

THE NAUTILUS

April, 1910

April Smiles!

TURN UP THE COR-
NERS OF YER
MOUTH

AN SMILE'
AWHILE.

LAY YER WINTER'S
GROUCH AWAY.

AIN'T NO USE TO
NURSE A GROUCH

WHEN THE WIND
IS IN THE SOUTH,

AN' SPRING'S A
COMIN',

AN' BROOKS IS
RUNNIN'—

IT DOESN'T PAY.

—William E. Towne.

PRICE 10 CTS.

Be a Doctor of Mechano-Therapy

And Earn \$3000 to \$5000 a Year!

You can Learn in Class or by Mail.



Have you the ambition to rise in the world?

Do you seek an honorable life position—one in which you can secure an honored name and earn a comfortable fortune?

Would you like to be released forever from the worry of job hunting? From the tyranny of employers and bosses?

You can learn Mechano-Therapy in the privacy of your home—in your spare moments—without giving up your present occupation.

Do you wish to advance yourself both financially and socially to an equality with the best professional class of people within the next few months?

Then write at once for the book I hold in my hand, which proves by documentary evidence that from the Halls of the American College of Mechano-Therapy, the oldest (established 1867), the largest and best equipped institution of its kind in the world, are being graduated daily, successful men and women—Doctors of Mechano-Therapy (D. M.-T.)—graduates who have advanced themselves socially in a few months to the dignified calling of Doctors of Mechano-Therapy, and who are now able to, and actually do, earn incomes of \$3000 to \$5000 a year.

This FREE Book

This free guide to financial independence and honorable livelihood is yours for the asking. Simply write for it today. This book proves beyond possibility of contradiction that any man or woman of ordinary common school education may come to this college in person and learn in class—or be taught with the greatest success at his or her convenience at home by mail—the principles and practice of Mechano-Therapy—an elevating, fascinating and dignified profession that has the unqualified endorsement and the active support of prominent members of the medical profession.

Write at once for this book, which shows how we guarantee our students success in the study of this absorbing calling, make them the possessors of unusual and exclusive ability advance them socially and financially and give them a highly paid, short-houred and interesting calling, which anyone of average attainments can master in his own home in a few months spare time study.

This Book, which describes the authorized diplomas granted our graduates, the reasonable cost of tuition, the convenient terms of payment, and the actual bona-fide realness of the new and unusual opportunity this college course opens up to all enterprising men and women *is free*, and, if you are ambitious, if you are looking for a life position in which you can make a name and fortune, if you would like forevermore to be independent of position-hunting and employers and wish to advance yourself financially and socially within a few months time by home study—at small cost and on convenient terms—then write for it at once—write now while the special terms of tuition are in force.

THE AMERICAN COLLEGE OF MECHANO-THERAPY
Dept. 880 120-122 Randolph Street CHICAGO, ILL.

Mechano-Therapy is the *Physiological*—as Medicine is the *DRUG*, and Surgery the *Operative*—Treatment of Disease. This **FREE BOOK** Explains Everything.

Read These Letters of Actual Experience from Graduates

P. W. Dymont, M.-T. says: In my year's practice I have never given a single examination for less than \$2.50, and the most was \$5.00. I have never treated a single case less than fourteen treatments for \$25.00, and the greater part have been \$2.00 straight. It is just as easy for the M.-T. D. to get \$5.00, as it is for the M. D. to get \$2.50 a treatment.

Dr. W. F. Leslie, M.-T. writes: Please send me one of your college buttons. I enclose money order for same, and also wish to become a member of the State and National Associations. I am glad to see our school doing so well, and will do all I can for the school. I am making from \$10.00 to \$15.00 a day and work seven days a week. I am busy all the time, and am sending patients to Dr. W. R. Skellenger, M.-T., and the sanitarium, so you can see what a lot I have to do.

The Addresses of the Above Graduates Will Be Furnished Upon Request

H. J. Harness, M.-T. writes: Have been established a month and am treating from seven to ten patients every day. Am having remarkable success. I get \$2.50 per treatment.

Rufe Waldo Thornton, D. D. S., D. M.-T., Ex-President State Dental Society, says: I treated with perfect success a case of adipose abdomen, to the very great gratification of my patient. I treated, several months ago, a case of sciatica, with entire relief of pain and symptoms, which have shown no return. I treated some minor ailments which yielded so promptly that one could hardly believe his own senses.

I was satisfied from the course that it was built on a solid foundation and scientific basis, but from what I have seen I am doubly convinced.

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

THE NAUTILUS

April, 1910

April Smiles!

TURN UP THE COR-
NERS OF YER
MOUTH

AN SMILE'

AWHILE.

LAY YER WINTER'S
GROUCH AWAY.

AIN'T NO USE TO
NURSE A GROUCH

WHEN THE WIND
IS IN THE SOUTH,

AN' SPRING'S A
COMIN',

AN' BROOKS IS
RUNNIN'—

IT DOESN'T PAY.

—William E. Towne.

PRICE 10 CTS.

NEW THOUGHT CENTERS.

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

- ASPEN, COLO.**—Matilda L. Ross, 116 East Cooper Avenue.
BOSTON, MASS.—The Metaphysical Club, 211 Huntington Chambers, 30 Huntington Avenue.
BOSTON, MASS.—The Scholar Business Building Service, 101 Tremont Street.
BOSTON, MASS.—Smith and McCance, 38 Bromfield St.
BRUNSWICK, O.—Co-operative Book and Subscription Agency, R. 3.
BATTLE CREEK, Mich.—Philius Champagne, care Macfadden Sanatorium.
CHICAGO, Ill.—The Progressive Thinker, 40 Loomis Street.
CHICAGO, Ill.—The Progress Co. 515-519 Rand-McNally Building.
CHRISTCHURCH, New Zealand—Ida M. Bruges, Fendalton.
DENVER, Col.—Dr. Alexander J. McI. Tyndall, 526 14th Street.
FRESNO, CAL.—Mrs. L. F. Sanders, 944 O. Street.
HAMILTON, Ontario, Can.—Clove & Son, 16 King St., West.
HARROGATE, England.—Talisman Publishing Co., 526 Station Pde.
HELENA, MONT.—Mrs. S. J. Rumans, 1051 N. Ewing Street.
KINGSTON, JAMAICA, B. W. I.—Hale's Popular Variety, 51 Luke Lane.
LONDON, England—Higher Thought Center, 10 Cheniston Gardens, W.
LONDON, England—L. N. Fowler & Co., 7 Imperial Avenue, E. C.
LONG BEACH, Cal.—Mrs. S. F. Connley, 14 American Avenue.
LOS ANGELES, Cal.—Metaphysical Library, 611 Grant Bldg., 355 South Broadway.
LOS ANGELES, Cal.—Occult Book Co., 213 Mercantile Place.
MELBOURNE, Australia—Miss E. R. Hinge, 178 Little Collins Street.
NEW YORK CITY—New Thought College Free Reading Room, N. Y. American Bldg., Columbus Circle, Broadway and 59th St.
NEW YORK CITY—Roger Bros., 429 Sixth Avenue.
OAKLAND, Cal.—Rest Reading Rooms, 719 14th Street.
PITTSBURG, Pa.—Dr. H. Lewis Belknap, 813 Wood Street, second floor Wilkesburg Station, P. O. Box 174.
PORTLAND, Ore.—W. E. Jones, 284 Oak Street, Henry Building.
PROVIDENCE, R. I.—S. C. Dunham, 104 Olney Street.
RICHMOND, Va.—M. E. Davison, 1002 E. Clay Street.
SANTA BARBARA, Cal.—Ramona Book Store, J. M. Barbour, Prop., 707 State Street.
SHANGHAI, China—International Subscription News Co., J. Thompson, Mgr., American P. O. Box 922, 5a North Soochow Road.
SPOKANE, Wash.—Spokane Book and Stationery Company, 114 South Post Street.
ST. LOUIS, Mo.—Dr. Beverly, 3503a, Franklin Avenue.
ST. LOUIS, Mo.—H. H. Schroeder, 3537 Crittenden Street. German publications a specialty.
ST. PAUL, Minn.—Ida Willius Goldsmith, 469 Laurel Avenue.
SAN DIEGO, Cal.—Loring & Co., 762-766 Fifth Street.
SAN DIEGO, Cal.—J. C. Packard, 825-827 Fifth Street.
SAN FRANCISCO, Cal.—Olivia Kingsland, care of Theosophical Society, 1472 Golden Gate Avenue.
SAN FRANCISCO, Cal.—Occult Book Co., 1141 Polk Street, near Sutter.
SEATTLE, Wash.—W. H. Wilson & Co., 903 Pike Street.
SPRING VALLEY, Minn.—Mrs. Rose Howe, Box 165.
SYDNEY, Australia—Progressive Thought Library Co., 5 Moore Street.
TOLEDO, Ohio—Mrs. Anna L. Stoeckly, 622 Navarre Avenue E.
TORONTO, Can.—W. H. Evans, 488 College Street.
VALAPARAISO, CHILE, S. A.—Georgina Hammer-ton, Carilla, 271 P. O. B.
WASHINGTON, D. C.—Oriental Esoteric Center, 1443 O Street, N. W.
WILLIMANSETT, Mass.—Mrs. S. A. Emerson, 30 Emerson Street.
WINNIPEG, Man., Can.—Prof. R. M. Mobius, 494½ Main Street, Suite 1.
WIMBLEDON, S. W., England—Power Book Co.
YOUNGSTOWN, O.—Flora G. Whiteside, 108 West Wood Street.

THE AMERICAN NEWS COMPANY, through its various branches, supplies *The Nautilus* on a returnable basis to all its dealers who request it. If your newspaper dealer hasn't it on sale please suggest that he request his branch to supply him.

LIST OF BOOKS

BY ELIZABETH TOWNE.

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

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

THE LIFE POWER AND HOW TO USE IT.

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

JOY PHILOSOPHY.

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

YOU AND YOUR FORCES, or The Constitution of Man.

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

HOW TO GROW SUCCESS.

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

EXPERIENCES IN SELF-HEALING.

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

HAPPINESS AND MARRIAGE.

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

JUST HOW TO WAKE THE SOLAR PLEXUS.

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

JUST HOW TO CONCENTRATE.

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

HOW TO TRAIN CHILDREN AND PARENTS.

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

JUST HOW TO COOK MEALS WITHOUT MEAT.

Paper; price 25 cents.

HEALTH AND WEALTH FROM WITHIN.

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

PROSPERITY THROUGH THOUGHT FORCE.

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

PSYCHICOM, or Soul-Sleep, by Helen Rhodes.

New light on self-development. Practical and helpful. Cloth bound. Price \$1.00. Selling like hot cakes!

THE STORY OF A LITERARY CAREER, by Ella Wheeler Wilcox.

This book contains a foreword by Elizabeth Towne, who publishes it; and a supplementary chapter by Ella Giles Ruddy. Beautifully printed and bound in heavy paper, with illustrations. Price 50 cents.

NEW THOUGHT PASTELS.

A volume of the latest and some of the best of Ella Wheeler Wilcox's beautiful poems. Paper, 50 cents; silk cloth bound, price 90 cents, postpaid.

THROUGH SILENCE TO REALIZATION.

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

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

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

THE EVERY DAY BOOK.

Compiled and portions of it written by Suzanne Wardlaw.

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

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

ELIZABETH TOWNE, Holyoke, Mass.

Nautilus News.

BY THE EDITORS.

Burned Up.

All the subscriptions which we receive in the month of March will have to begin with our April number! Please note this!

We are 1650 copies short on our March issue.

These 1650 copies were burned up!

A serious fire started in a store adjoining the plant of the Transcript Printing Company, which does our work, and before it was discovered it had burned through into the stock room and destroyed a lot of finished goods, among them this batch of *Nautilus*. There were a good many other copies slightly damaged by smoke. New covers had to be printed for these, in which they were re-bound. If your copy of *Nautilus* is slightly yellow on the edge you will know it has been through the fire.

Fortunately we had copies enough to fill all our regular orders but the loss leaves us without a single copy with which to fill new subscriptions or replace lost copies. When our returns come back from the news company we shall have a few more copies which will be mailed to those who order them, as long as they last. This will be a case of "first come first served," and no free copies for March *Nautilus*. If you are a new subscriber and wish the March number, send 10 cents quick, and we will fill your order when our return copies come in. Those who are late will have to read the March number in some library. We have not copies enough to go round, so we take this method of discriminating in favor of those who want them most—and act quickest.

We make no allowance for sample copies nowadays, so a loss of 1650 copies is quite a calamity to us.

Our Serials.

Our story, "The City Shadow," is almost ended. The last instalment comes in our May number. You will be delighted with the ending I know. The only thing that you won't be satisfied with is the fact that it is ending. Our readers seem to be charmed with every instalment of Sinclair Lewis' serial, and they all ask for more from his pen.

We have another long serial story that will begin early in the fall. The writer is well known and the story is a masterpiece of its kind. And it is the most thrilling new thought serial we have yet had the pleasure of seeing. It holds your interest from the very first chapter to the last. Be sure and keep your subscriptions renewed, and see that all your friends come in for this new story. I shall reserve the name of the author and the name of the story until a little later in the season.

But don't imagine that *Nautilus* is to be without fiction until that serial begins. We are to publish in the next few months some of the

CRÈME MERVEILLEUSE

¶ Absolutely pure, containing no lanoline and no glycerine.

¶ Very suitable for cleansing the skin thoroughly, at the same time feeding the tissues.

2 oz. JAR 75c. BY MAIL 87c.

V. DARSY

4 West 40th St. Dept. N. New York

Send for Dr. Darsy's interesting booklet,
"More than Beautiful."

finest short stories that have yet been written. When I tell you that three of our stories are written by Marietta Holly, known to fame as "Josiah Allen's wife," and by Grace McGowan Cooke and Florence Morse Kingsley, you will realize what a series of delights we have in preparation for our readers.

"The Kids' Judge."

Our May number is to be a Ben Lindsey number. There will be original things from his own pen, and there will

be other things about him and his work, and a picture of him. Be sure to get the inspiration that comes from this great man.

Next.

In addition there will be some specially good things by the editor on a number of subjects

which you have been asking me about. There will be more specially good things from the associate editor.

There will be a beautiful new poem by Ella Wheeler Wilcox.

Also you shall have another fine article from the pen of Ethelind Lord—"Except Ye Have the Vision."

There will be some splendid healing articles—Dr. Sears will be with us, and Wallace D. Wattles, and others whom you are asking for.

Everybody seems delighted with our recent issues of *The Nautilus*. We are all working together to make every issue better than the last. Be on the lookout for the next!

A Great Book.

We are just getting out a new book by Wallace D. Wattles. Do you know that that man is

a wonder? Nowhere among the new thought people is there any mind that advances so steadily and rapidly as his. Everything he writes me is better than the last, and this new book is the best of all.

The subject is, "The Science of Getting Rich." And it really gives you the science; gives it to you in such a lucid and workable form that I don't see how anybody can read it and fail to demonstrate even as the author himself. I wish I could tell you all this man

has accomplished in the last few years—you would think that if anybody can write on "The Science of Getting Rich" he can. And it is true!

This new book is to be uniform in size with our "Health and Wealth From Within," "Psychoma," and "Prosperity Through Thought Force"; 160 pages, printed on best laid paper, with fancy initials and page headings, bound in the finest silk cloth, with a special cover design. There is a half tone portrait of Mr. Wattles as a frontispiece, taken from a new photograph made specially for this purpose.

Let me whisper it—he will not take the prize for beauty. Back where he lives they call him the Indiana Abe Lincoln, and they say he not only looks like Lincoln but that he talks and acts much like him. If Woods Hutchinson is right about big noses corresponding with big intelligences, Wattles is the most intelligent man I know! See if you don't think so. And if you just look at his picture a little while you will find a beauty of expression that is not recognized at the first glance. At least he is a remarkable man, in looks as well as achievements.

The new book will be ready for delivery about the first of April, and you can send in your orders now. The sooner we receive them the better for you. One Dollar spent on this book now ought to mean a good many dollars increase in your income. It surely will if you use it to the best advantage, use it as the author directs.

Are You?

Are you in a position to act as special agent for *The Nautilus*? Can you ask friends and acquaintances to subscribe? Can you canvass your town or your vicinity? If so write us and we will give you some brand new special inducements that we have just got hold of.

In order to keep on improving *Nautilus* as we aim to we must double and treble our subscription list. You can help us. And at the same time you can enrich your own pocket-book and add to that nice little satisfied feeling that comes from doing a good act. Try it!

A Little Club.

Yes, we will accept new subscriptions at the rate of three for \$2.00. This is a discount of 33 1/3%. At least two out of the three subscriptions must go to new subscribers, and all three subscriptions to separate addresses. Won't you get up a little club of three?

We Will.

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 subscription 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?

An Outsider Remarks.

The Springfield News says: "Magazines progress or they die; 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 magazine has progressed wonderfully during the past few months."

Our subscription list must progress too. This is where you can help, and this is where you are helping. It is our loving friends who advertise us, and who add to our list of subscribers. And we give back to them full measure of thanks, pressed down, shaken together and running over, and we prove it by improving the magazine! So here is an endless circuit of thankful love and advancement.

New Thought Goes to Atlantic City!

Oliver C. Sabin, founder and bishop of the Evangelical Christian Science Church is to do some great missionary work this summer. He is to speak daily in the "Greek Temple," out on Captain Young's "Million Dollar Pier" at Atlantic City, from July 5th to 25th inclusive. This means that Bishop Sabin will speak every day for three weeks to his share of a floating population that averages about 100,000 a day!

They say he is a good speaker, and he will surely reach many thousands of people, a goodly number of whom will probably get their first taste of new thought.

The lectures are to be entirely free, and the Greek Temple stands something like half a mile out over the ocean on the big pier. It has seating capacity of a thousand people, and is far enough out over the water to be away from all the noises incident to the land. It is a cool and sightly place, and the surroundings are superbly beautiful, inclusive of the building.

And Bishop Sabin has invited Elizabeth Towne to occupy his pulpit on Friday the 8th of July. I shall hope to have a crowded house. Everybody please treat me to wake the best possible impulses in all those people.

There will be no admission fee to any of these lectures. Bishop Sabin's *Washington News Letter* and *The Nautilus* will be on sale at the Temple every day.

The Greatest Bargain Ever Offered



50 CENTS Secures this Great Reference Library

This magnificent reference work, costing three-quarters of a million dollars to produce, is a dictionary and encyclopedia combined. In fullness of definitions, number of words defined and accuracy, it is superior to reference works selling for five times its price. It has been recently revised and enlarged by a staff of American editors. Its five big volumes contain an inexhaustible mine of information on every subject, defining 250,000 words. Our bargain offer takes off two-thirds the price, and we pass the work on to you at less than one-third the price of any other first-class reference work. We send the complete set to your home for examination without charge, and if you decide to keep it, a first payment of 50 cents secures the set.

\$5.00 Atlas FREE

The Modern Atlas of the World sells regularly for \$5.00. It contains more than 100 maps in color. There is a map of each state, territory and country. It gives the population of all cities of importance. This invaluable Atlas is bound in red cloth and is 10 x 13 inches in size. We will send it to you, absolutely free, if your order for the Encyclopedic Dictionary is received at once.

Free for Examination

If you reply at once, we will send you a complete set at once, all express charges prepaid for examination. And we will also send, absolutely free of charge, the Modern Atlas of the World. If you like the books and the Atlas you can pay for the Dictionary in little monthly payments. If you don't like them, return them to us and we will pay return charges.

Mail the Coupon Today

This is only a limited edition, and will not last long. You must reply promptly to take advantage of the bargain.

THE WERNER COMPANY, Akron, O.

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

Five Massive Volumes

There are five volumes, each one foot tall, and strongly and handsomely bound in three styles of binding. The set contains 5,000 pages and thousands of illustrations. It is up-to-date in every particular. It is absolutely reliable; the names of its editors are among the greatest in every field of research. As a dictionary, it defines 25,000 more words than any other dictionary. As an encyclopedia, it treats 50,000 subjects, covering the whole field of human knowledge.

MARK AND MAIL THIS COUPON

The Werner Company, Akron, O.

You may send me on approval for 30 days one set of the AMERICAN ENCYCLOPEDIA, bound in the style indicated by having the "X" beside.

Full Sheep Binding. Regular price \$64.00. I will pay for the same, if I decide to keep the books, as follows: 50 cents after I examine them and \$2.00 a month until your special price of \$25.00 is paid.

Half Morocco Binding. Regular price \$56.00. I will pay for the same, if I decide to keep the books, as follows: 50 cents after I examine them and \$1.50 per month until your special price of \$20.00 is paid.

Library Cloth Binding. Regular price \$42.00. I will pay for the same, if I decide to keep the books, as follows: 50 cents after I examine them and \$1.25 a month until your special price of \$16.50 is paid.

You are to send the set of five volumes and the Atlas of the World, delivery charges paid. If not satisfactory, I will return books and Atlas within 30 days after delivery, at your expense for return charges.

"Nautilus 4-10"

Name

Address

State



Won't
You Join
Me in My
Business?

Many women are making as much as \$3,000.00 a year. It doesn't require special talent, special qualifications, just common, ordinary, good judgment and—

SEMPRE GIOVINE

Nature's Most Wonderful Beautifier

Every woman in this broad land—every man, too—needs **SEMPRE GIOVINE**. They need it to clear out clogged pores so their skins can breathe; to bring rich, red blood back where it should be; to give them the glow of perfect skin health.

One's complexion cannot be good unless it is nourished; it cannot be nourished if it is not **clean**, and soap and water alone **WILL NOT CLEAN** it. One must get down deep into the pores. **Clean them** and then one can **nourish the skin**. So-called cold creams and lotions won't do this—they only clog the pores the more. **SEMPRE GIOVINE** will—does cleanse them.

SEMPRE GIOVINE is to the skin what **SUNSHINE** is to the **FLOWERS**.

Not a soap, cold cream, cosmetic or lotion, just a combination of natural vegetable oils put up in briquette form to perfectly fit the hand, which first cleanses the pores of all poisons and impurities and then feeds and nourishes them. It is more than any "cold cream" or soap **could** be.



PRICE 50 CENTS

SEMPRE GIOVINE is not new. The beautiful Italian women used it a hundred years ago. The same formula is used at the present time.

Any woman, young or elderly, can make herself independent with a **steady income** just by reading my instructions and selling **SEMPRE GIOVINE**.

The demand is universal. Even men, whom "cold cream" cannot interest, find in **SEMPRE GIOVINE** the one thing which takes the irritations and roughness away after shaving. It leaves no "bite" to the skin.

Join Me in This Business

Write to me today—**right now**—before you do another thing. I will give you full particulars.

Try **SEMPRE GIOVINE**—then let your judgment decide whether or not **all** women **need** it, in fact, will be anxious to buy it, when you show it to them.

I will be very glad to send you a liberal sample briquette if you will send me 10 cents to pay postage and packing—better still—send 50 cents and I will send you full sized briquette with full particulars. Write me personally.

Mrs. J. C. Carr, President

MARIETTA STANLEY COMPANY

Dept. A. C., Fourth Street
GRAND RAPIDS, MICHIGAN

MRS. GERVASE GRAHAM

MRS. GRAHAM'S QUICK HAIR RESTORER

Restores Gray Hair

to its original color in ten days, making it glossy and beautiful. (For brown, dark-brown or black hair not more than one-third gray.) Absolutely harmless. Price \$1.00. At all druggists or by express prepaid upon receipt of price by manufacturer. Send ten cents for trial bottle and booklet "About the Hair" to

Mrs. Gervaise Graham,
1475 Michigan Ave. Chicago, Ill.
(McKesson & Robbins, Eastern Wholesale Agts., New York)

JELLY Made With MAPLEINE (BETTER THAN MAPLE)

Those who like the piquant flavor of maple, will enjoy this exquisite dessert. The making of it is very simple too.

HERE IS THE RECIPE:

Soak $\frac{1}{2}$ box of Gelatine in one scant cup of cold water until soft, add one pint of boiling water, one cup of sugar, and one teaspoonful of Mapleine. Do not let the mixture boil. When well dissolved, strain through a flannel bag.

Send for our free recipe book, "Mapleine Dainties," and make other Mapleine delights—candies, syrup, pudding sauces, cakes, puddings, fudges, ice cream, icing, caramels, pinôche, and many other delicious Maple flavored sweets.

Grocers sell Mapleine. If not send us 35c for two oz. bottle and recipe book.

CRESCENT MFG. CO.,
Seattle, Wash.



THE NAUTILUS.

Vol. XII.

APRIL, 1910.

No. 6.

CONTENTS:

Editorials,	Elizabeth Towne,	11 to 18
The Dynamism of the Goal,	F. Milton Willis,	18
The Burden of the Tears, (New Poem),	Edwin Markham,	19
Loyalty and Corn,	Thomas Dreier,	20
The Chant of the Living Spring,	Florence Morse Kingsley,	22
Vegetables as the Hindus Prepare Them,	Saint Nihal Singh,	23
Psychology of the Family,	Eva S. Mahler,	27
You, (New Poem),	Florens Folsom,	29
The City Shadow, (Serial Story),	Sinclair Lewis,	30
The Truth About the Subconscious Mind,	Julia Seton Sears, M. D.,	35
The One Thing We Absolutely Know,	Florence Willard Day,	39
Lessons in Constructive Science,	Wallace D. Wattles,	41
The Colossal Cavern,	Edgar Lucien Larkin,	44
The Salutation, (Poem),	The Sanskrit,	46
Don't Make Excuses,	William E. Towne,	47
Briefs,	William E. Towne,	48
The Editors at the Hub,	Elizabeth Towne,	50
Things That Make for Success,		56
Family Counsel,		58
Circle of Whole World Healing,		59
The Way the Wind Blows,		60
Little Visits,		61
Anent Books and Things,		64
Nautilus News,		1

YEARLY SUBSCRIPTION, \$1.00.

SINGLE COPIES, 10 CENTS.

Copyright, January, 1910, by Elizabeth Towne.

Published Monthly.

Holyoke, Mass.

Entered at the Post Office at Holyoke as second class mail matter. Foreign postage 36 cents.

THE NAUTILUS.

ELIZABETH TOWNE
WILLIAM E. TOWNE

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

Editors

These are
Nautilus
Contributors
for 1910-11.
Others
Coming!

names cannot be found on list unless town and state are given.

I assume no responsibility for copies of NAUTILUS lost through failure to notify me promptly when address is to be changed.

All articles and items appearing in NAUTILUS which are not otherwise signed or quoted, are written by the editors.

All articles, poems and items in this magazine are written especially for THE NAUTILUS, unless otherwise indicated; and are protected by copyright. Other publications are welcome to quote from our columns provided credit is given THE NAUTILUS.

The word NAUTILUS is pronounced exactly as spelled, accent on first syllable. Its significance is hinted in the NAUTILUS verse at top of page 11.

ADVERTISEMENTS.

The publishers of THE NAUTILUS use every reasonable effort to see that only advertisements of reliable concerns appear in its columns. While we cannot undertake 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 publication of this number, and provided also that you made remittance to the advertiser in such form that it can be traced.

THE NAUTILUS, monthly, \$1.00 a year! Canadian postage 25 cents extra; foreign countries, 6 shillings, 3 pence, by international money order. Foreign money, stamps or postal notes not acceptable. THE NAUTILUS is owned and published by Elizabeth Towne, Holyoke, Mass., to whom should be sent all subscriptions and all correspondence regarding the magazine.

If special receipt is desired for subscription sums less than \$1.00, send self-addressed and stamped envelope or card.

You will save me, and perhaps yourself a lot of trouble if you will state whether your subscription is new or a renewal.

We will send you a notification when your subscription expires.

Give full name and fullest address in every letter.

Send prompt notification of change of address, giving both, old and new address. This is most important, for



I Can Increase Your Earnings

If you want an independent business of your own requiring no capital, mail your name and address and let me send you our **Big Free 62-Page Book** showing how you may earn \$3,000 to \$10,000 a year in the **Real Estate, Brokerage and Insurance Business**.

Our system is a positive success. It equips you to conduct these money making branches, and gives you a valuable Commercial Law Course Free. Clerks, Book Keepers, Salesmen, Agents, Solicitors and others should investigate this. Send no money, simply your name and address and I will mail you our **Big 62-Page Book, absolutely free**. Write today. **The Cross Co., 3717 Reaper Block, Chicago, Ill.**

YOU CAN BE A NURSE



ERLY TRAINED. Beginners, practical nurses and hospital graduates accepted. You are entitled to the best. Write today for booklet telling all about nursing, sent free. **Chicago School of Nursing, 1944-46 Van Buren St., Chicago**

Complete Scholarship IN ART FREE

SPECIAL LIMITED OFFER

We mean just what we say. We are determined to prove to the public generally, the wonderful success of our exclusive methods. If you love the beautiful, we guarantee to teach you Art. You learn right at home, by mail and in your spare time. Great artists your instructors. Same methods employed as are used in the great ateliers of Paris. **WRITE** at once for beautifully illustrated Prospectus and full explanation of our Free Scholarship Offer. Remember, this offer is limited to a few in each locality who answer at once. So write today. **FINE ARTS INSTITUTE, STUDIO 2984, OMAHA, NEB.**



LEARN PIANO TUNING AT HOME by the aid of the TUNE-A-PHONE. 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.**

VETERINARY COURSE AT HOME

\$1200 year and upwards can be made taking our Veterinary Course at home during spare time; taught in simplest English; Diploma granted, positions obtained for successful students; cost within reach of all; satisfaction guaranteed; particulars free. **ONTARIO VETERINARY CORRESPONDENCE SCHOOL, Dept. 10, London, Canada.**

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

Get Back to Nature



The best physicians will tell you that

The Natural Diet is the Only Diet

for mankind. Send for our booklet. It will tell you all about it.

We will send you, postage prepaid, our Guide Book, also samples and price list of our **Nuts and Nut Preparations**, upon receipt of 25 cents; or samples of all three kinds of "Corona Health Food," for 15 cents.

For \$1.00 we will send you the following combination: $\frac{1}{4}$ lb. each Pecans, Walnuts, Filberts, and Pignolias; $\frac{1}{2}$ lb. Nut Marmalade, $\frac{1}{2}$ lb. Nut Butter; express prepaid.

The KOERBER NUT MEAT CO.

Dept. N., 169 Reade St., New York City.

TO the RICH or TO the POOR

Health is essential. The only way to enjoy the best of health is to eat the right food prepared in the right way.



If your food is prepared in the HYGIENIC FIRELESS COOKER AND BAKER

Your Health will be better.

Your Fuel bill will be less.

Your Life will be brighter.

Your Household will be happier.

Don't wait but send today for our booklet, **Cooking without Fire.**

To every responsible party we will send our Hygienic on **Ten Days' Free Trial**, without paying one penny.

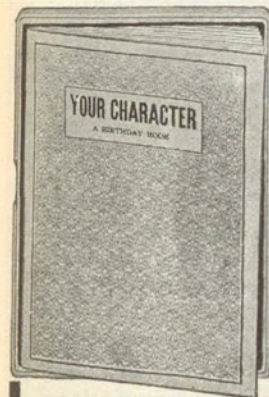
The best recommendation we have is our thousands of satisfied customers.

Stephens Mfg. Co., 300 Franklin Bldg. BUFFALO, N. Y.

Are You Like Ella Wheeler Wilcox or Roosevelt?

Want to know? Our new book will tell you. **"Your Character"** is a Birthday Guide Book for you and all your friends the year around. There are 12 sections in the book and each contains:

- (1.) Complete character delineations based on the date of birth. Every day in the year is included.
- (2.) The good points, the faults, the personal appearance of each person.
- (3.) The companions, occupations, gems, colors, sentiment, flower and musical composers, which belong to them by affinity.
- (4.) A chapter of special advice by **ELIZABETH TOWNE**, on How to Make the Most of that Sign.
- (5.) Beautiful character-building Great Thoughts from four famous people born in each sign—one for each week of the month. Each Great Thought is a character-building meditation, and the whole 48 constitute a sort of zodiacal circle of high thinking, which is remarkable in itself. The twelve chapters of advice by **ELIZABETH TOWNE** form another zodiac of illumination and inspiration to fit every kind of human need.
- (6.) A page for autographs of your own friends born in each sign.
- (7.) The volume contains eleven special, concise paragraphs by **ELIZABETH TOWNE**, explaining the nature of the principles by which the book delineates character, and how it may be used to build character, health, happiness and success.



Tells you what you have in common with the great and good men and women, present and past; and besides a barrel of fun and instruction about it.

In What Month Were You Born? YOUR CHARACTER

Written and Compiled by

Elizabeth Towne and Catherine Struble Twing

Catherine Struble Twing compiled, condensed and arranged the character delineations from the various authorities on the subject, plus her own insight.

William E. Towne explored for the 48 famous people, four for each sign, and made the choices of Great Thoughts suitable for our purpose.

The book is one you will want to keep at hand for the inspiration it affords.

You will want to find out what famous people are character-kin to yourself and your friends.

You can't find anything prettier and newer for the money. Young and old are delighted with it, for the sheer fun of seeing how it "hits off" themselves and their friends.

"I have your little book and think it will interest and help many people. It is concise and full of good counsel. Success to it."—**ELLA WHEELER WILCOX.**

"I know nothing of the concerns of the zodiacs, but I do know that I have tried this book on some of my friends, and that they all winced under the hits they got. Try it yourself."—**EDWIN MARKHAM**, in New York American.

"A most admirable specimen of book making along petite lines * * * They have put forth one of the daintiest, most attractive books of the season."—**WORCESTER GAZETTE.**

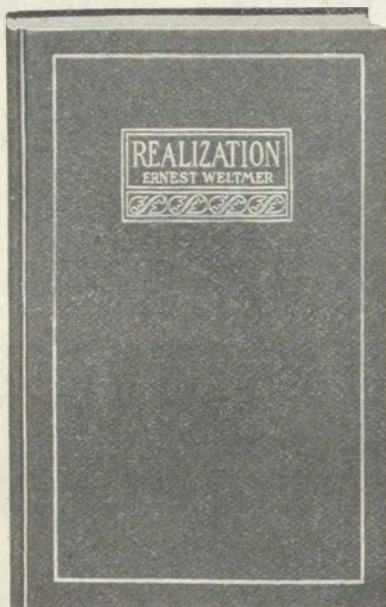
"**Your Character**" is printed on rich 80-lb. deckle edge paper, Chippendale covers, with new imported tissue jacket. Packed in dainty white fleur-de-lis box, with gilt band around edge.

The book is now ready for delivery and the price is **75 CENTS PER VOLUME**; two copies for \$1.25; four copies for \$2.00. A few special copies, bound in limp leather, price, \$1.25; post-paid and well packed.

Address **ELIZABETH TOWNE, Holyoke, Mass.**

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

FREE, REALIZATION, the Story of a Climber, FREE



If we will send you a copy of this vital New Thought Novel (just out) **FREE**—even the mailing charges fully paid—would you examine it?

This book will interest you and help you to overcome the barriers that are retarding you in the attainment of your **ideals**—for it tells the story of a youth struggling against established customs and beliefs, for **Mental Freedom** and **Bodily Relief** from a fatal disease. The story out-pictures the fight many hundreds have made and are now making to reach the goal of **Mental and Physical Perfection**. This book was written especially for us and we have made it into the handsomest volume ever offered as a premium with a (new or renewed) yearly subscription to a one-dollar-a-year Magazine.

THREE DAYS' EXAMINATION FREE!!

Send no money—make no promises—take no risk—merely mail this coupon **TODAY** and the return mail will bring you a copy of the **BOOK** and the current number of **NEW THOUGHT**.

If, after examining it, you decide you want **REALIZATION** for your very own, and **NEW THOUGHT** for one year, just send us \$1.00. If you don't want to keep them, let us know, and we will relieve you of them without any expense to you.

THE NEW THOUGHT PUBLISHING CO.
215 Wabash Ave., Chicago, Ill.

GENTLEMEN:

*I will examine the **BOOK** if you will send it **FREE**. If I am not more than pleased—not merely satisfied, but actually delighted—with the **Book** and the first copy of your **Magazine**, I will notify you within **THREE DAYS** after their receipt, and you are to cancel all charges against me promptly and cheerfully.*

Name

TownState.....

Street or Box No.....

No effort required to thoroughly clean your carpets and rugs by

“The HOOVER Way”

Full aluminum throughout, except Westinghouse Motor. Absolutely combines every good cleaning principle in one single easy operation.

Send for booklet No. 1 and read it carefully.



Also fifteen different attachments for every cleaning purpose. But the machine itself takes care of ninety per cent of the work which is on the floor.

The HOOVER SUCTION SWEEPER COMPANY

Dept. 4, NEW BERLIN, OHIO

In Their Natural Colors

A Great Catalog of Pianos and Player-Pianos Free

A NEW Packard catalog is ready. This announcement means more than any similar one has ever meant from us or any other piano manufacturer.

It means not only new Packard styles in uprights, grands and player-pianos, by far the most beautiful you ever saw, but—

A new way of showing them that enables you to see each instrument in the *natural* color and grain of the wood.

These reproductions are the *first direct color photographs* of pianos ever perfected and are as great an achievement in their line as the first Packard Piano was in its.

So accurate are these illustrations that, if necessary, you could select from this catalog and be entirely satisfied, for the *distinctively sweet singing tone, nice elasticity of action and unsurpassed durability* that have made the Packard known as the piano and player-piano for the home are in *every* instrument.



Mission Style

Packard

THE PIANO FOR THE HOME
THE PLAYER-PIANO FOR THE HOME



*Player-Piano
ready to use as a player*

But we don't ask you to do this. When you have selected the style that best pleases you we will arrange for you to *hear and see* that particular instrument no matter where you live and without obligation to buy.

So don't get a piano or player-piano until you see this catalog and know how satisfactorily a Packard purchase can be made. Write today.

THE PACKARD COMPANY
Dept. U, Fort Wayne, Ind.

COMPLETE SHORT COURSE

In the one School of Mental and Drugless Healing which can Guarantee Legal Recognition and Protection to its Graduates—Suggestive Therapeutics is the most vigorous profession of the present, and has the brightest future. The parent school which has been declared "Legitimate and Lawful" by the United States Supreme Court is the

Weltmer Institute of Nevada, Missouri

Whether old, young, educated or ignorant, if you are sincerely enthused over the good you will be enabled to do, 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 Self-Mastery. It teaches you self-reliance, composure, forceful thinking, direct argument, and the perfect use of the

memory, focusing all your experience to your immediate needs, in **any line of work.**

At the completion of the Second Semester of the **Complete Short Course**, the student will be able to practice Suggestive Therapeutics intelligently and will be granted a **Certificate** which will afford protection in his practice. **A good location is secured for every graduate.**

CLASS ENROLLS MAY 1st, 1910

and ends August 16th. Tuition, \$150.00. No extra charge for text-books, for use of reference library or Psychic Research Class. Credit given for tuition previously paid to school. What you learn here at an expense of fifteen weeks of your time and \$225.00 for room, board, tuition, etc., makes you **your own master**, equips you with a Profession than which none is nobler, insures yourself and loved ones against disease, failure and unhappiness, and you are able to cure cases abandoned by other physicians who have spent four years and at least ten times as much money for a less effective education.

The greatest medical school in America has been endowed in the sum of \$1,750,000 for the establishment of a sanitarium where disease will be treated by suggestion, and exhaustive experiments made. Some of the greatest Scientists of the age are studying the theories of Psychic Force. We tested the theories 20 years ago and have been teaching the actual technique for 12 years.

We have had National legal recognition since 1902. No hard study is required, as most of the teaching is done through Lectures and Clinical

Demonstration. There will be five and six Lectures and Classes per day for each student, so there will be very little time for any work outside of the classes. (See schedule.) What others have done you can do.

Complete course in Suggestive Therapeutics and Psychology in the term. Prof. Sidney A. Weltmer personally teaches these branches. He has a series of diagrams which are so accurate that it has been said, "He teaches the Anatomy of the Mind." "He does not simply tell you how to experiment, he tells just What to Do and How to Do It."

Psychic Research is carried through the entire 15 weeks of both Semesters, constituting a complete

course in Occultism, Telepathy, Psychic Development, Clairvoyance, etc., etc. The Psychic Course together with the General Psychological lecture given each day at 4 p. m. may be taken in six weeks—tuition to students enrolled only for Psychic Course, \$50; to regular students, no extra charge.

CLASS SCHEDULE OF FIRST YEAR (15 Weeks) COMPLETE WITHOUT FURTHER STUDY.

FIRST SEMESTER—10 Weeks.

PSYCHOLOGY—(Descriptive). Five lectures per week. (3)	
THE CELL—Five lectures and recitations per week for ten weeks. (8)	
ANATOMY—Five lectures per week. (8)	
PHYSIOLOGY—Five lectures per week for 10 weeks.	
MECHANICAL MANIPULATION—Five lectures per week.	
PRINCIPLES OF EVOLUTION AND HISTORY OF PHILOSOPHY—Extra lectures occasionally for 10 weeks. (5)	
PHYSICAL CULTURE—Tues. and Fri. afternoons for 10 weeks. (9)	
PSYCHIC RESEARCH—Two classes per week. (5-6)	

SECOND SEMESTER—5 Weeks.

SUGGESTIVE THERAPEUTICS—(First Principles). Five lectures per week. (2-3-10)	
ANATOMY—(Descriptive). Five lectures and recitations per week. (1-8)	
ORGANIC FOOD CHEMISTRY—Two lectures per week. (8)	
PHYSIOLOGY—Five lectures and recitations per week. (5)	
PRACTICAL CLINICS—For Women, Tues. and Sat., For Men, Tues. and Sat.	
HISTOLOGY—Five lectures per week. Microscopy. (8)	
PSYCHIC RESEARCH—Two classes per week. (5-6)	

NO PATIENT IS EVER MADE WORSE.

17,600,000 Americans now patronize Drugless Healing.

You can easily treat an average of 10 patients per day and collect from \$1 to \$5 per treatment, according to the wealth of the people, whom you decide to serve.

YOU WILL ENJOY THE SUMMER AT NEVADA

Concerning Enrollment,
Address, REGISTRAR,

WELTMER INSTITUTE, NEVADA,
MO.

The National Convention will be held in Nevada, Mo., beginning Aug. 22nd.
This class will finish Aug. 16th.

"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.

APRIL, 1910.

VOL XII
No. 6

EDITORIALS

BY ELIZABETH

The Fun Cure.

Many a strenuous situation is broken up by a laugh. Humor is a solvent. Nothing is so serious as it seems. Life is comedy or tragedy, just according to the way we look at it, and it is always wise to remember in the midst of tragedy that we are in comedy. We find fun when we look for it, and a little looking creates the habit.

A correspondent for a local paper writes that his sister sent him four fun lines which are guaranteed to cure any case of strenuosity in the family. The lines are to be repeated three times heartily, in the face of any domestic difficulty. Here they are:

"The dog is in the pantry,
The cat is in the lake,
The cow is in the hammock,—
What difference does it make?"

Getting Out of Drudgery.

To accept your drudgery as the thing you love, is the first step toward freedom. The only way out of drudgery is to make a joy of it, *between times getting ready for more advanced work.*

I know a very fine housekeeper who has been doing absolutely nothing but

keeping house for about sixty years. She began when she was eight years old, and she is still at it. She does it so well that everybody encourages her to do it. She enjoys most of the work, but at times it proves irksome to her.

If this woman lived to be a hundred and fifty years old she would still be doing housework, she does it so well.

She has never graduated. Why? Because, while she was doing the housework well, *she never took time to get herself ready for something else.* She can do absolutely nothing but housework, and that is all she will ever do.

If you want to get away from any kind of work, you must not only learn to love it, you must get yourself ready for a step into something beyond it. Do you see the point?

One must always arrange his "drudgery" so that there will be time to get ready for something beyond.

Your Business.

What is every man's business is *your* business. This means that it is your business to do all you can to push along the conservation of all the forests we have left, and help reforest the waste places.

What can *you* do? First, re-read and



EDITORIALS

BY ELIZABETH

digest that splendid article by Treadwell Cleveland, Junior, in March issue of *The Nautilus*. It seems to me there are some very fine ideas there for everybody, whether he lives in the city or in the country.

Mr. Cleveland has confined himself solely to the department of our forests, but there is still another department of this matter in which you can help, in the planting of single trees for ornamental and shade purposes, in the beautifying of your own grounds, in working with and inspiring your city authorities to beautify all the public grounds and care for the trees of your city.

Cannot you help to make Arbor Day in your vicinity a truly helpful occasion?

In 1907 Theodore Roosevelt issued a "Tree Day Proclamation" to the school children of the United States, in which he says this:

It is well that you should celebrate your Arbor Day thoughtfully, for within your lifetime the Nation's need of trees will become serious. We of an older generation can get along with what we have, though with growing hardship; but in your full manhood and womanhood you will want what nature once so bountifully supplied and man so thoughtlessly destroyed; and because of that want you will reproach us, not for what we have used, but for what we have wasted. . . . 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 citizens. The value of forestry deserves, therefore, to be taught in the schools, which aim to make good citizens of you. If your Arbor Day exercises help you to realize what benefits each one of you receives from the forests, and how by your assistance these benefits may continue, they will serve a good end.

Catch President Roosevelt's enthusiasm and spread it in your vicinity, especially among the children. Encourage them to plant trees, to preserve what are already planted, and to learn about trees and their uses, of all sorts and all kinds.

The Value of Trees.

In Chicago they are doing wonderful things in the way of beautifying their city by planting

trees. The city forester is trying to enthruse the people of the whole city to help out in the work. This enthusiastic tree man gives the following twelve reasons why trees should be planted and properly cared for:

Trees are beautiful in form and color, inspiring a constant appreciation of nature.

Trees have an educational influence upon citizens of all ages, especially children.

Trees encourage outdoor life.

Trees purify the air.

Trees cool the air in summer and radiate warmth in winter.

Trees improve climate and conserve soil and moisture.

Trees furnish resting places and shelter for birds.

Trees enhance the value of real estate.

Trees protect the pavement from the heat of the sun.

Trees counteract adverse conditions of city life.

Trees create sentiment, love of country, state, city and home.

Trees enhance the beauty of architecture.



EDITORIALS

BY ELIZABETH

And in cudgelling his brains and the brains of other Chicagoans, after studying for many years this matter of trees and their value to the human race, this Chicago forester finds only one objection to the planting of trees. He says:

Practically the only objection raised to trees is the temptation they present to the average tree butcher.

Christmas Trees.

Which brings me to one particular form of crime against trees. Every

December people go out into the woods and cut down the young trees by the millions, and bring them into the city to be set up in your parlor and mine, to perpetuate a superstition about Christmas.

Won't you please boycott this tree butchery next Christmas?

Cut out the tree and find some beautiful new thought substitute. And while you are enjoying the substitute bless the trees in the forest, and rejoice in their growing.

Next Christmas hang your gifts on a hickory limb and don't go near the butcher.

Or use a pretty little Norfolk pine, as we have done for the last two Christmases. Last Christmas we put our Norfolk pine in the center of the table, decorated it in silver tinsel and gay colors, swathed the pot in white tissue and more tinsel, and set it on a large plateau wound round with wreathes of smilax. It was gay enough for any Christmas, and we had the joy of knowing *that our tree was not dying* while the rest of us enjoyed the Christmas spirit.

We kept the tree decorated and well

watered for several days, after which it went back into its old place in the sun, none the worse for our enjoyment.

For two years we have decorated little trees and put small gifts on them, to send to some of our friends. We have used other kinds of plants besides Norfolk pine. One beautiful little tree we sent away this Christmas was a Jerusalem pepper, festooned with some six yards of silver tinsel, and dotted with colored glass beads and other ornaments. The red berries added to its beauty.

Tell your tree butcher that you can get along with plants he can cull without killing the trees.

Are You One? Are you a believer in new thought?

Yes? Then it certainly has been of great benefit to you physically, mentally and financially.

And it has taught you to be unselfish—therefore you are eager to share your good fortune with your neighbor.

But how to do this, you ask? I'll tell you. Get only one of your friends to give you a year's subscription to *Nautilus*. The twelve numbers he receives will help him to grow into the "New Thought Life."

Am I selfish in asking you to do this? Yes and no. I want to succeed in my business, as you do in yours. But I will *repay you and your friend many times over* by making *Nautilus* better and more helpful than ever before.

I count each of my subscribers as one of my friends. If each of you sends me *only one subscription*, don't you see that the circulation of *Nautilus* will be doubled?



EDITORIALS

BY ELIZABETH

Then I can afford to pay more for the articles and stories that go into *Nautilus*—and you reap the benefit.

Also you will receive a pleasant surprise when you send me the one subscription, if you state, "I belong to *The Nautilus* Booster Club."

I'm not telling you what this surprise will be but I've never disappointed you yet, have I?

Can you not send me this subscription today?

The 60,000 people in Oklahoma City have just raised \$600,000 to induce another big packing plant to locate there. One of the men who was instrumental in raising the money is named Heyman, and here is one of the "Heymanisms" which is being circulated in Oklahoma City: "A booster is one who does all the good he can as long as he can to all the people he can, and leaves the rest to God."

We have more readers than Oklahoma City has inhabitants. How many can boost for more *Nautilus*?

"The Kid's Jedge."

Judge Ben B. Lindsey has been to Holyoke. He made four speeches here in one day, all on "The Misfortunes of Mickey." He talked to the High School in the morning, lunched with some business men at twelve o'clock, addressed the Smith College girls and the residents of Northampton at two o'clock in the afternoon, spent from four o'clock to seven-thirty at *The Nautilus* home, lectured to sixteen hundred people at the High School auditorium at seven-thirty, and wound up by addressing the Business Men's

Association Banquet at ten o'clock, taking the midnight train for New York.

As far as we can find out Ben Lindsey has been spending a succession of this kind of days all over New England and down into Pennsylvania.

He doesn't look it. They say he weighs less than a hundred pounds. A man from Springfield told us Judge Lindsey was a medium sized man, weight about one hundred and sixty. He wears a frock coat and looks taller than he is. His head bulges upward in the forefront and the selfish sentiments are pared off a little too close for his own material good. Mickey is his main-spring. For Mickey he will stand or fight. For himself he might run.

Therein lies the secret of the enthusiasm and personal loyalty which he arouses. The kids' folks like to look after the material wants of the "kids' jedge." He does not fight for personal profit. That is why he attracts enthusiasm and loyalty. That is why everyone ran to make his pillow soft and his shaving water hot.

Somebody asked me the other day if we didn't feel very much puffed up at entertaining so distinguished a guest, and I replied that he doesn't impress you that way.

He is just one of the family that you love and would do anything in the world for. When he came we sent him to his room to rest. Not a bell was rung while he was there, the carpenters were all called off, and everybody went around on tiptoe.

Not because Ben Lindsey is a great man, but because he is so loving and helpful that everybody wants to love and



EDITORIALS

help him in return. Everybody in the house tried to do something, but pretty nearly all we could do was to not do anything.

Judge Lindsey greeted the people in the office before he came upstairs, as if he had known them always and just stepped in to say, "Hello."

We let him rest until the last minute and then William boiled the water for his shaving, and carried it to his room. It reminded me of the time when those dear women in Akron pressed the wrinkles out of my white dress while I held a reception in the parlor.

Nothing was too much trouble for the maids to do to please him, and the cook got her very choicest dinner for his benefit—got it at six o'clock instead of at noon, which is our usual dinner hour.

We had Catherine and Ed to dinner and we all wished for Chester, who is in Portland, Ore. Judge Lindsey regaled us with inside information about the good fortunes of Mickey. It was a delightful dinner hour, passed all too soon.

Mickey.

Then we repaired to the High School auditorium a block away, and prepared for the real business of hearing about Mickey. Madge took this entire lecture down in shorthand. Our May number will contain a portion of that lecture, and other good things. It will be a Ben Lindsey number.

If you have a chance be sure to cast your vote for Judge Lindsey to come to your town and lecture, and don't miss him at any cost. He talked to us for two hours, most of the time rapidly,

but nobody was ready to go home when he got through. And if our Boys' Club and all of our other plans for civic betterment do not boom as a result of Judge Lindsey's inspiration, then I am no prophet. Everybody was delighted with him and everybody got both eyes opened to the possibilities of Mickey—and our responsibilities in the matter.

Holyoke is a manufacturing town where Mickey is numerous. We have a Boys' Club, and we have made a great start in the direction of public playgrounds. And our schools are evolving. Mickey's chances are improving fast.

You want to know more about Ben Lindsey. Just read those articles of his on "The Beast and the Jungle," which are now running in *Everybody's*. Don't miss them—they are a liberal education that every man, woman and child should master and act upon. And they are as interesting as the most exciting dime novel.

**About
Rockefeller.**

Isn't that a perfectly splendid thing that Rockefeller is doing?

Don't cavil—don't sneer at the methods by which he got that money.

The fact remains that he *did* get it and that he did *not* have to give it back to the people by any means whatsoever.

Just remember that and give John D. Rockefeller a little of his well-earned glory—which has been pretty badly obscured for the last decade or so. We have been holding the dime of his mistakes so close to our eye that we have not observed the sun of his successes. In fifty years from now his success will



EDITORIALS

BY ELIZABETH

shine resplendently in history, not to mention the added glory of this new "Foundation."

I told you so.

Just read this clipping from *The Nautilus* for November, 1907, page 11, of my editorials:

I've several times felt a premonition, prophecy or something that Rockefeller will eventually do something great for the world, in the way of nationalizing Standard Oil, either in effect or in fact or both. I believe there is something in that man that Ida Tarbell never got at.

I wrote that when everybody else was howling against Rockefeller and it was pretty nearly as much as your life was worth to say anything in his favor. I did say it, and a few people rose up and shouted, "Good for you."

Brisbane on Rockefeller.

In the New York *American* for March 4, Arthur Brisbane criticises a remark of John D.

Rockefeller's. This is Rockefeller's statement:

"As a doctor or a musician is given his talent—to be developed for the benefit of mankind—so was I given the talent for making money."

Arthur Brisbane ignores that second clause "*to be developed for the benefit of mankind.*" He insinuates that Rockefeller believes that he was intended to make money no matter how many people he killed or robbed in the process.

Rockefeller would deny this allegation, and I think the evidence would sustain him.

They say Standard Oil treats its em-

ployees well. And always the fact remains that no matter how many times Rockefeller has tacked on a penny to the price of a gallon of oil in order to make the money for some benevolent donation, the people of the United States and of the whole world are *getting oil cheaper than they ever would have had it if it had not been for that same tremendous Standard Oil Company.*

It took a Rockefeller to organize that business. He may have crushed the business aspirations of many people in doing so, but he felt himself fully justified in whatever crushing he did. It is said that he invariably offered generous prices for every business he tried to buy out, and it was only in cases of stubborn opposition that any serious "crushing" was done.

If the people in a city determine to put a street through where a man's little shack stands, and the man is determined they shall not, what happens? Sometimes the man tries to hold up the city for an enormous price. The city condemns it, pays him a reasonable price, and takes the land in spite of him. Rockefeller saw this done all about him. He simply applied the same thing in this great business which he built up—*this great business with which he saw himself blessing the people.*

And the municipality and Standard Oil are not the only people who have applied the same tactics.

Whatever methods Rockefeller used in building up this business were not new. He invented nothing. He merely followed the established custom, *built as every other business man was building, only bigger.* With the business his con-



EDITORIALS

BY ELIZABETH

ception of life grew. From being conscious only of his own people his mind expanded to embrace the people of all the world. Through this tremendous business which he has grown he has become conscious of the solidarity of the race. Rockefeller knows as most people do not that we are all bound together by invisible nerves and arteries through which the same spiritual life blood circulates to all.

Charity.

Arthur Brisbane takes the position that the Rockefeller Foundation is a mere charity, and he says that "*Modern democracy in its whole motive is quite as much a protest against patronage as against poverty and the bastille.*" True enough.

The time is certainly coming when it will be impossible for anybody to pile up a fortune of a billion dollars.

But we are not yet in that age, and before we get into it we shall need all of Rockefeller's Foundation.

For what? *To buy back the privileges which we have let the Guggenheims and the Morgans et al., take from us without one penny of compensation.* Perhaps to help buy back the railroads from people who run them for private gain. To supply the needs of poor families while their children are being properly environed and educated for the public service and the interests of all.

More Will Follow.

Rockefeller has not grown this tremendous Standard Oil business and its enormous fortune without waking up to the fact that there

must be a more tremendous and far-reaching charity than ordinary mortals even dream of, to provide the submerged half with the necessities of life that will free them from grinding toil and enable them to develop the mental, spiritual and social power which is within them. This is why Rockefeller has given so much for education, and it is why he has given his \$500,000,000 Foundation free from all restrictions. He knows that even himself cannot divine the needs of the immediate future which must be met and overcome in order to make it possible to give every man, woman and child on this earth a chance to be his best—to develop the best in him for the interests of himself and the whole world at large.

And Rockefeller is not the only rich man who is seeing the same thing. I believe that Henry Rogers and Harriman were both practical socialists, and that Carnegie and Jim Hill and other men who have developed enormous enterprises have all glimpsed the true socialism which is coming.

And everyone of these men has wrestled and is wrestling with the problem of how to do his share with the wealth which has accrued to him in growing the tremendous enterprises for which they have given their spiritual life blood.

Rockefeller set the pace with Standard Oil, and has likewise struck a new gait in giving.

Other rich men will follow the same lines.

This is another prophecy, and it won't be very long until I shall be again saying, I told you so! Human nature may



be weak, but there is the God-nature underneath and within—in every man. The rich have their problems as well as the poor, and the rich are polarized to good as truly. To know all is to love all, and to glorify all. Let's try to understand.

Men as Men.

In that same number of *The American*, March 4, I found another very fine editorial of Brisbane's on "Vocational Democracy," in which he comments on certain utterances of Dr. Adler's on this subject. He closes with these words, which are so fine that I must pass them on to our readers. This is what he says:

"Dr. Adler seems to be wrong in supposing that the crying political need of these times is for a sharper emphasis of the special right of neglected special interests. On the contrary the need is of such a reorganization of political methods as shall subordinate all special interests to the rights of men as such."

After the Funeral.

It was wiser for them to go away after the funeral—when they come back the house will not seem so saturated with grief. I be-

lieve in breaking off our griefs by change, so that our feelings may have time to readjust to the normal. It is not necessarily running away from our trials—it means merely a rest that will fill us with more power to cope with the troubles later.

Carrying Burdens.

Don't carry anybody! Remember this story: an old Irishman, pack a back, tramping along a hot and dusty road, was overtaken by a man in a wagon.

"Climb up behind, and I will give you a ride," said the farmer.

Pat accepted the invitation with alacrity, and the farmer drove on. Some time later he glanced back, and found his passenger sitting comfortably with his feet dangling. But he was still carrying the pack on his back.

"Why don't you put your pack in the bottom of the wagon?" queried the farmer astonished. Pat replied,

"Why, sor, it's very kind of yez to carry the loikes of me, and I couldn't be axin' you to carry the pack, too!"

There is a beautiful Spirit of Love which is carrying us all. Be sure you let it carry the burdens, too.

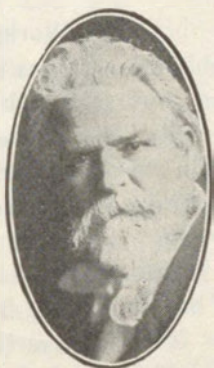
The Dynamism of the Goal.

By F. MILTON WILLIS.

It is a strange fact that in a certain sense the future influences the past. That which is the aim of any special evolution is an influence which operates throughout that evolution. The Ideal molds the Real; or, rather, that which we call the Real is but the Ideal-in-the-making. The end to which we work, traces the path of our endeavor.

The Burden of the Tears.

By EDWIN MARKHAM.



I saw a baffled angel newly dead
Climb the first hill of Heaven with tedious tread—
Climb the long road of roses ever stirred
By the delicate warble of a hidden bird.
Light went a thousand angels toward the sun,
But a huge burden held the baffled one.

"O angel, come so lately to this star,
What is the load within your heavy jar?"
She answered, "Ah, the dead are not all free:
One fetter of the old Earth hinders me:
The loved ones mourn me back in the world of years,
And I am doomed to bear their foolish tears.
The pilgrim staff is withered in my hand,
By sighs that follow me from life's old land!"

Written for the Nautilus.

Loyalty.

By THOMAS DREIER.

CORN.



"That's mighty poor corn out there, isn't it," said a man to me on the train the other day. "Yes," I answered, "but it isn't the fault of the seed if I am any kind of an agricultural

guesser."

For it flashed into my mind instantly that many poor employes in business institutions are not to be blamed for not becoming more efficient any more than one can blame good seed for failing to produce good corn in poor soil.

Seed planted in poor soil cannot bring forth great crops. An employe planted in an environment which does not aid him to develop himself cannot be condemned for his inefficiency.

Many employers who have the power to make their institutions heavenly or hellish too often choose the latter and then wonder why it is that their workers are not keen, alive, alert, efficient workers. The employes may have been all right when they were "planted." They have, perhaps, been spoiled by remaining too long in poor soil. Or it may be that they are merely waiting for the addition of the right environment-fertilizer to cause their latent faculties and qualities to develop.

Workers need encouragement to grow, just as seed needs the encouragement of the rich soil, the rain and the sunshine.

The employer who tells his workers, who perhaps have made mistakes, that he will never have confidence in them again, that he will never trust them to do important work, shows immediately that he is not fit for an executive position. He shows that he is not a business builder, and that he is a creator of an adverse environment—an environment that cannot produce in his institution men and women who will make it a conspicuous success.

What is the condition of the soil in which you are planting your human seed? Are you sunshine or shadow?

ONE HUNDRED PER CENT LOYALTY.

They could have sold their interest for \$51,000. The stock which gave them the controlling interest had come to them when the company had practically failed and strong hands were needed to save the few assets then in existence. They hadn't put in so very much hard work during the year. They simply did the thinking and the old members of the firm, together with the new members who had come in with their energy, their brains and their little hoardings, did the real hustling. But because they knew how to manage the finances, how to conserve their strength and direct the energies of those who hustled, the value of every share of stock went from practically nothing up to par.

Then came the offer for the fifty-one per cent of \$51,000. Making a profit of \$51,000 in less than a year is not bad. Most men would have jumped at the chance.

But these men didn't.

"Both of us wanted to sell," said one of the men to me, speaking of himself and his partner. "But it wouldn't have been fair and square. You see, the other boys came in with their savings simply because they had confidence in us. We want them to get a square deal. If we left them now it is hard to say what would happen to them. We'll stick to the proposition even if we never get such an offer again. We simply have to be square with the rest of the boys."

And they say there isn't anything like sentiment in business, that everything is merely a matter of dollars and cents!

A MATTER OF LOYALTY.

There is a whole lot of bunk inflicted upon the people on the subject of loyalty. When anyone mentions the subject of loyalty it is the signal to all employes to bow their heads and stand reverently as though they were saying the angelus. Loyalty is a valuable asset when rightly used. Whether your loyalty is good or not depends upon the point of view.

The highest kind of loyalty is loyalty to self. Be true to yourself. Be yourself. Don't fake. Play fair with *you*. Don't let anyone tell you that loyalty of the true, simon-pure variety will ever compel you to do that which your conscience tells you you should not do.

A newspaper reporter was sent to interview an Eminent Citizen who had gotten mixed up in some affair of public interest. He was also told to get a photograph. He got an interview by the Eminent Citizen refusing to be inter-

viewed—probably a better interview than if the man had wisely answered the questions frankly.

But he didn't get the picture. He went to the photographer also, but that gentleman refused to give up a print without a written order.

The reporter called the city editor. "I can't get a photograph," said he.

"T'l you can't," shouted the City Editor. "What kind of a reporter are you? Don't you know enough to fake an order? Get that picture or get off the job."

Then the reporter went to the managing editor, told him the circumstances and wound up by saying that if he had to do work of that kind he was through with the newspaper game. He never was asked to do sealy work again. Others of coarser moral fiber did that work.

According to the unwritten law of newspaperdom, the reporter should have gotten the picture no matter in what manner. Loyalty to the paper as it is ordinarily interpreted demanded this.

But this reporter conceived it his duty to be loyal to himself first and to his employer second. Always he heard,
"This above all, to thine own self be true,

And it must follow as the night the day thou canst not then be false to any man."

Square yourself with your own conscience and it is a mighty safe bet that ninety-nine times out of a hundred you will be right.

Employers have been known to give loyalty preachments in lieu of salary. Much of it is plain bunk. Be sure that your loyalty is ninety-nine and forty-four one-hundredths pure.

Then you'll float. Let the others sink. They get only what they pay for.

Do the duty that lies nearest thee; the next is already clearer.—Thomas Carlyle.



The Chant of the Living Spring.

...BY...

Florence Morse Kingsley.

I am the Living Spring!
I cast forth clear water into the air,
It falls to earth, and wanders in stream, in cloud,
in mist—
I know not whither.
I neither hoard nor stint in my giving.
In the depths I am forever aware of the fountains
of living water—
Waters which flow perpetually at the heart of things;
Crystal clear, cold, pure, always abiding there in
the darkness;
Ready and waiting the call of the Living Spring.
I am the channel which carries blessing to the thirsty.
Out to the arid daylight, to the thirsting wind,
To the flying cloud, to the parched lip,
I gush freely.
Perpetually do I give myself,
Yet am I never impoverished.
For I am aware of my source, and my oneness with it.
I am the Living Spring!

Written for The Nautilus.

Vegetables as the Hindus Prepare Them.

WHY THE HINDUS REACH PERFECTION IN VEGETABLE COOKING—THE REASON AMERICAN COOKS DO NOT SUCCEED WITH VEGETABLES—TEN INVITING RECIPES—THE DETAILS OF HINDU METHODS—EVERYTHING FROM RICE TO ONIONS USED.

By SAINT NIHAL SINGH (Of India).

The Hindus may or may not have a spiritual message for the new thought disciples of America; they may or may not be able to teach them the mysteries of psychic development—all this is a matter of individual viewpoint to be decided by each person for himself. But there is no gainsaying the fact that if the people of the United States desire to be free from the trammels of three meat-meals a day, they must, perforce, sit at the feet of the East Indians and learn their methods of cooking vegetables.

In India it is literally a case of being a vegetarian or starving, for the Hindus of Hindoostan, taking them almost as a whole, are enjoined by their religion to abstain from eating meat. They are not allowed even to open the shell of an egg because by so doing they would destroy the life within it. Thus they are compelled to subsist on a vegetarian diet or go hungry. But if the cooks of India were to prepare their vegetables for the table as do the women of America, it is certain that the Hindus would be meat-eaters—it would be impossible for them to live on a vegetarian diet. This for an essential reason. The American cook boils all the flavor as well as the vitality out of the vegetables and throws it away.

The Occidental cook declares this operation is necessary, as the flavor of the vegetable is too strong and pronounced if the water is not drained away from it. Be that as it may, the result is that the food has lost much of its nutriment and is useless to build up or sustain the body. Moreover, the boiling process renders the dish more or less insipid in flavor.

The East Indian cook works on a directly opposite principle. The woman of India is taught that the food must be cooked in its own steam, or with just enough water to generate steam to cook it, and every drop of moisture must be evaporated before the food is served, unless it is to be eaten with a gravy or "shorba," in which case a small quantity of liquid is allowed to remain on it. But, as a usual thing, not a drop of water is drained away. This would be looked upon as positively sacrilegious and wasteful by the East Indians. The American throws away as useless, every day, what would keep an East Indian family from starvation. This fact was demonstrated when, during a siege, the Indian soldiers requested that the water in which the rice was cooked alone should be issued to them; while the rice itself might be served to the English soldiers.

This was done, and the native sepoys apparently were as well-fed as their white brothers.

The cookery of India is not so elaborate that it is hard to master. There are a few foundation principles which, once thoroughly understood, may be applied in preparing innumerable dishes; and once the significance of these principles has been grasped, it is not necessary to consult books or recipes, for a cook with common sense can evolve numberless new dishes from the same ingredients. That is something peculiar to East Indian cookery—if the people of Hindoostan were not ingenious at combining their ingredients in different ways to form new and palate-pleasing concoctions, they would not be able to subsist upon a vegetable diet; for the list of edibles would be so small that the stomach would revolt at the eternal sameness of the food. As it is, however, in India rice is cooked in hundreds of ways, while vegetables are prepared, either singly or combined, in a multitude of appetite-coaxing dainties that satisfy the craving for food, please the palate and furnish sufficient nutrition for the system.

The foundation principles of East Indian cookery, as already has been hinted, is to cook the vegetable in its own steam, or to add just enough water to generate steam. The vegetable is washed in many waters, no matter whether it is of a nature likely to be dirty with soil or grit, or not. It is always cut into small dice—say quarter of inch or half-inch cubes—whether it be potatoes, onions, turnips, carrots, parsnips, or whatever it may be. Cabbage or greens of all kinds are cut into fine shreds. The vegetable is then put into a pan in which a small amount of butter or oil has been heated, the quantity of fat ranging from one teaspoonful to two tablespoonfuls, depending upon the amount of vegetables to be

cooked, and also upon the taste of those who are to eat the dish when prepared. The kettle is always provided with a steam-tight lid, and so particular is the East Indian cook that not a particle of the essence or soul of the vegetable shall escape that she frequently wraps a clean cloth around the top of the saucepan, as well as covering it with a tight lid. This lid, by the way, is constructed different from the one used in America. Instead of the top rounding in a dome-shape, it is sunken in the center, like a shallow double cooker; and when all the moisture is evaporated from the dish she is cooking, instead of adding more water inside the kettle, the East Indian cook pours cold water in the lid, so that the steam, striking the cold surface, will be rapidly condensed and form fresh liquid to keep the vegetable from scorching. This is done especially when cooking rice as a vegetable.

The article to be cooked is put into the pan, dripping wet, but without any additional water. It is covered tightly and placed directly over the flame. The steam, as it strikes the lid, is cooled and water is quickly generated sufficient to cook the vegetable.

The seasonings vary. The natives of India use a great many condiments and add them to suit their taste. It is almost impossible to give explicit directions for using condiments. More or less of them are used, in different proportions and combinations, as the cook may choose. Turmeric, cinnamon, cloves, coriander and caraway seeds frequently find their way into the kettle when an East Indian is cooking.

The following recipes will give an idea of just how these principles are applied in actual practice. They are merely suggestions, however. A clever cook can concoct dishes galore to suit her own taste, by using her own judgment rather than blindly following rules and recipes.

RICE AS A VEGETABLE.

Wash one cupful of the best rice in many waters, grinding the grains between the hands so all the surplus starch will be washed away. When the water remains perfectly clear, it is sufficiently washed. Let it stand covered with cold water for at least a quarter of an hour.

Cut up into small cubes three small carrots, one small head of celery and one parsnip. Cover these vegetables with one quart of water and let them boil until reduced to a pint. Save the water and throw away the vegetables, as all the life is boiled out of them. Place the double cooker directly over the flame for the time being, and fry the rice in it in one tablespoonful of butter, until the grains are slightly discolored. Now add the water in which the vegetables boiled, adding boiling water if more is required. Season with salt, cayenne pepper and black pepper to suit the taste and one-half teaspoonful of turmeric. Place the double boiler in its proper receptacle and let the rice cook until it is tender, testing a grain between the thumb and forefinger. When it crushes readily, it is done. Never stir rice with the bowl of the spoon, as this crushes the grains. Use the handle for stirring. The rice preferably should be cooked in a double boiler and only enough prepared liquid used to cook it absolutely dry. Any vegetable that is not liked may be omitted, and any other whose flavor is particularly pleasing may be added. Or the vegetables may be used singly for this purpose, if desired.

RICE AND TOMATOES.

Clean and soak one cupful of rice for at least fifteen minutes. Cut one small onion into fine dice and fry in one tablespoonful of fat. When the onion is a rich brown, add the rice, from which the water has been drained, and let it fry for a minute or two until the white

grains show a tendency to discolor. Then add one cupful of stewed or canned tomatoes and one pint of water. Season with salt and cayenne to suit the taste, one-half teaspoonful of turmeric and one-fourth teaspoonful each of ground cloves, cinnamon, allspice, nutmeg, mace and ginger. Stir the condiments well into the mass, so they will become thoroughly blended and cook in a double boiler until all the moisture is absorbed and the rice crushes easily between the thumb and finger.

SAUTED RADISHES.

Use large white radishes for this purpose. Peel them and cut them in small cubes. Put these, dripping wet, in a pan along with a teaspoonful of butter or oil, salt and cayenne pepper to suit the taste and one-fourth teaspoonful each of ground mustard and turmeric. Cover tightly and cook in their own steam until tender, adding a very small quantity of water from time to time, if it is required. There should be no liquid when the radishes are finally cooked.

CABBAGE WITH FRIED ONIONS.

Cut the cabbage in fine shreds and put it, dripping wet, in a kettle along with one teaspoonful of butter or good fat. Season with salt and cayenne pepper. Cover closely and let it cook in its own steam. Cut one large onion into small cubes and fry it in one tablespoonful of good fat. When slightly browned, add the cabbage and fry both together a fine, golden brown.

EGG PLANT A LA HINDU.

Boil one egg plant, whole, in water until it is thoroughly tender and soft. When done, peel off the skin, mash the egg plant and season it with salt, pepper, mustard and a small amount of turmeric. Heat one tablespoonful of butter in a frying pan and fry the egg plant a delicate brown.

MUSTARD GREENS.

Wash the greens thoroughly, cut them in shreds with a sharp knife and put them over the fire, dripping wet, in a tightly covered saucepan in which one tablespoonful of butter has been melted. If necessary to add water, use it very judiciously, in small quantities, so there will be no liquid on the greens when they are done. Season with salt and cayenne pepper and stir in one tablespoonful of corn meal when the greens are about one-quarter done, being careful it does not form into lumps.

CURRIED CELERY.

Cut up in half-inch pieces as much celery as may be required. Melt one tablespoonful of fat in a pan and stir into it salt and red pepper as desired and two teaspoonfuls of curry powder. Add the celery, dripping wet, and let it cook till done in its own steam. If necessary to add water, pour it in a little at a time, as there must be no liquid in the pan when the celery is thoroughly cooked.

CURRIED CAULIFLOWER.

Break up cauliflower into small flower-ets. Melt one tablespoonful of fat in a Berlin kettle. Add salt and red pepper to suit the taste and two teaspoonfuls of curry powder. Put the cauliflower, dripping wet, into the kettle, stir it for a few minutes, then cover the pan closely and let the vegetable cook entirely in its own steam. Some people may prefer to

cut the cauliflower crosswise in thin slices, instead of breaking it up in flower-ets. This causes the vegetable to cook almost to a mush and gives it a different flavor and appearance.

SAUTED SQUASH.

Cut any kind of squash into inch cubes and place it, dripping wet, in a steam-tight kettle in which two tablespoonfuls of good fat has been heated and into which has been stirred salt and red pepper to suit the taste, twelve caraway seeds, one pinch of ground coriander seed and one-half teaspoonful of turmeric. Cover closely and let it cook in its own steam as long as possible, then, if necessary, add boiling water very sparingly, using a very small quantity at a time to generate more steam. When the squash is thoroughly tender there should not be a drop of moisture in the kettle. Do not mash it, but serve in cubes.

HALWA PUDDING.

Melt one-fourth pound of the best butter—unsalted preferred—in a saucepan. When it is bubbling, add one cupful of farina. Fry this in the butter, stirring constantly, until it becomes discolored. Then add one pint of boiling water and cook the farina until all the moisture is taken up and it is thoroughly done, never ceasing to stir the mass. Add the milk from one cocoanut, twenty blanched almonds cut in small pieces or at least broken in halves, and twenty seeded raisins.

*Never a daisy that grows,
But a mystery guideth the growing;
Never a river that flows,
But a majesty scepters the flowing;
Never a Shakespeare that soared,
But a stronger than he did enfold him;
Never a prophet foretells,
But a mightier seer hath foretold him.*

—Richard Realf.

Psychology of the Family.

PRACTICAL THOUGHTS FOR HOME BUILDING—THE REAL FUNDAMENTALS FOR LOVE AND HARMONY—WHAT A WIFE'S POSITION SHOULD BE—"THE IDEAL RELATION BETWEEN HUSBAND AND WIFE SHOULD BE SOMETHING LIKE THAT BETWEEN THE OBJECTIVE AND THE SUBJECTIVE MIND"—WHOM GOD HATH JOINED TOGETHER NO MAN *COULD* PUT ASUNDER.

By EVA S. MAHLER.

The ideal relation between husband and wife should be something like that between the objective and subjective mind. I hear a protest from woman kind at being compared to anything subjective, yet I believe there is in every woman a longing to lean, to look up to her heart's beloved. I believe a pugilist's wife glories in his strength, a blacksmith's wife in his strong right arm, a business man's wife in his success in overcoming the crises of business, a literary man's wife in his mental acumen, a professional man's wife in his ability. I know that when the conditions are reversed and the wife cannot look up, that love dies, not because she wishes it to die, for love is as necessary to woman as the breath of life, but because an element necessary to its life is gone and love lives or dies according to the food it receives.

Even when this condition involuntarily occurs as when a man meets with some accident which deprives him of his place in the world of work and men, unless he develop other qualities great enough to command the woman's respect, the quality of her love changes. It may not be less tender, for what is so tender as a mother's love, but it is

more maternal and less conjugal. So the terms objective and subjective are not misnomers even when applied to matrimonial relations.

As regards the relative departments in the building of a home, the wife is necessarily its soul. In the first years of the partnership, her duties are largely maternal, but no one need expect the twentieth century woman to remain purely a silent partner. She has her active life. As the subjective mind is the prime factor in the life of the body, so is the wife the ruling factor in the home; its very existence is dependent on her. But she has her social life, her church, her club, all tending to broaden her conceptions of life. She does not bother the objective department, her husband, with the little details of her work and life. Imagine a man interested in the intricacies of a new costume as it is developed by the dressmaker. But he would be a great disappointment if he were not interested in the finished product.

So the wife performs her manifold duties, unfolding as necessary to her husband facts requiring his advice, attention and experience.

And the husband, the objective de-

partment goes out into the world, not to seek his fortune, for he should already have sought and started to attain, but to win success and for it sufficient pay to maintain his family in a style suited to their requirements. He does not bring the details of his work home each night. As many things pass through the objective mind without ever being referred to the subjective, so do many things come into the life of the man, which it is a mistake to refer to his wife. For example he should not tell her that Jones could not pay his bill last month, for, she, being largely emotional, may magnify this detail and possibly let a little superiority or coolness creep into her social intercourse with Mrs. Jones, which Mrs. Jones transmits to her husband and a good customer is lost.

If the ordinary details of business life are carried on, as should be the case with a competent man, without referring them to his wife, when a crisis occurs which baffles him then he turns to the feminine department. She, fresh and untired by the daily minutæ of business brings instinctively a view which coming from her soul and responding to the need of his, solves the problem and the crisis is past.

If a doctor takes home to his wife the endless petty cases, his professional difficulties, breeches of courtesy, his wife, who has other cares, is torn by anxiety, possibly more for her husband's success and reputation than for a patient's recovery. But this very anxiety prevents his success for it produces a like condition in him; whereas if he attend to his department, bearing its ordinary cares and applying his skill and education as he should, when a serious case occurs which baffles all his objective knowledge and in which his own subjective mind does not aid him, then if he turns to his soul's partner, she, through her sympathy untired by constant repe-

tition of symptoms and cases, brings from her soul that which awakens in his new life and hope and the patient receives the benefit and is cured.

In the preparation for life the factor of man as home builder and maintainer, and woman as the home keeper should form a large part. No man should marry because he has a good job and thinks he can support a family, nor should he marry upon a slight business success. He should know that though he be only an employe, he is more than competent to fill his position, his ability is such that he cannot fail to give satisfaction. If through an emergency his position with that firm terminates, he knows he can secure another without anxiety, for he possesses the requirements for that sort of a position. In other words he is a success and success grows. If he is in business for himself he should be so prepared, that, knowing the ups and downs of business life, he is fitted to meet them. If he has received the proper training he can meet the difficulties and develop new resources thereby. He and his business will grow together. If he has not trained for such emergencies he has no right to establish a home.

The girls' training is equally important. She cannot like our foremothers be cook, laundress, society lady, in these strenuous times and maintain her health any more than a man can be office boy, stenographer, chairman, and successfully maintain a business. But she can know how these duties should be performed and be competent to do those which her strength will allow when necessary.

She should be competent to take her place in the home and world as the wife. This smattering of education, of accomplishments should yield to a competency in the branches necessary for home building.

This limits in no way a woman's opportunities. She may need a college education or she may not, according to her aspirations, so may the man. But if, the college education secured, one is still incompetent to maintain or keep a home, it has not been practical for that individual.

Husband and wife may stand shoulder to shoulder in the world of work, possibly business partners.

Even then the objective and subjective relations obtain. The man in touch with the outside world, the woman the soul of the partnership. The husband may be conducting one line of business the wife another, her presence in the actual house home not being necessary. This condition may seem to interfere with our premises but need not. Though severed in business still each may bring to the other the elements necessary for success. His broader outlook will help her, her touch with the soul of things will help him.

Let a man look to his wife for advice. Many a man takes counsel with loafers in the corner store, not one a success, and ignores the small voice of the soul of the home, the only being in all the world whose interests are identical with his. If times are hard and financial stringencies occur, as the subjective mind accommodates the body to a reduced supply of food, so will the wife accommodate herself to a reduced supply of money. If she is ordinarily given charge of all that is her due, she will undoubtedly have a supply for such an emergency.

In union is strength, in such a union, such a partnership as this, joy unspeakable, life in its fullness, mutual reliance, esteem, strength. No divorce court could separate husband and wife where these conditions prevail.

Thorough preparation, harmonious execution. Then whom God hath joined together no man could put asunder.

You.

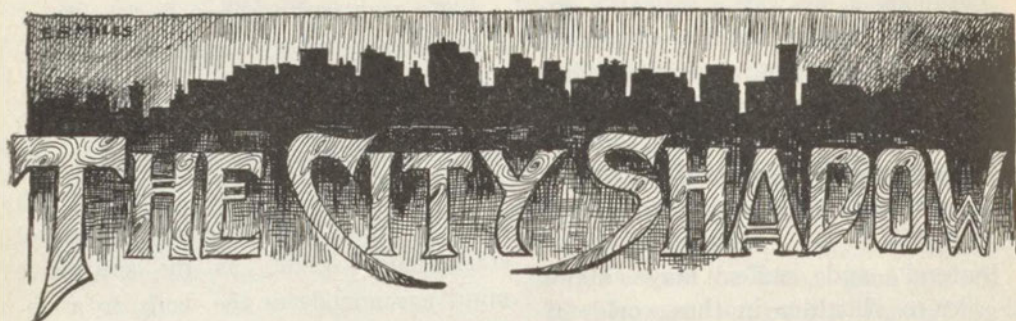
BY FLORENS FOLSOM.

God wanted to be you,
And so, you are.
You have not felt yourself
God Avatar.

King's Messenger are you,
Envoy of state;
You have His work to do,
And it is great.

The needle in your hand,
Or broom, or pen,
May not be fine, and grand;
But use these as He planned,
Faithfully—then

The time shall come to you
When you shall know
That what you've learned to do
And be—straight, thorough, TRUE,
He needed—just through YOU,
To learn, and grow!



THE CITY SHADOW

By SINCLAIR LEWIS.

CHAPTER IX.

ARROW FLIGHTS.

*I shot an arrow into the air,
It fell to earth, I know not where.*

—Longfellow.

New York likes to have things large or heavy or expensive, to suit its three million and a half of people. In the matter of heat, it can show its might by producing a brand of weather which would make a Solomon Isle chief, used to one hundred and ten degrees in the shade, look frizzled.

Through August, the phenomenal warmth of July was but little abated. The city seemed in a drugged siesta all day; everyone keeping off the street as far as possible. But, at night, the city of a billion lights awoke. Those who could rode off to Coney Island and Far Rockaway; those who couldn't, thronged the parks till every path looked like a black snake, uneasily writhing in the hot air.

It was a night of this August, when Ralph and Katherine finished their light supper in the Greenwich "housekeeping rooms." They did not seem to feel with many of their neighbors that beer and sausages were quite the best relief from heat, so their appetites never had the dull distaste common to the heat victim, and they could live on the "next to nothing" now left them. For the envelope addressing at Deme's had

lasted only three weeks, and Ralph was again out of work. But Katherine had managed to get regular work at the ill-paid drudgery of "pantsewing," and with this Ralph was now helping her.

As they washed dishes, Ralph said, "I went up to the Charity Society this afternoon, dear. Oh, don't be afraid, Kathy, I didn't apply for aid, but I wanted to know how one could get it if he had to; for if anything happened to one of us, the other might have to—uh! Let's not think of such a thing. But, you see, here's how I figured it out: If it should be necessary to use their help at some future time, we would be safe in doing it—spiritually safe, I mean—now, because we're on the road to independence, that way. You always were independent, dearest, I believe,"—and he laid a fond hand on her shoulder as she washed dishes—"but I, you know, have just come to be independent of things. Then, too, once I would have been too proud to take aid from a Charity Society. But now, if we should ever finally need it, I wouldn't be too proud. For, if this is the way the city expresses its desire to help, I'd be merely alligning myself with the city's efforts by taking my help this way, instead of trying to buck the combined effort by demanding some peculiar sort of attention from the fates.

"Funny, isn't it? A little while ago, I would have been almost gloomy enough to have thought of suicide, if I could have believed that I should ever be down to a point where I'd have to keep charity help as a possibility. But now I'm twice as cheerful as I ever was in those days—at any time except when I used to meet you, dear.

"I went in and had a chat with the superintendent. He explained that their idea is to help people to help themselves. I could see that they didn't patronize people; didn't yell out, 'We're being charitable'; but simply took a businesslike attitude of trying to sustain people in a businesslike way—with a cheerful smile, too, of course, for there's nothing more practical than that. I was especially interested because it made me feel the more how great it is to live in an age that works more and more as a spiritually unified whole.

"But I mustn't get to gassing about that. What will most interest you, I think, will be that I've grown on the one hand not too proud to be willing to be helped; and on the other, independent enough not to ask help till we really need it."

"Yes, that is what interests me," Kate said thoughtfully, "and I'm glad that we can look at organized charity sensibly, as being simply the expression of a city—good or bad. But my! What lots of things to be glad about! When you'd gone out for your walk, this afternoon, I got out your diploma and looked at it again, and almost cried, it made me so happy."

For Ralph had completed his double course in card lettering and window dressing, with the graduate course in business principles, at which he had so long been digging. He had received a neat little diploma, which was not out of the ordinary, but the letter accom-

panying it was out of the ordinary. It declared that Ralph's standing was one of the best ten in the history of the school; a standing indicating that he had before him a business career of brilliancy. And the school was of an honesty and creditability too well established to permit of any supposition that this letter was not entirely sincere.

For a moment, Ralph had felt like remarking sardonically on the irony of receiving such praise and such a prophecy regarding his future business career at a time when he could scarce make bread and butter. But his new optimism held the field, and he rejoiced with Katherine, frankly, simply, that work done not for praise but for its own usefulness should have received the extra reward of this complimentary letter.

Their dishes washed, Ralph patiently settled down to help Katherine with her sewing. Her task was "trouser-finishing"—not pants-finishing, remember; for the latter is entirely done by machinery. But the finer work of "trouser-finishing" consists in the sewing on of buttons and the finishing of hems and side seams. He had brought home from a Washington Square clothes manufactory a great pile of the unfinished garments, that day, and now he was resolved so to train his unaccustomed fingers to swift sewing that it would be not his poor Kate but he who should do the greater part of this nail-breaking work.

Patiently he sat there hunched up in a straight-backed chair, threading needles with immense pains, striving to make the needle point stop scratching the under side of each button and strike the proper thread hole. It was irritating, the tricks that bit of steel could play on him. His hands seemed vast, clumsy things, quite too large to handle it.

The petty difficulties of the work were worse than would have been the strain of heavy manual labor, or the swift drudgery of envelope addressing, for he was constantly stopped by some mistake; some clumsiness; could not drive straight forward to an end.

He could persuade himself not to be irritated with these little failures. For they were in him and of him; things definitely to be conquered, thought out of existence. But a thing harder to think out of relation with himself was the heat of that August night.

It seemed almost to swirl through the window in clouds. The petty sounds that came with it were monotonous repetitions that pointed its insufferability. From an adjacent back yard, a little knot of recent immigrants were chanting a tuneless, unchanging song to the wheezy notes of an old accordion. A cat meowed as though it could never stop. Trolleys banged resentfully. A girl practised scales on a cheap, rickety and rickety piano. Over and over and over that tum, tum, tum; slowly and unskillfully picked out, sounded its maddening, unimaginative monotony.

The petty work, the great heat, were woven into a bandage of fire that bound Ralph's temples like iron, in a cracking, crushing fillet. He strove against this breaking tension; strove, strove, strove, deliberately, till, all at once, everything seemed to go to pieces in him.

With a convulsion of disgust in his heaving breast, he flung down the pair of trousers on which he was sewing, violently upon the floor, and rushed to the window. He couldn't stand it. He wouldn't—wouldn't—couldn't. Kate kept silent. It seemed a moment for silence. He stood there a moment. Then he got a grip on himself and ended his

sentence, to himself, "He could—and he would."

Patiently he settled back to work again, and found that he indeed "could." And now the task went better; his fingers caught the trick of sewing more easily, and the heat became more tolerable, once he had fairly faced the problem of what he had to do.

So it was that when a sudden knock came at the door he was working as briskly and cheerfully as Kate herself, humming with her an old English ballad he remembered from his reading, a ballad running:

"'With needle and thread,' the prioress said,

'If cheerful hands them wield,
One doeth a deed as goodly as if
He battled in Flodden Field!'"

At the knock they broke off suddenly and looked at each other in astonishment. It was not the day for rent collection, and they had ceased to remember that there were such things as visitors.

Kate dropped her sewing and went to the door. When she had opened it, Ralph heard her break out into a joyous laugh and cry, "Oh, you, *dear!* Come in."

Then Ralph, too, sprang up and hastened to greet his old landlady of the top-floor-back, kindly Mrs. McSwingle.

For a few minutes they did not hold a very coherent conversation as they were engaged, mostly, in a regular volley of kisses and cries of joy. Then Mrs. McSwingle was forced into the "best rocker"—which was their only rocker, and the couple, like two children of hers, hung about with bright joy. They explained, in a few words, how it was that they had been smitten by the hard times; how they had gone down financially, and up, up, up, spiritually; how their prospects were so bright that

their present ills were made not only tolerable but even desirable.

"And whoi did yez never be coming to see me?" asked Mrs. McSwingle.

"Why, indeed?" Ralph and Katherine looked at each other with a trifle of embarrassment, but it was readily explained, strangely enough, by the old Irishwoman herself, as she continued:

"Ah, but faith and Oi know how it does be going in these big cities, bad cess to 'em. The best of friends do be drifting apart. Oi've made too many of 'em and thin lost 'em to be holding any hard feelings or thinking they didn't come back to me because they'd forgotten me. 'Tis the city that gits in bechune 'em. But I wanted to keep track of yez; and so Oi went up to your old flat, and the janitor, the ould squeezies, couldn't tell me where it was yez had moved to. But, me dears, Oi did want to foind yez."

"O, I'm sorry," began Kate, when Ralph interrupted to ask, "Why didn't you write to us? Mail's forwarded and—"

"Now would the divil himself iver have thought of that?" admired Mrs. McSwingle who regarded Ralph's least notion as possessing a certain wonderful perfection. "Shure, Oi niver write letters excepting once a month whin Oi kick the cat outa the room and cuss a bit, soft loike, and thin tear up the carpet for an hour or so, and manage to git out a letter to me sister that's still on the Ould Sod. Shure, the room doos look as though it was a cyclone that'd been playing-like in thim parts before Oi gits that letter done.

"Well, win I was trying to foind yez, I was fair afraid to go to Wanamacy's, but finally Oi says to meself, 'Take cheer to yourself, Norah. Shure don't ye be coming from a line of brave ancestors? Wasn't the O'Dowd yer own

mother's grandfather, and didn't yer father die foighting with the Oirish brigade?' So Oi plucks up courage and goes to Wanamacy's and sees the superintendent. Oi was fair trimbling in me knees, for Oi did be expecting he would be a terrible man, with long mustaches, as would call the police and have the law on me for interrupting. But shure he was the ilegant and koind gintelmun. He gave me your address, and so—here Oi be."

Kate kissed her for a token of gladness. Ralph, just then, was thinking hard, and he was glad that Mrs. McSwingle had gone to the superintendent of Wanamacy's. That sounds like a simple, rather obvious conclusion, but, actually, it was far from simple. For the average person, however genuine and faithful toward his friends, is very likely, unless he is quite sure of his social position, to wish that his humbler friends wouldn't embarrass him by introducing themselves to his acquaintances of wealth and position. He is likely to be affectionate toward those humbler friends—but not to care to have them advertised. So, it was a sign of how far Ralph had progressed spiritually that he was not embarrassed by hearing that the old Irishwoman had met that one of the "powers that be," the superintendent of Wanamacy's.

With a few questions, such as long experience with lodgers had taught her to put, Mrs. McSwingle soon possessed herself of all their late history.

For a moment she sat silent, then burst into tears. The others stared in astonishment, till at last she sobbed out, "Oh, me childer! That yez should have had to go through all this! But now 'tis Oi that can help yez. Yez remember the top-floor-back ye did be having, Mr. Ralph?"

"Will I ever forget it? I've never loved a room better," mused Ralph.

"Well, 'tis vacant now; and Oi want yez to come and occupy it. Don't ye think for a minute about the rint. And O'll put in a little gas range for yez and some o' my dishes—Oi've got more 'n Oi can use—and some more furniture; and ye'll be as jolly as a couple o' sand boys there, so ye will. 'Tis Oi that won't let ye be paying a cint of rent till ye're on your feet again. And so, with your sewing and some more work at that Deme's place, if ye do be foinding it, ye'll git along foine. For Oi know how cheap ye can live for food, with your foine ideas about vegetables and things."

With a look of soft thankfulness in his eyes, Ralph started to interrupt her, but she hastened on:

"Now don't be telling me ye will or ye won't; but let me decide it for yez, me dears. Oi'm gitting to be an old woman, and there ain't many more years for me to injy things in; and Oi'll be heart broken if ye don't do this for me, so Oi will. Won't ye be moinding me, ye spalpeens?"

Ralph had been looking a question at Kate, and she, after a moment of thought, had nodded, "Yes."

"Yes, we will come, and be mighty glad to. You're the kindest—"

"Oi ain't!" energetically interjected Mrs. McSwingle. "Oi have something to explain to yez. First, ain't Oi right whin Oi say that the biggest reason whoi ye'd be hating to take favors would be because ye felt ye hadn't earned 'em?"

Ralph's look gave her an affirmative answer.

"Well, then, listen to me, mavoureen," she continued. "Yez *have* earned this—even if the pay do be a bit slow in coming. 'Tis a reaping, not a foinding, if ye take me room! 'Twould

be, even if ye never paid me for it—the which I know ye will."

"We sure will."

"And this is whoi it's a paying. Because ye've been the very best teacher Oi've iver had—even if yez are young enough to be me grandson."

Ralph looked tremendous astonishment, while she explained:

"For 'twas you that taught me how much better 'tis to stick to vegytables, to fruits and nuts and thim things, and not to be a sweating over tay and rump steak. Shure, before Oi doi, Oi'll have saved more money, let alone me health, than the rint of that top-floor-back would come to in a year. But of course, 'tis not just the koind of food—and the chewing of it, the Flitcherizin' did ye be calling it?—that has been giving me a koinda new life. 'Tis the whole business of *thinking* about loife. Oh, me dear, ye'll never known hōw much ye've helped an old woman!"

Ralph went over to her and kissed her gray hair as simply and sincerely as though she had been his mother.

"I can't quite understand that," he marvelled. "What I was able to bring you was true, but it wasn't Living Truth in me—yet. But I guess I know how it was; I was simply the printed leaf that had the information on it, and you read it and made it part of you by thinking it into your being."

"Shure, Mr. Ralph, yer words do be too many for me," the old woman laughed, "but anyhow, you're me own childer and now 'tis toime for ye to be coming home to supper after playing about for such an awful long day."

She seized a hand of each, and looked up at them with tears and smiles mingled in her eyes, while they smiled back in joy at the finding of the arrow shot into the air.

(To be Continued.)

The Truth About the Subconscious Mind.

MIND AND BODY DEFINED—THE OUTSIDE AND INSIDE ACTION OF THE ONE MIND—THE REAL NATURE OF THE SUBCONSCIOUS MIND—THE REAL WAY IN WHICH SUGGESTION ACTS—THE TRUE CAUSE OF DISEASE—THE DIRECT MEANS OF HEALING ONESELF—HOW TO PROCEED—ETHERIC CURRENTS—HOW TO RELATE ONESELF TO THEM.

By JULIA SEATON SEARS, M. D.



There have been so many things written about the subconscious mind, its use and power, that the student must wander in a maze of uncertainty and confusion unless he can be turned back into

the straight path of research.

It is time for higher revelation on this subject, and today there are those who know more clearly the great truths which the earlier psychologists only dimly foreshadowed. It is the task of the twentieth century mystics to offer a clearer interpretation than has hitherto been given.

The first psychologists taught that man possessed an objective and subjective side of consciousness, and held the subjective side to be endowed with greater power than the objective, but they threw little light on what these two states of consciousness meant. From these earlier teachings there has evolved the practice in the new thought world of hobnobbing with one's own subjective mind rather than getting into union with the one mind.

We were told that suggestion to our sub-self or subconscious mind would bring about within us certain well-defined experiences; so while the old thought world prayed to its Jesus, the new thought world suggested to its subconsciousness.

It is plain to those seeking to scientifically understand life's finer forces, that there are some very marked laws in operation, and we cannot go very far in investigation until we find there are many states of consciousness within us with which the ordinary individual is entirely unfamiliar, and, following this clue we come face to face with the fundamentals of universal mind.

The psychologist of today sees only one substance, and finds this substance is formed from minute atoms, each atom possessing its own intelligence, or atomic mind.

Man is the highest point of localized atoms, and he and his environment become a well-marked center of activity within the larger universal atomic world mind.

Man's physical body is only a combination of atoms tuned to move at a slower vibratory rate; the outer substance is simply a shell, composed of separate points of intelligence.

Mind is always clothed in body and the central undifferentiated atomic stream of intelligence within us is called our Spirit, while the outer crusts of this differentiated substance are called body, but they are really one substance.

There must always be the outside and inside action of every law, so there is no such thing as a body and a spirit—they are only the outside and inside action of universal mind.

Our physical cell body is a crust of atomic intelligence, and is endowed with a brain, nerve centers and system of nerves through which the spirit or higher intelligence can play, and within this physical body is another body of much finer substance because it is much more vibrant; and within this finer body is a third body of still finer substance, and so on—each body in turn holding another body, reaching the seventh dimension. There are three bodies with which individuals in the ordinary consciousness becomes familiar; the others belong to the fourth, fifth, sixth and seventh dimensions of consciousness, and only a few on this planet are awake in these states of vibration.

Each fine body is endowed with its centers for expression, and these centers correlate with the brain and nervous centers of the physical body, and when the physical body is normally polarized and functioning normally, it receives, sends out, is vitalized and sustained by the energy of the finer etheric intelligence of its inner bodies. Combined with the cell intelligence these bodies are linked into *one* by the central intelligence within them, or the *one mind*.

Each body is distinct in itself, yet no one can say, "here one begins," or "here one ends," for they interpenetrate as water does among the grains of sugar; the atoms of each body are held in suspension within the fluidic substance of the other bodies.

These bodies can be separated and passed out at will by those who know the law, and each one is powerful on the plane with which it has correspondence, and when we know how to manipulate the physical body and its cell consciousness through the consciousness of the other bodies, we produce within the physical body a law of life which those who are working only with the intelligence of the physical consciousness know nothing.

What the older psychologists fondly called the subconscious mind is nothing but the inner second body and its accompanying state of consciousness. This body is called by those who name it, the psychic self.

When one can function in this part of his consciousness and has become acquainted with this self, he is more powerful in his physical body.

Suggestions to the subconscious mind did this much good—they vitalized the activity of the psychic mind and body, and rendered more possible its power to manifest through the physical self, for, while suggesting, the student was to a small degree, suspending operation of his lower state of consciousness, or his physical objective mind, giving more positive expression to his finer forces.

* The psychic body manifests through the centers of the physical brain, and the solar plexus, with the higher concept centers of the physical brain acting as the switchboard where connection is made for consciousness.

All the diseases in the world, except accidental wounds, fractures and septic infection, are simply the discordant association between the physical body, its centers, and the bodies within it. When this refraction takes place, the Ego cannot register its finer intelligence, and the physical body becomes the plaything of

the cell intelligence aided only by the spasmodic registration of higher mind.

It is known only too well that back of all the well known conditions such as nervous prostration, temporary insanity, nervous disorders such as psychasthenia, neurasthenia, neuralgia, heart troubles with mental symptoms, morbid forebodings and despondency, mania and goitre, there lurks the abnormal activity of the psychic body, separating the physical body from the natural influx of power.

There are two avenues through which disassociation is brought about. One is through the common mind by negative, destructive thinking, and the other through the emotions by giving away to negative, inharmonious feelings. Our thoughts are the things which vibrate our physical body, and our emotions are the things which vibrate our psychic bodies, and on the thought will depend the character of the emotion.

It can be seen that when the association between the psychic self and the physical self has been disturbed, suggestion of the conscious mind to the sub-conscious is really only a choosing of such a quality of thinking as will re-establish a natural vibratory law between the psychic and physical body; the link of harmony is conscious, constructive, mental activity, which is bound to be followed by harmonious feeling.

When we talk to our subself or submind, we are only talking to common consciousness, and getting our own physical cell intelligence ready to receive the psychic message; and when we can suspend the action of our own common mind and send our thoughts and feelings straight into the idea centers of our sub or psychic self, we thus connect the two bodies, and the psychic mind sends the energy back again into our physical cells, and we act accordingly; our actions are

always preceded by the idea which has control of our natural mind.

Suggestion to the submind is the simple act of suspending our common thinking altogether, and giving the Ego or Spirit, a chance to speak and to register in our common mind and physical body, the higher vibratory power. Then when we turn back to common thinking, we find our human mind illumined with a glory not its own and we come after awhile to trust our human convictions to the uttermost; for with the touch of our finer states of consciousness, into which we can pass at will, we feel that our own consciousness becomes God-enshrined.

When we know our own physical self, and master all its laws, and live in our physical body as a king, we feel that we are conquerors on the physical plane; but when we find our psychic self and master all its laws, and correlate all its power, and pour it through the physical body, adding to this our own natural physical and mental power, then we are greater still, and ready to say, "I KNOW." When we can suspend these two states of consciousness at will, and pass into the supra-conscious self, and the higher dimensions still waiting for us, and feel the full relationship with our other selves, passing all our attenuated energy through the psychic and physical body, bringing all the energy of the inner selves to bear upon our physical environment, then we are conscious of our source, and can speak as one having authority.

In making suggestions to what we called our subconscious mind, we were as babes in wisdom, for then we were *holding the thought* all the time, and trying to make the psychic self do what it already could not choose but do, if we only gave it the chance. In this new understanding we simply *let the thought hold us*—we suspend our mixed inharmonious mental currents until they are

vibrated into unity with the finer states of consciousness within the self; then we are become, not only the *holder*, but the thing *held*, and the *holding*.

With this knowledge, the student no longer spends time with a part of himself which is already finished; but he learns just to normally relate himself—all his atomic consciousness—with his Ego, or his own higher constructive mind, and through this Ego he has a direct touch with the Universal Mind, and then intelligence pours through all the states of consciousness within him with which he is not familiar, and through everyone with which he is familiar, and his life becomes marked with a new-found power.

Is he sick and wants to be healed? He realizes that disease is nothing but in-harmonious vibrations he is registering within his cell sense, and he stops his tense, common mind, and finds another state of consciousness. No one can pass into his higher dimensions of being until he has learned concentration enough to stop thinking when he pleases, and to think of what he pleases, when he pleases, and for any length of time.

Does he want a new environment? He realizes again that his environment is made of the same thought-substance as his body, and has the same psychic force and intelligence within it; and that if he will stamp the atoms in space around him with the thought of harmony, sending out from his common thinking mind only vibrations of rhythm, then suspend his thinking and let the finer energy permeate and express through every physical atom, it will not be long until his body and environment will become clothed with atoms corresponding to the higher intelligence under which he is functioning, and with which he has gotten up correspondence.

Man is a complete being; he has

evolved through *all* the kingdoms for many, many ages; he has within him derivatives from every plane from which he has evolved, and latent centers which relate him with those from which he must yet derive. One by one, as he passes through the different dimensions of being, the lower centers of activity atrophy within him from disuse; and, one by one, as he approaches the latent dimension of consciousness which must become expressed, he becomes aware of the awakening of new and unknown powers. As man approaches the time for higher experiences in universal intelligence, he finds the psychic self feebly asserting its existence, and he has new and unrelated experiences; and from this faint knowledge, men in the past projected the first instructions for its unfoldment, and called it "subconscious mind."

Man is a magnet, and he cannot escape feeling and knowing that he is played upon by all the magnetic, etheric, radiant and celestial currents of the universe, and he, by giving harmonious response to the play of forces upon him, is unfolded into deeper states of understanding.

The subconscious mind and the play of suggestion helped many on their way to fuller harmony; but an understanding of the psychic self and its power, will pass the race into a world of liberty so great that it can become unlimited in its every day world.

The common mind of man may here and now become illumined through conscious contact with the wider dimensions of consciousness within himself; when he passes into union with this law he transcends the dimensions of the common and subconscious mind and swings out into orbits of mind so vast "that in his flesh he sees God."

The One Thing We Absolutely Know.

THE TRUE EGO—THE SECRET OF JESUS' POWER—
HIS USE OF THE CREATIVE WORD—THE WAY TO
FREEDOM FROM INHARMONIOUS CONDITIONS—UN-
ION WITH THE SOURCE OF KNOWLEDGE AND
POWER—I AM—WAY TO SELF-REALIZATION.

By FLORENCE WILLARD DAY.

The one thing that I know absolutely is that I am. I am before I think or act. So, if I take that truth as a premise to start with in all my reasoning, my conclusions must be correct. It is the rock of truth, the sure foundation upon which to build, and the structure which is built upon that foundation will stand the test however strong the force brought to bear upon it.

The spiritual Ego cannot be destroyed. It is unchangeable, indestructible, eternal, and when one has awakened to the consciousness of this, the true self, he has entered into eternal life—the well of water springing up into everlasting life. Jesus said unto the woman of Samaria, when she came to the well of Jacob to draw water, "Who-soever drinketh of this water," that is, material water which is taken in externally, "shall thirst again. But whosoever drinketh of the water that I shall give him shall never thirst; but the water that I shall give him shall be *in him a well* of water springing up into everlasting life." He said, also, upon another occasion, "I am the door; by me, if any man enter in, he shall be saved, and shall go in and out and find pasture."

So, by turning the attention to the "I," the inmost center of us all, the one thing that we are positively sure of, we may find the entrance into the depths of our being where all truth abides in its original purity, and draw upon the infinite supply at will. "I am the way, the truth and the life." "No man cometh unto the Father but through me," the true self. "If ye had known me, ye would have known my Father also. He that hath seen me," that is, has become able to perceive his true self—has found his own true I or Ego "hath seen the Father," for "I and the Father are one." "Believest thou not that I am in the Father and the Father in me?" "The words that I speak unto you I speak not of myself," the self that *you* think I am, the human self or personality, "but the *Father* that dwelleth in me, *He* doeth the works. Believe me that I am in the Father and the Father in me; or else believe me for the very *works' sake*." That is, if you cannot perceive this great truth as yet, take notice of the work that I do and the results attained and judge from that; take it on faith until you come into knowledge of it yourselves through the development of your understanding or

spiritual perception. "Verily, verily, I say unto you, He that believeth on me, the works that I do shall he do also; and greater works than these shall he do, because I go unto my Father." That is, I shall cease working among you *objectively* but will help you *subjectively* to do even greater works than these that you see me do. "Whatsoever ye shall ask in my name that will I do, that the Father may be glorified in the Son." If you will call upon me, I will respond and help you so that the Father may be more perfectly manifested through you in power and glory. "If ye shall ask anything in my name"—the name of the I Am or Christ—"I will do it."

Jesus attained to great knowledge and power to accomplish whatever He willed to do through having come into the perception of His true spiritual nature and His unity with Infinite Being, Spirit Universal, which He called the Father, and the way to quicken and call forth into manifestation from that fountain of latent energy, intelligence and power, anything He desired by means of the creative word and receptivity to the Spirit. So he said, "It is the Father within me that doeth the works." The intelligent life within invoked and sent forth upon the desired mission.

"If ye have faith as a grain of mustard seed, ye shall say unto this mountain, Remove hence to yonder place, and it shall remove; and nothing shall be impossible unto you." Faith is intuitive perception of the truth—spiritual insight—and if there be just the least little grain of such perception of the reality of your true being and the power of the word, spoken confidently and positively in that consciousness, mighty will be the results in manifestation. Mountains of difficulties in the way of false creations can be removed into the sea of nothingness, the ocean of

cosmic substance, formless being, to be re-formed into more harmonious expression through right thinking; for nothing is ever lost or destroyed, but all is changed into new forces and combinations as the consciousness changes.

The nearer the truth we get in consciousness, the more perfect will be the expression, for that which is taken into the consciousness works out in expression. When there is truth only in consciousness, there will be freedom from all inharmonious conditions. "Ye shall know the truth and the truth shall make you free." So the constant endeavor should be to find the truth in order that we may be freed from those conditions.

In view of the fact that self-realization is the only true way or avenue to union with the universal Spirit, the source of all knowledge and power, and that such wonderful results can be achieved through the consciousness of the truth about the self, it is of the utmost importance that the necessary attention be given to the subject and every means employed which will enable one to become conscious of this fundamental truth, and obtain the knowledge so essential to one's own well-being and usefulness as well as to one's fellow beings and the world at large.

In order to become aware of anything, it is necessary to give attention to the subject which one desires to obtain knowledge about or to become conscious of. When the attention is perfectly under control so that it is held unwaveringly upon the subject under consideration, for a sufficient length of time, the truth contained within it will be revealed to the consciousness; hence to find the true self and the truth about self the attention should be placed where the knowledge is to be found and the practice persisted in until results are obtained.

The following exercise, if faithfully practiced, will enable one eventually to realize the truth and become aware of his true spiritual nature and unity with God.

Sit quietly in some suitable place and concentrate the attention upon the innermost self—the I Am, with the desire for self-realization. In due time, the point of equilibrium will be found through which is the entrance into the secret place of the Most High, where the hidden treasures of truth will be revealed to you and you will find your true center in Absolute Being and conscious realization of your unity with it.

Then will be realized the "peace which passeth understanding." You will

know the truth which will make you free and be established upon the everlasting rock of your true spiritual being.

The structure built upon that sure and firm foundation will not be moved by any mental or psychic waves that may beat against it, nor by any of the changing conditions on the material plane. Resting in the consciousness of eternal life and the reality of being, one will not be disturbed by anything and will maintain an attitude of poise and serenity at all times no matter what the experiences may be.

"And the rain descended, and the floods came, and the winds blew, and beat upon that house and it fell not; for it was founded upon a rock."

Lessons in Constructive Science.

WHAT DO YOU THINK OF YOURSELF?—COURAGEOUS
ADVICE—THE FALLACY OF WRONG CHILD TRAINING
—HOW TO BRING POWER TO CHILDREN—WHAT
THE RIGHT ATTITUDE IS—CONSTRUCTIVE ATTITUDE
DIFFERENTIATED FROM OVERCONFIDENCE
AND CONCEIT.

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.

LESSON VII.

THE MATTER OF ATTITUDE.

What is your attitude in regard to your own ability? Do you habitually think of yourself, and speak of yourself as being a person of power? If

not, how can you expect to be a person of power?

We have been taught a false ideal in regard to modesty and self-appreciation. It has been considered praiseworthy to belittle one's self in speech and action; to keep in the background, and avoid even the appearance of self-confidence. Children have been taught to efface themselves; to keep silence, and to consider themselves as of little value. The same ideal has been held up for grown people; the man who manifested self-distrust, and who held himself most cheaply was considered becomingly "modest." No more destruc-

tive idea could possibly be given to any person; nothing can be more fatal to your hopes than to take the mental attitude of distrusting your own ability.

Take, for instance, a child whose parents and teachers have continually informed him that he is "dull," "stupid," "slow," and that he "learns slowly," or that he is "not good in arithmetic." He has heard these things repeated until he fully believes them, and adjusts his mental attitude accordingly. When, in school, his teacher puts a written problem on the blackboard, it is very likely that the child will not even read it through to the end; he has no hope of being able to solve it. "What is the use?" he says to himself. "It is too hard for me. I am not good in arithmetic; I can't do it." And he fails, because he has not sufficient confidence in his own ability to put forth a good effort to do his work. And even if he does try, his effort will be superficial and partial; deep within himself he will have the feeling that he cannot solve the problem, and the subconscious mind will not come into action at all. We must always bear in mind that the subconscious only moves when reached by faith; it will not act when appealed to with distrust.

If the child could draw upon the subconscious, he could work the problem easily; for the subconscious contains the essentials of all power, of all talent, of all possibility. Give him full subconscious activity, and he can learn to do anything that any great mathematician has ever done; the ability is there. But the subconscious will not come into action, simply because, by repeated suggestion, it has been filled with the "I can't" idea; and it will not attempt the impossible. It is therefore plain how a child's chances in life may be spoiled

by destroying his faith in himself; he is deprived of the use of his subconscious mentality.

Teach your child that there is nothing that he cannot do; assure him that he may become superlatively great in any line toward which he may turn his attention. Tell him that there is only one Intelligence, and that he is that Intelligence; all that may be known he may know, and all that may be done he can do. And teach him that the same is true of every other child; that will keep him from becoming conceited. The conceited person is one who holds himself to be better than others; the truly modest person is one who exalts himself, while admitting that everybody else is as good, and as great as he. That is the true way to love your neighbor as yourself; simply admit that he is as good as you are. There is no other way that I know of.

Taking the case of the child as an illustration, you will readily see the immense importance of this matter of attitude. If you are to succeed in life, it must be by applying that which is within you to the work of your chosen vocation. If you are to rise it must be by the action of that which is within you upon the persons and things in your environment. And if your attitude is one of "modesty" as commonly understood—that is, of self-distrust and self-depreciation—that which is within you will not be applied to your work; or if it is applied, it will be only in a very partial and incompetent manner. If you take the attitude of incompetence, you will impress upon the subconscious the idea of incompetence, and once that idea is impressed, the subconscious will give you only the measure of power which goes with incompetence.

This shows you the danger of diffi-

dence. Nothing is more destructive of power than the hesitating, diffident, "modest" attitude. To say, "I will do as well as I can, with my little ability" is to aim a deadly blow at your own power. If you continually speak of your little ability, you will end by being unable to manifest more than little ability. To say, "I do not pretend to be very wise," is to close against yourself the gates to the all-wisdom. To say, "Of course you know better than I," is to take the attitude of inferiority; and you will soon be as inferior as you pretend to be. To take the attitude of lacking in any power or capability is to make yourself unable to demonstrate in that particular power or capability. To say, "I am not good in mathematics," is to lose the power of subconscious insight when you have a mathematical problem to solve.

It does not follow that if you are not to speak deprecatingly of yourself that you are to go to the opposite extreme and be conceited, a boaster, or a braggart. You can claim all power for yourself, without being offensive, if you concede to others all that you claim for yourself. The braggart is one who speaks of his own ability in such a way that he makes it appear that others have less than he. The essence of conceit is really that when you are exalting yourself, you are by inference belittling others. It is not at all conceited to exalt yourself if you exalt all others at the same time and to the same extent. You can know your own power, your own ability, and your own value, and yet draw no comparisons between yourself and others.

The right attitude, then, is one of quiet confidence in your own ability. And the right way to speak of yourself is to speak with the quiet confidence of assured power. You do not boast of

your ability to pick up a pin from the floor; that is so common and easy an act that you take it as a matter of fact that you can do it. Learn to speak in just that way of every act of life. Whatever you have to do, take your ability to do it as a matter of fact; it is nothing to brag about. The attitude of quietly assured confidence in your own ability is what you must cultivate. It is quite true that you can do things; but what is the use of bragging about it? Everybody else can do things, also.

And if you can do a certain thing a little better—or a great deal better—than some one else, that is no reason for being puffed up. It merely shows that you have certain faculties more developed than that some one else. He has the faculties, but they are not yet developed; he has been developing along other lines. Mr. Sharkey, the pugilist, has larger muscles than yours; but he need not brag of that. You have not given as much time to muscle building as he has. There are certain sections of your brain which are more active than the corresponding sections in the head of Mr. Sharkey; but you need not feel "above" him on that account. He has not been paying attention to the development of those particular sections, that is all. Your superior development of certain brain areas does not put you "above" him, any more than his superior development of certain muscles puts him "above" you. You are both manifestations of the One Intelligence; one of you is exactly as good as the other.

So avoid the deadly sin of conventional modesty; it is fatal to the highest attainment. And avoid the sin of conceit. Claim for yourself all that there is in the way of power and capability, and be sure to concede to every other person the possession of all that you claim for yourself.

A Colossal Cavern in the Stellar Floor.

GREAT NEBULA IN ORION PHOTOGRAPHED AT THE
MT. WILSON OBSERVATORY—WITHIN COSMIC DEEPS
—PHOTOGRAPHY CATCHES FLEEING VIEWS—PIC-
TURESQUE SIGHTS—"CAN COLD GAS EMIT LIGHT?"
INTERESTING EXPERIMENTS BY MR. JOHN D.
HOOKER.

By EDGAR LUCIEN LARKIN.

WITHIN COSMIC DEEPS.



The photographic discovery of the opening of a gigantic cave or abyss in the Orion Nebula is one of the most noted in the entire history of astronomy. The great nebula has ever been the admiration of astronomers since the invention of the telescope. All who ever owned a telescope made good use of it in viewing this scenic splendor of Orion, or rather of the entire celestial vault. With ever-increasing power in range and definition, the instruments revealed more and more intricate details. Finally, in recent years, all telescopists came to realize that this giant nebula is larger by far than hitherto thought to be possible and more elaborate in construction.

The larger the object-glasses, the more complex became the infinity of glories. Wisps, spray, filaments and areas of starry lace appeared, and minute glittering gems by new and unknown thousands. The magnitude of

the nebula became ten times larger than had all along been supposed. In fact, during nearly three centuries, the central portion only had been observed. Now, the huge expanse of this wondrous mass of pearly light is seen to cover a region so wide as to be worthy the name of "another universe," one outside of our own, that within the limits of that immense band of suns, the Galaxy, or Milky Way.

THE WONDERFUL PHOTOGRAPHS.

All telescopic triumphs of penetration of space deeps are far and away surpassed by the power of photography. The retina of the eye cannot store the energy in light. It sees, turns away, and the vision is forever lost. No, the inconceivably mysterious entity—memory—retains an idea of the scene.

But the new highly sensitive photographic plate turns its imperturbable eye with fixed gaze upon any celestial object from sunset to sunrise. And the tiny rays on their way hither during centuries of time, enter the lenses, draw to a focus, form an image on the molecules of the silver salts and leave their energy stored.

This is a most wonderful phase of activity—this storage of light energy in

a permanent image. The perfect new photographic lenses in the Mount Wilson Observatory, here in Southern California, were made with curvature designed mathematically to focus the actinic rays only—these rays are they in which the image imprinting force comes streaming in. With this kind of lenses and with the new type of plates, and by long exposure, centered with precision, by an accurate driving clock, the photographs already secured are so magnificent that words are almost impotent and inert in description.

A CAVE IN THE STELLAR FLOOR.

The background of the universe, a dim expanse of diamond, sapphire, emerald and ruby points, set in a cosmical cloth of pearl, majestic robes of night, always inspires the intellect, the mind, the emotions of all who behold. And all these things are intensified in the clear vision of a telescope on a mountain from midnight until three a. m.

From boyhood I have been watching this great nebula, and wondered what it could be. How great its diameter, and how far away. Then when that powerful instrument, one having made so many priceless revelations was perfected and turned on this distant nebula, the literature of the world was suddenly flooded with the information that it is gaseous. A huge mass of gas shining by means of its own light in frigid solitudes.

Then the mystery arose—How can cold gas emit light? And this question is not answered. This is because none can tell how a "cold fire-fly" shines, or any other cold object.

The wonderful photographs have been greatly enlarged by copying, and these are now in the form of large transparencies. Mr. John D. Hooker, of Los Angeles, through whose gener-

osity in aiding scientific men these triumphs were made possible, now has these marvelous plates set in an ingenious displaying apparatus. Sliding frames set each plate before a battery of sixteen incandescent electric lamps arranged in a square. The effect produced is beyond anything so far attained in stellar astronomy. He who looks upon these stupendous scenes, so greatly magnified, is simply bewildered. The mind is overwhelmed, and man seems to have reached a barrier against further thought. What in the telescope always appears to be a flat surface in the central areas of the Orion nebula, is by photographic perspective, like the stereoscopic effect; really the opening of a cave so wide and deep that even trained mathematicians are filled with amazement.

Some faint idea may be gained by looking at a few facts. First, this nebula has no parallax. Go to the nebula, take along a huge telescope, and on arrival, turn and look back this way toward the earth and sun. Then the distance, 92,882,000 miles between the earth and sun, would be as thin as the diameter of a very fine hair or spider's thread. This 92,882,000 miles viewed from any point in space is called parallax. Astronomers, therefore, have no method of finding the distance of this nebula. But there are binary stars adjacent. A binary is a case of two suns revolving around their common center of gravity. These have no measurable parallax, but by means of very high mathematics, an idea of distance can be secured from observing times of these sun's revolutions. Many computations show that the parallaxes of these stars range round and about the one two-hundredth part of a second, that is, go to a star, look this way, then the distance from the earth to the sun,—the foot-rule used by

astronomers, as it is the only one they have, would be one two-hundredth of one second of arc. Then it is easily shown that the distance from our earth to these binaries is 3,836,530,000,000,000 miles.

Light is known to travel with a specific speed of 186,380 miles per second, and the time for it to reach here from these distant wheeling suns is six hundred and fifty-one years. And the nebula is farther away than these suns, it is thought. But call its distance the same, and try to measure the width of the opening of this appalling chasm.

The central region of the nebula is in diameter, angular, equal to that of the moon, which is thirty-two minutes. Consider the mouth of the cave to be half this width, a near approach to the truth. Then it is at once known that the width of the opening is 17,000,000,000,000 miles.

It is impossible to measure the distance from the opening to the rear, but let it be called three times the diameter of the open passage, or 51,000,000,000,000 miles. This is the known distance of the star Sirius. The diameter of the

orbit of our home, the earth, is 185,764,000 miles. Then 90,000 earth's orbits, side by side, like a set of rings, could enter this yawning abyss, this stupendous opening in the sidereal floor. And 3,000 circles, side by side, each equal in diameter to that of the orbit of Neptune could sail into the cavern's mouth. Hundreds of thousands of solar systems could be engulfed with the recesses of this cosmic cave.

These photographs on large sheets of clear glass in front of the electric lights are beyond doubt the most transcendently beautiful objects on earth. Mr. Hooker has the display mechanism in his great parlor. He darkened the room, turned on the electricity and handed me a reading glass. The human eye has not seen the equal before. Mammoth cave, in Kentucky, under illumination is beautiful; but all earthly glories fade before this supernal splendor. I have no word: stalactites, stalagmites, and other cave terms are useless. Diamond heaps, shining columns, starry walls, phosphorescing areas, rolls, banks, terraces of pearls, and more, wonders in opals and lovely gems. Celestial photography is in its beginning now.

The Salutation of the Dawn.

Listen to the Exhortation of the Dawn!

Look to this Day!

For it is Life, the very Life of Life.

In its brief course lie all the verities and

Realities of your existence:

The Glory of Action.

The Bliss of Growth.

The Splendor of Beauty;

For Yesterday is but a Dream,

And Tomorrow is only a Vision;

But Today well lived, makes every

Yesterday a Dream of Happiness,

And every Tomorrow a Vision of Hope.

Look well, therefore, to this Day!

Such is the Salutation of the Dawn.

—From the Sanskrit.

Don't Make Excuses.

A COMMON FAILING—TWO KINDS OF EXCUSES—
WHY SOME PEOPLE FAIL—POSITIVE THOUGHTS—
THOROUGHNESS VERSUS SHIRKING—THE POWER
OF AUTO-SUGGESTION—STICK-TO-IT-IVENESS.

By WILLIAM E. TOWNE.

Good excuses have kept back many a man from realizing a prosperous career. Once you get the excuse-making habit formed, you might as well have a ball and chain attached to your neck so far as your prospects for rising to the top are concerned.

There are two kinds of excuses which keep a clerk in the business world occupying a clerk's position when he is capable (*has it in him*) to be something better if he only *would*. The first class of excuses are the ones *he makes to himself*. These are often as enervating, subtle and death-dealing as the nasty cigarette.

A clerk sees a piece of work which he knows *ought* to be done today. He *knows* that the best interests of the business require that this work should not be put off until tomorrow. But he has not yet reached a point where he *realizes* that his employer's interests are identical with his own, and perhaps he was out late last night and feels a lack of ambition today. So he excuses himself from doing the work on the ground that "the boss" didn't tell him to do it *today*. After soothing his conscience with this specious mental dope, he puts in his spare time reading about the way Slobett knocked out Casey in twenty-one rounds. Several days later when the neglected

work comes under the eye of "the boss" our clerk is asked why he did not do it, and he then repeats his stereotyped excuse that he wasn't "told" to do it. For such an one the gateway to success is always barred.

This brings us to the second kind of excuses,—those made to one's employer. Of the two this latter kind of excuse is less injurious to the clerk's chance of advancement. When he excuses *himself* from doing *obviously* important work, he *instills into his own mind a subtle mental poison, a don't-care-a-hang-essence that breeds lack of backbone, lack of concentration, lack of continuity and application*. He weakens and incapacitates himself far more when he excuses himself to himself, because he will then often allow his mind to dwell on excuses so weak that he would never dream of giving them verbal utterance in the presence of his employer.

And when he has once *set* the mental habit of excusing himself, he goes on and on binding the fetters which will forever hold him back from any rise. It is now only a short step to finding good excuses for not doing what he *has* been told to do. Then a little further along on the same line it will be strange indeed if he does not land himself on the boot-toe that elevates the incompetents

and deposits them outside in the cold world.

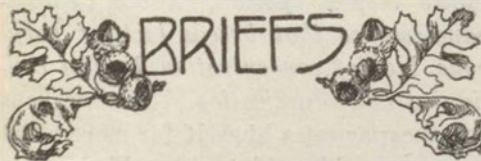
Shun excuses.

Do your work so that they will seldom or never be necessary. Above all, avoid making excuses for yourself to yourself. Fill your mind with mental images of a work *thoroughly* done. Don't picture yourself as a *shirk* by excusing yourself from doing needed work simply because you haven't had explicit orders concerning it. Use your best mental powers to discover what needs doing and then DO IT.

There is a mighty power in auto-suggestion. If you make excuses to yourself for not doing this, that and the other thing, you set your mind to growing in the direction of weakness and incompetence.

Make up your mind that you will accomplish in a thorough and capable manner what needs to be accomplished and STICK to it until you succeed.

Only by such a course are we able to "Build up the ladder by which we rise From the lowly earth to the vaulted skies."



By WILLIAM E. TOWNE.

*** The function of advertising is to connect supply and demand. Sometimes by advertising you can create a demand, but in that case your goods must possess sterling merit or you will lose out in the end.

*** Let the principle come forth into the noise and organize itself—prove itself. Life cannot be all negative nor all positive. If the Devil is a necessary part of the scheme, so also is God. Let us have Pinchots if we must have Ballingers.

*** "The kingdom of heaven is not in the noise," says T. J. Very true. But this also (from the *N. Y. American*) is solid truth: "*A principle is only a mist of theory until it finds a man to risk his honor and fortune on it. It is then, and then only, that it taps the springs of emotion and sympathy—it becomes a passion and has power to prevail.*"

*** Ha! Ha! So Thomas J. Shelton's vote for mayor was nullified by his wife's vote for the other man. There are some advantages in living in the East. I voted for the wrong man for mayor according to my wife's views, but she didn't have a vote by which to checkmate mine. However, her candidate won. But we are a unit in our admiration for Judge Ben Lindsey and our adverse opinion of Ballinger *et al.*

*** It often occurs that a good business dies through lack of proper connection between supply and demand. You may raise fine chickens and eggs, but if no one knows it your market is very limited. You may be a high-class office man, bookkeeper, stenographer or correspondent and yet find yourself without employment. There is one sovereign remedy for such conditions—*advertise.*

*** The great feature of the Juvenile Court work is not that it reduces convictions for crime but that it makes the young offender feel that the state is working *with* him instead of *against* him; that the court exists not simply to punish him for an offence against law and order, but to help him *re-form* himself and do what is best for himself. The Juvenile Court implants in the child's mind some true conception of his relation to society. Not only is the boy led to not work *against* the state, but his influence is turned into a positive force for the good of the state.

* * * "The reformers never do anything except talk," says T. J. in speaking of Judge Lindsey. Well, now, I think T. J. has the wrong pig by the tail this time, sure. No one man in America has done more, according to the records of facts and statistics, to abolish crime and re-form the young would-be criminals of our cities than Judge Lindsey. In the city of Denver for the year 1903 there were less than one-sixth as many larceny charges brought against boys of thirteen and fourteen years of age as during the year 1901, before the Juvenile Court had got in its good work. Almost as great results are shown all along the line. And this good work has been accomplished in similar degree in other cities through the Juvenile Court, whose existence is almost wholly due to Judge Lindsey.

* * * A "lifer" in Sing Sing prison became a convert to fletcherism about a year and a half ago. A year or two previous to this he had met with a great moral awakening. The adoption of fletcherism meant a physical conversion to clean living. The two conversions (spiritual and physical) have so changed the man, who was about the worst in the prison, that he is now one of the very strongest moral forces in the institution. He works indefatigably to spread the gospel of fletcherism among the convicts, and with wonderful results. The change in his own health has been little short of marvelous. *The Ladies' Home Journal for March* contains the very interesting life history of this man.

* * * "How We Changed Poverty to Prosperity," is another article in the *March Journal* that will interest many city people who find it hard to make both ends connect. It is the true story of one family who gained health and success by moving to the country. They

owned nothing at the start, and all the money they had was \$100 borrowed from a charitable institution. By pluck and hard work they won out and obtained a farm which now nets them from one to two thousand dollars annually. One great secret of their success was that they made a business of supplying what the city people wanted in the line of produce. So many farmers pay little or no attention to the demands of the market. If you don't find a demand for what you have to sell, try something else.

* * * Postmaster General Hitchcock "stands pat" on the question of raising the postal rates upon magazines. He affirms that the publishers' arguments are unsound. So far he has produced no figures for publication, that I have observed, to prove wherein the publishers' figures were wrong. Neither has he offered any explanation of the fact that Canada can carry her magazines for one-fourth cent a pound against the one cent per pound we already pay. Mr. Hitchcock reminds me of the story of a man who was somewhat given to looking upon the wine when it is red. One night he went out "with the boys" and some one, in advance of his home coming, carried a detailed and true account of his doings to his wife. Upon his arrival at his own house, in the "wee sma' hours," wifey asked where he had been. Steadying himself by a table to keep the room from whirling too fast, the inebriate made a lengthy statement of just how he had spent the evening. It didn't tally with the facts as his wife had learned them, so she stated her version. The man saw he was in a corner, but mustering all his drunken dignity gravely announced: "My dear, I've told my storish an' I'm gona stick to it."

The Editors at the Hub.

ELIZABETH AND WILLIAM GO LECTURING, SIGHT-SEEING, AND THEATER-ING IN BOSTON—THE METAPHYSICAL CLUB—CHARMING BOSTONIANS—INTERESTING HISTORIES—HENRY WOOD'S "SILENCE ROOM"—MARIE TEMPEST INTERVIEWED—PENELOPE.

By ELIZABETH TOWNE.

William and I spent several delightful days in Boston. We had a list a foot long of people and sights we were going to see. And we never saw one of the people, and only three of the sights. The balance of the time we spent in being sights!

We got acquainted with the Metaphysical Club. It took several days to do it, and then we weren't through. We met a dozen or two of the workers at that Club, and there were a lot more we wanted to meet and didn't. That Boston Metaphysical Club is a bigger affair than I thought, and it bears close acquaintance.

On the afternoon of February 2nd I talked to the Club and its guests on "A Story of Desire." The president of the Club said it was the largest audience that had ever gathered there. In the evening I addressed another large audience on "The New Thought: What It Is and What It Does."

Between lectures the Club gave a very delightful reception for me, and I met hundreds of charming and interesting people, many of whom I have been hobnobbing with in the spirit for years, but whom I saw for the first time.

There was an entertaining write-up about it in the *Boston American* of February 6th, written by a bright little reporter named Dorothy Ames who came to interview me, and told me she had been a reader of *Nautilus* for a long time.

The Metaphysical Club was founded in 1895. Henry Wood was one of its charter members. At the present time the Club has three hundred members, and they occupy beautiful and spacious rooms in Huntington Chambers, 30 Huntington avenue, for which they pay \$1,200 a year rent.

The picture with this article gives you one

glimpse of the reading room with the office in the far corner. This room opens into a good-sized auditorium where meetings are held nearly every day in the week. A free health clinic is held Monday and Tuesday evenings every week, and there is a health talk every Tuesday morning. Every Friday a public lecture is given. A young people's meeting is held every two weeks. There are other meetings too numerous to catalog here. Most of these are free to the public, and a few of them are free to all members of the Club, with a twenty-five cent admission fee for non-members.

In addition to this there are ever so many private classes and lectures and health clinics by all of the numerous teachers who are working members of this Club.

Among the teachers are Caroline E. C. Norris, whom I first discovered in California a number of years ago. She is a tall, handsome and charming woman, as well as a brilliant teacher.

Rev. Lucy C. McGee is connected with the Club, where she has classes, and she is also pastor of the Church of the Higher Life in Chauncey Hall, Copley Square Building, which was founded by Helen Van Anderson. Mrs. McGee is another charming and beautiful woman.

Miss Emma C. Poore is another of the teachers, and she is likewise pastor of the First Church of New Thought, where she succeeded Dr. Julia Seton Sears when she went to New York.

Other teachers and healers who are connected with the Metaphysical Club are Dr. Anna B. Davis, Mrs. Mary E. Jackson, R. C. Douglas, Dr. Warren A. Rodman, Mr. and Mrs. William A. Spinney, Mrs. Mary E.

Chapin, Miss Harriette E. Brazee, Miss Catherine B. Pryde, and last and oldest and sweetest of all Dr. Frances J. Miller, who is eighty years young, as erect and alive as anybody else in the Club, white-haired, pink-cheeked, and as pretty as a doll.

All these Metaphysical Club healers are unusually attractive and splendid looking specimens of manhood and womanhood. I am told that many of them are prominent in Boston social and business life.

FAMILY TREES.

Mrs. Mary Chapin is a member of one of the real old New England aristocratic Puritan families, the Trues of Maine, and she married into another equally old and aristocratic family. For three years she has been a widow.

the North End Union on Parmenter street every Sunday afternoon at 3.15. A class of unusually promising boys are already beginning to show in very practical ways the result of their training in the principles for which the Club stands—power through right thinking. This work is under the direction of the Club's Supervisor of Work with Children, Miss Marion Katherine Browne.

The president of the Metaphysical Club is William A. Spinney. The secretary is Mrs. Sara G. Mowry LaVake, who has occupied the office for four years. Dr. Warren Rodman served eight years as secretary of the Metaphysical Club, and twice he has been elected president.

Mrs. Mary Emerson Jackson is one of the



Library Metaphysical Club, Showing Office in Far Corner.

She is a sculptor and a student at Radcliffe College where she has completed two years of the regular course. Mrs. Chapin has been for years active in Boston affairs. It was she who started the custom of placing art exhibitions in the public library, which has since spread all over the country. The free lectures which are given with these exhibitions are also of her instigation. It was she who agitated the matter of making school rooms beautiful, and she superintended the adornment of the very first Boston school room that was artistically arranged for the children. She is also a society woman, dresses beautifully, and talks new thought in the most select homes in Boston and New York.

Under the auspices of the Metaphysical Club a mission has been started, which meets at

old original Emerson family. Her father and Ralph Waldo Emerson were own cousins.

Mrs. LaVake is another member of one of the old families.

You see, since I came to New England, I have begun to realize that there are such things as family trees. When you go to write about anybody in Massachusetts you give his ancestry the very first thing! I don't do it very gracefully, but I am quite falling into the habit.

I must tell you a little bit about Mrs. LaVake's family. One of her ancestors was William Mowry, who in 1800 worked for Samuel Slater, who owned the first cotton mill in this country, at Pawtucket, R. I. Mowry wanted a partnership in the business. Slater knew a good hand, but he didn't know

how to keep him, for he refused him the partnership. Wherefore Mowry proposed to go and build another cotton mill. "Better not," said Slater, "you will not succeed. *This country will never support two cotton mills.*" He was sure Mowry would fail and come back to work for him again. So William Mowry went to Greenwich, N. Y., then called Whipple City, where he erected the first cotton mill in



William A. Spinney.

New York state, the second in America, a generous portion of the capital being furnished by Job Whipple, whose daughter Mr. Mowry married. In 1816 Mr. Mowry visited England and returned with the patterns to make the first double speeders for weaving cotton that were ever used in this country. He ran the

mill until the time of his death, and became one of the richest men in that section of the country. His son, William H. Mowry, gave the most of his life to the study of practical ethics for the upliftment of our nation, and labored unceasingly for the abolition of American slavery. He was one of the delegates to the World's Anti-Slavery Convention held in London in 1843. He ran for Congress, but

was defeated on his anti-slavery platform.



Mrs. LaVake.

The secretary of the Metaphysical Club is Sara, daughter of this sturdy William Mowry. Her husband is James Otis LaVake, who has also a cotton mill history, and is at the present time connected with the big cotton thread corporation. Mr. and Mrs. LaVake have three children, a son who is prominent in New York business circles, one daughter an artist, and another, Mrs. Alfred C. Estes, who is a delightful musician.

The library of the Metaphysical Club has over six hundred volumes, which are loaned out to members at the nominal sum of ten cents a week. On the table can be found all

the new thought magazines and books extant. Mrs. LaVake's very obliging assistant, Miss Jocelyn, takes subscriptions and sells books. In addition to the auditorium and reading room there are several other class rooms and reception rooms.

THE SILENCE ROOM.

And last but not least there is the "Silence Room," devised, founded and furnished by Henry Wood. Since his death his wife pays for its rent and maintenance as a memorial to her husband, who was one of the foremost scholars and writers of the new thought.

This room is open for the use of anyone who needs a quiet place in which to commune with his soul. The surroundings are conducive to peace. The walls are tinted in the palest blue of the summer sky. Along one side are placed a dozen comfortable chairs, facing a very large painting of the Metaphysical Club symbol, which is the result of Henry Wood's inspiration manifested through the artistic ability of Miss Charlotte Dewick. The design is that of the outspread wings upholding the world, taken from the Egyptian symbol of the perfected soul. Each feather in the wings bears the inscription of some divine attribute, as Love, Peace, Power, etc. The colors are the violet of high spiritual potency, the gold of wisdom, the blue of aspiration, and the brown of earth. Curiously enough the everlasting wings are of the same brown as the earth, gold tipped and gold lettered. Is this an accident or did Mr. Wood realize that it is the earth vibrations which bear us upward? What would become of us if the brown were transmuted to cerulean blue?

At the sides of the painting hang two velvet curtains of violet blue which may be drawn to hide it from profane eyes. Underneath the painting are these words: Relax, Absorb, Concentrate. Rarely is a voice heard in this room, and its still vibrations are freighted with deep meanings of the silence.

The Metaphysical Club entertains many prominent speakers. Mrs. Annie Besant spoke for them when she was in Boston. Julia Ward Howe gave an address at the beginning of this season. Among the other notable men and women who have addressed these meetings are Heber Newton, Minot J. Savage, Hamilton W. Mabie, A. E. Dolbear, Edwin Dean Meade, W. K. Alger, Mary A. Livermore, John Burroughs, Prof. Royce, Sarah J. Farmer, Charles Molloy, and many others. If they all received the same delightful welcome that was given

to Elizabeth Towne they must have warm little glows in their hearts every time they think of the Boston Metaphysical Club.

We have heard a great deal about Boston's high intellectual attainments, her exclusiveness, and her coldness to outsiders. But I must say that in all my travels I have never faced more responsive and thoroughly happy audiences. There was a regular warm wave coming my way all the time that I spoke, and it helped mightily I can tell you. And it wasn't all intangible waves!—there was plenty of applause and laughter sprinkled all the way along. The whole experience was a delightful surprise. I think William trembled a little, lest I get rattled before all those cultured Bostonians!—but they were the most delightfully friendly and responsive people imaginable.

WE INTERVIEW PENELOPE.

Which reminds me of something else. We had a pleasant little interview with Marie Tempest, who was playing "Penelope" that week in Boston. It happened this way: We went to see "Penelope" on Monday night and Tuesday noon when we walked in to twelve o'clock lunch at the Lenox Hotel where we were staying, I spied across the room a young woman whose face looked familiar. After another glance I said, "It is,—it surely is Penelope!" William couldn't look, though he was dying to—she was almost behind him. To make sure I asked a waiter to find out for me if Marie Tempest was sitting at that table. Every time I looked up I caught her eye, and every time she looked up she caught mine. The waiter came back and said it was Miss Tempest all right.

I was just reading a letter from home, and I had no card with me. So I tore off the letter head, underscored my name and William's and scribbled across it these words: "Penelope is a *darling*. Thank you."

The waiter gave it to Miss Tempest who opened her blue eyes wide and looked hastily about. The next time she looked up she caught my eye and smiled, and after the luncheon she came and sat down at our table and we had a nice little interview with her.

In the play she takes the part of a young matron, and you would never suspect that she is over twenty-five years old. But she has a young son twenty years old in Harvard College!—to whom she is devoted. She is a delightful little English woman and she says she couldn't stand it over here until the end of her season without her boy, so she sent for him

and he is in Harvard, while she is doing "Penelope" in New York and Boston.

And Marie Tempest thinks Boston is cold! She wonders if they understand the message of her play, and she wonders if they like her. And she wonders if she doesn't look too old for such a young leading man, who is only three years older than her own son! Nobody would suspect it. I reassured her on all these points. She took me for a Boston woman! And I had to tell her that I am only a webfoot.

Marie Tempest belongs to the same class with Maude Adams and Ethel Barrymore. She has a "following" of those who would go to see her in any old thing in the line of a play, no matter where it was played. She is just Marie Tempest, a very strong and charming individuality, and I can't imagine her being anything else under any circumstances. "Marie" is demure, you know, and self-contained, and the "Tempest" flashes out on occasion.

HOW TO MANAGE A HUSBAND.

"Penelope" is another play with the same sort of message as Maude Adams' "What Every Woman Knows," which we saw on Thursday night of that week. Both plays give you strong hints on how to be happy though married, and both plays are full of the brightest, most subtle comedy.

Penelope is a young matron whose family are all devoted to her. As the curtain rises her mamma and papa and other fond relatives and friends come streaming in one at a time, each with a telegram from Penelope demanding their prompt attendance at that hour. Every one is surprised to see the others. No Penelope in evidence. Everybody on hand a little ahead of time.

At the exact appointed moment, enter Penelope, trim and trig in the very latest, neatest, cutest, and most appropriate gown. After all the embraces and ohs and ahs, everybody demands to know why the telegrams—all differently worded!

"Oh, I put those things in to insure your coming. I wanted you all here for a consultation."

Everybody sits up agog. A moment of silence. Then Penelope says clamy: "*I am going to leave Dick.*" Everybody struck dumb. Penelope is supposed to be very happily married to said Dick. Why? Why? they cry.

Then it develops that Dick is paying attention to another woman, to Penelope's very dearest friend. She expects her story to shock everybody into line, on her side. To her aston-

ishment everybody advises her not to be too hasty, to pardon the poor fellow, to overlook his peccadillos, in short to pay no attention to them but to go right on being a happily married young woman.

Penelope is shocked. Then Penelope's papa rises to the occasion and arraigns her. He says she has been too devoted to Dick. He couldn't turn around without accounting for himself. He must give her a sort of weather report of the state of his affections at all hours of the day and evening. So for a rest Richard goes to some other woman who is bent on pleasing him—not making him please her. Penelope must be patient. The other woman will soon treat him exactly as Penelope does, then Dick will tire of her. If Penelope is good, Dick will come back to her again. If she is still good, lets him have a little freedom, allows him to come in and go out without accounting to her, he will begin to sit up and take notice of her. Eventually he will think more of her than ever.

All this from Penelope's *papa*—the staid middle-aged gentleman who has always been exactly correct.

Penelope's mamma sits up. Inquires where papa gained all this wisdom in regard to women, for papa and mamma are the model Darby and Joan.

Penelope still unconvinced, but considering.

Papa spreads it on a little thicker. "Your husband has been unfaithful to you; he doesn't want you to be too faithful to him. He thinks he does, but he doesn't. You have been altogether too faithful to him. Men don't care for women unless they are kept guessing. Practice a little unfaithfulness on your own account."

Penelope still considering.

Mamma sitting up, gasps.

Queries Penelope: "Why do you say that?—mamma has never been unfaithful to you?"

"My dear," answers papa with manner impressive, "Your mother has been systematically unfaithful to me for thirty years."

Bomb. Fireworks. Roman candles. Sky-rockets. Thunder and lightning from mamma. Duet: "What DO you mean?"

Papa, impressively: "It is—true. Ever since I have been married your mother has flirted with women's clubs and missions and woman's suffrage movements, and new thought societies; she has neglected me shamefully for Christian Science; her figure shows yet the marks of her flirtation with vegetarianism (mamma is past forty and distinctly plump!). I have never known where to put my finger on

her. When I came home she was too busy to ask me where I had been. When I went out she had already gone or was just putting on her hat. My dear, *I never got enough of your mother to get tired of her.*"

Penelope cogitates.

The result is that she tries this sort of treatment on Dick, tries it artistically and a great deal more persistently than *I* could. When at last she comes again to the limit of her endurance, she is going to throw up the game and leave Dick.

At this critical juncture she discovers that Dick is very tired of her best friend; who has begun to upbraid him for not being more attentive! He wants to run away to Paris with her, and at the same time he doesn't want to, and the best friend is fool enough to urge.

Next comes a very amusing scene between Penelope and her husband. It begins over a stack of bills which Dick declares he can't afford to pay. In the course of the conversation it develops that every time Dick has been enjoying a particularly delightful time with his innamorata Penelope has bought a beautiful new hat, or ordered a new gown to amuse herself and tide her over the lonesome time. Then Dick discovers that Penelope has known about it all the time. Immediately he is prostrated with shame and grief and disgust for the "best friend" who has got him into this scrape.

He begs Penelope not to visit his sins upon his head. Penelope assures him that she has no intention of doing so, that it is all right, that she has learned what sort of stuff men are made of, that she doesn't blame him at all.

Then it is Dick's turn to be astonished, amazed, horrified, to think that his wife has no moral sense! He is certain that if she had, she would have left him long ago, she never would have kept still and allowed her husband to get into such a scrape.

Penelope remains calm.

By easy stages Dick works himself up into a great state of feeling that Penelope is almost more to blame than he is. He is going to her mother—he knows her mother will make her see how immoral her attitude is in the matter, how she might have prevented his getting into such a scrape. When he discovers that mamma too knows, he reaches his emotional climax. He has discovered that *he has more moral sense than all the rest of the family put together!*—he is the only one who has any sense of compunction for the way he has acted! Wherefore he is going to leave Penelope!

Exit Dick.

Enter papa, who pats Penelope and tells her she is on the right track, just keep on and things will come out all right.

In the next scene Dick is somewhat mollified but still high and mighty. Penelope cold. She is going away on a visit, trunks packed, to be gone two weeks. All in a most stunning and becoming gown and hat.

At last Dick gets right down to bed rock and realizes that he can't stand it to have his little Penelope go away for two weeks and not care anything about him. Broken-hearted. Begs.

Penelope, coldly: "Will you please see if Thomas has taken my trunks out to the carriage?"

A little struggle within and Dick goes obediently to find out. Returns with the information that the trunks are still in the hall. Penelope, very stiff, back to Dick: "*Will you kindly direct Thomas to remove my trunks to my room?*"

At last it percolates to the befuddled brain of Dick. One word, "*Penelope!*"—one divine

and melting smile from Penelope, and they fall into each other's arms.

Curtain. The audience sits still for half a minute, after which there is quick applause and reluctant exodus. And I'll warrant that every-one of that crowd of people went home with a better understanding of human nature and marriage, and with a delightful little thrill in his heart, and a loving impulse toward the one nearest and dearest.

J. M. Barrie's new play for Maude Adams is just as delightful as "Penelope," but a little different. I am not going to tell you anything special about that play, because you can read the whole thing yourself in a series of articles which began in the February *Ladies' Home Journal*. And here's hoping that everybody that reads this, will have the opportunity of seeing "Penelope" and "What Every Woman Knows," and will take good pains not to miss the opportunity. Both these plays are liberal educations in human nature and right marital living—not to mention the hints in good breeding and the fine art of dressing well.

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

We believe in these things.

We speak the Word for them.

We pray for them.

We talk for them.

We work for them.

We vote to this end.

—Elizabeth Towne.

THINGS THAT MAKE FOR SUCCESS.

A Correspondence Department.

Conducted by the Editor.

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

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

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

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

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

EDITORS.

Success Letter No. 240.

Be pure!

'Tis all that God can give—

All of life,

And all of light,

That makes for man the perfect sight.

Be true!

And the work that you shall do

Will hang not low with a darksome hue;

For the inspiration of an honest soul

Is the ornamentation of his worthy goal.

Be happy!

The smile of contentment ushers the peace

For a beautiful life with no defeat,

And while we are going

Others are growing

By the halo they must meet.

—MABEL B. HOUSER, Baroda, Mich.

Success Letter No. 241.

"To him that believeth all things are possible." Believeth what? Believeth in Me—in My absolute truth and power—in My Godhood. I want something. If I want it I want it; there is no room for doubt, because of My truth. If I want it I already have it, because that is the meaning of absolute power. Then all that remains is to see it, and I should see it, were I not in such panic, caused by my doubt, which is another name for fear. I am like the woman we have all met—the one who goes about the house searching frantically for her spectacles, turning things topsy turvy, wearing out herself and everybody else. What

that woman needs is to stop talking, sit down, quiet her throbbing heart and get her breath, smooth her disordered hair—the spectacles are on top of her head! Then she laughs and everybody else laughs at her. Her solar plexus loosens up and life is smooth once more.

—ELSIE McLEAN, Lake City, Minn.

Success Letter No. 242.

"Be like a bird, that, pausing in her flight,
Rests on a bough too slight,
And feeling it give way beneath her, sings,
Knowing that she hath wings."

—VICTOR HUGO.

The best security against failure is the knowledge that failure is impossible. The most inspiring people are not those who have always walked in smooth and easy paths, but those who have surmounted the greatest difficulties or who have kept their sweetness and their cheerful courage through the most crushing misfortunes. "I am greater than anything that can happen to me." More than that, everything that happens to me is material out of which I am to build a victorious life. "All is grist that comes to my mill." Every difficulty surmounted, yes, every failure by which I have learned anything, makes me not only more certain of success, but capable of a higher kind of success than I was capable of before. Milton was blind, Dante in exile, and John Bunyan in prison, when they wrote their immortal works. And probably not one of these works would have been written but for the so-called misfortune which left only the one channel through which the invincible soul might express itself. All things work together for good to them that love good and never lose their faith. One can begin life over again at thirty or forty or even fifty years of age. In fact, one should begin over again every morning, the past under his feet and his gaze fixed on the rising sun, which inevitably brings new opportunities, and will bring strength to use them to everyone that asks for it in faith. Failure is impossible, for God worketh in me, and my life must of necessity grow brighter and brighter unto the perfect day. My life is hid with Christ in God; I am part of the All Good, and my happiness

and success will come just as fast and be just as complete as my realization of this truth.
—H. B., Riverside, Cal.

Success Letter No. 243.

We all crave material success. The success which often comes from failure is spiritual gain. But the primary meaning we attach to the word success is the material gain, which enables us to grasp the good things of this world. Such success implies an objective mind. By this is meant a mind that turns outward. The mind that turns in on self is subjective. An insane person thinks of one thing—is possessed of one idea. The workings of his mind go round and round and round this one idea. They never get off the beaten track around this center. Such a person's mind is strongly subjective; it is turned in on itself to the exclusion of all else. Failure is the inevitable result.

The successful person is constantly turning his mind out—projecting it along the line of achievement. He thus avoids the horrors of self-pity and commiseration. He is wide-awake to his opportunities—not as *his* opportunities but as *life's* opportunities. These are here for all of us if we but turn the eye of the mind out, open it wide, and hold fast the impressions received. God lives in each of us; He will look after the inside. The man who thinks his own little self the sole inhabitant of his body pities and pampers and magnifies this little self until he loses sight of his divine possibilities. Jesus kept the outward vision. He sought to inspire the same objectivity in others. "Take up your bed and walk!" He suggested to him who was sick of the palsy. This sick man had previously thought only of his condition. Jesus offered him a new thought. The man caught at it, turned out his mind to meet it, and walked—an achievement of success. We are of use to society only as we become doers. We become doers through use of the outward vision. The man continually possessed of this outlook has the strong chances of success reined. Let us turn our minds inside out and live objectively and successfully.—M. N. LINCOLN, Nebraska.

Success Letter No. 244.

I believe that failure in most cases is due to a lack of faith, of faith in oneself and the law of opulence. I have met with many obstacles and carried tremendous responsibilities, and faith has carried me successfully through all. For three years I worked to save money for

a college course. At the end of that time, owing to financial troubles in the home, I had but \$50 saved. I knew to wait longer would be to repeat the experience. So, with \$57 in my pocket I went to a great city and entered one of the best schools. I had no intention of working my way through college. I wanted all my powers for study. So after entering school I cast about to borrow money. When I was reduced to my last \$5 bill a letter came from a friend offering to supply me with funds for one year. When that was gone money came unexpectedly from another source. Throughout my school course I lived well and enjoyed life to the utmost. I worked during vacation periods, and graduated with the honors of my class, and only a few hundred dollars' indebtedness.

I have never worked on a salary, but have for years had an independent business. I have supported my parents and assisted several young people to an education. I have traveled extensively in this country and abroad. I have never squandered money nor been foolishly extravagant; at the same time I have never denied myself books, lectures, music, travel—anything which makes for the high and cultured life. Though I have not saved as much money as some of my friends think I should have done, I am ready for the rainy day, and in the meantime I have lived. I believe in myself and what I am offering to the world. I know it is worth the money I ask. I believe it will be forthcoming and I have made it a point to always *act* upon my faith, and to laugh in the face of seeming defeat.

When sickness, death and calamity have overtaken us, and I have been compelled to meet unexpected financial obligations, the money has always come, according to my faith.

I believe in success, plan for success, and am success. So you may be what you will to be. I have lived this life for over twenty years and though my actual experiences have been dominated always by tragic influences I am as young and happy and jubilant today as in the early glow of youth, and I'm a woman, too.
—F. L. P.

THE PRIZE WINNER for the success letter in March is L. N., Uvalde, Texas. The letter was No. 237. The prize, two yearly subscriptions, are held to the order of L. N.

It's good to know that there is so much success—wish we could print more letters each month! Keep on succeeding, even if your letter doesn't succeed in appearing in print promptly.



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

A DEPARTMENT OF
 CONSULTATION AND SUGGESTION
 CONDUCTED BY ELIZABETH TOWNE.

In this department I will try to reply to the 1001 odds and ends of life-problems and home interests which are presented to me, answers to which are not of general enough interest to make them suitable for the regular reading pages of *The Nautilus*. Every reader is welcome to what advice and suggestion I can give, and I sincerely hope that with the aid of this department we can reach and help many more people. Welcome, all!

ELIZABETH TOWNE.

E. T. G.—Every number of *The Nautilus* is full of exercises for "mental, physical and spiritual discipline which one can practice to become regenerated in mind and body and soul." All you need is *practice*.

T. G. P.—My dear girl, I don't believe that eliminating the word "sportsman" would change the facts at all. And besides, you cannot do it. Nor can anybody else. That word means certain things, and it will continue to be used in that connection. The term itself does not have the same standing that it once did. In other words, people used to look up to sportsmen, and now the bulk of the people look down on them.

A. B. C.—Will you take my advice after I have given it? Here it is: Cut that man's acquaintance absolutely. What he says is *rot*, and you are merely a foolish, deluded girl. You don't love him at all—you are merely flattered by his attentions, and thrilled by his sensuality. Cut it out, cut it out. If a man cannot love you decently and above-board, see that your own pride keeps you from having anything whatever to do with him. Scorn him, spurn him. Kick him out as you would a dog. He is a liar, and he knows it. See that you remember it.

I. M. Y.—If you would be healthy, *think health*. Deny anything else! Affirm health, happiness and success, and let every action and every thought be based on this. What you do, do as a healthy person would do it, with vim, good will, love, enjoyment, success. Rest between times as often as you need to, but rest because you *want* to, not because you have to. Do everything because you *want* to, and do it as you want to—even when you do nothing at all! Health, happiness and success are yours. Be still and know. Arise and think and act. Here's all good to you and yours.

W. O.—Speaking of vegetarianism, I am reminded of a new dish we had at Stephen Marian Reynolds' home in Terre Haute. The foundation of the dish was baked beans. A half hour or more before serving Mrs. Reynolds opened a can of peas and a can of string beans; she drained these and washed them in cold water, and stirred them into the baked beans, where they cooked for half an hour or so. It made a new kind of dish that was delicious. She said you could put other kinds of vegetables in with the baked beans in the same way, and I had an idea that celery cut in small pieces and added with the peas and the string beans, might make a very tasty dish. One might also include a tomato.

E. C. O. and J. G. F.—I have tried repeatedly and persistently to get somebody to edit a good vegetarian department in *Nautilus*, but so far I have failed. And I cannot find a good department of that kind in any other magazine! Can you? The fact of the matter is, recipes should be in books, not in magazines. There are plenty of good books with vegetarian recipes, sold from 10c up to \$2.00. We have one at 25c; there is a little one called "Meatless Dishes" that sells for 10c; there is Eugene Christian's cook book for \$1.00—which tells you how to cook without cooking. There is the new Unfired cook book by George J. Drews, for \$2.15. You pays your money an' you takes your choice. I think *Physical Culture Magazine* still publishes a vegetarian cooking department. I used to study that faithfully, and *The Vegetarian Magazine*, too, but I never found anything very satisfactory in the way of recipes. What one really needs is a book like Drews' or Christian's, that tells you how to combine foods, and in what quantities, so as to make a balanced meal without meat. These books both give all sorts of tables and rules for combining foods. Dr. Latson's "Food Value of Meat," price 50c, gives many interesting tables.

A. A.—You did the only thing possible in your wife's case. She is evidently worn out with the routine of being your wife and house-keeper, and your church's handyman. She needs the rest. Just love her and believe in her, and in the power of good, and she will doubtless come back to you rejuvenated and a better and more loving wife than ever. But

you must take hands off and let her come in her own good time—be very careful not to urge her. Enjoy yourself where you are, and take pains to pass all the joy right on to her. Slide the balance off on to God.

The best you can do for her is to believe that *all things are working for good to both of you*, and cherish your love for her, leaving her free to love or not love, as she can. Don't forget that this is merely an abnormal condition brought on by too much routine, and nervous strain. Take all pressure off from her and she will get back to normal again, and better still. Don't be worried if it takes a year or two to do it, and remember always that she must live her own life in *freedom*, following her own desires and impulses, or she will never again find her normal. But health, happiness and success are hers, and she will realize it if she is allowed to do it in her own way. Make up your mind to be a widower for a year or so, a gay widower courting a lovely little lady way out west on a ranch.

L. M. R.—My dear girl, forget it! There is nobody around you but what has probably done fully as many wrong things as you have. Don't take it so hard because somebody happened to tattle. And you may depend upon it that about ninety per cent of the slights you receive are absolutely unintentional, purely imaginary on your part. Hold your head up and be kind. Always remember that people do not mean to be unkind to you—they are unkind because they do not know how it hurts. To know all is to forgive all, and *nobody* can know all about you nor anybody else. It is time for you to forgive yourself—nobody else would hold a grudge against you for fifteen years, and you are very foolish to keep the unforgiving attitude toward yourself. Everybody makes mistakes, and everybody suffers for them, in *proportion as he thinks he ought to*. Just make up your mind that you have paid for your transgression, and paid well; and that *henceforth you are free*. You owe no one anything but to love every one. Forgive yourself, and everybody else, and send out your best good will to every person about you. Think of yourself as a radiant sun of love, and radiate love upon friends and enemies alike. In a little while people will *catch your own point of view of yourself*, and they will feel about it just as you do. Forget it yourself and in due time others will forget it. Forgive yourself and others will come to forgive you. Remember that you are a new creature every morning of your life, and that the past is gone, gone into the bottomless pit where it can do no harm. Make a beautiful day of *today*. Health, happiness and success are yours. Be still and know. The book you mention will help you on the right line. Get others, and get enthused with the new thought ideas. Every time you think of anything unpleasant in the past, deny its power and turn your back on it—wipe it out of your thought and get interested in beautiful thoughts for today. *All you desire is yours*. Affirm it. Believe it. Dwell with it. Send your healing thoughts to your mother, and to others.

Circle of Whole-World Healing

Conducted by THE EDITORS.

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

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

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

Including yourself.

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

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

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

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

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

Key Thought for Daily Meditation

*There is, at the surface,
infinite variety of things;
at the centre there is sim-
plicity and unity of cause.*

—Emerson.



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

In Halmstad, Sweden, a manufacturer is about to start a spinning mill for making yarn out of paper. Such mills already exist in Germany and France. Thus far the manufacture of rugs and carpets seems to be the most practical use of this paper yarn.—*Springfield Republican*.

Mrs. David E. Lucas and Mrs. Mary E. Ide are at the head of a movement to have married convicts set to work upon farms, their earnings to be devoted to the support of their families. Mrs. Lucas has lived in Chicago for fifteen years and has been closely identified with settlement work. She has offered a tract of 4,000 acres in Colorado for the use of convicts for five years.—*Springfield Republican*.

Pennsylvania, like its sister states, is generous in the cause of education and in the care of its unfortunate classes, but at the recent session its legislature established a precedent in appropriating two thousand dollars for the training of an individual child, a little deaf and dumb girl of nine years, who gives exceptional promise. Against such government paternalism few objections are likely to be raised.—*Youth's Companion*.

Some of the younger generation will do well to sit up and take notice that there are many old people who have more ginger and snap left in them than these young ones ever had. The *Chicago Tribune* mentioned the case of a woman seventy-eight years of age, the other day, who, having been robbed of a few hundred dollars which represented her accumulations from years of toil, instead of sitting down and moping or applying to the authorities to be sent to the poorhouse, is going to work. Somebody suggested that it would be hard for one of her age to find employment, to which she replied: "Too old to get a job in Chicago? Why, I am only seventy-eight, and I can do as hard a day's work as anyone. You wait until Monday and I will show you that I can get work anywhere." Such pluck always wins and it is a pity that so few have it.—*Thought*.

Representative Norman H. White of Brookline and Orlando O. Norcross of Worcester (Mass.) presented two plans to the homestead commission Tuesday by which persons living in congested city districts may be assisted in securing homes of their own in the open country. Both plans were very similar, except

in their minor details. Representative White proposed that the state buy as much land as is necessary properly to try the experiment and that this land be plotted out in such sizes as to furnish a comfortable home for each family desiring to secure it. He recommended that applicants should pay for this land in installments. Such a plan, he thought, would provide ample opportunity for men with small means to own their homes, and it would be a benefit to the state as well, as the thrift which would necessarily follow such an opportunity, together with the benefit to be derived from the open air, would greatly decrease the numbers annually sent to state institutions. He would accept as applicants only men of limited income and would make it impossible for anyone having an income above a given amount to get such a home. Mr. Norcross said he looked upon this movement as about the most important and far-reaching that could be entered upon by the state. Mrs. Charlotte Smith asked the commission to do something for the 75,000 homeless women in Boston; she said the proposition that women should marry in order to secure homes is impracticable, as there are in Massachusetts 100,000 more women than men, and some means must be found of providing homes for the surplus. She will be given an opportunity later to go more into detail with respect to her ideas.—*Christian Science Monitor*.

Just now the platform, the lecture platform, is a notable public force in this country. Standpatters were wont to joke about Chautauqua statesmen, but they have not cracked that joke since the seventh day of January. It is no longer a joke. The platform, in summer and winter, has made the insurgent movement the power that it is. Political oratory is at a discount. There are a hundred popular lecturers, men and women, who have an income of from \$5,000 upwards, and who each address 200,000 people annually. There is only one of them who has a drop of standpatism in his veins, and he speaks it so cautiously that only the very sensitive would suspect it. Of these one hundred there are ninety of them west of the Alleghenies, and of every million hearers, 900,000 are west of the Alleghenies and not 50,000 are south of the Ohio. The insurgents are in the lecture-infested country. Kansas has three hundred profitable lecture courses in the winter and fifty Chautauquas in the summer. Iowa has nearly two hundred Chautauquas and innumerable winter lecture courses. Speeches at banquets are not now worth mentioning as matters of influence. There a man gets a few high-priced listeners who have always agreed with him, while at a lecture he will have a thousand or more, and at a Chautauqua thousands of the real people who pay their money for a real speech and don't waste their time on "Little Necks" and "Demi Tasse." The after-dinner speech is not talked about even in the dining hall, but the lecture is the topic of conversation for days. Now the press must take the place in print that the platform has in speech. It must discuss all live issues while they are alive.—*A. E. Winship, Journal of Education, Boston, Mass.*

Little Visits

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

A Note from Luther Burbank:—

Thank you for the extra copies of February *The Nautilus*, which are very highly appreciated.

The articles in regard to my work are also highly appreciated, and very accurate, which is an unusual circumstance in such cases.

Wishing you every success, I remain, faithfully yours, LUTHER BURBANK, Santa Rosa, Cal.

From an Iowan:—

I want to tell the readers of *Nautilus* what a wonderful thing this new thought realization has been in my life, how it has brought harmony and peace into a life that was seemingly full of discord. I have not reached the heights that may be known, but am ever striving with an earnest, sincere desire. Love—that is, the one word to live by, but we must love all the world, if we would have all the world love us. * * * What great good the "World Peace" idea will bring to us. * * * And let us all know what a power the World-Health "daily meditations" would send out for good.—MAY E. SLOAN, Greeley, Iowa.

Free Healing Lectures:—

"I have just returned from Atlantic City where I made arrangements with Captain Young, owner of Young's New Million Dollar Pier, to deliver a course of free lectures there, commencing July 5 and ending July 25. I shall lecture in what is known as the Greek Temple, something like a half mile out over the ocean on the Million Dollar Pier. The temple has a seating capacity for one thousand people, and is far enough out over the water to be away from all the noises incident to the land, and it will be a cool, sightly place. The surroundings are superbly beautiful, inclusive of the building. The lectures will be absolutely free. I shall not charge a cent."—COL. OLIVER C. SABIN, Box 374, Washington, D. C.

Will Power and the Open:—

"The world is so full of a number of things I'm sure we should all be as happy as kings."

There are times when we feel we would be happier if it were not for a "number of things," but when our souls are invaded by such thoughts we should go forth and list to Nature's teachings. Get out in the open and fill our lungs with life-giving oxygen, forget everything only that it is good to live; that our lives are not wholly our own; that we have a part to perform and it must be done well.

We rob ourselves of energy, will power and self-control when we harass ourselves over

circumstances which we cannot control. I have been down in the depths, the "Slough of Despond," and I speak as one having authority and I know whereof I speak. If we act well our part—working, waiting and hoping, even death itself stands aside for such a will.—BILL.

New Thought Actor-Folk:—

"How is your very young mother, these days?" demanded a blonde soubrette of George Tyler the other evening.

"Oh, mother's well; she is always well. She is a Christian Scientist, you know, and her religion forbids her to be sick," replied George C.

And his answer prompted me to list a few of the stage celebrities who are Seeing New York among the Christian Science believers these days. Sydney Rosenfeld is one of them, and so is Charles Klein; James Forbes writes his plays under the very eaves of the new thought school up Crotona way, and Rida Johnson Young is a serious Eddy-ite. Edna Aug triumphantly points to the fact that her bookings have been advantageous and solid since she discovered the truth of Christian Science, and Daisy Lovering is abandoning the stage to become a healer in California.

Maude Granger is an enthusiastic disciple of that belief and so is Jack Perugini, who, by the way, has been showing Mrs. Augusta Stetson about in Paris.

Eda Bruna, of "The Fortune Hunter," is a Scientist, and so is Kitty Cheatham, while Eddie Friberger has been cured of illness and low spirits at the Second Church in Central Park West.—*Telegraph, New York.*

Reply to "God's Everlasting Now," in the November NAUTILUS:—

No, Chester, no—I answer you today
And in friendship, this to you I say:—
God ne'er forgets, nor fails nor dies.
Dispel such thought and stop your sighs.
He was, He is, He loves—today as long ago,
And were we right we'd find no woe in all the world.

No age was better than today. 'Tis a mistake,

A woeful thing, a wretched botch so many make,

He never leaves poor man alone—He never goes away

And leaves mankind. 'Twas not His mind that man should ever go astray.

To teach us lessons we should know

Sometimes He simply lets us go

Till we find out when Him we miss

That leaving him we leave our bliss,

Then gladly we return.

He gives us power to do the right,

Dispel the darkness with the light,

And when we rightly use these powers

His blessings fall in bounteous showers, and we succeed.

But when we will to wrong and cheat

It is ourselves that we defeat,

But God is there and, seeing all

Extends the same sweet, loving call for us to understand.

Yes, He'll save us all—we need not fear.

Change the Vibration

It Makes for Health.

A man tried leaving off meat, potatoes, coffee, etc., and adopted a breakfast of fruit, Grape-Nuts with cream, some crisp toast and a cup of Postum.

His health began to improve at once for the reason that a meat eater will reach a place once in a while where his system seems to become clogged and the machinery doesn't work smoothly.

A change of this kind puts aside food of low nutritive value and takes up food and drink of the highest value, already partly digested and capable of being quickly changed into good, rich blood and strong tissue.

A most valuable feature of Grape-Nuts is the natural phosphate of potash grown in the grains from which it is made. This is the element which transforms albumen in the body into the soft gray substance which fills brain and nerve centers.

A few days' use of Grape-Nuts will give one a degree of nervous strength well worth the trial.

Look in pkgs. for the little book, "The Road to Wellville." "There's a Reason."

(Continued from Page 61.)

From what, you ask? That's not so clear. We hope from "everlasting rest" which some desire—

Perhaps from "everlasting fire" which none require for any future state.

At any rate, fear not. We know full well God's primal thought will always tell And point the way to that perfection We may attain by just a little good selection. Cast fear aside and worry not—

Don't ever think that God's forgot. Sometimes, we know, His last "creation" Creates himself much consternation, But after while that "blessed state" Will be for all who patient wait.

—ALBERTINE HUCKINS, San Jose, Cal.

Some Household Methodizing:—

I am deeply interested in Psychcoma and am daily studying it with a friend. In one small detail I differ strongly from Helen Rhodes. She says "attics and trunks stored with unused things are a menace." From practical experience, I say, "Keep a large trunk, the larger the better, and store all unused wearing apparel in it. Make a list of its contents, and gum it on the lid and keep a conoberture list in your house directory." Then when a sudden call comes to clothe the unfortunate, or improvident, you can go at once to your chest, and take out what is required. Perhaps your states are too prosperous to re-

quire this foresight, but here "the poor are always with us," and often prompt and practical help is imperative, and the drain on our purses for fresh clothing would be too heavy if we did not adopt the above plan.

I so strongly agree with what you say with regard to the necessity for "method" in all things.

I have evolved a system with regard to household details which would save half the time and wear and tear of mind and body if every housewife would adopt it. I have a little book called my "House Directory." The contents of every cupboard, drawer, or trunk, are written down in it. I also have the contents of each gummed on to the inside of the drawers or cupboards themselves. This is a great aid to the servants.

Besides this I have two temporary drawers or shelves in various parts of the house where parcels or papers may hurriedly lie put till I have time to sort them out.

The most important of these "temporary" drawers is in my husband's smoking room where he keeps his business papers.

I sort these drawers out every morning when the papers go into their respective sheaths such as "letters to answer," "reference letters," "accounts," "receipts," etc., etc. These in turn are cleaned out on the first Monday in every month and put away in a tin case.

The brain automatically gets into the habit of putting things in the same place and much time and friction are thereby saved, and it is left free to apply itself to things of more importance.

Wishing you and *The Nautilus* and its readers all prosperity, yours sincerely, JEANETTE GRIFFITH HOULKES.

An Invitation to Detroit:—

Some of us Detroiters who read *Nautilus* have thought some thinks (as a result of your offer to send back numbers at a nominal price for distribution) which I suspect will interest yourself and William.

We know good things when we see them and like to push them along to the advantage of the new thought movement and the benefit of those who are sufficiently alive to appreciate the difference between creeds and deeds.

The plan we have evolved is thus wise: We are going to have you send us a bunch of those back numbers at the price mentioned in a recent issue, and have our literature committee make use of them while visiting all the supposed-to-be-interested people within traveling distance of our "meeting house," inviting them to come and share the good things we are enjoying, leaving them our monthly bulletin, and endeavoring to secure their subscription to "A live new thought magazine" (that's *Nautilus*). If we find some who are already subscribers we will show them how convenient it will be for them to let us send in their renewals.

Perhaps it will be news to you, that our Mrs. Margaret C. LaGrange is now in Los Angeles, Cal., and that Dr. Charles Brodie Patterson, of

New York City, is at the Church of The New Thought, 43 Winder street, lecturing twice every Sunday. Drop in and see us when you are in Detroit (this includes William, too). Dr. Patterson was formerly editor of *The Arena* and also of *Mind*, and has lectured extensively in this country and in Europe—notably in London and Florence.

We have an enthusiastic chorus choir directed by Miss Laura Patterson, recently of New York City, who has shown a very high order of musical ability. We also have Mr. George Weigold who brought to us a very pleasing baritone voice, all the way from Zurich, Switzerland. Week days Mr. Weigold makes automobile designs for the Herreshoff Motor Car Company.

Our leading tenor is Mr. Will Goodrich, who is a young architect at present connected with the executive department of Albert Kahn, originator of the Kahn system of reinforced concrete building construction. So you see we are attracting to our movement some young people who have ability to "do things."

The choir intends in the near future to give a public presentation of Gaul's, "The Holy City," which we expect will be a considerable musical event even in a music center like Detroit. If any one should ask you whether Detroit new thought is alive, you will know what to tell them—just suggest that they call around for a welcome at 43 Winder street, any Sunday about 10.45 a. m. or 7.45 p. m.

Oh! Yes, and I almost stopped without telling you that we have a reading room and a real library of live, up-to-date new thought literature, a couple of hundred volumes, free for use of members and friends. While writing I want to tell you those wishes you had in mind for my success are coming into materialization. Along with my brother, G. H. Watt, I have put all my time and money for two years past into the designing of a gasoline motor of standard four-cycle type, which runs in either direction and starts by its own power, same as steam locomotives and marine engines, without any air pumps, tanks, pipes, or paraphernalia.

We have sold our patents to a \$300,000 corporation in which we have a sizable interest, and are equipping a three-story factory for manufacture of motors and automobiles. All things are possible to those who will hustle and stick. Will take you and William for a spin around Belle Isle park when you come to see us. Say! How many years' subscription to *Nautilus* could I get in exchange for one forty-five horse power model A, Watt Motor Car. I am going to send you soon another payment on my perpetual subscription; but that does not need to interfere with that auto trade—I'll just have the subscription extended that much farther.

The new cover suits my fancy to perfection—can't suggest a scratch to improve it.

Thanking you for whichever of the favors you may grant, and looking with pleasant anticipation for *Nautilus* next number, I am with

A Little Thing

Changes the Home Feeling.

Coffee blots out the sunshine from many a home by making the mother, or some other member of the household, dyspeptic, nervous and irritable. There are thousands of cases where the proof is absolutely undeniable. Here is one.

A Wis. mother writes:

"I was taught to drink coffee at an early age, and also at an early age became a victim to headaches, and as I grew to womanhood these headaches became a part of me, as I was scarcely ever free from them.

"About five years ago a friend urged me to try Postum. I made the trial and the result was so satisfactory that we have used it ever since.

"My husband and little daughter were subject to bilious attacks, but they have both been entirely free from them since we began using Postum instead of coffee. I no longer have headaches and my health is perfect."

If some of these nervous, tired, irritable women would only leave off coffee absolutely and try Postum they would find a wonderful change in their life. It would then be filled with sunshine and happiness rather than weariness and discontent. And think what an effect it would have on the family, for the mood of the mother is largely responsible for the temper of the children.

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.

best wishes.—F. J. WATT, 564 Porter street, Detroit, Mich.

Frank Watt used to live in Holyoke, where he was a great worker in the Sunday school. He has visited Holyoke once since we lived here, and he came to see us. So he is not only one of our regular *Nautilus* friends, but quite an intimate personal acquaintance! We are delighted with all the good news from him personally and from Detroit, and we are sending to them all our best vibrations by wireless. May they live long and enjoy it. We are going to accept all those Detroit invitations one of these days, and then we will tell our readers about it. How many subscriptions to *Nautilus* would you give for a nice brand new motor car invented and manufactured by enterprising young members of our big new thought family? Won't it be fun to have such a car?—E. T.

SEND FOR MY BOOK STRONG ARMS 10 CENTS IN STAMPS OR COIN



For Men, Women or Children.

Illustrated with twenty half-tone cuts comprising original and complete lessons for **quick** development of **shoulders, arms and hands**, especially adapted to be practiced in your own room without apparatus. **Regular price, 25 cents.**

IN ADDITION TO THIS if you will send for one at once, I will make you a present of a **chart** which alone is worth more than what you pay for the **"STRONG ARM BOOK."** The **chart** shows my new method for building up a great chest, heart and lungs.

I WILL ALSO BE PLEASED to answer any questions pertaining to the development or reducing of any other part of your body without additional charge.

PROF. ANTHONY BARKER
SELECT GYMNASIUM,
372 Barker Building—110 West
42d St., NEW YORK.

Individual Instruction for Health and Strength at my Select Gymnasium or by mail. Particulars on request.

Brain Power Do YOU Want It?

Do you want physical vigor, buoyant, exhilarating health? If you do, let me aid you. I care not what the ailment; I can help you. I cure so-called incurables through **Food Science**—the **True** food science. Send for my booklet on the Nutritive Cure. It is **FREE** for the asking. Send six cents in stamps to pay postage, and I will send it, together with **COMPLETE INFORMATION REGARDING MY NEW NATURAL SCIENCE**. It will cost you nothing to get well; I will show you the way, **FREE**. Write quickly—**NOW**, as I have only a limited amount of this free literature on hand, and it is going quickly. Address:

DORTCH CAMPBELL (Inc.), MIDDLESBOROUGH, KY.



How to Retain Youth and Beauty!

Booklet and Catalogue
60 Pages

VALUABLE HINTS—FREE!

MADAME VELARO

LEONIA PHARMACY, - - LEONIA, N. J.



In this department we notice all cloth bound books sent us, and as many paper bound ones as we can find 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.

—A little volume that shows much insight and more courage is Dortch Campbell's "Vital Principles and Basis for the Way to Perfect Health and 100 Years." The book is an inspiration to do things and is direct and forceful. And it is readable. 73 pages, cloth bound, the author, Middlesboro, Ky.

—In the February number of *Unity* (Kansas City, Mo.) is printed an introduction to a new series of articles on "Spiritual House-keeping: Concentration in the Busy Life," by Annie Rix Millitz, that bids fair to be as helpful and inspiring as other writings from the pen of this charming and devoted woman.—E. T.

—"Vaughn's Practical Reader." A practical text book outlining a simple system of reading character from the heads, the faces, the walk, hand-writing, gestures, etc. Gives instruction for recognizing an honest man, a good wife or husband, a clever child, etc., etc. A help in training children (and possibly husbands!). 257 pages, hundreds of illustrations, clear type, cloth binding, gold stamping. Price \$1.00 postpaid. Best book of the kind I have seen.—W. E. T.

—"The Education of the Will," by Jules Payot, the French scientist, has been translated into English by Dr. Smith Ely Jelliffe, and is published by Funk & Wagnalls, New York at \$1.65 postpaid. It is a powerful work in which the author after showing you how you may eliminate the evils in educating the will, shows just how and what splendid good may be brought about by its careful use. The translation makes it easy and enjoyable reading, and the work will unquestionably be welcomed by thinkers of all types. 424 pages. Cloth.

—The Chapple Publishing Company has just published two volumes containing the orations of the greatest Southern statesmen. The title is "Eloquent Sons of the South," and these masterpieces form a valuable addition to any library. The selections are carefully made, apparently with a view to giving in the selection something that will give an insight into the man. With each oration is a brief statement of the important facts in the life of the orator. The books are beautifully gotten up, and the portraits by Gaspard are a fitting

(Continued on Page 72.)

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

**When You Buy a Piano
you want to know you are
getting the best for your money.**

CORNISH

Sent To You For A Year's Free Trial

Cornish Pianos for real merit, are unexcelled by any other, whatever the price, or name or reputation



Save One-Third—Buy On The CORNISH PLAN—Easy Terms

**Send For
The New
CORNISH
BOOK**

The most beautiful piano catalogue issued — it explains things that you ought to know whether you buy from us or elsewhere. The book is yours for the asking. Write for it now.



CORNISH CO. Washington, New Jersey. Established Over 50 Years

When you buy a "CORNISH" you get full piano value — nothing added for the protection of dealers.

Must prove their superior value over all others by home tests or we pay the freight both ways. We will place a piano in your home, freight paid if you wish at rock-bottom factory price, upon terms of your own choice, giving you 1 year to test the instrument before you need decide to keep it and we give you a Bond of Indemnity which holds us to this offer and also insures instrument against defect for 25 years.

I Will Help You to Health—Good Figure— Rested Nerves

By Assisting Nature in a Scientific Manner

IN the privacy of your own room, surprise your husband 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 breathing, than I could by correcting bodily ailments with medicines.

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 will be a **Better Wife, a 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	Indigestion	Weak Nerves
Colds	Dullness	Rheumatism	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 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 cost \$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

actual photographs of pupils before taking up my 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 flesh and no bony, angular bodies. I have reduced thousands of women 80 lbs., and have built up thousands of others 25 lbs. 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." "My eyes are much stronger and I have taken off my glasses." "I have not had a sign of indigestion or gall stones since I began with you." "I weigh 83 lbs. less and have gained wonderfully in strength. I never get out of breath, the rheumatic twinges have all gone, and I look and feel 15 years younger." "Just think of it! To be relieved from constipation entirely free after having it for 30 years." "Have grown from a nervous 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 never violate 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 Michigan Av. CHICAGO

Author of "Self Sufficiency," "Growth in Silence," Etc.

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

Members of The Smile Club

are known all over the world by their smile, their enthusiastic interest in life, by their wholesomeness and luck (which is really pluck). They may be recognized by the sunshine of their presence and by the tiny gold pin they wear. Send stamp for free copy of our "Messenger," **THE SMILE CLUB, Chateau du Parc, 241 Park Place, Brooklyn, N. Y.**

FREE The Magical Use of Perfumes

A free copy of Booklet while they last for those interested in Occultism. Enclose 4c. for postage.

H. J. BARTON, LL.B., Battle Creek, Mich.

"THE BOOK OF POWER,"

containing the "Fulfilled Desire" words and "It Comes to Pass." Ten cents for short time. Try it. Also twelve New Thought lessons, \$2.00 per set. Write **EMMA BOND STOCKMAN, 1180 Harrison Ave., Roxbury, Mass.**

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

\$250 TO \$500 PER MONTH IN THE REAL ESTATE BUSINESS



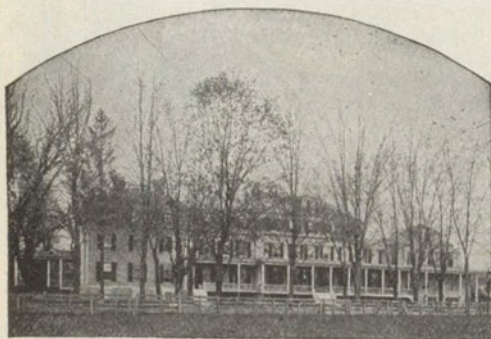
This is the age of real estate investments. Through twenty years' experience in the business, I have developed scientific co-operation that offers greater opportunities for immense profits to the man without capital than any other line of business. I will teach you the business by mail and appoint you my **SPECIAL 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 estate 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 organization in the world, and I want you to know about our splendid plan.

Write today for my free book telling how to start a successful real estate business. This book contains letters from many who started without experience and have made a success with my help. Ask for the book now. Address,

HERBERT HURD, Pres. Gray Realty Co.

460 Reliance Bldg., Kansas City, Mo.



THE DR. C. O. SAHLER SANITARIUM

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.

NO INSANE CASES RECEIVED.

Write for Circular.

THE DR. C. O. SAHLER SANITARIUM,
Kingston-on-Hudson, New York.

We Claim it is Possible to Teach You How to Attain Health, Happiness and Prosperity.

OUR method is very simple and although you have to work to attain this great desire, the system used by us makes the work a pleasure.

Think of sitting down to a half hour chat with a member of our Faculty, who has attained these three treasures and who is anxious to teach you how you may commence to gather this knowledge.

Our Faculty is composed of six Professional Men who have devoted their lives to the accumulation of Knowledge, and now they want to teach you what they have attained by hard study, much traveling and numerous experiences.

Lectures prepared to meet your individual requirements on any subject.

Special courses for those desiring to practice Drugless Healing.

Write For Full Particulars.

Health Correspondence School

103 East Montgomery Ave., North Side, Pittsburg, Penn.

The Oriental Esoteric Center

as conducted under the direction of the Initiates of Thibet, **Of Washington, D. C.** for the aid of those seeking a knowledge of the Eastern Wisdom. Besides local lectures and Class Work, the Center publishes a weekly Bulletin, containing a helpful editorial, suggestions for courses of reading and other useful matter. This will be sent free for a time to those requesting it. The Center has a library of books on theosophy, occultism, psychical research and allied subjects which will be loaned to persons in any part of the United States or Canada, some free, others at a small rental. It sells books on these subjects. All receipts go to the Library Fund. For Bulletin Library lists, of free and other books, price list and other information regarding the work of the Center, address: **THE LIBRARIAN, 1443 Q Street, N. W., Washington, D. C.**

*Better a little new thought on diet and forty chews
to the mouthful than many post meal treatments.*

—Elizabeth Towne.

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

\$20.00 to \$50.00 A Day Easily Made

Go in Business for Yourself
Let Us Send You a
Little Giant Cleaner
On 30 Days Trial

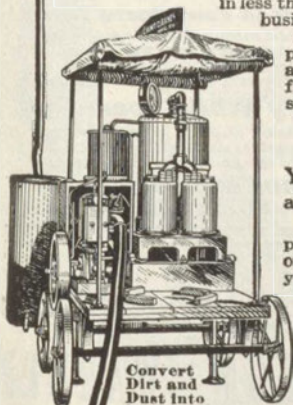
A Little Giant Cleaner should pay for itself in less than two months, out of the profits of the business after paying help and all expenses.

It is capable of earning \$250.00 to \$300.00 clear profit a month and we cannot see where there is a possible chance for anyone that buys a machine to fail to make big money, but every reason why they should make thousands of dollars.

Give Us a Chance to Help You

You can make \$2500 to \$3000 a year on each machine. It advertises itself and orders for work come pouring in so you should be busy all the time.

The Little Giant House Cleaner is proving one of the greatest money-makers ever put on the market. If you are willing to hustle you can easily make \$2,500 to \$3,000 a year on each machine you own. Make a start to-day and you will never regret it. As soon as you earn money enough and have one machine paid for, buy another, hire other men and let them make \$10 or \$15 a day for you. Getting one of these machines and hiring a man to run it, beats working for a living to a standstill. Be "Johnny on the Spot" with a machine and get the cream of the business. If you can get a number of these machines working, they should make you rich. We believe there never has been a machine placed on the market that has so pleased everybody, met with such immediate success, and made so much money as the house cleaning machine.



Convert
Dirt and
Dust into
Gold Dollars

Send
for the
Free
Book,
it
Tells
All

A Perfect Wonder

The Little Giant reaches every crack, corner and crevice of the floor; the cracks in the wall, the ceiling and moldings. It cleans and renovates bedding, comforts, blankets, mattresses and pillows; the cracks or crevices in wooden and iron beds; even the dust, fuzz and other accumulation in tightly coiled woven-wire springs.

It consists of a powerful gasoline engine, a double acting suction air pump, a vacuum condenser, cold water tank, electric spark battery, vacuum gauge, high-pressure suction hose, observation glass and cleaning tools—all properly connected so as to work in unison and give the desired results. The whole is erected on a substantial four-wheel wagon, to be drawn by hand, so that it can be moved from place to place.

Nothing to Compare With It.

There are several small machines on the market for home use to be worked either by hand or a small water or electric motor, but they have never been a success because they do not have power enough to clean with, although they will draw the top dust from the room. The Little Giant Cleaner does the same work in the same way as the large machines costing from \$2,000 to \$7,000 each. It has the same size hose.

We have seen it pull out pail after pail of dirt from houses—dirt that was impossible to remove completely by the ordinary means of beating, etc. When it is working on the streets, the dirt and filth pouring through the observation glass attracts a crowd of people that look with wonder. They would not believe it possible.

Our Liberal Offer—Pay for it Out of Your Profits

We want you to investigate this exceptional opportunity. We do not believe there is any business where so small an investment will bring such wonderful returns, because right here in Toledo we have proved this by our own actual experience.

We have such implicit confidence in the wonderful money-making powers of the Little Giant House Cleaner—that we will ship one to any live man, who is honest and willing to work, on 30 Days' Trial—upon such liberal terms that it is next to impossible to lose. We will even go further and allow you to pay for it in installments, and in such a way that your profit should easily take care of your payments.

In our illustrated book we give full particulars as to how to organize your business, solicit orders, what to charge for the work and how to turn every minute of your time into money. We will send it to you free. Every ambitious man who has any "get-up" in him should write at once for this book. A postage stamp will bring it to you and it will show you how you can become independent and one of the prosperous men in your community.

McCreery Manufacturing Co.

128 McCreery Building
Toledo, Ohio

Send the Coupon
for Free Book,
full information
and Our Easy
Terms.

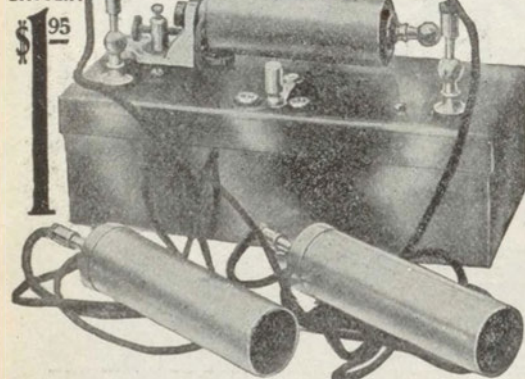
Write plainly
Cut off here—
McCreery Mfg. Co., 128 McCreery Bldg., Toledo, Ohio
Please send me your free book and full information about The Little Giant House Cleaner.
Name.....
Address.....

"CURE YOURSELF BY ELECTRICITY"

New Book—Illustrated from Life—
Sent FREE to all who write.

Write to-day for our new Free Book—"Cure Yourself by Electricity"—Illustrated with photos from life. Shows how the New Home Batteries cure Rheumatism, Neuralgia, Lumbago, Headache, Insomnia, Constipation and all nerve affections and diseases arising from sluggish circulation; also how they afford electric baths and beauty massage without cost at home.

THIS
BATTERY



Every Home Should Have a Home Battery.

We send our batteries without a cent in advance (prices \$1.95 and up) and allow 10 DAYS' FREE TRIAL. Write for our Book.

DETROIT MEDICAL BATTERY CO.,
494 Majestic Bldg., Detroit, Mich.

Is Your Hair Your Crowning Glory?



IF NOT, WHY NOT?

Personal appearance counts for much, and "Mrs. Rhodes' Great Hair Maker" will do the work and do it right. A sample testimonial follows:

"I met the other day a young lady who was once stenographer for us. She said: 'Oh, Mrs. Towne, do you remember the Hair Maker you told me of about a year ago—Mrs. Rhodes? I used it faithfully and now have fully twice as much hair as I had a year ago. I am sure I would have lost all my hair if it hadn't been for that remedy. Both my sisters have been using it, too, with most gratifying results.'—Elizabeth Towne."

Year's treatment with pictures and information for \$1.00. **MRS. GRACE G. RHODES, Dept. B, Corry, Pa.**

P. S.—"Mrs. Rhodes' Great Hand Beautifier" is par excellence for bleaching and softening the hands. Sent postpaid for 50c.

"Health-Wealth" Course

27 LESSONS—40,000 WORDS
Original Price Thirty Dollars!

We want to get in touch with you because we have other things to sell, and for a limited time we are using this Course as a "Leader." You may have the whole course, nothing left out, all intact, for

Only \$1.00—if you act quickly!

If you are sick, if you would be well, if you would develop to the top notch that health, that power, that magnetic personality employed by success-blessed men in dominating their weaker, less forceful, less magnetic, less successful brethren, this is your opportunity. **Only \$1.00** places you in possession of all—in possession of dozens of wrinkles, hints and methods of great value, **some of which alone have sold for as much as \$20.**

Money cheerfully refunded if not satisfied. Fred G. Kaessmann, the "square deal" editor, is back of this offer. You run no risk. **Send the \$1.00 today.**

M. M. SLEE, South Haven, Michigan.

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

The New Profession Be A Doctor Of Chiropractic

The most remarkable system of drugless healing ever discovered is the Howard System of Physiological Adjustment. It finally solves the cause of all diseases and their permanent and prompt cure. If you will study and practice the

Howard System

you can earn from \$50 to \$100 a week. It is a new profession, the field is world-wide, the demand for operators in this system far exceeds the supply. It enables you to detect disease at once, know the cause and remove it. It will make you financially independent.



**\$575.40 In
First 60 Days**

Dr. Walter says: "I took in \$100 the first month after graduating, and \$474.50 the second, and \$500 the third month."

This new system is based on unchangeable, natural laws. Its results are positive. It is so simple that anyone with ordinary intelligence can learn it quickly. If you cannot attend our school in Chicago, we teach you at home.

You Can Learn It In Your Spare Time.

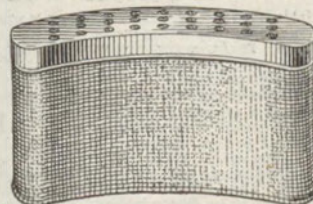
You receive the personal attention of the entire faculty. Be a Howard system graduate and you will achieve honor and reputation in your community. Don't hesitate about your career—the Howard system awaits you. Besides, you

Make Money While Learning

Write for our free book "How To Learn Chiropractic," together with proof of graduates' wonderful successes, and our special scholarship offer to the first student in your vicinity.

NATIONAL SCHOOL OF CHIROPRACTIC
1732 W. Congress St., Dept. B4, Chicago

THE HOT WATER BOTTLE SURRENDERS TO THE WELKOM WARMER



Size 3 1/4 x 5 1/2 inches; weight, four and one-half ounces.

**NO WATER TO
HEAT**

**NO RUBBER
TO ROT**

causing the bag to burst and scald the patient.

Endorsed by the medical profession and hospital authorities as the only modern and sensible substitute for the Hot Water Bottle.

The **WELKOM WARMER** is made of metal, and is heated within one minute by the lighting and insertion of a paper tube containing a **blazeless, smokeless and odorless** fuel generating a heat of uniform temperature which lasts two hours at a cost of less than one cent. It is curved to fit any portion of the body and when in use is placed in a bag to modify the heat and held in place by means of a belt allowing the wearer to move about at will.

As a **pain killer** the **WELKOM WARMER** has no equal, as it can be **put into action instantly**, thus avoiding heating water and waiting for the kettle to boil.

HANDY TO CARRY WHEN TRAVELING.

Complete outfit, including Warmer, bag, belt, box and 10 tubes of fuel, sent prepaid to any part of the United States upon receipt of **\$2.00.**

Write today for descriptive booklet.

WELKOM WARMER MFG. COMPANY
Dept. 6, 108 FULTON STREET, NEW YORK

MARVELOUS HOUSEHOLD INVENTION

CLEANS CARPETS, RUGS, MATTINGS, ETC., ON FLOOR. NO SWEEPING-CLEANING-DUSTING

NEW HOME VACUUM CLEANER

"AIR DOES THE WORK"

SIMPLE, POWERFUL, EFFECTIVE. Does same work as high priced machines. No Motors, No Electricity: One person operates.

This new—wonderful—marvelous—astonishing 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 nine pounds.** Operated by child or frail woman. No expense—no labor. Terrific air suction takes every grain of dust, dirt, grit and germs from carpets, rugs, matting, 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 germs from within and beneath**—from the very warp, fibre. **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 enough. I wouldn't part with my cleaner for any price if I couldn't get another. My ten-year-old girl operates mine 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, marvel of the 20th Century,** champion of overworked womanhood.

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.

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 and one-half dollars will do it all—\$8.50 brings relief from hard work—brings time to enjoy yourself—to visit friends—to read, shop, etc. Pays for itself in saving of carpets, rugs and matting.

AGENTS! \$100 WEEK

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 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 eager—they need it—when they see it, can't let it go. Drop everything—sell this marvelous vacuum cleaner. **Make \$100 a week—you can—easy.**

John Mangold, Tenn., writes—Made big payment on a 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. When can you ship 100 more? And so it goes. Hundreds of like letters every day; everyone pleased, no one dissatisfied. All making money easy. **Agents' profit, 100 per cent.** Write today—reserve territory—get to making this easy money. **FREE SAMPLE** to active members.

Address **R. Armstrong Mfg. Co., 754 Alms Bldg., Cincinnati, Ohio.**

WHY NOT GAIN IN WEIGHT?



Our Almo builds Natural, Healthy Flesh, a nerve strengthening treatment. It has done wonders for others and will do as much for you. Send 10c today for a liberal sample and free booklet, telling why you are lean and how to gain weight. **ALMO CO., 14 A St., Battle Creek, Mich.**

APPLES BALDWIN'S APPLES \$500 a Year Income for Life

A Fortune in Apples is the title of an interesting booklet, illustrated. Tells about the orchard industry in New England, and how many are accumulating an increased income from little capital. Write for the booklet. **NEW ENGLAND ORCHARDS COMPANY, 43 Tremont Street, Boston, Mass.**

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

A Big 15c Worth

THOUGHT POWER

AMERICAN NEW LIFE

in the cure of disease is everywhere attracting wide attention. Horatio Dresser, well-known author and professor at Harvard College, has written a remarkable little book on this subject, entitled "A Message to the Sick." It treats of the higher power that heals, how to avoid leakage of nerve force, how to use your own thought force to heal yourself, etc.

PARTIAL SYNOPSIS:

The Higher Power That Heals—Cases of People Healed by Thought Power—A New Point of View—How to Draw Help from the Inner Source—Development of a New Attitude—Leakage of Nerve Force—How to Avoid It—Rest and Stillness—Your Real Self Not Ill—The Healing Power Within and How One Woman Was Helped by It—Inner Calmness Benefits the Body—How to Think in Order to Help Yourself—Order is Natural, Hence Our Thought Should be Orderly—Co-operation With Health-Bringing Forces—These Methods Practical—Give the New Power a Chance to Work.

WILLIAM E. TOWNE, Dept. 1,
Holyoke, Mass.

I enclose 15c for AMERICAN NEW LIFE a year and copy of "MESSAGE TO THE SICK," as per your offer in Nautilus.

Name

Address



A quarterly magazine of health and progress. Edited by William E. and Elizabeth Towne. Contains brief, practical, helpful articles upon self-healing and self development.

Reviews and notices of all the latest and best advanced thought books in each number. Here you will find full information about books that help. Books at bargain prices in almost every number. Don't buy progressive books until you see AMERICAN NEW LIFE.

Dr. Derolli, the Boston astrologer, conducts a department containing daily predictions. He tells what days are good, according to astrology, for business, travel, social intercourse, etc.

This department is interesting and amusing. March number contains: "Trusting Desire," "The Old New Thoughts" (a visit to Point Loma), "Healthy Nerves by Non-Resistance," "Spiritual or Spirituelle" (by Elizabeth Towne), "Environment."

SPECIAL OFFER

Send only 15 cents NOW for a year's subscription to American New Life and I will send you with the first copy the book called "A Message to the Sick," as described in the other column. This offer is subject to withdrawal whenever books are exhausted, so send your 15c today. Use coupon at left.

GET THIS BOOK

Send us your name and address and we will mail free, this absorbing treatise, "Electricity as a Remedy," written by a graduate physician of life-long experience. He tells what electricity does, its effects and why the **Wizard Wireless** offers the safest, cheapest, surest method of home application, and cites many instances successfully treated by it.



THIS BOOK WILL HELP YOU
—IT'S FREE—
Every person whether interested or not should read this enlightening book on so important and vital a subject as "Electricity as a Remedy."

If afflicted in any way, or a friend to one afflicted, get this book and learn whether electricity can help. If it can you ought to know. You will read the book with profit in any case. Sent free, prepaid, anywhere. Write NOW, while you think of it. Don't delay until you forget.

Genesee Sales Co.

Suite 377, 211 Lake St., CHICAGO
Central Electric Co., 36 Adelaide St. W., Toronto, Can.

NEW THOUGHT

A statement of my own experience in healing sent for two 2 cent stamps.

EMMA THWING, 312 Center St., Newton, Mass.

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

Anything to Sell?

We want to hear from every reader of THE NAUTILUS who has anything to buy, sell or exchange. Have you real estate for sale? Have you a bicycle, gun, camera, musical instrument, or books that you would like to exchange for cash or for other articles of value equal to yours? We have a plan that connects the small trader with possible customers, and the one who wants to buy or exchange with those who are willing to "dicker." If interested write at once for full details.

Address, "Special," Care of THE NAUTILUS, Holyoke, Mass.



FOLDING

BATH TUB

WEIGHT 16 POUNDS. COSTS LITTLE
Requires little water.

Write for special offer.
N. Y. G. BATH MFG. CO.,
103 Chambers St., N. Y. City.



NO HAIR NO PAY

We grow hair on baldest heads. Only requires a short time to stop falling hair and cure any scalp disease. Enclose stamp. Particulars free.

E. B. JACKSON & CO.
DEPT. 742 KALAMAZOO, MICH.

"Methods of Soul Culture"

A new book of 12 special lessons, dealing with the science of Experimental Psychology, by W. T. Cheney, A. B., Ph.D., member of the Society of Psychical Research 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 of 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 Pain—5—How to Psychologize a Student Unknown to Him—6—How to Win the Confidence of Others—7—How to Correct Bad Habits or Moral Degeneracy—8—How to Give Therapeutic Treatment in Natural Sleep—9—How to Produce the Wonders of Post-Psychotic Suggestion, Cultivate 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 Psychological Suggestions—12—How to Remove Fear, Timidity and Bashfulness and Inspire Courage and Confidence.

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

CHRISTIAN HEALING and SPIRITUAL DEVELOPMENT

have been the practical teachings of **UNITY** at Kansas City for more than twenty years.

UNITY is a monthly magazine which stands independent as an exponent of Practical Christianity, teaching the practical application in all the affairs of life of the doctrine of Jesus Christ; explaining the action of mind, and how it is the connecting link between God and man; **HOW MIND ACTION AFFECTS THE BODY**, producing discord or harmony, sickness or health, and brings man into the understanding under the Divine Law of harmony, health and prosperity here and now. Every issue of **UNITY** contains lessons that are of more value than many dollars. **UNITY** is issued from a veritable pool of Bethesda, **AND PEOPLE EVERYWHERE ARE HEALED FROM JUST READING IT.** The subscription price is \$1.00 a year in United States. A sample copy will be mailed **FREE** to anyone making application. Address **UNITY, "Unity Building," Kansas City, Mo.**



If YOU Would Be Successful Stop Forgetting

THE KEY TO SUCCESS

Memory the Basis of all Knowledge

You Are No Greater Intellectually Than Your Memory

If you want a perfect memory, you can have it. For a perfect memory, like perfect health, can be acquired. Here is a valuable Book on Memory Training absolutely **Free** to readers of this publication, that tells you exactly how to get it. The author, Prof. Dickson, is America's foremost authority on mental training. His book is intensely interesting. He explains how you can easily acquire those retentive and analytical faculties which contribute to all social, political and business success. How to remember faces, names, studies, also develops will, concentration, self-confidence, conversation, public speaking—highly recommended by Elbert Hubbard, Prof. David Swing, Dr. Latson, and thousands of others. He offers you a valuable opportunity to investigate the benefit of Memory Training, without assuming any expense.

Simply sign and mail coupon below, or send a letter or postal.

-COUPON-FOR-MY-FREE-BOOK-

PROFESSOR HENRY DICKSON, Prin.,
Dickson Memory School,
888 Auditorium Bldg. Chicago, Ill.

Send me your free book, "How to Remember."

Name _____

Street _____

City _____ State _____

THE BIGGS SANITARIUM

"In the Land of the Sky"



Devoted to the cure of paralysis, rheumatism, Dyspepsia, Neurasthema, and other chronic ailments. Many remarkable cures have been effected in apparently hopeless cases.

Ideal climate, clear sunshiny days, beautiful mountain scenery, pure water, delightful drives, home-like conditions, hygienic food, personal care and attention to each case, complete sanitarium equipment, moderate charges, **liberal guarantee of satisfaction** are features here.

Massage, electricity in all forms, hydrotherapy, dry hot air and electric light baths, psychological

methods, corrective gymnastics, diet and general hygiene. No cases of tuberculosis, cancer or insanity received. Interesting pamphlet free. Write for it, whether sick or well.

THE BIGGS SANITARIUM, Asheville, N. C.

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

WE GAINED 203%

IN ACTUAL PAID ADS

In February, 1910, over February, 1909

HAVE YOU SOMETHING TO SELL? TELL OUR READERS ABOUT IT.

Perhaps you have an article that you make, or a quantity of some merchandise you want to dispose of, or you have a mail order business that you want to build up. Have you?

TRY SOME SPACE IN NAUTILUS

Here is what one READER writes us about her little one-inch soap advertisement:

"I am receiving excellent returns from THE NAUTILUS ad. Have filled orders from twelve different states in consequence of it. I am not surprised as my judgment has told me for months to advertise in our NAUTILUS."

MRS. ESTHER GOODALE, 31 Laurel street,
Dorchester Center, Mass.

The Right Copy and Right Goods Will Pay

We shall be glad to assist you in preparing your advertising.

Send for rate card with letters from advertisers.

Stock investment and objectionable medical advertisements barred.

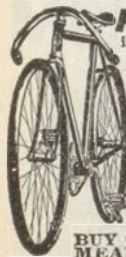
ADVERTISING RATES

1 Page	\$48.00
1/2 Page	25.00
1/4 Page	14.00
1 inch	4.00
Back Cover (two colors)	65.00
Inside Front Cover (two colors)	65.00
Inside Back Cover (two colors)	55.00

No advertisements accepted for less than half an inch.
One inch will hold not over 80 words.
No agate type used.

Forms Close 3d of Month
Preceding Date of Issue.

Address: ELIZABETH TOWNE, Holyoke, Mass.



RIDER AGENTS WANTED

In each town to ride and exhibit sample 1910 model. Write for Special Offer. Finest
Guaranteed 1910 Models \$10 to \$27
with Coaster-Brakes and Puncture-Proof tires.

1908 and 1909 MODELS \$7 to \$12
ALL OF BEST MAKES... 100 Second-Hand Wheels

All makes and models, good as new
Great Factory Clearing Sale. \$3 to \$8
We Ship on Approval without a cent
deposit, pay the 10 Days' Free Trial

freight & allow
TIRES, coaster-brake wheels, lamps, and
sundries, half usual prices. DO NOT

BUY till you get our catalogue and offer. Write now.
MEAD CYCLE CO. Dept. A 259, CHICAGO

THIS NEW HAIR BRUSH COMBS AND BRUSHES THE HAIR AND MASSAGES THE SCALP.

The greatest modern invention for keeping the hair beautiful
and fluffy and the scalp clean, healthy and free from dan-
druft or dirt. Keep the scalp clean and properly massaged
and nature will grow the hair. Write for free circular.

AGENTS WANTED.
DR. GEORGE LYMAN,
218 Mill St., Peoria, Ill.



"A REMARKABLE BOOK" SEX WORSHIP

By CLIFFORD HOWARD

An Exposition of the Phallic Origin of Religion
\$1.50 Net, Prepaid

CHICAGO MEDICAL BOOK CO.

Honore and Congress Sts., Chicago

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

(Continued from Page 64.)

complement to the books. They will make a splendid Christmas gift. Cloth, 296 and 292 pages, gilt edges, Chapple Publishing Company, 944 Dorchester avenue, Boston, Mass., \$2.50. (K)

—"Unfired Food for Prophylactic and Therapeutic Feeding," is a new book by George J. Drews which is the first book of its kind to be printed (so far as I know), ready to fill a long-felt want. I don't see why Eugene Christian didn't get out such a book long ago, and I am glad Mr. Drews did. There are three hundred and sixty recipes for uncooked foods of all sorts, with directions for curing every common disease by correct feeding. There is the botanical description and complete analysis for every natural food, with advice for economical city and cottage gardening. The book seems very complete, reasonable and well calculated to make every man his own drugless healer and health insurer at no cost whatever, for the price of the book, \$2.00, would be saved in the first

(Continued on Page 74.)



Remoh Gems

Looks like a diamond—wears like a diamond—brilliance guaranteed forever—stands filing like a diamond—stands heat like a diamond—has no paste, foil or artificial backing. Set only in solid gold mountings, 1-20th the cost of diamonds. A marvelously reconstructed gem. Not an imitation. Sent on approval. Write for our catalog, it's free. No canvassers. Remoh Jewelry Co., 509 N. Broadway, St. Louis

Want to Keep Your Hair Youthful Natural Colored and Abundant, YOUR BODY BEAUTIFUL?

Hair, Eyes, Face, Skin, Complexion. Tissues RESTORED AND PRESERVED

My personal "Ways and Recipes," ten years tested. Worth dollars to you; sent for a dime; dime back if not satisfied. Stamps not accepted. Address, J. WELTY KOHNRADE, Pittsfield, Ill.

SEXUAL LAW

AND THE

Philosophy of Perfect Health

Has helped thousands to better health and will show you how

YOU MAY HAVE PERFECT HEALTH.

Sent postpaid to any address for 10 cents. Address:

DR. C. W. CLOSE,

Department 8, - - - Bangor, Maine.

Health, Peace, Power

If you desire to realize more of Health, Happiness and Success send for my little booklet, Radio-Mentation. It's free and will surely interest you. Write at once to KATHERINE JARVIS CHENEY, Lock Box 538, Chicago, Ill.

THE WISDOM OF THE ILLUMINATI

A system for the attainment of an harmonious science and philosophy of life. Twelve monthly lessons, \$2.00. Personal attention and an opportunity for every student to come in contact with the fraternity. Send stamp for particulars and important information to ALEX. P. RIEDEL, 539 EAST 78th Street, New York.

"HOW TO TAKE CARE OF A WIFE"



Melville C. Keith, M.D.

The Latest of the Keith Health Books.

Substantial Paper Cover, 50c.

Silk Cloth Binding, \$1.00

The Keith Books tell in a clear, concise and comprehensive manner how to *treat and cure every known disease* without the use of poisonous drugs or the knife, *consequently without the aid and expense of a physician.* They will save many times their cost in the household every month. There is special mention made of the following: Consumption, Rheumatism, Paralysis, Indigestion, Constipation, Appendicitis, Female Diseases, Nervous Troubles, Insanity, Kidney and Liver Troubles, Periodical Headaches, Catarrh, Cancer, Tumors, Heart Trouble, Epilepsy, Piles, Skin Diseases, Deafness, Venereal Diseases, all forms of Fever and Diseases of Children.

DESCRIPTIVE LITERATURE MAILED ON APPLICATION.

KEITH & GINTER, Pubs., BELLVILLE, OHIO

Cosmic Consciousness is Power!

Seven lessons by correspondence, \$10.00. Full and Complete Instructions for Normal, Psychological Development of Conscious and Subconscious powers.

Write HELEN RHODES, 601 W. 127th Street, New York City.

HOW MENTAL HEALING IS ACCOMPLISHED! WHAT HINDERS MENTAL HEALING?

Important discoveries of the hitherto unknown secrets of nutrition. **How energy** is produced from **one food element.** **How the Mind** sets the energy producing material in action. **How Mental and Physical activity** is obstructed by unusable food elements, causing disease; and much more valuable to everyone, described in a book of over 600 pages, sent, postpaid, for \$5.00. A simple Menti-physical test revealing susceptibility to mental action, with suggestions for improvement, sent for 25c.

B. W. CHILD (Psycho-Physico-Therapist), Dept. D, 507 N. Madison Ave., Pasadena, Cal.

Freedom Through Vibration

Learn how to free yourself from every undesirable condition, by sending stamped envelope to

CLARA C. STOCKER,

E. 1102 Eighth Ave.,

SPOKANE, WASH.

Bulgarian Yehourt

A delicious food, made solely from sweet milk, is a perfect cure for all digestive disorders. Not a nostrum, but a simple product of nature that arrests absolutely the putrefaction of food in the digestive tract. It destroys the hosts of germs that generate poisons which cause constipation, dyspepsia, rheumatism, failing powers, Bright's Disease, appendicitis, catarrh of the bowels and all kindred maladies. Professor Metchnikoff, of the Pasteur Institute of Paris, declares Yehourt (called MAHDZOON in Armenian) to be the world's one remedy for stomach and intestinal troubles. Europe is afire over the wonderful results obtained from its use in hospitals. It is simple to make and extremely cheap. Complete particulars, plainly stated, sent on request. Address: **THE MAHDZOON LABORATORIES (Importing and Manufacturing), 506 Gladwin Building, Detroit, Mich.**

Leading or Following. Which?

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

"ASTRO-BIO CHEMISTRY."

This science is wisdom for the sick, no matter what your ills are, and why? Because its foundation is based on twelve natural laws of life. Send two-cent stamp for circular matter today. Address: **ALFRED J. STRAUGHAN, 820 Anderson St., Pittsburg, Pa.**

YOGA AND METAPHYSICS

Correspondence Course by Sakharam Ganesh Pandit, B. A. (Bombay, India). Lessons mailed every Thursday. Price, \$2.50 monthly, or \$25.00 a year. For further information address: **SCHOOL OF APPLIED PHILOSOPHY AND ORIENTAL PSYCHOLOGY, Dept. N, 6500 Lexington Ave., Chicago, Ill.**

IF YOU ARE SICK, LEARN HOW TO HEAL YOURSELF. My Individual Correspondence Lessons in Self-Healing teach you to find and use your own healing power. "Self-Healing is the truest healing." Free trial lesson (worth 50c), and full particulars for stamp. **IDA A. MORRIS, Box 959, Tacoma, Wash.**

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

Stop being ill. Eat brainy foods in ordinary use.

Most diseases have one common cause, i. e., improper combinations of food, producing fermentation in the stomach and food poisoning, resulting in Catarrh, Rheumatism, Tonsillitis, Appendicitis, etc., and can be cured by properly combining the BRAINY or LIFE-GIVING foods in general use.

Foods causing expectoration, catarrh, coughing, night sweats, constipation, tumors, etc., are specified in the free booklet. Fat people have reduced one pound daily by a DIGESTIBLE brainy diet, gaining strength without fasting or exercises. Thin people gain by DIGESTIBLE weight-producing foods. SICK PEOPLE MUST LEARN TO CURE THEMSELVES by a generous brainy diet of tasty, correctly combined meals.

"Interesting Tests of Brainy Foods" free.
C.H. Brinkler, Educational Food Campaign, N. Washington, D.C.

HELPFUL BOOKS for EVERY READER

Our new FREE Catalog is now ready. It announces a complete list of all the new books in the World of Thought. It will be helpful in your selection of the newest and best works on Mental Development and Self Culture, Vedanta, Theosophy, Vegetarianism, Physical Culture, Sociology, Spiritualism, Astrology, and many other interesting and uplifting subjects. Over 500 titles. Send for it today.

ROGER BROS., 429 Sixth Ave., NEW YORK CITY

Derolli's 1910 Annual An Astrological Book 10 CENTS

A Wealth of Interest

Every day's Indications—The Signs—The Rulers—The Houses. Much new matter; fifth year; much better than 1909. Nicely printed and bound. Address: DR. DEROLLI, Hotel Pelham, Boston, Mass.



WHY NOT BE AN ARTIST?

Our graduates are filling High Salaried Positions.
EARN \$25 TO \$100 PER WEEK
In easy, fascinating work. Practical, Individual Home Instruction. Superior equipment. Expert Instructors.
Eleven years' successful teaching. Financial returns guaranteed.

FREE ARTIST'S OUTFIT of fine instruments and supplies to each student.

Write for particulars and Handsome Art Book. Our Own Fireproof Bldg.

SCHOOL OF APPLIED ART
Founded 1899. A 20 Fine Arts Bldg.
Battle Creek, Mich.






Flash Like Genuine DIAMONDS.

ANY STYLE at 1/40 the cost—IN SOLID GOLD RINGS

Stand acid test and expert examination. We guarantee them. See them first—then pay.

Special Offer—14k Tiffany ring 1 ct. \$5.98. Gents ring 1 ct. \$6.98. 14k Stud 1 ct. \$4.86. Sent C.O.D. for inspection. Catalog FREE, shows full line. Patent ring gauge included, 10c. The Baroda Co., Dept. 424 885 N. State St., Chicago



NORMAL COURSES

Our Home Study Courses for teachers prepare for Certificates of every grade.
Special courses in Pedagogy, Psychology, Primary Methods and Kindergarten.

We assist in securing positions.

Over one hundred Home Study Courses under Professors in Harvard, Brown, Cornell and leading colleges. 250 page catalog free. Write to-day.

THE HOME CORRESPONDENCE SCHOOL
Dept. 168, Springfield, Mass.

Dr. Campbell
Principal

(Continued from Page 72)

ten days' board bill. "Unfired Food" contains three hundred and thirteen large pages, with numerous tables and illustrations and a portrait of the author, all well printed and bound in black cloth and white. Price, \$2.00, postpaid. Published by the author, 35 Marion Court, Chicago.—E. T.

"Artists, Past and Present," is a charming new volume of "random studies" by Elizabeth Luther Cary, author of "The Art of William Blake," "Whistler," etc. The book is beautifully printed on heavy paper, illustrated with thirty-three handsome full page half-tones, bound in heavy art vellum, stamped in green and gold. There are one hundred and seventy-six interesting pages in the book, and the price is \$2.65, postpaid. Published by Moffat, Yard & Co., New York. Among the artists of whom Mrs. Cary writes, are Antoine Louis Barye, Mary Cassatt, Max Klinger, Alfred Stevens, Callot, Crivelli, and others. Her studies show a fine sense of values, and the subjects are so well presented that the book appeals to both artist and amateur. The chapters on modern German painting, and two Spanish painters, are particularly interesting and suggestive.—E. T.

"Life and Action" is the name of another new magazine on advance lines. This one is a neat, modest little brown "Bi-Monthly Publication Devoted to The Great Work in America," copyrighted by Florence Huntley, 222 North Kedzie avenue, Chicago. Price, 50c a year. Most of the articles are by "T. K." and our bright friend, J. D. Buck, M. D.—E. T.



E. R. MARDEN
President

I WILL MAKE YOU PROSPEROUS

If you are honest and ambitious write me today. No matter where you live or what your occupation, I will teach you the Real Estate business by mail; appoint you Special Representative of my Company in your town; start you in a profitable business of your own, and help you make big money at once.

Unusual opportunity for men without capital to become independent for life. Valuable Book and full particulars FREE. Write today.

NATIONAL CO-OPERATIVE REALTY CO.

217 Marden Building
Washington, D. C.

ASTHMA FREE

D. J. LANE, Box N,

cured before you pay. I will send any sufferer a bottle of LANE'S ASTHMA CURE. If it cures you send me \$1.00. If it does not, don't. Give express office. Address: St. Marys, Kansas.

X-RAY KATHODOSCOPE.

Latest pocket curiosity. Everybody wants it! Tells the time on watch through cloth. Apparently see your fellow, best girl or any object through cloth wood or stone, any distance, all climates; lasts lifetime; always ready for use. Price, 25c. stamps or silver.

KATHOS CO., 318 Temple Court, N. Y. City

MUSIC LESSONS BY MAIL

successfully taught in your own home. Our lessons are so simple and easy that a 12 year old child can learn them. Write today for our FREE booklet which tells how to learn to play piano, organ, violin, mandolin or any other instrument. International Institute of Music, 98 Fifth Ave., Dept. 47, New York City.

New Thought in Tabloid

Written by people whose words count. Just right to tuck in a letter to a friend or to distribute free to those who need the light. They will be appetizers for more good new thought things.

ELLA WHEELER WILCOX'S

"What I Know About New Thought."

Her definition of it, written in her usual inspiring style, and her idea of how helpful new thought may be.

FLORENCE MORSE KINGSLEY'S

"How to Use New Thought."

In this little booklet Mrs. Kingsley tells how new thought has helped her and what further she expects from it, and how it can help others.

WALLACE D. WATTLES

"Marital Unrest: a New Remedy."

This writer's practical, scientific articles in *Nautilus* are being enthusiastically received. Here he offers a new remedy for the discontent and unhappiness so often found in the marriage state.

JULIA SETON SEARS, M. D.

"Thought Force for Health."

This article is the most popular ever written by Dr. Sears for *The Nautilus*. Cosmic Healing in a nutshell.

Each booklet contains eight pages 3½x6¼ inches, printed in bronze, blue and black, respectively, all from clean, new type.

Price, 25 cents for twenty copies, \$1.00 per 200; \$2.25 per 500 postpaid.

Note.—These New Thought Booklets will not be sold in quantities less than twenty copies, but orders of twenty or more may include all booklets. Order of THE NAUTILUS, Holyoke, Mass.

Do YOU need ELIZABETH TOWNE'S AID

HERE IT IS!

You Want Health Success Development Eh?

Elizabeth Towne went through the mill. She got intellectual, practical and physical development. Hundreds ask how. Her

FOUR LESSONS

are the answer. Many people have found them a wonderful help to health and success. These four plain printed lessons give

PRACTICAL DIRECTIONS FOR SELF-HEALING

By new thought methods. They are the outgrowth of Elizabeth Towne's personal experiences. She has traveled every step of the way from poverty and sickness to health and freedom, and is telling others through these lessons how they may apply the same principle in their lives. The lessons are plainly written and easily understood.

We have testimonials from every part of the country. A two-cent stamp will bring particulars which will include what someone near you says the Lessons did for him.

JUST A SENTENCE

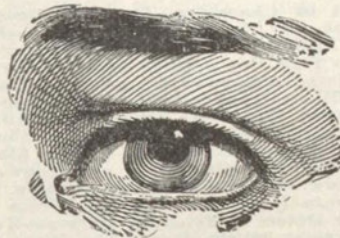
"Have followed directions in Lesson One and am nearly cured of terrible spells of melancholy and am much more hopeful and waked up."—F. W.

ELIZABETH TOWNE, Holyoke, Mass.

Eyeglasses Not Necessary

Eyesight Can Be Strengthened, and Most Forms of Diseased Eyes Successfully Treated Without Cutting or Drugging.

That the eyes can be strengthened so that eyeglasses can be dispensed with in many cases has been proven beyond a doubt by the testimony of hundreds of people who publicly claim that their eyesight has been restored by that wonderful



little instrument called "Actina." "Actina" also relieves sore and Granulated Lids, Iritis, etc., and removes Cataracts without cutting or drugging. Over seven-

ty-five thousand "Actinas" have been sold; therefore the Actina treatment is not an experiment, but is reliable. The following letters are but samples of hundreds we receive:

J. J. Pope, P. O. Box No. 43, Mineral Wells, Texas, writes: "I have spent thousands of dollars on my eyes, consulted the best doctors in the United States, dropped medicine in my eyes for years, and 'Actina' is the only thing that has ever done me any good. Before using 'Actina' I gave up all hope of ever being able to read again. Had not read a newspaper for seven years. Now I can read all day with little or no inconvenience."

Kathryn Bird, 112 Lincoln St., Milwaukee, Wis., writes: "I was troubled with astigmatism and had worn glasses from ten years of age. I could not read or write without them. In a surprisingly short time, after using 'Actina,' I laid aside my glasses and I will never use them again."

E. R. Holbrook, Deputy County Clerk, Fairfax, Va., writes: "'Actina' has cured my eyes so that I can do without glasses. I very seldom have headaches now, and can study up to eleven o'clock after a hard day's work at the office."

"Actina" can be used by old and young with perfect safety. Every member of the family can use the one "Actina" for any form of disease of the Eye, Ear, Throat or Head. One will last for years and is always ready for use. "Actina" will be sent on trial, prepaid.

If you will send your name and address to the Actina Appliance Co., Dept. 124N, 811 Walnut St., Kansas City, Mo., you will receive, absolutely FREE, a valuable book—Professor Wilson's Treatise on Disease.

When You Marry



EMILY H. VAUGHT,
Editor & Publisher.

Be sure you get the right kind of a mate. Why not study character reading and learn how to tell the kind of man who will make a good husband; the kind of woman who will be a good wife; the kind of boy or girl who will make a good helper, etc., etc.

This great book, "Vaught's Practical Character Reader," makes the best of self instructors. It contains several hundred illustrations which indelibly fix in your mind the different characteristics.

Would you like to recognize at sight an honest nose, an honest chin, a selfish nose, a balanced nose, an ambitious ear, a mental ear, an amatory eye, a conjugal eye, and so on?

This great book will help you to recognize at sight an unreliable father, a domineering man, a man with executive ability, one with stubbornness, honesty, etc., developed.

This "Character Reader" will help you to know and manage your children (or even your husband). It tells how character is revealed in walking, speaking and writing.

This study will help you to **Handle Human Nature, Educate Human Nature; Train Human Nature; Govern Human Nature; Perfect Human Nature.**

The something over 200 illustrations (many full page) make this Character Reader very simple, clear and interesting.

PARTIAL CONTENTS:

The Heart of Character—Honesty—Deceitfulness—Deceitful Eye, Mouth, Chin, Head—All the Signs of Honesty—Masculinity—Femininity—A Genuine Mother—An Unreliable Mother (both illustrated)—A Genuine Father—An Unreliable Father—Love—All the Signs of Love—How to Pick Out a Good Child—Impressibility—How to Lead Children—Hypnotic Power—The Two Dangerous Elements of Human Nature—All the Signs of Energy—Reason of Human Diversity—Personal Magnetism—Keynote of Edison's Genius (illustrated by Photo)—Diagnose Your Own Case—Irritability—Specific Kinds of Child Nature—The Domineering Disposition—Stubbornness—The Character of Broad Heads—Human Attraction—A Poor Money Saver—What Makes People Slow—Gossiping, Unsteadiness, Teasing—Points on Character Reading—Outline of a Fundamental System of Character Reading—Who Are Suspicious—How to Read the Nose—People Whom Animals Love—Laziness—Cause of Bad Dreams—How to Read the Character from Gestures—Human Attraction—How Character Outs—How to Detect a Friendly Person—Keynote of a Genius—What the Forty-two Faculties Do—Character in the Foot—The Elements and Structure of Will—How to Read the Face—Character in Walking—Reconstruction of the Brain During Sleep—Character in Voice—The Selection of Employees.

"Vaught's Practical Character Reader" contains 257 pages, nice paper, clear, large type, fully indexed. Handsome cloth binding, gold stamping. Price, postpaid, only \$1.00. WILLIAM E. TOWNE, Dept. 1, Holyoke, Mass.



Prof. Genung
English

Home Study Courses

Over one hundred Home Study Courses under professors in Harvard, Brown, Cornell and leading colleges.

Academic and Preparatory, Agricultural, Commercial, Normal and Civil Service Departments.

Preparation for College, Teachers' and Civil Service Examinations.

250 page catalog free. Write to-day.

THE HOME CORRESPONDENCE SCHOOL
Springfield, Mass.

The Progressive Woman

for March contains the first of a remarkable series of articles, by Lida Parce, on The Marriage Contract. In this so-called age of woman a married woman has no legal rights in her own child in the majority of states. Numerous other injustices accruing to woman under the present marriage laws—most of which were made in the dark ages—are pointed out in this series. **THE PROGRESSIVE WOMAN** is 50c a year, 5c a copy. Address: GIRARD, KAN.

INTERNAL BATHS

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

SONG POEMS

WANTED. I will compose the music. Satisfaction guaranteed. Send for free booklet explaining my successful publishing plan. **Robert K. Belden, 25 E. 14th St., New York.**

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, 110 W. 34th St., New York.**



Wanted! We want you to know that you can buy the Best Peanut Butter direct from us at the exceptionally low price of 12 cts. per lb. in the following sizes: 20, 25 and 50-lb. cans, 5 and 10-lb. pails, 13 cts. per lb. Freight paid on 100 lbs. or more east of the Mississippi and north of Tennessee. Cash with order. Send for trial can, postpaid for 10 cts. **St. LAURENT BROS., 1223-25 Saginaw St., Bay City, Mich.**

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. Copy-righted. Price (complete), \$3. Particulars for 1c stamp. **HOLYOKE SALES CO., Holyoke, Mass.**

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



..THE YANKEE TRADER..

A Department for all of Our Subscribers Who Wish to Buy, Sell or Exchange;
something Better than A CLASSIFIED AD. DEPARTMENT.

COST

Only 3c per word for Ads in this department, cash with order and no discounts. No display. No Ad accepted for less than 75c; none longer than 200 words. Name and Address to be counted and paid for.

CLOSING DATE

Ads must reach us by the 1st of the month to secure insertion in issue of month following.

ADS BARRED

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

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

FIRELESS COOKER, easily made; cheap, reliable. Booklet of directions, recipes, etc., 25c. Liberal discounts to missionary societies, clubs, etc. M. L. Wright, Dept. 1, 1916 Coleman St., St. Louis, Mo.

PROFITABLE HOME BUSINESS. 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 N2, Marietta, Ohio.

LADIES, send for pair of our self-sharpening shears; never need grinding. Price, 35c, postpaid. Agents wanted; write quick. The Hillman Specialty Co., 217 East Ashley St., Jacksonville, Fla.

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

BEAUTY SECRETS. To introduce Mme. LeBeaux beauty secrets we will send two 25c recipes free, if stamped envelope is enclosed. Companionship Pub. Co., Ruskin, Fla.

A SIMPLE CATARRH REMEDY, also quick relief for cold in head, asthma, croup, hay fever, will be sent free to anyone who will simply send address to Nostriola Balm Co., No. 1, Wheeling, W. Va.

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.

PATTERSON'S BOOKS: On the Mysteries of Life, Higher Thought and Philosophy. To introduce them will sell for limited time at greatly reduced prices. Write for circular. Dr. C. E. Patterson, Grand Rapids, Mich.

"CHILDHOOD YEARS", a dandy waltz song, just out. Making a great hit; only 10c per copy, and it is real music and real sentiment. Published by Roy B. Hatch, Richland County, Plymouth, Ohio.

WHITEN YOUR BLACK TEETH. Hurst's Ivoroid positively removes all blackness, making your teeth pearly at once or money refunded; 25c bottle. Representatives wanted. Hurst & Co., 408 Southampton St., Buffalo, N. Y.

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

BROTHER, accidentally on camping trip discovered root which will cure both tobacco habit and indigestion. Gladly send particulars of this wonderful root. No drugs. L. C. Stokes, Mohawk, Florida.

GOOD THINGS for Americans to eat. Choice collection of Mexican cooking recipes; healthful; delicious. You'll like them. For only 4c in stamps. Purnell Co., 144c Grattan St., San Francisco, Cal.

THE NEW BEAUTY CULTURE Magazine teaches new thought beauty but advises reliable cosmetic aids for immediate realization. Twenty-five cents yearly. Free sample copy. Stella Stuart, 1503 Nostrand Ave., Brooklyn, N. Y.

GET WELL. Orange Manna will make you well if you will give it a chance. It is the great natural cure for all chronic wasting diseases; all grain and fruit. Send for free samples and circulars. 1649 Tremont Pl., Denver, Col. W. W. Knight, Proprietor.

FREE LITERATURE! Send us your name and 10c and you'll get all kinds of good things to read. R. W. Z. Agency, Box 959, Tacoma, Wash.

"SHOULD WOMEN VOTE?" Most interesting prize contest ever devised. I am offering \$25.00 in cash prizes for opinions on either side of the question. Full particulars are published in "Happiness," my live little monthly magazine. It is one of the famous "Walter Syndicate"—a most unique publication. Per year, 50c; single copy, 5c (stamps or silver). Address Eschol Burkhart, Suite N, 134 Monroe St., Chicago, Ill.

AGENTS. White Slave Traffic. "The Shame of the Human Race." Largest seller ever known. Popular price. Write at once for agent's terms. Keystone Specialty Co., Dept. N, Erie, Pa.

HOW TO GO INTO THE SILENCE. Valuable information; new rules and methods of great importance to new thought students. 25c. Alice Herring, Huntington Chambers, Boston.

CORRESPONDENCE LESSONS in conversation and letter writing. Special attention in conversation given to those who are timid in the presence of others. Letter writing made easy. Address, with stamp, Katherine H. Carter, Box 695, Syracuse, N. Y.

LEARN TO WRITE FORCEFULLY, convincingly, entertainingly. With the new, wonderfully simple instruction of an expert, the ability is yours in a surprisingly short time. Unlike anything ever offered; a godsend to the ambitious. Particulars for 1c stamp. Address, "Instructor," Drawer 290, Holyoke, Mass.

YOU CAN'T LOSE your umbrella, hat, coat, billbook, shopping bag, or any other personal property if you use our neat satin labels, artistically done with your name and address. Instantly and permanently attached without sewing. 6 for 25c (silver). Hillside Art Co., Meriden, Conn.

PSYCHOLOGICAL MOTTOES and affirmations for health, wealth and love for home and office; hand-work, 25c. Try one. F. B. Gorton, Box 714, Liberty, N. Y.

OUR PREMIER Self-Filling Fountain Pen, cannot leak; is self-filling and guaranteed satisfactory or money refunded. Price, each 50c. The Parent Enterprise Co., 17 Grant St., Portland, Me.

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.

WHO ARE YOU? What are you? Why are you? No matter what your station may be, are you interested in the above? If not, do not waste time or postage. Our effort is to teach you how to live free from mystery and to reason from cause to effect. Address, with stamp, Katherine H. Carter, Box 695, Syracuse, N. Y.

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

LOCAL REPRESENTATIVE WANTED. Splendid income assured right man to act as our representative after learning our business thoroughly by mail. Former experience unnecessary. All we require is honesty, ability, ambition and willingness to learn a lucrative business. No soliciting or traveling. This is an exceptional opportunity for a man in your section to get into a big-paying business without capital and become independent for life. Write at once for full particulars. Address E. R. Marden, Pres. The National Co-operative Real Estate Co., Suite 544, Marden Building, Washington, D. C.

BEAUTIFUL HAND-MADE ARTICLES: Crocheted collars, handkerchiefs, embroidery, crocheted beading, embroidered waists, children's dresses, etc., etc.; also postal cards, pins and music. Very reasonable. Made in my own home. Particulars free. Elizabeth Smith, 109 N. 7th St., Richmond, Va.

WANTED.—To communicate with a physician who would see good financial prospects in opening a private sanitarium or home in a mountain resort. Have handsomely situated 22-room, furnished house, 5 acres of ground. G., Box 714, Liberty, N. Y.

A NEAT POWDER PUFF to carry in your stocking; always handy when you need refreshing. 25c will buy it filled with fine powder ready for use. S. A. Longdon, 132 Main St., Newton, N. J.

I HAVE SOMETHING of incalculable value to everyone who likes poetry. If this interests you, send stamp for particulars to "Instructor," Drawer 290P, Holyoke, Mass.

THREE CENTS A WORD gets your ad. in over 100 magazines that cover the U. S. like a blanket. List free. Crescent Advertising Syndicate, St. Louis, Mo.

CIVIL SERVICE EMPLOYEES are paid well for easy work; examinations every month; expert advice, sample questions and booklet \$70, describing positions and telling easiest and quickest way to secure them free. Write now, Washington Civil Service School, Washington, D. C.

New Thought Practitioners

CALIFORNIA SCHOOL OF METAPHYSICS. DR. LUTHER M. MARSTON, Healer and Teacher. Treatments for disease and business success. Mental Christian healing taught. 2299 West 20th St., Los Angeles, Cal.

A Well Known and Successful Healer will receive a few more patients for Treatment and Private Instruction. Address: **S. C. Dunham, 104 Olney St., Providence, R. I.**

Reading class in Modern Mental Science. Free library. Room 310, Whitfield Building, corner Baum and Whitfield streets, Pittsburg, Pa. For information in regard to classes, address: **MRS. CHARLES B. McLEAN, President.**

EFFIE DICK, 1694 W. 25TH STREET, CLEVELAND, OHIO. Mental Healing and Teaching; several years' experience. Instructions, oral or by mail.

National New Thought Center, Loan and Trust Building, Washington, D. C. **EMMA GRAY and GEO. E. RICKER,** teachers and healers of over twenty years' experience.

Mental Healer, **ELIZABETH CHRISTIAN, 10 KEMBLE ST., UTICA, N. Y.** The mental treatment is supplemented by physical methods, which hasten the return of health.

"WORTH \$1,000" Prosperity Through Thought Force

I WANT TO SUCCEED! I WANT TO SUCCEED!

I WANT TO SUCCEED!

THE CRIES ARE EVERYWHERE.

HERE IS A SOLUTION THAT HAS SOLVED IT FOR HUNDREDS



BRUCE MacLELLAND, really lived the philosophy of the book. He climbed from a \$100 a month position to a business of his own, earning a modest fortune—all in three years' time. Then he decided to let others know how he used thought force in business and

A THRILLING, powerful, practical success book is the result. No pet theories—no advice excepting as the entire book is sound reason of a man who has done and tells you how to do the same. After you read it, you will see how health, wealth and happiness can be made of troubles—and you will want your best friends to

READ IT and see how new thought transforms life from drudgery and poverty to joy and opulence. The tale is a simple one, the methods are easily understood and followed.

ELLA WHEELER WILCOX devoted nearly a page in the New York American to "Prosperity Through Thought Force." "Every word is true," she said. "Every word has been proven true by hundreds of people living today."

Mrs. Frank Beach, of Fort Collins, Col., writes: "I have ordered MacLelland's 'Prosperity Through Thought Force' for my husband for Christmas. He says it has already been worth \$1,000 to him. He has read it through three times and reads at least one paragraph from it each day."

PARTIAL SYNOPSIS

How the "Idea" was Born—From Debt to Modest Fortune in Less Than Three Years—The Kind of Men Who Succeed—Why the Others Fail—Where the Mental Forces come In—The Condition of the Mind Attracts All Things—How Mind Attracts Success—The Law of Vibration and How It Works—Personality—Auto-Suggestion—How to Use It—How to Do Things Without Faith—When the Author Blacked Boots—Thirty Years Lost by Talking—The One Thing That Can Hinder You—Mind and Body—Passions—Aura—Subconscious Mind the Target—Will, Affection, Emotion, Divisions of Love—When Others Avoid or Mistreat You—To Make the Right Kind of Friends—Attraction, What It Does and How to Use It—Etc., Etc.

"PROSPERITY THROUGH THOUGHT FORCE" is a beautiful volume, 160 pages, printed on antique laid paper, artistic initial letters for chapter heads, handsome title page, half-tone of the author, all bound in finest silk cloth. A delight to handle it. Price, \$1.00, postpaid.

SPECIAL: A copy of "PROSPERITY THROUGH THOUGHT FORCE" free for two new subscribers to Nautilus at \$1.00 each. Or, for \$1.60 we will send a copy of "PROSPERITY THROUGH THOUGHT FORCE" and a year's subscription to Nautilus, TO NEW SUBSCRIBERS ONLY. Send now!

Address **ELIZABETH TOWNE, Holyoke, Mass.**

The American New Thought League

offers exceptional social and educational advantages to its members. A modern society of great import to Liberal Thinking and New Thought people. Makes and sells books. Supplies courses of study on practical subjects. Stands for progressive thought. Organizes local leagues. It will do you good to get in touch with us. Information free. **THE AMERICAN NEW THOUGHT LEAGUE, Boonville, Indiana.**



Hair Like This Free

Let me send you a remarkable treatment for Baldness, Dandruff, Gray Hair, etc., at my own expense. It will surprise and delight you.

Write today to **WM. CHAS. KEENE, President, Lorimer Institute, Dept. 2815, Baltimore, Md.**

DR. CHAS. H. SHEPARD'S SANITARIUM

81 and 83 Columbia Heights, Brooklyn, N. Y.

Send 10 cents for Booklet, **Care of the Body by Right Living.**

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, McMoresville, Tenn.**

Our prospectus and sample pages free, tell you all about it. **NATURE'S CURE CO., Dept. D, 118 E. Liberty Street, Cincinnati, Ohio.**



FREE!!!

A valuable **SELF-Healing Lesson** now selling for 50 cents will be sent **FREE** to all who enclose 4 cents in stamps for postage. Address, **EDITOR, "Occult Truth-Seeker," Box 200, Ruskin, Florida.**

HELP!!!

For you at the shrine of Truth. "The Power in Man" is revealed to you through my series of weekly **Lift Letters.** Six weeks' course, \$1.00 cash with order. Inspiring, uplifting, filled with eternal truths. Testimonials from former correspondents pronounce my system worthy of your immediate order. **CLARENCE BURR BYXBEE, P. O. Box 152, Norwalk, Conn.**

MUSIC LESSONS FREE

at Your Home. Write today for our Booklet. It tells how to learn to play any instrument—Piano, Organ, Violin, etc. Address **AMERICAN SCHOOL OF MUSIC, 64 Lakeside Building, Chicago Ill.**



GOVERNMENT POSITIONS

A Civil Service Manual by Ewart, Field and Morrison prepares for the examinations. Adopted by over 500 Business Colleges, Y. M. C. A.'s, and Public Evening Schools.

Three volumes with maps, \$2.50 postpaid
250 page Home Study catalog free. Write to-day.

THE HOME CORRESPONDENCE SCHOOL
Dept. 127, Springfield, Mass.

Mr. Field

No Home Is Complete

without a cat, and the Short-Haired Cat is the most satisfactory. We have the best and some especially fine ones now. Prices from \$5 up. We also board your pets during the summer.

The Black Short Haired Cattery, Inc., Oradall, N.J.



GIRLS—WOMEN

\$15 to \$40 per week for you in the profession of Beauty Culture. We teach the famous Abby Beatrice Knowles System of Hairdressing, Manicuring, Facial Massage, etc., by correspondence. Our beautifully illustrated booklet "Lessons by Mail—Beauty Culture" sent **FREE.** Write for it.

Address: **International Institute of Beauty Culture**
Dept. 3B, 2236 Eighth Avenue, New York, N. Y.

EVERYBODY IS HAPPY

if you use Axillary Deodorizer. It **Positively Destroys** the odor of Perspiration. Is perfectly harmless. Send 25c, 50c, \$1.00 or \$2.00 to **L. G. SLOAT, 837 Marshall Field Bldg., Chicago, Illinois.**

ARE YOU DEAF?

FREE TRIAL The Aurophone will make you hear normally and without strain or effort. It is fitted to the individual ear just as eyeglasses are to defective eyes, and can be tested free of charge in any of our offices located in all leading cities of the U. S. If it doesn't make you hear, you will not be asked to purchase. Write today for booklets, references and **FREE TRIAL OFFER.** A 419

MEARS EAR PHONE COMPANY

802 Monolith Bldg., 45 W. 34th St., New York, N. Y.

Can I Get a Job in the City?

ANSWER: Without business training, **NO.** With a knowledge of shorthand, plus **GUMPTION** and an appetite for work, **YES.** If you are prepared to give five months' work as the price of freedom from your present surroundings, send along a quarter (stamps or coin) for a trial lesson. I teach the Isaac Pitman system, which holds every record for **SPEED** and **ACCURACY.** 25 cents per lesson for the course, pay-as-you-go.

NELLIE M. WOOD, Eagle Bridge, N. Y.

Milk Diet

Correctly Taken Takes ten years from your age, gives you a plump figure, complexion of a child, and increases weight 10 to 25 lbs. a month. It is a Complete Food, rapidly builds **FIRM NEW FLESH,** easily taken at home, and is the **MODERN CURE** for **RHEUMATISM, CONSUMPTION, CONSTIPATION, INDIGESTION** and other **CHRONIC DISEASES.** My complete instructions by a physician and diet specialist tell **JUST HOW.** Price \$1. Sanitariums charge \$100 or more for same.

B. MORRIS,

917B E. Ninth, Kansas City, Mo.

START A BUSINESS

Only small capital and spare time required. You can have a big paying business of your own. Send for my **FREE** booklet, "**MONEY MAKING OPPORTUNITIES IN THE MAIL ORDER BUSINESS.**" It explains all. Write me to-day; you will be pleased with what I send you **FREE.**

Address **HUGH McKEAN**

Dept. 297, No. 2232 Eighth Ave., New York

ARE YOU SICK?

I have a method of treatment that will cure you. It embraces all that there is in Mind Cure, Mental Healing, Christian Science, New Thought, Spiritual Healing, Osteopathy, etc. You can cure yourself. My little book tells you all about it. This book, which fully explains everything can be had for 25 cents. Address: **T. C. WALSH, M. D., 512 So. Salina St., Syracuse, N. Y.**

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

The Power **Correspondence** **School**

Will Make You **The Man** **Who Can**

AT LAST!

A School That Teaches

P O W E R

A Success School for Success Physically, Mentally, Spiritually

THE POWER CORRESPONDENCE SCHOOL OFFERS

NEW COURSES IN CONSTRUCTIVE SCIENCE

There is a demand nowadays for aid. People ever where are asking for assistance that will show them how to make the most of their abilities—how to gather power. These people have ability, they have energy, they have ambition, yet there is something lacking. They lack the way to put their energies into use practically.

In response to this demand The Power Correspondence School is attempting to give this aid. They have carefully considered the want, taking into consideration many thousands of actual cases, and have planned a series of courses that will exactly fit. The courses are not mere forms; they are supplemented by individual attention and give the student a wide latitude in which to express himself. And all at a cost so arranged as to be very easily met.

THE NEW COURSES

are by Wallace D. Wattles, whose career reads like romance. He has run the gamut of real life and knows the principle by which he evolved. He is pre-eminently a teacher who can show others how and inspire them with the will and wisdom to do.

He is assisted by competent instructors who give every detail personal attention.

THE WORK

consists of four courses, which can be mastered in six months of study and practice, though we advise ten

months instead of six. Half an hour to an hour a day is sufficient for the work.

With each lesson the student receives a set of questions which he is required to answer satisfactorily before proceeding to the next lesson.

His answers are examined by a competent instructor and the papers returned to the student with all necessary comments or corrections.

No extra charge is made for this service and great care is taken to so direct the student that he shall get the highest results from his work.

OUR OFFER:—

The new courses in Constructive Science, by Mr. Wattles, are as follows:

1. Health Science	\$3.00
2. Wealth Science	\$3.00
3. Development of Talent	\$2.00
4. Supplementary Course in Marital Happiness	\$2.00

\$10.00

PRICE FOR THE FOUR COURSES

ORDERED AT ONCE.....\$6.00

A further discount of 10 per cent is allowed where the full payment is made with order. Payments will be accepted in instalments of \$2.00 down and \$2.00 a month.

The studies in Constructive Science are now beginning. May we add YOUR name to the list? Address orders and all correspondence to

The Power Correspondence School, Box 496, Holyoke, Mass.

START A NEW THOUGHT CENTER

OR A NEW THOUGHT CLUB!

We Will Help You.

There are at least a dozen people near you who are **your** kind! So why not start a New Thought Center or headquarters where congenial people who are interested in these teachings can get together for meetings, for study, sociability, etc.? A place where helpful literature along these lines can be obtained. A hearty welcome will be given you by any of the centers listed on our inside front cover. Try it once.

If you are a worker and want to do something of this sort, or if you are already established as a teacher of new thought, be sure to write for our free special letter on the subject, and let us know if you want some free advertising. Address:

ELIZABETH TOWNE, Holyoke, Mass.

A 10% Save

Isn't 10 per cent of your purchasing power worth saving? If you buy progressive books, just look into my rebate coupon system.

Don't buy books until you see my book catalogue. The latest and best books on **Success, Personal Development, Hindu Philosophy, Names and Numbers, Dreams, etc., etc.**

Send postal for catalogue.

WILLIAM E. TOWNE, Dept. 1, Holyoke, Mass.

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

To Heal OR To Be Healed

THE NAUTILUS

New Thought Education

TEACHES BOTH!

Dear Friends:—

You have been asking me how to get a thorough and practical New Thought Education. I've been thinking it over.

Also I've been working out a complete new statement of new thought from A to Omega, which organized itself into Seven Lessons that I gave to large classes in Los Angeles, and which I am still further working out. I cannot send you these lessons. They will not appear in print; but will be used only for occasional personal class work.

BUT—

Out of all this thinking and rethinking I have evolved The Nautilus New Thought Education plan which will fill the want you have been expressing to me.

The course requires a number of books, and these I have selected from the best works of all publishing houses, regardless of race, color or profit mark.

These books we will supply you at regular publisher's retail rates, one or more at a time as desired.

This is the way to do it:

(a) Send \$1.00 as an advance payment on the books which you will require, and I will at once forward The Nautilus New Thought Education, including my special letter of instruction which tells just how to use the course to the best advantage, and how to fit it to your individual needs.

(b) The \$1.00 paid for this service will be refunded to you upon receipt of your first cash order for at least \$4 worth of books.

(c) Or better still, send \$3.00 cash at once and you may have the full \$3.00 in books at regular rates, and The Nautilus New Thought Education instructions will be sent to you free of charge.

ELIZABETH TOWNE, Holyoke, Mass.

Books Loaned Free!

For list of books on New Thought, Occultism, Vedanta, Theosophy, Psychical Research, etc., which will be loaned FREE BY MAIL, and for terms on which other books on these subjects are loaned, apply to THE LIBRARIAN, Oriental Esoteric Center, 1443 Q Street, N. W., Washington, D. C.

\$1500.00 A YEAR FOR LOCAL REPRESENTATIVES

Last year 577 agents made over \$1,500 each, selling our wonderful everlasting **Cooking Utensils**. An excellent proposition for high-class agents. Write tonight. AMERICAN ALUMINUM MFG. CO., Dept. 106, Lomont, Ill.

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

The Power of Gravity



Never fails. That is why this ink pencil does not refuse to write.

If you have ever owned a stylo pen you know just how they clog. The "Gravity Stylo" here illustrated has a special patented point which prevents clogging.

A movable, weighted, platinum, non-corrosive needle does away with the stationary wire spring as used in other pens, and insures an even, continuous flow of ink. It is absolutely true, for its action depends upon gravity, and gravity never fails.

The ink capacity of this pen is much greater than that of others, as there is no air tube in the barrel to take up space, air being admitted into the ink chamber by an ingenious device in the point section.

The point is made of iridium platinum and should wear a lifetime, with ordinary care.

The pen can be laid on the desk, or elsewhere, without cover, and is always ready for use. It is well made and guaranteed in every part.

This pen is fine for manifolding, billing, ruling, etc., as it does the work of either pen or pencil.

Take the pen, use it 10 days, compare it with other stylos at twice the price, then if you don't think it the "best ever" return the pen and your money will be refunded.

Price Only \$1.25 NOW

Willam E. Towne,

Dept. 1, Holyoke, Mass.

A New Thought Best Seller!



Health and Wealth From Within

By WILLIAM E. TOWNE

The Book

Tells in plain, simple fashion how to apply new thought to attain health, wealth, happiness and success, and the solving of everyday problems. Everyone wants health and wealth. These things must come from within. This book tells you just how you may realize them. It is plainly written so that he who will may understand how beautifully simple new thought is. It is true, practical, forcible. It was written in a fever of new inspiration and the result is a Good Book that is bringing some of the best reviews yet accorded new thought publications. In its silk binding and artistic printing it makes the handsomest volume we have yet put out.

Contents: Health from Within—The Awakening of the Soul—Will, Love and Work—Obsessed by an Idea—Live Wills and Dead Wills—The Voice of Life—Non-Attachment—The Woman—The Man—Harmony in the Home—Work and Health—Environment—How to Establish Health and Harmony—The Supreme Ruler—How New Thought Helps One—The Power of Imagination—Health, Happiness and Busy Hands—To Make Yourself Valuable—Practical Self-Healing—The Way to Gain Results—One of the Secrets of Mind and Body Vigor—To Lengthen Life—To Make Life Brighter.

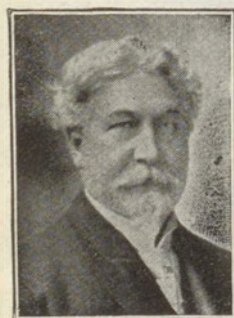
"The Man who thinks about the real problems of life will not wish to miss the opportunity of reading 'HEALTH AND WEALTH FROM WITHIN,' shorn as it is of all technical terms about which the novice knows so little."—SPRINGFIELD NEWS.

"HEALTH AND WEALTH FROM WITHIN" is printed from large, clear type, beautiful initial letters at beginning of chapters, on extra antique paper. 160 pages, half-tone portrait of the author, silk cloth binding. Very artistic and dainty. Price, \$1.00.

SPECIAL.—A copy of this new book free for two NEW subscriptions to THE NAUTILUS, at \$1.00 each; or for one NEW subscription and 60 cents extra.

ELIZABETH TOWNE, Holyoke, Mass.

THROUGH SILENCE TO REALIZATION



WOULD PROFESSOR ELMER GATES,
OF THE SMITHSONIAN INSTITUTE, WASHINGTON, FLOYD B. WILSON'S AND ELIZABETH TOWNE'S, AND THE METHODS OF SELF DEVELOPMENT
USED BY MANY OTHER SUCCESSFUL PEOPLE INTEREST YOU?

Parts of "Through Silence to Realization," by Floyd B. Wilson, were printed in Nautilus a number of years ago, and delighted our readers. Now those parts and a great deal more make up this book. It is the latest practical instruction for the use of thought force. It will help build health and success and set your energies in a new line—toward creative power. The chapters, "If Thine Eye be Single" and "Reward," will straighten your tangles. They explain reward and compensation and why some succeed and others seem to fail. Does the meaning of color interest you? If it does you will be pleased with the chapter, "Color in Life." For the sake of your family, friends and yourself, read "Admiration, a Herald of Hope," and "Hope, a Vibration of the Subconscious."

Floyd B. Wilson is a personal friend of Elmer Gates, and this book contains the result of much experimenting by these two men. Mr. Wilson writes lucidly, yet forcibly, and gives a concise and logical basis for thought and action.

"It is no leather-padded philosophy that is given here, and it possesses many claims on the thoughtful man who realizes thought as a controlling power, and is ambitious that his mind control his body."—RECORD-HERALD, Chicago.

"This is an important, helpful and inspiring book, teaching man how to become all he is capable of being."—Albany (N. Y.) TIMES-UNION.

"THROUGH SILENCE TO REALIZATION" is printed on fine antique paper, bound in silk cloth, and contains about 200 pages. Uniform in style and binding with his other two books. Price, only \$1.00 per copy, postpaid.

SPECIAL: A copy of "THROUGH SILENCE TO REALIZATION" free, for two new subscribers to Nautilus at \$1.00 each. Or, for \$1.60 we will send a copy of "THROUGH SILENCE TO REALIZATION" and a year's subscription to Nautilus, TO NEW SUBSCRIBERS ONLY. Send now!

Address ELIZABETH TOWNE, Holyoke, Mass.

HERE IS A PARTIAL CONTENTS:

What is Thought?—The Silence—The Dawning of Light—If Thine Eye Be Single—Mental Images—Reward—Color in Life—Overcoming—Are You Ready?—Joy, Always Joy—The Dominant Ego—Like Produces Like—Spiritual Knowledge—The Goal—Shakespeare's Pluck Considered Metaphysically—Destiny—Admiration, the Herald of Hope—Hope, a Vibration of the Subconscious—Realization, Hope's Master Creation.

If You Took a Bath But Once a Year Could You Expect to Be Healthy?

I can prove that 90 per cent of all ailments are due to one cause. It is perfectly safe to say that the great majority of all ills are caused by the failure to eliminate thoroughly from the system the waste products of digestion.

Every drop of blood in the body circulates through the colon twice in 24 hours, and taking up by absorption the poisons contained in the waste, distributes them throughout the body. This is the cause of indigestion, headaches, palpitation, dizziness and even more serious ills. It weakens the system and renders us subject to countless other diseases, either by contagion or otherwise. It is the immediate cause of appendicitis.

The world famous Prof. Metchnikoff has been widely quoted as stating unqualifiedly that if the colon which contains these waste products were removed, people would attain twice the age that they now do.

Our treatment cleanses the colon and makes removal unnecessary.

The Internal Bath By Means of the J. B. L. Cascade

is the original and only perfect appliance ever especially made for eliminating this waste from the system.

It has received the very highest endorsement from Dr. A. Wilfred Hall, Ph.D., L.L.D., and W. E. Forest, B.S., M.D., two of the greatest authorities on internal bathing that ever lived; thousands of physicians in this

country and abroad are prescribing and using it in their practice, and fully half a million people are using it today.

Worth \$1,000 to Her Within One Week

"The following is what the J. B. L. Cascade did for me in one week:

"I had been troubled for years with stomach and intestinal pains, extreme nervousness, physical weakness, loss of appetite, etc., until life was a burden to me. I tried my physicians but without relief. About one week ago I learned of your Cascade treatment and at once procured it. Since then my nervousness has gone. I sleep like an infant, awake thoroughly refreshed and feel like a new being.

"\$1,000 could not buy the Cascade I now possess unless I knew I could purchase another. May the choicest favors of life be given to you and yours for this boon to the human family. Gratefully yours,

"MRS. H. DAVIS,

"219 West 34th St., New York City."

I will be very glad to give free consultation on request to anyone who writes me, and assure you that you will learn something about yourself that you never knew before. I will also send my free book, "The What, The Why, The Way," which gives many interesting facts on the subject of internal bathing. Remember, consultation involves no obligation.

Address, Chas. A. Tyrrell, M. D., Dept. 131D, 134 W. 65th St., New York

DO NEW THOUGHT PEOPLE HAVE ANY MONEY?

I am the man who used to publish the Little Brown Book, called the Ghourki. I found that others were doing the writing stunt so much better than I, notably Elizabeth Towne and Elbert Hubbard, that I cut out the Ghourki gab. I'm in another business now; will tell you all about it in a minute. The stiff-necked and unregenerate used to tell me when I was publishing the Ghourki that all New Thought people lacked financial ballast; that they and Mazuma were not on speaking terms. I don't believe it, but this advertisement is to help me find out. I am a native West Virginian, a **haw-eater** if you please. I believe that this state offers the greatest opportunities in the world for making profitable investments.

Here is Coal, Timber, Oil and Gas and Fruit lands the best yet found.

Then there are farm and city property mortgages for the ultra conservative. These are the things I am now dealing in through the West Virginia Tri-Products Company, of which I am President. If you have Fifty dollars or Fifty Thousand you want to invest, write me about it. Indicate what you prefer to invest in. You will make money by becoming a client of ours. We make money by making money for others.

HOWARD L. SWISHER, President

WEST VIRGINIA TRI-PRODUCTS COMPANY

Authorized Capital \$500,000.00

MORGANTOWN,

WEST VIRGINIA

PSYCHCOMA (Or Soul Sleep)

BY HELEN RHODES

News About the Author

"Your letter arrives on the eve of my departure for Europe. I am summoned by a messenger who was sent to ask me to go into retreat for deep study. They have been watching my work. Shall be gone six months at least. The teacher is a Master. This is the greatest event in my life."—HELEN RHODES, Jan. 24, 1910.



THE BOOK teaches self-development in a new way, and is a distinct advance over anything of the kind that has yet appeared in print; a short-cut for finding one's fuller consciousness and developing one's capacity and powers.

"Psychcoma" was written out of a two years' experience of Mrs. Rhodes which was most remarkable, an experience when she seemed actually to be "consciously living out of the physical," so great was the new view of life, and so full and wonderful the power to accomplish and to command and enjoy.

HELEN RHODES is particularly fitted. Educated at Columbia and Chicago Universities. Six years studying the various advanced religious cults. Travelled everywhere. She witnessed the "High Ceremonies of Isis" in the home of a Parisian Count. She studied with Anagarika Dharmapala, that great teacher of Buddhism. She is the highest priced Chautauqua lecturer in America.

PARTIAL SYNOPSIS:

How to Use Psychcoma (Elizabeth Towne)—Psychcoma or Soul Sleep—The Key Note of Existence—Birth and Death—Astral, Physical, Spiritual Life—During Our Waking Period We are Dreaming Out Loud—Obsession—Subliminal Self—Transmutation of Instinct—Cosmic Consciousness—Transmutation—Sex—Law of Vibration—Control of the Breath with Liberating Exercises—Law of Meditation and Concentration—The Inward Breath Used by Adepts—Awakening the Subconscious Mind—Law of Suggestion—Concentration, Meditation—The Silence—Sleep as

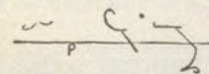
the Great Opportunity for Development—Purpose of Sleep Not Merely to Rest the Body—Mastery—Cosmic Consciousness—Pragmatism—Special Keys—Happiness—Dominion—Realization—Healing.

"I have just finished PSYCHCOMA or SOUL SLEEP, by Helen Rhodes. I consider it one of the finest if not the finest publication of the Soul in its entirety that I have ever read. Its lessons are so clear, in the portrayal of the Soul, while occupying the Material Casket, and its Sphere after Shedding this Casket."—MRS. ELIZABETH J. JAQUET, Cedar Rapids, Iowa.

PSYCHCOMA is printed in large, clear type, 158 pages, with portrait and signature of the author. An artistic volume bound in silk cloth. Price, \$1.00, postpaid.

SPECIAL: A copy of Psychcoma free, for two new subscribers to Nautilus at \$1.00 each. Or, for \$1.60 we will send a copy of PSYCHCOMA and a year's subscription to Nautilus, TO NEW SUBSCRIBERS ONLY. Send now! Address: ELIZABETH TOWNE, Holyoke, Mass.

Shorthand



One of the surest means to independence is to learn Shorthand. A good stenographer is

pretty certain of employment in any city. Shorthand is the key to commercial success. Fit yourself for success. You can learn Shorthand right at your own home during spare time. The system I teach is very easy to learn and rapid to write. My personal attention to each pupil. Years of experience myself as a practical stenographer. You will be surprised to know how little it costs for this complete course. Full details free. Write a card NOW. WILLIAM E. TOWNE, Dept. 1, Holyoke, Mass.

STUDY MUSIC

We teach Piano, Organ, Singing, Harmony, Counterpoint, etc., by mail. We teach beginners as well as advanced pupils. We can teach you more in three months, with an hour's study each day, than you can learn in a year under the ordinary method. Our courses are particularly valuable to music teachers.

Quinn-Campbell Conservatory of Music, Chicago

By affiliation with the Quinn-Campbell Conservatory, and under our Co-operative Educational Plan, we offer you this complete course in Music without a cent of cost—only a slight service is required. Why not send a postal today and receive full information?

THE PEOPLES UNIVERSITY

P. O. Box 846, University City, St. Louis, Mo.

A MAGAZINE OF

NOT NEW
NOT OLD
JUST

64 PAGES OF UPLIFT
IS FOUND EACH
MONTH IN

WE WILL MAIL
YOU A SAMPLE COPY
IF YOU SEND A
2¢ STAMP TO

THE LARGEST
MAGAZINE PUBLISHED
IN ITS FIELD IS

DO YOU NEED
INSPIRATION?
THEN READ

YOU WILL FIND
THE BEST WRITERS
ON PROGRESSIVE
SUBJECTS IN

IF YOU WISH TO
RETAIN OR REGAIN
HEALTH READ

THE PHILOSOPHY OF
LIFE IN GENERAL
DISCUSSED IN

FOR SALE
BY FIRST CLASS
NEWSDEALERS

THOUGHT

ADDRESS

MAGNUM
BONUM
COMPANY

4661
LAKE
AVENUE
CHICAGO

PRACTICAL PSYCHOLOGY

Clubbing Offers

THE NAUTILUS SERVICE MEANS:

Lowest Possible Clubbing Rates!
Prompt, Careful, Efficient Attention!
A Guarantee of Attention The Day
The Order Is Received!!!

Why Pay Full Price?

A man who reads four good magazines a month gets a liberal education. They give different points of view; they create a desire for knowledge on every subject; they keep him in touch with current events, and their contents are, as a rule, well thought out opinions—not the newspaper hodgepodge.

I know a man who gives each of his ten friends a gift of four magazines each year. He thinks it the most sensible kind of a lasting gift. Pretty good idea that!

If you want magazines for yourself or friends we can help you.

THESE ARE SPECIALS.

The following are sample offers. If the magazines you want are not listed here do not hesitate to write us for information. These are a few about which our readers most often ask for club rates:

Name of Magazine.	Regular Price per Year.	Special Price with NAUTILUS.	Foreign Subscription Price.
American	\$1.50	\$2.00	\$3.36
American Boy	1.00	1.75	3.11
Business Philosopher	2.00	2.50	3.36
Cosmopolitan	1.00	1.75	3.11
Delineator	1.00	1.90	3.11
Good Housekeeping	1.25	2.00	3.36
Good Health	1.50	2.00	2.70
Good Health Clinic	1.00	1.50	2.36
Health	1.00	1.50	2.36
Health Culture	1.00	1.50	2.36
Harper's Bazar	1.00	1.75	3.11
New Thought	1.00	1.50	2.25
N. Y. Magazine of Mysteries	1.00	1.50	2.34
Philistine	1.00	1.50	2.26
Physical Culture	1.50	2.15	3.15
Progress	1.00	1.65	3.00
Success	1.00	1.75	3.11
Stellar Ray	1.00	1.50	2.16
Swastika	1.00	1.50	2.16
Unity	1.00	1.50	2.16
Washington News Letter	1.00	1.50	2.16
Woman's Home Companion	1.25	2.00	3.36

Address

ELIZABETH TOWNE, Holyoke, Mass.



Arizona Ruby FREE
 To Introduce Our Genuine Imported
Mexican Diamonds

We will send you FREE a genuine Arizona Ruby in the rough, with Illustrated Catalogue of GENUINE MEXICAN DIAMONDS and other gems. Mexican Diamonds exactly resemble finest genuine blue-white diamonds, stand acid tests; are cut by experts, and yet we sell at one-fortieth the cost. Only gem of its kind guaranteed permanently brilliant. **SPECIAL OFFER.** For 50¢ deposit as guarantee of good faith, we send on approval, registered, either 1/4 or 1 carat Mexican Diamond at special price. Money back if desired. Write today. Agents wanted. Catalog FREE. MEXICAN DIAMOND IMP. CO., Dept. 86, Las Cruces, N. M.

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

THE SWEDISH SYSTEM 100%

ADDED TO YOUR MENTAL AND PHYSICAL CAPACITY

**NO DRUGS
NO DOPE**

**NO DIET
NO BELTS**

If you are sick or ailing—if you are weak mentally or physically—if you feel you are not the man you ought to be—if you are a woman and suffering from the many ills and troubles that woman is heir to—if you want the energy and vital power of youth—if you want all this WITHOUT Drugs, Dope, Diet and ENDLESS EXPENSE—if you want this under a BROAD, POSITIVE GUARANTEE backed up by a large responsible concern—to make good or it costs you NOTHING—you owe it to yourself to write at once for our FREE, ILLUSTRATED treatise of HUMAN INTEREST, containing Charts, Diagrams and many testimonial letters from prominent well known people.

IT'S FREE

Write us to-day—and let us PROVE to YOU what we say—at our cost.

SWEDISH COMPANY. 1747 BERWIN AVE., CHICAGO, ILL.

YOU are the **loser** if you do not carefully investigate our system before investing elsewhere.

Good Health for

1c.

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

DR. H. SANCHE CO., Dept. G,

489 Fifth Avenue, New York, N. Y.,
 or 61 Fifth Street, Detroit, Mich., or
 364 West St. Catherine St., Montreal, Canada.
 Sales Agent, 67 Wabash Ave., Chicago, Ill.

The Religion of the Future

By **CHARLES W. ELIOT**

(President of Harvard University for forty years)

President Eliot is the ablest educator this country has ever produced; a man of master mind, with broad and liberal ideas. In this little volume he dispels the fog that has ever surrounded our religious beliefs, and gives us the truth. A few years ago he would have been ostracized for writing such a book; but the world has changed, and now we have no fear of the old orthodox hell and the accompanying fireworks. President Eliot is not an atheist; he does not seek to destroy our beliefs; but he does tear away the creeds, cant and conventional forms, that man in all ages has tacked on. If you are a believer, a non-believer, or if you do not know just what you believe, read this book—it will set you right.

Made into a classy little volume by the Caxton workers, printed from large, clear type, in two colors, on special gray paper, portrait frontispiece, bound in stiff gray colors. And the price is **only Fifty Cents.**

THOMAS DREIER

That young vagabond who discovers "quality folks," and then writes stories about them, has joined the Caxton workers. He will make it his business to hunt up the silent, earnest, efficient men and women who are doing the world's work; those who have conceived ideas, and then had the courage to fight for success; and he will write human documents about them, which will appear exclusively in

THE CAXTON

A magazine of inspiration, which preaches the gospel of efficiency, and helps you to climb because it tells the What, Why and How. Clean—cheerful—optimistic—snappy—keen—educational—humorous—earnest and sane. It is one of the most beautiful magazines in the world. Printed from large, clear type, in two colors, on special pearl-gray paper, tipped-in frontispiece, tied with silk.

Sample copy for ten cents, or **you may have it twelve months for one dollar.** If your dollar reaches us this month we will present you with one of our recent books, "The Religion of the Future," by President Eliot, or "The First True Gentleman," with foreword, by Dr. Edward Everett Hale.

THE CAXTON SOCIETY, Pittsfield, Mass.

Uric-Acid -- Free Diet

Is Life Worth Living? Dr. HAIG, the great London Specialist, says it depends on Uric Acid. He and other eminent physicians maintain that disease is caused by Excess Uric Acid in the body. Headache, Mal-Nutrition, "That Tired Feeling," Nervous Prostration, Defective Circulation, Heart Trouble, Bright's Disease, Epilepsy, Depression, Insanity, Consumption, Corpulency, Rheumatism, Gout and Old Age are only a few of the terrible list caused by it. Get rid of the cause if you would be rid of the disease. My practical hand-book, "URIC-ACID-FREE DIET," giving the causes of excess uric acid, its effects in producing disease and the **NATURAL METHOD TREATMENT** to free and keep the body free from this destructive poison, will be sent for \$1.00.

Milk Diet A CURE-ALL, because it rids the body of uric acid. MY INSTRUCTIONS, the Original "Complete Instructions for Taking the Milk Diet at Home," sold for \$1.00 (published before all others), I will mail to Readers of this Magazine who purchase the above hand-book for fifty cents.

Mrs. E. M. Field, Hygienist and Food Specialist
NO. 3, COR. AVON AND HUSTED STS., LOS ANGELES, CAL.



"Perpetual Life"

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, sold 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.

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

DRESSMAKING

Dressmakers are paid higher salaries than any other class of women. Some receive \$3,000 for a single gown. Hundreds earn from \$50 to \$200 a week. What they are doing you can do. If you are a stenographer, book-keeper, housekeeper, or even a dressmaker, we can teach you so that you can double your present income. Mme. Beardsley, winner of many medals, diplomas and prizes, will teach you, by mail, in your own home, to design, cut, fit and make, without charts or mechanical devices, the simplest undergarment to the most elaborate gown.

Women's College of Scientific Dressmaking
La Crosse, Wis.

By affiliation with the Women's College of Scientific Dressmaking, and under our Co-operative Educational Plan, we offer you this complete course in Dressmaking *without a cent of cost*—only a slight service is required. Why not send a postal today and receive full information?

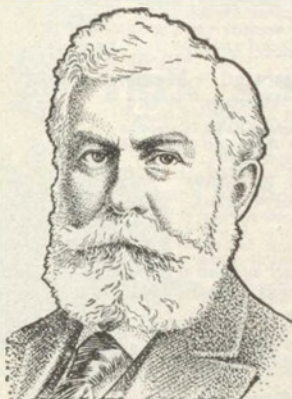
THE PEOPLES UNIVERSITY

P. O. Box 845 University City, St. Louis, Mo.

RHEUMATISM

Let Me Send You a Dollar's Worth of the Great Michigan External Remedy Which is Curing Thousands to Try Free. Just

Sign and Mail My Coupon



FREDERICK DYER, CORRESPONDING SECRETARY.

Let us cure your Rheumatism (no matter where located, how severe, or whether it is chronic, acute, muscular, sciatic, lumbago or gout) with our powerful, yet harmless Magic Foot Drafts. They have even cured cases of 30 and 40 years' standing where baths and doctors and medicine failed.

Just sign and mail the coupon below. Return mail will bring you prepaid a regular \$1 pair of Magic Foot Drafts, the great Michigan cure for every kind of Rheumatism—chronic or acute—muscular, sciatic, lumbago or gout—**To Try FREE.** Then if you are fully satisfied with the benefit received send us One Dollar. If not, keep your money. You are the judge, and we take your word. We know what Magic Foot Drafts are doing, for we send them everywhere, and wait for our pay until the work is done. Let us send you a pair. Valuable illustrated booklet free with the Trial Drafts. Send no money—just the coupon. Do it today—now.



This \$1.00 Coupon FREE

Good for a regular \$1.00 pair of Magic Foot Drafts to be sent Free to Try (as explained above) to

Name

Address

Mail this coupon to Magic Foot Draft Company,
489R Oliver Bldg., Jackson, Mich.



Feel Better Than Ever In Your Life

The ideal Food Medicine for Brain-workers, the over-worked, busy man, or the care-worn nervous woman.

A remarkable discovery has been made in the Alfalfa plant which chemical Analysis shows to contain most of the elements which go to make up the ingredients of the human body. Already the ingredients of this medicinal food plant have been used with remarkable results, and a well-known expert has testified after a careful analysis that Robinson's famous **Alfalfa-Nutrient** contains no alcohol, poisonous drugs, narcotics, opiates, or deleterious ingredients of any kind.

Ten Day Treatment Sent Free To Prove It

The Alfalfa plant has been known for its wonderful fattening properties, but not until recently has it been known to be a specific for weak nerves, indigestion, Dyspepsia, Constipation, Catarrh, Loss of Appetite, Weak Circulation, Blood Impurities, Pimply Complexions, Sallow Face, Dead Looking Eyes, General Weakness, Lack of Ambition, Kidney Troubles, Torpid Liver, Rheumatism, Locomotor Ataxia, Anemia and Female Troubles.

Read Miss Howe's Strong Letter

Miss Maud Howe, 375 Manhattan Ave., N. Y. City, writes: "I was very anemic, thin and run down. Four boxes of Alfalfa cured me, and Alfalfa-Nutrient will give you such a vivacious feeling, put strength in your nerves, rich blood in your veins, regularity in your bowels and have all your vital organs working in such splendid order, that your face will clear up at once, your complexion become velvety and rosy, and your whole body bound with new life and vigor. I owe my present, perfect physical health alone to Robinson's Alfalfa-Nutrient which of all the Blood and Nerve remedies I have tried is certainly the best."

To prove to anyone that this is absolutely true, we will send for 4c postage a 35c ten days treatment of Alfalfa-Nutrient in plain sealed package with 66 page scientific booklet "How to Develop the Form and Secure Perfect Health." Lady and gentlemen ag'ts wanted. Write today for free trial. **Alfalfa Chemical Co., 799 Unity Bldg., Chicago.**

Do You Want to Know

1001 curious (mostly untold) facts about HUMAN NATURE?

Read Dr. Foote's "Wonder" Book which deals with the delicate subjects of LOVE, MARRIAGE, PARENTAGE HEALTH, DISEASE, FREAKS

It is the thoughtful work of a venerable student of humanity; the fruit of 50 years' experience of a popular author and successful practitioner. It is full of facts necessary to every man and woman. Contains more advice than your doctor would give you for \$10. In 3 sections, containing 240 pages and 40 illustrations for 10 cents

Send for it to-day It's a Thought-awakener PRICE 10c BY MAIL

A. A. HILL BOOK CO., 129 E. 28th St., N.Y. City

FREE

You may have our NEW descriptive catalogue for the asking. We carry the largest stock of books in the U. S. on New Thought, Occultism, Theosophy, Spiritualism, Astrology, Dreams, Palmistry, Phrenology, Metaphysics, Success, Health, etc. No matter what you think of these highly important, though often much abused subjects, it will pay you to know. Ignorance is error and darkness—our books the remedy and cure. When you ask for our catalogue put in 25 cents for Walrond's "Practical Guide" to Astrology, Success, Healing, etc. You will be pleased with it. **WALROND'S OCCULT PUB. CO., Dept. F 6, Rochester, N. Y.**

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

Don't Read at Random

Read This Course

THE GREEK VIEW OF LIFE, by G. Lowes Dickinson, Cambridge,	\$1.00
SOCIAL LIFE AT ROME, by William Warde Fowler, Oxford.....	2.00
THE HOMERIC STORIES (Translation of Iliad and Odyssey, illustrated)	1.25
THE FRIENDLY STARS, by Martha Evans Martin.....	1.25
THE CHAUTAUQUAN MAGAZINE (Monthly—Illustrated. Membership included if desired). Containing: "Woman in the Progress of Civilization" (George Willis Cooke); "A Reading Journey through Egypt" (Prof. James Henry Breasted); "Historic Types of Architecture" (Prof. Lewis Frederick Pilcher), and much additional material of general interest for voluntary reading.....	2.00
Total	\$7.50
All four books and the Magazine to one address (cash with order)	\$5.00

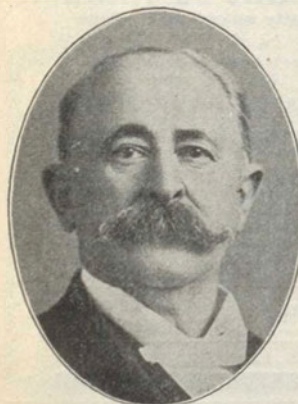
"Easy for Anybody. Worth While for Everybody"

If in doubt, send stamp for handbook of testimonials.

Address Chautauqua Institution, Chautauqua, New York.

Get the Chautauqua Idea

FREE Healing Lectures



OLIVER C. SABIN.

DIVINE HEALING

A 112-page book containing a series of healing lessons. Tells how to heal the sick by **Divine Science, Power of Prayer, Laying on of Hands, etc.** Tells how to treat yourself and others by the new method which is now attracting wide attention, even in the church. **Send only 12c now** for this remarkable book. Address: **COL. OLIVER C. SABIN, Lock Box 324, Washington, D. C.**

A full course of healing lectures absolutely free! This course will be given by Colonel Oliver C. Sabin, of Washington, D. C., the noted healer and teacher. **They will be delivered July 5th to 25th inclusive in the Greek Temple, Young's New Million-Dollar Pier, Atlantic City, N. J.** The Temple is half a mile out over the water. Everybody is invited. Bring your friends. Remember these lectures are absolutely **FREE**, and are delivered by one who has had years of experience in Divine Science Healing.

Consumption Book FREE



This valuable medical book tells in plain, simple language how Consumption can be cured in your own home. If you know of any one suffering from Consumption, Catarrh, Bronchitis,

Asthma or any throat or lung trouble, or are yourself afflicted, this book will help you to a cure. Even if you are in the advanced stage of the disease and feel there is no hope, this book will show you how others have cured themselves after all remedies they had tried failed, and they believed their case hopeless.

Write at once to the Vankerman Consumption Remedy Co., 3912 Water Street, Kalamazoo, Mich., and they will gladly send you the book by return mail free and also a generous supply of the New Treatment, absolutely free, for they want every sufferer to have this wonderful remedy before it is too late. Don't wait—write today. It may mean the saving of your life.

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

Don't Be a Wage Slave

Make \$3,000.00 to \$5,000.00 a Year

Be a Doctor of Mechano-Therapy

We Teach You By Mail or In Class

Are you tired of working for wages which barely keep body and soul together? Have you the ambition to enjoy the profits of your own labor? To gain social prominence and financial independence? To go forth among your fellow men with your head up—an honored and respected citizen of your locality? Have you thought of going into business for yourself?

THEN SEND FOR OUR FREE BOOK

Entitled "How to Become a Mechano-Therapist." It tells how every man and woman, with an ordinary, common school education, can acquire a profession within a few months which will insure financial independence for life. **GET OUR BOOK**—It costs you nothing.

WHAT IS MECHANO-THERAPY?

Mechano-Therapy is the art, or science, of treating disease without drugs. It is similar to Osteopathy, but far superior, being the latest, up-to-date method of treating disease by the Natural Method. It heals as Nature heals—in accordance with Nature's laws. The Mechano-Therapist is a drugless physician. His medicines are not drugs, but scientific combinations of food, circumstance, idea, water and motion. He is skilled in compelling the body to DO ITS OWN HEALING with its own force, rather than with poisonous drugs of the old school practitioner.

CAN I LEARN IT?

Have you asked yourself this question? We answer unhesitatingly, YES.

If you have so much as an ordinary, common school education you can learn.

You learn if you have the ambition to better your condition.

We can teach you in a very short time, so you may enter this profession—when you do, you begin to make money. We supply all lessons and necessary text books free of cost to you. No apparatus is used. You do not even need a place to work. All you require is your two hands. Certainly you can learn. The free book tells all.

Illustrated BOOK
How To Become A
Mechano-Therapist
Sent To Any Address
FREE

SEND FOR THIS BOOK TODAY, IT IS FREE

We Teach You in Your Own Home

We can teach you an honorable and profitable profession in a few months, which will insure your financial independence for life, making it possible to have an income of \$3,000 to \$5,000 a year. We teach you by mail, in your own home, without interfering with your present duties. No matter how old you are. Any person, man or woman—with just an ordinary school education, can learn Mechano-Therapy. It is easy to learn and results certain. We have taken hundreds of men and women who were formerly clerks—farmers—stenographers—telegraph operators—insurance agents—railway employees—in fact, of nearly every known occupation—old men of 70 years who felt hopeless—young men of 20 years, without a day's business experience—salaried men, who could see nothing in the future but to become Olerized, and laboring men, who never realized that they had within themselves the ability to better their conditions. Write for our FREE book, which explains all—today.

These Men and Women

**GRADUATES OF THE
American College of Mechano-Therapy
of Chicago, Illinois,**

Are All Satisfied and Are Earning BIG MONEY

**In the Well Paid and Uncrowded Profession of
Mechano-Therapy**

A Prominent European Instructor Says: "Your Course Is Most Complete."

Edward Arfmann, M. T., writes: "I passed a four years' course of learning in hospitals, served in the Danish Royal Life Guards, was a physical director, took 3-year course in Examination, Theory and Practice in Europe, and now have earned my diploma in Mechano-Therapy. Thanks for it. Your course is most complete."

"I Make \$10 to \$15 Per Day, and Work Seven Days a Week."

Dr. W. F. Leslie, M. T., writes: "I make from \$10 to \$15 a day, and work seven days a week. I am busy all the time."

"Time Spent and Price of Tuition a Fine Investment."

Rev. F. E. Hall, M. T., writes: "The time spent and the price of tuition in your course will be a fine investment. I put the principles I learned into practice and demonstrated the wonderful facts."

"I Am Getting a Good Practice in Mechano-Therapy."

Dr. Sam Levy, O. D., M. T., writes: "I am doing a good business and getting a good practice in Mechano-Therapy, which goes good with my profession of Optometry."

"The Oldest Student—Seventy-Six Years Old—Says: 'Lessons Easily Mastered.'"

J. H. Conway, M. T., writes: "Lessons are easily learned by anyone with ordinary intelligence and a common school education. I am seventy-six years old—most likely the oldest student you have."

Mechano-Therapy Worked Wonders Even in the Hands of a Beginner.

Anna M. Davis, M. T., writes: "I surprised myself by accomplishing a number of successful cures. Your course is so complete in every way that the student who has earned a diploma should be thoroughly competent to take his place among the other practitioners of the healing art."

Makes \$25 to \$30 Per Day.

E. L. Stout, M. T. D., writes: "I now get patients from four different states, and make as high as \$25 to \$30 per day. I feel that in Mechano-Therapy there is financial success for all."

Self-Supporting Women Should Take Up Mechano-Therapy.

Elizabeth J. Maas, M. T., writes: "I would recommend any self-supporting woman to take up Mechano-Therapy as a profession. The lessons are easy and plain and there is no trouble in understanding them."

Successful Financially: Scores of Satisfied Patrons.

C. Alfred Davey, M. T. D., writes: "I get results beyond even what I had anticipated. I have scores of satisfied patrons and of the financial end I have no cause to complain. I recommend your course as thorough and practical."

Receives \$2.50 to \$5.00 for Single Treatments.

P. W. Dymont, M. T., writes: "In my one year's practice I have never given a single treatment for less than \$2.50 and the most was \$5.00."

Doing Better Financially in Mechano-Therapy Than Formerly in the Profession of Electrical Engineering.

John E. Lydon says: "I have done better financially since I entered the profession of Mechano-Therapy than when I formerly followed the profession of Electrical Engineering. There is no doubt of one's success in Mechano-Therapy if the instructions as taught are followed."

One of Our Most Successful Graduates, located in New York City, writes: "I cleared \$80.00 above all expenses in four days' time."

Your Instruction Beyond My Expectation.

Dr. Louis H. Luettgen, M. T., writes: "I thank you and the school for the good you have done me through your instructions, which have been beyond my expectations entirely."

Income \$15 Per Day; Formerly a Blacksmith.

W. S. McClure, M. T., writes: "I heartily endorse your college and recommend it to others. The man who induced me to take a course in Mechano-Therapy was formerly a blacksmith with an ordinary education. Today he is practicing Mechano-Therapy with an average income of \$15 a day."

"I Am Doing Very Well."

Elizabeth S. Rosensteel, M. T., writes: "The course given by your college is plain, clear and easily comprehended. Anyone with an ordinary education can soon master the course. I have succeeded in every case and am doing very well."

These People Have Succeeded—Why Not You? Try to realize what this opportunity means to you. If you desire to become independent of job hunting and selfish employers, here is your chance—**Do Not Be a Wage Slave—Do Not Be a Drudge for Others**

Send for the Free Book—Read It—Then Decide for Yourself.

AMERICAN COLLEGE OF MECHANO-THERAPY, Dept. 954, 120-122 Randolph Street, Chicago, Ill.

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

Books ^N Athletics, Gymnastics ^A ^D Playcraft

FOR SALE BY

The F. A. BASSETTE CO., Springfield, Mass.

THE TEACHING OF ELEMENTARY SCHOOL GYMNASTICS. By W. P. Bowen, Professor of Physical Education, Michigan State Normal School. Revised Edition. Illustrated. 12 mo. 118 pp. \$1.00 net. Postage 10c extra.



GYMNASTIC KINESIOLOGY. A Manual of the Mechanism of Gymnastic Movements. By Dr. William Skarstrom. Illustrated. 12 mo. 143 pp. \$1.25 net. Postage 10c extra.

CLUB SWINGING FOR PHYSICAL EXERCISE AND RECREATION. By J. W. Schatz. With an Introduction by Dr. W. G. Anderson. Illustrated. 12mo. 122 pp. \$1.00 net. Postage 10c extra.

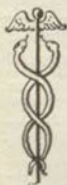
THE ART OF SWIMMING. By Prof. R. F. Nelligan, Amherst College. Illustrated. 12mo. 70 pp. \$0.60c net. Postage 7c.

PLAYGROUND TECHNIQUE AND PLAYCRAFT. A popular text book of Playground Philosophy, Architecture, Construction and Equipment. Edited by Professor Arthur Leland and Lorna Higbee Leland. 12mo. Illustrated. 284 pp. \$2.50 net. Postage 16c extra.

MAY-POLE POSSIBILITIES. With Dances and Drills for Modern Pastimes. Arranged and adapted by Jenette E. Carpenter Lincoln, Director of the Women's Gym., University of Illinois. 12mo. Illustrated. 56 pp. \$1.00 net. Postage 10c extra.

 Send for general catalog of books pertaining to these subjects. 

LIFE OR DEATH?



Which are YOU choosing? Read "Immortality or Eternal Death," a pamphlet that explains much of the mystery of life and death. This book is for all who would LIVE. It is written in plain, open style, easy to comprehend. It takes the reader back to the oldest teachings in the world concerning the philosophy of life—the teachings of ancient Egypt. It explains much regarding Karma and Reincarnation. It gives a common meeting ground for New Thoughtists, Spiritualists, Theosophists and all advanced thinkers and all who desire good for the world. 45 pages. Price only 10c if you send now. Address: EGYPTIAN PUBLISHING CO., Richland Center, Pa.



Prof. F. Hooks

Make the Farm Pay

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


250 page catalog free. Write to-day.

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

HOME-MAKING

We believe: That Home-making should be regarded as a profession; that right health is the duty and business of the individual; illness of the physician; that the spending of the money is as important as the earning of the money; that the upbringing of the children demands more study than the raising of chickens; that the home-maker should be as alert to make progress in her life work as the business or professional man. We teach every phase of Home Economics, by mail, right in your own home.

American School of Home Economics, Chicago

 By affiliation with the American School of Home Economics, and under our Co-operative Educational Plan, we offer you this complete course in "Home-making" without a cent of cost—only a slight service is required. Why not send a postal today and receive full information?

THE PEOPLES UNIVERSITY

P. O. Box 847 University City, St. Louis, Mo.

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

How to Increase Your Weight!

Improve Your Health, Gain Strength, Brain Power, Tranquil Nerves



Kada-Yaga is a True Natural Remedy, which has none of the Reactionary Effect of all Drug Medicines. If you want to become Healthy and Happy, Send for a Trial Box of Kada-Yaga.

Are you thin? Nervous? Weak? Do you suffer from "all tired out" feeling? Is your health not up to standard? Then get a **TRIAL BOX OF KADA-YAGA** at once. It is the drugless food remedy, so safe, harmless and good that it can be given to everybody from infancy to old age. It is the true proteid nutritive; indorsed by leading physicians. Wonderful in action. To be taken in milk, cocoa or other drink, or mixed in food. Agreeable to taste, acceptable to the weakest stomach. Begins its health-building work immediately. Many patrons say they feel the excellent effect the first day. Read these few extracts from thousands of testimonial letters:

Alfred Eichberg, 616 Wrightwood Ave., Chicago, Ill., writes: "I only weighed 120 lbs. when I began with Kada-Yaga; I now weigh 168½ lbs., a gain of over three pounds weekly; my friends are amazed, health greatly improved."

Mrs. J. M. Cays, 308 Seventeenth St., Washington, D. C., writes: "Since I began taking Kada-Yaga I have gained wonderfully in weight and other benefits. I have now become stout and well."

J. M. Duquette, Rouse's Point, N. Y., writes: "In one month Kada-Yaga has raised my weight 18 pounds and I have proved it by U. S. mail scales here. Am a thousand times grateful."

Mrs. J. T. Keen, Alto, Ark., writes: "When I first obtained a trial box of Kada-Yaga I was almost an invalid; had been under treatment of doctors for nearly two years and could not do my household work! But you would be astonished

now to see me and hear the remarks friends are making of the marvelous change in my health. I tell everybody it is all due to Kada-Yaga."

C. F. Root, Plymouth, O., writes: "Kada-Yaga is the only remedy I ever found that would actually put flesh on my frame."

Mrs. G. S. Hamilton, Cullison, Kan., writes: "Kada-Yaga has already increased my weight 15 lbs. and freed me from gall stones. It cleared my complexion of liver spots and has greatly improved me in other respects."

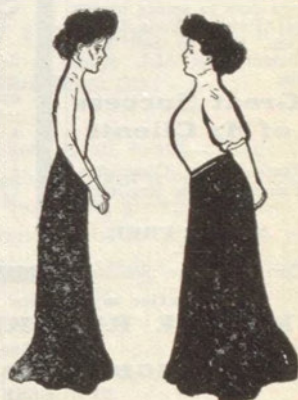
ONE HUNDRED DOLLAR GUARANTEE

Kada-Yaga is one of the most important products of modern science. It is a concentrated food which contains chiefly the albumen of purest milk and eggs with the consistent proportion of natural glycerophosphites. Kada-Yaga is a wonderful producer of pure, healthy flesh and blood. It alters the condition of the user from that of weakness to strength. It is the best and truest drugless tonic for children, growing boys and girls; young, middle-aged and very aged men and women. It is the ideal strengthening food for mother and child. It calms the nerves to peaceful tranquility and at the same time has a remarkably exhilarating and cheering effect.

I want YOU to prove the great value of Kada-Yaga for yourself. I will send you a week's supply—a box full of Kada-Yaga—so that you can have the opportunity to see what it will do for YOU. I shall mail you this box carefully packed, postpaid, on receipt of only 10 cents silver or stamps. I tell you, honestly, that this does not pay my actual cost, but I expect you to be so surprised and delighted that you will order a larger box and that, when you find you are increasing steadily in weight and improving in health, you will recommend Kada-Yaga to your friends.

Do not delay. Send the trifling sum at once with attached coupon. If you do not gain at least a pound through the use of this trial week's supply box, you need only ask me to return your dime and I will promptly do it. And you will know that if you gain weight and improve in health during the first week, you will continue! Now please do not put this aside. Think of yourself and consider other family members or close friends whom you can benefit. Write today and you'll very soon be glad. Address:

WM. J. THOMPSON
649 West 43d Street, D. 1
NEW YORK, N. Y.



Before and After Taking
Kada-Yaga Treatment.

I, William J. Thompson, hereby offer a reward of \$100.00 to any person who will show that **Kada-Yaga** contains alcohol, quinine, nux vomica, strychnine, aloin, zinc, arsenic or any other poisonous drug, and I also offer a special **REWARD OF ONE HUNDRED DOLLARS** to any physician, chemist or other scientist who can prove that, in principle, Kada-Yaga is not capable of increasing the weight safely and with comparative quickness, as well as improving the health.



What Kada-Yaga Does for Thin Women

THIS COUPON

Is Good for **SIX DAYS' SUPPLY** of Kada-Yaga.

This Certificate with 10 cents to help defray distributing expenses, is good for one box, containing six days' supply of Kada-Yaga.

WM. J. THOMPSON, Dept. 1,
627 to 649 W. 43d St., New York, N. Y.

FREE TWO BOOKS:

61-page
"Inventor's Guide"
AND
64-page
"Proof of Fortunes in
Patents
What and How to
Invent."

These books will tell
you how to secure money
to "Patent" Your Inven-
tion, How to Sell Your
Patent, and ALL about
the

**Great Success
of My Clients**

Trade-Marks, Copyrights,
Prints, Labels, Registered

ADVICE FREE.

Correspondence Solicited.

> PROTECT YOUR IDEA!**Patents THAT Pay****"MY TRADE-MARK"**

"Your business will have my personal attention.—" E.E.V.

SPECIAL OFFER

Send me sketches or drawing or model and
description of your idea or invention for FREE
examination of U. S. PATENT OFFICE Rec-
ords and report as to patentability of the same;
—to find out as to whether you are entitled to
a patent will not cost anything;—then, if your
invention is new, upon receiving instructions,
I will prepare ALL necessary (application) pa-
pers. DO THIS AND SAVE TIME AND
MONEY.

WRITE NOW**REFERENCES:**

American National Bank,
Washington, D. C.
Little Giant Hay Press Co.,
Dallas, Texas.
Gray Lithograph Co.,
New York City, N. Y.
Farmers Mfg. Co., Norfolk, Va.
New Era Mfg. Co.,
Fairfield, Ia.
The Parry Stationery Co.,
Oklahoma City, Okla.
Bell Show Print Co.,
Sigourney, Ia.
The Camp Conduit Co.,
Cleveland, O.
The Iowa Mfg. Co.,
Oskaloosa, Ia.
Sam'l Allen & Son Mfg. Co.,
Dansville, N. Y.
The Carl Electric Co.,
Akron, O.
Superior Mfg. Co., Sidney, O.
Tidnam Tel. Pole Co.,
Oklahoma City, Okla.
Bernhard Furst, Vienna,
I. Austria-Hungary.
Compound Motor Co.,
Brooklyn, N. Y.

I advertise my clients' patents free in a magazine having a two million circulation.
MY FEE RETURNED IF "PATENT" IS NOT ALLOWED

(See Above List of References—THEY TALK!)

HIGH CLASS WORK**EXCELLENT TESTIMONIALS**

SUCCESSFUL CLIENTS IN EVERY SECTION OF THE U. S.

Expert—Prompt Services.

Highest References.

846 F ST., N. W.

E. E. VROOMAN, Registered Patent Attorney
Patent Litigation
PATENT LAWYER

Washington, D. C.

My offices are located across the street from the U. S. Patent Office.

Books That Really Help!**Read what this man says:**

"OACOMA, S. D., Feb. 9th, 1910.

"**MAKING THE MAN WHO CAN**' is certainly a masterpiece. If you had never written another line
but those contained in this little book you would be deserving of all the good things you could possibly use or
desire. I think so much of both the 'New Christ' and 'Making the Man Who Can' that I have had them cut
to 6½x4 inches and bound in leather, so that I can always carry them with me for help, study and reference.
Yours truly,

"CHRIS MYHRE, County Commissioner, Lyman Co., S. D."

These books not only tell you **What Must Be Done**, but tell you **Just How to Do It**.

"**NEW SCIENCE OF LIVING AND HEALING.**" Price 50c.

"Worth its weight in gold," says Progress, Minneapolis, Minn.

"**MAKING THE MAN WHO CAN.**" Price, 50c.

The one best book on success.

"**LETTERS TO A WOMAN'S HUSBAND.**" Price, only 15c.

Five letters to Mr. Man, telling him how he, his wife, and the children may all come to be healthy,
good-tempered and happy. Keen, witty, conclusive.

"**THE CONSTRUCTIVE USE OF FOODS.**" Price, 15c.

All you want to know about eating; what, when and how.

"**HOW TO GET WHAT YOU WANT.**" Price, 10c.

The title describes it.

"**A NEW CHRIST.**" Price, 25c.

How to become a MASTER by the methods which Jesus taught. A most valuable book. Printed in two
colors, and neatly bound. Send for it.

The four smaller books with either NEW SCIENCE or "MAKING THE MAN WHO CAN," for \$1.00.
All the six for \$1.35, postpaid.

Send me your address for a descriptive circular, and I will send you FREE the first lesson in my corre-
spondence course, the regular price of which is \$1.00. It may be worth thousands of dollars to you.

Address

WALLACE D. WATTLES,

Elwood, Indiana

Experiences in Self-Healing

WEIGH THE WORDS!



Experience means **LIFE**; real, not theoretical:
Self means **YOU**; not the other fellow:
Healing means but read on:

ELIZABETH TOWNE has lived, loved, seen, read, heard, talked; a life filled with experiences. Various diseases—among them poverty—came and she cured them. This book tells in detail just how, giving her own personal experiences. It is really a brief biography of twenty of her years.

A touch of romance and humor is blended in it so that it makes delightful reading. She describes minutely every method which she employed in self-healing and in healing others. There is nothing in this life story that has been glossed over or omitted. It is a plain, straight-forward statement of vital facts of the kind you will be interested to know about. *The Nautilus* and this book are comrades—the magazine is an evolution from the experiences in the book—the two will help YOU in YOUR evolution.

EXPERIENCES IN SELF-HEALING

Would you go to a blacksmith's for a quart of milk? Would you ask a lawyer to mend your broken arm?

No, of course not!

But, supposing you wanted a certain one of these things done, see how much more reliance you would place on the doer if he had some knowledge of all four.

Elizabeth Towne gives you the cream of all of her work and thought. She has come a long way—each step has made her a Professor of that department of life. She does not preach nor rant—she holds out her hand to you over the hills via this book and says: "Here is what I have done. It has helped me and others. Take it with my love and blessing."

That's why "Experiences in Self-Healing" has gone out by the thousands.

WHAT IS SAID OF THE BOOK:

Mary B. says: "Since reading your book on 'SELF-HEALING' I have cured my husband of the tobacco habit and myself of asthma. And now, after wearing glasses for twelve years, I am writing without them, and a prouder person you never saw."

Mrs. Helen Van Deusen, Troy, N. Y., writes: "Your 'EXPERIENCES IN SELF-HEALING' is simply incomparable. Bless your dear heart for so bravely writing. Of all the thousands of pages of new thought literature I have read not one has appealed to me like your 'EXPERIENCES,' as the right thing to spread broadcast like the Bible."

"EXPERIENCES IN SELF-HEALING"

Contains nine chapters as follows:

Primitive Healing—(Telling How the Author Cured Herself of the Hurry Habit)—The Darkest Hour—(How She Learned to Think and Let Go)—The Dawn—(How She First Saw the Light of Truth and Found a Principle to Live By)—Brighter and Brighter—(How Concentration Was Developed)—Spiritual Tides—(How to Work With the Tides of Spiritual Force)—Just How—(How Spiritual Activity is Awakened and the Love Nature Developed)—The Spirit Leads Me—(How to Get Into Harmony With the Law)—Quick Healing—(Several Instances)—How I Healed My Purse—(How the Yoke of Bondage to Debt Was Thrown Off).

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

NAUTILUS

Is the leading magazine of the new thought and mental healing movement. Helpful articles on health, success, and personal development. It teaches how to grow success, and deals with practical subjects connected with daily living. Not a story book—though it has splendid stories.

Elizabeth Towne's editorials are said to have the largest following of any woman's writings in America.

Ella Wheeler Wilcox, Edwin Markham, Florence Morse Kingsley, Grace MacGowan Cooke, Edgar L. Larkin, W. R. C. Latson, M. D., Thomas Dreier, Wallace D. Wattles, and many others are its regular contributors.

The May *Nautilus* and succeeding numbers will be brimful of helpful, good things! Upon the completion of our serial, "The City Shadow," some splendid fiction for the warmer months by Florence Morse Kingsley, Grace MacGowan Cooke and Marietta Holley, Josiah Allen's wife; some practical, commonsensical, developing thoughts from Wallace D. Wattles and others; and some especially fine things from Elizabeth and William. Things that will help you enjoy the hot weather and make your energies rise with the mercury of the thermometer. Here is a liberal offer:

OUR SPECIAL OFFER

(To New Subscribers Only.)

The Nautilus Magazine, Twelve Months \$1.00
 in Advance.....
 Six Elizabeth Towne Mottoes.....
 A Copy of Experiences in Self-Healing..

All for \$1.00

ELIZABETH TOWNE,
 Holyoke, Mass.

Enclosed is One Dollar. Please enter my subscription for The Nautilus for one year and send me as a premium a copy of **Experiences in Self-Healing** and also six Elizabeth Towne Mottoes.

Name

Address

Town

THE LAW OF Financial SUCCESS

10
CENTS

TELLS YOU IN PLAIN ENGLISH

HOW to make money safely and judiciously.
HOW to judge investments properly and realize financial success.
HOW to acquire the faith necessary for success.
HOW to analyze, develop and utilize your dormant abilities essential to success.
HOW to guide your ambition, concentrate upon your aim and persist until you achieve it, etc.

SPECIAL PAPER-BOUND EDITION
104 Pages - 10 CENTS - 16 Chapters
100,000 COPIES SOLD

MAKING MONEY

is not difficult for the man or woman who follows the instructions contained in the sixteen chapters of this most successful book of the year. The tremendous editions enable the publishers to sell the book at 10c, a price at which no man can afford to be without a copy any more than he can afford to refuse payment for his work or services. **Fill out the Coupon now.**

MONEY IS YOUR BEST FRIEND

Every man and woman realizes it in this day and age.

It works for you through health and sickness and stands by you through thick and thin.

If you are unable to accumulate money--

If your spare money or savings are idle--

If you cannot make your money earn more than savings bank interest--

If you desire to be able to distinguish between good and bad investments, and secure the best profits, or

If you want to better your financial condition generally

You should get this book immediately and learn the laws governing success in the accumulation of money.

**MONEY MEANS
FREEDOM, LIBERTY, INDEPENDENCE
AND THE
POWER FOR GOOD**

If this announcement justifies you in investing 10 Cents in a book which may mean the making of your fortune

**JUST WRITE YOUR NAME AND
ADDRESS RIGHT HERE:**

Name.....

Address.....

Tear out this page, wrap a dime or stamps in it, enclose in envelope and mail to

THE FIDUCIARY CO. 417 Tacoma Bldg.
CHICAGO, ILL.

and **DO IT NOW**

The book will be promptly mailed, postpaid. Whenever you wish to part with it, return it and the 10 cents will be instantly refunded.

READ THESE LETTERS

Thos. C. Land, General Manager Conway Telephone Co., Pawnee, Okla.: "I have read the book and consider it one of the best books published. It is worth more than its weight in gold. I would like to see every young man read this book. I can certainly recommend it."

O. A. Jackson, Mason City, Iowa: "It is a great and good book."

James T. Castle, Manager Buckeye Engine Co., Pittsburg, Pa.: "Have read the 'Law of Financial Success' and find it of so much interest I want you to send me one-half dozen copies, as I would like to distribute same among my friends."

Harry A. Fries, Newark, N. J.: "Book is O. K.; worth twice the money with \$10.00 added to it."

W. L. Wagner, of the Foos Gas Engine Co., Webb City, Mo.: "I cannot tell you in words just how well pleased I am with the book."

John G. Gretzinger, Fullerton, Cal.: "It is worth its weight in gold to me, far better than I expected."

Chas. T. Reid, Watervliet, N. Y.: "It is the best 10-cent value I ever received. A big value is no term for the book."

C. Doss Smith, Ladonia, Tex.: "It is the best thing I have ever read and would not take \$5.00 for it and have to do without it."

C. S. Miller, Holland, Mich.: "Send me another copy of your book, the 'Law of Financial Success.' Words cannot describe my thanks for such a valuable little book."

Louis Priddy, Pierce, Colo.: "Many times the price would not induce me to send the book back."

Many Others on File. None Solicited.

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

MAKING THE MAN WHO CAN

DO YOU OR DO YOU NOT WANT TO SUCCEED?

Why Not Be Bosser Instead of Bossee? ? ? ?

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

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

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

MAKING THE MAN WHO CAN

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

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

When our gem, "MAKING THE MAN WHO CAN," came out, we sent it to a few men, whom we know, and whose opinion we were willing to set before you, with our stamp of approval, for your following. If these men think this, surely here is a criterion for you:

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

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

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

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

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

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

Here are some of the things this new book contains:

Contents

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

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

NAUTILUS

Is the leading magazine of the new thought and mental healing movement. Helpful articles on health, success, and personal development. It teaches how to grow success, and deals with practical subjects connected with daily living. "Not a story book—though it has splendid stories."

Elizabeth Towne's editorials are said to have the largest following of any woman's writings in America.

Ella Wheeler Wilcox, Edwin Markham, Florence Morse Kingsley, Grace MacGowan Cooke, Edgar L. Larkin, W. R. C. Latson, M. D., Thomas Dreier, Wallace D. Wattles, and many others are its regular contributors.

The May *Nautilus* and succeeding numbers will be brimful of helpful, good things! Upon the completion of our serial, "The City Shadow," some splendid fiction for the warmer months by Florence Morse Kingsley, Grace MacGowan Cooke and Marietta Holley, Josiah Allen's wife; some practical, commonsensical, developing thoughts from Wallace D. Wattles and others; and some especially fine things from Elizabeth and William. Things that will help you enjoy the hot weather and make your energies rise with the mercury of the thermometer. Here is a liberal offer:

OUR SPECIAL OFFER

(To New Subscribers Only.)

The Nautilus Magazine, Twelve Months
in Advance..... \$1.00
Six Elizabeth Towne Mottoes.....
A Copy of Making the Man Who Can....

ALL FOR \$1.00

ELIZABETH TOWNE,
Holyoke, Mass.

Enclosed is One Dollar. Please enter my subscription for The Nautilus for one year and send me free as a premium a copy of *Making the Man Who Can*, and also six Elizabeth Towne Mottoes.

Name

Address

Town

HIS MAJESTY KING EDWARD VII CHOOSES AN

ANGELUS PLAYER-PIANO



In December, a few days too late to publish a suitable announcement for the February issue of this magazine, we received the following cable-gram from our European representatives:

"Sir Herbert Marshall Sons & Rose have had the distinguished honor of supplying one of their own make of pianos fitted with the ANGELUS player, to His Majesty, King Edward VII."

Although this is by no means the first time a King or member of royalty, has purchased an ANGELUS, nevertheless this most recent royal tribute is doubly impressive and particularly significant, in view of the fact that all the leading piano-players, both American and foreign, are sold in London.

Therefore, in selecting the ANGELUS, King Edward made his choice from all of the piano-players of the world which could make any claim whatsoever for consideration.

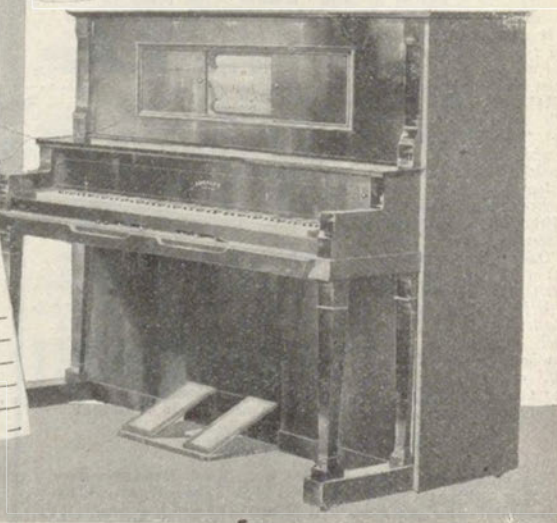
Can any intending purchaser of a piano-player or player-piano afford to overlook this most remarkable indorsement and convincing testimonial to the superior merit of the ANGELUS?

Only the ANGELUS instruments are equipped with the Melodant, the Phrasing Lever, and the Artistry Music Rolls.

The Wilcox & White Co., Meriden, Conn.

The Pioneers in the Manufacture of Piano-playing Devices

Regent House Regent Street London



CABLE MESSAGE.
THE WESTERN UNION TELEGRAPH COMPANY.
ROBERT C. CLARK, President and General Manager.

TWO AMERICAN CABLES FROM NEW YORK TO GREAT BRITAIN.
CONNECTS WITH FIVE ANGLO-AMERICAN AND ONE DIRECT U. S. ATLANTIC CABLE.
DIRECT CABLE COMMUNICATION WITH GERMANY AND FRANCE.
CABLE CONNECTIONS WITH CUBA, WEST INDIES, MEXICO, CENTRAL, SOUTH AMERICA.
MESSAGES SENT TO, AND RECEIVED FROM, ALL PARTS OF THE WORLD.

TO	FROM	NO. OF WORDS	PRICE
London	New York	34	10:03 Am. 190

RECEIVED at Meriden Conn Dec 15 th 1909

Distances,
Meriden, Conn.

Sir Herbert Marshall Sons and Rose have had the distinguished honor of supplying one of their own make of pianos fitted with the ANGELUS player to His Majesty King Edward the seventh

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

THE NAUTILUS.



MRS. DRUMMOND SMITH
BY SIR JOSHUA REYNOLDS, P. R. A.
In Double Overlay Mount, 34 x 26 inches



PORTRAIT OF THE ARTIST'S MOTHER
BY JAMES McNEILL WHISTLER
In Double Overlay Mount, 34 x 26 inches



MRS. ROBINSON
BY THOMAS GAINSBOROUGH, R. A.
In Double Overlay Mount, 34 x 26 inches

FOR THE HOME BEAUTIFUL

WHAT adds so much to the beauty of the home as beautiful pictures? What other factor of home decoration at once so combines the interesting and the beautiful? What memories are so keen and lasting as those of some beautiful picture? One of the world's greatest critics says:—"Nothing so directly and immediately indicates the character of a man as the pictures upon his walls. Nothing in the furnishing of a home conduces so much to refined pleasure as a collection of carefully chosen pictures—you live with them and consciously or unconsciously they are affecting your thoughts in most of the spare moments you spend with them. If, then, the art with which you furnish your home has such an important bearing upon your daily life, it behooves you to place upon your walls pictures of such a character that their effect will be beneficial and inspiring."

The Burlington Proofs were issued two years ago in England to meet the demand for genuinely fine pictures for home decoration at a low price. The Proofs were so beautiful and at the same time so remarkably inexpensive that they immediately took a unique position as the pictures par excellence for the decoration of the home. People and press acclaimed them, and the sale to those who appreciated their rare beauty and cheapness reached into the tens of thousands. From Europe their fame spread abroad until The Burlington Proofs are now looked upon as establishing the standard of quality throughout the world.

THE BURLINGTON PROOFS ARE:

- 1—A series of forty beautiful large plates in perfect mezzogravure from the greatest pictures of Europe and America painted in the last two hundred years.
- 2—Extra large size plates, measuring, mounted in a special bevelled overlay mount of rich Whatman finish heavy plate paper, 34 x 26 inches.
- 3—Perfect plates in the world-famous mezzogravure process, printed on genuine hand-made Japanese tint paper, completely mounted ready for the frame, thereby saving the considerable cost of the usual special mount.
- 4—The ideal pictures for home decoration, perfect in quality, attractive in subject, and of large size, measuring, mounted, 20 times the size of this full page.



THE PRINCE OF ORANGE
BY SIR ANTHONY VAN DYCK
In Double Overlay Mount, 34 x 26 inches

The Burlington Proofs comprise splendid reproductions of the greatest paintings of Frans Hals, Sir Anthony Van Dyck, Sir Joshua Reynolds, P. R. A., Thomas Gainsborough, R. A., George Romney, J. M. W. Turner, Dante Gabriel Rossetti, Sir Edward Burne-Jones, Sir John Everett Millais, P. R. A., George Frederick Watts, R. A., Corot, Millet, Meissonier, B. W. Leader, R. A., John MacWhirter, R. A., Peter Graham, R. A., Josef Israels, James McNeill Whistler, and others of equal importance.

A Special Introductory Price has been placed on these splendid pictures which is less than one-third the price of any other pictures in any way approaching them in quality. They will be a revelation to you. They will enable you to cover the walls of your home with beautiful reproductions of the masterpieces of the greatest painters. The beautiful Catalogue will give you a hint of their rare beauty.

Send To-day for the Charming Fine Arts Mezzogravure Catalogue. A beautiful Catalogue of The Burlington Proofs in mezzogravure miniature will be sent to those interested, *postpaid and free*. This Catalogue contains, aside from the thirty-seven charming little miniatures of the full series of The Burlington Proofs, an article on "The Purpose of Pictures in the Home," by Sir Martin Conway, one of the greatest of living art critics. The Catalogue and full information regarding Special Introductory Prices will be sent at once on receipt of the Coupon properly filled out. The Catalogue is a thing of rare beauty. Send for it to-day.

The pictures shown on this page are but a few of many. Send for the Catalogue that you may see the full series

**DOUBLEDAY-PAGE
ART COMPANY**
133 East Sixteenth Street
NEW YORK CITY

REINTHAL & NEWMAN
106 W. 29th St., New York City
SOLE TRADE DISTRIBUTORS

MAIL THIS

COUPON TO-DAY

The Doubleday-Page Art Company
133 E. 16th St., New York City

Dear Sirs: I am interested in The Burlington Proofs, the new pictures for home decoration, and shall be pleased to receive the Mezzogravure Catalogue of miniatures and full information regarding your Special Introductory Prices, terms, etc. (N.M.)

Write Clearly

Name in Full.....

Occupation.....

Address in Full.....



THE BIRCH, THE ROWAN AND THE PINE
AND THE GRAMPIAN HILLS
BY JOHN MACWHIRTER, R. A.
In Double Overlay Mount, 34 x 26 inches

VIBRATION IS LIFE

Read What Others Say

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

Upon the request of my sister, who urged me to use her great Electric Vibrator on my son when I was thoroughly hopeless of his cure from physicians' treatment, I write you this recommendation. My son is 16 years old, and eight months ago became paralyzed from the after-effects of diphtheria. He was so badly afflicted that his arms and limbs were twisted out of shape and was confined, all doubled up, in his bed. Medicine and attention did no good, and I had become discouraged in all ways. After treating first his spine at the base and then his limbs with your vibrator he felt such relief that I kept up the treatment regularly, with the result that we soon had him around in a wheel chair. Next he was going around on crutches, and now, after three months' treatment, he is going around with a cane and will soon be entirely cured.

3122 Indiana Ave., Chicago.

MRS. C. KNIGHT.

WHAT A DOCTOR SAYS

I have received your Vibrator, and to say that I am well pleased with it is not enough. I wish I could tell every physician just how he needs one in his office. I am sure he would not hesitate to place his order for one at once.

Longmont, Colo.

DR. W. H. EASTER.

VIBRATOR BEST FOR RHEUMATISM

My husband uses your vibrator for rheumatism and says he never had anything so good in all his experience. I would not be without it myself, as I find it is good to relieve stomach pains, back ache, and besides I continually use it for face massage. I used to go down town for that, while now I save the money and the time, besides being comfortable in my own home.

2935 Vernon Ave., Chicago, Ill.

MRS. S. H. BROWN.

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

This Valuable Book, "Health and Beauty," NOW SENT FREE



This Wonderful book describes the human body in health and disease so plainly and clearly that anyone can understand. It tells how to get healthy and beautiful and how to keep so. This book tells you what vibration will do for you and how you can get the White Cross Electric Vibrator sent right to your home for an actual free trial.

SIGN this COUPON

Get this valuable free book at once. No matter how healthy you may be now the time will come when you will need this book badly. It may save your life or the life of some of your loved ones. Learn all about our offer—the most astounding and generous offer ever made. Don't wait. Don't delay. Sign the coupon NOW!

LINDSTROM SMITH CO.,
Dept. 2984
253 La Salle St.,
CHICAGO, ILL.

LINDSTROM SMITH CO.,
253 La Salle St.,
Dept. 2
CHICAGO, ILL.

Name.....

Address.....

SIGN THIS COUPON AND MAIL TODAY

The secret of the ages has been discovered in **Vibration.**

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

The White Cross Electric Vibrator On Free Trial!



This wonderful instrument gives you the three greatest natural curative forces in the world—Vibration, Faradic and Galvanic electricity.

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 it removes pains and aches—how marvelously it cures. We take all the risk.

Cures These Diseases

Rheumatism, Headache, Backache, Constipation, Kidney Disease, Lumbago, Catarrh, Scalp Diseases, Skin Diseases, Deafness, Weak Eyes, General Debility, Nervousness.

A Vibrating Chair Free

With the White Cross Vibrator you can make a perfect vibrating chair out of any chair. A chair which will give you the same results as the kind used in the biggest hospitals and sanitariums. You cannot do this with any other vibrator in the world. Swedish Movement in your own home. You can give yourself the very same treatments for which specialists and sanitariums charge from \$2.00 to \$3.00 each. The nervous, irritable, worn-out man or woman will obtain quicker and more permanent benefit from a few minutes each day in the vibrating chair than from hundreds of dollars worth of medicines.



Please mention NAUTILUS when answering advertisements. See guarantee, page 3.