FORESTRY NUMBER

and the test of the second

March, 1910

- A people without children would face a hopeless future;
- A country without trees is almost as hopeless;
- Forests which are so used that they can not renew themselves will soon vanish, and with them all their benefits.
- A true forest is not merely a storehouse full of wood, but, as it were, a factory of wood.
- And at the same time a reservoir of water.
- When you help to preserve our forests or to plant new ones you are acting the part of good citi-

Published by ELIZABETH TOWNE

zens.

-Roosevelt.

HOLYOKE, MASS.

lents, page 5

YEB 24 1910



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Here are a few of the hundreds of unsolicited testimonials from people who have used the White Cross Electric Vibrator and know what it has done. It will do the same for you.

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TRANSCRIPT (UNION LABEL) HOLYOKE, MASS

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-Roosevelt.

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Nautilus News.

BY THE EDITORS.

How to Cook Without Meat.

A propos that meat boycott, I have just obtained a delightful and most suggestive article from Saint Nihal Singh

of India, on "Vegetables as the Hindus Prepare Them." It is an eye-opener to people who cook after the style of Mrs. Rorer. Nautilus is not a housekeeper's magazine exactly, but I think everybody, man and woman, rich and poor, young and old, will be interested in this splendid article by our Hindu "Saint." I simply could not get it into this number of *Nautilus* but I will give it to you in the April number, and I hope everybody will start cook-ing in the Hindu style. There are some recipes in there that sound good enough to eatl—and the principles laid down are surely suggestive and most practical. Evidently we can learn many things from the Hindus.

Too Much!

I got into trouble last month! Some of our articles measured so long and we had so

much good stuff about Luther Burbank and his work, that we were compelled to leave out three of the articles promised for February. I have so many good things crying to get in,

that I am always tempted to promise more than can be crowded into even a ninety-six page number!

But please pardon me, and I will make amends in this number and the next.

And for April I will not promise so much! We will let our Easter number be pretty much of a surprise number, and I will just see if I cannot make it the most delightful surprise we have ever given you. Only one or two things will I mention ahead of time. I will say noth-ing and saw wood, which I hope you will enjoy!

More About Healing.

I will tell you first of all that we are expecting something splendid and practical from Julia Seton Sears, M.

D., for our April number. Even the very interesting title of this article I am keeping for a surprise. We had so many enthusiastic comments on Dr. Sears' last article, that I know you will all be looking eagerly for the next.

Our Easter Number.

Isn't our serial story, "The City Shadow," growing interesting? Aren't you in love with our heroine and our

hero? And aren't you hoping they will come out all right and live happy ever after? Just wait and see! There are lots of good ideas in that story-I wish it were going to last longer than it will.

Don't let your friends miss this, young or old. A doctor up in Keene, N. H., just wrote

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Music **Lessons** Free IN YOUR OWN HOME

1

A wonderful offer to every lover of music whether a beginner or an advanced player.

beginner or an advanced player. Ninety-six lessons (or a less number, if you desire) for either Piano, Organ, Violin, Guitar, Banjo, Cornet, Sight Singing, Mandolin or Cello will be given free to make our home study courses for these instruments known in your locality. You will get one lesson weekly, and your only expense during the time you take the lessons will be the osoklet. It will place you under no obligation whatever to us if you never write again. You and your friends should know of this work. Hundreds of our pupils write: "Wish I had known of your school before." "Have learned more intree terms with private teachers, and at a great deal less expense." "Everything is so thorough and complete." "The lessons are marvels of simplicity, and my 11-year-old boy has not had the least trouble to learn." One minister writes: "As each succeeding lesson comes I am more and more fully persuaded I made no mistake in becoming your pupil."

Established 1898-have thousands of pupils from seven years of age to seventy.

Don't say you cannot learn music but send for our free booklet and tuition offer. It will be sent by return mail free. Address U. S. SCHOOL OF MUSIC, Box 6, 225 Fifth Ave., New York City.

Instruments supplied when needed. Cash or Credit.

us that his subscription did not take in the first chapter of this, and he wants it at any cost, for it is the *best* story he ever read. There will be another splendid lesson from

Wallace D. Wattles, in our April number,

What did you think of that article of Eth-elind Lord's, in February Nautilus? We have another good article by her, that will appear in an early number, maybe in April.

And how would you like some more bright things by Thomas Dreier? We have three short articles by him, every one full of thought starters, not to mention sky rockets and roman candles, etc.! Be on the look out!

Advertising.

And how do you like our advertising pages? At last we are getting hold of the sort of high

class advertising that every magazine cries for, and the small magazine fails to get. They say the high class advertisers will not look at a magazine that has less than 100,000 circulation

I know we have been angling for years for some of the advertisers which you will find in February and March Nautilus. We have shed tears over their lack of responsiveness, but they still failed to respond.

Now they are beginning to realize that a new thought magazine gives better returns than any other kind, for the amount of circulation and the cost involved.

(Continued on Page 2.)

"Dictionary of Thoughts"

2

How often have you wanted a thought on some subject? Every line an inspiration. A book that looks 18,000 of the greatest of human Thoughts. From the minds of 1,775 of the world's greatest Think-in over 1,000 subjects. When you want a thought on any sub-ject, look for it just as you would for a word in the Dictionary. If you want to find the thoughts of any particular author, the Authors' Reference In-dex gives the pages.

dex gives the pages. Highly recommended by Teachers, Lawyers, Ministers, Statesmen, and everybody who writes or speaks. You will consult it more often than a dic-tionary of words.

In reality a five dollar book, but we sell it : Half Morocco, \$2.90; Full Morocco, Gilt Edges, \$3.75, postpaid. Sample pages sent free on request. F. B. Dickerson Co. 72 Lafayette Avenue, Detroit, Mich. The best high-class proposition for agents printed. Terms liberal

(Continued from Page 1.)

This is because new thought people are wide awake and ready to recognize the best, for they know the limitless source of their wealth, and they are not afraid to spend.

All this good advertising means better pay to our contributors, better contributions for your perusal.

Our readers all seem to agree with us that February was our very top notch number up to now. I think the Easter number will go beyond it, and we have all worked enthusiastically to that end.

Three for Two Again.

And still again, you may have three subscriptions to Nautilus for the price of two-

three yearly subscrip-tions for \$2.00, provided at least two of the subscriptions go to new addresses, and that all three go to separate addresses

This gives you a splendid clubbing offer. And why cannot you get up a larger club? Just for this month we will give you twenty yearly subscriptions to Nautilus for \$10.00, provided the twenty subscriptions go to twenty separate addresses, and at least eighteen of them to new subscribers.

A Life Subscription?

We have frequent calls for life subscriptions to Nautilus. We have a Nautilus. We have a number of such already on our books. But this

fool proposition of raising the postage on second class matter, coupled with other conditions that have greatly advanced the cost of production make us very chary about selling life subscriptions.

We have decided that the nearest we can come to selling life subscriptions and being

subscriber, is to sell ten year subscriptions for \$6.50. We will enter your subscription at that rate, ten years for \$6.50, if you send in your order this month.

sure of keeping square with ourselves and the

Your Friends.

Have you a friend or two or three to whom you would like us to send sample copies of

Nautilus? Just give us the addresses, and we will do the rest. And we will send a three months' trial sub-

scription to Nautilus along with one of our "New Thought in Tabloid" booklets for 10c.

Haven't you a dollar to spare on sending Nautilus for three months each to ten of your friends

It might prove to be a great thing. You might in this way be the means of great good to someone. Just note what one woman wrote me, after a friend had put Nautilus into her hands. Here is a paragraph from her letter: "One month ago I had decided to kill myself, when by chance your magazine fell into my hands. I sent for your books, and then I saw the meaning, for the first time, of all I had been through. Your words are as the bread of life to one who for fifteen years has sought the Truth-for the first time in my life I am nourished."-A. D.

Isn't it worth while to do things that might save others from terrible mistakes like that?

A Correction. Harding the february Nautilus. That line should read: There is the sacrament for which I search;

There my altar, there my holy church."

I am a little consoled because I think everybody would get the meaning anyway. But there is no excuse for an error in setting type or reading proof from Edwin Markham's very neat typewritten copy, and I felt distinctly cross when I discovered this one. Here's begging your pardon, and hoping such a thing won't happen again.

Magazines progress, or they die. The Nautilus is a magazine of progress. To the layman, one who pretends to know but little concerning the things whereof the Nautilus professes to speak with more or less authority, this maga-zine has progressed wonderfully during the past few months. The September number is one of which the publisher, Mrs. Elizabeth Towne, of Holyoke, should in no wise be ashamed. There is something about "Organized Thought" that will set any man thinking. In "Crutches," Thomas Dreier says: "Churches, creeds, genuflections, burning candles, incense, forms and folderols are for those who need them. If I had the power to sweep all these things out of existence I wouldn't exercise it." That shows just how free from hide bound traditions the magazine really is.—Springfield DAILY NEWS, 9-9-09.

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an approximation of the state of the

2

TO HAVE OR NOT TO HAVE these priceless gifts is for each woman to choose. Nature intended every woman to enjoy these posses-sions. The woman who does not is abnormal and unnatural. Health is normal; ill-health is abnormal. Beauty is normal; ugliness is abnormal.

SEND FOR MY BOOKLET

I want to send every woman my educational booklet, "HEALTH, BEAUTY AND HAPPINESS." It will tell you what my course of instruction consists of and what it will accomplish. It will be sent free to any-one who will send 4c in stamps to cover postage.

ANNETTE KELLERMAN 1133 BROADWAY

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Be Sure to Read "Do You Want This?"

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ELIZABETH TOWNE Editors Edwin Markham Ella Wheeler Wilcox Florence Morse Kingsley Grace MacGowan Cooke Prof. Edgar L. Larkin Karl Von Wiegand Wallace D. Wattles W. R. C. Latson, M. D. Thomas Dreier Adelaide Keen

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ADVERTISEMENTS.

The publishers of THE NAUTILUS use every rea-The publishers of THE NAUTILUS use every rea-sonable effort to see that only advertisements of reliable concerns appear in its columns. While we cannot under-take to adjust mere differences between advertisers and their customers, yet we will make good in Dollars and Cents, the actual loss any paid up subscriber sustains by being defrauded through any advertisement in this number of THE NAUTILUS, provided you mention THE NAUTILUS when answering advertisements, and that complaint is made within thirty days of the publica-tion of this number, and provided also that you made remittance to the advertiser in such form that it can be traced. traced.

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6

Dept. N.,

THE NAUTILUS.

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Whether old, young, educated or ignorant, if you are sincerely enthused over the good you will be enabled to do, as a Healer and Teacher, you can BECOME A MASTER, you can succeed. YOU MAY BE ESPECIALLY TALENTED. No other profession offers such great opportunities. No other study offers such great returns in SoltMastery. It teaches you self-reliance, composure, forceful thinking, direct argument and a perfect use of the memory, focusing all your ex-perience to your immediate meeds IN ANY LINE OF WORK.

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9



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"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.

MARCH, 1910

VOL XII No. 5 PRINTER PRINTER PRINTER



Man.

limself. He is the everlasting alembic where experience,

Man is the maker of

thought and action are transmuted into being.

Into being that is good and wise, useful and kind.

To know his power to transmute any evil to good being, is to know man's self.

Holding the Thought. It is said that we do not hold thoughts, but that thoughts hold us. But I say unto you that we

can choose a thought and hold it until it gets hold of us; and that the advancing life is made up of endless successions of holding thoughts until they hold us. This is the process of all education.

Selection of ideas is one of the four genii of evolution; variation, heredity and segregation the other three.

And the greatest of these is selection, to choose the best.

Select a high thought, segregate it in consciousness, give it love and attention until it mates within you and produces after its kind. This is the process by which a thought comes to "hold you."

Do you want to know what I think is the thought highest and best worth holding? The thought that will in due time hold you from all harm and unfold to you all good?

It is this: All things work together for good.

The Thought Holds You.

"Hold the thought" at intervals during the day, particularly the first thing in the morning

and the last thing at night.

But do not try to hold the thought all the time. As well try to hold the breath all the time. After you have held a thought for a few minutes let go and let it go. Forget all about it until the hour of your next appointment with yourself.

The more completely you can get away from a specified thought and into active, happy work between times the better chance your thought has of getting hold of you. Next to peaceful sleep, the state of happy work is the most favorable to right subconscious mentation. In other words while you sleep or happily exercise the thought you held gets hold of you.

By and by you find that thought coming up before you without effort on your part. It has gone into your subconscious and made friends and connections with a thousand other thoughts, and



when you call up another thought you find this one comes with it, all without effort on your part.

The thought you hold evangelizes the old thoughts that held you.

The Socially Unplaced.

You cannot get "unhitched from life" except in your mind. The more you try to make people like

you, the more you will repel them from you, for they feel the strain just as you do, and they are not attracted by it. The only way to attract people is to be your own radiant, natural self, and *let* people go or come as they choose.

If you cannot make friends it is probably because you want the friends to do all the seeking and the adjusting. Learn to meet people half way or more, and to make yourself *useful* and pleasure-giving to those around you.

Criticism and exaction is another thing that repels people. Love others; enjoy them as they are; leave them free to come and go as *they* please; do your share of the entertaining and the readjusting of self; and you cannot help making friends.

One disadvantge of being "brought up with older people" comes from the fact that older people are always heaping benefits upon the young, and the young ones do not learn to heap benefits on other people. *Service* is the keynote in all social life. Cultivate it! Be your own radiant self and make pleasure for others! Anticipate their wants and desires and gratify them!

But remember that even in good things one must be temperate and selfcontrolled. Character is an all around development and the right kind of character naturally attracts plenty of friends.

A Meditation for the Worker.

God is the Divine Will for Good.

The Divine Will of God is the Life of Man.

The Good Will of Man is the life of his work and his business.

The good in a business comes through its head and its workers, blessing each as it comes.

I send my Good Will into this business as a whole, and into my part of it in particular. May the business grow in good, and increasingly bless every soul it touches, every one who works for it or who buys from it.

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I am in receipt of several letters inquiring the cause of the death of our late friend and contrib-

utor, Edgar Wallace Conable.

The writers of these letters seem to feel that his death is in a measure a refutation of his theory of life.

Don't believe it.

According to the post-mortem examination of Mr. Conable's body, the wonder is that he ever lived to maturity. His wife, who was present at the postmortem says his living at all was a marvel. The doctors said so. Mrs. Conable believes that he would have been dead years ago if it had not been for his way of living, and judging from a long letter of hers which I have seen, I believe she is right. There were internal troubles which dated from childhood. He died at the end of a very long fast,



which he was pursuing with the hope that he could again shake off this trouble which had pursued him for a great many years. Nothing but fasting could help him, and even this proved unavailing at last.

As to the no-meat diet, it had nothing whatever to do with his death. On the contrary, I am confident, as his wife is, who still continues the same mode of life, that his living without meat greatly prolonged his life.

From my own observation, and from what I know of the experiences of others, I consider Sophie Leppel entirely wrong in her statement that vegetarians "have a habit of dying off in this premature way, having no staying vitality when any slight strain comes."

The long lives of many vegetarians, and the tests of endurance through which they have gone, prove conclusively that right vegetarian living is far preferable to meat diet.

Ask Eustace Miles who at fifty-eight is the tennis champion of England.

Ask that old Captain Dimond of San Francisco, hale and supple and strong at the age of a hundred and eight or a hundred and nine.

These men have both lived vegetarian for the length of an ordinary lifetime. They are cited as samples.

Our Diet Creed.

Nevertheless, William and I lived strictly vegetarian for three years and

a half, after which we went back to eating meat for one meal a day. We did not get the results we wanted, though we experimented endlessly with our menus.

But this is not at all a conclusive test, for the reason that we both live sedentary lives.

If I had been doing housework and charity work, as most women do, and if William had been spending half of his day outdoors, we could have kept on with the vegetarian diet without difficulty. I am sure of this.

As it is, with our subnormal physical activities and our supernormal mental activities, it was *easier* for us to go back to meat eating than to stick to the vegetarian living until our systems became entirely accustomed to it.

I believe with all my heart in nonmeat diet, and some time when I can devote a good share of each day to physical activity I am going to take it up again. Under existing conditions I simply follow the line of the least resistance.

A Boycott on
Breakfasts.

My panacea for every ill to which my flesh is heir, is *fasting*. I prefer short fasts repeated

frequently.

Twenty-four to fifty-six hours I would call a short fast.

Sixty hours is the longest I have ever gone without food.

If I had some specific disease to overcome I should certainly turn to long fasts as the cure.

I would begin by fasting for thirtysix hours once every week. Later I would take two or three days' fast once in a couple of weeks, repeating several times. After I had accustomed my system to this, so thoroughly that I would feel better when fasting than when eat-

13

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ing regularly, I would start out on a long fast.

I would keep up this fast until my mouth watered for food. When this symptom came, I would eat again, beginning very moderately, and Fletcherizing to the limit.

After a few weeks I would start in again for a long fast, and keep it up until nature gave the signal for eating. This signal is always a real hunger, accompanied by watering of the mouth.

The ordinary run of people never feel real hunger—they don't know what it is like. Not until you have fasted a while does nature have a chance to teach you her really delightful signal for more grub. Try it!

William and I always remind me of Jack Spratt and his wife. One of us is thin and the other is not. I leave you to guess which.

But we both find fasting the only preventive and cure for all ills to which the sedentary one is heir.

By the way, I just heard of a very large woman who reduced her flesh thirty-five pounds in a few months by fasting from breakfasts.

William and I have eaten no breakfasts for more than ten years (excepting a very light and occasional one if we happened to be visiting). That makes about 3,650 breakfasts we have missed. I don't know what William would look like if he had eaten all those breakfasts, but I am sure that I should be weighing at least two hundred and fifty by this time.

No-breakfast is simply a short fast every day.

Here is my vote for the boycott on meat. William's, too. And here is my vote for the boycott on breakfasts. William's, too,—though I found some orange peel this morning alongside of the editorial he had been writing.

For World Peace. We are going to have a world agreement for peace.

We are going to have universal dis-

armament, with the exception of a few vessels and a few trained men who will constitute a World Police that will help to straighten out tangles for all nations.

With the exception of these the world's navies will be turned into Public Schools of Travel, and all the nations will send students to all the other nations to learn of them and to teach them.

Thus shall we realize universal brotherhood. In connection with this read Elbert Hubbard on the "Peace Problem" in the *Fra* for February. Hubbard suggests Theodore Roosevelt as the World's Chief of Police.

I think the *Nautilus* readers will vote for him, some hundred thousand strong.

The editors herewith cast their votes for him, in boldface pica.

But we make the proviso that his captaincy shall not prevent his being president in 1912.

However, we will trust Theodore to help World Peace and Conservation along no matter what his title or his office.

We are praying for June and Teddy.

And we are still HOWLING for Ballinger's resignation, whitewash or no whitewash. Please everybody howl with us!



Every Body's Business. Members of State Legislatures and of the National Congress are going to do everything for

forest conservation which they know that their constituents want and mean to have. Some of them are leading the way in this movement, and deserve support.

The rest will have to be told.

It is everybody's business to tell them, and one of the easiest things to do. All it needs is a letter, plain and to the point.

Every man who elected a representative and made him a public servant assumed in so doing responsibility for his service.

If the representative is the man that was wanted he is the man to do what is wanted.

And so when one has made himself acquainted with the forest situation as it affects him, and has a fairly clear idea of the best thing to do in the way of a public measure, let him inquire how he is being represented in this matter. If he is dissatisfied, let him write the representative a personal letter asking that the desired thing be done.

If he ignores the request by neglecting to take action, there is no need of voting for him next time, unless one likes that sort of thing.

But he knows this exceedingly well, and he will not ignore such requests if everybody makes them, as it is everybody's business to do.

On the other hand, those who are in the van of this fight will appreciate an endorsement, and ought to have it. Let every NAUTILUS reader write to his congressmen and insist that they work and vote for every good conservation measure which is presented to this session of congress.

Ballinger and the Law. Our Achilles of the Cunningham heel has been addressing the young men at Williams

College, Williamstown, Mass. The brother of Harry Garfield, whom President Roosevelt tried to keep at the head of the department of the interior, is the president of this college. Mr. Ballinger said some very ill advised things to this college, slapping Roosevelt, Garfield and Pinchot, without mentioning their names, and attempting to justify himself in the actions for which he has been so widely and strongly criticised.

In his speech he made some smug remarks about his policy of not assuming legislative function where he is only entitled to executive. He failed, however, to explain *why* he found excuse for usurping legislative function after the people of the United States had made a big fuss over his previous actions in undoing the work that Roosevelt and Garfield and Pinchot had been working so earnestly to do. Here is one statement which Mr. Ballinger made at that address:

"The executive cannot repeal the law or annul it, but must execute it as it stands upon the books. Let the appeal for amendment be made strong, and in like proportion the failure to amend must fall with its whole weight upon the person responsible, charged by the Constitution with the duty. * * * The executive branch of the government has its responsibilities in these particulars, and they are great. They are, first, to carry out the laws existing with fidelity in the interest of the people, and

15



where its laws are found deficient or obsolete to urge upon the legislative branch of government the enactment of a measure that will give full protection to the public."

Mr. Ballinger knows that laws are never put on the statute books until after the people have discovered by experience that they are needed; and after the people have stirred up their representatives to pass such laws. Mr. Ballinger apparently believes in working the obsolete law for all it is worth, until the new law is passed. He is a lawyer and the lawyer has great respect for the law. He never breaks it. It is to him a conscience, which he never violates.

But his business is to find a way to crawl around that law, or over it, or under it. Generally under it. Burrowing is his business—crawling and burrowing and wriggling in secrecy. The law is his conscience, and anything that he can do without breaking the law, he will do—for a consideration. Always. Having substituted the letter of the law for conscience, and having burrowed snugly beneath it, he sleeps in peace until the judgment call of a Glavis or a Pinchot.

Conscience Transferred. Hubbard says at least one-half of all the lawyers in the world are bad lawyers, by their own

admission. For every lawyer will tell the loser in a law case that he should have gone to a good lawyer, who would have kept him from getting into the case at all. As every law case has a losing side, just one-half the lawyers at least must be bad ones.

The reason for this lies in that one fact of substituting the law for conscience.

The lawyer's business is to consult the letter of the law, and find a way around it.

All responsibility for wrong he lays on the shoulders of those who made the law.

And it is he who helps the people make the law so there are plenty of burrowings by which he and any man who pays him a fee may wriggle their way under it.

Pinchot does not earn his living, he is not tempted by money.

Perhaps that is the reason he has conscience where Ballinger has nothing but law.

A law which he himself declares to be obselete and in great need of revision.

N. B.—Note, that he found this out after the American public and publications had hopped on him with both feet.

At the present writing Mr. Ballinger is getting well shown up before that congressional committee. Glavis and his lawyer have the case down to a fine point.

All that Ballinger has said so far in refutation is the stereotyped lawyer phrase, "I don't remember."

It will be very strange if President Taft doesn't change his mind before that congressional investigation is over, even though the majority of the committee should whitewash Ballinger again.



You Pay the Postage. After William's article was written about the proposed increase in postal rates, we received

further news of the rates in Canada.

Canada has been sending second-class mail at one-half cent a pound. In August, 1908, she reduced this price to one-quarter of a cent.

From the report of the Canadian postmaster general covering the year ending March 31, 1909, the *New York World* gathers this information, and refers it to the Washington government.

"In August, 1908, the drop-letter rate for cities having a carrier service was reduced from two cents per ounce to one cent. The second class rate of one-half cent per pound for regular weekly and monthly publications which required to be transmitted more than 300 miles was abolished, together with the zone restriction, and they are now dispatched to any part of Canada for one-quarter of a cent a pound, or one-fourth the United States rate, while the free area for publications has been extended from a radius of twenty miles to forty. It is surely as far from Montreal, Can., to Vancouver or the Klondike as it is from New York to San Francisco or Seattle."

President Taft, instigated by Hitchcock, we suppose, wants to multiply our rate of one cent by five. I wonder why.

The proposition seems preposterous. I cannot imagine it possible that President Taft seriously intends to push through such a measure. It seems impossible that he should expect congress to pass such a law. It seems incredible that congress could permit such a thing.

Wherefore I am inclined to think that Collier's is not far from right in asserting that the whole plan is merely a slap at Collier's, McClure's, American, and other publications which have shown up Ballinger and his ilk. The whole thing looks to me like a piece of political blackmail—like a veiled demand on magazines to shut up and be let alone. It looks as if this measure was intended for a big stick to be held over the magazine publishers; with a sop thrown to the newspapers to keep them from taking too enthusiastic an interest in it.

Evidently the proposed measure is not having the desired effect of shutting off the anti-Ballinger revelations.

I am looking for the measure to be quashed.

You and the Subsidy.

However, it would be very foolish for any of us to rest on our oars and do nothing in the mat-

17

ter.

It is you who will have to pay the extra postage if this measure goes through.

And the measure would put out of existence a great many magazines which are now published. You would lose the wide choice of magazines which you now have, as well as pay very dearly for the ones which are left.

The well-to-do can afford to pay more. But how about the poor people? And this one cent a pound rate was established for the express purpose of making it possible for the common people to get the best there is in the way of enlightening literature.

Will you do your part in insisting to your congressman and to Chairman Weeks that the cent a pound rate to periodicals shall not be withdrawn? Indeed, make a demand that it shall



be cut in two, or in four, as they are doing in Canada!

They like to call this rate a "subsidy" to publishers. If there is any subsidy about it, *it is a subsidy to you*. No publisher makes one penny out of it.

And these same men are talking about a ship subsidy. In other words, they want you to pay high for your magazines, while they divert this money and a lot more to make a few rich men richer, who want to create a big trust for the monopolization of transportation between foreign nations and this.

It is another scheme of the usual kind—tax the people higher for the benefit of the rich men who own the "interests."

It is up to *you* to look after your own business to the extent of protesting against the raising of the secondclass rates, and also against the subsidizing of ships.

Read in the February American the article headed "Just a moment, Mr. Taft."

News From the Devil.

Here is a man with imagination plus. Maybe he is a woman. Anyway he savs:

"Your publication is like yourself of the earth, earthy, and of hell, hellish. The devil amuses you with skipping the rope of unbelief, which he calls new thought, until he finally hangs you with it. At least he desires to do it. And will do it unless you awake or are awakened to your real need and condition."

How does he know what the devil desires in my case? He must be on inti-

mate terms, since he has inside information.

He forgot to sign his name.

A Man I Have Met.

I had the pleasure of meeting at University City General E. C. Madden, who was third as-

sistant postmaster general at the time that E. G. Lewis had that fraud order issued against him.

William and I first met General Madden in Washington on our way home from the West, about four years ago. At that time he, as third assistant postmaster general, had issued new orders in relation to second-class matter, and we needed to know how to organize our business to fit in with the new requirements. We went to Washington with a strong prejudice against General Madden. He was stirring things up and making a lot of trouble for publishers, and we did not like him.

But one look at the man, one kindly handclasp, without a word on either side, and I knew that whatever unjust rulings General Madden might make, he was a frank and honest *man*, with natural sympathies and a character that would stand by what he saw as the truth, even if it took him to the stake. A two hours' talk with him deepened the impression.

A couple of years later he confirmed the impression still further, by refusing to take away E. G. Lewis' second-class privileges at the behest of the spoilers who were bound to crush Lewis and his banking scheme.

"He has done nothing to bar him from the second-class privileges, and I



will not issue the order,'' said General Madden.

He stood by that, and lost his position in consequence.

This incident interested Mr. Lewis in General Madden, whom he had not known before this trouble with the department, and sometime after, he offered General Madden a position in his business, which was accepted. I met him there, much to my pleasure.

There is too much at University City for me to attempt a description. You can get pictures of it by writing to the American Woman's League, University City, St. Louis, Mo. Suffice it to say that the city is very much alive, and that the buildings are being erected as fast as possible. It is a case where the pictures fail to do justice to the real thing. Their new art building was just nearing completion. I was shown all over the place, and I saw a model of the plans for the completed city. I also saw their business offices, and took note of the class of helpers they have. Everything I noted at University City impressed me with a sense of *solid building*. The offices were filled with very efficient looking people. I remarked this to Mr. Crowley, and asked him what they had to pay for help.

19

"Mr. Lewis pays large salaries," he replied, "and we do not work at all on Saturdays. This makes University City a very desirable place to work, and the consequence is we can get hold of the most efficient helpers."

It seems to us that Mr. Lewis is a very practical man, with a vision. If I were living in a small town, with no business but housekeeping, I should certainly try to stir my neighbors up to organize an American Woman's League Chapter.

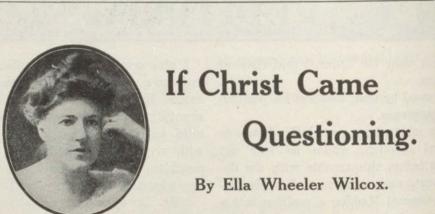
As it is, I gladly co-operate with him in exactly the same way that *Collier's* does—in spite of that editorial.

Take Your Time, God.

By FLORENS FOLSOM. .

"Let Patience have her perfect work."

I might be powerful and rich:—but then, you see, I'm not; If I were Czar, I should be far from this delightful spot; I might be beautiful and young and tall and slim and fair;— But then I'd not be lying here with moss-twigs in my hair. I might be all I want to be—but that some day I will be. O hear those stones Svengali-ing that tuneful brooklet, Trilby! If our advance to perfectness were smooth, unblocked and easy, We wouldn't sing as that brook sings, with hope and courage breezy; We wouldn't wink up at the Sun: we'd oil-shine, glossy-greasy. The stones make us chuckle and hop along and sing:— Life's the biggest, brightest, beautifulest thing!



If Christ came questioning His world today, (If Christ came questioning,) "What hast thou done to glorify thy God Since last my feet this lower earth plane trod," How could I answer Him; and in what way One evidence of my allegiance bring? If Christ came questioning.

If Christ came questioning, to me alone, (If Christ came questioning,) I could not point to any church or shrine And say, "I helped build up this house of thine; Behold the altar and the corner stone;" I could not show one proof of such a thing; If Christ came questioning.

If Christ came questioning, on His demand, (If Christ came questioning,) No pagan soul converted to His creed Could I produce; or say that word or deed Of mine, had spread the faith in any land; Or sent it forth to fly on stronger wing; If Christ came questioning.

If Christ came questioning the soul of me, (If Christ came questioning,) I could but answer, "Lord, my little part Has been to beat the metal of my heart Into the shape I thought most fit for Thee; And at Thy feet to cast the offering, Shouldst Thou come questioning.

"From out the earth fed furnace of desire (Ere Thou cam'st questioning) This formless and unfinished gift I brought And on life's anvil, flung it down, white hot; A glowing thing of selfishness and fire; With blow on blow, I made the anvil ring; (Ere Thou cam'st questioning.)

"The hammer, Self Control, beat hard on it; (Ere Thou cam'st questioning) And with each blow, rose fiery sparks of pain; I bear their scars, on body, soul, and brain. Long, long I toiled; and yet, dear Lord, unfit, And all unworthy, is the heart I bring, To meet Thy questioning."

Written for the Nautilus.

Forest Conservation—Everybody's Business.

JUST WHAT FOREST CONSERVATION IS—HOW IT AFFECTS YOU AND ME—A FEW COMMON SENSE FACTS—WHAT IS BEING DONE AND WHAT CAN BE DONE—ARBOR DAY, ITS USE AND ITS POSSIBILITY —CITY PEOPLE AND FOREST CONSERVATION.

By TREADWELL CLEVELAND, Jr.

Forest conservation is everybody's business. It is this fact, and not merely the scientific soundness of its principles, which makes it one of the great national problems of the hour. The matter is commonly put the other way about; it is said that forest conservation ought to be everybody's business on account of its national importance. But this is setting the cart before the horse. It is the people's need that gives forestry whatever importance it has.

Our everyday life, with its necessities, comforts, and luxuries, is largely built upon wood. Take wood out of our homes and see what remains. Then assume that the forests are gone and look about for something to replace wood. And when the substitutes are found or invented, figure their cost and compare it with the present cost of forest products.

The exhaustion of the wood supply would lay upon the whole people an intolerable burden of discomfort, privation and expense. If indifference ever allows the existing forests to be destroyed the nation will be compelled in self-defense to establish new ones in their place, but at a cost which would make them priceless forever afterwards.

A blunder so foolish, a waste so colossal, could not fail to exact a crushing penalty.

This is too obvious to require discussion. The point is, how are we going to keep the forests from destruction? If there is some way in which everyone can help, something that every man and woman can do, and do now, to promote forest conservation, it is everybody's business to find out that way to do that thing. Fortunately, there are opportunities for all in this work.

First, of course, there is the need of getting a working familiarity with the problem in its various aspects, general and local. The solution of the forest problem lies through knowledge of the forest and its ways. To many, forestry is little more than a name. To many more, even the word "forest" conveys no very clear idea. How many can describe the life of a forest, or even give a definition of the forest which will hold true for all kinds of forests everywhere? How many can name even one of the many different systems of silviculture with which the forester works to perpetuate the forest from one tree generation to another? How many can tell how forests affect the flow of streams.

or the commercial use of rivers, or the purity of domestic water supplies? How many can distinguish between forestry and lumbering? How many can give the rank of lumbering among the leading industries of the country? How many know what the National Government, their own states, or private forest owners are doing toward bringing forestry into practice, and what obstacles they have to surmount? Yet these things may readily be learned. The fullest information about all of them may be had for the asking from the Forest Service in Washington. Usually it can be had also from the State forest officer. Do you know whether you have one, and who he is?

Second only in importance to getting a line on the forest problem is the need of seeing that the young people are getting a line on it at school. Have you ever asked the boys and girls what they are learning in school about forestry? If so, do you feel that they are getting down to the subject in a practical way, so that they can take an active and intelligent part in forest conservation when they are adult citizens, perhaps public servants?

But if the young people are not taught at least the broad principles of forest conservation in school, the defect can easily be remedied. There is an office in the United States Department of Agriculture which is eager and able to promote instruction about forests in the schools throughout the land. It will carefully answer inquiries to this end. State superintendents of public instruction and every one else throughout the local educational system will want to know your ideas about the education of your children.

The observance of Arbor Day may well be placed third in a paragraph by itself, because much of its value depends upon whether it is related to the forest

problem. The central idea of Arbor Day is not the tree but the forest. All the exercises of the day should turn upon this. It is better that one forest be visited and understood than that ten thousand scattered trees be planted. Simply planting a few trees in the school grounds will go only a very little way in the right direction, particularly if the trees are subsequently neglected. If planting is done it should if possible take a forest form, that is, consist of a group of trees set out as the forester would plant them on a larger scale and placed where they will later serve some forest purpose either by yielding wood or by furnishing protection to crops or farm buildings. Their progress should be watched. Rural schools have all the advantage in this work. It should not be hard to find a farmer willing to accept a benefit of this sort, even if it involves his driving the children to the farm and helping out with the labor. In the city schools Arbor Day may frequently be observed best by leaving the school and the city altogether and giving the children a day in the woods with some one who can sharpen their eyes and set them thinking. At all events, let Arbor Day be a day for celebrating the use and value of the forest in the county, the state and the nation.

Let us return to the grown people. Important as forest education is, it is likely that the opportunity which is here placed fourth belongs nearer the top of the list; certainly it does in the Middle West. This is the woodlot opportunity. About a quarter of all the forests in the country are in farm woodlots. It would be a calamity which the whole country would feel, but the farmer most of all, if these woodlots should go. In most cases, without encroaching on the best soil, they will produce most of the small wood needed on the farm, and some of the building material. In

many cases they contain practically all that is left of certain kinds of wood for which there is a permanent general demand, a fact which may be made to mean a steady and substantial income to the farmer from the woodlot products. Nearly all of the remaining hickory, for instance, is growing in farm woodlots. This tree does not naturally grow in pure stands, but is found scattered through the woods in mixture with other kinds of trees. For this reason it would be too costly for the wagonmakers, who require hickory wood, to buy and hold a forest area large enough to produce all the hickory they can use. They are compelled to go to the farmer and buy the hickory from his woodlot. With such a monopoly of the supply the farmer has in this a strong economic position. He could obviously hold his hickory at a price which would encourage him to produce it permanently, and this would be equally advantageous to the purchaser and to the consumer in the long run. At present, however, standing hickory is sold below its true value. What is plainly needed is co-operation among the farmers to keep prices up to the point where they will mean a profit on production, for that is the simplest and most necessary of business principles. The man that needs the hickory in his business, for his part, could do nothing better in his own interest than to encourage this and any other means of providing himself continuously with raw material. This indicates but one of many woodlot opportunities, and one in line with the present sound tendency to strengthen the farmer's economic position by means of co-operative buying and selling. If the rural schools and the State forest officers are not bringing these opportunities home to the farmer, is it not worth while finding out the reason? This is certainly one good way of help-

ing forest conservation, and it lies right in front of the door. Neglect and mismanagement of the woodlot ought to stop.

City people and dwellers in the suburbs may imagine that forest conservation does not touch them. If they do, however, they are living in a very false security. They might as well imagine that the exhaustion of the coal supply would not affect them. It is just this sort of indifference which has brought our forests into danger of exhaustion. Moreover, these people have less excuse than other people for this indifference, for they have access to the libraries, the lectures, the schools by means of which they ought to keep themselves constantly informed of the great questions of the hour.

Does it cost more today to build the suburban home than it did ten years ago? Then look at the lumber bill and see why. And if you are not satisfied with that answer, get the lumber dealer to show you his bills from the lumbermen. And if you still suspect some jugglery in these statements, go to the lumbermen themselves and ask them what they are paying for stumpage, that is, for every thousand feet of standing timber in the woods. This is what they will tell you: That they are paying far more for most sorts of wood in common use, while some sorts are simply beyond price because they are gone.

Does it cost more to furnish the house after it is built? Follow the same line of investigation to the end, and you will come again upon the same facts. The wood of which the furniture is made costs the manufacturer more because the forests from which the lumbermen have to cut it are being depleted.

The man who never saw a forest de-

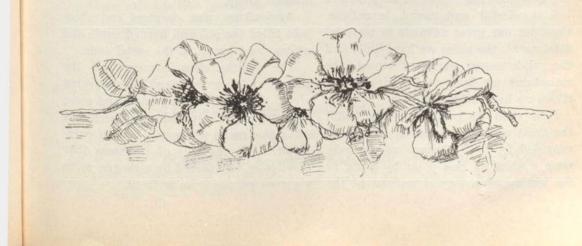
pends upon the forest even more than the man who never saw a city.

It is one of the strangest, yet one of the truest things in the world that the higher the standard of living, the greater becomes our dependence upon all natural resources. The many modern comforts and luxuries enjoyed by the well to do are drawn in last resort from the great storehouse of Nature, and they will all go if ever the storehouse is empty. No other single resource is more necessary to the maintenance of our civilization than the forest, and the forest is being looted. If the higher general cost of living is a certain and perplexing fact, then the utmost care of every natural resource is simply a matter of common sense, for at last every cost of living is determined by the condition of some natural resource. The ostrich fancies itself safe when it hides its head from the danger, as if the rifle bullet would fly less true to a stationary mark. Those who stand still in the midst of the movement for forest conservation, because the forest is out of sight to them, are precisely as sagacious as the ostrich.

If We Could Know.

BY HARRIET B. BRADBURY.

If we could know That pain is but the effort of the soul To break its fetters as it mounts to God, We would not fear it so, Nor fall back heavily, and like a clod Lie bound to earth, when with us is the whole Vast power of God to help us as we go. If we could feel That when we are brought lowest, is the soul, Like a pressed spring, most strong to scale the heaven, And find a balm to heal Its bitter anguish,-balm by God's hand given,-We would not falter as we seek the goal, Though heart be faint and brain and senses reel. If we could see That when we err it is the hand of Love, Turning us to the right way once again, That to our blindness seems such torturing pain, The pain would cease, and looking thus above, We could be led by Love.



Our National Future.

THE SOURCE OF OUR POWER—OUR PART IN THE WORLD DRAMA—OUR PHENOMENAL PROGRESS— CIVILIZATION OF TODAY CONTRASTED WITH THAT OF YESTERDAY—A PROPHECY—THE HOPE OF THE NATION.

By WILLIAM E. TOWNE.

I read a statement the other day of an interesting theory regarding the cause of our greatness as a nation.

The idea was advanced that the roots of our national power extend far back into the past—back to Egypt and the "lost continents" of Atlantis and Lemuria; that the great and strong souls from among these ancient people were now reincarnating here in America and building up another marvelous civilization.

"Only a pleasing fancy," you say? Perhaps. I do not know. But there are many indications that we have a great and important part to play in the world drama.

Consider for a moment the many wonderful inventions which we alone have been responsible for in the past hundred years—the sewing machine, telegraph, telephone, typewriter, the talking machine and a score of only a little less wonderful and useful inventions. Consider our great advance in material attainment, the cities we have built and the wildernesses we have tamed, the mountains we have tunnelled and the rivers we have bridged.

How shall we proceed to best fulfil the great work that seems to have been provided for us? Perhaps we can gain some wisdom on this point by going to the history of the great nations of the past. Why did each of the powerful nations of antiquity have its day of ascendency and then sink into almost complete oblivion? Wherein did they fail?

If we go back to Egypt five thousand years ago we find a civilization almost as far advanced, in a material way, as we are today. We find a knowledge of architecture and building which in some respects has never been equalled. We find laws which have furnished the foundation of the laws of all great nations since that time. We find woman freer and more respected than in many oriental countries today.

Why, then, did this powerful and highly civilized nation sink into oblivion? Wherein did she fail?

She failed because of the intense small selfishness and self-seeking of her people. Because they did not realize their unity, but each class sought to live for himself alone.

Agriculture was despised and those who tilled the soil and herded cattle and swine stood lowest in the social scale.

The wealthy class cornered all the money and heavily taxed the working class. The rich became more and more extravagant, dissipated and licentious until the racial character was so overbalanced on the side of weakness that dissolution was forced by stronger, more vigorous people from without. A third class in ancient Egypt contributed largely to her downfall. This was the priest class. The priests were the most highly educated of the people and natural leaders. They became very powerful near the time of dissolution of the ancient Egyptian Empire, and used their influence to prevent progress and hold the ideals of the people to a certain fixed, dead level.

All this led to a national decay. Independent states sprang up in various parts of the kingdom, and foreign invaders completed the national disintegration.

The rise and fall of other nations up to the present time has been governed by exactly the same causes as those which obtained in ancient Egypt.

Up to the present time no nation, so far as history records, has succeeded in gaining such equilibrium and harmony with world laws as would assure it a permanent existence and make it continually progressive, prosperous and contented. To each people has come a period of growth, a period of ascendency and power, and then decay. Even China, the oldest nation in existence, today is tottering on the verge of a fall, either to be assimilated by other nations or to face disruption from within.

Today a great opportunity is presented to the Anglo-Saxon race, and to the people of the United States in particular.

Here, of all the world, is the one

place where it seems possible to realize practical ideals of the unity of the race, real co-operation between all classes of society.

Here I believe we are going to choose co-operative ideals for our social life, not altogether because we think we are forced to do so, but because we see what advancement it will lead to and the enormous advantage—to ALL.

This co-operative ideal may not work out in the form of socialism. I doubt much if it ever does. But it will lead to our *pulling together* instead of apart, and much of the present social machinery will be found effective when once our ideal and objective point is corrected.

The New York American recently printed a wonderful article by Charles Ferguson, called, "Social Ideal of the Business Man." It will be reprinted soon in Nautilus. This article shows us a scientific, truly co-operative basis for business along present lines, simply eliminating the intense narrow form of selfishness known as "graft."

If we as a nation can swing away from those dangerous, intensely individual selfish tendencies which have caused the dissolution of other nations in the past, if we can build a nation upon an approximately co-operative ideal, our work as a great world power will far surpass that of any nation that has gone before, and peace and contentment and material prosperity will be our lot.

"Love lies deeper than all words; And not the spoken but the speechless love Waits answer, ere I rise and go my way."

-Browning.

Music and Health.

WHAT REAL HEALTH IS—ITS PURPOSE—METHODS OF BRINGING IT ABOUT—MUSIC AND ITS PURPOSE— ITS RELATION TO HEALTH—THE RELATION OF MUSIC TO THE SUBCONSCIOUS MIND—HOW TO BE-COME A TRUE MUSICIAN—THE POWER OF MUSIC.

By GURDON A. FORY.

Health signifies an harmonious adjustment of the bodily functions—a tuning of the body vibrations in harmony with the Infinite. To be "In Tune with the Infinite" means health physically, spiritually, mentally. In applying the same idea to the universe we say that order signifies an harmonious arrangement of all forms in motion, and that absence of such harmony results in chaos.

So it is in man. Chaos means disease, physical, spiritual, mental; order means health. Just as order has been evolved from chaos in the material universe, so health, three-sided, shall be evolved from disease. Even now the forces are at work in that direction. The spirit of unrest is evolving toward motion forward, silent and irresistible as that of a system of suns. And as the spirit brooded over the universe, bringing order out of chaos, so the same spirit is now at work bringing health out of disease.

Not the least of the manifesting agencies of spirit is music. Music is not a manifestation of the subconscious mind, but of spirit *through* the subconscious mind. To make it a *conscious* manifestation we must employ material means in the way of instruments and the human voice. By these two means we endeavor to cultivate the *expression* of music, and thus the subconscious mind and eventually through it to accomplish the yearnings of the spirit.

It is true that perhaps not one in many gives this a thought in the study of music. Music is not used as a means to spiritual awakening. (I mean here music-not words nor sounds; music is as spirit is-beginning-less and end-less.) And because music is not so used by the many, the many do not rise to transcendental powers musically. The great singer, the great player seems inspired and transcends the ordinary limits of sense and the flesh. He performs feats seemingly impossible. Genius thus becomes the unobstructed channel through which flows the power of the spirit. This is not less true in other things than in music.

Now the subconscious mind is the direct agent of spirit, and as we cultivate it we may give more and more expression to the spiritual desires. In some of us music is found to be the most spontaneous ebullition of the spirit. To any of us its cultivation means much if we can come to realize its true import that it is an expression of spirit through the action of the subconscious mind.

Health, which means the normal action of the bodily functions, is almost entirely under the control of the subconscious mind. Whatever tends, then, to awaken and bring into use the subconscious mind tends toward conditions of health. The player depends upon it for his inspiration and must do so, too, for his interpretation if he would rise above mediocrity. The singer must depend upon it, first, for his conception of those qualities which he desires his tone to possess, and, second, for the development of these same qualities. The player must depend upon the subconscious mind for an unconscious control over the intricate movements of arm and finger; the breathing exercises of the singer tend to bestir the solar plexus which not only invigorates the body, but also in some mystic manner is an aid to spiritual unfoldment. (See the Yogi book on breath.)

I maintain that the true musician is more advanced spiritually than he would be had he not given himself to music, though he may not know it and may not show it. I know that splendid health and poise are the rule among musicians. Very, very seldom is the public disappointed because of the non-appearance of the musician, and always the strain upon his or her powers is enormous. Then, too, there is the mere hearing of music as a therapeutic agent. Here again the reason for its beneficial effects must be sought in subconscious action.

"Music washes away from the soul the dust of everyday life," by luring the thoughts away from such cares. In really listening to music we cease to think conscious thoughts, and the subconscious mind reigns, giving rest and asserting its recuperative powers as in sleep. Too much of music, active or passive, results in mental unbalance, even as too much of sleep results in abnormality. Musical biography presents very many instances of mental unbalance-a usurpation of power by the subconscious and the overthrow of reason which resides in the conscious. Here is the old problem of the mystic in another guise, and as in his case so here: judgment must prevail and reason must not be dethroned however far intuition may be developed.

For most of us, however, no such grave dangers lurk in the development of our musical abilities, and we shall find ourselves better physically, more acute mentally, more elevated spiritually for having studied and listened.

Resignation.

BY KATHERINE QUINN.

When frosty winds foretell the winter's blight, The ever hopeful swallows southward fly, Nor mar the beauty of their timely flight

By one repining word, one mournful sigh.

When summer breezes ravage Earth's fair breast, Each vanquished rose goes to its fate resigned,

Content to be forgotten, or at best, To live but in the fragrance left behind.

Shall I alone, of all creation's throng, Lament because beloved things depart? What birds resign without a break in song,

Shall I still hug so wildly to my heart? The swallow whispers: "Fairer lands await!"

The rose: "Some lovelier form's in store!" Mourn not, my heart, thy sadly altered fate,

The Love that took thy joys will send thee more.

Two Easy Aids to Success.

CLEANLINESS, PHYSICAL AND MENTAL—EXAMPLES OF SUCCESS AND THEIR WHY—ARE YOU AN AVER-AGER?—BE CONTROLLED BY GOOD HABITS—SUPER-CLEANLINESS ANOTHER NAME FOR CONFIDENCE— "EMERSON AND A CAKE OF SOAP."

By ADELAIDE KEEN.



Do you want to rise in the world, to be popular and bright? Then stop complaining and cultivate a clean, cultivated or cultured personality. You are clean? Of course, I never meant that, but a super-cleanliness,

belonging to millionaires, can be imitated in attics with five cent soap, stone basins and a little scrubbing brush. Study these rich men and women, how do they spend their leisure? In bathing, like the ancient Romans, in self-improvement, mentally and physically. They each have hot tubs, cold showers, manicures, massage, shampooers, clean table linen, fresh collars and handkerchiefs twice a day. Now, this means money, but it can be copied on a cheaper scale. Cut out your daily sodas or beers and invest once a week in a Turkish bath. Then see how fine you feel, like a two year old, ready to fight fate and conquer the world. Success is often a matter of soap.

The pretty girl who wins a millionaire husband is invariably better groomed and uses better grammar than her envious and less lucky mates. Instead of a trashy novel, depicting Lord Cecil eloping with Lady Arabella, she reads, you will find, Emerson, Carlyle or some good history. Our land yawns with free libraries, and the poor Jewish boys devour master minds, starving their bodies often to buy books. And the Jews "get on" faster than the Italians, who come here in almost equal quantities, because they are so smart, not because they are dishonest. Their brains are not mush, but gray matter. They "indulge in the luxury of thinking," and nothing can prevent their progress. Among rich women, reading clubs are prevalent. They are always studying French, German, Italian, Greek, occult science, history or literature. They take up a country every year, and perfect themselves on the literature and history of that country. The wives of diplomats, such as the beautiful Lady Curzon, are trained at home to live in any foreign land where pleasure and business calls them. What prevents the average woman in a shabby environment of boarding house and shop from attaining her heart's desire except indolence? If she prefers to gossip or read newspapers, instead of bathing, massaging her face, practicing gymnastics, and reading books that educate, no one is to blame but herself.

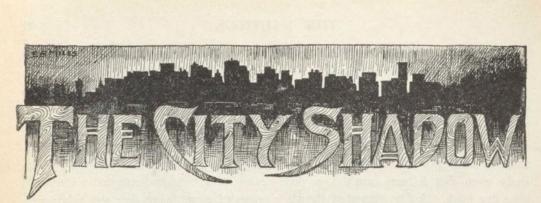
To rise above the average, which

means failure, you must be better than the average, which means success. Pay the price or else do without is the only way. It will clear your skin and reform your figure, this extra sweetness and neatness, and it will illuminate your features and polish your manners to study even for fifteen minutes a day some fine book. A few verses of the Bible, pondered over while at your work, will do your soul more good than many sermons. And as Emerson says, the great teacher of self-improvement, "He who has more soul than I, rules me!" The forewoman, the superintendent, whom you envy and admire, does not rule by a gay dress or fancy necktie, but by a keen glance, a strong soul. Fit yourself for better things by studying the details of your work. Constantly shop girls annoy and amaze' their customers with their ignorance and indifference. They know and care nothing about the stock. Yet each girl dreams of advancement, of a rich marriage. What have they to offer a rich man? Beauty he can find in society. Beauty alone will not suffice. And the girl who wins advancement on her beauty alone is always a target for scandal. But united with brains, beauty will carry you to any goal. Rose Pastor Stokes was not a beauty, but she was sweet and good and clever, and when her lover left his rich friends to woo her, she could and did talk of matters that interested him. Girls of a feather flock together, and in order to associate with elegant people one must copy their habits.

There is a wife of a millionaire, born on the East Side, whose father ran away with another woman when she was a baby and left a wife and four little girls to starve. This girl was sent out to pick up coal, now she rides in her auto, has an opera box, diamonds galore, and travels and has handsome clothes. She had

no schooling after the age of ten; she had to become a cash girl, finally a cloak model, due to her intelligence and superb figure which she cultivated by shower baths, gymnastics and deep breathing. As a child she was homely and sickly. Now she is beautiful. At last she became an actress and married a kind and wealthy man. One day she asked him what made him fall in love with her. He answered, "Because you are the cleanest thing I ever saw." She has a sweet disposition, too. Lately she was speaking of a family, good but lazy, who wanted to succeed. She said, half sadly, "They will never get on, for they never wash behind their ears!" An awful thing but true. For it is a keynote. Attention to the unseen details will change life wonderfully. The good housekeeper always sweeps under the bed. This girl manicured her nails, washed out her underwear, scrubbed herself from top to toe, even in a tiny tenement bedroom. Now she owns a suberb porcelain bath room, perfumes, creams, powders, all the dainty adjuncts of beauty. She took pride in herself. The Waldorf is full of private baths, used enthusiastically by the well groomed men and women who stay there, and each one is envied by less lucky mortals. Water is free and soap is five cents a cake.

Self respect follows this system of super-cleanliness, another name for confidence, so much struggled for in the race for success, and then come opportunity and richer friends. You walk on the tips of your toes, hold your head up and look the world in the eye. You feel the equal of the best and behold, you are, and your chance has come! And it all began with Emerson and a cake of soap.



By SINCLAIR LEWIS.

CHAPTER VIII.

WHAT ONE CAN.

Do the things you cannot do, So your soul shall grow.

-Translated from Gustav Monier. Ralph Pierson had been looking for the "sort of work he could do," from the time when he had been dropped from Wanamacy's up to the day of his revelations. Even when he had applied for such work as a portership, it was with such obvious distrust of himself that no man would feel inclined to hire him. But his new thought of New Thought, as something cosmic, helped him to feel able to do anything that other men can do. So, at last, he found work—and did it.

These hot July days of the city, when the sun was reflected from hot asphalt with a bewildering radiance that numbed the optic nerves and made the eyes drip sweat; when the fire-escapes and alley entrances and dirt parks of the East Side reeked hot, turbulent scents all day long, and were piled all the night with restless sleepers, through them Katherine looked for work to do. She was on the trail of some sewing. A little, she did find to do, but she was after steady work. And Ralph never ceased seeking a position. One day in the middle of July he called at the office of the superintendent of Wanamacy's, as it was his custom to do regularly,

once each month. The superintendent had come to know this earnest-eyed, young chap by sight.

This time the superintendent smiled up from his desk and said, "No; I'm afraid there's nothing here vet. Mr.-oh, yes, Mr. Pierson. Business will pick up in the fall though. Say, you're looking better than when you were here last month, if I remember rightly. By the way, why don't you hustle down to Deme's directory works and see if you can't get some envelope addressing to do. We've just sent them an order for addressing about a hundred thousand catalogues."

Deme's! That great writing factory, where shipwrecks of men with educations wrote addresses all day at a furious rate for, say, ninety cents the day, and were likely to be laid off at anytime! Ralph, wishing a regular position, had never thought of going there though he had often heard of the place as a junk heap of intellects. But the new optimism was a very practical influence: one to enable him to do precisely the things that he "couldn't do." Controlled by it, he determined to be on hand first thing in the morning, at Deme's, for it was now late afternoon. That night he looked forward to this excellent chance of getting some sort of work with an exultation faintly like the feeling which had been so glorious in him a year before when he had planned coming to New York. By a quarter to seven, Ralph was standing on the stoop of the addressing department of Deme's.

The July heat was already beginning its fanged pant, but in the shade of the building there was fresh coolness. Ralph looked on the morning workers, the express wagons, the motor trucks, the Elevated booming down Third avenue with clerks and workmen crowded on the platform for fresh air.

He smiled on a group of children skipping through a game of Hop Scotch as though they had never heard of heat. The Third avenue trolley's bells rang more crisply and sweetly than the chimes from pastured cows on his ears, that morning, and he sniffed the air like a happy conqueror on a royal mare. For Ralph was fired with the thought that he might be going actually to get some work, any work; as though he were entering on his day of managership with some vast business concern. His heart rang with the city music, and good and resonant music it is when one's heart catches the measure of the lilt in the cool morning.

The manager arrived at eight. A little man he was, always very busy, because he made work of blotting a letter or picking up a pen; so, he never got very much accomplished, yet was always in a tremendous hurry.

"The superintendent at Wanamacy's told me I might be able to get some work adddressing envelopes here," Ralph explained. "Here's a recommendation from—"

"Yes, yes, yes, yes," snorted the little man, as though his remark was all one word which he did not like and wanted to have finished. "Sit down here. Let me see a sample of your writing."

His hand had been finely trained by card-lettering in script, and when Ralph had written a few words the manager found them good. "Go into that room. Report to Mr. King," he said, and was again very busily at work doing nothing in particular.

Ralph went into "that room" and stopped with a gasp. In the hot light the sun hurled through the dusty windows, the room was, at first, all one blur of the bent heads of tired men. Gradually he made out clearly the outlines of more than a hundred, each leaning close over his place at one of the long wooden tables, peering at an envelope or a wrapper and scribbling madly with a cheap pen. Not one of the writers looked up for a moment, for one must get out very many envelopes every day if he is to earn a living.

They were a pitiful assortment those writing men, old men with beards like Greek gods-or Greek professors-and shell-rimmed spectacles; thin faced young men with the look of starved bookkeepers; a mere lad whose great eves and fine brow gave him the look of a poet. All of them were in a mad battle with the addresses, and their pens scratched, scratched, scratched, in silence, like tearing of many cloths, a sound fine-toned yet loud. Ralph was as one hypnotized in the spell of this thin voiced silence, this quietness broken only by the rhythmically moving wrists of otherwise motionless figures.

Then the only man in the room who was not writing, a red, rough faced man, reading a morning newspaper at a desk at the other end of the room, rose and came toward him.

"Well?" grumped the man. One or two heads of the younger scribes were raised for an instant, then bent again

to work. "Well?" repeated the man.

"Is this Mr. King? The manager said I was to report to you as an addresser." "Yump. I'm the foreman. Wacher name, address, hadanyexperience?"

said the rough-faced man, grouchily. When his questions were answered, he grumbled, "Where's your pen and ink. No, of course, you didn't bring any. Good Lord! Why they keep sending me cubs to break in, as if—Well, come here. Sit down; this seat. Here's pen and ink. You didn't need to bring any."

Taking him to his writing desk, the foreman brought him a directory of St. Augustine, Fla., and a huge bunch of wrappers with the Wanamacy stamp, and, with everincreasing gruffness, explained that Ralph was to address a wrapper to each of the women given in the directory as occupying a private house. He hastened again to his desk and his newspaper, then, as Ralph began with the first name, writing it with swift, lucid strokes, the foreman came back as though reluctant and showed Ralph how to make of his handkerchief a pad which would rest his right arm, and how to save his shirt sleeves by making an armlet of cardboard.

Ralph smiled at him, thankfully, and went back to work. At first, he had been disconcerted by the dim dreariness of this place of drudgery, and angered by needless unkindliness, but, with his new perception, he saw in a flash that this foreman was one of the men whose optimism is not trained, though it does exist; so that they do kind things in an unkind manner, put good thought into robes of dingy gray, instead of into shining white, and he smiled up at the foreman thanks for the kindliness he believed to be behind that rough speech, that rough face.

But though he had thus got over his irritation, he settled down to work with

less of a glow than he had had, standing there on the steps in the cool of the morning—the cooler morning, at least! He had to take himself and make himself enjoy the work.

Hotter and hotter grew the breathless room though every window and door was open by ten o'clock. Ralph soon followed the example of the others by removing his collar and unbottoning his vest. But still he panted with the heat, and still his steel pen raced across the surface of the light wrappers with the Wanamacy stamp which, as it reappeared on each new wrapper at which he grabbed, came to seem symbolical of work unending.

Monotonous as the scratching pens was the step of the foreman as he paced through the room, gathering the addressed wrappers and envelopes (done up in bundles of one hundred each), and marking in the time book the amount to be credited to each scribe.

Monotonous, indeed, the work would have been had Ralph not now set his feet on the highway to truth, on which perceptions and imaginations are developed along with the developing heart. He looked fairly at his situation and so, of course, found the element of interest therein. He let himself relax and, with the relaxation, he had not only the negative advantage of not being bored, but, as well, the positive joy of finding a new interest-that of the personal and street names of St. Augustine-almost a foreign land to him, with its names smacking of French and Spanish ancestry, of reefs and many colored tropical waters and exotic fruits. As he wrote on, he had a pleasure which did not diminish but rather increased his speed of action, in imagining what sort of a person might be each woman who was soon to read this address, far down there, in her south-He visualized each semiern city.

tropical street; saw in the dooryards graceful palms and great, royal roses; fancied the heat quivering up from stately shell-road avenues. Now, he pretended to himself, he was at the waterfront-end of a street, looking out across bright waters to emerald, sun-glinting islands.

So he made the work spin gaily, and forgot to watch the clock, whose rusty hands had, at first, seemed to travel so slowly. He was genuinely surprised when the harsh voice of the foreman announced twelve o'clock.

Though the noon streets were simmering like a stove top with the heat, he hastened along happily. He felt as though he had been traveling all through the South and had come home recuperated.

He clattered up the worn, wooden treads of the stairs in the tumbled down brick house where were their rooms. Ragged, heat-weary children slept on the landings. The air of the hallway seemed almost visible, with the fumes of cooking cheap meat and garlic and bad salt fish. Through thin doorways came peevish voices of wornout housewives. It was a keen relief to reach the third floor.

For their dull rooms had, under Katherine's and Ralph's care, come to assume a real appearance of home, humble but beloved. The walls were bright with pictures from magazine covers. The floor and furniture were more than spotlessly clean, and on little shelves of Ralph's making were books and photographs.

"Hoop-la!" sang Ralph merrily, as he clattered into the room. Kate was finishing the setting of the table. "I've gotten it, dearest. I'm on the job at Deme's, and I got through the morning's work great. I ought to make at least ninety cents today." She held him off for a moment with her graceful arms, elinging to his coat lapels and looking him up and down with fond eyes, then let herself be grasped in a bear-hug which made her beg, laughingly, for mercy. They hastened to begin their light, healthful meal, which Ralph had named "breakfast lunch."

As they sat there, eating busily yet Fletcherizing carefully, getting the full flavor of their pleasant, uncostly food, let us look at them.

Ralph had grown older by five years in his year of New York. He still wore the same suit, now wrinkled and mended, though the mending, the product of Kate's careful needle, could never have been seen save by a tailor. His face would have been a puzzle to an observer. For a short time ago, he had been worn and thin-cheeked, and sadly old of eve. But now, his new feeling toward the living life was giving a sweetness, and a cheerfulness to his eyes, which, without taking away any of the look of greater experience and knowledge which he had been gaining, vet gave him the youthfulness, the brave independence, which joy is so likely to bestow on a man.

Kate was less changed. She had never with her untiring optimism, had to go down into the black depths where eyes are glazed with the pain of despair. She had been on the straight road of progress; so, her face had simply developed. A certain timid girlishness had rounded into a fond, unfearing womanliness. Her dress was of the cheapest gingham, but with skilled fingers, she had made it a thing of grace and beauty. Her uncramped figure had the proud bearing of naturalness, now grown into something like adorable stateliness. She was the happy Kate of

35

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a year ago, developed into a more thoughtful, wiser woman.

"Well, pretty near time to start back and get on the job," said Ralph. "You see, I've just undertaken the addressing of seven million, four thousand and nine envelopes for the King of England's wedding, and my men will be awaiting their master."

Kate laughed back, with the first return to their old game of "make b'lieve" for many weeks, "and don't forget to have Tiffany's send up that diamond tiara."

"No, I won't forget, and I'll have that three story automobile sent around for your approval this afternoon. Well, good bye, dear."

They were growing up. The old game, which would have kept them happy for an hour once, was not scorned by them now—for they both had salient senses of humor—but still they had had to "put away childish things." As he took his hat, Ralph remarked, quite seriously:

"I want to make good on this Deme's job, even if it doesn't and can't mean anything so far as getting steady work goes. For, of course, work there just goes according to their special orders from firms. But I want to make awfully good, for I feel that one can't step from failure to success. I remember that when I failed at something, I've felt that if I could just drop it and start over at something else, why then I'd make good. But I believe, now, that I must do the work at Deme's excellently, to excel, and then I'll get something better to succeed with."

Deep eyed and lovely with surprised pleasure, Katherine exclaimed, "Why, Ralph! That's just about what the lady at the metaphysical center said. I'm so glad that you worked it out for yourself and still more that you are

práctising it. It shows that you are on the road to success."

Yes, he was on it, on the road to success, the highway of truth, the path of cosmic currents, the straight line of spiritual progress; whatever figure you may care to use for soul-growth under the sun of thought. He did not shrink before the midday heat, but went gladly, as to victory.

He had the advantage over most of the men at Deme's, for most of those who had taken a noon meal had gulped down cheap steaks and fried potatoes and chickory coffee at vile lunch places, and their very scalps prickled from the excess of heat caused by this unnatural food.

Ralph's eyes did not fall into their fixed glare over the addresses, when the three-thirty-weariness had hovered, gray winged, over the hot room. But Ralph, too, felt the stress of the drudgery. He could no longer imagine the St. Augustine houses to which these wrappers would go. It took all his power of concentration not to lessen the speed of his flying pen. His hand perspired till the smooth pen grew slippery between his fingers and the sweat trickled down from his forehead into his eves almost as fast as he wiped it away. The handkerchief pad under his now bared forearm stuck tightly to it. In spite of humming electric fans, the air was thick, still, stifling, smelling of paper and the heated wood of the tables. Outside, the Elevated's rumble, the trolley bells, came to be piercingly irritating repetitions, and the cries of the few children still playing in the furnace-like canyon of the streets were no longer sweet bird like sounds, but the pitiful little echoes of the painfully throbbing heart of the city. And through it all the agonized pens of the hundred weary men scratched out their unceasing, whine,

whine, whine, till Ralph could have cried out with nervousness.

But he kept on, not so much doggedly as triumphantly. He smiled at the rough faced old foreman every time that authority came to take up his addressed wrappers; and when the man next to him, a worn old gentleman of better days, sighed with breaking tension and dropped his head on his arm, Ralph laid a hand in so kindly a manner on the old man's shoulder and said, "Cheer up, sir; the day's nearly over," in tones so friendly that the wornout toiler straightened and, with a grateful return of Ralph's smile, fell to work again.

"Five, five-thirty, six!" Ralph had won through to the blessed hour of rest; he had won, won, won! He had done, for only one day, perhaps, but that the hottest day of the year, the work which once he had not thought of being able to do.

As he passed the foreman's checking desk, the rough faced fellow called to him gruffly, "Come here!" Then in gentler tones, as Ralph approached, he said confidentially, "Well, how'd it go? All right, eh? That's good. Ought to congratulate you, young fellow. You've made a dollar ten today-five cents more than anybody else in the whole blooming room. But no wonder you can succeed-I may seem a grouchy old devil, but I've got eyes, and when a fellow's got a smile like yours it means he's learned the kind of optimism that makes a man succeed-even in addressing Wanamacy wrappers."

(To be Continued.)

Lessons in Constructive Science.

ABILITY DEPENDENT ON YOURSELF—WHAT IS YOUR STANDARD—AN OPINION ON THE BIBLE—HERED-ITY VERSUS YOURSELF—JUST WHAT TO DO—A PLEA FOR WORKING OUT THE THOUGHT TODAY.

By WALLACE D. WATTLES.

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.

VI.

YOUR OWN ABILITY.

What is your mental attitude in regard to your own ability? Do you regard yourself as a person of worth? Do you put a high value on your attain-

ments and capabilities? You must, if you are to succeed in life. The old religious idea which belittled man, making him a "worm of dust," a thing of no value, is thoroughly exploded. The passages in the Bible from which that idea was taken are purely metaphorical, and their idea is to exalt the concept of God by comparison, rather than to degrade the concept of man. Rightly understood all the teaching of the Bible exalts the estimate of the value and inherent greatness of man, and this is peculiarly true of the sayings of Jesus. The very heart and center of the teachings of Jesus is his assertion that every man is a

gcd; that all institutions, human and divine, are of real worth only as they minister to the unfoldment of man. "The sabbath was made for man," and so was everything else; man, alone, of all created things, is worth while.

You are not a worm of dust; you are a god. You may not be manifesting much god-power just vet, but you are going to; you have it within you, and only need to come to yourself. And you have not only the dynamic or vital power, but you have the mental ability; it all goes together. It does not matter in the least how many failures you have made in the past; you did not make them for lack of ability, but for lack of the technical knowledge how to so apply your ability as to produce results. No matter who you are, or what you have done, you have never given out a thousandth part of what is in you. Now and then, under favorable conditions, you can sit and close your eyes and dream out strains of more beautiful music than your ear has ever heard; divine harmonies. These are potential possibilities within you; unexpressed music in your soul. Sometimes you can sit and picture the most beautiful structures; palaces lovelier than the habitation of any king or multi-millionaire on earth; under favorable conditions as you see them, in imagination, clearly. This is architecture, a potential possibility in your soul. Sometimes you are almost on the verge of giving to the world some great invention, which shall bless mankind and lighten the burden of millions; you feel it within your grasp, and you realize for the moment that you have within you the "power which can.'' That is mechanical ability; you have it in abundance. It is all a matter of development. No musician ever played such harmonies as you could compose if your musical talent

were fully developed; no architect ever planned such structures as you are capable of giving to the world; no mechanic ever had such grasp upon the principles of nature.

The utmost point has never been attained in any line of human endeavor. No man has ever climbed so high but that another man may go still higher; and because all souls are made of one soul-stuff, all in the way of possibility that was ever in any man is in you. This is merely a statement of a biological fact. Differences in ability are not differences in faculty, but in the development of faculty. All have exactly the same faculties, but ability in any special line is according to the development of faculty in that line. And since there is no faculty which cannot be developed, there is nothing in the way of ability which is impossible to any man.

Of course, heredity counts for something. If you were born of parents whose musical faculty was well developed, probably you have many fine and active cells in the music area of your brain; and it is easier for you to learn music than for one who came into the world with that section of his brain less developed. It may take infinitely more labor for him to learn music than for you to do so, but he can do it. He can learn anything, and develop any faculty, and so can you; but in general, it is wiser to lay out your life work along the line of your best developed faculties; it is always so, unless you feel strongly impelled in some other direction.

Now, if all the above be true—and I would not be telling it to you if it were not—you have as much ability as anybody has, or as much as anybody ever had. You belong in the class with Shakespeare, Socrates, Napoleon, Lincoln, and Jesus of Nazareth, who said,

"The works that I do ye shall do, and greater"; you belong in the class with Webster and Chief Justice Marshall; you belong in the class with Beecher and Savonarola. And you will have to learn and speak of yourself as you are, and class yourself where you really belong, if you wish to be scientific. It is not at all constructive to class yourself below the level on which you belong; quite the contrary; it is destructive.

I do not mean that you shall go around bragging about yourself, and telling how great a personage you are. I do not think Shakespeare, or Socrates or Jesus did that. But you must take the mental attitude of knowing that you are one who can. Do not brag or boast, or take special pains to call attention to your ability; take quietly the attitude of being able, and all men will soon recognize your ability. The really able man never speaks boastingly of himself; and if he is wise, he never speaks of himself in a belittling way. Modesty, when it causes one to underestimate himself. ceases to be a virtue and becomes a vice. And nothing can militate more against your chances than to underestimate yourself. Would you hire a man who came to you saying, "I am only a worm of dust; a poor miserable, no-account thing. Please give me a job?"

Stop speaking in a depreciating way of your ability, and speak of it when you have to, with quiet but positive assurance. Never make such a remark as "I know I do not amount to much." or "I am aware that I am not of much account." You amount to as much as anybody and no one is of more account than you. If you habitually speak of yourself as being of little account, you will inevitably come to think of yourself in just that way, and your faith in your own ability to accomplish things will be lost. The right attitude is that of quiet confidence and strength. Instead of saying something like, "I am not of much account, but I will do what little I can," say, "I will do all I can," and say it as if you really thought you could do something worth while.

Never speak in an apologetic way of your own knowledge or attainments. Instead of saying, "I never had a chance to go to school, and so I do not know very much," say, "I acquired most of my education outside of schools," and speak it as if you had a good opinion of your education. You have a pretty good education, or you would not be reading this. Education is measured, not by the number of books the individual has read, but by his capacity for doing things; and the people who read this magazine are those who are coming to the front in the way of being and doing. Those who are capable of reading and understanding new thought, and of applying its principles in everyday affairs are the really educated persons; they are the real aristocracy of intellect. Think of yourself as an excellently well-educated person, and speak accordingly.

Always bear in mind that the ideal is attained by faith, and that faith is the substance of things hoped for. That is, if you have faith, you have the thing hoped for, now. If you have faith, you are the thing you wish to be. So, do not speak of yourself as becoming, but as having become. Do not speak of yourself as one who is getting well, but as one who is well. Do not sepak of yourself as one who is going to become able to do great things, but as one who is able to do them now. Do not speak of yourself as one who is going to learn much and be wise some day, but as one who has already acquired wisdom. Remember that the modesty which depreciates your value. or power, or attainments, or your ability to do, is a false modesty; it is a vice, not a virtue.

39

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I trust that this lesson is sufficiently explicit to give you the right idea in regard to your attitude as to yourself and your powers and abilities. In preceding lessons I have shown you that criticism of others is destructive; and I have tried in this to show that self-criticism is still more so. And lastly, I want to caution you against condemning yourself on account of your sins. No matter what you have done, or how "bad" you have been, there is just one thing to do. Forget it. The proper attitude for the sinner is summed up in the command, "Go, and sin no more." Don't stand still and sin no more; go. All your sins are forgiven, if you will only do something. Go. Do not be like a clock that has run down. Go. There is only one atonement for sin; and that is to get busy. Go. Do not think about your sin, nor speak of it, nor pray over it, nor agonize about it; go, and the harder you go the more likely it is that you will sin no more.

Human Radio-Telegraphy.

IS TELEGRAPHY TELEPATHY?—WIRELESS TELEG-RAPHY INCONSEQUENTIAL AS COMPARED TO HUMAN RADIO-TELEGRAPHY—THE DETAILS OF THOUGHT FROM PERSON TO PERSON—WHAT AB-SENT TREATMENT IS—FORMS OF HUMAN RADIO-TELEGRAPHY.

By GLADYS FREEMAN.

The sinking of the Steamship Republic at sea recently and the part played by wireless telegraphy in bringing aid to the disabled vessel has brought forcefully to the intellectual mind the importance of radio-telegraphic communication and the possibilities underlying thought transference by the application of similar laws.

Thousands of lives today are shipwrecked upon Life's seas because they do not understand the power of thought or its influence upon human life and destiny. The wave of new thought sweeping over the world at the present time is making it more generally known, and the many cures made by Christian Science, suggestion, psychotherapy, etc., are gradually proving its efficacy and power.

Probably there is not more than one out of every three millions of people who

understand the mechanism or even the code of signals employed in the operation of wireless telegraphy, therefore it is not strange that comparatively few understand thought force or the laws that govern it. They do not know that in the nerve system of the human body there is a perfect apparatus for sending and receiving thought messages, identical with the laws governing wireless telegraphy.

Let us compare the imperfect and crude mechanism of the electro-mechanical wireless with the more perfectly organized system existing in the human nerves and brain. The transmitter of the wireless system has one end of a wire grounded, the other extended through the apparatus to the top of the mast or pole. An operator by a determined code of signals transmits the message by the manipulation of a key arranged in the

electrical circuits of the apparatus and the message is thus flashed out into space by reason of the liberated energy of the dynamo, causing radio-electric momentum to disturb the surrounding ether. The vibrations thus created are taken up at a receiving station and made audible or visible by means of a very sensitive little device called the coherer.

In the radio-telegraphy of the human organism we have first, the source of energy,-the vital force corresponding to the dynamo; the reasoning power of man as the operator at the key, and the pineal gland,* a small cone shaped body attached to the third ventricle of the brain, as the distributor flashing messages into space. Here again we have energy as in the wireless system, creating electric momentum and sending thought vibrations into the surrounding ether to be taken up by the peripheral nerve system, acting as a receiver for conveying the message to the blood, the coherer, which in turn transmits it to the mind, the seat of understanding.

In comparing the coherer, the vital device of the wireless telegraph system with the blood there is found a strange analogy. In the coherer, a glass tube with a wire inserted at each end, acts as a retainer for the mercury, nickel and silver, properly proportioned, and all essential to the operation of the apparatus. If the proportions of these metals are varied, the whole system immediately responds to the change and becomes worthless and inoperative.

In the blood system we have first the blood vessels corresponding to the glass tube of the coherer, the serum, corresponding with the mercury and the white and red corpuscles to the nickel and silver.

It is well known to physicians that when the serum, the fluid constituent of the blood, becomes vitiated or the normal proportions of the red or white corpuscles change, that both the mental and physical conditions of men will be seriously affected usually resulting in a period of illness. In both cases the law is alike and the functions of each are equally significant, for if the elements of the blood or the proportions of the metals composing the coherer are wrong, neither system will operate efficiently, nor do the work demanded.

The act of thinking causes vibrations to radiate in every direction with greater or less force according to the potential energy applied in sending them. When properly understood such messages are received more readily by the mind than those transmitted by wireless.

This science of thought communication is passing from mysticism to law and we find that thought has scientific relations and correlations and through the law of synchrony pervading the universe we establish connections with other minds in unison with our own, just as in wireless telegraphy communication is established between stations only when the instruments are harmonized and in perfect adjustment.

With most people thinking is a mechanical process without vitality or force and the radio-momentum created is so feeble that the vibrations do not carry. When thought is sent out with force and energy it becomes an active agent and flashes through the ether like an arrow to its mark. Truly "thoughts are things'' and we should be very careful how we use them for through the invisible medium of mind we are forever transmitting messages and influencing the minds of ourselves and others. With a knowledge of thought power developed we, too, can send forth our messages of encouragement and help in response to the "C. Q. D." call of some soul in distress.

The absent treatment of the mental healers of today is the human radio-tel-

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egraphy in operation. The healer raising his vital force to a high potential sends forth powerful vibrations for health and strength which are received by the patient and conveyed through the nerve system to the blood, the coherer, and thence to the mind where it is retransmitted and sent to the physical organism restoring a normal and healthful condition.

The construction of the human body is the work of a great intelligence and the mind is its governing power. It is the seat of sensation and action and the body is its obedient servant. Now, let us imagine this human radio-telegraphy in operation and flashing forth its messages from the pineal gland, taken up by the peripheral nerve system, and transmitted through the blood, the coherer, back to the mind. Thus mind reacting upon itself produces definite physical conditions and the necessity for right thinking is obvious. It is possible for one to become so self-centered and mentally localized through selfish motives and desires as to reach a condition known in electrical science as "short circuited." When a person reaches this condition through anger, fear or kindred emotions he consume his own energy and induces a counter current which acts injuriously upon his vital forces.

When a mind is properly organized and judiciously operated it will send messages of health and strength to every part of the body.

If some particular organ becomes effected by disease, the mental energy may be applied to that part with greater force to bring it under the curative powers of the mind. It is also true that others can be brought under the infuence of a well trained and disciplined mind and that many diseases arising from a disordered nerve system can be brought under control and cured by suggestion conveyed through the me dium of human radio-telegraphy. Is not logical that many so-called visions, telepathy, hypnotism and other psychie phenomena are controlled by this law and may be accounted for by these theories?

NOTE:

Note:-*Physiologists and text books give no reason for the existence of the pineal gland. Its function is unknown to them.

The Oriental Religions and What They Can Teach Us.

By SWAMI VYAVANANDA.

IV.

MODERN SCIENCE AND BRAHMINISM.

Few people realize the vast difference, the absolute difference between the mental attitudes and habits of Eastern and Western students. Few scholars in the Western world remember that we of the East are racially older by many, many thousand years than the nations of Europe—that the phase of civilization through which those nations are now passing is one that the Hindus, the Chinese and the Japanese outgrew many thousands of years ago.

TWO METHODS OF STUDYING PHENOMENA. In spite of all opposition, in spite of

ridicule and of questions, the answers to which cannot be put into the language of ordinary relativity, I venture to state that there are two ways of acquiring knowledge. One way (and that is the way of the West) is the objective —to study, examine, analize, dissect, classify, and so gain knowledge.

But there is another way, and that is the way of the Eastern scientists. Their method is to so refine and deepen their subjective faculties, their spiritual perceptions if you please, that they can cognize the truth direct from the great All Knowledge, which is Brahm, which is God.

TWO SOURCES OF KNOWLEDGE.

Between the two methods there can be no comparison—only contrast. The former, practiced by the younger races, European and American, leads to exquisite exactness of detail, but impairs—finally quite destroys—the power of broad, philosophic generalization. The method of the Oriental is to sink the personal consciousness in the great Universal Mind, the "cosmic consciousness," which some of your own more advanced students accept as a hypothesis.

One who can attain this state is become a mantra-drashta, a seer; he possesses jnani, pure wisdom. The mantra-drashta may not be at all an erudite or even an "educated" man in the scholastic sense. The condition in which he seeks to put himself is not a state of mind, but a state of spirit. So far from trying to perceive, to examine, to reason, the Eastern adept strives not to think-strives to hold thought in strict abeyance, while with all the power at his command he endeavors to immerse himself in the universal cosmic self, to achieve true yogiism, the "at-one-ment" with God so much dwelt upon by Hindu mystics and usually miscalled "a-tonement" by Western theologists.

INTUITION, NOT INTELLECT, THE TRUE GUIDE.

Putting it very crudely the Eastern student gains information not by a development of his reasoning faculty, but by a deepening and refining of his intuitions, of his feelings. The pundit, or yogi, or true vipra (a born and bred Brahmin) prides himself on his power to submerge thought, to supersede thought, by other and nobler psychic states, by submerging all mere personal consciousness in the cosmic consciousness, the great All Knowledge, Brahm, from which source he draws all wisdom, calmness and power.

THE FUTILITY OF SENSE PERCEPTION.

All this, I fear, must sound rather vague to a practical, educated master of sciences equipped with microscopic, test tube and other "instruments of precision," to the doctor of philosophy, installed in his psychological laboratory sedulously seeking to weigh and measure the soul.

But the simple fact is that intellect, even the finest that heredity and scholastic training can produce, is a very poor equipment for the purpose of acquiring knowledge. Knowledge acquired by intellectual effort is based upon sense perception. For it is through indrivas, the inner perceptions, and not through indrivana, the external sense organs, that we achieve jnana or pure wisdom.

THE SENSE PERCEPTIONS CAUSE MAYA (ILLUSION).

Now sense perception is a very peculiar, very unreliable thing. It is constantly deceiving us even in the most every day commonplace matters. Yet what is called "scientific research" is carried on entirely by means of instruments devised to add to the powers of the sense perceptions. The giant telescopes which bring the distant stars

within sight, the microscope that shows us an object of one twenty-thousandth of an inch in diameter-these are but extensions of normal vision. The bolometer of Prof. S. P. Langley, so delicate that it will register one millionth of a degree of the centigrade scale, that is to say the heat of a candle one and a half miles away-the bolometer is only an extension, an improvement upon the heat sense, the sense of touch. The microphone which makes the tread of a fly sound like the stamping of a pair of iron shod horses on a hard wood floor -that is only a help to the ear. Waves of light are measured in millionths of a millimeter-that is, about one twentyfive millionth of an inch-called microns. The distance between the planets is computed in "light years." that is to say the distance which light, traveling at the rate of 286,000 miles a second, would reach in a year. Some of the planets are millions of millions of "light years" apart.

PHYSICS HAS LED TO METAPHYSICS.

And after centuries of investigation along these lines the scientist of the West finds himself at the present time driven to conceptions that a few decades ago he would have scouted as untenable and absurd. His theories of the nature of what he calls matter, of cosmology in general, of biology, of the nature and cure of disease, of the constitution and powers of the human being—his theories, I say, on these and many other points have undergone most radical changes.

And it may be added that these changes of conviction are all of them merely repetitions of discoveries made many centuries ago by the Eastern seers.

THE MYSTERY OF MATTER (PRAKRITI).

Take for instance your present conception of the nature of matter. In the English college where I was introduced to the Western ideas of physics and chemistry we were told that matter was composed of molecules and atoms; that a molecule was the smallest particle of any substance which would retain the characteristics of that substance. If we divided the molecule further we should find it made up of atoms which were the smallest conceivable particles of matter.

For instance a molecule of sulphuric acid (H2 S O4) was composed of two atoms of hydrogen, one atom of sulphur and four atoms of oxygen. We could divide the molecule (theoretically) into atoms; but the atom we could not divide. Even as a very young man I smiled at this; for the Hindu physicists recognize, and have known for many centuries, that all matter (prakriti) is merely a modification or condensation of akaza (ether), just as water is of ice—that akaza itself is simply a concentration of prana, even as prana is a gross concentrated form of manasa.

LATE RESEARCHES LEAD TO "IDEALISM."

But nowadays the physicists of the West, led by Lodge, Ramsay, Lockyer Crookes and Lord Kelvin have determined conclusively that the atom is not the ultimate form of matter, but is itself composed of smaller particles called ions or corpuscles. This is a most tremendous advance made possible by the earlier achievements of Prout, Mendeljeff, Draper, Newlands and other accidental students of the last century.

A LIVING LUMINIFEROUS ETHER.

In the physics of the Brahmins there is known to be an universal, immaterial, elastic, frictionless fluid filling all space and permeating all matter. This fluid is the akaza, which corresponds in certain respects to your luminiferous ether. But the Brahmical conception of akaza is that it is a sentient, living, conscious thing—that in fact it is a form, an objectification of Brahm—that it is Brahm

in the last stage but one of revealing himself in matter. The next and final stage of the cosmic incarnation of Brahm is matter; which the Hindu scientists teach is merely the condensation or crystallization of akaza into a cruder form, as water becomes ice. Furthermore Eastern physics recognize no "elements" as such, claiming that all differentiation of matter is due to different rates of vibration and to different combinations of the ultimate particles of akaza.

THE WESTERN SCIENTISTS FOLLOW THE EASTERN.

Modern conceptions among scientists of the Western world are almost without exception paraphrases of Brahminical doctrines. Newton wrote of "a spiritual substance." Haeckel says: "We are as sure of the existence of ether as we are of the existence of matter." Calthorp says: "Matter is a mode of motion of spirit. * * * All things, thoughts, beings, worlds, are modes of motion of spirit." From Tesla we have: "Nature has stored up in the universe an infinite amount of energy. The eternal recipient and transmitter of this energy is the ether." Another American scientist commenting on this statement remarks: "Call this energy God's mind, and the ether God's body; and we have the secret of eternal life and of the process of cosmic evolution. * * * God in the ether is no more strange than a soul in the body. * * * Gravitation, attraction, and all energy and mind are gaolities of the ether." "God has nothing but His Own perfect Self to make worlds (and all that they contain) out of."

The "Ether" is the Body of Brahm. To make one more quotation, Sir Oliver Lodge, of the University College, Liverpool, says: "I have now endeavored to introduce to you the simplest conception of the material universe which has yet occurred to manthe conception, that is, of one universal substance, perfectly homogeneous and continuous and simple of structure, extending to the furthest limits of space of which we have any knowledge. existing equally everywhere; some portions either at rest or in simple irrotational motion transmitting the undulations which we call light; other portions in rotational motion,-in vortices, that is,-and differentiated permanently from the rest of the medium by reason of this motion. These whirling portions constitute what we call matter; their motion gives them rigidity, and of them our bodies and all other material bodies with which we are acquainted are built up. One continuous substance filling all space; which can vibrate as light, which can be sheared into positive and negative electricity, which in whirls constitutes matter, and which transmits by continuity and not by impact every action and reaction of which matter is capable-this is the modern view of the ether and its functions."

IDENTITY OF MODERN PHYSICS AND BRAH-MINISM.

Now all this is pure Brahminism, or rather it is a conception of actual truth which the devoted and brilliantly equipped Western philosophers are finding out, even as the precursors of the older races found them out thousands of years ago.

It is interesting to note that the physicist who a few decades ago was ordinarily a most rabid materialist, often an atheist, has become a pure idealist, practically a pantheist and a monist—a Brahmin in all but the mere detail of terminology.

Such are some of the accepted theories of European and American physicists of

today, and no school of idealism from that of the early Vedic sage who chanted maritras to be released from maya, the illusion of matter, to those of William Blake and Bishop Berkeley—no idealism is more pure and logical than the absolute idealism of modern physicists of Europe and America.

But Hindu physics goes farther than this—much further. The Brahmin philosopher, as I have said, claims that the akaza, the uinversal fluid, has life and consciousness, that, in its varying elective combinations and movements, it is guided by a consciousness quite as actual, though less complex, than that of the human being. To the Hindu the akaza, the luminiferous ether, is Brahm, God, objectified, or rather Brahm about to be objectified.

A LIVING UNIVERSE.

Thus to the Brahmin life permeates all things. A rock, a piece of steel, a crystal, the planet itself-each of these is as truly alive, although not as completely alive, not as complexly alive, as man himself. Recent investigations of the eminent Von Schron, of Naples, have established the fact of living crystals. In this connection Dr. Von Schron has said: "My researches into the primary origin of crystals, into their vital and later mineral states, have convinced me that there is only one force acting upon matter in all its aspects, the force which we call life. I have been compelled to believe, from the way in which life force shapes the crystal and from all the attendant phenomena, that all the other forces, heat, light, chemical force, elec-

tricity, cohesion, are but different manifestations of life force."

BRAHMINISTIC AND WESTERN IDEAS OF MAN.

Lastly we may consider very briefly the modern scientific revolution in the West, regarding the nature and powers of man himself. The Brahmins claim that the physical body (the sthula sarira), as well as the finer body (the Sukshma saira) together with other segments of the "physical" personalitythat all these are merely so many expressions of an ulterior entity, the jiva or soul, and that the soul in turn is a reflection of the real and eternal self (the Atman). Fifty years ago this doctrine would have been looked upon with contempt and ridicule, if not horror. Any serious inquiry into the question would have subjected the investigator to lifelong obloquy and disgrace.

THE SEARCH FOR THE SUPERMAN.

Today, however, many of the foremost scientific men of Europe and America are not only eagerly and in all humility investigating what they call the subliminal or superconscious powers and faculties, but with very few exceptions accept the general fact that man, as we ordinarily see him, is but a small portion of the real individual; and that that real individual possesses powers far beyond their ability to determine or even to imagine.

This last is without exception the greatest advance that Western science has yet achieved. It is the first step toward self realization; and self realization, self knowledge, is the keynote of all power, all mastery.

No tomb was ever made so strong that it could imprison a righteous cause.— William J. Bryan.

The Moral Value of Catastrophies.

THE LAW OF COMPENSATION—THINK OF THIS IN CONNECTION WITH THE PARIS FLOOD—EVERY SEEMING DISASTER "FACTORS IN THE MORAL EDU-CATION AND UPLIFT OF THE PEOPLE"—IN LOSS COMES REALIZATION OF THE SPLENDOR OF THE LOST AND AN APPRECIATION OF WHAT REMAINS.

By CORA LINN DANIELS.

It was voted by the press throughout the world that when the earthquake occurred on the ill fated island of Martinique, that many preachers asserted that the cause was "a judgment of God." The inhabitants were represented as being exceedingly loose in morals, and therefore, doubtless, deserved to be destroyed, in somewhat the same way as was the people of Sodom. When the earthquake and fire destroyed beautiful San Francisco, the voice of the preacher was a little more attuned to sympathy, but nevertheless, many such would have it, that such a thing would not have happened had not God seen a reason to annihilate the wicked of that unfortunate city.

Recently another earthquake of huge proportions and doing unspeakable damage; lives and property being but as tossed baubles in the grip of its power has occurred. Again, but a little more feebly, we have heard the voice of the preachers uttering the thought that "punishment" was the idea of Deity in ordering this terrible and farreaching calamity. A very few years have elapsed between the first and the last catastrophe, but a marked modification has been noted in the utterances of our religious leaders in references to the facts. Why is this? What has

either changed their ideas or caused them to keep silence about them? Have the results of these horrors been educative? Have their minds become impressed with other actions? Have their sympathies been put at opposite with their beliefs? Has the example of the laymen suggested some other meaning than wrath and jealousy and rancor in the mind of the Father? Moral disapproval is a kind of resentment and easily leads to retributive acts. Our retributive emotions are always reactions against pain and pleasure felt by ourselves. The man who has a certain belief in which he is loyal resents anything that disturbs that belief, and feels also, that God equally resents it. If he sees a community happy, progressive and evidently at ease with itself, he questions its right to be so, in large, for he knows that but a small proportion of the people agree with his ideas. If they do not agree, he resents it and naturally supposes his God resents it. Therefore, punishment. But such is not, seemingly, the idea of the world. We have come to a point in our moral advancement where we look with broader thought upon disorder. Let it be wholesale or retail, a community or an individual who suffers, we have grown to where we feel with him in-

stead of against him. We do not now exclaim, "Good! He got what he deserved!" We cry out, "Poor fellow, let us help him." War, fire, flood, earthquake, steamship wrecks, railroad wrecks have all been factors in the moral education and uplifting of the people. Suffering and death multiplied by thousands have recently been like a vivid picture, a moving picture, brought straight to our own hearts and homes, and the inevitable response has been to give, to do, to pray, to plan, to aid, to help, to be kind. Men have been awakened to sensibilities they did not know they possessed. Generosity has been forced from miser's pockets. Tears have dropped from dry-as-dust eyes. Energy and activity have leaped from the muscles of the lazy. Abnegation has been born in the selfish. Heroism has illumined the cowardly.

It is the great, the exceeding issues of life that draw forth the great and fundamental virtues and make prominent to our eyes and ears, and voice loudly within our souls the value of real goodness. An enthusiasm for humanity usually dull and apparently unvitalized by a breath of genuine altruism, glows like a furnace when Nature in one of her beneficent mccds, takes to her bosom the thousand living beings whose "sudden taking off" appalls the nations.

I say beneficent, because the laws of Nature are founded in God, the Creator, and they cannot go wrongly. The individual may momentarily suffer. The earth and its millions must inevitably gain. Any event however startling, which arouses a world-wide sympathy of thought and action is a lesson of untold result in character building.

Far from being the outcome of Divine wrath, then, these accidents of the history of existence are really the basis of a general spiritual advancement. Disinterestedness, impartiality, the feeling of solidarity with the race, the excision of the prejudice against aliens, the brotherhood of man, the arising of conservative judgment of things and events in the mind, the opening of the floodgates of human sympathy in millions of hearts, are worth the martyrdom of the dead, and is the value of the lost to the living. Not in anger comes the Reaper who cuts down thousands of the happy and full of life with a single stroke of his reaping hook. The harvest to them is from the Lord-the harvest to the world is a step up higher.

Our True Being.

By F. MILTON WILLIS.

How fortunate we are, when, by the study of spiritual things and the living of the spiritual life, we come to such a knowledge of ourselves that in the midst of our rags and tatters of the commonplace, of passion and of pain, of prayer and of penitence, of joy and of woe, of laughter and of tears, of evil, of sin, of despair, we can rise and proclaim that behind it all, clothed in calm majesty, sits the true being, the true reality, of each of us—original, vast, immortal and free!

Do You Want This?

A PROPOSED POSTAGE INCREASE—A MEASURE WHICH WILL AFFECT YOUR PURSE—THE CAUSE FOR SECOND-CLASS POSTAGE—THE REAL REASON FOR A POSTAL DEFICIT—SOME SOUND ARGUMENTS—WHAT *YOU* CAN DO.

By WILLIAM E. TOWNE.

Do you want to be compelled to pay from 50 to 100% more for all your magazines and monthly publications?

If not, read this article *carefully* to the end and then *act today*.

At the present time a congressional committee is considering the advisability of increasing enormously the postage rate paid by magazines.

Years ago Congress wisely established a postage rate upon publications of le per pound, in order to encourage the wide dissemination of useful knowledge among the people. It was never expected that this rate would yield a direct profit, but it was considered a wise and beneficial measure for the whole people. It was a measure for the good of all the people.

Former Postmaster-General Smith said in one of his reports: "The policy of Congress in establishing a low rate for the Public Press is not a matter of favor, but of approved judgment; it is not for the publishers, but for the people; it is not a subsidy to publishers, but a sound and judicious policy, with the express purpose of aiding the distribution by recognized means and agencies of public information."

And ex-Postmaster-General Meyer said in his 1908 report, "The benefit of the cheap rate of postage is passed on to the subscriber in a lower subscription price than would otherwise be possible." seite bedenad seie.

Of late years there has been a loss each year in the Post Office Department, which has been largely credited (unjustly I believe) to the low postage rate upon magazines.

In the first place, the government has never been able to get more than a vague estimate of the cost of transporting second-class matter, so that it is hard to say just what the direct loss upon the transportation of this matter may be.

In the second place, admitting that the Post Office Department does directly lose a large amount each year in transporting magazines from publishers to subscribers, this deficit is more than offset by the large amount of first and third-class matter (letters, postals, circulars, books) created by the magazines.

Upon this first and third-class matter the government makes a profit. Just think of the vast number of letters which pass between the advertisers in a single issue of one of the large magazines and their customers. Think of the large number of circulars and circular letters sent out, upon all of which the government makes a profit.

In 1907 the discussion of the postage, rate on magazines assumed such proportions that a special Postal Commission was appointed by Congress to thoroughly investigate existing conditions and report whether or not it would be wise to change the rate.

This Commission, after a thorough, searching investigation, reported as follows: "It is impossible to escape the conviction that while the individual copy service costs greatly more than the revenue received, the bulk transportation service (mostly second-class matter) probably within the radius of average newspaper circulation, and possibly within the range of average periodical circulation, is one for which the charge of one cent per pound is approximately adequate compensation. *

* * The testimony before this Commission incontestably establishes the proposition that within a definite radius second-class matter, separated and consigned in packages of medium size to one address (as most periodicals are) can be transported with apparent profit at the rate of one cent a pound."

Of course this Commission reported against any raise in the second-class postage rates.

Canada transports magazines at the rate of one-half cent per pound just half of what we pay. England is planning to transport them at one-fourth of a cent a pound.

Many figures have been advanced to show that our government pays a very excessive price to the railroads for the transportation of mail matter. Many able authorities claim that if a reasonable transportation rate were paid to the railroads, the postal deficit would be wiped out.

A Parcels Post once established could also be made to more than wipe out the deficit. If the highest rate on magazines which has been suggested should be put into effect, it would double the price of large, heavy Magazines, like Munsey's which are now selling at as low a price as ten cents per copy. Munsey's now sells at \$1.00 per year. If the highest rate of postage considered were to be put into effect, it would cost the publishers of Munsey's for postage about ninety-six cents more per year on each subscription than it now costs them.

Of course the publishers would have to pass this enormous increase in price on to the reader—*on to you.*

What can be done?

Write now to your own Congressman and to Hon. J. W. Weeks, Chairman House Committee on Post Offices and Post Roads, Washington, D. C., and protest against any change in the second-class postage rate.



By WILLIAM E. TOWNE.

* * * Do you want to know a millionaire's secret of success? Stay at home evenings and work six days in the week. It is to this sort of temperate living that Henry M. Flagler, the Standard Oil multi-millionaire, now eighty years old, ascribes his success and his health. Mr. Flagler spent only two evenings away from home during seventeen years.

* * There was also one peculiar faculty in Flagler's makeup which enabled him to be a doer of great works: this was the power to see a thing in its completeness. In an interesting interview published in February *Everybody's* occurs this dialogue in regard to Flagler's Florida railroad:

"Did you actually vision to yourself the whole thing? I mean did you, or could you, really close your eyes and see the tracks? And the trains running? And hear the whistles blowing? Did you go as far as that?"

"Yes."

"How clearly?"

* * It is the same faculty, the imaginative, creative faculty, which enables the inventor to see a machine in all its parts complete before it even begins to assume external form. It is this trained use of the creative power which distinguishes the man or woman who is original and successful from the dabbler and the dawdler. The man of unusual success has the faith to follow his vision.

* * * From New York to Chicago in twenty hours! How does that strike you? That is the estimated time of mono-rail trains, which are now becoming very close to a practical possibility. The first full-sized car, with forty people aboard, has been launched, and speeded on its quarter mile of single track. Two heavy gyroscope wheels, one on either side of the car, revolving in a vacuum at incredible speed, give equilibrium to the strange car and compel it to keep upright on its single rail. Its movement is described as "serene and equable," like "a ship moving across a dock." The gyroscopic principle is also to be applied to ocean steamships, and by its aid it is expected that vessels will be kept perfectly level in the midst of the severest storms.

* * * Hair wasn't considered holy in old Egypt. ,Or possibly it was looked upon in the light of a harborer of bugs, (microbes had not then been invented). The reason I say this is because I was reading the other day that the old Egyptian priests used to shave themselves *all over* every other day. If any man had been bright enough to invent a Gillette Safety in those days, he could have become a bloated bondholder in three months' time.

* * * Have you noticed the eager, hungry, yearning manner in which Secretary of the Interior Ballinger is pursuing a conservation policy these days? Such excessive zeal (if I may be allowed a mixed metaphor) listens almost too good to be true.

* * The Christian Science Monitor, the Boston daily published by the Christian Scientists, is engaged in a very practical and out-of-the-ordinary plan for helping the unemployed. The *Monitor* prints in every issue two large pages of want ads, absolutely without money and without price. Anybody who needs a cook, chambermaid, stenographer or janitor is welcome to use this department. The only condition is that the copy must be written upon a blank form printed in each number of the *Monitor*.

* * What is success but a series of steps? The next step is always right before you. You can always take it now. Perhaps it is to plan. Perhaps it is to act. But whatever your environment, whatever your condition, the step is waiting for you. Use will and wisdom and you can elimb.

* * * Only a few weeks ago I read of a French Canadian here in Massachusetts who lost one arm and the hand from the other arm some thirty or forty years ago, while still a young man. His business was teaming and lumbering. Did he give up hope in the face of this awful handicap? Not by a jugful. He continued to drive a team, made contracts to clear large tim-

ber lots, loaded logs, bought a small farm and each year raised and harvested garden stuff and a good sized field of potatoes, doing the work himself. He brought up, supported and educated a good sized family. He is now an old man, but still hale and hearty and selfsupporting. I guess it isn't opportunity that we lack.

* Is it desirable to get rid of competition? I do not think so. It is advisable to make the rules of the game as fair as possible. But to eliminate competition entirely would mean simply stagnation and death. Life itself is based upon competition. The fittest survive. Without competition there would be none strong enough to be fit. You know what becomes of the kid who is brought up by a French governess instead of being allowed to grow up with other boys. You know how much he is "up against it" when he finally goes out into the world, possibly to school, and first strikes grit. If competition hadn't been stifled for him during the first tender years of his life he would have been able to go out and meet other boys upon equal terms. As it is, his muscles and his courage and his will are probably abnormal and flabby. Collective ownership as a principle may become widely practical in time, but it will never be successfully used to stifle individual competition because that would be contrary to natural law.

Real success is often achieved after many failures; an active man builds success upon a foundation of failure.

-- Russel Sage.



Friends, the Wind Blows toward the new heaven on earth! We are all waifting 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 Chean Winds Blow, sending us any items they may think suitable for this column of very brief mention.—E. T.

Germany has begun a crusade against the corset. The leaders of the movement have secured the opinions of queens and princesses. "Carmen Sylva," Queen of Roumania, Queen Helena of Italy, the German crown princess, the grand duchess of Hesse and of Baden are among those who do not wear corsets themselves, and who advise others not to wear them. It is said that at the most aristocratic social gatherings in Berlin the majority of the women present are without corsets.— Youth's Companion.

The popularity of what is called "practical" education has had a recent striking testimonial from Missouri. A farmer sent his son to the state agricultural college. The boy's letters so interested and excited his father that the old gentleman himself moved to the college town, entered two years later than his son, and caught up with and passed him in his studies. One of the pleasantest parts of the story is the fact that the father took and enjoyed the gymnasium work, was elected to one of the fraternities, and altogether was one of the most popular "boys" in college.—Youth's Companion.

Something has happened to cause a marked decrease in the medical use of drugs. At the 11th annual conference of the American Hospital Association in Washington last week it was stated by an authority on the subject "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. He showed that the cost of drugs in the Buffalo general hospital alsohad shown a marked decrease for the past year." Doubtless similar statistics could be obtained from nearly all the hospitals in the country that are twenty years old.—*Springfield Republican.*

Out in New York state they have adopted a plan that ought to work well. The public school teachers are required to attend a district convention which lasts a week at which they are instructed by the highest educational authorities in the land. The week of the convention is always the week before the opening of the schools for the fall term and the teachers start their work for the year with a fresh

supply of ideas. Teaching is not a static profession, any more than law or medicine. The children of today are not the children of a century or fifty or even ten years ago. Some day this problem will be solved, but at present the teaching methods are always a few years behind the times.—*Holyoke Transcript*.

A modest Hartford despatch says that, unless the unexpected happens, Connecticut will have upon its statute books, after the sitting of the present Legislature, a law which has for its object limitation, with the hope of approxi-mate elimination, of degenerates, epileptics and other feeble-minded persons in the state. The state of Washington is making an attempt of this sort with a marriage law which requires a physician's certificate of good health before a marriage license can be issued, and also arbitrarily forbids marriage short of advanced age on the part of persons who have been confined for insanity. If this is deemed radical, what shall be said of the pending Connecticut law, entitled "an act concerning operation for the prevention of procreation?" Connecticut the prevention of procreation? Connecticut seems bent on an experiment only venturesome scientists are so far identified with as advocates.-Boston Post.

The most precious heritage of a nation is its children. This truth is scarcely yet fully realized. One of the greatest dangers to the health and patriotic life of a country has been the exploitation of our helpless children. Children are the wards of the nation, the responsibility of which can not and must not be shifted. The century past was noted for many remarkable discoveries, but none was greater than that of the great economic and social power of woman. Our present century will be noted for much greater and more significant advance, the importance of the discovery of child nurture, the value of childhood. The science of raising and training children has only just begun to appeal to the great mass of the people as a serious proposition. When the young heads, hearts and minds are trained in an intelligent, scientific and humane course the era of the industrial slaughter of the innocents will have been obliterated, and they will in their innocence be preserved, cultivated and developed to their fullest mental, moral and social welfare .- President Samuel Gompers in his annual report.

Physical training has been placed on the same basis as other branches of education in the schools of New York city. Pupils are to be graded for their physical training work, their progress or lack of progress counting in the credits necessary to graduation. This innovation has just been introduced by an order issued by City Superintendent William H. Maxwell, upon the authority of the Board of Education. In estimating the ratings for graduation, the order says, the following points are to be considered: First—The effort and the success of the student to follow out the instructions in hygiene, particularly with regard to cleanliness of face, finger nails, mouth, teeth, hair and clothing. Second— Both the ability to assume a correct posture and the habitual posture. particularly when the student is writing or at rest, and the posture when marching, walking or standing, or reciting because good posture is an expression of vigor as well as an evidence of correct physical habit. The ability of boys to "chin" themselves by raising their weight by their biceps and the facility of the girls in folk dances also are to count. Ability in these dances is to be determined under three heads: Memory, form and spirit. A child who fails to receive a passing mark in physical training and hygiene will be referred to a school physician for examination and a special report on the case will be made to the district superintendent. Similar standards are to determine the progress of the student from grade to grade.—Holyoke Transcript.

I am so constantly helped mentally, spiritually and physically by the NAUTILUS that I would find life a very empty proposition without it.—MRS. E. J. GRAHAM, New Orleans, La.

Plant a Tree.

By IRVING SIDNEY DIX.

The Past unto the Present cries— Arise, ye more than blind, arise! For I who fell the forest low Would now a future forest grow, But what is done I cannot mend, So unto you a message send— Much did I do for you; for me, Plant a tree.

Plant a tree.

The Present, waking from its sleep, Across the hills began to creep, And saw where Past had fallen far A noble forest, with its scar On many a wounded mountainside That from the elements would hide, And answered: Past, I will for thee

Plant a tree, A forest tree.

The feeling Future, yet unborn Heard Present echoing her horn, And stirring somewhat in Life's cell Did try her dearest wish to tell, Whispering in an undertone: I—I shall reap as ye have sown, O heed the Past, and—thanks to thee— Plant a tree,

Plant a tree. —From Christian Advocate.

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 sur mount, 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.

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 an-nounced in number following publication of their letters. —EDITORS.

Success Letter No. 233.

One endures contraction, A wet-blanket throw: For the sake of reaction, And the promised glow.

The chap that is equal To an ice cold dip. Possesses sap and sequel To "stiff upper lip."

-NODA E. HULINGS-SIEGEL.

Success Letter No. 234.

Make your life a source of joy to others. Send forth the white-winged thoughts as messengers of hope and blessing. Bar no mortal from them; nor think to reserve them for the few. Spread your pinions, and make yourself a harbinger of light to every soul you contact with.

"Joy to the world the Lord is come."

What is this wondrous name? Infinite intelligence caught up by waiting souls, and carried to those at the very outer portals .- SEELEY.

Success Letter No. 235.

Success cannot be measured for any two alike, and it often seems to us to be what the other fellow has. 'Tis well to experience the possession of all the things we imagine give us success, then we know the emptiness of each one, till we run the gamut of all material things. Thus we are brought face to face with the spiritual and in learning to know

God we reach the only lasting success that can be attained in this world. I have found that it doesn't pay to paw the air and try to fly to the mountain top. Better build a foundation to stand on by doing the little things at hand. despising nothing, even to keeping your rooms orderly, your waist line straight, pressing and cleaning old clothes. For neatness and cleanliness look like prosperity and make you feel successful. For success is experienced and grows by doing the best you know how at any work you need or that needs you .- PEGGIE of San Francisco.

Success Letter No. 236.

Success is won by one's own efforts in doing good. I am going to climb over the wall of circumstances to success. I will not sit around while the other fellow builds my ladder. Instead I will chop my way through, for you know, if you climb over the ladder and leave it behind for the next one to climb over, you'll have to jump down on the other side. In jumping you may get-crippled so bad you'll think yourself a failure, so it's best to chop your way through. Each blow will be another attempt at success.

If you happen to be lean don't make a hole only large enough for yourself to crawl through, but make one large enough for others.

The Nautilus guides us to the hole that was chopped for our benefit. It would be a failure not to let everyone know how easy it is to succeed or that he or she has within themselves ALL .- FRANK GRAALFS CISON, LOS Angeles, Cal.

Success Letter No. 237.

When I married I had a bugbear to live with in the shape of a mother-in-law. She was the kind you read of, short of temper, speech, etc. I was young and inexperienced, consequently we both made miserable as good a man as ever breathed the breath of life. We agreed on one point only-love of the children.

When first new thought was brought to my attention, I began some serious thinking. Could it be possible that the traits of character

which appeared so terrible to me in her could be but a reflection of my own disposition? Taking a mental survey of myself, I discovered three of her worst traits pretty well developed in myself.

Now, two years later, I am living in peace with my mother-in-law, who was to me such a bugbear, before I knew myself. She is still hasty in speech and temper but these things worry me not. I never see them, as I have conquered them in myself. "All is Good, there is no evil," never fails me at any crisis.

Isn't that success?-L. N., Unvalde, Texas.

Success Letter No. 238.

Success along the avenues of life must be measured by the mentality of man. Let your mind be so fixed and your concentration so strong, on your distant goal, that all the storms of this material world will not make a ruffle on your sea of life. There is no failure; failure is a breaking down of faith, and also harboring one of the greatest demons of the age, which is fear. When you harbor fear you lose your courage : when you lose your courage you open up the doors of your mind and let in all the outside destructive influences that wreck your dynamo of power, and then you fail, and great is your failure, courage and energy lost. We, as a thinking people, in the present age of new thought, by our knowledge of concentration are able to sweep fear into the oblivion of the world. Why not do it?

Friends, go with me if you will, in mind's fancy, to a picturesque valley, where all nature in her beauty shows the handiwork of God; drink in her beauty for a moment, then look on yonder hill; an artist sits and paints a picture that appeals to the hearts of men who are the lovers of nature. Why? Because he opens up his heart and soul to the beauties of nature and her God and lo, success lies at his feet. I care not in what vocation in life you may be engaged; if you be a banker or a farm hand, if you be a bookkeeper or a servant girl, if you open up your heart to the divine in-flow of the great spirit, the God of worlds of the past, of worlds now, and worlds to be, there will be a peace that passeth all understanding, a peace that reigneth supreme. -PROF. KOONTZ, Fort Dodge, Iowa.

Success Letter No. 239.

"It's all in the thinking." It is a goal at which all aim in one form or another to spell out their "initial success." In the general acceptation of the term it is ' the monetary value which is considered representative of "success or failure."

CHERTON STREET

In reality money only serves as the "reward of merit," for the things well done. Admittedly to many that is the only success which counts; their every nerve and muscle is strained to the point of snapping in the endeavor to amass large sums of money and to hoard it as a priceless god. But to most of us it only serves as a means to an end. We must possess a certain amount of the current coin of the realm in order to maintain ourselves and subsist.

The success which we crave, however, is something higher, there are heights of *knowledge* to which we would rise, some long pent up *desire* the achievement of which would shed a "halo" around us, bringing us a happiness which knows nothing in common with material success.

To have accomplished the favorable termination of anything attempted, whatsoever that thing may be, is to have reached the happy "goal of success." "Mind triumphs over matter;" out of the heart are the issues of life; the desires of these twin masters of our being, if fulfilled, give to us a far greater satisfaction than the mere hoarding of dollars. In other words "success" means to "make good" in whatsoever we have undertaken, to the supreme satisfaction of our own minds and hearts and the winning of applause from our neighbor.

We must possess certain qualities and *keep* in possession of them in order to succeed in any undertaking. "Be sure you are right, then go ahead," *keep on* going ahead, lest looking backward you are turned into "a pillar of salt." You will have many hurdles to surmount, but with a stick-to-it-iveness born of desire, communion with the inner source of your being, gathering strength for the battle, step by step, in the onward march, you will attain the success if it be rightly divined.

To have lived so that at the end of "life's pilgrimage" you can feel satisfied with yourself, knowing that you have held before your mind's eye the magical mirror of truth, endeavoring to fulfill that which has been of value to humankind; in the discharge of duties well performed, ennobling and enriching our own lives and the lives of those we come in contact with, is to have attained the true measure of success.—ELIZABETH RANSOM, Chicago.

THE PRIZE WINNERS

56

Mrs. Annie Rodd, Charlottetown, wins the February prize. Her letter, No. 228, in that issue, is awarded the two subscriptions, which are at her disposal. No. 226 was a close second.

Luella D. Smith, Hudson, N. Y., was awarded the prize of \$5.00 for the most helpful success letter printed during the six months, August, 1909, to January, 1910, inclusive. Her letter, No. 210, was printed in our October issue. Her acknowledgment of the prize is interesting. Here it is: "I was very much surprised and greatly pleased by the prize of five dollars for my success letter. May the omen be auspicious for us all! It is easier to write success than to live it; but I think from your magazine of growth and cheer you are living it; and helping the world to be happier and, therefore, better. I did not know you gave the additional six months' prize, and was, therefore, doubly surprised. Hence, heartily I send you double thanks."—Luella D. Smith, Hudson, N. Y.

Again we say be patient if your letter does not appear promptly. And if you do not win a prize you are compensated by the training you got in writing the letter.

For World Peace.

- We, the Rising Generation, 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, History, Live Languages, Sociology, Human Nature and Universal Brotherhood.
- We want the students selected by all-around merit from the graduates of Public High Schools and Industrial High Schools of all states.
- We want this post-graduate year of travel given at the expense of the nation, the students co-operating systematically in all the work done aboard ship.

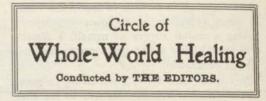
We believe in these things.

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.



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.

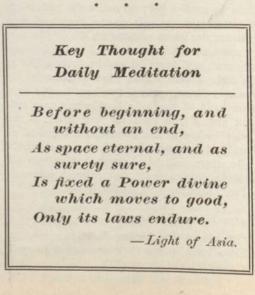
Will you join all the readers and the editors of *The Nautilus* in daily periods of Whole World Healing? No membership, fees or special duties, no joining of anything but a spiritual movement. The entire visible sign and direction of this Circle of Healing appears in this column, in each number of *The 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.





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!

Frau K. K.—Thank you for your delightful letter, and the good will. I wish we could have a German edition of *Nautilus*, but I think it is out of the question for the present. The clipping you sent is very tantalizing—I cannot read German! But I thank you just the same. Here's health, happiness and success to you and your German friends.

F. C. R .- You sent me last October a clipping from some paper in which it was said that some priest had stated that Halley's comet would destroy the earth this winter, and that Jesus had predicted this as the time when the earth would be destroyed by fire. Well, I suppose you have discovered that the winter is past, and the world is still rolling on. This is about the six thousand nine hundred and ninety-eighth time that somebody has set the exact date when the earth is to be destroyed by What of it? Suppose you quit worrying and live so that you won't care whether the world comes to an end tomorrow or seven hundred thousand years from tomorrow. If you get right with yourself, do your loving best every day, and trust in the one power that has brought the world thus far on its journey, I don't see how you can do much fretting about the time when the world is to come to an end-if it ever does.

S. E. N.—You "desire something more than anything else on earth, but somebody else must be influenced in the matter." And you want to know how to do it. In other words you want to know how to do the "Malicious Animal Magnetism Act!"—how to influence someone to do something which you are pretty well convinced he would *not* do if left to decide the matter for himself. Is that it? And evidently you don't care whether it is "best" for you or for the other person!—you just want something right or wrong, and you want me to tell you how to get it! Is that it? Well, dearie, I cannot. I do not know how to get things right or wrong, and I never saw anybody who did that didn't get into the penitentiary, or some worse place, as a result. If I were in your place, I would treat myself something like this: I want the society of that person if it is best for us both. I want freedom of choice, and truth, and wisdom for all persons concerned. I am peace, and I speak peace. I am love, and I love, exacting nothing in return. If I were in your place I would affirm freedom and love and wisdom to all parties, including yourself; and I would be still and trust the one spirit, no matter what happens. I would affirm that all things work for good, and I would stick to it through thick and thin.

E. V. M.—Are you *sure* that your little streak of gray hair could not be so arranged as to be becoming to you? I have seen young girls with a lock of white hair which was disposed very artistically, and really added to their attractiveness. A great deal depends on the position of the lock. One girl I knew years ago had a lock right in the front of her hair, and she made it wind in and out with her coil, like a white ribbon. I never heard anyone speak of that lock of white hair as being unattractive. You live in New York city -suppose you go with your mother to the very finest hair dresser you can get track of, and state the case frankly, and ask her if she thinks it would be impossible to so dispose of that lock as to make it becoming to you. I think from what you say that it could be very easily done. But if not, then I see no reason in the world why you should not get some kind of walnut stain dye, and dye the lock. I know nothing about the patent dyes of this sort, but I have heard that walnut stain will dye the hair, and it is certainly a harmless preparation. I think a good many of the hair dyes contain it. Possibly a druggist could give you some reliable information on the subject. I have heard that the walnut stain is put on to make various shades of brown, according to how often it is used. Don't be ashamed of your white lock! Make it a distinctive and artistic feature of your hair dressing, if you can. If you cannot, use some kind of stain and plenty of philosophy!

E. L. W.—I am afraid this answer will come too late to do you any immediate good, but I am going to answer anyway. Why did your sister jump at the conclusion that the man who

discharged her told a lie about his reason for doing it? I do not believe that her age had anything whatever to do with it, nor that the man "preferred to surround himself with young girls." Employers are always after good workers, and they do not care anything about the age. But it is a fact that a great many elderly people are not eligible to employment because they have grown old and cranky and back number, and are very set in their ways. It is possible that your sister is of this kind. Do not let her fool herself nor you! She may have made trouble with the girls because she was set in her way, or wanted to be treated differently. At any rate the cure for such trouble is to become young again in one's mind. If I were to go in anywhere to work alongside of young girls I would try to think of myself as a young girl just beginning life, and I would get interested in learning to do the work just as well as anybody there could do it, and I would be only too eager to get pointers from any little snip of a girl around me! And I will venture to say that I would not be refused a position on account of my age, nor would I be turned out of a position on account of my age. It is the mind of youth that people are after in employes, not the bodily representation of it-the mind that is ready to learn, and ready to do, and ready to be equal with anybody who touches them, and "superior" to nobody. I once had a woman of fifty odd in my office. She was to begin at the bottom and learn the business. Leila was to teach her. I used to notice these two when Leila would call her attention to a mistake made. The woman wore glasses, and instead of looking at her mistake, she would tilt her head back and look Leila up and down through her glasses as if Leila were some strange freak. Apparently her mind was not on the work, but on Leila. One day she explained to me in confidence how it made her feel when Leila "called her down." She said while Leila was talking to her that she could not pay much attention to what Leila was saying, because she was looking her up and down and wondering what kind of a world this is anyway, when a woman of her age and her culture had to be called down by a little snip of a girl like that ! You see, her mind was on her feelings and her point of view, and it was no wonder that she was the hardest person to teach that ever came into this office-and knew the least about practical work. Preaching theories had been her life work, and never had she done a bit of practical work of any She entirely missed the spirit of youth, sort. which is the spirit that learns and does. I hope you and your sister have both caught on to the spirit of youth and made up your minds to pay no attention to feelings, but to go in to win and stick to it. To adjust yourself to conditions is the key to finding a place and doing your work well. I am very sorry for your sister, and for you. But at the same time I want to shake you both good !-- and wake you up to the power which is in yourselves. Do not lay the blame on other people! Be young in heart, and go in to win and stick to it.

Little Visits

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

A Gift of Love from Cuba:-

Being a New Thoughter is so compelling that one must bubble forth in some manner. And while the bluejay may not sing as sweet a song as the mocking bird; sing he must as best he can. Therefore here is a song. I hope if it is a bluejay's cry it will awaken an echo in some heart. I heard a jay call away down here in Cuba and it made me long for home in the good U. S. A., and so, lest I lose the chance to add a note to the great world-song of new thought, I send the following—just a little love gift to the splendid *Nautilus*:

THE GARDEN.

I know where a garden is, cool and green; There, joy bubbles up from a laughter stream, Flowing down from a spring of happiness gay. Come! sad old world, to that garden to play. —It is free! for thee.

The trees in the garden are oaks of love, And the flowers are deeds gentle as doves. The sunshine is formed all of thoughts divine, The air is fresh with freedom, like old wine. —It is thine! and mine.

-Harriette I. Lockwood, Naval Station, Guantanamo Bay, Cuba.

Harriette Lockwood, the dear lady who wrote the above refreshing verses and the letter, is the wife of Sergt. Major Lockwood of the Naval Station, Guantanamo Bay, Cuba. There came an interesting photo with the letter, showing the tents under the palm trees, and the Sergeant and Harriette enjoying each other, the dinner table in the distance! I wish you could see it, but there is not room. Top and bottom of her poem Harriette had sketched some beautiful wild flowers. You will find one of the sketches reproduced in this or the next number of *Nautilus*. Just enjoy it all with me, and send her yout blessing.— E. T.

Predictions and Prophecies:-

Would you allow a word or two from your own native land, to appear in the column of crisp sayings from everywhere? Your article on "Why some prophecies fail,"

Your article on "Why some prophecies fail," in the February, 1906, number of *Nautilus*, might be added, to with profit.

I believe there is less trouble with prophecies than there is with the definition of that term. Webster says to prophesy is to foretell with divine inspiration and guidance. To predict is a part of the definition of prophecy.

It was not a difficult matter to see why Mme. Thebes of Paris predicted Russian success in the war with Japan, when we reflect that the

greater part of Europe were in sympathy with Russia in the war. After the Portsmouth treaty a Chinese diplomat passed through this city and said the treaty between Russia and Japan was of short duration as Russia would absorb Japan, financially, in a short time. When the Consul General from the United States to Japan from Washington state was home on a visit during the war, he said only two journals in the United States reported the war truthfully.

It can be seen why it is so easy to speak disrespectfully of Russia in the United States. No one predicted that the Japanese Minister would take his own life, or attempt to do so after the treaty was over with Russia at Portsmouth. Why?

Would it not be a good plan to invite those who have the prophetic instinct to devote some time to this important matter in the columns of the *Nautilus*? Let them define the difference between predictions and prophecies.—F. W. PIERCE, Portland, Ore.

From a Friend in New Zealand:-

Away in New Zealand among the maoris and flax a sister joins hands and unites thoughts with the many beautiful ones from the Nautilus pages. My mind tonic (Nautilus) comes to me with strength and encouragement and gives me new hope to go on making something out of my life, to go on, on, on, till the last stroke is made, the last color dry. I like to lie in the moonlight or with the shining stars and think of my life as a picture, and, as the wonderful strength of new thought fills my life, so the colors become more harmonious, blended with a more skilled hand and the strokes in it firmer, and I trust as time goes on and more patience and knowledge is painted in, deeper tints and richer hues will come before my mental sight each night as I lie in the "silence" and view my day's work.

Sometimes I see smudges and know they must last forever and be an ugly place, and at other times can fill in, and color the blemishes with the next day's more careful work. Had I not the beautiful philosophy, my life would indeed be monotonous and I am afraid my picture all gray and black, but I am working hard for a definite end and though it has taken me ten years of steady holding to a purpose I begin to see the light and feel the result will be mine at last. Success to our *Nautilus*, the strong hand that reaches thousands of miles and makes us all one in thought and united good for all the dear ones, both in and out of new thought.—*A Sister in Maori Land*.

New Thought and W. C. T. U. Work:

Enclosed you will find my renewed subscription for the Nautilus. I send it very cheerfully because twelve months in the year you cheer me. This week one of my neighbors phoned me she was sick; to go to see her. I went at once and did what I could for her. I saw at once what she most needed and upon my return home I looked over my back numbers and found every one of the Nautiluses containing the story, "The Way Out." Next day I

went again and carried the books-with a prayer in my heart that the new thought she would find in the magazine might clean her house, her heart, her life, and give her husband and her boy a *home* in which the spirit of *nagging* was unknown. Then I also found two duplicate copies of the Nautilus. These I mailed to another friend whom I promised to help—but I did not do so because I am too selfish to break my year's volumes and I need them for reference. This is the value I place on the Nautilus. I carry the last volume with me on my trips and "breathe in" every word you write and breathe it out again in the right spirit as far as possible. I am enclosing you a copy of the report (with a few changes) handed to the executive board of the W. C. T. U., of Missouri, at the state convention this month, at which convention I was formally made state organizer and lecturer for the coming year. I wonder if you call this success! My ideals are so high I am doubtful if I ever can reach anything that looks like it. May I hope that you still remember me as one of your ardent adherents and admirers-ever longing for the perseverance you must have used to overcome difficulties.

So here then is my report:

On the 15th day of last September I left New York city for a visit to my sisters in the West. I arrived in St. Louis in time to accompany one of them—Mrs. May L. Woods, to. California, Mo., where the W. C. T. U. convention was held. There I was greeted by many of the noble women of the state in a manner which left no room to doubt all I had heard in regard to western hospitality. Their courtesy even extended to me the privilege of speaking under the auspices of their organization, without having been formally appointed in that capacity.

With this honor bestowed upon me, and followed by the best wishes and kindest words of the executive board, I came with my sister to her home in Mt. Vernon, Mo., where, for the most of my time I have been resting and enjoying life. I have however filled a number of engagements in the W. C. T. U. work, with the following results:

I have spent seventy-six days in the work. I have given sixty-eight evening lectures, held nineteen afternoon meetings, visited and spoke in twenty-five public schools, one college, one normal school, nine Sunday schools, held nine all day, institutes, made seventy-two calls, formed two unions, gained fifteen members, held four contests, distributed 3,000 pages of literature, traveled eight hundred miles by rail and one hundred miles by stage and carriage. I worked through a local option campaign in our own—Lawrence—county, and had the joy of seeing it "go dry."

As a result of the traveling I have done I have made many friends, and feel more at home than I did a year ago. Everywhere the natural beauty of the country has delighted me, and the study of the men and women (especially the latter) has been a constant source of interest. At the request of our corresponding secretary I have written a paper entitled, "The Women Who Toil," in which I have en-

deavored to express my heartfelt homage and admiration which their earnest lives deserve. I shall be glad to have you call upon me for a copy of this paper, since it voices my true sentimenets.

In my travels I have passed from homes of culture and refinement to the humblest of dwellings. I have been entertained in log cabins with plenty of ventilation between the logs. In others the walls have been lined with newspapers. The coldest day of last winter I rode twenty miles over the roughest of mud roads in a buggy. I took a stage ride of nine miles before sunrise without my breakfast-a lighted lantern beneath the robe for warmth. I have lectured in the finest churches in the West before doctors, lawyers, and ministers. I have also lectured in schoolhouses where the audience expectorated so freely that they could be heard above the village choir. I have made calls and had the lady of the house say to me: "I have no time to talk to you today. But I replied : "Madam, I am not a book agent,' whereupon, learning my business I have been invited in to dine. And when I have prepared in the finest of sunny weather for a trip, I have started out so regularly in the rain that I am convinced that Providence intends Missouri to be on the water wagon. I have had the glorious privilege of working through a local option campaign, and of knowing that I made votes for prohibition, and that before the prayers, the dinners and the votes on the 13th of last February, Lawrence county went drv.

Looking back over the past year I have much for which to be thankful. I came among these people a stranger and they took me in to their hearts, and gave me a welcome. In return I have done my best, and trust I may still have the opportunity of serving until "Missouri, too has gone dry."

With unending thanks for the inspiration you have been to me all these years and with earnest hopes that your best thoughts and desires may be fully realized, I am, sincerely your friend.—MRS. H. ANNA BRUNNER, Mt. Vernon, Mo.

(Yes, indeed, I remember Anna Brunner! You have sent me many an inspiring message, and I'm so glad you are with us and with the W. C. T. U. We rejoice in your success and in theirs. May it keep on growing happily.—E. T.)

Solar Plexus for Traveling Men:-

I am a traveling man, and meet many every day. I am so anxious to have everyone I know learn of you and your book on "How to Wake the Solar Plexus." Many poor devils get down in the mouth as a result of poor business and unkind words spoken in haste. We have learned to grin and bear insults for the time being. When night falls and the traveler is at his hotel alone in a strange city, to forget the insults of the day, he resorts to pleasure (?). Consequently his downfall. The world thinks we are a happy-go-lucky

The world thinks we are a happy-go-lucky lot of fellows that do not know what it is to worry. Let me tell you that traveling men are the most sensitive lot of fellows you ever saw. Now, what we want is your book on "How to Wake the Solar Plexus" so that when night comes we can read your book and feel sorry for those fellows who have insulted us, and try to so treat them when we see them again that they will be ashamed of themselves, for treating us so meanly. Kindly let me know what arrangements I could make with you for say one hundred of those little books.—W. D. E., Pittsburg, Pa.

Doeth Good Like a Medicine:-

That is what I like about Nautilus. It is "open forum" for all, from Florence Morse Kingsley to any sort of occultism. I take a good dose of the Nautilus when I am blue. I have even taken it to prayer meeting and read some of your bright ideas to the assembled seats. I sent a year's subscription to a dear invalid friend of mine for I knew that I could not write her twelve letters that would have as much cheer in them as the twelve numbers of Nautilus. I keep my back numbers and lend them and read them over again myself as I cannot squeeze out all the tonic properties in one reading.—EDITH JACUS POND, Litchfield, Conn.

And the Unemployed:

In the April number, page 11, second column. I find your editorial on "Conservation of Children" with ex-President Roosevelt's message to Congress and I say with you, "all honor to Roosevelt and Congress for starting the needed national movement for the conservation of children."

There is yet another problem of equal importance for Congress to solve, viz.: That of the UNEMPLOYED. Our country is large and rich enough in resource to employ every able-bodied adult with suitable work—just hours, implements necessary for the work, fair. yes, GOOD remuneration, full reward for the work done.

It seems to me that you are just the right individual to urge Mr. Roosevelt to add a postscript to his message to Congress on the Unemployed thousands (who are distraught or tempted to crime). Or to urge Congress directly yourself as a publisher of good for Humanity and see if Congress will not also make good for the army of the unemployed. Many of our children have come to manhood

Many of our children have come to manhood with little education. They enter the industrial world, or try to do so. Sometimes they find employment for a time, sometimes only for odd jobs, with little pay and prompt dismissal. The uncertainty of holding a job is a day-mare if not a nightmare. But you know it all through. I want to see everyone suitably employed and paid. The young, the more advanced, those most advanced in skill and years and experience.

Will you apply the inspiration to set the ball rolling? The country government can own the tools or whatever is best. Yours for The Unemployed.—MRS. M. W. BOWEN, Principal of Paia Private School, Paia, Maui, H. I.

World Peace and School of Travel:-

What do I think of your Declaration of Peace? I think very highly of it. Every word in that Declaration weighs a pound. I like especially well your idea of turning war vessels into a sort of Public University of Travel, touring the world for the benefit of young students who systematically take a hand in the work done aboard ship. May the light keep on breaking on the hill tops of the world! —EDWIN MARKHAM, West New Brighton, N. Y.

Wants More from Mrs. McAdow:-

Do write to Mrs. McAdow again and give us some more of her-she is almost as alive and inspiring as-guess who. You have done me worlds of good, Elizabeth, since I first accepted your invitation to "eat some air" (about the only thing had ever been able to eat). I have never missed a copy of Nautilus! I often re-read and lovingly pat the pile of old ones here in my cosy corner, smiling over the evolution of Elizabeth and my own as well. How my work used to drive me. Now I command this six hundred acre ranch, a big old house, a gang of men to board, with sometimes extra good and then again not so good help, an active little sensitive plant of a daughter and a husband to make of home the dearest spot on earth for, with enough church and philanthropic work to swamp three women drew pretty heavily on my eighty-five pounds of body. How I used to breathe and struggle and fight for life until you taught me how to breath right—gently and restfully. I broke my spine square off at the base when a small girl and there are times yet when it's difficult to affirm Health !!! Tell William he rests me-I like him. I often sent telepathic thank yous to you two when something especially to my liking comes out! I was going to ask you why you didn't give us the "Peace" truth when there it was whole and perfect in October Nautilus. What a blessing that is! Yours for more "stately mansions."—MARY TAYLOR BEEBEE, Parkersburg, Ill.

To Help World Peace Along:-

I hang my mottoes where they will do most good. By the way, that "For World Peace" is a crackerjack and ought to be printed in bold black faced type on a 24x36. Let every new thought center hang them in the windows and distribute them to schoolhouses to be hung there, too. I can use ten myself, for which I will gladly pay. The signature should be: The Children of America. For the last year I have talked to a great many people about that useless navy, and strange to say there has not been one dissent—not even one.—A. C. CLAYEL.

This seems to me a good idea. Mr. Clavel

Get Power.

The Supply Comes From Food.

If we get power from food, why not strive to get all the power we can. That is only possible by use of skilfully selected food that exactly fits the requirements of the body.

Poor fuel makes a poor fire and a poor fire is not a good steam producer.

"From not knowing how to select the right food to fit my needs, I suffered grievously for a long time from stomach troubles," writes a lady from a little town in Missouri.

"It seemed as if I would never be able to find out the sort of food that was best for me. Hardly anything that I could eat would stay on my stomach. Every attempt gave me heartburn and filled my stomach with gas. I got thinner and thinner until I literally became a living skeleton and in time was compelled to keep to my bed.

"A few months ago I was persuaded to try Grape-Nuts food, and it had such good effect from the very beginning that I have kept up its use ever since. I was surprised at the ease with which I digested it. It proved to be just what I needed.

"All my unpleasant symptoms, the heartburn, the inflated feeling which gave me so much pain disappeared. My weight gradually increased from 98 to 116 pounds, my figure rounded out, my strength came back, and I am now able to do my housework and enjoy it. Grape-Nuts did it."

A ten days' trial will show anyone some facts about food.

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

is an old new thought student, many years a subscriber to *The Nautilus*. He has a store down in Wauchula, Florida, and this is not the first time I have known of his doing good deeds to help the world along. Could you use some of those World Peace statements, such as we have been printing in *Nautilus* for the last six months or so? Suppose you could get the World Peace statement printed on nice heavy paper about the size of a sheet of music, all neatly rolled and sent postpaid in a cardboard tube for 10c per single copy, 50c a dozen, and \$2.00 per hundred, how many copies could you use? Could you place some in schoolhouses, or post them in public places, and give them to your friends? Are you interested

(Continued on Page 62.)

and the state and a local

She Quit

But It Was a Hard Pull.

It is hard to believe that coffee will put a person in such a condition as it did an Ohio woman. She tells her own story:

"I did not believe coffee caused my trouble, and frequently said I liked it so well I would not, and could not quit drinking it, but I was a miserable sufferer from heart trouble and nervous prostration for four years.

"I was scarcely able to be around, had no energy and did not care for anything. Was emaciated and had a constant pain around my heart until I thought I could not endure it. For months I never went to bed expecting to get up in the morning. I felt as though I was liable to die any time,

"Frequently I had nervous chills and the least excitement would drive sleep away, and any little noise would upset me terribly. I was gradually getting worse until finally one time it came over me and I asked myself what's the use of being sick all the time and buying medicine so that I could indulge myself in coffee?

"So I thought I would see if I could quit drinking coffee and got some Postum to help me quit. I made it strictly according to directions and I want to tell you, that change was the greatest step in my life. It was easy to quit coffee because I had the Postum which I now like better than the old coffee.

"One by one the old troubles left, until now I am in splendid health, nerves steady, heart all right and the pain all gone. Never have any more nervous chills, don't take any medicine, can do all my housework and have done a great deal beside."

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.

(Continued from Page 61.)

enough to help spread this idea of World Peace and the converting of our war vessels into Public Schools of Travel? The idea is a great one, and it only needs to be well advertised to make itself known. You and I realize the power of suggestion. Can you help suggest this World Peace and Public School of Travel idea to the world? Could you use some small slips with this World Peace statement printed just as it appears in *Nautilus?* We could furnish these slips at say 25c a hundred postpaid.—E. T.



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

-"At the Door," by Katherine M. Yates, is one of a series of delightful new thought child stories, for the young and for grown-ups. There is too little of this kind of thing published nowadays and Mrs. Yates' books should have a big circulation. Boards, 32 pages, 50c. Yates & Co., 5340 Cornell avenue, Chicago, Ill.

-Eleanor Gridley, the secretary of the Lincoln Log Cabin Association, is the editor of "The Story of Abraham Lincoln." It gives in detail the life of Lincoln from end to end with a great many of the stories he is said to be the author of, and also a great many things that are said of him. The book is profuse with illustrations, and is bound attractively. It is written in simple English so that it is just the thing for children as well as grown-ups. Cloth, 355 pages, Mrs. Eleanor Gridley, Orland, Ill.

—"Sun Cooked Food" is a new green and gold, 365 page rewritten treatise by Eugene Christian that convinces the reader there is no food so natural, so delightful, so health-giving and so easy to prepare as the nuts, fruits and vegetables Old Sol has kissed. The book is interesting as well as exhaustive, and it contains a valuable new "Vieno System of Measurement" of food values which is a practical new invention of the author. Published by Eugene Christian, Dept. 70, 7 East 41st street, New York. Price, \$1.00 postpaid.—E. T.

-"Suggestion, Its Law and Application," by C. F. Winbigler is a comprehensive work on the subject of suggestion that is a veritable gamut on the subject. It has two parts, the first of seventeen chapters, and the second of five sections, each section or chapter of which is a veritable storehouse of knowledge in itself. Instead of theorizing this man gives positive cases in point that are in decided relief to the average thesis on the subject of suggestion. It may be termed "A Dictionary of Suggestion." 469 pages. Cloth. \$2.00. S. A. Lewis Co., Washington, D. C.

-- "Musical Romances," by Aimee M. Wood, is a dainty book that should be in the library of every new thought musician, young or old. The romances with which it deals are four in number : "Robin Adair," "Francesco Elected to the Carmelites," "The Fifth Nocturne," and "The Revival of the Passion Music." As the

(Continued on Page 68.)

62

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Read What Others Sav

Here are a few of the hundreds of unsolicited testimonials from people who have used the White Cross Electric Vibrator and know what it has done. It will do the same for you.

PARALYSIS TREATED BY VIBRATION

PARALYSIS TREATED BY VIBRATION Upon the request of my sister, who urged mo to use her great Betric Vibrator on my son when I was thoroughly hepelaes of he are from physicians' treatment, I write you this recom-mentation. Wy son is 16 years old, and eight months ago be-ame rayared from the after-effects of diptheria. He was so haly afficient that his areas and limbs were twisted out of here and was confident and in the become discouraged in all was. After treating first his spine at the base and then his inde with your vibrator he foil such result that we soon had him around in a wheel chair. Next he was going around on the treatment regularly, with the result that we soon had him around and wheel chair. Next he was going around on the treatment regularies on the entry curcer. 202 mere the approximation of the source and the MENCE ADOCTOR MANNE

WHAT A DOCTOR SAYS

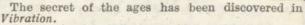
I have received your Vihrator, and to say that I am well based with it is not enough. I wish I could tell every physi-san just hw bad he needs one in his office. I am sure he would not hesitate to place his order for one at once. Lorgmont, Cole. DR. W. H. EASTER.

VIBRATOR BEST FOR RHEUMATISM

My husband uses your vibrator for rheumatism and says he sere had anything so good in all has experience. I would not e without it myself, as I find it is good to relieve stomach ains, back ache, and besides 1 continually use it for face assage. I used to go down town for that, while now I save be money and the time, besides being comfortable in my own ome. MRS. S. H. BROWN, 2935 Vernon Ave., Chicago, III.

Here is a Picture of the wonderful WHITE CROSS ELECTRIC VIBRATOR, s only vibrator in the world which combines the three greas reas of Vibration, Galvanic and Faradic Electricity. This is s very same machine which has cured thousands of cases lich had been given up by the best physicians as incurable ad the letters above, then send the free coupon at once.

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Great scientists tell us that we owe not only our health but even our very life to this wonderful force. Vibration gives life and vigor, strength and joy

to everyone. Vibration is the most marvelous curative agent known. It is the rem-

edy provided by Nature for all illness and disease. It curves like magic, Simple, sure and inexpensive—it banishes drugs and doctors forever.



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We want to prove to you at our expense what the great White Cross Electric Vibrator will do for you. We want you to actually feel its invigorating, health giving thrill coursing through your own body. We want you to see for yourself how quickly if re-moves pains and achiem-how marvel-ously it curres. We take all the risk.

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Your Fortune's Waiting. Listen Sharp-Hear the Wonderful \$3,000 to \$10,000 Yearly News I You Can Now Own a Private Monopoly Easily Worth

New business, gigantic success, causing great excitement. Mad race for Orders! Orders! Money coming fast; eight out of ten houses buying.

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Costs nothing to investigate. Don't ignore the one great opportunity of your career to acquire financial independence. Let us give you a private monopoly worth \$3,000 to \$10,000.00 yearly—the exclusive selling rights in your locality on our quick-selling household invention— THE ALLEN PORTABLE BATH APPARATUS. See what others are doing—the fortunes being made with a real winner. Sounds too good to be real, yet absolutely true. We prove it by sworn statements, orders, letters—by your investigation. "Sold \$2,212 worth in two weeks. Not one dissatisfied user," write Korstad and Mercer, farmers, of Minn. Zimmerman, farmer, Ind., sees great opportunity—starts—succeds—sells farm—result:

ORDERS, \$3,856.00 in 39 days

ORDERS, \$3,856.00 in 39 days "My sales \$1,680 in 73 days," writes C. D. Rasp, agent, of days, "writes W. H. Reese, earpenter, of Penn. "Enclosed order L. H. Langley, liveryman, of N. D. "Everybody thinks the appar-atus finest thing. Sold 15 one afternoon," writes Miss Eva Ed-wards, of Nev., after ordering 78. "I averaged \$164.25 weekly for three months; undoubtedly best line on market." writes J. W. New, of Kan. "I make \$100 daily," writes J. Sevegne, telegrapher, of N. Y. "It's great! Lucky I answered your ad. Showed it to 44 people-Severgne, telegrapher, of N. Y. "It's great! Lucky I answered your ad. Showed it to 44 people-Sells on sight," writes A. P. Loder iday: send 60 more," writes Weathers of Tex. No wonder J. B. Cashman, of Minn., writes: "A man who ean't selly to ur goods COULDN'T SELL BREAD NA FAMINE. Send 48 more." Readers, there's nothing like it. Not sold

Readers, there's nothing like it. Not sold a stores. Wonderful, but true; this invenin stores. Wonderful, but true; this inven-tion gives any home that long-desired blessing -a modern bathroom for \$6.50. Operates wherever water exists-in any room. No waterworks-no plumbing; not even a screw Bath Apparatus. Look for it. could anything be more popular, so near actually see in this Waterworks—no plumbing; not even a screw to insert. Does same work as bathroom costing \$150. Think of the millions waiting for this to happen-and it has happened. Really to the irresistible, so easy to sell? Can't you

A Fascinating, High-Grade and Sure Big-Paying Monopoly

Isn't it just what you've been looking for? Just think! This invention, by a really wonderful yet simple combination of mechanical and liquid forces, gives all the stand-ard hygienic baths for men, women, children-cleansing, friction, massage, shower-hot or cold. Makes bathing 5-minute operation. Cleanses almost auto-matically. So energizes water that one gallon does more than tubful old way. Used by U. S. Government, famous Battle Creek Smithrium and hundreds of world-renowned people. 100,000 already sold. Millions needed.

See, Feel, Enjoy the Wonders of Energized Water! What a pleasure! Could anything be more perfect? No tubs, bowls, buckets-no washrags or sponges, no dirt, odor, splashing or muss.

LET US GIVE YOU A PRIVATE MONOPOLY Worth Easily \$3,000 to \$10,000 Yearly. LET US GIVE YOU A PRIVATE MONOPOLY Worth Easily \$3,000 to \$10,000 Yearly. Hundreds already started, new ones daily, from every walk in life-morthants, doc-tors, lawyers, solicitors, salesmen. clerks, mechanics, farmers, teachers, and so on. WE WANT MORE AGENTS, SALESMEN, MANAGERS; either sox; at home or traveling, all or spare time; to fill orders, appoint, supply and control sub-agents. EXPERIENCE UN-NECESSARY. Almost sells itself. How easyl-just show-money yours. Simply supply nonrows demand already made-that's all. Every customer anxious to boost your bus-iness. Fascinating business, new patent-exclusive territory-our co-operation and assist-ance-almost 75 per cent. profit-and behing you an old reliable \$50,000 house. CREDIT GIVEN-SEND XO MONEY-only your address on a postal card today for our freat offer, valuable bookiets, credit plan-ML FREE. Costs nothing to Investigate. Med \$10,000 yearly interests you by mailing postal now. Don't let someone give rich by string an opportunity which you neglected. Mark this prediction: Act now and the name "ALLEN" will forever after remind you of money mater.

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64

C. A. MILLER, a minister, f. Nebraska, who sold and urchased over \$700.00 corth after working but a ew days. Never sold goods refore, so far as we know.



HART, a farm orth Carolina ak 16 ord T three hours. He writes can't keep from sellin properly demonstrated peals to everyone. Ner it condemned by anyon



an, yet sold about \$6,800 orth in about 18 months.



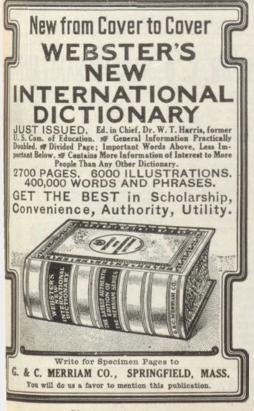
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A new book of 12 special lessons, dealing with the since of Experimental Psychology, by W. T. Cheney, A. B., Ph.D., member of the Society of Psychical Re-work of England and of the American Institute of Scientific Research.

Here is a partial synopsis of the 12 great lessons contained in this book:

1-How to Test the Susceptibility of a Subject to Psychological Influence-2-Scientific Methods 4 Induction of the State of Psychotism—3—How to Produce any Particular Stage of Psychotism— 4—How to Treat or Cure any Special Disease or Pala-5-How to Psychologize a Student Un-known to Him-6-How to Win the Confidence of Others-7-How to Correct Bad Habits or Moral Degeneracy-8-How to Give Therapeutic Traiment in Natural Sleep-9-How to Produce the Wonders of Post-Psychotic Suggestion, Culthate Thought Transvoyance, etc.—10—How to Blot Out Unpleasant Scenes and Memories and Recall any Desired Scene-11-How to Teach a Subject Difficult Music or Recitation by Psycho-logical Suggestions-12-How to Remove Fear, Timidity and Bashfulness and Inspire Courage and Confidence.

The lessons are bound in camel's hair, black, gold lettring. Single Lessons, 25c. All 12 lessons in one fine volume, \$1.00. Sent postpaid on receipt of price. Adress PSYCHIC PUBLISHING CO., Rome, Georgia.



I Will Help You to Health-Good Figure-**Rested Nerves**

By Assisting Nature in a Scientific Manner

N the privacy of your own room, surprise your hus-

band and friends. After my university course, I concluded I could be of greater help to my sex by assisting Nature to regain and retain the strength of every vital organ, by bringing to it a good circulation of pure blood, by strengthening the nerves, and by teaching deep breath-ing, than I could by correcting bodil medicines. bodily ailments with

I have helped over 44,000 women. I can help you to Arise to Your Best

giving to you that satisfaction with self which comes through knowledge that you are developing the sweet, personal loveliness which health and a wholesome, graceful body gives-a cultured, self-reliant woman with a definite purpose, which makes you the greatest help to family and friends. You a Better Wife, a will be Rested Mother, a Sweeter Sweetheart.

I can help you to make every vital organ and nerve do efficient work, thus clearing the complexion and correcting such ailments as *Constipation Irritability Indigerion Weak Nerves Colds Dullness Rheumatim Nervousness Weaknesses Sleeplessness Torpid Liver Catarrh* This work is done by following simple directions a few minutes each day in the privacy of your own room. In delicate cases I co-operate with the physician.

A Good Figure is Economy

A Good Figure is Economy and means more than a pretty face I have corrected thousands of figures as illustrated. Style is in the figure and poise and not in the gown. The gown in Fig.1 foot \$250; the one in Fig.2 cost \$6. Fig.2 is the same woman as in Fig.1, developed and in correct poise. Figs, 3, 4, 5 and 6 show or the same woman as in Fig.2 cost \$6. Fig. 2 is the same woman as in Fig.1, developed and in correct poise. Figs, 3, 4, 5 and 6 show work. (They have given me permission to use them). They all stand, now, as correctly and appear as well as Fig. 2. When every organ of the body is doing efficient work, there will be no superfluous thesh and no bony, angular bodies. I have reduced thousands of women 80 bs., and have built up thousands of others \$2 bs. What I have done for others I can do for you. Here are a few extracts from daily reports of my pupils: "My weight has increased 30 pounds." "My kidneys are much better." "Wy weight has increased 1 have taken off my glasses." I have on the da a sim of indigesion or gail stones since I began with you. "I walph \$3 bb. less and have gailed wonderfully is attempt. I never set to years younger." "Just think of it? To be relieved from constitution to breath, the rhound to thir To be relieved from constitution to a state of stoady, quiet nerves."

wreck into a state of steady, quiet nerves." Write me today, telling your faults of health and figure. If I cannot help you, I will tell you so. I study your case just as a physician, giving you the individual treatment which your case demands. I neverviolate a pupil's confidence. I will send you an instructive booklet, showing correct lines of a woman's figure in standing and walking, free. **SUSANNA COCROFT**, 246 Dept, 63 Author of "Self Sufficiency," "Growth in Sitence," He.

Miss Cocroft's name stands for progress in the scientific care of the health and figure of woman.

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This is the age of real estate investments. Through twenty years' exper-ience in the business, I have developed scientific co-operation that offers great-er opportunities for immense profits to the man without capital than any other line of business. I will teach you the business by mail and appoint you my SPECLAL REPRESENTATIVE. I will give you splendid chances to make money from the start. You can work part or all of your time. My representatives make big money. Some of them earn as high as \$1,000 in a single month. One man writes that he made \$2,400 in about two months and he had no experience before joining my co-operative force, and you do not need experience. My Company is constantly handling some of the largest real es-tate propositions in America and no matter what you are doing now, or where you are located, I can help you make money. Ours is the greatest real estate book contains letters from many who started without experience and have made a success with my help. Ask for the book now. Address,

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The Sanitarium (large, new addition, modern in every particular), is roomy, homelike, free from all institutional treatment and erected with especial reference to the care and treatment of MENTAL, NERVOUS AND FUNCTIONAL DISORDERS by the

PSYCHOLOGICAL METHOD EXCLUSIVELY.

Large verandas, cheerful, sunny rooms, and sun parlors are features of this place. Physicians and friends who have mental and nervous patients whom they desire to place in an institution having the principles of the home and family life; non-restraint, and having tried all other methods of treatment without success, should inquire into the merits of this Sanitarium.

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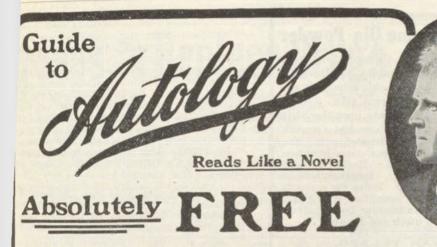
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Organize your friends into a New Thought Center. It will make for health and happiness all around. See page 80.

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"We consider AUTOLOGY one of the most wonderful books ever written."-PHYSICAL CULTURE MAGAZINE

"Please Accept Our Thanks for at work you have offered the pub-. The book is worth its weight in d. We have followed instructions gold. and are feeling like new persons. My husband had been a dyspeptic all his husband had been a dyspeptic all his life, could eat nothing without feel-ing the greatest of pain, and now he does not know what such troubles are. I suffered with headaches since a little girl, doctored for it, and physicians told me it was neuralgia and could not be cured. I suffered untoid agonies, but today I am well. Have not felt anything of those dreadful spells since I have followed instructions in Autology. We hope that humanity will open their eyes to the great gift you have put in front of them."

them." MRS. DROZ, Torrington, Conn.

"Your Grand, Great Book at hand. have carefully read, and will continue reading and digesting your instruct-ions. I have eliminated the old idea ions. I have eliminated the old idea that we must be drugged, rubbed and robbed, electrified, burned and blist-ered in a vain hope of getting well. Autology is the nearest to being the guide to perpetual youth of anything I ever saw in print. Anyone who reads Autology will know more about curing their ills and keeping well than could be learned by reading all the medical books ever published." PROF. E. B. DENHAM, Fall River, Mass. "No money could by my conv."

"No money could buy my copy." MISS M.L. SMITH, 513 Grand Av., Milwankee, Wis

"Wife and I thank you so deeply for your Autology, for we have the brightest and healthiese baby from its precepts."———,Hudson,N.Y.

67

and the second se

"One Year Ago Today I began to be an Au-Une teal Ago 1000 be an Au-tologist. Last evening I was telling a friend about it, and she asked me if I would go back to the old way of living, and I answered her. 'No, not for all that is in this world.' I have not had a cold since last August, and not a hint of asthma since last Decem-ber. I am often asked if I am not a fraid it will return, and I say most decided-ly, 'No.' I now know what perfectly good health is, and I expect to live one hundred years at least. I wanted to let you know that I have outwitted the doctors who told me that I could never be any better. God bless Autology and its noble author." (MISS) ADDIE M. BROWN. New Woodstock, N.Y.

"I would not take \$100.00 for your book. D. B. ROBINS, Fredonia, Pa.

M. D.

Well or Sick, You Need AUTOLOGY Autology is no theory, no fad, no creed. It deals with the practical business of your body and brain as you have learned to deal with the practical business of your home affairs, plants and flowers, your land and grain, your dollars and cents.

coard University Medical School, '88; College of Physicians and Surgeons (Chicag merly House Physician and Surgeon in Cook County Hospital (Chicago); Professo

Without it you are bound to sicken or suffer or die when you shouldn't. With it there need be no such thing as pain or sickness in your life. Do you realize what that means? That you may see and know for yourself write for my free, absolutely free,

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Creme Ola Powder

A fine Complexion is the chief requisite to Beauty. My impalpable deliciously perfumed Creme Ola—result of years of study upon the Skin —imparts immediate smooth-

ness and brilliancy. Prevents chapping, tanning, conceals imperfections, cures irritation. White, Pink, Flesh, Cream Tints. 50 cents per box—Sample 10 cents. Ignore substitutes they may be injurious. Write for my catalogue of celebrated beautifiers for **Hair**, **Skin**, **Eyes**, and instructive booklet free, "How to Retain **Youth** and **Beauty**." **BEEGISTERED** 1887 AND 1907.

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MUSICAL ROMANCES

A book of four romances by Aimee Wood of New York, a woman of ardent nianist and in love

temperament, a skilled pianist and in love with the soul of music. The style is elevated, interesting, out of the ordinary, as their author is a New Thoughter, and well known author.

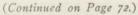
The book is in paper, 142 pages, with design in blue and red on cover, price 50c. I have a limited number which 1 will sell at only 20c, as long as they last. It would make a fine gift. Send today. C. J. Barton, Sta. E., Kansas City, Mo.



(Continued from Page 62.)

title indicates, the stories are pictures of the fancy woven about subjects in music. The best story of the four is the last, dealing with Mendelssohn's great artistic triumph in resurrecting the St. Mathew Passion music at the Singakademie in Berlin in 1829, when Mendelssohn was only twenty-one years old. This was the first performance of this work since the death of Bach. The matter is interestingly presented, and the historical allusions are said to be correct. This book may be had just now for 20c, of C. Barton, Station E, Kansas City, Mo.—E. T.

—"Great Operas Told For Children" is a handsome and interesting new book by John Prendergast of London. By the way, John is a very handsome young woman, who is "artist, novelist, illustrator, decorative designer, and





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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. Copyrighted. Price (complete), \$3. Particulars for le stamp. HOLYOKE SALES CO., Holyoke, Mass.



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69



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2

TO

MONEY BACK IF NOT SATISFACTORY YOU DECIDE AFTER USING

Startling, but True! No more Wash Day!

New Method of Cleaning Clothes. Cleans Family Wash in 30 to 50 Minutes. Woman's Hardest Work Made Easy. No Rubbing. No Motors. No Chemicals.

Not a Washing Machine

DOES IN ONE OPERATION THE WORK OF WASH BOARD, WASHING MACHINE and WASH BOILER.

\$6 to \$15 A Day to Agents-Free Sample.

See How Simple DIFFERENT, EASY-Put on any stove, add water, then soap, then clothes-move knob occasionally. In 5 to 5 minutes first batch clean-next batch same way, same water-in 30 to 50 minutes family wash clean. No labor, no injury to clothes. Cleans wollens, finnels, blankets, or colored clothes, as well as white goods, finest laces, curtains, bed clothes. Saves time, fuel, labor. Saves money.

EASY WAY in 30 to 50 minutes cleans washing which before took entire day. All metal, strong, durable, sanitary, light in weight. Easily used, cleaned, handled—always ready. Child or weakly woman can use it. Saves wash day drudgery.

Users Praise the "Easy Way."

J. McGee, Tenn., writes:---"One young lady cleaned day's washing in one hour with Easy Way --mother in 45 minutes." Mrs. T. Bullen, Canada, writes:---"Done a big washing in 45 eurtains, etc., without rubbing." Lauretta Mitchell, O., writes:---"Done a big washing in 45 minutes-soil three atready." A. D. Popleton, N. Y.--"Gives perfect satisfaction. Washed bed quilts, greasy overalls and fine clothes. Greatest thing on earth." F. E. Post, Pa., writes:--

TWO WEEKS' WASHING IN 45 MINUTES.

Clothes cleansed without rubbing. J. H. Barrett, Ark., after ordering 38 Easy Ways, says:-"You have the grandest invention I ever heard of." J. W. Myers, Ga., says:-"'Find check for 12 Easy Ways. Greatest invention to womanhood, forever abolishing miserable washday. Sells itself."

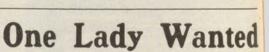
AGEENTS GETTING RICH R. O. Cowan, N. Y. placed 13 in 6 hours (profit \$39.00). Mrs. J. Brown, sold 10 ln 3 days-(profit \$30.00). K. J. Bievins, O., writes..." Made 7 calls, sold 3 one day"-(profit \$15.00). K. H. Latimore, Pa., writes..." Sold 4 this morning. Never yet turned down." A. G. Witt, Pa., "Received Easy Way yesterday; sold 4 this morning. Never orders." Mrs. Gerrich, Mont, ordered sample, then 1 does, then 100-(profit over \$300). Jast made one shipment 1000 Easy Ways to Russian agent. N. Boucher, Mass., orders 75 more, says: "Everybody wants one, best business I ever had." A. S. Verreit, La., sold 8 in one day-(profit \$24.00).

FREE SAMPLE TO AGENTS WE WANT MANAGERS, AGENTS, MEN OR without being asked, and throw away costly wash machines to use it. Only 2 sales a day means \$36.00 a

Price, only \$6.00, ready for use. Sent anywhere. Not sold in stores. @ ORDER ONE FOR YOUR OWN USE. YOUR MONEY REFUNDED IF NOT SATISFACTORY. Send for Free Sample offer, special agent's proposition. etc. COSTS NOTHING TO INVESTIGATE. Send name and address anyway for full description. Write today.

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206 Harrison Building, Cincinnati, 0.

Florida Orange Grove

A New Thought young gentleman having a 40-acre grove under cultivation in the only frostproof section of Florida, would like to dispose of from one to fifteen acres of same, preferably to New Thought persons. The trees will come into bearing in about two years. Easy terms will be made if necessary. This property is receiving the pest of care. Address: PAUL & FLOREON Front will be made if necessary. This property is receiving the best of care. Address: PAUL E. FLOTRON, Frostproof, Polk Co., Fla.

OSTEOPATHY IN A NUT SHELL

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

"Your manual received, which I like very much. I can do anything that is laid down in the book, as it is so plain."-J. W. CARTER, McLemoresville, Tenn. Our prospectus and sample pages free, tell you all about it. NATURE'S CURE CO., Dept. D, 118 E. Liberty Street, Cincinnati, Ohio.

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CONCENTRATION

The concentrated mind owns itself. Do you own yours? Can you concentrate on any one thing five minutes, shutting out entirely every random, stray, tramp thought? Try it. If you can't, then you need "Concentration, Why and How," by Julia Seton Sears, M. D. Paper, 50 cents; cloth, 75 cents; flexible leather, \$1.00; postpaid anywhere. Makes a nice present for some friend. NEW THOUGHT PUBLISHERS, ID W. 34th St., New York.



New -- Wonderful -- Unexpected ! GLORIOUS DISCOVERY BEST THING EVER HAPPENED. FAREWELL TO SWEEPING, DUSTING, HOUSE-CLEANING NEW HOME VACUUM CLEANER. AIR DOES THE WORK CLEANS CARPETS, RUGS, MATTINGS ON FLOOR

Machinery—No Electricity—No Motors. One Person Operates. Does same work as high priced achines. SIMPLE, POWERFUL, EFFICIENT. It's the suction that does it. It's that ter-rific, irresistible inrush of air, carrying with it the dirt, dust and germs out of the carpets into the Cleaner. Weighs 8 pounds. Costs \$5.50. Circulars give full details. Thous-ands praise it. Unlike anything you've seen or heard of. No such device sold in stores. Housekeepers everywhere have longed, wished, hoped for it. No Machinerymachines.

\$9 to \$18 a day for Agents FREE SAMPLE to active agents. A splendid oppor-

This new-marvelous invention, this saver-deliverer-champion of over-burdened housewives should be in every home-once used you wouldn't be without it for love nor money. Weighs eight pounds. Operated by child or frail woman. No expense-no labor. Terrific air suction draws dust, dirt, grit and germs from carpets, rugs, matings, etc., while they remain on the floor; raises no dust, hence no dusting required. Every particle drawn into cleaner-then dumped.

Abandon Brooms, Brushes, Dust Cloths

They don't clean your rugs and carpets. Brooms and sweepers fill the air with clouds of dust, and remove a portion of the surface dirt. The New Home Vacuum Cleaner sucks up into itself not only the surface dirt, but the dirt dust grime and group the surface dirt, but the dirt, dust, grime and germs-from the very warp, fiber. No more necessity to go through the warp, neer. No more necessity to go through the disturbance and upheaval of house cleaning. New Home Vacuum Cleaner keeps them clean all the time-cleans them on the floor. Saves money, time, strength and health. Nothing like it anywhere— nothing can take its place. Away with hard work—away with slaving toil. Send today for a cleaner.

READ WHAT WOMEN SAY

Mrs. Jane Shully, Nebraska. You don't claim half nough. I wouldn't part with my cleaner for any price if couldn't get another. My ten-year-old girl operates

mme easily. Mrs. Henry Deller, Rhode Island. I must thank you for telling me of your wonderful cleaner. What a godsend it is to women. I have not felt so rested in years. Work now easy. Plenty of spare time. Don't see how you can sell it so cheap.

Mrs. J. E. Rankin, Texas. Simply wonderful-wouldn't have believed it possible. The inventor deserves the heartfelt gratitude of every woman in the country. Everybody is talking about it here.

Price \$8.50. Not Sold in Stores

Not \$100.00; not \$50.00; not even \$25.00—only \$8.50. Have a clean home, hours of leisure. Adopt the easy way—the modern way—the sanitary way—the scientific way. All Hall! New Home Vacuum Cleaner, mar-vel of the 20th Century, champion of overworked

Each machine tested before shipping—each guaranteed as represented or money back. The price insignificant-the benefits everlasting. Will last for years. Not sold in stores

in stores. Don't delay-don't hesitate-don't wait for others-don't wonder if it's true. It is true-every word-couldn't be exaggerated-words can't describe it. Stop short! Put drudgery behind you-leisure and health before. Enjoy yourself now-tomorrow may be too late. Eight dollars and a half will do it all-eight dollars and a half brings relief from hard work-brings time to enjoy yourself-to visit friends-to read, shop, etc. Pays for itself in sav-ing of carpets, rugs and mattings.

MAKE LOADS OF MONEY

This wonderful cleaner simply takes women by storm. They can't resist it—bargain day isn't in it. No experience necessary. just in it. No experience necessary. Just hustle and the money rolls in. Shown in three minutes. Sold in five. Then on to the next. None refuse. All buy. Just hustle and the money rolls in. Shown in three minutes. Sold in five. Then on to the next, None refuse. All buy. Hurry — be first — get the cream. Women cager—they need it—when they see it, can't let it go. Drop everything—sell this marvelous vacuum cleaner. Make \$100

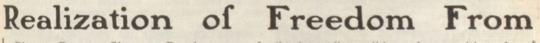
a week-vou can-easy.

John Mangold, Tenn., writes-Made big payment on home today, thanks to your wonderful invention. Have sold 50 cleaners in three days. Just show them and take the money Easiest thing I've sold.

ň50

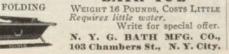
SENT ANYWHERE 100 more? And so it goes. Hundreds of like letters every day; every one pleased, no one dissatisfied. All making money easy. Agent's profit, 100 per cent. Write today—secure agency—get to making this easy money. FREE SAMPLE to active agents.

R. Armstrong Mfg. Co., 75 Alms Bldg., Cincinnati, Ohio.



Disease, Poverty, Gluttony, Drunkenness and all abnormal conditions, by practising the simple systematic training in concentration, as gathered and arranged from the universal mind by CLARA C. STOCKER, E. 1102 Eighth Ave., Spokane, Wash. Copy of instructions sent on receipt of one dollar.

BATH TUB





WANTED. I will compose the music. Satisfaction guaran-teed. Send for free successful publishing plan. Robert

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71

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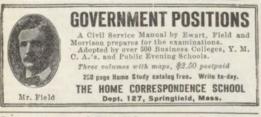


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LEARN PIANO TUNING AT HOME by the aid of the TUNE-APHONE. A Profession that can be converted into money at any time or place in the civilized world at an hour's notice. Earn \$5.00 to \$15.00 per day. Valuable illustrated book FREE. Write NILES BRYANT SCHOOL OF PIANO TUNING, 62 Music Hall, Battle Creek, Mich.



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Why remain in a position that pays only \$50 to \$100 Why remain in a position that pays only \$50 to \$100 monthly, when you can in your spare time qualify for an executive position which pays from \$2,500 to \$25,000 per annum? You cannot expect to be paid more than a clerk's salary unless you first fit yourself for an executive position; the demand for trained executives is greater than the supply. Ask for particulars today. THE ENFIELD CORRESPONDENCE UNIVERSITY, 101 Broadway, New York.

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1200 pleased pupils finished our course last season. Many now filling good positions. Write for Free Booklet with testimonials and description of course. Pitman-Graham System, universally used. Terms to suit. Cer-tificated teachers; individual instruction. Success guar-anteed. This school taught the famous Metropolitan Classes. SCHOOL OF STANDARD SHORTHAND, 1269 Broadway, New York City.

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THE NAUTILUS.

(Continued from Page 68.)

psychological poet," according to her portrait and an article in *The Whitehall Review* for January, 1910. The book is issued by Fred-erick A. Stokes & Co., New York, and contains 191 large pages, and a dozen full page illustrations in color by the author. It is bound in blue cloth with the author's design stamped in colors. The price of the book is not given, but I fancy it is \$1.50. The introduction gives brief sketches of the lives of Gounod, Verdi, and Wagner. Following this comes the three stories of Lohengrin, Faust, and Aida. The stories are most interestingly told, and they remind one of Grimm's fairy tales. This book ought to be in the library of every child, and the wise mother who would arouse in her child a love for fine music should see that the book is provided. If in addition to this book she can furnish the children with a Victor talking machine and some records of the music of these operas, she will give her children a musical beginning that may lead to great things .- E. T.

-A novel of charm, evidently founded on fact, is "Old Ninety-Nine's Cave" by Eliza-beth Gray. It is a tale of Mississippi, in which the heart interest predominates. It is splendidly written, and is well worth reading. 314 pages. Cloth. C. M. Clark Pub. Co., Boston, Mass.

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DR. CHAS. H. SHEPARD'S SANITARIUM

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LIVING IN THE BODY FOREVER Here is a book you must read. Tells how to stop dying and learn to live. States precisely and Lucidly the Law of Self-Prolongation. By transgression of this law the span of human life has been curtailed from 800 years in Noah's time to 40 years or less today. Read, study and learn how to promote longevity. Third edition, over 125 pages, add at \$1. I have in my possession about 500 copies which I will sell at **50c** a copy if you mention this magazine. This is the Third Edition, 125 pages.

JAMES W. PIERCE, 122 N. Broadway, Los Angeles. Cal.

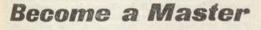


LET US START YOU in the Gold, Silver, Nickel and Metal Plating business. \$5.00 to \$15 a day can be made doing plating with Prof. Gray's new line of guaranteed Plating Outfits. Unequalled for plating watches, jewelry, tableware, bicycles, all metal goods. Heavy plate. Warranted. No experience required. We do plating ourselves. Have years of experience. Use same materials we sell. Materials cost about 10c to do \$1.00 worth of plating. Manu-facture the only practical outfits, including all tools, lathes and materials. All sizes complete. Ready for work when received. Guaranteed. WE TEACH YOU the art, furnish recipes, formula and trade secrets FREE. THE ROYAL, Prof. Gray's New Immersion Process. Quick, Easy. Latest method. Goods dipped in melted metal, taken out instantly with fine, brilliant, beautiful plate, ready to deliver. Thick plate every time. Guaranteed 5 to 10 years. A boy plates from 100 to 200 pieces tableware daily, \$10 to \$30 worth of goods. No polishing, grinding or electricity necessary. 207 DEMAND FOR PLATING IS ENORMOUS. Every family, hotel and restaurant have goods plated instead of buying new. It's cheaper and better. Every store, ieweler, shop, factory, has goods needing plating. Agents have all the work they can do. People bring it. You can hire boys cheap to do your plating, the same as we, and solicitors to gather work for a small per cent. Replating is honest and legitimate. Customers delighted. WE ARE AN OLD ESTABLISHED FIRM. Been in business for years. Capital, \$100,000.00. Know what is required. Our customers have the benefit of our experience, so that failure is next to impossible. WE ARE RESPONSIBLE and guarantee everything. Reader, here is a chance of a lifetime to own and boss a business of your own. WE START YOU. Now is the time to make money. CALL OR WRITE TODAY. Our new plan. Samples of plating, testimonials and circulars FREE. Don't wait. Send us your address anyway.

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The famous "HEALTH-WEALTH" method gives The famous "HEALTH-WEALTH" method gives a six months' course, twenty-seven weekly lessons for only \$1.00. You need devote only a few minutes daily. Best methods of leading experts. Contains more than you could get from the leading physical culture courses that cost \$100. Women as well as men delighted with it. West Point cadet drills alone worth many times the price. Methods of noted health teachers interesting, and effective. Money cheerfully refunded if not highly delighted. M. M. SLEE, South Haven, Mich.



The Mastership Course will do it. Particulars furnished on request. Address

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INTERNAL BATHS

"None better." \$1.50 up. Circulars Free. (Special series.) PHYSICIANS' STANDARD SUPPLY CO., Dept. N. Philadelphia, Pa.





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ADIES WANTED To handle our high-grade line of Perfumes, Hair Tonics, Face Creams, etc. We guarantee a good salary to reliable women. Our method of selling is new and original and will interest every lady who wishes to make money. Write today for our new plan and sample-both are FREE. LA WANNA TOILET CO., 27 Burr Building, Scranton, Pa.

"REDIO" **Cleaning and Polishing Cloths**

Use no more polishing powder, paste or liquid. Send for the cloth that is always "Ready-Oh!"

No. 2 "REDIO" (yellow) No. 4 "REDIO" (green), for light metal work, gold, silver, etc., 25c. extra strong, for copper, etc., 50c. brass.

"REDIO" CLEANING & POLISHING CLOTH CO., 510 Isaias W. Hellman Bldg., Los Angeles, Cal.

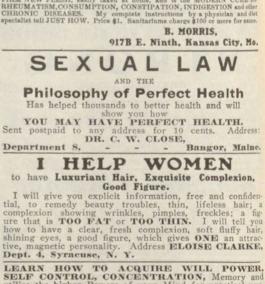
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M. ACHFELDT, Department "X. B.," 163 W. 23d Does Your Granite Di or Hot Water Bag Leak MENDET.

Correctly Taken Takes ten years from your age, gives yea a plump figure, complexion of a child and in creases weight 10 to 26 lbs, a month. It is a Complete Food, rapidly bills FIRM NEW FLESH, easily taken at home, and is the MODERN CURE for RHEOMATISM, CONSUMPTION, CONSTIPATION, INDIGESTION and obte CHRONIC DIEEASES. My complete instructions by a physician and det specialist tell JUST HOW. Price \$1. Sanitariums charge \$100 or more for same

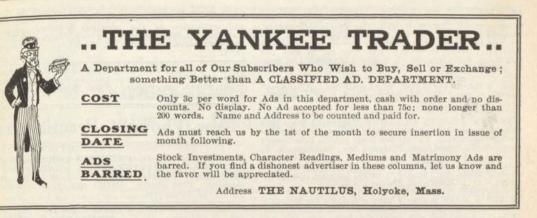


LEARN HOW TO ACQUIRE WILL POWER, SELF CONTROL, CONCENTRATION, Memory and utilize the higher Powers of your Mind for practical pur-poses. Send stamp for booklet. COUGHER MENTAL poses. Send stamp TRAINING SCI SCHOOL, Simpson Block, Kansas City, Kansas.

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\$1.00

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25 BEAUTIFUL, postcards, all different, for 25c; some of them retail at 5c and 10c each. Hudson Novelty Company, Port Ewen, N. Y.

NAUTILUS SACHET BAGS. Everyone needs them. Their delightful perfume reminds you of Elizabeth and success. Made of lawn, feather stitched in silk, 10c; sik, 25c. Dorothy Earl, 3911 Gladys Ave., Chicago, Ill.

COLLECT NAMES and other information for advertisers and manufacturers. Sell your ideas, formulas and knowledge by mail. Some make \$100 to \$1,000 monthly. Instructive booklet for stamp. Information System, Box N, Marietta, O.

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"HOW TO PUBLISH Your Book." This famous copyrighted work, free for a postal addressed to Broadway Publishing Co., 835 Broadway, New York. (Desk 18.)

THE GIRL OF SIXTY. A book teaching perpetual youth, beauty, health and prosperity. A priceless gem to all. 50c each. A few slightly soiled copies, 25c per copy. Madame Savon, Box 3085, Station B, Portland, Ore.

LADIES: I mend my granite, tin and sheet iron utensils, instead of buying new. Inexpensive and easy to make. I'll tell you how for 25c. Mrs. G. G. King, general delivery, Tacoma, Wash.

FOR SALF. Glove cutting machine for cutting canvas gloves and mittens. Will make 30 different kinds. Good as new. Cost \$320; will sell for \$150. A boy 16 years old can cut 200 pairs an hour. Fisher Brothers, Venice,

FOR SALE-Large, old-fashioned clock, nearly 200 years old, with nice cherry case. Eliza N. Lawrence, Newcastle, O.

100-ALL DIFFERENT. Foreign stamps free for the names of two collectors and two cents postage, or ten cents. 30 Sweden, 10 cents. F. L. Tounpal Co., Chicago Heights, Ill.

COOD FOR SORE EYES. Skin and flesh foods made in a Mental Science Colony, guaranteed to cure fever, cold, croup, catarrh and piles. Nothing like them in bruises, burns, bites and poison. 50c and \$1.00 sizes. Sample for 25c. W. H. Taylor, Bryn Mawr, Wash.

CIRCULAR on Hindu Breathing Exercises Simplified, boiled down to just the cream. It is worth a mint of money: cost you 10c, 8 for 25c. Madame D. Savon, Box 2085, Station B. Portland, Ore.

THE MAGNETIC EYE means health, friends, love, success and happiness. To possess the Magnetic Eye means that you possess an abundance of magnetism which is the key to success, no matter in what line. Develop your latent forces. Box 262, Richland Center, Pa.

NEW PROCESS CARBON PAPER. Our special patentable machine and improved process enables us to furnish you with a carbon superior to all others. 180 sheets to the box. In all colors, finishes and degrees of hardness. Direct to you from our factory. A saving of 35 to 50 per cent. Wholesale and retail. New Process Office Supply Co., 5740 Chestnut St., Philadelphia, Pa. DAINTY HAND-PAINTED shirtwaist or dress button. Violets, forget-me-nots or roses; any color desired; 25c each. Brooches and hat pins to match. The \$1.00 value for 50c each this month. Rose Supply Co., Syracuse, N. Y.

NEW THOUGHT MAIL, ORDER publishing business for sale. Good for \$300 daily. Easily conducted by anyone, anywhere. Part cash, balance from business. Professor Anderson, 6945 N. Clark, Chicago.

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IF YOU LOVE POETRY, or would learn to love it, I have concise, practical instruction of inestimable value to you. Write for particulars, enclosing stamp, to "Instructor," B, 290, Holyoke, Mass.

HAVE YOU INDIGESTION? I guarantee to help or cure the trouble. Send 25 cents for a prescription to be filled at any druggist's at a trifling cost. M. R. Charles, Wyckoff, N. J.

PROTECT YOUR HAT, Umbrella, Furs, Overcoat, Gloves, Shopping Bag, and other personal property and wearing apparel by neat satin labels artistically done with your name and address in gold. Instantly and permanently attached without sewing. 6 for 25c (silver). Hillside Art Co., Meriden, Conn.

GOOD THINGS for Americans to eat. Choice collection of Mexican cooking recipes; healthful; delicious. You'l' like them. For only 4c in stamps. Grattan St., San Francisco, Cal.

DO YOU KNOW your astral color? Have you studied your shade and how to use it? Are you in sympathy with your color in your life and your dress? Your astral color is most becoming and is the luckiest color you can choose. It is your love color, your heart color; the color you should govern your life by. It should be your color whether eating or dressing. Send date of birth, self-addressed envelope and \$1.00. I will tell you your true colors and how to use them to give you health, wealth, luck and beauty. L. D. Burt, Walhonding, Ohio.

FIRELESS COOKER; easily made, cheap, reliable. Booklet of full directions, recipes, etc., 25c. Agents wanted. Circular free. M. L. Wright, Dept. 1, 1916 Coleman street, St. Louis, Mo.

A BARGAIN! On account of pressure of other work I will sell my complete correspondence course of advertising in the Powell School of Advertising (N. Y. City) for \$25. Paid \$35. M. R. Charles, Wyckoff, N. J.

HAVE YOU an oily skin? Send 10c in postage or silver for the name of a remedy that is harmless, inexpensive and unfailing. M. R. Charles, Wyckoff, N. J.

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Scientific Living

For Prolonging the Term of Human Life

Teaches How to Preserve the Vital Elements in Food by the New Science of Cooking. How to Pre-serve the Body Cells in Health.

By LAURA NETTLETON BROWN.

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for the purpose of prolonging life and preserving nearly. It will help all who will below in tender of the purpose of prolonging life and preserving nearly. It will help all who will below in tender of the simple, yet exhaustive way. It teaches you what to eat, when to eat, how to eat for health and strength. It teaches you how to prepare food so as to retain the VITAL LIFE ELEMENTS, which nourish, sustain and strengthen cell life in the human body. The author claims that we may learn to store cell vitality and educate the cellular system for long life.

PARTIAL TABLE OF CONTENTS. The Purpose of Life Objective Self. The Living Cell in Food. Great Discovery. Raw Food System. New System of Cooking to Save Life in Food. Nature of Cell Action and Reproduction. Cause of Nervous Prostration. Vitality of Seed Germ. Why People Grow Fat With Age. Why Some are Too Thin. Possibility of Retaining Youth. How Ability to Live Long Was Lost. Proper Food Combinations. A Properly Classified Meal. How to Avoid Accumulating Fat. Carl Snyder's Idea of Long Life. Croft Hill's Plan to Prolong Life. The Emancipation of Woman. Twelve Practical Ways to Improve Conditions f the Home. The Living Cell in Food. Subjective Self. Arousing the Vital Current. The "Double Man." The Normal Man. Things Constructive as Distinguished from Things Constructive as Distinguished from those Destructive. How the Body Grows. Value of Natural Relaxation. Great Central Truth of All Hygienic Systems. Peculiar Action of Vital Current. The Delusion of Fear. How Children Protect Themselves. To Relieve Tension from Fear. The Great Law Revealed. No Sacrifice Recuired to Attain Health or Long No Sacrifice Required to Attain Health or Long Life. Purpose of Regular Eating. of the Home. Source of Vital Power. To Arouse a Weak Stomach. Life Line Prolonged. Why Women Worry. New Ideas to Arouse Thought. How to Begin to Live for Good Health and Pleasure from Food, etc., etc.

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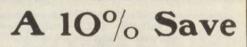
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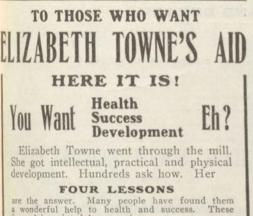
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Will you let one cent stand between you and health? Send a one-cent postal with your name and address, and we will send you FREE a little book that tells how health is regained without drugs or medicine. No fads, faith cure, brace, exerciser or health food. The means employed to regain health are scientific, therefore, natural. No matter what the disease you suffer from, send for the book. One cent may save you years of suffering. Address

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An Instrument That Improves and Strengthens Eyesight.

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This instrument, which the inventor has patented, is called "Actina"-a trade-mark word.



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Stain doesn't hurt the hair as dyes do, but makes it grow out fluffy." SEND FOR A TRIAL PACKAGE. It only takes you a few minutes once a month to ap-ply Mrs. Potter's Walnut Tint Hair Stain with your comb. Stains only the hair, doesn't rub off, contains no poisonous dyes, subhur, lead or copper. Has no odor, no sediment, no grease. One bottle of Mrs. Potter's Wal-nut Tint Hair Stain should last you a year. Sells for \$1.00 per bottle at first-class druggists. We guarantee satisfaction. Send your name and address on a slip of paper, with this advertisement and enclose 25 cents (stamps or coin) and we will mail you, charges prepaid, a trial package, in plain, sealed wrapper, with valuable booklet on Hair. Mrs. Potter's Hygienic Supply Co., 1123 Groton Bldg., Cincinnati, Ohio.

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79

SETA PERSONAL STREET

80

THE NAUTILUS.

A Self-Filling Fountain Pen for Only \$1.25

Do you like bargains? Here's a chance to say

Here's a chance to save time, money and inky fingers. The AUTOMAT is by far the cleaner, 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 solled fingers. No dropper to use. No waste of time. To fill the pen simply place the point in ink and squeeze a small bulb in center of holder. The bulb is concealed when pen is in use. Cut shows pen ready to fill with bulb exposed. The pen itself's gold, tipped with iridium.

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I have been using one of these pens (with a stub point) for some time in my own work. It writes with velvet smoothness. The pen 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.

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SIGN AND DETACH

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Holyoke, Mass.

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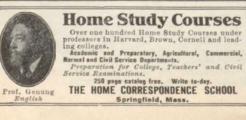
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but you fail to penetrate the veil. Shall life go on finding you still in bondage and shadow, or will you enter the Great Within? We offer free Lectures, Lessons, and helpful Literature. Not Theory but AUTHORITY under the Higher LAW that neither fails nor changes. Write for free membership and literature.

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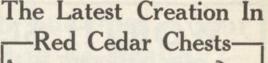
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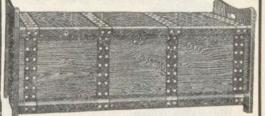
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81

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This chest will be Sent Direct from the manu-facturer to you, subject to 15 Days' Approval. If not entirely satisfactory within that time, return it at our expense. Freight **prepaid** to any point cast of the Mississippi. Don't let the moths, dust and mould injure your good clothes, furs, etc.—it's too expensive—but protect them with an inexpensive Red Cedar Chest. NOW is the time to supply yourself, and **PIEDMONT** Chests are the ones to buy—be-cause they are guaranteed. Prices range from \$12.00 up. up.

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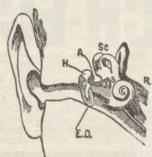
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By the Simplest Method Yet Discovered.

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E. D. The Drum; H. Hammer; A. Anvii; S. Stirrup; S. C. Semi-circular Canals; C. Cochica. of sound. Actina has also been very successful in re-lieving 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, head ache 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.

deafness. But there is a scientific treatment for deafness and catarrh which is demonstrated every day by the use of Actina. The vapor gen-erated in the Actina passes through the Eus-tachian tubes into the middle ear, removing the catarrhal obstruc-tions and loosens up the bones (hammer, anvil

WORTH \$1,000" Prosperity Through Thought Force

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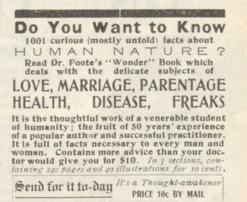
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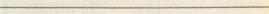
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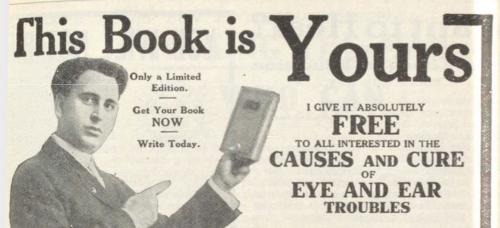
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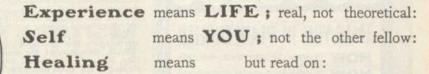
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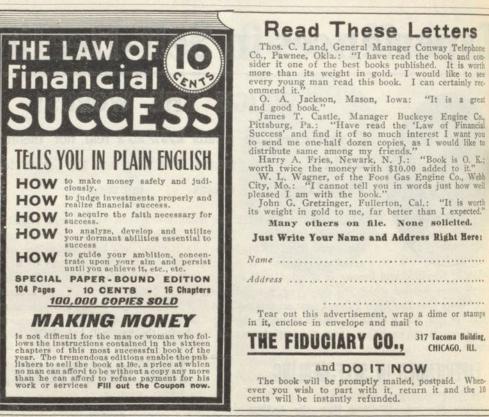
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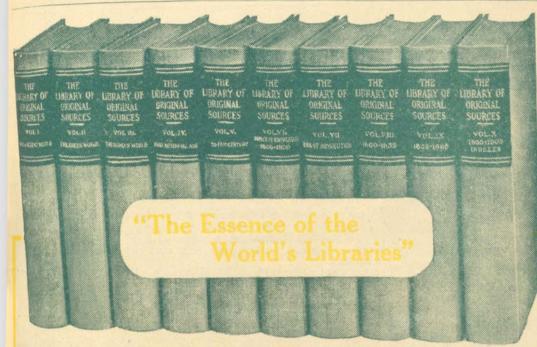
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