RELIGIOUS DIFFERENCES—A DISTINCTION BETWEEN RELIGION AND CREEDS—THE OLDER RELIGION.

By SWAMI VYAVANANDA.

## INTRODUCTION.

Religion, using the term in its truest sense, is not merely an artificial system of creeds, rites, ceremonials and genuflections. Religion is more than that. It is not a set of laws or commandments for the purpose of regulating our conduct. Religion is more, much more, than that.

What, then, is religion? Religion is man's effort to unite himself to God—to immerse himself in the Infinite One. And each man, no matter what his reiterated professions, no matter whether he be Vedantist, Buddhist, Roman Catholic or Episcopalian—each man strives to unite himself to God in a different way. So, you see, there are really as many religions as there are men. But as one of your most clear-visioned seers has said: "God enters into every individual by a private door."

## RELIGION IN THE JUNGLE AND IN THE CHURCH.

Deep in the primeval jungle dwells the low-browed, bestial savage. His home is a rude hut or a cave in the hill-side; his food consists of roots and berries or such small animals as he can kill or capture. His language is a jargon of grunts and mouthings little

more developed than the sounds made by the four-footed animals who are his companions in the wilderness.

To this humble human being the moaning of the wind, the flash of the lightening, the roar of the thunder—all are evidences of a great all-powerful God; and to placate this God, to get into harmony with this God, the degraded savage performs many strange and grotesque ceremonies. It is his religion.

And the dainty little lady of your own proud metropolis, who on a Sunday morning kneels in the stately, perfumed church, murmuring the prayers and responses set for that particular date—she, too, is trying to placate God, trying to come into closer union with God. It is her religion.

The aborigine kneeling before his hideous idol and howling his prayers, while with a red hot knife he lacerates his flesh—he and the exquisite lady in the Paris frock murmuring prayers in the perfumed church—they are doing the same thing, following their religion, trying, ever trying, to come into closer union with their ideal of God.

## ALL RELIGIONS FUNDAMENTALLY ALIKE.

This, then, is the basic principle of

all religions—man's effort to unite himself with God.

But men have been slow to perceive this great fact—slow to realize that the doctrinal and denominational differences between the various sects were matters of mere detail. On the other hand these trivial details were made the main issue, and countless thousands have been slain and tortured because they failed to subscribe to some unimportant whim in the creed of the dominant church.

Imagine two gentlemen of the Middle Ages each fully armed with sword and dagger meeting upon the street. One of them lifts one finger; the other holds up three fingers. The first gentleman is a Unitarian claiming that God is one; the other gentleman is a Trinitarian, and is convinced that God is a triune Being, Father, Son and Holy Ghost. So the two, after profound bows and salutes, engage in a sword duel to the death. Why?

As regards the great religions of the world today, Vedanta, Brahminism, Christianity—and so on—in these there is no difference as to principles. Fundamentally all are alike. The apparent differences, the superficial differences, about which, both in the East and the West, there has been so much controversy—these differences of expression, of rites, ceremonial and mandate—these are merely incidental and non-essential.

#### TWO CAUSES FOR RELIGIOUS DIFFERENCES.

For such differences in doctrinal conception there are two causes; and these causes we may with profit pause here and examine.

The first cause of religious difference is that each religion, so-called, and each sect had its inception, its fons et origo, in

the teachings of some one man. These men—Zoroaster the Persian, Lao Tse the Chinaman, Gautama the Hindu and Jesus of Nazareth the Jew—these men were of different race, of different heredity, of different temperament. They spoke each a different tongue, lived at different periods and preached to a different type, a different race of people. Naturally then, inevitably then, while each saw the same truth, they must see it from a different angle and express it in a different way.

Zoroaster, the great magician, writing the Zend-Avesta in Persian, two thousand, perhaps five thousand years before Christ came; Lao Tse, teaching the Chinese six centuries before your Christian era; Gautama the Buddha, wandering and preaching through India; Jesus the Christ, the great Jewish Master, starving in the desert or tramping by the shores of Galilee telling his tremendous truths and doing mighty works—all these differed widely in epoch, race, language and temperament. They differed widely in habits of living and of thought; they spoke to audiences which differed widely in almost every respect.

These and the others of the world's great Teachers had the same identical fundamental truths; but these truths they expressed in different ways. Jesus the Christ, speaking to the hot-headed, emotional and bigoted Jews, warlike and bloodthirsty still, despite their long series of defeats and their humiliating captivities—Jesus could not reason with them as Gautama could, and did, with the temperamentally calm and thoughtful Hindus. So Zoroaster and so Lao Tse each expressed himself in different terms, although all four promulgated exactly the same fundamental truths.

## RELIGION IS NATURAL, CREEDS ARTIFICIAL.

Another cause for the surface differences in religions as we find them to-day is man's impertinent effort to improve on them—to organize them into some "close corporation" with strict rules, creeds, sacrifices, penances, ceremonials and obligations.

So the pure and beautiful religious philosophy of the Vedas became debased into the tedious and elaborate ceremonials of Brahminism. Then came Buddha to bring the world back to a true, simple religion, called after its founder Buddhism; which in turn within about a thousand years became so debased and degraded that it has naturally, inevitably, been again re-absorbed into its parent religion, Brahminism. (I refer only to Hindu Buddhism.)

Thus, too, the Jewish law, fine, strong, practical, even if, in some details fantastic, the law of Moses, became brutalized and degraded into mere mummery. And then came Jesus, the prophet of Nazareth, to show the Jews a new, old truth—a beautiful, simple doctrine—"the way to the Kingdom of Heaven."

In the same way on Christ's teachings, or what were supposed to be His teachings, they founded a church. But after a few centuries this church became so enmeshed and overgrown with ceremony and ritualistic influences that there was again need for a reformer. So came that great and consecrated

soul, Martin Luther, to arraign the church and its infidelity and corruption, and to lay the foundation for a religion based upon the old, pure principles of love and equity and peace.

## GREAT SPIRITUAL TRUTHS MATERIALIZED.

Thus we see that there are two reasons for the great superficial differences between the various religions, the various denominations—first, that they originated from different men, at different periods, in different countries and among people of different temperaments; second, that men have always, sooner or later, degraded and materialized the original pure and simple religion in accordance with their misconceptions, their superstitions, their whims or their self-interest.

In the series of articles which are to follow this I shall endeavor to give you a description, brief and plain as I may, of a few of the world's great religions, trying to make clear that, while some teachers have gone farther than others in certain directions, while to a superficial view the religions they founded may differ widely, yet the fundamental principles of all religions are the same. I shall try to demonstrate that all religious systems are true, and all are false—that all are true in motive and principle, all false in creed, ceremonial and mandate—that actually religion is but the inherent desire of man to unite himself to the God of his dreams, to enter the Celestial Nirvana and be at rest.

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*Psychic visions are caverns where lie buried wrecks of incipient thinkers gone mad over thought systems whose bludgeon opens all the doors of the underworld and challenges the doorkeepers of innumerable heavens.*

—Helen Rhodes in "Psychoma."



## They Wait for You.

Look not, O friend, with unavailing tears  
Into the Past—look to the brave young years!  
Look to the Future: All is there in wait,  
All that you fought for by the broken gate—  
The faith that faltered and the fire that fell;  
The song that died into a lonely knell.

It is all there—the love that went astray  
With bitter cries on that remembered day;  
The joys that were so needed by the heart,  
And all the tender dreams you saw depart.  
Nothing is lost forever that the soul  
Cried out for: All is waiting at the goal.

—EDWIN MARKHAM.

*Written for The Nautilus.*

## Good Work in Georgia.

By THOMAS DREIER.



Many contractors have added to their material wealth—however little they may have added to their celestial—by taking advantage of the Georgia convict labor laws. But

negro who, because he became unruly, enjoyed the experience of having his face pierced by a pick, the point reaching down to the negro's lungs. Georgia is woefully behind in the march of progress. It is sad to think that in this supposedly enlightened age there is a state whose people have not evolved to a point where they can see that brutality to prisoners does not make better men and women of them, but, on the contrary, has the effect of throwing farther down in the scale of humanity. Men break the laws and get into prisons because of misdirected energy. All that is needed is education. Ignorance is our only sin. It is better to spend our money on schoolhouses than battle-ships, for at the last no nation is stronger than the men and women who compose it. I say this even in the face of the array of arguments advanced by Lieutenant Hobson tending to prove that the salvation of this nation depends wholly and absolutely upon the immediate construction of a monster navy. Education has already shown Georgia that its methods of treating prisoners is antiquated and worse than useless. Education will soon show men and women in Georgia and everywhere else how to direct their energies in such a way as not to come into conflict with either God-made or man-made laws.

the time is fast approaching when convicts will no longer be farmed out to those contractors who have enough political pull to be able to get laborers for practically nothing. Humanity demands better treatment of prisoners than Georgia has given hers. Slavery is no longer considered a modern betterment. In fact there is a decided prejudice existing against the brutalities and inhumanities which always attend the holding of slaves. And in Georgia the prisoners were nothing but slaves. We are told that boys have been beaten to death by foremen because they were too weak to work, and that a woman prisoner was permitted to give birth to a child while lying on the ground outside of a vile hut, and was then whipped because she was too weak to take her place in the working squad. We are allowed to read of a

*Thinking is creating with God.—Beecher.*



# THE CITY SHADOW

By SINCLAIR LEWIS.

## CHAPTER III.

### FIRSTLINGS.

Our first, few, simple, foolish, little joys!  
Our little house, our own—  
And majesties of immemorial might  
Emblazoned that hearth stone!

—Edward Valentine.

January was over New York. The holidays had passed; the Sixth avenue street booths for the sale of greens and toys had gone like withered leaves. But there was still holiday in a little flat in Upper Harlem, for Ralph Pierson and Katherine had taken their lonely lives and joined them.

The marriage had been hastened by the joyous reaction from Ralph's fear of being dropped during the dull days following the holidays, at the department store. Indeed, he had narrowly escaped the fate of many of the clerks at Wanamacy's; but he *had* escaped and, furthermore, had been raised to twelve dollars a week and given charge of stock in the game department—to replace a clerk who had been receiving fifteen, though Ralph did not know that. So he had hurried on the marriage, all aglow; while Katherine realized that they must take enormous care if they were not bitterly to regret this swift marriage. She was going to keep on with her nursing till he was making far more money—a long wait, perhaps. But she realized matters of greater importance than the money alone; that each must accede many positions to the

other; that they must *live out* the *essence* of those excellent life-texts of Ralph's.

They were getting settled in their little, three-rooms-and-a-bath flat on a Saturday afternoon when both were off duty. Arm in arm, gay as playing children, they set out to buy the supplies for their first dinner at home. The little shops that looked crude and provincial to the inappreciative beholder had, for them, the bright colors of magic places.

"Here's the cutest little butcher shop, with a toy butcher and a toy chopping block," laughed Katherine. "Let's get some mutton chops, and I'll make a wonderful brown gravy."

Ralph stopped on the curbing and explained, "Why, Kathy, don't you see; we don't need to use any meat, now that we aren't tied down to restaurants."

"Yes, that's so," she reflected. "We won't then," she added, with that simple realizing, making *real* of his theories which was ever to be seen in her. "Well! Here's just as dear a little grocery. Let's get some succotash instead."

They scampered into the grocery, with its rows of gaily wrapped goods. "See all the wonderful things we'll buy when we have the money," chuckled Ralph, squeezing her arm. "I'll tell you what we'll do," he planned, "making 'blieve' like a boy. 'We'll start a vegetarian

restaurant that will be open all night, so that dear little night-nurses—"

"And foolish boys that stay up late to study," she added.

"Wise boys that stay up late to watch the nurses that stay up late!" he corrected merrily; "so that all of them can have a place to get sensible food at any time."

"You can be the waiter, in a shirt front that I'll starch till it's like a mirror; and I'll be the cook, in an apron with huge bows of ribbon," she continued the game, as they waited their turn at the busy counter. "And we'll have clean table cloths, and on the wall we'll have pictures that come real; pictures of children and things."

As she spoke, Kate had been looking down at an immensely grave baby girl, in an immensely dignified frock the size of half a minute; waiting for "five cents' worth of salt." She bent over the baby tenderly, then blushed and looked vastly interested in an advertisement behind the counter. Across Ralph's young face, still creased with the smile-lines formed by their make-believe, there shot a tender yet virile look that bespoke the coming of manhood, with its greater responsibilities and feeling. The look lasted but a minute; he was soon theorizing regarding the amount of delicious canned salmon sold at the grocery. But the look had dwelt there, and Katherine throbbed with pleasure in its sight.

When they had bought their groceries and happily invested in some more of the wonderful silver-like tableware which was almost given away at the five and ten cent store—a palace of economy to these grown-up children—they trotted back toward the flat, counting up the amount of their expenditures.

They would have to economize closely. Even so apparently petty a detail as the

fares for his rides down and back on the elevated would make an appreciable difference when the end of the month came and they had to balance up the neat little leatherette account book they had purchased. "But we don't care, do we, Boy?" smiled Kate, as they clattered joyously up the slate treads of the stairs to their little flat, hugging bundles, hastening to get back to their haven of happiness. "'When our ship comes in,' we'll get some wonderful pictures and more books than anyone can read—"

"Yes, I'd like that. Crazy to get hold of some more health books," interrupted Ralph, unlocking the door.

"And before it comes in, we'll pay for all this installment plan furniture, I hope," continued Kate. "Oh, isn't it wonderful—this big Morris chair. I've wanted a Morris chair all my life."

"And it's all our own." Ralph's face shone with ecstasy as he looked about the little living room.

They stood silent, both, for so long a time that Kate had finally to cry:

"Come, come! We're going to sleep here, thinking over things. Come, Boy, we must get supper! I'm crazy to try that wonderful, shiny, middle-sized stewpan, and the rest of the stewpan family—this fat grandfather and, especially, this little baby of a pan. And that gas range oven—!"

Again like two children, they ran about; playing a gay tune on the "uncle stewpan" and the gem tin; Ralph setting the table with vast care in getting the location of forks right to the quarter of an inch. Kate was just finishing a vegetable stew, triumphantly victorious in the struggle, when came a knock, and there, panting on the threshold, stood the plump form of Ralph's old landlady, Mrs. McSwingle.

He had come to love the optimistic old Irishwoman, but just now, strange to

say, he would have been quite as willing to be alone with his Kathy. Perhaps Mrs. McSwingle understood this; perhaps she remembered the far-off day of her own wedding supper, in Connemara. For she stood in the doorway with a curious, quiet shyness, silent; on her pursed lips the pudgy forefinger roughened with years of doing things for other people. Then, with a quick, nervous step, she crossed the floor to where Kate stood at the gas range.

"Oi'm not going to stay, me dear," she whispered. "I had to be butting in, though, and wishing yez 'God bless ye.' And bringing—this! 'Tis a foine one, and they do be hard to git in winter. Oi had to search through all the Jefferson market—and Oi know how fond Mr. Ralph do be of vegytables!"

From under her threadbare, faded cloak she produced, shyly still, a brown paper parcel from which peeped the leaves of a cabbage. Quick, sympathetic tears sprang to Kate's eyes. For a moment, the two women clung to each other, crying; then both burst out laughing, and Mrs. McSwingle pushed Kate back to the range.

"What do ye mean, neglecting yer stew like this, colleen?" the old Irishwoman pretended to scold. "Good boi!" And she was gone, rushing madly out.

Something like tears had come to Ralph's eyes, too. "Now," he said, "I think her bringing us a cabbage was finer than a millionaire's sending us an automobile. I wonder why it does seem so?"

Kate slowly speculated, "I think she gets nearer to the heart of things, because she loves; don't you? Oh, I'm glad, I'm glad somebody was here in the city to remember us. But now it's good that we can be alone to ourselves. That's ever so much better than having

millionaire relatives to interfere, isn't it, Ralph?"

His answer was a kiss. Indeed, as they ate supper, he insisted on answering her every question thus. It did not seem to displease Kate, strange to say, though it certainly did prevent their finishing in a hurry. But, at last, the dishes were washed; and they settled down in the Morris chair by the window. The street grew quieter and quieter. Together the two children in the one chair hummed a song of achieved happiness.

#### CHAPTER IV.

##### RABBIT'S FOOT AND MASTER KEY.

The financial depression continued through that first spring of Ralph's married life, and Wanamacy's, which was overstocked with goods, was hard to hit. Clerk after clerk had to be sacrificed. But Ralph stood so well that they could not afford to drop him at the great last-of-February reduction of their force. However, he was reduced in salary from twelve dollars a week to ten, and given a place in the book department. Kate and he had to economize still more closely; which called for all the practical applications Kate had been able to make to Ralph's ideas on vegetarianism. Just because he did love Kate deeply, and was incessantly worried at being more of a burden than of a supporter, Ralph grew irritable even toward her. Now and then he would sit motionless for an hour, brooding over what he called his "hard luck," not realizing that the only hard luck is luck that we ourselves make hard.

On a Saturday afternoon in early March, Ralph came into the living room of the flat with weary sorrow sagging down the lines of his face. They were still so newly married that the sight of Kate, bustling about in a piquant big apron, could not help giving him a sense

of delightful surprise and novelty in this new wife of his. But the weary sorrow stole back to his face as he sank down in the big Morris chair. He did not speak, at first, and Kate, too, kept silence; for a moment's irritability at breakfast that morning—the result of Ralph's dissipation in being despondent the evening before—had created a certain timidity that amounted to coolness between these comrades in life.

At last he spoke, haltingly, "It's come, Kate. They've—they've dropped me, Wanamacy's have. Another cut in the force this week. See, here's the yellow slip in my pay envelope, this afternoon. Says they're sorry, but can't use me any longer. Hard times. They do give me a special recommendation, dictated by the superintendent; say they'll be glad to use me when they can. But, oh, Kathy, dearest, dearest; I'm useless, now. I can't bring in a cent. A burden on you. Useless—oh, dearest—!"

She rushed into his arms and, as she patted his cheek with comforting fingers, the morning's coolness between them was quite melted away in the glow of their love. They sat without words for a long time; but their hearts, nevertheless, were speaking the cosmic tongue of love.

Finally Kate said, "We don't care if Wanamacy's *did* go and drop you, dear. There's no problem to worry over at all; because the answer is so easy—you'll just get another job, some place. Don't you remember what you said about the 'wise, calm man's not getting a chance, but making his opportunity; because opportunities are the servants of men who care to master them'? Now you just must cheer up and practise what you preach! Why, it was you who really taught me how much an honest trust in oneself is a factor in conquering; and now you aren't going to let that remain just

a theory with you, are you? Course not," she assumed bravely. "Why, think of all the things you can do. You learned all sorts of lines up in that general store in Massachusetts. And you've nearly mastered your correspondence course. And remember how much Wanamacy's has thought of you. You'll have another place before you know it."

She hastened to the frail bamboo center table and brought over a copy of the *New York Morning Planet*. "Here, now," she insisted, "you're to sit right down and answer four or five of the help-wanted ads, that look best, and then you're to get at your correspondence course again."

Ralph was smiling again and cheerfully facing the prospect of having to find a new position, as he answered several of the advertisements, by letter, and took up his study. While he reads there, and Kate, finishing her housework, goes out for a little shopping, let us take a look at them. Already it is evident that Kate is becoming the real new thoughter of the two. For they were both learning new thought, though as yet they never used that term.

What elementary form of metaphysics Ralph had been able to grasp was merely like a rabbit's foot; a charm which he believed would produce an effective incantation if he rubbed it. And, at the particular time when he most needed to call on his power of thought to rule unfavorable conditions, precisely then, of course, he was *too frightened to remember to rub his rabbit's foot* sort of mental control.

But with Kate the beginnings of new thought to which she had attained were rather a master key. Or, it might be said, she was becoming a master key herself; so that when things went wrong there could be no possibility of her be-

ing too frightened to use her mental force to make things go right.

But, in searching for the heart of Truth, she might make use of Ralph's guesses at it, and so it was after their supper that evening.

Ralph shoved back his chair and said, "Had a little walk after I finished studying, and stopped in a park to read a pamphlet I got some time ago. It ought to interest you, Kathy, because it's on nursing."

"Yes?"

"You see, it suggests that the ordinary method of treating the sick has two faults which make it all injurious instead of helpful. The first is one that I've already heard you speak of, once or twice. So many doctors dope people, and try to make them get well by artificial means, when, of course, they ought to be made well by healthy food and fresh air and the like. They ought to be made *natural*, again. In other words, the doctors ought to be men learned in the natural foods and ways of living, and teach these to people who've gotten out of line with naturalness. You must have thought a good deal about this, at times."

"Oh, yes, when I've had to give doses of dope and so on," sighed Kate.

"Then the second thing," Ralph went on, "is a matter of attitude; and it's the most important of all. This man says that the doctors always assume, and make their patients assume, that patients are people-who-are-sick—that they are people who have that for an occupation. But they ought to assume and teach that their patients are really people-who-are-going-to-get-well-right-now."

Kate sat in absorbed thought. "Yes," she finally said slowly, "I believe that would make all the difference in the world. And it's rather important for me to know, isn't it?"

"Yes, because, as this writer suggests in an appendix, it's the nurses who are really responsible. Doctors themselves should be *nursés*, who assist the patient to find out the Truth. And so you've got just as much 'say' about how doctors ought to work as any M. D. of them all."

There was silence for a long time. Ralph had never seen his wife meditate with such intensity. Finally she rose; walked slowly back and forth across the floor, then came to stand with her hand on his shoulder, saying calmly:

"I've been an *untrained* nurse, I think, Ralph dear. What you have just brought me is more than simply a theory; it's something to live-on." Slowly, with the tones of the deepest purpose, she added, "I ought to be a real nurse, as far I can. Not a dose-giver. Yes. As fast as I can learn them, I'm going to apply the principles of thought, of common sense, to nursing."

Ralph looked a trifle frightened. "Um, I'm afraid that the old doctor you've been working with so long, Dr. Bagle, isn't he? won't welcome your wanting to use fresh air rather than drug fumes. Where would his business be, if he assumed that his patients were already well? Won't there be trouble with him?"

"I hope not," she announced stoutly, "but if there is—why then, I'll just have to heal the trouble by willing it out of existence."

"There's going to be something doing, something doing," prophesied Ralph, seriously. "You're going to have a talk with the doctor? What then?"

"Why, then," she laughed bravely, "I suppose there may be—something doing!"

(To be continued.)

## Creating Life.

RECENT EXPERIMENTS IN WHICH LIFE HAS APPARENTLY BEEN MADE FROM CHEMICAL SUBSTANCES—DR. CHARLTON BASTIAN'S WORK—SOME NOVEL RESULTS—FORMULÆ GIVEN BY WHICH LIFE MAY BE CREATED.

By HEREWARD CARRINGTON.

Can life be created? Dr. Charlton Bastian in England asserts that it can, and that he has done so. By putting certain chemicals in a sealed glass tube, and then heating it far above the boiling point of water (so as to kill all germs already there) and then placing these tubes in darkness, he has found that germs are thereby created, and that we have life where there was no life before. Have we found those chemical substances and combinations that can create life? And if so, what are they? These are the questions to be settled.

For years scientists have been endeavoring to form some substance that would manifest the signs of life; and they have invariably been disappointed. Some time ago, some scientists experimented in Cambridge University, England, upon radium and sterilized bouillon. Much was hoped from these experiments, for it was found, upon microscopic analysis, that certain organisms were created that moved about and behaved very much like real, live bacteria. But upon further investigation it was found that these organisms, that had been created, were not real bacteria after all, but something different. It is not yet known exactly what

these organisms are, but they are very different from living bacteria, and the statement that life had been created had to be withdrawn.

But other investigators and experimenters had not been idle. Chief among these workers is Dr. Charlton Bastian, who has worked on these problems for more than thirty years. He recognized the imperfect nature of the experiments to date, and determined to improve upon them. He thought that, if it were possible to create living organisms from *chemical substances* entirely, there would not be any of the objections to the experiments that there would be, if any organic substance were used. So he determined to use chemicals only. I shall give his formulæ for creating life presently, after first detailing the measures taken to guard against any imperfection in the experiment.

A small glass tube was taken, and one end of it sealed up. In this process of making the tube, the glass was sterilized, of course; that is, any germs already living in the glass were killed. Next, the chemicals used were carefully cleaned, and the water distilled. The chemicals and the water were then placed in the tube, in the proper pro-

portions, and the contents heated over a Bunsen flame until it boiled, and steam came forth from the open end of the tube. In this way, it was sure that no air was passing *into* the tube containing the chemicals. Then, when the steam was coming out of the tube, the open end was carefully sealed up, and the tube removed from the flame. In this way, the tube was closed completely, and its contents protected from contamination.

Now, in order to be sure that no life still existed in the tube or its contents, it was placed, still closed, in a solution of calcium-chloride, which boils at a much higher temperature than water, so that any object placed in it could be heated to a temperature far above that of boiling water, without the liquid itself coming to a boil. The tube and its contents were then kept in this liquid until a temperature of two hundred and sixty-six degrees Fahrenheit was reached (water boils at two hundred and twelve degrees Fahrenheit, and that is supposed to kill all animal life, although it does not really do so); and this was maintained for twenty minutes, when it was surely to be supposed that all previous life had been killed utterly! The tubes were then removed from the hot solutions, and set aside for a few days in darkness of indiffused daylight.

At the end of several days, the tubes were taken out, broken, the contents poured out upon the slides of the microscope, and examined. Bacilli of various kinds were then found to be living and growing in the previously heated solution. Photographs of these were taken, and they seem to indicate that they are indeed living matter. Life had apparently been created—and from inorganic chemicals! What, then, are the chemicals from which this life was created, and what are the formulæ

for thus creating life at will? Dr. Bastian gives four such formulæ, in his book, *The Evolution of Life*, and I reproduce them here. They will doubtless be of great interest to all readers who have any interest in science:

(1.) Sodium silicate, two or three drops.

Ammonium phosphate, four or six grains.

Dilute phosphoric acid, four or six drops.

Distilled water, one fluid ounce.

(2.) Sodium silicate, four or six drops.

Ammonium phosphate, four or six grains.

Dilute phosphoric acid, four or six drops.

Distilled water, one fluid ounce.

(3.) Sodium silicate, three drops.

Liquor ferri pernitratis, eight drops.

Distilled water, one fluid ounce.

(4.) Sodium silicate, six drops.

Liquor ferri pernitratis, eight drops.

Distilled water, one fluid ounce.

There, reader, you have four formulæ for creating life! It is asserted that, treated in the manner described, you will form living matter, and that the experiment has actually been done. It is at least worth trying; for, if life is created by these means, how great an advancement in science is this indeed!

There has always been a great controversy among scientists as to the origin of life. Some assert that it is a created thing; others claim that it has always existed; while still others assert that it evolved itself; and that it came into being on this planet when the surface of the globe became cool enough to allow the presence of life upon its surface.

These experiments, if successful, would seem to settle the fact,—in some sense at least. They will at least do away with the old idea that all life must come from antecedent life; but before this can be thoroughly estab-

lished, numerous experiments must be made. Dr. Bastian's experiments will have to be confirmed by other workers; and a great mass of testimony will have to be brought forward, showing that life can actually be created from not-living matter. When this has been forthcoming, it will be time enough to reconsider our views as to the nature of the Universe.

## Little Things About The House.

"TO THE ATTIC WITH A SONG ON HER LIPS AND A NEEDLE IN HER HAND"—SOME PRACTICAL HINTS ABOUT HOUSEWORK—"COMFORT BAGS"—TO MAKE WORK EASIER IN SUMMER.

By ADELAIDE KEEN.



Behold this little woman weeping! Why does she cry? Because she wants new curtains, cushion covers, embroidered mats for the table and has no money to buy them. Foolish little lady, let her go to her attic and find materials galore. Then, with a song on her lips and a needle in her hand, she can transform old stuff, into new articles. Here is an old piqué skirt, shrunk in the wash but perfectly whole and clean. It will make a set of neat round mats, also a centerpiece, button-holed in a heavy scallop with mercerized cotton, using a thimble and a spool, to mark the scalloped edge. Little pieces left over will make smaller mats for the tumblers.

And here is an old flowered muslin dress, also a brown velveteen skirt and a waist of pink brocaded silk, all too old style to wear, and here, a lot of narrow black velvet ribbon! A perfect gold mine, to a clever woman. She can cut

the muslin skirt into twelve inch squares, joining them in a plaid design, with narrow lace insertion easily bought for twenty-five cents a dozen yards. Along the edge she sews a line of lace scallops to match insertion. There now, a pair of pretty sash curtains! And the waist of muslin can be cut into six inch squares, using lace to join and edge a bureau scarf and pin cushion cover. The velveteen skirt will make fine coverings for the old chair cushions and she can make a wonderfully nice sofa pillow top, from the brocaded pink waist and narrow velvet ribbon. Cut silk into five inch squares, join together, over a foundation of thin muslin to keep it firm. Where the lines of velvet cross, she sews a gold spangle, fancy bead, or, simply a French knot. Another good pillow cover is made from four thin hemstitched handkerchiefs, joined with wide lace insertion, a ruffle of muslin, edged with lace, along the sides.

The old silver castor up in the attic, treated to a bath of ammonia and whitening becomes a thing of beauty with tiny earthen thumb pots, holding little ferns; there, you have a fine ornament

for the dinner table! And it did not cost a penny.

Very artistic short curtains for window and bookcases of the summer cottage are made of ordinary Russian crash towelling, with a border in gay cross stitch. A table runner for the same room can be made of the same stuff. The main thing is the effect, the imitation of old-fashioned needle work.

Did you ever think what a comfort bags can be? Just common bags of different sizes, run up on the sewing machine. Have a white one, three-fourths yard square to cover your hat on the rack in the railroad car. Make also an apron of pretty chintz full of pockets, holding comb, brush, pins, soap, to wear, as you dress. It will save a lot of worry. You need a bag to cover your night dress and another to cover your clean blouse, folded in your bag of leather. A large, flat bag of cretonne or demin, nailed against the closet wall in the hall, keeps rubbers convenient and free from dust. And the bag to keep the baby's bottle hot all night is easily made of two three cent asbestos mats joined together under a covering of doubled Canton flannel.

And as for making work easier in summer, why, there are lots of ways. A fruit and vegetable diet with meat but once or twice a week, and cooking Sunday's cold supper, on Saturday, there, all ready, to serve. Make a good salad dressing, boiled, or French or may-

onnaise, and have the meat all chopped in a jar on ice, ready to mix into sandwich filling. Many people have but two meals on Sunday the year round and feel better for it, a late and hearty breakfast at ten o'clock, and a cold, or hot supper at six. Then you can manage to get two whole holidays each week in hot weather by a little scheme. Begin on Friday night to soak the clothes, using kerosene or ammonia in the water. Go to market early Saturday, begin to wash at eleven o'clock, hang the clothes on the roof, or in the cellar, after partially drying outside on Saturday. That is, finish drying inside over Sunday. Iron them on Monday, take Tuesday for a holiday or else Wednesday. Sweep, clean and bake the other days. It rests a tired woman who does all her work, or her maid, to have two days a week in summer for trolley trips, or seashore picnics, or even a day, reclining in bed, or on a shawl under the trees. Man was made to live out doors and always suffers from being shut up.

A home made refrigerator, set on a table, in a draft, in front of an open window, on a plate of water, consists in a large, new earthen flower pot. In the tropics, they do this. The large pot holds a good deal, with, or without a bit of ice.

And, finally, give up tablecloths for summer and use doilies instead. It is cooler and less trouble.

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*Cease to lament for that thou canst not help,  
And study help for that which thou lament'st.  
Time is the nurse and breeder of all good.  
Here if thou stay, thou canst see thy love.  
Besides, thy staying will abridge thy life.  
Hope is a lover's staff; walk hence with that,  
And manage it against despairing thoughts.*

— William Shakespeare.

## Lessons in Constructive Science.

THERE IS A CONSTRUCTIVE, OR INTEGRATING PRINCIPLE IN NATURE, AND A DESTRUCTIVE, OR DISINTEGRATING PRINCIPLE—POWER APPLIED THROUGH THE CONSTRUCTIVE PRINCIPLE BUILDS, FORMS AND INTEGRATES; IT DRAWS ATOMS AND FORMS TOGETHER—POWER APPLIED THROUGH THE DESTRUCTIVE PRINCIPLE DISSOLVES AND DISINTEGRATES; IT DISPERSES ATOMS AND FORMS, AND THROWS THEM APART—TO LEARN HOW TO MAKE EVERY THOUGHT AND ACTION CONSTRUCTIVE, IS TO MASTER THE SECRET OF ALL ATTAINMENT.

By WALLACE D. WATTLES.

### PART III.

Never talk about your sicknesses, or mention your "symptoms." If you had a sleepless night, what earthly good can you do by telling about it? How will the world be made better or more joyous by knowing that you heard the clock strike every time, until four in the morning? You can only throw a damper on the spirits of others by giving them detailed information as to how many times you turned over or sat up in bed; how your back ached, or your feet cramped until you almost "hol-lered" and so on. It does not make you any better to advertise your miseries, and it does make other people worse. One of the first things to be done in starting to live constructively is to give up the habit of seeking for sympathy.

The sympathy habit, once formed, is hard to break. The desire to tell our troubles and receive commiseration grows almost irresistible if we indulge it; and yet the practice produces only evil results. To tell of a "bad" symptom conveys a suggestion to the subconscious mind which tends to fix the symptom more firmly upon us, and make it per-

manent; and it also tends to produce the same symptom in those who listen to us. And there can be no reason for telling our troubles except that we desire to be pitied; and no one who desires pity is in a constructive frame of mind. In the constructive frame of mind, we are advancing; going forward mentally; and when we are conscious of advancement we do not wish to be pitied. You cannot hold the desire for sympathy and at the same time hold the thought that you are getting better and growing stronger. The moment you give way to the desire for pity, you begin to suggest to yourself that you are going down hill; and you will begin to go down hill.

Hide your symptoms. If you have a cough, do not take pains to display it, so that everybody shall see how miserable you are; and if you have a pain, do not put your hand on the place and say, "Ouch!" Keep still; keep it to yourself; forget it. When you forget it, it will be gone. Ignore all symptoms of ill health, and enlarge upon all symptoms of good health. When you have had a sleepless night, mention that you are looking forward to a "bully" rest

on the following night; say nothing about the night that is past. When you have a pain in your stomach, tell how good your head feels; and so on. Do not tell the trouble; forget it.

Do not listen to other people when they talk of sickness. Change the subject if you can; if you cannot, fall back on some affirmation like, "There is one mind, and I am that mind. That mind knows no disease; I am that mind, and I am health." Keep this up, mentally, while the doleful one is complaining, and get away as quickly as you can. Do *not* pity an invalid; to do so is to give him the worst of suggestions. What you want to do is to give him the suggestion that he does not need pity; and how can you do that, if you keep right on pitying him? Of course he will think you unsympathetic; but that is exactly what you want to be. It is no virtue to sympathize with sickness; it is a vice. You cannot help the sick by sympathizing with their sickness; you will only make them more uncomfortable and add to their miseries by doing so. Sympathy with sickness fixes the attention upon sickness, and so tends to make more of it.

When you see a person suffering, sympathize, not with the pain that is in him, but with the health that is in him. Work with the health not with the disease. Get out of the habit of seeking for pity yourself, and get out of the

equally reprehensible habit of pitying other people. It may be good to weep with those that weep, under some circumstances; but I have my doubts about it. I know, however, that it is good to laugh with those that laugh; and if you can get the weepers to laugh with you, that is far better than weeping with them. Bear in mind that when you weep with those that weep, you make two weeps grow where there was only one before; and how does that help the world?

So never talk sickness; never mention your symptoms; and never listen to those who do. When they *will* tell you about it, and you are where you cannot get away, fall back on the mental affirmation of health and wholeness. Now and then you will be caught in an afternoon party of people whose whole conversation is of disease, death, deformity, old age, funerals and similar subjects; and when that happens, get out. Do not stay, under the mistaken idea that courtesy requires it. Courtesy does not require you to sacrifice life, health, hope and happiness in order to listen to a few croakers. Do not criticise or find fault with them; merely tell them you are going to look up some people who talk about health, youth, joy and happiness; and go your way. Never, never, talk about sickness; forget it.

## I Went Into the Woods.

By MURRAY SHEEHAN.

I went into the woods,  
And there I revelled in the things I saw;  
I entered classic halls of learning  
Where I gloried in the things I knew.  
Then went I with my soul  
Into thy dim courts, O God,  
And there—O joy divine—I FELT!

# Cosmic Therapeutics.

THE BUILDING OF THE MAGNET MAN—HOW TO  
MAKE CONNECTIONS WITH THE COSMIC SOURCE  
AND REALIZE HEALTH FOR YOURSELF AND OTHERS  
—TWENTIETH CENTURY MYSTICISM.

By JULIA SETON SEARS, M. D.

## PART II.

It is a natural law that we have at all times, *unconscious* thought-relation to the Universal abundance; but our thoughts can be made to become *conscious* agents of construction and destruction, and we may work through them as soon as we are old enough to think and reason. Disease and poverty would never manifest for us if we did not, by thinking, some time recognize them in our atmospheric environment, and work them out on the objective plane through the law of embodiment. Whenever doubt, worry, anger and negative thoughts take possession of the field of consciousness (the every day mind) we are creating these things for ourselves, in the Cosmic ether, and they cannot refuse to register in form,—either in body or environment,—or in both. It can be seen that if, year after year, we separate ourselves from the positive-creative, Cosmic Intelligence, and put up our images of personal limitation, the creative intelligence is joined to the weaker energy, and cannot refuse to work out the conditions with which it is related.

The human will is the agent which must be taught to stand as sentinel, and force our minds to people our currents in space with thoughts which make only

for perfect health, perpetual opulence and divine realization. The minor intelligence of our cells would just as readily work out the universal law of perfection, if we only knew enough to intelligently direct them, and not overpower them by our negative, personal creation.

When we have once established in our minds the truth of this Universal Cosmic Intelligence, in which there is no sickness, poverty nor death for us (unless we recognize them) it does not take us long to work it out in better conditions for ourselves, in our physical bodies and in our environments. No matter what our lack may be, we may know because we have set our own creative energies to work under a personal, negative law instead of a positive, creative, universal one. We have only to stop, face about and begin to direct our plans intelligently in union with the higher plan, and solicit the co-operation of all the finite and infinite forces around us.

If we find ourselves diseased, with pain and physical mal-positions, we can speak to our physical cells as we would to a friend, and connect them with the higher, creative energy, and help them to get into a higher form of building, for they are ready at any moment to answer.

Everything comes to us from the In-

finite, through the law of Divine Attraction, built of human recognition, and when we have built and rebuilt our cells into an intelligent relationship with recognition of absolute wholeness, we become magnets so highly vitalized, and so carefully polarized, that we are attracting centers for everything constructive in our atmospheric environment, and our physical bodies and our surroundings become the expressions of our thought words. When we know enough to send our thoughts into the universal energy with only the recognition of that positive force that makes for health, wealth, love, divine realization and actualization, then all material circumstance must be made for us the immediate reproduction of these things.

The sick world passes along with all its thoughts poised in the destructive recognition; we meet these negative lives upon this pathway, and knowing the law of the higher, constructive power of building, we must have for their questioning some answer that will restore them to the state of consciousness they have lost.

"Lord, that I might receive my sight." This is the cry of the negative; and in the moment that we can reconnect them with the creative, universal energy, which has in it recognition of ALL-SIGHT and hearing, all-health and all-power, they DO receive, and in the highest.

The very first truth that every diseased life must know is, that "thoughts are things," and make themselves felt, and that in the great atmospheric energy, like attracts like. *Consciousness* becomes for each soul the wireless station which attracts and registers the universal messages, each station attracting its own, from whatever plane, or state of consciousness, it vibrates.

When we know the higher truth of

creation and attraction of positive, creative energy, we become so perfectly attuned to these creative, positive currents that they flow through us, and their vitalizing effect is felt in our whole being.

The invisible world is Something, and its substance is Something. That we do not understand it, and have improper correspondence with it, is no proof that the power of correct correspondence does not exist.

There are great, occult laws of relationship always awaiting our deepening comprehension:

"Till one appears who hears,  
All nature silent is—  
Silent forever more;  
Beating its waves of force  
On an unanswering shore,  
Till one appears who hears."

The Cosmic, atmospheric energy in which we live, and move, and have being, is always ready to become manifested in form, and it may become manifested by anyone who KNOWS how to create a form for himself.

It has been expressed in many varied ways by the children of men, but it has not yet entered into the hearts of men to conceive of the glories that are yet awaiting them, when one appears who really does hear, and knows how to create under the laws of master-building, and who has conscious use of the full truths of the Cosmic power.

In addition to this new-found power of atmospheric creation, there is another great truth which the sick world must know in order to become perfect in expression, and this is the truth of the power to manipulate these Cosmic currents, not only for our own creations, but also for another. We can not only think and realize and actualize for ourselves, but we can also reach out into the formless energy and create, direct and control these great universal cur-

rents so that they shall rebuild another life.

We have a great, psychological Cosmic truth known as *absent treatment*, but which is really COSMIC THERAPEUTICS. In our new understanding we may use these Cosmic currents to heal ourselves, and we may manipulate them for another. Time and distance are eliminated; we get behind the things created, and understand, and deal with the Energy which Creates.

The sick world has tried all the things of the physical plane, all the objective lines of transference,—drugs, electricity, diet, baths, and what not. True, each one is part of the Cosmic Energy, but the sick find that the laws still exist, and as long as they remain related with the laws of disease, it will manifest for them.

The power of absent treatments lies in our ability to connect with, and direct, the atmospheric Cosmic currents, or the energy which creates, and makes for a positive expression of health. When we have laid hold of this power we can change at will any vibrations of negativeness in which we find ourselves, or others, expressing, and we do it through the power of thought, feeling and revelation.

These higher laws of relationship are mysterious and strange to those who do not understand. The Hottentot stands in wonder and amazement at the X-Ray machine, but the skilled operator turns on its power, and the exquisite mechanism works in spite of the ignorance and doubt of the undeveloped mind; just so the skilled operator in Cosmic Therapeutics can generate, control and direct the power of the Cosmic Energy which he understands; and brings results, whether the skeptical mind of man accepts or rejects.

This power to manipulate nature's

finer forces is hidden from those only who do not seek to find; in the moment the soul KNOWS that it is possible to connect through thought, and to manipulate through consciousness, it is born into union with the Energy that Creates, and can say, "Let there be light" over its own world.

We can stand in the great Cosmic Energy, and with tools a thousand times finer than the finest X-Ray or vibratory machine known to science, we can project our thought power into regions of an ether so fine, so vibrant, so vital that its very touch fills us with the great, pulsing energy of the universal; and in just the instant we connect with these currents our old, vibratory rates of living are changed; we have passed from death unto life, and we are healed to stay healed, through conscious union with the ALL-HEALTH currents of the universe.

There are many clumsy operators in any field of science, and there are plenty of them in this new world of Cosmic Therapeutics; but through investigation and application come unfoldment and skill; and we shall soon pass into such a complete understanding of these higher laws of being, that it will be a novelty to find a life unacquainted with them, and everyone will be using Cosmic Therapeutics in some degree.

The fundamental law of the absent treatments is the truth of the ONENESS of life and intelligence, and the ready response of the Absolute intelligence to the finite mind.

Each life has its own direct line of thought connection with this universal energy, and no matter where it stands in its comprehension, it can be taught to grasp this simple truth of thought relationship with its own atmospheric environment.

We can think ourselves to the outer-

most rim of things, and there connect with the diverse, differentiated energy which can make only for disease and lack; or, we can think ourselves to the very center of the Cosmic Heart, where abides the peace that passeth understanding. We find this center, and attract its energy, through human thoughts of power, love, hope, faith, joy, purity, patience and consciousness of Infinite Union, and our every action carries with it, into the external world, a power that manifests for us as health in our bodies, wealth in our surroundings, and love in our hearts.

When we know that all life is universal, atmospheric intelligence, and that it will respond to us from any point at which we touch it, we need then only to throw ourselves into conscious thought-union with everything which we desire, forgetting all the weak, negative things we do not desire; and this conscious connection leads us into relation with the energy that must eventually manifest in form.

When we want to heal ourselves, we stand with our whole life open to the positive, creative, Cosmic life, and let the Cosmic currents beat through us and around us; we WILL, then and there, to pass our whole being into union with every Creative, Universal force, and to feel the power of its energy sweeping through us; we hold our life servant to this higher understanding, until the great flood-tide of the universe comes sweeping along our veins, washing away in its resistless force all the lesser moorings which hold us to the thoughts of disease or decay. We have then the life more abundantly that is promised; we feel that we have entered into that place that is prepared for the people of God.

and we are healed to stay healed, for the very lifeblood of the universe is in our veins.

Do we want to give absent treatments, and send to others this Energy that Creates? We just take in our minds the thoughts of our Cosmic, atmospheric relationship, and reaching out, first, in perfect thinking, we build for them a perfect thought-body, and place it in the Cosmic Energy; holding fast to this image, we pass with it into the deeper states of being where thinking ceases, and KNOWING is the law, and we bid them stand forth, with us, in the conscious union, whole, complete, the GOD-CHILD, *one* with the ALL-HEALTH of the Universe.

When we can do this our work is finished, and we can let them go, secure in the consciousness that they are ONE with us in strength and power. When we have really understood this higher law of recognition, we can look with all-seeing eyes into the face of Cosmic Intelligence and we see the Infinite Supply answering our finite lack; we abide in a position of KNOWING, which passes, externally, into power and peace and health.

This is the secret of Cosmic Therapeutics, and those who know this secret, really do become the twentieth century mystics, and are rulers over the manifestations of finite and infinite energy. When we come to this point of demonstration, we are the world's greatest physicians, and we do, indeed, know the truth of Jesus' words, "He that drinketh of this water which I shall give him, shall never thirst, but it shall be in him a well of water springing up into everlasting life."

# The Renewing of the Mind.

BODILY RENEWAL FOLLOWS MIND RENEWAL—HOW  
TO GET A NEW LEASE ON THINGS—A CASE OF CON-  
SUMPTION CURED BY A BALLOON TRIP—THE DIVINE  
PRINCIPLE OF BEING.

By WILLIAM E. TOWNE.

It is self-evident that bodily renewal and regeneration follow a renewing of the mind.

A man has allowed his mind to become clogged with discouraged, pessimistic thoughts. His digestion is affected. He sees everything through blue glasses. Work is an effort. Now transport him into entirely new scenes. Let him meet new people. Let him become interested in observing new things. Immediate benefit to his health will result. Elimination will increase. His appetite improve. He may be eating exactly the same kind of food, drinking the same water, and yet the change is wrought.

It is a purely mental change at first. Then it works out in the atoms of the body, and *they reform themselves* according to his changed consciousness.

Just now I was reading of the great benefit to health which comes from flying. A writer in *The World's Work* says:

"The influence of even sporadic flight on the physical health is remarkable. \* \* \* Once I made a voyage almost an invalid from rheumatism. I could scarcely raise my arms on a level with my head. My blood was black. \* \* \* Within a few hours every

drop of blood in my body had become a bright red liquid, looking like flame, and I seemed unable to appease my appetite for strong animal food."

The same writer tells of a friend who was cured of consumption by a balloon trip from St. Louis to the Atlantic Coast. Another man, injured by inhaling iron and copper dust was healed by a few balloon trips.

The main cause of cure in all these cases was the arousing of the mind through a new and novel experience.

These instances show results obtained by unconscious obedience to the great laws of Life.

The same results, and far greater results have often been obtained where the mind has been renewed through coming into a knowledge of Divine Truth.

The Truth is always practical. It always works out in results, even though at times it is difficult to trace the process.

There is one source of all health, and that is the Divine Principle of Being.

To consciously recognize this Principle as the Reality in every life is to open the door to all health and harmony.

We then see that what we call dis-

ease is but the error of the finite mind, regarding the real or divine man.

To let go of disease thoughts and come into the consciousness of the Divine Mind is to see health as the one eternal reality and disease but temporary error.

We do not thus affirm or try to realize what is not *already* true.

The real man has his being in Divine Principle in which there can be no inharmony. Hence disease has no connection with what is real and enduring in man, and when he seeks to realize health within himself he but seeks to acquaint himself with the truth of his own being.

So the body of man is renewed when he conceives himself as he really is.

When the consciousness is turned to Divine Mind the body is harmonized.

To gain permanent health and happiness we need something more than medicine, change of food and change of environment. These are but negative and transient means of alleviating the symptoms of disease. To gain permanent health and happiness we need to renew the finite mind by turning to the One Principle, the Divine Mind, and becoming at-one with Truth. We need to fill our consciousness with the knowledge that there is no sin, disease or death possible in the One Principle of Life.



By WILLIAM E. TOWNE.

\* \* \* We sometimes receive hard luck letters. The writers detail their poverty at great length. It is characteristic of such letters that they are long and diffuse. *The man with plenty of money never wastes words.*

The poverty letter covers pages. Wherefore it seems that lack of concentration is one great cause of small earning capacity.

\* \* \* Many children grow up without being trained in the habits which make for concentration and application. They are allowed to drop their things wherever they please. Mother "picks up" after them. Perhaps they have no mother and simply drift. When they reach maturity they have not formed habits of steady application, and go on drifting through life.

\* \* \* Of course the earning power of the drifter is not large. He does not seize his opportunities. He lets them pass. And then he blames fate. He gets to believe that his poor success is due to something over which he has no control. That failure is what he must expect. He has never learned to *keep at it*. He has formed the habit of looking somewhere outside himself for success.

\* \* \* The child that is taught habits of application, to work, to keep at a thing until it is finished, soon acquires *confidence* in his ability to accomplish things. He sees himself as a conqueror. He becomes a *doer*. And naturally such a child grows up with a larger earning power than the one who is simply allowed to drift up to manhood.

\* \* \* The child who comes to maturity with habits of *work* is able to take care of himself. He *takes hold* of the thing near at hand, and that attracts more opportunities.

\* \* \* The man or woman who is lacking in concentration does not *take hold* of his or her opportunities. The mind dreams and meanwhile the hands remain idle.

\* \* \* The only kind of dreams that are valuable are those which we bring out into objective expression. The dreamer in man should never be divorced from the doer.

\* \* \* Concentration helps toward an optimistic, hopeful frame of mind. The man who *does things* is far more cheerful than the one who dreams and fails to make his dreams practical. When you get interested in your work it becomes much easier and you are more successful at it. And you don't have time to get discouraged and think poverty. You can only keep the mind bright and cheerful through work. You can only win success through *steady* application of your mind and energies to work.

\* \* \* The worker—the man whose mind and hands are trained to work—can always see the next step, can always find something more to do. The one lacking in concentration and the training that comes with work, will always get farther and farther away from the opportunity to earn.

\* \* \* But having grown to maturity without acquiring the work habit, or being short on concentration and the power to apply oneself, what is to be done? "Become as a little child" and train yourself. One is never too old to learn—if he desires to learn. By arousing the will, throwing pessimism to the winds, and resolutely doing the one thing close at hand, no matter how small the thing may be, how little profit it may yield or how much you think you dislike to do it—by applying the mind and hands in this fashion anyone can develop efficiency.

\* \* \* Some one has said that genius is only a great capacity for hard work. Efficiency and earning power can be acquired, in great degree, by anyone who wills to do so.

\* \* \* Parents are giving their children the best possible protection against poverty and unhappiness when they teach them to apply themselves to work and to be self-reliant. Dollars and cents may take unto themselves wings, but efficiency, habits of concentration and application, abide forever and insure the ability to earn more dollars whenever needed.

\* \* \* One need not be much of a judge of character to decide intelligently from their photographs as to which of the two gentlemen, Ballinger or Pinchot, he would prefer to have in charge of the national preserves. Pinchot's face is that of a born philanthropist. The eyes large, wide open, kindly, the mouth benevolent. Ballinger has force and ability but is lacking in the benevolent instincts which cause a man to work for the good of all. He would easily side with the large corporations rather than with the people.

\* \* \* Down in Oklahoma, the home of just laws, they have an advanced compulsory education law. It provides that when a widow needs the wages of her son, of school age, the *state* shall pay to the mother what the son would earn, while he continues at school.

\* \* \* Why is it that a woman—especially a woman in love—"sometimes scorns what best contents her"? Is it because she foresees a Great Step which she is about to take, and is fascinated, yet shrinks back from the actual fact?

\* \* \* In women of mature age, the wanting to do a thing and wanting not to do it at the same time is often an indication of conflict between conscience and inclination. The great Principle of Life in which we all exist has many ways of expressing happiness, but a woman in love can only see one way.

# The Melting Pot.

A SUCCESSFUL FAILURE—AMALGAMATION AND  
NEW THOUGHT—AN OPINION ON INTERMARRIAGE—  
SHALL LAWS MADE FOR THE WEAK FETTER THE  
STRONG?—MR. WHITESIDE'S SPLENDID ACTING.

By S. JAY KAUFMAN.

Recently there came to New York a play with a year's existence in Chicago as a recommendation. New York gentlemen of the pen-and-ink fraternity received it so warmly that if critics (?) were infallible, it might have been called hot. Scarcely a favorable review. On which I humbly set my stamp of approval, for they review plays, not ideas. "The Melting Pot," by Zangwill, as a play, merited the ecomiums-minus.

BUT, every person who is glad to have an Uncle Samuel should see this wonderful play!

This it will do for you, I warrant. You will forget that fourth estators told you it was cut and dried, and agree with Mr. Roosevelt, Brand Whitlock, Clarence Darrow, Hamlin Garland, Jane Addams, Jacob H. Schiff, Oscar S. Straus and other big men who perhaps do not understand dramatic construction, but who do know a big idea when they meet it, and who all say gratefully and enthusiastically, "It's a great play, it's a great play!" Yes, and you'll be glad that you are in the crucible, and that you, too, are contributing to the fire that keeps the pot a-melting.

"The Melting Pot" advocates the amalgamation of the races. That America happens to be taken as the place where it is most obviously occurring and that two certain creeds are chosen to illustrate the theme, is purely incidental.

This amalgamation, from the very nature of things, is resulting. As it comes all beliefs are becoming one, the stronger surviving. If it be the better, it is well.

The relevancy of "The Melting Pot" to new thought is a striking one. New thought is not a fad, not a cult. It is a life, and, please believe, is nothing other than an appreciation of every good thing. That has been said before, and it has been better said. But to show its connection with this drama that is a forerunner of a tremendous idea, let us begin with that in mind. Negatively, then, new thought is an aversion to every detrimental or limiting belief. To follow this out, new thought is for the individual, for what benefits you may harm another. Thus, logically, new thought is opposed to dogmas, for never has a dogma wrought good. It is not an aversion to certain forms, rituals and ceremonies, which certain people need; rather it is a hope, practically administered, that soon these certain people will be able to get on without these forms, rituals and ceremonies; that soon we'll all have one belief—one aspiration; that soon our one church will be the Church of Good, our religion will be the Religion of Common Sense, our one ritual the Ritual of Nature.

"The Melting Pot" is all of that. It is a plea for the wiping out of racial prejudices, a plea for the use of all

things for good. New thought favors this amalgamation, for it a panacea, and new thought welcomes that which makes whole.

Intermarriage has its advocates and those who deery it. Like other fallacies that only good old Father Time can disprove, the opposition is founded on the prejudices of the persons concerned. Why the *fact* that his forefathers, so many degrees back, believed it right to religiously slay, and the *fact* that hers did something else equally absurd, which caused a feud down the centuries,—why these facts should cause you to say *now*, "No, they are unlike—they shall not unite," seems woefully inconsistent, but it is the only reason advanced.

Why is this difference a greater bar than a differing on what trade or profession you shall follow? Or what wall paper you'll have in the study? It is only a matter of degree. And since life is the greatest, you put a ban on it, and force a fetich to live on; you insist that a difference in the parents, of their opinions as to a hereafter is absolutely impossible of overcoming. What rot!

Here are two people admittedly suited, alike in everything save that somewhere in the dim, dim past, their fathers followed different leaders. Shall these barbarous relics be brought down to our descendants? Do you want another race of striplings? In all fairness, is it right? If your theory is that eventually these differences will break out again and cause discontent, I shall agree with you only if you will admit that it then becomes a question of whether or not the immediate parties concerned are

strong enough mentally to endure it. When you have admitted this, it will resolve itself into the answer that the principle is right, but that we humans, being but humans, are too weak to put it into effect. And even if we are weaklings, why should our weakness here be a greater reason for its impracticability than our weakness to put into use scores of good statutes? And a more pertinent question, why shall customs or laws or both, that are made for the weak, fetter the strong?

In this play we are given two people who are big enough to brave the future. Those of us who believe the union was right, like to look ahead and think that naught but happiness is in store for these two. Surely new thought thinks that; because this wonderful universality that we so long for can only be brought about by either one or the other succumbing; or better still, by the loss of the two resulting in the finding of a new!

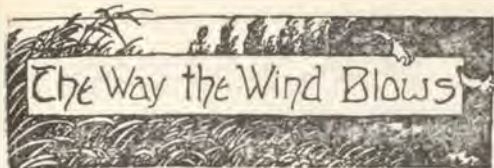
Mr. Whiteside's interpretation of the Russian boy is so real that it is almost startling. Where his ground work came from would be interesting. If he created this role based on his own conception of what it should be he is an artist of no small calibre. Throughout the play he has a dreamy, absent-minded fashion that is a perfect replica of the character Zangwill drew. The recitation of the massacre is a work that aspiring actors, and too, the old school may take a lesson from. Mansfield in his palmy days could not have given it a truer ring. Mr. Whiteside's career is worth watching.

So then, see "The Melting Pot" if it comes your way. Be thankful to the manager who allowed it to be put on. Say "Bravo" to the man who wrote it.

## The Woman Of Power.

By F. MILTON WILLIS.

She wooed him with the sorcery  
Of a thousand sympathies,  
And so infused herself in him,  
Her hopes for him were prophecies.



Friends, the Wind Blows toward the new heaven on earth! We are all wafting 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.

Since an Auburn (N. Y.) convict has graduated to head a \$30,000 broom business it has dawned upon some people that prisons may increase their usefulness by teaching various lines of trade.—*Boston Herald*.

A bill has just been introduced in the Legislature of Wisconsin, providing that all classes in the State University shall be open to both sexes. The university regents decided this some little time ago, but it needed to be a state law to go into full effect.—*New York Sun*.

Washington, Oct. 2.—Striking illustrations of the rapid decline in the use of drugs in the various hospitals of the country were brought out at the eleventh annual conference of the American Hospital Association here. They were shown in the report of the committee on hospital efficiency, hospital finance, and economics of administration, which was presented by Dr. R. R. Ross, superintendent of the Buffalo General Hospital. Dr. Ross declared that fifteen years ago the annual cost of medicines for each patient in the Massachusetts General Hospital was about \$2.90, while last year it was only ninety-one cents.—*Associated Press Despatch*.

"Emphasize the personal note." Do not go to literature for more literature, but go inside of yourself and find out what kind of an impression this universe teeming with life has made on the sensitive plate of your own consciousness. There is a kind of blasphemy in discarding our personal vision and imitating whatsoever model. To reproach a writer for his choice of subject, his natural diction, his brutal candor or inborn subtlety, his chosen wanderings in the dim and vague, or his sharp, precise, recording senses, is to reproach the Creator for lifting men above the level of sheep, who one and all poke their noses through the same hole in the hedge because the well-wether did so first.—*Harper's Weekly*.

A very excellent thing has been done in the Marshall Field store in Chicago. Since pompadours and false hair have become so inexpensive the shop girls there had taken to

wearing them in exaggerated style and to follow exaggerated styles in other ways. The social secretary of the store has had an order passed forbidding all clerks to wear false hair, rats, curls, pompadours of any kind. All peek-a-boob waists and Dutch collars are forbidden. A girl may wear a neck chain, but no other jewelry. She may not use perfumes or powders or paints. She must wear a black tailored skirt and either a black or white tailored shirt waist. The order looked hard at first and the girls were inclined to rebel. But when they tried it they looked so much better and more ladylike for so much less money that they are going to like it. The public will like it, and who knows but the shop girls in Marshall Field's great store, may be setting a fashion that will spread to all the rest of the world.—*Holyoke Transcript*.

In the near future it is expected that the industrial scope of the Boston schools will be extended by the creation of what are known in Germany as "continuation schools." They are remarkably successful there, but have never been tried in this country. Chairman David A. Ellis, of the school committee recently visited Germany and it was there that he got the idea. It is the purpose to have the "continuation schools" serve as a link between the regular day session and the evening school to provide for those who by age or occupation are unable to attend the former and are too tired at night for the latter. Such people, of whom there are many in the city, are at present beyond the reach of the school system and it is the belief of Mr. Ellis that by holding courses each day at a convenient hour great benefit would be conferred both on the scholars themselves and their employers. "Every employer," he says, "knows the difficulty of getting skilled and competent men upon his payrolls, and the employers are few who are not willing to assist in raising the standard of those who work for them. It isn't a case of charity with them. It is good business. In Germany the employers are the warmest supporters of the continuation schools and the business men of America are not less far-seeing. The school board is endeavoring in every way to increase the actual earning power of the school graduates. A great fault of the old-time school system was that it failed to recognize adequately the fact that the great majority of scholars will never enter any of the professions. It educated all alike to a great extent, and left them with neither a profession, business nor trade. The results were that it turned out high school graduates by the thousands not well fitted to do their part in the world's work. At present the purpose is to correct this unhappy result. Every effort is made to give the coming generation a chance to pick with intelligence the trade or profession for which their inclinations best fit them. Education should not only ground a pupil in knowledge of books, but should as well have a certain cash value. The system now being rapidly developed in Boston is doing this better, I believe, than ever before."—*Kansas City Times*.

# 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. 217.*

Success is a matter of growth of our spiritual, mental and physical natures. When our whole nature is in a normal state of development, we are like human harps, just tuned to be played upon by God and the beauties and wonders of His Universe. We are then filled with love, faith, hope, trust, self-reliance and God-reliance, resulting in an outward expression of happiness, health, wisdom, power and success. The more we take into our nature, the more we have to give out. You cannot squeeze blood from a stone. Neither can you get success from a man who doesn't contain success. It does no good to try to draw money from a bank, unless you have money deposited in the bank. It does no good to try to draw success from a man, who has not deposited in the bank of his own nature, the materials from which success can be drawn. Strive to be, the doing and having are sure to follow, crowning us with success. If we would gain success, we must first be success.—H. B. GOODWIN, Philadelphia, Pa.

## *Success Letter No. 218.*

Success lies in the sincerity of purpose, moral conviction of honorable intentions, conscientious effort, love of work, joy in having done good work, faith in one's self and a comprehensive knowledge of the task to be accomplished. It is the legitimate product of genius, and the pragmatic deduction of possibilities which allow no loophole for defects. Success awaits the

aspiring soul who courageously gives expression to self and recognizing failure, bravely battles with adversity in the struggle for a higher development. We must not forget that there is a higher aim than success. It lies in the consciousness that we must persistently strive to do our duty, whether the reward be success or failure. Great men have lived and battled a lifetime with contending forces, conscious that their life would never know success, yet they have not faltered but bravely struggled to the end, not even knowing whether some other courageous soul would ever take up the unfinished task and carry it to completion.—ADELAIDE HALL, Everett, Mass.

## *Success Letter No. 219.*

The surest means of success lies in adherence to the law of non-resistance, i. e., swimming with the current instead of struggling against it. The environment of all persons is best for them at the time or they would not have been placed in it. Doing the work at hand cheerfully and to the best of one's ability, at the same time holding positive thoughts of the better condition which one wishes to occupy, will most quickly attract the improved environment and fit one to fill it with credit. However, the success of all individuals should not be measured by the same standard, for while some souls are still in the primary department of the school of experience, others have advanced to the grammar or high school,—it may be a few highly evolved ones are doing university work. It would be manifestly unjust to look for proficiency in the higher mathematics from a pupil still struggling with problems in arithmetic. Before venturing to pass judgment as to the success or failure of any person, one's self included, be sure to estimate carefully the degree of advancement of the individual.—M. S.

## *Success Letter No. 220.*

My stepping stone to success started thus: Into my house came four very aged people, divided as to means—two dependent—two independent. Wealth with me was hardly sufficient for the whole of my needs, my help-

mate being of the non-supporting variety. Work and management was overbalanced by anxiety. Knowing that two of my family had more money than was needed for moderate simple living, it seemed to me cruel, mean and absurd not to show some generosity toward the generous homemaker. Thus I began to be mean with self. The real cause of my selfishness was hidden, so I was supposed to be brooding over troubles that did not worry me. My actions were noted and my sanity commented upon.

One day words were spoken that suddenly woke me to the fact that I was the most selfish one, because I had the more intelligence not to be. I was the soul of generosity in all other things, and it seemed easier to share anything but self. Then I saw I was getting very mean with self, and decided then and there to give what I could of self, which was harder than giving money or goods.

I had resolved to run away from home, and leave all I had to those who would not assist with their possessions. It seemed easy to leave all but the one poor old nonagenarian to whom I had become as a mother. This companion has gone beyond earth's trials, he is all that held me back.

Then my awakening came. My love, my smile beamed on them all—till now in a very short time, those about me have caught some of the sunshine, and have even done one generous act to surprise me. I am "sane" and really very happy, knowing that the Giver of All Good will supply me bountifully with all we need.

Wealth accumulates no faster, but all things needed come when wanted, and the brightness of self extends in a neighborly way beyond the walls of my home. I have a fountain of wealth to distribute. Life and health and new thought are an entire success with me.—M. R. H., Jeffersonville, Pa.

"Helen," who wrote Success Letter No. 216 in November, gets the prize for that month. The vote was close, but she won by a slight margin. If "Helen" will let us know just where she wants her prize sent, it will be done. The \$5.00 cash prize for the best Success Letter in February, 1909, to July, 1909, inclusive is awarded to Tinnie Wheeler, whose Success Letter No. 183 appeared in the June *Nautilus*. The check will be forwarded upon receipt of her address. We are anxious to know who "Electa" is. Her Success Letter No. 212 appeared in November also. She will learn something to her advantage if she addresses the editors.

## 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

*Have good will to all that  
lives, letting unkindness  
die and greed and wrath;  
so that your lives be made  
like soft airs passing by.*

—Light of Asia.



"Oh, wad some power the giftie gie us  
to see oursel's 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 will try to reply to the 1001 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, and I sincerely hope that with the aid of this department we can reach and help many more people. Welcome, all!

ELIZABETH TOWNE.

E. G. L.—Desires *must* be realized sometime, somewhere. All nature, reason and *desire itself* go to prove it. Reincarnation gives us a chance to realize what we have failed to find in the life before. This is one reason why I believe in reincarnation.

D. H.—The mode of healing is always the same, whether it is a case of headache or "sensitive teeth"—"*believe and ye shall receive.*" Speak the Word of sound teeth, and *believe* it. In due time the sensitiveness will disappear. You can help yourself by any method which improves your "general health"—by eating plain foods and chewing them *very* thoroughly; by plenty of full breathing of *outdoor* air; plenty of active exercise; letting starchy foods alone, etc.; and by thinking *the truth*.

M. O.—I gather from your letter this impression: The lady you speak of is torn between her own sense of duty and a sex attraction toward you. It would be best for her to be let alone. You, too, are torn by sex attraction, and being the man—who never has to pay the price—you see no reason why your attraction should not be gratified within "reasonable limits." But a woman can't do things within reasonable limits. Her only protection is to keep strictly to herself, to cut off all such attractions, unless they lie in lines sanctioned by convention. It seems to me if you *really* loved her, that you would give up this demand upon her, entirely, completely, instantly, and leave her to follow the leading of her own heart, which is evidently turned toward the path called duty. If I write to her at all, I shall give her the advice to shut you off sharply. But I am not going to mention the matter unless it comes up again, because I think you will see the point, and relinquish your demands upon her, both in the spirit and in the body. *Command yourself.* And leave her absolutely free. As to the influence of the Swami, whom you accuse of "coming between you" in the astral, I don't believe he is

in any way conscious of the matter. And if he were he could not come between you unless *she herself* put him there. All that astral interference is in your own mind and imagination. It is her sense of right that interferes, not the Swami. Dismiss that from your calculations. Real love is for the lover, and every demand that he makes upon the other one shows that his love is not perfect. And it likewise spoils what love he has. *Be still and love. And better still, let go.*

A. M.—My dear girl, for mercy's sake rid your mind of that man! You don't love him—you don't know him well enough to know whether you would love him or not. You are merely in love with *your own illusions* about him. And he is evidently not at all interested in you. Have more pride than to let your thoughts go out in that way after someone who is not interested in you! You can only bring trouble to yourself by such actions. I just heard the story of one foolish woman who did that sort of thing over a man who paid no attention to her, and she ended by going daffy enough to wear a picture of him a foot square strung around her neck over her dress. And she wrote him somewhere near five hundred letters and never got a single one in reply. Dwelling on such thoughts will lead you into all sorts of trouble that you hardly can imagine now. Cut that man out. You *don't* love him any more than you love a hundred other people—you only *imagine things* about him, and love your imaginings. And they are dangerous. Your foretelling when you are going to meet him comes from thinking about him so much. You can do the same thing with any of your acquaintances if you will think as much about any person as you think about him. By thinking about one person we set up a rapport that enables us to get messages from their minds. All this happens entirely independently of real love. Cut it out, cut it out! You certainly *could* care for him in spite of everything if you kept on thinking about him and cultivating the caring. If you keep on much longer some very unpleasant crisis will make you wish to goodness you had *commanded yourself* from the first. I send you my best good will for mental balance, health, happiness and success. Keep interested in good useful work and forget this other thing.

R. L.—You and he are both mistaken in thinking that it is disembodied spirits that are "tormenting and punishing" him. He is tormenting and punishing himself—he has harbored certain false ideas until he is practically hypnotized and possessed by them, but they are not spirits—don't imagine it. And he has all power over them if he will go about it in the right way. But it is not the right way to lie in bed and cultivate the feelings and thoughts. If he still has any command over himself at all, he can break this matter up by getting outside and doing good useful work. He himself can readily notice, and so can you, that a little physical effort on his part will dispel those "spirits" for the time being. This is his cue. Get interested in useful work and keep away from such thoughts, ignore them. He should persistently affirm that they are nothing, and have no power over him, and he should dispel them by physical effort every time they come up in his mind. To direct his thoughts down through his hands into useful work is a sure cure for any sort of morbid manifestations. He is right about the cause of his trouble, in a measure. But it is not the sitting in the silence so much as it is lack of useful work with his hands that invites the trouble. He has been unbalanced in his activities. If I were in your place, I would go to a good Christian Science practitioner in your vicinity, and let him treat him. Christian Scientists don't believe in spirits and neither do I. These manifestations are sheer illusion and useful work, and faith in one's own power or God's power will dispel them. I have known many people to be healed of such troubles by accepting this statement from me and acting upon it.

THE NAUTILUS is better every number and one of my "orthodox" Christian Science friends who had warned me against taking THE NAUTILUS and other publications along similar lines actually asked for my September number to keep. She got it. I consider I am a pure Christian Scientist but have been on the front where I used Science and Health and God only for my guide. My work has been done for world betterment, for fifteen years, letting the Word go out through me as God alone knew and willed. No one asking audibly to me, but all receiving as universal love saw fit, and your audible announcement on cover of October was great to me, knowing as I do that you had worked in the silence, for years, before speaking out on NAUTILUS cover.—MRS. J. K. CALKINS, Cody, Wyo.

"I took up the 'higher thought' more than a year ago, and have been blest indeed—I had up to that time been a confirmed invalid for twelve years—not leaving the house more than three times a year. Now I go whenever I want to and enjoy life much the same as other people. Though the unfoldment into the new and true life has been slow with me, I feel that my life should be an attitude of constant thanksgiving for the Light that has been given along the way."—EVA M. ALBAUGH, Chicago, Ill.

## Little Visits

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

### How It Was Done in Mexico:—

*You are missing half your life  
In the hurry, toil and strife.  
Take it easy, friend;  
'Twill pay better in the end.  
You can even wonders do,  
If unto yourself you're true.*

We had been in Mexico a year when my husband lost his situation. We rented furnished rooms and gave board but soon needed more money. The colony also wanted American bread, pies, and cake and acting upon the advice of others I started a little bakery, although I hated cooking and knew quite well that it would make a slave of me. My husband and I had been accustomed to eating uncooked foods almost exclusively, having found that diet both agreeable and practical, but now we ate other things because it was more convenient. My husband lost his health and I was losing mine. The continual tasting of the sweet stuff, the lack of sleep and extra care were telling, but there SEEMED no escape. Bills must be paid, all sorts of things must be done. I was in the position of millions whose lives are wrecked on that horrid word MUST. I was cross and unloved and unloving, my servants were unruly and impertinent—they all seemed bad. I finally quarreled with my husband and we separated. What New Thought ideas I had seemed impracticable, and as for the "Silence," there didn't seem to be any.

My Light on the Path did not give light any more.

But one day, out of the gloom came a ray, a memory of what I had known, and I began to demand, in the moments before sleep came to tired eyes, peace, health, leisure, money enough to pay my debts and some more, a way out of my difficulties into a life that was more to my liking; that the Spirit would show me my real place and work in life.

One day I saw how to begin. I would cut out some of the "must's" and "duties" and do more as I liked. Perhaps some of the duties were only self-imposed burdens and the end to be gained not worth the cost.

I gave up my furnished room house and with the sale of the furniture, made the first payment and built a rude bakery on a cheap lot in the poorer part of the city.

With just a little time to rest and think and read, and work in my little garden, health and business improved, and the mortgage and other debts lessened. More sheds and a little room and things made more comfortable and convenient. In another year I could build a pretty living room or two.

But business and times were getting harder

and competition fiercer. The making of the bread must be looked after during the night and the sales in the day. There was no time now for the little garden or books. The business was making a loss instead of a profit. The prices of bread were down almost to cost and yet it wouldn't sell. It wasn't as good as it used to be, they said, and bought of the other bakers.

Of course it wasn't good; the boys had all had their wages reduced and their work increased; they were sleepy and discouraged and did not care what happened.

It was now the "Crisis" in the business world in Mexico. Flour was selling for \$30 per cagar (300 lbs.), bakers were closing their doors because they could not make expenses.

As a finish my mortgage came due. The owner said, "You haven't a chance, with this

Then another memory from I know not where: *"Thy desires are the voice from The Silence; rightly interpreted and followed they will lead to all wisdom."*

And how to interpret? Just try, and trust, and follow, and I did.

First I would make no more of the nasty doughnuts, and cake, and pies, that kept my tongue white and my brain dull. In fact I would only have such things made as the boys knew how to do without constant supervision; that meant less than half the work and care. I would dismiss the boys that were troublesome and raise the wages of the others; I would make and bake my bread in the day and put it away for the next day's sales, and sleep at night. What a relief, just at the thought of a whole night's sleep, something bakers know little of. I would raise the price of bread and make the loaves smaller until there was a fair

profit. I would close the salesroom from one till five p. m. daily, and take that time for rest and the Silence.

Will you believe it, little by little my dream came true. I now have time to concentrate, to plan, to select proper food, to be appreciative and patient, to do well the little I have to do, to see opportunities and to think how to use them.

The boys do more work than is even asked of them and happily. The bread grows better and better and competition is never thought of any more for there seems business enough for all.

People say, "The bread is lovely; how do you make it so nice?"

Bless your heart, *the only secret is in doing so little that there is pleasure in doing it, with all our hearts, both men*

and boss and in receiving just compensation for our best efforts.

Several hundred dollars of debts have been paid in a few months, and now there is a probable purchaser for a little piece of the land and this money will pay off the mortgage and all the debts besides and there is leisure and peace at last.

The American School Association bought and built next door and the children make merry in true American fashion. The street is to be widened and paved and lighted and the neighborhood is improving, yet the "Crisis" has never loosened its grip on Old Mexico.—ELENA BERRY BRANNAN, Guadalajara, Mex.

(Isn't that a delightful story from Mexico? Mrs. Brannan says of course her acquaintances attribute her success to "just pure grit," but she can see something in it besides grit. So can we—though a less plucky woman might never have discovered it. The Brannan extremity was new thought's opportunity. Good for you, Elena!—and for our readers!—E. T.)

#### The NAUTILUS Subscription Club:—

Herewith find draft for \$1.50, in payment of *The Nautilus* for another year, "Life Power" and the Motto Cards per your special "Do-It-Now" offer. Change my address from



Rear View of the American School, Guadalajara, Mexico.

competition, modern machinery, shrewd business men, capital, all against you, but the land won't sell for anything just now and I never foreclosed a mortgage in my life, I will give you another year."

Peace, leisure, money to pay my debts and some more. How ridiculous it seemed to keep on demand; I was going to fail, everybody said so and I saw no hope, not one.

"Ayndate y Dios te ayndará" (Help thyself and God will help thee). It was only a memory from "Detorno's" exercises, but strange that it should have come into my head just now. Wasn't I trying most desperately to help myself and yet no help came?

And then I remembered what I had read in an old number of *Nautilus* and it had appeared so senseless at the time, but now I seemed to catch the spirit of it. This is it:

#### "VIEWPOINTS."

"You can accomplish nothing by endeavor. All the achievement in the world is not achievement.

All the conquest in the world is not conquest. There is no victory in the world.

The struggles and battles of those who battle and struggle are but raging dreams.

—J. H. B."

Post Office Box 488 to Post Office Box 2054, Spokane, Wash. Hope you will receive this draft in time so that I will not miss the November number, which promises to be "Extra Good." This draft was bought on the 7th, but have delayed sending it in. Have been thinking out a little plan that I am going to put in operation. I have organized "The Nautilus Subscription Club." At present I am the whole club,—officers and members. I pledge myself to send *The Nautilus* one subscription every month throughout the year, my own and eleven others. This is the result of your suggestions on page 2 of the October number. I am doing this for the reason that I believe there are a lot of people who might become interested, who otherwise would never hear of *The Nautilus*. I know that I accidentally found it one day at some news stand, and although I have been a subscriber for only one year I have found it too valuable to leave it to mere chance. So I am going to put it in the homes of eleven of my friends for a year. I believe that fully one-half of these will renew their subscription after they have read *The Nautilus* for a year and will become permanent subscribers. This plan is merely a suggestion. If you think any of *The Nautilus* subscribers would care to act on it you can put it before them, if not, I will continue to be the whole club. It seems to me to be a good plan to get people interested, who probably could not be reached in any other way. What do you think of it?—K. HAMILTON BLAESSER, Spokane, Wash.

Long live *The Nautilus* Subscription Club! May its tribe increase! We send out many subscriptions that are paid by loyal and blessed friends, but K. Hamilton Blaesser is the first to do it thus systematically. May his example prove contagious, and bless his like and every reader. We'll do our best to make *Nautilus* worthy.—E. T.

#### Cause and Effect:

We mortals use the word "Spirit" because to us it expresses the highest, the best we can conceive of. There is not any reality in evil—because it is unpleasant—God means us to be happy. The inhumanity of man to man has made countless thousands mourn, and manufacture evil because of shortsighted objective reasoning upon the evidence of the senses; this ever present cause and effect which we see on the physical plane, slow working and immutable UNTIL we evolve another brain through which the power can be made manifest, which proves to us that I AM CAUSE AND EFFECT. Where does the chicken get the lime wherewith to build its bony frame

## During Sleep

### Nature Repairs the Human Engine.

The activities of the day cause more or less waste of tissues in the human engine, which is repaired at night during sleep.

The man or woman who can sleep well at night, is sure of the necessary repairs, other things being right, to make each day a time of usefulness and living a real joy.

But let insomnia get hold of you, and the struggle begins, of trying to work with a machine out of repair. A Nebraska woman's experience with coffee as a producer of insomnia is interesting. She says:

"I used to be a coffee drinker and was so nervous I could not sleep at night before about 12 o'clock, unless I would take some medicine. I was under the doctor's care for about 5 years and my weight got down to 82 lbs.

"The doctor said I would have to quit drinking coffee. Then my father got me to try Postum, which, he said, had done wonders for him. I am past 43 and before I quit drinking coffee, my heart would jump and flutter at times, miss a beat, then beat so fast I could hardly breath in enough air and I would get smothered.

"My tongue would get so stiff I could not talk and I could not hold a glass to drink from. Since I have been drinking Postum, in place of coffee, I can sleep sound any time I lie down, and I feel I owe everything to Postum. I now weigh 120 lbs., and am well."

Read "The Road to Wellville," 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.**

work? Science (facts?) says: Not from shell or yolk or white of egg. Then where? asks this objective mind. No answer. And the brainless chick moves out into manifestation full of beauty and wondrous life, with power to enjoy, to desire, to manifest perfection on its own plane. And spirit laughs at our puny attempts to bring the powers of God to a level with our comprehension. Never let us limit ourselves because we cannot understand all the bearings of the case. Let Desire do its perfect work, for Desire is good, as it is always searching for happiness.—STUART VOWELL, Midhurst, New Zealand.

#### Acted Like an "Endless Chain":—

Your little magazine has taught me to tell people when I feel they have done me any particular good, so I wish to tell you how one

(Continued to Page 50.)

## Careful Doctor

### Prescribed Change of Food Instead of Drugs.

It takes considerable courage for a doctor to deliberately prescribe only food for a despairing patient, instead of resorting to the usual list of medicines.

There are some truly scientific physicians among the present generation who recognize and treat conditions as they are and should be treated, regardless of the value to their pockets. Here's an instance:

"Four years ago I was taken with severe gastritis, and nothing would stay on my stomach, so that I was on the verge of starvation.

"I heard of a doctor who had a summer cottage near me—a specialist from N. Y.—and as a last hope, sent for him.

"After he examined me carefully he advised me to try a small quantity of Grape-Nuts at first, then as my stomach became stronger to eat more.

"I kept at it and gradually got so I could eat and digest three teaspoonsful. Then I began to have color in my face; memory became clear, where before everything seemed a blank. My limbs got stronger and I could walk. So I steadily recovered.

"Now after a year on Grape-Nuts I weigh 153 lbs. My people were surprised at the way I grew fleshy and strong on this food." Read the little book, "The Road to Wellville," 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 49.)

little copy of the *Nautilus* loaned me a year ago, has acted like an "endless chain," so to speak, and I feel so glad to have been able to have had a part in telling others how to "get happy." I subscribed for the *Nautilus* last January; loaned a copy to a friend; she subscribed; sent in another subscription for a brother; loaned another copy last week to a friend and today she returned me the coupon page of the September number for my signature as she wanted to send in two yearly subscriptions. Thus you see this will make five subscriptions (aside from the premium subscription offer on the coupon) all from one little "borrowed book." Of course I have not yet done. I shall continue to pass it along and trust I may be the means of making many others happier and better, for if they read *Nautilus* they can't help being the better for it. I have always intended to write and tell you

of the pleasure I have had in reading your magazine and when I got these last two subscribers I just couldn't wait.

I shall always take the *Nautilus*, so don't ever strike my name off the list; just send me notice of my expiration and I will have a post office order there soon if I have to do the "family wash" to obtain it.—MATTIE J. STACK, Woodworth, La.

### The Disgust-Cure:

I went in, pitifully penitent, to my Theorist, today, saying: "Oh! I feel small; I feel degraded; I feel a child in self control! and, too, after my great assertions of self reliance and of keeping hold of self!

"No! that you do not!" was the gracious and kindly reply. 'You have simply "out-grown" another shell; cast off a hampering clog, and now you feel that forever you are free of temper's control! and this knowledge comes to you through that Angel in dreadful disguise, Disgust; and no distaste is bitterer than disgust at proud self.'—S. E. WARDLAW.

## For World Peace.

**We want a world agreement for universal peace.**

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

**We want these ships manned by the best instructors in Foreign Art, Literature, Travel, 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 post-graduate 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 speak the Word for them.**

**We pray for them.**

**We talk for them.**

**We work for them.**

**We vote to this end.**

—Elizabeth Towne.

# Friendship Favors

## The Gift of Real Fellowship A FRIENDSHIP CALENDAR



Will be appreciated more than a gift that costs a great deal more because it possesses real personality. It is the most artistically unique arrangement of its kind. Containing 365 dated leaves for 1910. Some of these leaves may be filled by yourself, others by mutual friends of the recipient with a bit of nonsense—a word of wisdom—a "Kodak"—a baby's scrawl or an artist's pen picture. Opportunity for endless variety. Begin now to compile it for some member of your family away from home—a friend in a distant state or foreign land—a brother, sister, son or friend in Army or Navy—a favorite Pastor, Teacher or Club President—an aged parent in the old home—a friend anywhere whose life you could make happier by bringing into it the daily personal touch of friendship.

**Blue and Gold Edition**—shown here, design in three colors, silk hanger, 365 artistically dated leaves, with gift fasteners. Size  $9\frac{1}{4} \times 7\frac{1}{8}$ . Price, in box, postpaid, \$1.00.

**Florentine Edition**—Renaissance design, with mosaic coloring of the period and appropriate Della Robbia lettering, calendar pad as above. Size,  $10 \times 7\frac{1}{8}$ . Price, in box, postpaid, \$2.00.

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**De Luxe Edition**—Red or Blue padded Morocco, back, easel support to stand on desk or dresser, hand stamped in gold, leaves dated in two colors, with gold-plated fasteners. Size,  $9\frac{1}{4} \times 7\frac{1}{8}$ . Boxed, price, postpaid, \$5.00.

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greatly increases the pleasure of preparing the Friendship Calendar—99 extracts on friendship to be pasted or copied into the calendar by contributors or used for gift purposes, single leaves or the whole box. Beautifully printed on heavy paper,  $3\frac{1}{4} \times 3\frac{1}{2}$ , suitable for mounting. In decorated box, postpaid, 50 cents.

When given for a Christmas present, or at any gift making time, it will bring a life-time remembrance of little pleasures passed by. Start now your Calendar for Christmas or New Year gift. Don't wait. Begin today by writing to us for the edition you prefer or asking for it at any good stationery or book store.

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Offers a novel means of giving or getting more pleasure from your ocean trip. Ten elegantly printed sheets, one for each day of the voyage, you and mutual friends of the one sailing may fill these with some little pleasures of the day—so the recipient can break a seal each day aboard ship—through this means, though far away, your friend has the close personal expression of friends at home. They are tastefully decorated, letter sheet and envelope—all held in a handsomely decorated box, postpaid, \$1.00.

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# MAKING THE MAN WHO CAN AND THE WOMAN WHO DOES



We are all governed by others. We don't admit it, but consciously or unconsciously we imitate, we reflect, or we pattern after, others. It is not objectionable if your pattern is good—after really brilliant men or women—after those who have blazed trails of glory.

So, when our little gem, "MAKING THE MAN WHO CAN," came out, we sent it to a few men, whom we know, and whose opinion we were willing to set before you, with our stamp of approval, for your following.

Some of these opinions we find room for here. If these men think this, surely here is a criterion for you:

**LEIGH MITCHELL HODGES**  
(The Optimist), Editorial Staff, North American, Philadelphia, says:

"I'm inexpressibly indebted to you for enriching me with 'MAKING THE MAN WHO CAN.' It is the BEST right-thought preachment I ever read, and I've browsed over a bushel of 'em. Unless I am blind to the real meaning of the term, it is 'Holy Writ,' and it ought to be read by every man who can read. I never before said this much about any book, because I never before read a book that MADE me say this much. I want ten copies right away, unless they cost too much."

**Mr. Chas. Rosen, Supt., Roycroft, East Aurora, N. Y., says:**  
"MAKING THE MAN WHO CAN" is a forcible proposition and reminds me of 'The Message to Garcia.' The writer certainly handles his subject in an exquisite way. He neither moralizes, stupifies with statistics nor confounds with logic. He gives the facts from the viewpoint of a humanitarian. I congratulate any person who can get this book. The printing end of it does credit to the NAUTILUS press, and deserves a large circulation."

We know the worth of this book and we know it is right in line with the things for which The Nautilus stands. So we want you to have them both. The two together—"Two heads are wiser than one." Used together they will make you the man who does what he desires to do.

**MILO C. JONES**, Fort Atkinson, Wis., says:

"I am pleased to acknowledge receipt of your little book, 'MAKING THE MAN WHO CAN.' I have read it with much interest, because it expresses my ideas almost exactly. Send twenty copies of it, for which I enclose payment. Please enter my subscription to THE NAUTILUS magazine. I am pleased to be on your list."

**FRANK ANDREWS FALL,** Bursar, New York University, New York, N. Y., says:

"Once upon a time I got plentifully shocked trying to pick a few currents from an electric light plant. But it didn't stir me up half as much as did the reading of 'MAKING THE MAN WHO CAN.' Elizabeth calls Mr. Wattles' book a 'live wire.' It strikes me that it is a whole dynamo of about a hundred man-power. There may be better stuff than Chapter IV on 'Promoting Yourself,' and Chapter V on 'The Advancing Thought,' but I've never come across it in the Astor Library."

## MAKING THE MAN WHO CAN

BY WALLACE D. WATTLES.

Why Not Be Bossier Instead of Bossee? ? ?

Why remain the hired man? Why not promote yourself? Why not make live-wire connections with success? Why not begin teaching Yourself instead of being taught? Why not be the MAN OR WOMAN WHO CAN instead of the man or woman who "some day will"?

Every question is answered by "No reason"! Still the impetus to do the thing is lacking—you are afraid of yourself; you think "Some day." Here is the IMPETUS. A beautiful book by Wallace D. Wattles, "Making the Man Who Can." And nothing after has been named in many a day. Contemplate! "Who can," it says. This means you can if you know how. "Making the Man" is the rest. Hence this book tells how YOU, WHO CAN, CAN be made, if you will follow out his simple, sensible, far-seeing thoughts. This book is a really new view of yourself and your world, with easy lessons in Making Yourself the Man Who Can. Mr. Wattles is the original Man Who Can Think and Do. Catch his vibrations!

A book that will make you understand why the man at the next machine was made foreman last week; why the house across the street is "free and clear"; why your method is "charge it" and never "I'll take the change, please;" a book that is not a man's opinion of what things should be, but a man's KNOWLEDGE of things as they are and the effect and use of these things on you.

The language is so simple that a Century Dictionary need not be carried about with it. You can tuck it in your pocket and read a paragraph at noon. It's the kind of a book that makes troubles mile posts on the way to happiness.

Here are some of the things this new book contains:

## Contents

The Business Attitude—What You Desire—Becoming What You Want to Be—Promoting Yourself—The Advancing Thought—The Law of Opulence—To Transmute Competition—Man and Money Talk That Builds.

## NAUTILUS

THE MAGAZINE OF SELF-HELP

Is the leading magazine of the new thought and mental healing movement. Helpful articles each month on health, success and personal development. Regular contributors, Ella Wheeler Wilcox, Florence Morse Kingsley, Edwin Markham, Prof. Edgar L. Larkin, W. R. C. Latson, M. D., and many others. Elizabeth Towne's editorials are a part of the magazine monthly and are said to have the largest number of readers of any woman's writings in America.

"The City Shadow," by Sinclair Lewis, a new serial story of thrilling interest, is now running in Nautilus. The story deals with the adventures of a young man who goes to the city to make his fortune. How he sounded New York deeps and found his bride, and their problems and their experience in climbing out, form a story of great heart interest and illumination.

## OUR SPECIAL OFFER

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Holyoke, Mass.

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# ELGIN WATCHES ON CREDIT



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## Get Back to Nature



¶ The best physicians will tell you that

### The Natural Diet is the Only Diet

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¶ We will send you, postage prepaid, our Guide  
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# STOMACH-EASE



is the name I have given to my latest, and I might say my greatest food-remedy.

I know, as does anyone who has made a study of the human body and its ailments, that 90% of disease can be traced directly to the stomach and the intestines. Knowing this, I figured if I could discover a combination of food elements that would surely and quickly put an end to stomach disorders of all kinds, I would bestow the greatest possible benefit upon humanity.

## I HAVE SUCCEEDED

It took me many years to perfect my remedy, but the great success of Stomach Ease has fully repaid me for my labor.

Stomach Ease is made up of Raw Herbs, Fruit and Protoplasm. The herbs cleanse and purify the stomach and bowels of gas, acid and catarrhal matter. The fruits act on the liver, kidneys and spleen. The protoplasm feeds the nerves and enriches the blood.

If you are anaemic or underweight—if you tire easily—if you lack ordinary vim and vigor—you are surely suffering from stomach disorder and *you need Stomach Ease*.

If you are troubled with Indigestion in any form *you need Stomach Ease*.

If you are subject to Constipation *you need Stomach Ease*.

Stomach Ease cannot give you a new stomach but it can do the next best thing—enable you to enjoy the one you have got.

*The price of Stomach Ease is 50c per box.*

A book of endorsements and samples will be sent free upon request.

## My Treatment by Mail

I have restored more invalids to perfect health by means of my mail treatment than any five doctors in this country. As proof of this statement I have many thousands of letters from persons I have relieved of disease.

I never take a patient for treatment until I have first carefully diagnosed his case and know that I can effect a cure. This accounts for my great success.

If you are suffering from a disease that has baffled the treatment of your local physicians—do not despair. Write me and let me diagnose your trouble. It will cost you nothing and I will tell you frankly whether or not I can help you.

Remember, I will not take your money if I cannot cure you of your trouble.

## Special Interest to Women

Having assisted Dr. Thomas in guiding thousands of women back to health and strength for years, I am in a position to say that in the majority of cases these women also suffered with troubles peculiar to their sex. Besides the general course of treatment it was found necessary also to prescribe a treatment for these special local troubles. This treatment was used in thousands of cases by Dr. Thomas with such remarkable results that it was found necessary to open a special department for the handling of such cases as only desired this particular treatment. Dr. Thomas has handed this work over to me, and I will personally take charge of such cases giving the proper treatment in each case. The treatment is especially designed for the cure of all female ills, including abnormal secretions, inflammation, bearing-down pains, ulcerations, etc. My treatment relieves at once. If you suffer, write me describing your condition fully, and I will personally take charge of your case.

**Dr. Julian P. Thomas**

Dept. 8E

522 West 37th Street

New York

## Get a Natural, Beautiful Color in Twenty Minutes

Did you ever see the color leave a person's face when they fainted? Surely you have. Well it was caused by the blood leaving the face and going into the body.

Did you ever see a girl blush? Well I guess you have. It was caused by the blood rushing to the skin from the interior of the body.

Knowing the above facts and applying them practically, I have discovered an external treatment that will make the blood come to the surface of the oldest, most wrinkled, most sallow face in the world in twenty minutes, making the signs of old age disappear as if by magic and the beautiful color of a healthy young girl appear in its place. Of course, to secure permanent results, the treatment must be continued. Make no mistake. This is not a powder or paint. It is based upon a natural principle and is so wonderful that you cannot imagine it or believe it without a demonstration on yourself which you can have if you will send 25 cents for a sample treatment. I would send the sample for nothing but the preparation is expensive.

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**Written and  
Compiled by  
Elizabeth Towne  
and  
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**A Birthday  
Guide Book  
for you and all  
your friends,  
all the  
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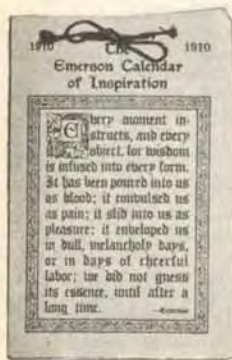
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—Among the articles in current magazines that deserve special attention from new thought people are these: "Human Ideals in Government," Kate Barnard in *The Survey* for October 2; also "Our Untrained Citizens," and "The Boston Finance Commission," in the same. Read these and work for practical school systems, boys' clubs, public playgrounds with play masters, and the new commission form of city government. In *Everybody's* for October and November, read Judge Ben B. Lindsey's "The Beast and the Jungle," and remember that the new government by commission idea will go at least three quarters of the way toward converting that same beast in your town into a very useful, taxpaying draft animal. If you live in New York read in *McClure's* for November, "A Plain Story of the White Slave Trade Under Tammany Rule,"

(Continued on Page 72.)

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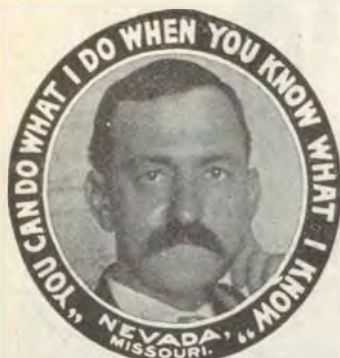
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(Concluded from Page 62.)

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Dear Sir:—I enclose \$1.00 in currency for the medicine I got of you several months ago. Have been holding back this dollar to see if your medicine had lasting effect, and will say that I have not had an attack of asthma since I finished your bottle. Your medicine is worth \$50 to anyone with asthma.

Yours very truly,

**H. F. GOODWIN, 2647 Denve, Ave.**

This letter is only a sample of hundreds of similar letters I am constantly receiving, many of them from people who had suffered for years and old chronic cases that seemed incurable. I have made a great study of Asthma and Hay Fever and have spent a great deal of time and money in perfecting this remedy. It is not a new discovery, but a time-tried remedy that has proven wonderfully successful. I know you want to be cured and I know so well what my remedy will do I will send you a

**Full Size \$1.00 Bottle on Free Trial**

Just send me your name, P. O. address and nearest express office and say you will give my remedy a fair test. If you are satisfied, after using the whole bottle, please send me \$1.00. If you are not satisfied you owe me nothing. All I ask is a fair test and your word for results settles the matter. Address, **D. J. LANE, Box N, St. Mary's, Kan.**



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A Department for all of Our Subscribers Who Wish to  
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Ads must reach us by the 1st of the month to secure insertion in issue of month following.

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Stock Investments, Character Readings, Mediums and Matrimony Ads are barred. If you find a dishonest advertiser in these columns, let us know and the favor will be appreciated.

Address **THE NAUTILUS, Holyoke, Mass.**

**HAIR GOODS.** H. G. Dent Company, 1010 Main street, Richmond, Ind., manufacturers and dealers in human hair of every description. Switches, puffs, pompadours, psyche knots and puff chignons made from combings. Samples are matched perfectly, and sent C. O. D., when samples are accompanied by 50c as guarantee of good faith. Write for price list.

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**FOR SALE—**My new crop of extracted buckwheat honey, \$6.50 per case of two 60-lb. cans. Quantities less. No better honey on the market. T. K. Ullman, Fairmont, Cal.

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**ABILITY TO WRITE** vigorous, convincing, entertaining English is invaluable. My expert individual instruction will teach you quickly and at small cost. A Godsend to ambitious people. If you are interested, write to "Instructor," Drawer 290, Holyoke, Mass.

**NEW THOUGHT COURSES** of study arranged for and instruction given suited to the needs of the individual student. All work personal. D. W. Freeman, Bellingham, Wash.

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### Ladies' Hat Rest

Preserves the hat—suited to any hat. Supplying a need felt by every lady. Keeps hat off dusty surface and preserves shape and feathers or other trimmings. A practical everyday necessity for every woman. Don't place your hat on the dusty surface of the table—or hang it on the hat rack to be knocked off on the floor.

This novel patented Hat Rest is made of strong steel wire, nickel plated and highly polished. Can be adjusted to any height to suit any shaped hat, no matter how the styles may change. Can be placed on any surface or hung in closet. Fits in any hat box.

**AN IDEAL CHRISTMAS PRESENT** especially when wound and trimmed with satin ribbon.

A special advantage of this Hat Rest is that it can be folded up to pack in trunk or to send through the mails as a present to a friend.

**PRICE,** satin ribbon (postpaid) 25 cents, or trimmed with Nickel Plated (postpaid) 50 cents, postpaid. Agents will find these Hat Rests great sellers, especially for the Christmas trade. Write us for special terms to Agents, Stores or Church Fairs.

**ART NOVELTY CO. D 17, New Haven, Conn**

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1001 curious (mostly untold) facts of human nature—how life is perpetuated, health saved, how to avoid pitfalls of ignorance and indiscretion, how to mate, be happy in marriage and have price values, read Dr. Foote's "Wonder" books on Health, Disease, Freaks, Love, Marriage and Parentage. IN THREE BOOKLETS **Red, White and Blue** 240 pages and 40 illustrations, only 10 Cents. Contain more vital facts than your doctor would give you for ten dollars. Sent by mail, post paid, on receipt of price.

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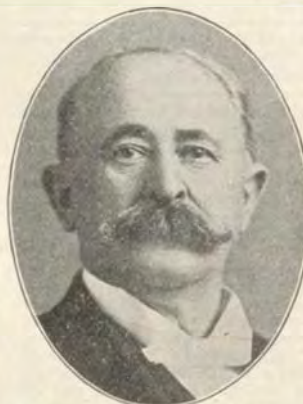
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to have that affliction. I can help you out of it. Write for particulars to

**C. BARTON,**

**Station E, Kansas City, Mo.**

Mention NAUTILUS when answering advertisements. See guarantee, Page 5.

## Have you Wrinkles, a Poor Complex- ion or Undevel- oped Bust?

International Beauty Specialist Says Newly In-  
vented Process is Most Practical, Surest and  
Quickest Method of Banishing Wrinkles  
and Developing the Bust.

## NAUTILUS FREE BEAUTY COUPON

### TRY THIS NEW BEAUTIFIER

Arrangements have been made to send free to all *Nautilus* readers, particulars of a new process for making wrinkles disappear, developing the bust and clearing and beautifying the complexion. The company whose name appears at the bottom of this announcement has secured full control of the process, and before placing it in the hands of retail druggists, has decided to advertise the new method by sending particulars free to the first 50,000 woman who desire to put the process to a test.

Some remarkable reports are being received from women who have tried the process. Mrs. Frances Nichols, of Newark, N. J., writes: "I can hardly believe my eyes when I look in the looking glass and see that the wrinkles in my face really disappeared after using the treatment only two days."

A prominent New York physician says: "This discovery is a new departure for the advancement of women that should meet with the immediate approval of all who seek to improve their personal appearance."

The discoverer of this process says she demonstrated its efficacy in her own case. "My wrinkles disappeared as if by magic," she declared.

Those who wish to know about this new process, women and girls who have wrinkles, a poor complexion, an undeveloped bust, scrawny neck or sunken cheeks, can obtain particulars by cutting out the coupon below and mailing it today to the address given in coupon.

### FREE BEAUTY COUPON

Cut out this coupon and mail it to The Imperial Products Co., Suite 21B, No. 205 St. Nicholas Ave., New York City. You will receive by return mail free particulars of the new process for removing wrinkles, developing the bust and clearing the complexion.

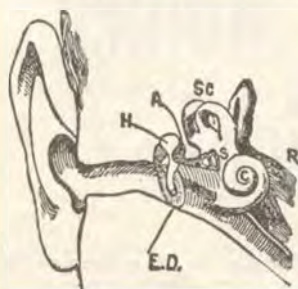
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## DEAFNESS

Successfully Treated  
By the Simplest Method Yet Discovered

Ninety-five per cent of the cases of deafness brought to our attention are the result of chronic catarrh of the throat and middle ear. The air passages become clogged by catarrhal deposits, stopping the action of the vibratory bones. Until these deposits are removed relief is impossible.



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circular Canals; C. Cochlea.

The inner ear cannot be reached by probing or spraying, hence the inability of specialists to always effect a cure. Neither can ear drums cure deafness. But there is a scientific treatment for deafness and catarrh which is demonstrated every day by the use of Actina. The vapor generated in the Actina passes through the Eustachian tubes into the middle ear, removing the catarrhal obstructions and loosens up the bones (hammer, anvil and stirrup) in the inner ear, making them respond to the vibration of sound. Actina is also very successful in relieving ringing noises in the head. We have known people afflicted with this distressing trouble for years to be entirely relieved by a few weeks' use. Actina has also been very successful in the treatment of hay fever, asthma, bronchitis, sore throat, weak lungs, colds, headache and other troubles that are directly or indirectly due to catarrh. Actina will be sent on trial, postpaid. Write us about your case. Our advice will be free as well as a valuable book—Prof. Wilson's Treatise on Disease. Address Actina Appliance Co., Dept. 124 D, 811 Walnut St., Kansas City, Mo.

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I Hold the Key to Hair Success and I want to aid you. "Mrs. Rhodes' Great Hair Maker" has worked wonders for your disheartened brothers and sisters. It has made for them plenty of hair—the real thing.

It will do it—I can prove it. Don't wait until too late.

Enough to last a year with "Hair Hints" testimonials, tale of my experience and pictures of my hair for only \$1.00. Pictures and information FREE upon request.

MRS. GRACE G. RHODES, Dept. B, Corry, Pa.  
P. S.—People ask me how I keep my hands and arms so soft and white through summer and winter weather. I use Mrs. Rhodes' Great Hand Beautifier, of course.

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Send for sample pages of LESSONS IN HIGHER PERSONALITY, which teach the way to True Happiness and Success. Normal development along Spiritual, Moral, Mental, Physical and Social lines. Three Different Courses, adapted to all conditions of life. Great care taken to have Body Building by Physical Exercises keep pace with well-directed Mind Building. For circulars and further particulars, address KATHERINE H. CARTER, Box 695, Syracuse, N. Y.

# I Want to Make 1,000 Women Rich!

I Will Furnish the Capital to One Woman in Each Locality and Start You in a High-Class Business from Which I Believe You Can Make an Independent Fortune Within a Few Years—Nothing Else Like It.

## I Made Over \$50,000.00

In Two Years' Time, and I Will Help You Make Big Money If You Will Start Today—You Do Business at Your Own Office, and Own Your Own Business—Positively No Canvassing or Agent's Work—I Start You and You Pay Me Back Out of Your Profits—Write Me Today for Free Information on How To Make Big Money Quickly at Your Own Home—Those Who Write First Get the First Opportunity to Make Big Money.

I have made over \$50,000.00 in the last two years. I do not say this egotistically, but simply to show what can be done. I believe I have the greatest money-making opportunity that has ever been offered to women. So sure am I of this that I am willing to start one woman in each locality in business and furnish the capital myself.

You pay me back out of your profits. I have an enormous business in Paris, London and all over Europe and America. I have been awarded nine Gold Medals, three Grand Prix and the Grande Coupe d'Honneur by European International Expositions. I have what some people might call a monopoly, but I will share it with you. I cannot handle it all. Therefore, I want one live, energetic woman in each locality to go in with me. No canvassing or agent's work, but a strictly honorable high-class office business.

I am sure you will be greatly surprised at the way the money will roll in. You will probably never again in your whole life have another chance like this. No gentlemen need apply. I have decided to give this business to women only. I am a great believer in women and the ability of women to run a business, and I propose to give this marvelous money-making opportunity only to persons of my own sex. Write me today for free information on how I made over \$50,000 in two years, and how you can make big money at your own home.

Those who write first will be given the first opportunity to get the big money. Address: President, Paris Academy of Beauty Arts, Dept. 52R, Syracuse, N. Y.

Mention NAUTILUS when answering advertisements. See guarantee, Page 5

## Develop Your Bust

50c Package FREE

For 10c stamps or silver to help pay distribution expenses we will send you a 50c package of Dr. Catherine E. Kelly's wonderful treatment for making the bust plump and firm; also our booklet, "The Perfect Figure." She used this treatment herself and it increased her own and her patients' bust measurements from 4 to 7 inches. Write today. Dr. Kelly Company, 42 M Exchange Bld., Buffalo, N. Y.



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If you have failed to obtain the desires of your heart along any line, write us. We have the remedy, practical, demonstrable; thirty (30) years' practice. Monthly lessons, terms reasonable, questions answered. Enclose stamp for full details. As an introduction **SPECIAL TERMS FOR FIFTEEN (15) DAYS.** Write today. Address, **CORRESPONDENCE DEPARTMENT, The School of Applied Art and Science, Mansfield, O.**

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Are you in the overwhelming sweep of the forces which bear down the Human Race into religion and revolt? Are you in slavery to circumstances and environments? Or do you, man that you are, created in God's image—honor that likeness by being but little lower than the angels? There are forces in you, tremendous, powerful. Let them awake. A 4-cent stamp brings our information concerning White Magic. **PHILOSOPHICAL PUBLISHING CO., Allentown, Pa.**

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Most wonderful culture study for health and progress. Printed lessons and correspondence plan. Write:

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Dr. Goetz's Manual tells you how to cure all diseases **WITHOUT DRUGS.** This is one of the many indorsements received:

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It is unquestionable that Superfluous Fat is a destroyer of Health as well as Personal Appearance. Why resign yourself to a condition that means discomfort, unsightliness, wrinkles, flabbiness, loss of vigor and heart troubles?

WE HAVE THE REMEDY THE LORING & CO., Ltd.  
REDUCING TABLETS

Unfailingly restore health and vigor and reduce the figure to normal proportions, quickly and safely, without exercising or dieting. Not only are these Reducing Tablets marvelously effective, but simple and harmless, and can be taken any time without inconvenience. They are made wholly of roots and herbs—no chemicals.

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when our CAP is used a few minutes daily. Sixty days' Free trial under option to buy for \$25 or return Cap. Cures Dandruff, stops falling hair, starts a new healthy growth. Send name for testimonials and booklet.

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Correct diet, breathing and exercise in the prevention and cure of constipation, rheumatism, corpulence, leanness, indigestion, nervous prostration, gout, consumption, insomnia, headache, colds, catarrh, bronchitis, debility, liver and kidney diseases, piles, drowsiness, diabetes, the alcohol, opium and tobacco habits, and for students and thinkers. Each treated separately. Also, special chapters on **breathing, eating, exercise, ventilation and bathing.** By a physician specialist. No drugs. For both well and sick. Price, \$1.00. **V. D. ALLEN,**  
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Made, also Moccasin Slippers, made of Genuine Moosehide, Indian tanned and elaborately embroidered with Indian tribal designs, make sensible Christmas presents. Beautifully made and very comfortable. Men's sizes, 6 to 11, \$2.75. Ladies' and Boy's sizes, 2 to 5, \$2.25. Children's sizes, 5 to 10, \$1.50. Either kind sent prepaid upon receipt of price. Money refunded if they are not satisfactory. Send for free catalogue.

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Home and Study Course by eminent Osteopath and M.D. Thorough and complete, with latest developments of this progressive science. Insures equivalent of college training. Sent subject to approval. Diplomas issued. Send stamp for reply, free lesson and sample pages. **Special terms to physicians.**  
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Do you like bargains?

Here's a chance to save time, money and inky fingers.

The AUTOMAT is by far the cleanest, easiest and quickest Fountain Pen to fill that I have ever seen. You will agree. One-fourth minute is all you need ever spend to fill or clean it.

No soiled fingers. No dropper to use. No waste of time. The pen is solid gold, tipped with iridium.

The pen is manufactured by a large and reliable factory in New York city. Each pen is carefully tested before leaving factory.

To fill the pen simply place the point in ink and squeeze a small bulb in center of holder. This bulb is concealed when pen is in use. Cut shows pen ready to fill with bulb exposed.

The AUTOMAT writes with velvet smoothness. It is guaranteed to give satisfaction, or it may be returned at any time within 10 days.

Take the pen, compare it IN USE with those costing twice as much, then decide if you want it or not.

State whether you prefer fine, medium or stub point

## Price, Only, \$1.25

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# The Law of Mentalism

By A. VICTOR SEGNO

Mentalism is the law of Nature which governs every phase of human existence; of life and death. Through it, and by it, our physical bodies are formed and kept in health, our mental faculties developed, our character formed, our environments made and changed, our career marked out and our destiny shaped. It is the law which governs all the phenomena resulting from the control of mind over matter and mind over mind; it is, itself, the controlling force. It is the mental force which is in constant, but often unconscious operation by every mind (soul), whether in or out of the body. It is the intelligence at the command of man that makes him a God, and justifies the claim, that man was made in the image of his Creator. Within it lies the secret of health, happiness and success, and physical, mental and spiritual progress. Through the exercise of this law, man may make of himself whatsoever he desires. It robs death of its sting and the grave of its victory, for it demonstrates conclusively the immortality of man. It explains what the soul is and how it takes possession of the body. It places the responsibility for crime and wrong-doing and teaches man liberality of thought and generosity toward his fellow men.

Mentalism is the law upon which the Occult Sciences are founded and sustained. Hypnotism, Mesmerism, Personal Magnetism, Magnetic Healing, Mental and Christian Science, Clairvoyance, Clairaudience, Telepathy, Mediumship, etc., have revealed some of the phases and a little of the power of Mentalism, but they have not revealed the basic law. Results have been produced, but the operators neither understood the cause, nor the source from which the power came. Mentalism is superior to all these sciences, because Mentalism is the Law. It, like all great discoveries, is very simple, and its significance can be quickly grasped, even by children. It tears away the dark wall of superstition and mystery, and reveals to the world a simple, logical, but great power. The extent of this force is only limited by the intelligence of mankind to use it.

This, and much more information, is to be found in the twenty chapters of that great work, "The Law of Mentalism," written by the celebrated author and scientist, A. Victor Segno. Every chapter is filled with important revelations. The following is a brief synopsis of the contents under the chapter headings:

## WHAT IS MENTALISM?

In this chapter you are introduced to a new science. The Law is clearly and logically explained. Therein is revealed truths and gems of the "New Thought" that have heretofore been shrouded in mystery. There are more real, useful facts and information in this first chapter than are to be found in the average book written along this line of thought. You will find it absorbingly interesting from start to finish.

## MAN'S SUPERIOR POWER

Under this heading is explained man's position and power; his relation to all the forces of the Universe; the reason for his control over all living things and why he is the ruler of the earth. It also explains his influence over his fellow men. This is knowledge that no one can afford to be without.

## HARMONY—THE KEY

The secret of using thought force; a system of wireless telegraphy that can be used without mechanical aid, is here explained. Anyone can, by this system, send to and receive messages from people in any part of the world. Distance is no barrier. Mentalism gives the key by which you can exercise a wonderful influence for good over your fellow men. You can control the minds of great men and read their innermost thoughts. This system is now being used successfully by 75,000 people to whom we have supplied the secret. You should have it also.

## HOW TO CULTIVATE WILL POWER

In this chapter the author has given detailed instructions for developing and strengthening the will power. The system is easily practiced and is productive of astounding results. If you have a defective, weak or vacillating will, this instruction will be invaluable to you. The possession of a strong will is the passport to success.

## **SOLITUDE AND CONCENTRATION**

The value of judicious solitude cannot be overestimated, for all great deeds are born there and all great characters are formed there. Learn the value of concentration and how to center your thoughts upon your desires to the exclusion of outside influences. Follow the rules given in this chapter.

## **HOW CHARACTER AND DESTINY ARE CONTROLLED BY MENTALISM**

The truth is made clear at last. The author shows how the thoughts of others influence your decisions, rule your actions and control your destiny; how other people are largely responsible for your acts, be they good or evil, because you are their servant. Do you want to know why you are filling your present position? Would you like to know how to change your career? Then read this chapter. It is the most remarkable ever written.

## **THE IMMORTALITY OF THE SOUL**

What is the soul? Why does it come to the body and where does it return to? These questions are all answered in this chapter. Do you believe that you can attract to your unborn children a soul in harmony with your desires? This can be done. The author explains how.

## **WHAT ARE DREAMS?**

Who is there who has not given some attention to those mental pictures called dreams? Who can say that they have not been influenced in their actions at some time by these mental messages? There is no longer a necessity for guessing as to their meaning, for the mystery has all been removed and your questions are all answered.

## **WHAT IS GENIUS?**

This question has excited much scientific investigation, but opinions differ. Why? Because the scientists failed to find the law or cause back of the effects. "The Law of Mentalism" explains why some people are brilliant while others are less gifted. It shows how you or any person may become a genius and win fame.

## **HOW TO SELECT THE RIGHT VOCATION**

What would you not give to be able to tell beyond a doubt the position you are best adapted to fill, the one in which you would make the greatest success? This chapter contains just the information every ambitious man and woman is seeking for. "A word to the wise is sufficient."

## **HOW TO STRENGTHEN THE MEMORY**

The person who has a bad memory has a very poor grasp on life. Of what use are brilliant ideas if they are not remembered and acted upon? A few things remembered are better than a thousand forgotten. This chapter contains instructions that are more practical and in many ways superior to the lessons offered by Memory Trainers at five and ten dollars. Learn to remember and begin now by sending for a copy of this book before you forget it.

## **HOW PARENTS CAN CONTROL THEIR CHILDREN**

Where is there a mother or a father who would not like to know the easiest and best method of controlling the dispositions and characters of their children? Have you or are you likely to have any need of this knowledge? If so, act now and avoid future regrets.

## **HOW TO WIN FRIENDS AND AFFECTIONS**

Without the friendship and affections of our fellow beings life would be void. The more we can attract others to us, the happier and more successful we will become. Would you learn the vital secret of influencing the minds and hearts of others in your favor? Do you want more friends? Do you desire to have certain people love you? Then learn the secret revealed here.

### DISEASE: ITS CAUSE AND CURE

Three chapters of this book are devoted to explaining the cause, and in giving a rational method of curing every known disease. You can cure your own ailments and those of other people without medicine. Here is an opportunity to save doctors' bills and help your fellow men. Are you willing?

### WHAT IS HYPNOTISM?

Can you answer this question? Then read this chapter. It tells from whence comes this mighty, paralyzing power. It will teach you how to protect yourself from the influence that others would exercise over you. It will teach you how to control people near you and those at a distance without their knowledge. This chapter contains secrets never before given to the public. You will learn what few hypnotists know—the nature of the power they use.

### WHAT IS PERSONAL MAGNETISM?

At last a solution of the problem has been reached. The old theories have all been exploded and a new practical explanation given. Why do some people acquire fame and wealth through influencing the minds of the public? How do they exert this influence, especially on those at a distance? Can you do the same? You will find the facts so clearly explained that even a child can understand them. You need this knowledge. It is to be found only in "The Law of Mentalism." The Segno Success Club and its thousands of members are using this secret every day and have proved it to be absolutely reliable.

### HOW TO CURE EVIL HABITS

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### THE FOUNDATION OF SPIRITUALISM, ETC.

Every man can be his own medium and dispatch and receive messages from the dead and living without making his affairs known to others. Mentalism removes the mystery. People who read this chapter need never be cheated or deceived by the fakirs who use this mystery to defraud the public.

### THE BASIS OF CHRISTIAN SCIENCE

To the majority of people the belief of the Christian Scientists is paradoxical and contrary to their best judgment. Yet much good has been done by their work, and "By their works shall ye judge them." It is true that they are working under a misconception of the power they use. Your education is not complete without this knowledge.

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"The Law of Mentalism" is not a cheap course of lessons, printed on cheap paper that will become useless after a few weeks' wear. It is a handsomely bound volume, in fine cloth, and printed on heavy, durable paper and will last a lifetime. It will be a credit to your library and a source of admiration to your friends. Remember, this book costs you but **Three Dollars**, and is delivered to you postpaid. The purchase of a copy will be the best investment you ever made. It is enthusiastically endorsed by clergymen and physicians from all parts of the world. Send for a copy today. **Price, Three Dollars.** Address:

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"In regard to health Mr. Segno says: 'Think you are well, and that all is well with you. And Nature will read your thoughts and make them true.' This is a truth so well expressed that we wish the vital significance of it might appear to all those who weakly wail that they can't truthfully treat themselves by mental science methods because they will be stating what is not so.

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Look over that list of our books on the inside front cover of this magazine. And we have two others, "Your Character," our newest book, by Elizabeth Towne and Catherine Struble Twing; and "Living Counterparts: a Study in Vibration," by Minnie E. Davis. These books sell at 75 cents each.

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TRANSCRIPT  HOLYOKE, MASS.