


THE NAUTILUS

MAGAZINE OF
NEW THOUGHT



If you want to succeed
in the world you
must make your own
opportunities as you go on.
The man who waits for some
seventh wave to toss him on
dry land will find that the
seventh wave is a long time
coming. You can commit no
greater folly than to sit by
the roadside until some one
comes along and invites you
to ride with him to wealth
or influence. Don't wait for
a boost. Give yourself a new
deal and play the game!

Published by
ELIZABETH TOWNE
HOLYOKE, MASS.

New Year, 1911

PRICE 10 CTS.

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How do you feel right now—this minute?

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


TRANSCRIPT HOLYOKE, MASS.

33

DEC 28 1910

THE NEW DEAL NUMBER

THE NAUTILUS

MAGAZINE OF
NEW THOUGHT

If you want to succeed in the world you must make your own opportunities as you go on. The man who waits for some seventh wave to toss him on dry land will find that the seventh wave is a long time coming. You can commit no greater folly than to sit by the roadside until some one comes along and invites you to ride with him to wealth or influence. Don't wait for a boost. Give yourself a new deal and play the game!

Published by
ELIZABETH TOWNE
HOLYOKE, MASS.

New Year, 1911

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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.

- ALLEGHENY, Pa.**—W. L. Peters, The Gospel Light Co., 12 Federal street.
BOSTON, MASS.—The Metaphysical Club, 211 Huntington Chambers, 30 Huntington avenue.
BLOOMFIELD, Iowa.—Mrs. Stella W. Teed, North Madison street.
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.
CALGARY, Alberta, Canada.—Mrs. M. Mason, 236 Eighth avenue, West.
CHICAGO, Ill.—The Progressive Thinker, 40 Loomis street.
CHICAGO, Ill.—The Progress Co., 515-519 Rand-McNally Building.
CHRIST CHURCH, New Zealand.—Ida M. Bruges, Fendalton.
CINCINNATI, Ohio.—Lotos Library, 701 Mercantile Library Bldg.; Annie Melvor, librarian.
DENVER, Col.—Dr. Alexander J. McI. Tyndall, 526 14th street.
DENVER, Col.—Mrs. Edith Marie Raymond, 302 Twenty-second 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.
HUMBOLDT, Iowa.—Armetta M. Flowers.
JULIAETTA, Idaho.—S. A. Roe, M. D.
LONDON, England.—Higher Thought Center, 10 Cheniston Gardens, W.
LONDON, England.—L. N. Fowler & Co., 7 Imperial avenue, E. C.
LONDON, England.—Power Book Co., 29 Ludgate Hill, 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.
LOS ANGELES, Cal.—Whalen's News Agency, 233 South Spring street.
MELBOURNE, Australia.—Miss E. R. Hinge, 178 Little Collins street.
NEW YORK CITY.—New Thought Free Reading Room, N. Y. American Bldg., Columbus Circle, Broadway and 59th St.
NEW YORK CITY.—New Thought College Free Reading Room, 110 W. 34th street.
NEW YORK CITY.—Roger Bros., 429 Sixth avenue.
NEW YORK CITY.—Dr. Richard B. Schleusner, 134 West 20th street.
OAKLAND, Cal.—Rest Reading Rooms, 719 14th street.
OKLAHOMA CITY, Okla.—Institute of Human Science, 318 East Seventh street.
OMAHA, Neb.—The Vitapathic Sanatorium, 2319 S. 18th street.
OMAHA, Nebr.—Omaha New Thought Fellowship, Room 3, Lyric Theatre building. Services, Sunday morning, 10 o'clock; Wednesday night at 8 o'clock.
PHILADELPHIA, Pa.—Mary E. Brown, 1839 N 11th street.
PITTSBURG, Pa.—Dr. H. Lewis Belknap, 813 Wood street, second floor Wilkinsburg 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.
SALT LAKE CITY, Utah.—Shepard, the Magazine Man, 77 East 3d South.
SEATTLE, Wash.—Raymer's Old Book Store, 1522 First avenue.
SHANGHAI, China.—International Subscription News Co., J. Thompson, Mgr., American P. O. Box 922, 5a North Soochow Road.
SPOKANE, Wash.—Spokane Book and Stationery Company, 114 South Post street.
ST. LOUIS, Mo.—H. H. Schroeder, 3537 Crittenden street. German publications a specialty.
ST. PAUL, Minn.—Ida Willis Goldsmith, 606 Dayton 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.

- SANTA BARBARA, Cal.**—Ramona Book Store, J. M. Barbour, Prop., 707 State street.
SPRING VALLEY, Minn.—Mrs. Rose Howe, Box 165.
TORONTO, Can.—W. H. Evans, 488 College street.
VALPARAISO, CHILE, S. A.—Georgina Hammer-ton, Carilla, 271 P. O. B.
WASHINGTON, D. C.—The Washington Therapeutic Societies Circulating Library and Reading Room, Room 617, New Evans Bldg.
WASHINGTON, D. C.—Oriental Esoteric Society, 1443 Q street, N. W.
WILLIMANSETT, Mass.—Mrs. S. A. Emerson, 30 Emerson street.
WINNIPEG, Man., Can.—Prof. R. M. Mobius, 494½ Main street, Suite 1.
YOUNGSTOWN, O.—Flora G. Whiteside, 108 West Wood street.
THE AMERICAN NEWS COMPANY, through its various branches supplies *The Nautilus* on a returnable basis to all newsdealers who request it. If your newsdealer hasn't it on sale please suggest that he send in an order.
AMERICAN WOMAN'S LEAGUE.—*The Nautilus* is a Class A publication. Subscriptions taken by every American Woman's League Chapter in the country.

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Little Booklets With Big Ideas.

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.—The above booklets will not be sold in quantities less than twenty copies, but orders of twenty or more may include all booklets.

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By Elizabeth Towne.

This is a 16-page booklet, larger than any of the others. A new edition of "Round Pegs and Square Holes."

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THE HOME CORRESPONDENCE SCHOOL
Dept. 347, Springfield, Mass.

Nautilus News.

By THE EDITORS.

Best Wishes to You.

Here's wishing YOU the happiest and most prosperous year of your life, with better work and wider helpfulness than ever before.

And here's knowing that you can make the New Year all you desire, and that thereby you will insure still better years to come.

May this, our New Deal Number, help you to survey your mental possessions, eliminate the less desirable activities, and deal yourself new hope, usefulness, love, joy, gentleness, and faith.

May you aspire, and inspire wisdom with which to play the game to better advantage than ever before, for yourself, for those of your household, for those of your neighborhood, for all people of all the world.

Votes for Women.

The February Number of *Nautilus* will be a special Votes-For-Women Number. I didn't know how interesting such a number could be until I began to get together the articles which are to appear in it. Among those whose opinions will be given in the February *Nautilus* are Dr. Charles W. Eliot, Jane Addams, and Ben Lindsey. There will be a practical presentation of the effects of equal franchise on Denver in particular and the state of Colorado in general. This is written by a brilliant woman, prominent in Denver society and civic work. Another article will give brief sketches, along with portraits of a dozen women in this country who are prominent in the business world, whose votes would help the world along. There are other good things on this subject, too numerous to mention. Read the number and you will laugh with some and rejoice with others. Also you will find out what progress this movement is making and how *The Nautilus* stands in regard to it.

Practical New Thought.

The Votes-For-Women articles are an added feature of February *Nautilus*. They will appear in addition to the full quota of special new thought articles, editorials, and departments. Among the special subjects represented will be these:

"The Lost Arts of Childhood," by W. R. C. Latson, M. D.

The conclusion of "The Mother As A World Power," by James Henry Larson, Ph. B.

"The Soul of Things," by Clare Doyle Olin, a new view of evolution and nature, including man.

"A Simple Remedy for Several Ailments," by Walter De Voe—practical new thought and common-sense methods.

If there is room you shall have "A New Thought Consideration of Divorce" by Gurdon A. Forsy.

(Continued on Page 2.)

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

Try the Flavor MAPLEINE In Cooking

A rich, mild, sweet mellowness which transforms the every-day milk puddings, custards, cakes, frostings, cake fillings, sauces, fudges, candies, etc., into enticing and original dainties.

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SOCIAL
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in
POLITICS
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BUSINESS
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When the toastmaster arises, looks over the expanse of tables, and says, "We have with us to-night"—how would you feel if he means you?

Grenville Kleiser's Personal Mail Course in Public Speaking takes only fifteen minutes of your time daily in your home or office. It makes men easy, forceful speakers on all occasions—it develops mental power and personality, and increases your earning capacity. The cost is very reasonable.

"I consider your Course as worth its weight in gold. I have spent some time and money with vocal teachers, but I regard your lessons as the most helpful, the most economical, of any I have ever taken."—Arthur J. Whiddon, Waterville, Wash. (Aug. 31, 1910.)

Write to-day for full particulars of Course

FUNK & WAGNALLS COMPANY, Dept. 120 NEW YORK

(Nautilus News Continued.)

The February instalment of "As A Grain of Mustard Seed" is more exciting than ever—a most unusual story in itself.

And *maybe* there will appear the first instalment of Mariella Ladd's series of articles on "The Meal and the Man," with a number of scientific recipes for tasty dishes. And there will be a new poem by Edwin Markham.

Among the subjects treated editorially will be: The Personal God, God's Person, Divine Commands, If You Mind God, Moses and the Law which is Fulfilled; all these matters and others made practical for daily uplift.

A New Deal for You and Your Friends.

Yes, all our Christmas offers are still good!—until January 31st, and then most of them will be withdrawn.

1. You may have ten subscriptions to *The Nautilus* for \$5.00, provided you send them all in at one time, all the subscriptions to go to people new to our records, no two to the same address.

2. You may have three subscriptions to *The Nautilus* for the price of two. At least two of these subscriptions to go to new addresses, to people who are not already subscribers to *Nautilus*. And all three subscriptions to go to separate addresses.

3. Or you may have two new subscriptions to *The Nautilus* and any one of our dollar books—\$3.00 worth of publications for only \$2.00; the two subscriptions to go to two addresses not already on our list, the book to be sent anywhere you wish. For a list of our publications see page 6.

4. And you can still earn a set of Kipling's works for yourself or some friend. You can have a set of the Lotus edition of the works of Rudyard Kipling, 10 volumes, with a neat little book rack to hold them, *all without costing you one cent*. Just send in five new subscriptions to *Nautilus* at \$1.00 each, to be sent to five separate addresses new to our records, and the books are yours, carriage prepaid. "These are the books described in "Nautilus News" for September.

5. You may have one of those beautiful Burlington Proofs, your choice of forty subjects selected from an illustrated catalogue—you may have one of these, carriage prepaid, if you send us in six new subscriptions to *Nautilus* at \$1.00 each.

6. You may have any one of our dollar books free, if you send us in two new subscriptions to *Nautilus* at \$1.00 each, or you may have the book and one new subscription for \$1.60. For list of publications see page 6. (By the way, you will find a special discount offer at the end of that list.)

The Theaters In Your Town.

We are getting all sorts of happifications over our Special Dramatic Number for November.

Keep that number for reference, and whenever you have an opportunity to see one of the plays mentioned, be sure to do it. New thought has already taken

possession of the theater at its source—New York city—but it needs to take possession of the playhouses in *your* town as well. Keep yourself informed in regard to new thought plays. Write to the management of your local theaters and call for these good plays to be produced in your city or town. In this way you can use your influence to make your local playhouses a power for good. Playhouses have come to stay and the only sensible thing is to invite good clean, inspiring plays and players, and leave the poor and smutty things to hit the ties and repent.

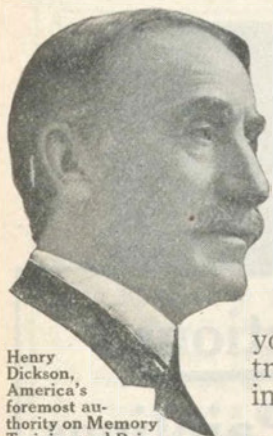
I have just received a letter from Miss Constance Collier who stayed in Europe so long that she didn't get into our Dramatic Number. She says she is very much interested in new thought and will be glad to write us an article, if it isn't too late. So I am asking her to write the article anyway, and we can use it for spice in a post-dramatic number! William and I have seen her twice, in New York. She is wonderful and beautiful and we are delighted that she is so interested in new thought.

"I have been reading *Nautilus* for nearly two years now. It has changed my state from a mere existence to LIFE, worth living too. Success to you and yours, and the world, and may *The Nautilus* expand well nigh to 'busting'."—GERALD MOSSMAN, Winnipeg, Canada.

In searching for a remedy to ease the pain through a conscientious orthodox Christian, I first began reading *Christian Science*, and later *NAUTILUS*. God bless ALL new thoughters. How I wish I had more fully understood the underlying or basic principle of this new old power years ago.—JULIA E. CLAYPOOL, Newtown, Ind.

Dear Betsy Lois (as mother always persists in calling you); I have just got home from down town, and found your postal awaiting me. All the *NAUTILUS* is lovely, but it is the cover that takes our eye (the Christmas number). Is it any wonder that greedily and ungratefully we wish, with our ritualistic proclivities that there had been more Christmas numbers! With many, many thanks.—FRED BURRY, Toronto.

The promptness with which the books were forwarded is exceedingly appreciated.—I had made special request at the P. O. and they were delivered at my house before seven o'clock Sunday morning. They are being carefully read and re-read with a resulting degree of salutary effect and benefit that is indeed most gratifying. These books are certainly among the very best of their kind, and you are to be congratulated upon your part in the uplift afforded humanity through the distribution of literature of this character. I enclose a small check to apply on my subscription to *Nautilus* after deducting any charge that should be made for postage or pamphlets, and after a little consideration in reference to certain friends, I shall probably order some more of the books.—W. E. MARSH, Clerk U. S. Senate Committee on Mines and Mining, Washington, D. C.



Henry Dickson, America's foremost authority on Memory Training and Principal of the Dickson School of Memory.

This Dollar Memory Book For a Dime

This is an unusual offer—accept it today—you owe it to yourself to know what memory training really is and how vitally important is a perfect memory.

Prof. Henry Dickson's Lecture on "Memory," originally delivered before the Metaphysical Society at Los Angeles, and by request repeated before many prominent societies and at the Auditorium, Chicago,

tells you just how easily and quickly you can acquire those retentive and analytical faculties which contribute so much to your business, political or social success.

No matter who you are, what you do or where you live, you should read this book and learn just how a perfect memory will help you to greater success—you are no greater intellectually than your memory.

This book is finely printed on heavy paper, bound with Deckle Edge, published to sell at \$1. Fill out the coupon below, enclosing a dime and obtain a copy. Its reading points out the beginning of greater things than you ever dreamed of before.

Who Is Prof. Dickson?

He was one of the first educators to discover the universal and primary need of systematizing the faculties of memory. He was the pioneer in the application of this newly discovered principle, that exercising the faculties of memory was absolutely necessary for a successful career.

Prof. Dickson is backed by a national reputation and experience as a teacher, extending over 20 years, in the leading Universities and Schools of the land. His students learned so much more easily and so thoroughly retained their acquired knowledge, that his methods of Memory Training attracted world wide attention.

The result was the foundation of the Dickson School of Memory. The fame of this school and its unique and successful system of home instruction has spread over the entire country and its successful graduates fill every walk in business, political and professional activity.

While the weakest memories can be strengthened, you must not imagine that Prof. Dickson's system of home instruction is applicable to this class only. Many of the most intellectual men of the day have availed themselves of Memory Training.

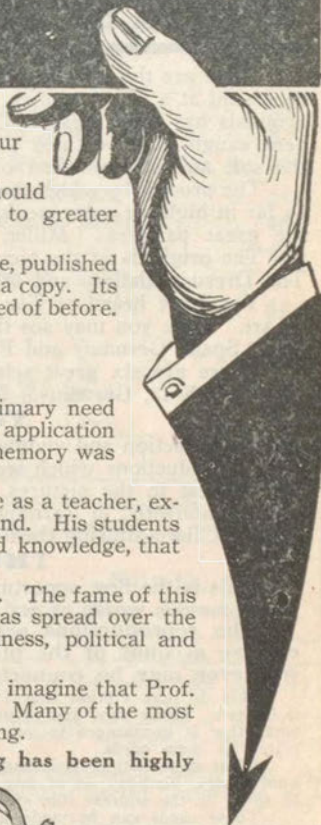
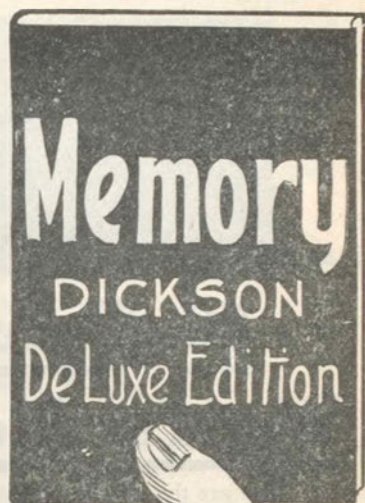
The Dickson system of home instruction in Memory Training has been highly recommended by such notables as Elbert Hubbard, Prof. David Swing, Dr. Latson and thousands of others.

How He Can Help You

As he has helped thousands of successful men and women, so he can help you. His system teaches you—How to remember names and faces, facts and figures—How to focus your mind instantly on the small but vital points of a business proposition, to use it effectively without burdening the memory—How to think on your feet and make an extemporaneous speech and deliver it unhesitatingly—How to overcome bashfulness and to converse in the natural, easy, interesting way that wins friends—How to acquire the faculty of systematizing your memory so that no matter what your vocation may be, you are assured a greater success.

There are no tedious lessons or long hours of study, just a simple, unfailing memory system. Easy to learn and easy to adopt.

"The Key To Success"



Fill Out the Coupon
Mail It Today—It Means Success
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50 Beautiful Reproductions World's Most Famous Paintings

These are the most beautiful and inspiring reproductions of the great masters that have ever been sold at a popular price, I believe. The perfection of the marvelous coloring of the famous originals has been preserved. That mystic something which the artists call "atmosphere" has been caught and retained to a wonderful degree. Hold the cards at arms length and you get the soft atmosphere effect of the originals.

The process by which these pictures are printed is a new one. It is the grandest achievement so far in high art color work. Through these pictures one may enjoy to the full the works of the great painters: Millet, Meissonier, Lerolle, Raphael and about thirty other great artists.

The originals of the pictures hang in the National Gallery, London; The Louvre, Paris; The Dresden Gallery and other famous galleries of Europe.

You have heard of *The Angelus*, *The Gleaners*, *The Shepherdess* and other famous works of art. Here you may see them without the expense of a trip abroad. The art treasures of Italy, Spain, Germany and France have been ransacked for this collection.

There are six great schools of art represented in this series: Spanish 3, Italian 9, French 19, English 13, German 5, Dutch 3.

YOU WILL BE SURPRISED

at the life, action and vividness of these wonderful art pictures. A glance at the small half-tone reproductions which we show here will convey to you a slight idea of the living, breathing interest in the pictures, and the stories they tell on the face of them. You become intensely interested in learning more about this wonderful de luxe edition of the MASTERS, and you feel like acquiring them so you can see yourself how interesting the pictures are in colors.

THIS MEANS MUCH TO YOU

This is the first opportunity you have had to acquire such perfect reproductions of these world famous works of art at an expenditure of only a few cents.

The reproductions are regular post-card size, and on the back of each is printed a concise account of the picture, what gallery it is in now, the life of the painter, and whatever may be connected with the painting of an educational value.

This de luxe edition that I am now advertising is the first edition printed from the original plates, and is limited. There may, and probably will be several other editions, but this particular edition is of such a character that it guarantees to you the finest postcard that can be bought. There is no value that can be estimated on these cards.

What more fitting, beautiful, inexpensive and suitable remembrance could you send your friends on any anniversary, birthday, or at any time than one or several of these cards? There is about 2½ square inches of space on the address side of each post card which may be devoted to a message.

These cards can be made a liberal education in art in any family or school. Many schools are already using them because of their educational value in teaching children the highest in art and biography.

VERY SPECIAL LIMITED OFFER

I will send this complete set of 50 cards (no two alike, in handsome de luxe box) and *Nautilus* 6 months to any NEW subscriber for only 50 cents. We will also include a sheet of special instructions, by Elizabeth Towne, telling how to use the cards in entertaining and training children. Cards and subscription sent to separate addresses, if requested.

NOTE. If you are already on our list, send us one NEW 6 months' subscriber, at the regular price of 50 cents, and we will mail a set of the cards to your address as a premium.

USE COUPON.

.....
ELIZABETH TOWNE, Holyoke, Mass.

For enclosed 50 cents send the 50 Art Cards and *Nautilus* 6 months to

Name and

Address

THE NAUTILUS.

Vol. XIII.

JANUARY, 1911.

No. 3

CONTENTS:

Editorials,	Elizabeth Towne, . . 11 to 18
A Dream of God, (New Poem),	Ella Wheeler Wilcox, . . 19
A Blossoming Wilderness,	Ida C. Murray, . . . 20
The Practical Advantage of American Brag,	Cora Linn Daniels, . . . 22
Discontent, (Poem),	John E. Dolsen, . . . 24
The Shadow of Thy Wing,	Bertha Forbes, . . . 25
Sermons of a Scientist,	W. R. C. Latson, M. D., . . 27
Your Selection,	Fred G. Kaessmann, . . . 30
Thirty-five Years of Nervousness,	John I. Harden, . . . 31
Searching for a Still Higher Consciousness	Edgar L. Larkin, . . . 34
What Matters Creed, (Poem),	Helena Korte, . . . 36
As a Grain of Mustard Seed, (Continued Story),	Wallace D. Wattles, . . . 37
The Mother as a World Power,	James Henry Larson, Ph. B., 42
The Bluebird,	S. Jay Kaufman, . . . 44
The Eternal Order, (Poem),	J. Randolph Holmes, . . . 46
Men and Women, 47
Views and Reviews,	William E. Towne, . . . 50
Things That Make for Success, 54
The Way the Wind Blows, 56
Family Counsel, 58
The Man You Meant to Be,	Arthur W. Beer, . . . 59
Little Visits, 60
Anent Books and Things, 66

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THE NAUTILUS.

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Prof. Edgar L. Larkin
Wallace D. Wattles
W. R. C. Latson, M. D.
S. Jay Kaufman
Thomas Dreier
Adelaide Keen

Editors

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

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They are all painted on the best chiffon cloth—with or without borders—and sell complete for \$35.00 per gown. They cannot be seen in any of the department stores—they are only sold by my New York agent or myself. My new blended border effects are a specialty.

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THE pages of Health Books teem with good advice—useful advice—about ailments, and how they can be conquered. Much of it has done good, and yet the full effect of the Nature Cure principles on which the advocated treatments are based cannot be obtained by sufferers putting them to the test.

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Throngs of sufferers have been made well by HEALTH BY MAIL'S System of Natural Curative Treatment, administered personally by Dr. C. K. Vliet. He

gives his individual attention to the case of every patient. He prescribes the course of treatment, after having carefully studied the conditions of the sufferer, and gives the most minute direction to all his patients until they secure the coveted health.

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See What One of Our Patients Says.

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From the beginning of the treatment to the moment when a cure is effected, Dr. Vliet gives his personal attention to the sufferer. The time to write Dr. Vliet is NOW. Ask for diagnosis blank (H) and large, FREE booklet.

C. K. VLIET, M. D.—Head Physician

HEALTH BY MAIL, INC.

109 West 129th St.,

New York City

Read the Opposite Page—Then Read What This Man Says. This is One of Hundreds!!!

422 Dewey St., Bridgeport, Conn.,
September 28, 1910.

DEAR DR. VLIET: A few months ago I wrote to you for help. I was a poor, miserable wreck with stomach trouble, nervousness, general debility and in fact suffering all kinds of aches and pains that a human being could have. I was treating one ailment with drugs and at the same time making another worse, till I finally broke down entirely, became despondent, and just dragged myself around by sheer will power. Every few days I was confined to my bed and began to think that I would soon be an invalid.

A friend told me to try some natural treatment. At first I laughed at him and said nothing could help me. I finally came across your advertisement and answered it. I sincerely believe if I had not I would not be here to write this letter today. I am sending you some photos so you may see for yourself how *I have developed, a sickly skeleton of 110 pounds to a well and perfect man of 140 pounds.* That is the result of your wonderful treatment. I don't think that I could feel any better than I do now, and I am the happiest man in the world. My daily work is a pleasure to me and the whole world is brighter. I have forgotten what a pain feels like. My endurance is wonderful. I never catch cold, and in fact I must say I am just enjoying life; yes, the life I never expected to live!

Your advice and instructions have been most valuable to me and I cannot express on paper my gratitude toward you, nor can money pay for the good you have done me. May you long live to help others who are suffering. I remain,

Your friend forever,
(Signed) RICHARD E. SMITH.

BEGIN NOW. Get the pen; open the inkwell; write on the paper. Dr. C. K. Vliet wants to hear from you. He wants to personally know all about your ailment. And he wants, beyond all this, to prescribe for you a Nature curative course that will make a new being of you.

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HEALTH BY MAIL, INC.

109 West 129th St.,

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Your Last Chance

OFFER WILL NEVER BE REPEATED AFTER JANUARY 9th, 1911

Special Announcement of Great Interest to Students of Psychology and Suggestive—Therapeutics

We have entered a new era in the progress of the Weltmer Institute and we must make all of our work conform to the general plan for the most rapid and permanent progress.

On account of the steady growth of the Institute, larger buildings and grounds have been needed. September 20th, in Legal Session the Stockholders of the Weltmer Institute of Suggestive Therapeutics Company authorized the Directors to have issued and sold \$150,000.00 of **First Mortgage 5 per cent Gold Bonds**, for the purpose of buying the Lake Park Springs property and building and equipping a Hotel and Sanitarium of 150 rooms.

On September 24th, Mr. Simeon H. West, of Leroy, Illinois, a patient under treatment, all unexpectedly purchased the beautiful Lake Park Springs, south of Nevada, adjoining the city limits, and at the end of the Street Railway, and placed it at the disposal of the Directors, making a deed with a clear abstract of title to the Weltmer Institute of Suggestive Therapeutics Company.

We are now selling the bonds and will make our new building for a **Health Resort Hotel, Sanitarium and College** in the beautiful Park, and in connection with our School and Sanitarium, establish **Radio Springs Health Resort**.

We will begin building on March 1st, 1911, and expect to be fully installed in our new quarters before September 1st, 1911.

After entering our new quarters we will not accept any students in the classes for less than the Four-year Collegiate Course; the charge for same is \$450.00.

Enroll now and save \$300.00. Write for Prospectus.

The Class enrolling January 1st, 1911, will be the last that will be accepted for a Complete Short Course at the School. The charge for the Complete Short Course is \$150.00 with \$101.50 worth of books furnished, and the time required is only fifteen weeks.

If you miss this chance you will have to pay \$450.00 and take a four-year Collegiate Course to qualify to practice Suggestive Therapeutics.

Make whatever small sacrifice is required, and come to the January Class of 1911.

The Weltmer Institute is the Parent School of Suggestive Therapeutics and is the School which has fought for and secured legal recognition for all systematized schools of Mental Therapeutics.

It is headquarters. It is to Suggestive Therapeutics what Oxford is to Medicine.

The course of applied psychology taught in connection with our regular courses is not to be equaled in any College or University in the world.

The Weltmer Institute is an open forum and teaches everything pertaining to Psychology or Suggestive Therapeutics, which it is able to demonstrate, and nothing which it is unable to demonstrate.

You must enroll in advance to be sure. To enroll send \$50.00, which is less than one-half the cost of the books; and we will enroll you; reserve a desk and send you all of the written courses and the books above described and give you credit for the full amount paid when you enter the class on Jan. 1st, 1911.

THIS OFFER WILL BE EXTENDED ONLY TO THE FIRST 140 PEOPLE WHO APPLY.

USE THE COUPON BELOW

WELTMER INSTITUTE OF SUGGESTIVE THERAPEUTICS COMPANY. Nevada, Missouri.

GENTLEMEN: I enclose herewith \$50.00 for which please send me the Complete Correspondence Course (price, \$85.00 cash) and the other text-books (cash price \$16.50), and reserve a desk and enroll me as a member of the Class beginning January 1st, 1911, with the understanding that I will be fully enrolled by Paying \$100.00 more on tuition at that time.

Yours truly,

Mr. Mrs. or title:	First name:	Middle name:	Last name:
Occupation:	Business address:		Street number, etc.
Residence:	City	Street number, etc.,	State:
Remarks:			

140 ————— DO IT NOW ————— 140

Students will be accepted until January 9th, 1911.

"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.

JANUARY, 1911.

VOL XIII
No. 3



A Happy New Year to you!
May it be a happy one for YOU—
mentally, physically, individually,
collectively—happy in home, love,
religion, politics, society, and in
the great school of business; happy
to you, happy to many more whose
happiness depends on you!
So may each year be happier than
the last.

A Jewel.
You are a jewel!
In exactly the
right setting.

But the setting
may be made over.

Nobody can make it over but you.
You are the jewel that polishes itself
and secretes its own setting.

The world is ready for a new deal
—let us have World Peace and Good
Will.

As You See It.
If you approved
yourself more deeply,
and quit seeking
so much for surface
appreciation of self and others,
you would get beyond the stage where
you would be "absurdly set up" over a
little approval from anybody.

There is no excuse for anybody in
this world living a "stupid and com-
mon life." No life is stupid and com-
mon unless the person himself looks at

it in that light. And if he looks at it
in that light he is simply looking at it,
not in the light, but in the darkness.

All life is beautiful.

Every experience is lovely, every
common bush afire with God.

It is up to you to glorify good in
your life, and to enjoy it forever.

You are a genius, but the world will
never know it unless you quit excusing
yourself and get down to business.

Sign Boards.
In Thibet the post-
ing of bill-boards on
the scenery becomes
a fine art. Every-
where, says a traveler there, you will see
beautifully illuminated sign boards, but
instead of lauding somebody's fish cakes,
or condensed milk, these boards contain
aphorisms from the sacred writings.

Here are four samples from hundreds
of illuminated mottoes which may be
seen decorating the roadways and
streets, hillsides and hollows in Thibet:

"Speech should float forth freely like a bird
in the sky, and be clothed in charming dress
like a goddess."

"Speech should be bold as a lion, soft as a
gentle hare, impressive as a serpent, pointed
as an arrow, and evenly balanced like a scepter
held in the middle."

"The Ten Faults—Want of faith, disrespect
for teachers, unpleasant conduct, covetousness,
talking too much, laughing at another's mis-



EDITORIALS

BY ELIZABETH

fortune, using abusive language, getting angry with old people, robbing and pilfering."

"The Roots of Quarrels are three, namely: Yes (assertion)! what (doubting sarcasm)! and you (abuse)!"

Your thoughts, aims, aspirations, resolutions and deeds are the cards—give yourself a new deal!

Jealousy and Self-Esteem.

Jealousy has its root in the lack of self-confidence. So you see the cure for one is the cure for

the other.

You are jealous only of those whom you suspect to be better or greater or more preferred than yourself. If you understood yourself and believed in yourself *nobody* could make you jealous.

To cure jealousy, forget it, ignore it, deny it, by turns and altogether, and every time you think of it!

Do it emphatically, positively, listen to no self-arguments for the jealousy.

Take special times every day for going into the silence and realizing who and what you are.

You are YOU.

The only one of your kind in all creation.

The only one that ever lived or ever will live.

You are not to be compared to anything or anybody else in the world. You are only comparable to yourself. All that you desire, all that is good for you comes to you. Anything that doesn't come to you is not yours, and you don't want it no matter how much you may *seem* to want it at any particular time.

You are not like Roosevelt, but you are as great. You are not like

Paderewski but you are as great. You are not like King George V but you are as great.

You are as necessary in the scheme of the universe, you are as important in the eyes of God.

You are as well looked after by God, and all that is good for you is showered upon you, with more showers of good still coming.

Nothing is taken out of your life but to make room for something better.

Nothing comes into your life except to give you opportunity to develop to planes where you can use still greater good, yet greater power, yet higher wisdom.

If you can't change your boarding house or your work, change your mind.

And Further.

Associate yourself with the great ones of the earth. Read the biographies of great people, the ones who have lived out their destiny and done the wonderful work which they could do for the world. Remember that *you* have a work to do which is just as important and necessary in the scheme of the universe. Class yourself with the great ones, be inspired by them, love them, study them, rejoice in them, and rejoice in your oneness with them. Follow their example in thought *and in ways of doing their work*. Your work is not the same as their work, but the principles of thoroughness and of self esteem, and the following of one's own soul impulses, lie back of and permeate every kind of great and successful work which is done in this world. Get enthused with the



EDITORIALS

BY ELIZABETH

spirit of the great ones of earth, and you make yourself one with them.

Make yourself one with them in thought.

And that is the only place in which you are not just as great as the greatest that ever lived in this world or any other. Do you see the point? It is the unseen things which are eternal, the seen things are merely thought-built, changing with every moment. On the unseen side of you you are eternal wisdom, love, power. Only on the thought side are you anything short of this. Associate yourself in thought with the greatest things that have ever been realized in thought, and you find yourself rapidly becoming one with the greatest. One in thought, as you have *always* been in truth.

Why is marriage like the Bible?
The end of each is—REVELATIONS.

Every grownup
And the Child. should make a serious business of saving money for the Unexpected Opportunity which is ever cropping up.

And every child should be taught this while yet a child. He should be given a certain income, be taught and encouraged to so manage that income as to have a constantly growing savings account.

How can you expect to treat a child as an incompetent until he is twenty-one and then turn over a lot of money to him and have him to use it wisely?

He must learn by experience to handle money wisely, and if you give him that experience when he is a child he will make fewer and less costly mistakes when he grows up.

If I had it to do over again my children should have allowances from the time they were old enough to know what money is and what it does. And each one should have certain *necessaries* of life to provide out of that allowance, that he might learn to so manage his money that he would learn to distinguish between necessities and luxuries. He should be permitted freedom to handle his income *within certain definite rules*.

The continuance of the income and the possible increase of it would depend upon, first, his stock of necessities being well supplied and cared for; second, his never anticipating his allowance under any conditions or circumstances; third, his never teasing for extra sums to eke out his allowance. I would make the allowance as large as I thought best, and I would hold the child strictly to these rules.

In addition I would encourage him to save money regularly out of his allowance, and at the end of every six months or a year I would add another dollar for every one in his savings account. If I felt it impossible to add dollars, I would offer special privileges or opportunities desired by the child as a special inducement to grow the bank account.

The grownup is a bundle of habits formed in childhood. I would begin right and see that my children formed the habits of right management of money and other property. Then when they grew up I would enjoy with them the solid satisfaction that comes from directing self and income to the best possible advantage.

To any grownup \$7.00 a week *well managed* is a source of more *solid satisfaction and development* than \$700 a



week badly managed and everlastingly anticipated.

**A Great
Woman Gone.**

Christian Science
has lost its leader.

Mrs. Eddy is
dead.

But her work will live through ages yet to come. In hundreds of thousands of homes, in all parts of the civilized world, there are men and women today who have been healed of all manner of sickness and who have had their lives transformed from spiritual darkness and physical pain to a consciousness of peace and health, by the living truth which Mrs. Eddy taught.

She will continue to live in the minds and hearts of these people. No ridicule, no scathing denunciation can ever wipe from their minds and hearts the knowledge of the new life and hope they have received through Christian Science.

It matters little whether or not Mrs. Eddy "discovered" all that Christian Science contains. At least she organized the most spiritual, practical and effective system of living and healing which the world has seen for many hundreds of years.

Her work marks a great forward step in the evolution of the race.

New thought, mental science, the Emmanuel Movement and all similar systems of metaphysical healing, all found in Mrs. Eddy's philosophy their primal source of inspiration.

The great work which Mrs. Eddy established will go on, probably without a ripple or break. The Christian Science church is so well organized that it will continue to grow and flourish and draw to itself a continual increase of num-

bers. Intelligent, earnest men and women will continue to recognize in Christian Science, and its kindred movements, more of the living truth than has heretofore been expressed in any one religion or system of philosophy.

What Next?

Now what do I
think about the
political outlook?

Again I find Roosevelt right. This is what he says:

On every hand, personally and by correspondence, I have been asked to make a statement regarding the election. So far as I am concerned, I have nothing whatever to add to or to take away from the declaration of principles which I have made in the Osawatimie speech and elsewhere, East and West, during the past three months. The fight for progressive popular government has merely begun, and will certainly go on to a triumphant conclusion in spite of initial checks and irrespective of the personal success or failure of individual leaders.—THEODORE ROOSEVELT.

Party lines are down. Not even Roosevelt can redeem the Republican party from the standpatters who have made it and owned it for so long. We shall see now what the Democrats can and will do. We don't forget that nearly all of the Lorimer money is said to have gone into Democrat pockets.

The Socialists are setting a good example in Milwaukee. Can the Democrats do as well in other places, and in Congress?

If the Democrats don't suit us, we shall probably have a new party in 1912. At any rate the fight for a government of co-operation and progress is only just begun, and all people and all parties will have to work for it or go to



EDITORIALS

BY ELIZABETH

the dump. It is useless for Democrats or Republicans to stand pat and stick in their toes; progress is on the move. It is up to every man to decide whether he will convoy the car of progress or hang back like a muley cow at the tail of the cart.

We are getting our breath again and watching for the next move.

In the meantime the cost of living is aviating and wages flopping, while everybody lives better than ever before, learns more, dresses better, works shorter hours, eats better if not more and goes to more and better lectures, shows, playgrounds, etc., than ever before in the history of the world.

New Thought Plays Ball.

The new thought is breaking into football.

William and I went down to Boston with a train load of people who were going to attend the big game at the Harvard Stadium. Harvard against Dartmouth. Harvard won, and new thought people will not wonder why when they know that the Harvard coach, Percy Haughton, is a new thought man who lectured the football team on the right mental attitude, and directed all the Harvard men in the bleachers to pour success vibrations into the Harvard team while it was playing the game.

Needless to say, Harvard won.

A few days after, Harvard played Yale at the Yale grounds. This time Haughton instructed Harvard to send "three long confidence thoughts, and three times three success vibrations" to the players, and he added:

"Let your mind so concentrate on this

idea that the Harvard players on the field will actually feel the vibrations of your thoughts. This may be bordering on psychology or metaphysics, but whatever you may call it there is truth in what I say. In 1908 at New Haven I myself felt the vibrations of the true Harvard spirit. In 1909 I as distinctly felt the vibrations of Harvard pessimism. In 1910 I demand one solid phalanx of success vibrations. If you will do this the Harvard team on November 19 will be distinctly 'on her game' and that is all we ask when the game is played."

But Yale is not slow. Her coach promptly called his team and all Yale rooters and students together and instructed them how to vibrate success. West Point had licked Yale, and the Harvard team had licked West Point. Presumably Harvard would whip Yale without half trying. But the Yale coach said that if everybody did his duty in vibrating success Yale would win anyhow!

The great day came and the game was played. And it ended in both teams winning, or neither team—just as you look at it! It was declared a tie—which was celebrated by poor appetites on the part of Harvard, who had ordered their banquet beforehand in the expectation of winning!

I wonder if it was over-confidence that defeated Harvard. Or was Yale a better vibrator of success?

The Hague.

One of our memorable days was spent in the Hague, the capital of Holland, the home of Wilhelmina and the Baby. Everywhere there are pictures and postcards of them, whom the people



EDITORIALS

BY ELIZABETH

seem to love as peculiarly their own. We found an official railway guide at the Hague station, a man named S. Van der Vlucht, who has been a number of years in America and who speaks unusually good English. He lives at 64 Jacob Van Campenplein, and if you go to the Hague you can't spend \$2.00 better than to hire him for a half day's sight seeing. When he gets through showing you the sights he gives you a little book called "What One Sees in the House in the Wood," which is full of concise information, not to mention a few amusing little lapses from academic English.

We spent five hours in seeing the Hague and Scheveningen, the great watering place three miles out on the ocean beach. Ostend is said to be the only European watering place which is finer. A rainy day cut us out of seeing Ostend which is four hours' ride from Brussels, but a friend told us that in the season it is the most beautiful spot on earth. Leopold had his summer home there and he spent millions in beautifying the place. A trolley took us to Scheveningen and a carriage did the rest.

We visited first the gallery at the Hague where there are many interesting paintings. We drove through the parks where the trees are specially old and magnificent; and we passed the Royal Palace where the King spends a good share of his time. Wilhelmina lives most of the time in a palace out of town. The Hague is the prettiest and best kept of the three Holland cities we saw, as befits the city of the queen's residence. It is quaint, as well as beauti-

ful, but not nearly so characteristic as Rotterdam.

Here we saw a real old torture chamber and prison tower. It is used now solely for show and you pay a fee for a guide to take you about. With the assistance of the voluble guide one with a vivid imagination can easily picture the scenes that took place there. Catherine decided she could stand the volubility of the guide, but her imagination would be too much for her. So she sat in the ante room and talked Dutch history with our special guide while I went with the other man to see the Chamber of Horrors.

Really those old prisons were not so bad. With the exception of there being a few iron bars over the windows and no steam heat, they were quite as comfortable as some rooms we saw in palaces, and a long way better than some 20th Century prisons. They were light and airy. What the sanitary arrangements were I can't imagine. Out of one of the windows we saw the place where they took people out in the back yard and chopped their heads off.

But the torture chambers were another matter. Of all the hideous inventions, racks and thumb screws, and branding irons, and every conceivable thing! Those old—Christians were they?—No, barbarians!—must have been stolid and minus nerves and imagination. It seems as if, lurking somewhere around in their anatomy—for they surely couldn't have been endowed with souls—there was a bit of kindly sympathy, for when a man was condemned to die he was given the freedom of his big room, and anything on earth he might order to eat for his last meal.



EDITORIALS

-BY ELIZABETH-

When I told Catherine of my discovery of this bit of kindness of heart she informed me with emphasis that that was merely part of the torture! So I don't know after all what those old Dutchmen could be made of.

Dutch Art.

They were certainly a very materialistic lot of people. Their paintings are the stiffest things you can imagine. It seems that every old Dutchman was jealous if his figure didn't show up just as big as every other figure in the picture. And every figure in every picture was a portrait—nearly all being historical. These old Dutchmen would not even allow both hands of his neighbor to show in the picture unless both of his own showed, too. The painter mustn't make perspective by painting the man in the background a little smaller than the one in the foreground, so everybody had to toe a line and show just as much of himself as every other man. They are too comical for anything. The old paintings are the most literal and unimaginative things you can dream of, as to composition.

But when it comes to the coloring, and to the wonderful fidelity to the subject portrayed, they are marvels. The Dutch were the portrait painters pre-eminent, and their colorings are the envy of all artists to the present day.

The House in the Wood.

The most interesting thing in the Hague is the old "Royal House in the Wood." The construction of it was begun in 1640 by Prince Frederick Henry, the youngest

son of William the Silent. Frederick Henry died in this house seven years later, and the work of building was carried on by his wife, the Princess Amalia, who finished the house in 1648, eight years after its beginning. After that time the house was occupied by royal relatives of Queen Wilhelmina, the last royal family to live in it being the father of Queen Wilhelmina with his first wife Queen Sophia who died in the house in 1877. Since then the House in the Wood has not been used as a residence. But it is beautifully kept up and is open as a public museum. Anybody can go there and walk about the beautiful grounds and he can pay a small fee and be guided about the house by a trim looking young woman who is one of the caretakers.

There are many art treasures and curios here, among them a wonderful Chinese Room, the furniture and even the paper on the wall presented by the Emperor of China in 1792, to William V. and his wife. The wonderful old Dresden porcelain chandelier is a gift of Frederick the Great. The walls are covered with Chinese looking glasses painted behind the glass, and there is much marvelous needle work and inlaid mother-of-pearl. The wall paper represents the cultivation of rice. And there is a Chinese clock with Chinese ciphers.

The furnishing of a much more beautiful room was given by the emperor of Japan in 1792. The work on the walls is made of satin hand-embroidered, and the panelling is made of carved ebony. There are magnificent carved ebony chairs and settees, and much priceless satsuma and cloisonne. The coloring of this room is most artistic, and the whole



EDITORIALS

BY ELIZABETH

effect is that of simplicity made up of the most artistic and microscopic complexity.

The Orange Room.

And there is an orange room! It was once used for a ball room, a not very large one. From the floor to the top of the cupola is about one hundred feet, and in the ceiling, in the center of the cupola, one hundred feet from the floor, is a beautiful picture of the Princess Amalia. Directly below it is a porphyry table in which this picture is reflected in its perfection.

After you get into the room you cannot find your way out without looking very closely, for the doors are invisible, and the paintings with which the entire walls and ceilings are domed are continued around the walls and over the doors alike.

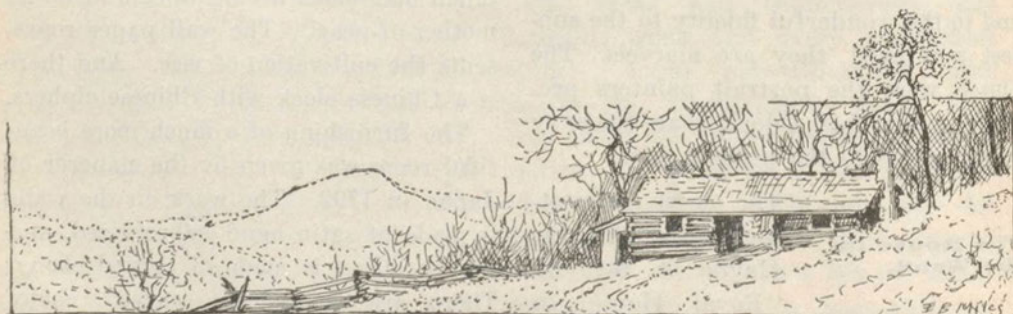
The paintings are wonderful. Two of them were begun by Rubens himself, and the entire decorating of the room was done by him and nine of his pupils. The paintings are allegorical, represent-

ing historical scenes, mainly in the life of Prince Frederick Henry.

The first one is above the doors by which we enter. The picture represents the birth of Prince Frederick Henry, he being received by Mars the God of war. The black figure in the painting is William the Silent, the father of the young prince, who was assassinated in 1584, the same year the prince was born. Louise de Coligny, the mother of Prince Frederick Henry, appears in the painting.

The picture near this represents Apollo the God of the Sun appearing at the birth of the prince. On each side the Muses are represented and Mt. Parnassus. There is a picture of the forging of the arms of war, and one beautiful painting shows Venus assisted by her nymphs hanging up her ensigns of peace. This is one of the paintings begun by Rubens himself.

The upper picture in the right corner shows Prince Frederick Henry and his brother on horseback returning from the battle at Newport when the Prince was sixteen years of age.





A Dream of God

By Ella Wheeler Wilcox.



I dreamed I looked on God, Methought
Of love He was self made;
With all transcendant virtues fraught,
In righteousness arrayed;
A Being kind, serene, and just,
To love, to worship, and to trust.

Then in my dream, I knelt and cried
"Lord God I do rejoice,
My sight has been so glorified;
Now let me hear Thy voice.
Mine eyes are blest, bless now mine ear;
Speak Thou one word, that I may hear."

Then spake the Voice: "Rise mortal man!
Henceforth, beginning Now
Toil, as I toiled, span after span;
And as I AM, be thou.
Build me no temples on earth's sod,
But LIVE thy glorious dream of God."

Written for The Nautilus.

A Blossoming Wilderness.

A REMEDY FOR DEPRESSION—ONE WAY TO MENTAL
FREEDOM—A NEW USE FOR THE POWERS OF IMAG-
INATION—TRANSFORMING GRIND INTO GROWTH—
THE SECRET OF CONTENTMENT.

By IDA C. MURRAY.

"QUE VIVRE EST DIFFICILE, O MON COEUR
FATIGUE."

The long day lay stretched before me, the old grind, the mechanically familiar repetition. The doors of thought left unguarded, black depression came crawling up to the threshold, there were ugly and venomous reflections on the disparity of earthly apportionment, and the white purity of the inner temple was in danger of defilement. I was clamorous to be out under the free sweet sky, my own master to come and go as I list, not this reluctant, resistant captive prisoned by grim necessity.

I said:—"I WILL NOT lie bound in this moral prison. My days shall not be leaden days. I am Master—not slave."

So I set to work to live an inner life of freedom the while my little "skin-bound" self remained chained to the desk.

I searched through the halls of memory where old things had been laid away in lavender, so long, so long ago I had well nigh forgotten they were there. In a niche I found this fragment of Thoreau's "Walden:"—"An infinite expectation of the dawn." Reading it with mental sight, thinking it over, there came to me in the dingy, dusty office the wonderful singing of

a cardinal grosbeak I had heard in the dawn of a frosty morning, long whistles interspersed with loveliest coaxing notes, so tender, so wild, so thrillingly sweet! His had been the "infinite expectation of the dawn," and with his remembered song my spirit soared into the wide sky, drinking long, keen breaths of freedom.

So, for a few moments, I *had* been free after all! Then why not learn to go and come at will?

The hot, weary hours crept by my desk. Before me lay pencils, notebook, memo pads, a thousand and one details; in my ear the insistent click of my busy typewriter.

I hunted for another snatch of memory, and the eyes of long-ago childhood looked upon this: "He shall drink of the brook by the way."

Then to me, in the midst of my work, came a sense of all the thirsty yearnings in the world, from the velvet-footed coming of wild free things to the woodland brook to slake their innocent thirst, to the weary heart of humanity lying down beside the still waters of peace and quietude. I heard the purling of a mountain brook I had seen in Switzerland, over its pebbles, around its mosses, through its cool shadows, singing contentedly down to the glorious

lake. With inexplicable rapture I recalled the sheen on the under side of slender growing leaves, the ivory glistening of the tiny chaliced mountain lilies side by side with the tender blue edges of the ragged robin, I felt the faintly blowing west wind, saw the pale outlines against the yellow sunset; all the mute growing things of earth spoke again to me. I was "over the hills and far away," with the soft adoring eyes of a four-footed lesser brother gazing into mine.

I drew a long breath and came back to outer consciousness to find my hands busy with the tasks before me, guided by the subconscious sway of the well trained mind, and with a leap at heart I recognized that my spirit, unfettered, had discovered a browsing place, a way of escape, an Elysian draught of pure delight.

It was not day dreaming, the trained senses remained at their post of duty, my work was well done. But instead of the treadmill of listless mental thought with its unsleeping undercurrent of worryment and dread, I had opened an inner door and gone forth unshackled.

So I have learned to go and come. It is not difficult, the solace is untold. I know, none better, the drudgery of office routine when the spirit is restless. But many things, in remembrance, wait for me. The red buds of the maple, the rich deepness of green grass on the warm slopes, through the soft brown dusk the faint far cry of the Hylas. The sumac bushes brilliant in scarlet and wine red, the drowsy sweetness of clover fields, the evening star through the curled mist.

Sometimes I see cool level sunlight already tinged with the pathos of coming twilight. Long slender bars of blue shadow lie athwart the fields, the red

cows stand in the grasses, afar the dim purple of the hills.

Or perhaps the snow swirls in fantastic wreaths outside my mental window, the little brown birds twist through it, the scurries of wind eddy here and there, and it is a bleak, beautiful world. But I love best the tender freshness of daybreak, a stepping forth into shining grass, young shadows across the tree trunks, a rose flush of dawn, a crisp ecstasy everywhere. Down the hillside path, under low dropping boughs, awakening fields, birds at their matins, soft breathing scents, glints and flecks of emerald, quiet pools where the opal clouds are still asleep and dreaming of their own beauty.

I found also one other plan to make my wilderness of wearisome hours blossom as the rose! I would pretend to myself that somewhere in the world there was, at that moment, some sorely tempted, harrassed, despairing life whose hold upon whatever could save or help it was in exact proportion to my own effort. Before me lay some task I especially disliked and wearied of. Then, as I put on the curb of patience and sought not to evade the smallest detail of the work, my spirit was intently watching an inner vision wherein I saw this other life becoming conscious of some strange sense of refreshment, and of some new inflow of courage, even of hopefulness. Sometimes when sudden injustice smote me sharply, or a swift cruel heartache bit in some caustic sentence, I have stretched out a mental hand and clasped this shadowy dependent one, and felt that my silence was as "the shadow of a great rock in a weary land." Who knows? It might even have been so. The great currents of helpfulness, of bravery, of uplifting inspiration are flowing through the uni-

verse, and, adding my quota, I know not whose shores shall be enriched. Have not I, myself, been strangely comforted?

So I pass along to you my little secret of contentment. That the spirit possesses this power of detachment is evidenced by the personal griefs and worries that will oftentimes absorb the mind under the most exacting work. Wise are we to take advantage, then, of this power to escape the galling bondage of depression, and to find that life, even in an office, is thick inlaid with possibilities of delight. The very grind

may, perhaps, be fullest to the brim with lovely growth.

Therefore, sweet heart, those things which you love best to dwell upon, those recollections which are the purest and sweetest to you, take with you into your work, and through the soft shining of memory, re-live them.

"So Fancy shows to the eyes that close
The blissful things that Nature knows.
So Fancy brings to the heart that
sings

All happy, shining, singing things.
Fancy and I, 'twixt these walls along,
Fancy and I, and the world our own."

The Practical Advantage of American Brag.

AMUSING INSTANCES OF THE GREAT AMERICAN
"TALENT"—THE PRACTICAL USES OF BRAG—THE
REAL SPIRIT BEHIND THE BRAG—THE RIGHT KIND
AND THE WRONG KIND OF BRAG.

By CORA LINN DANIELS.

One of the interesting books of about a year ago called, "As Others See Us," by John Graham Brooks, has a chapter devoted to "Our talent for bragging," and it includes many happy instances of the great American talent which we ourselves all recognize and of which foreigners make the most fun. Truly we do conceive ourselves to be at about the top notch of creation and that our institutions, domestic and public, are just about good enough for anybody.

Some very amusing utterances are cited by Mr. Brooks that will bear copying. President Van Buren made this speech: "It is the boast and the pride and the security of the American nation that she has in her bosom a body

of men who for sobriety, industry, and patriotism are unequalled by the cultivators of the earth in any part of the known world; nay, more, to compare them with men of similar pursuits in other countries were to degrade them." An official document called the recent Jamestown Exposition, "the greatest military spectacle the world has ever seen," "grandest naval rendezvous in history," "greatest gathering of warships in the history of the world," "the largest military parade ground in the world," and "the greatest military and naval celebration ever attempted in any age or any country." This is going some.

"Foreigners both at the Chicago and

the St. Louis Fairs, only on the edge of the West, found that the 'world' standard was no longer adequate, so 'the Universe has replaced it!'" And we are still sighing for more universes to conquer. No wonder other nations look upon us with a sardonic sneer, and fling their wit against us from every quarter. At the same time we are by no means alone in our estimate of ourselves. Other nations admit that in many instances we are not overdrawing the bow.

George Francis Train said, "That is not conceit which you can back up."

We back it up all right. And why! Here comes in the practical use of brag. The individual who really believes in himself, who expects success, who is not easily "downed," who can turn failure into advantage, is one who, whether he expresses it or not, is a brag. That is, he has the spirit of certainty, security, expectation and determination inwrought through his nature. So it must be with the greater individual, a nation. The man who is what he thinks "unlucky," who fails to use right methods, who has not "good judgment," does not expect success, but thinks he will always be poor. He is desultory in labor because he thinks, "Oh, it's no use, I never get anywhere." He never brags. He whines, he criticises, he complains, he doubts, he argues, but he does not brag.

So with any collection of such individuals. They but multiply their own loss. No business firm built on such a foundation could ever succeed, no two partners of the same calibre would ever do anything but fail. To be able to feel like bragging is to have that within one that backs it up. And thus, the seemingly arrogant utterance of President Van Buren was not so out of the way,—for we have since proved that

within the bosom of this country lie just the factors which have advanced it naturally and easily along the way to the point where, as Mr. Everett maintained in an equally egotistic speech, "We have solved the great problem of human affairs."

Brag, then is salutary. That is, it is good to feel daily that you have done something worthy, that you can do something still more worthy, and that you belong to an advancing instead of a deteriorating generation and country.

To say so may not be very polite, and it may aggravate any person who does not really desire our advance, but it heartens ourselves and others.

It suggests that things are all right and going to be better. It is the talk of optimism, the cry of inward joy.

If you happen to be in a big crowd, all eagerly watching some brave act, as for instance some guard saving a life on the sea-beach, you will notice that the shouts, cries and yells are all encouraging. There is something in the human breast that wills the actor to get there and do it. Everyone for the moment feels that if he were a swimmer he could rescue the drowning. Everyone presses forward as if to run into the water. There is an universal uplift, a reaching out of the spirit of success, and if when the excitement is over a few hundred out of ten thousand spectators declare that if they had on a bathing suit they, too, could have brought the body in, it would only express that feeling of power and efficiency which some other time might be brought to the surface in hearers who feel the suggestion and would involuntarily act upon it in time of need.

Brag, in a way, is optimistic suggestion. It makes you aware that you might, if called upon, exceed the achievement narrated, and even the little antagonism aroused by the egotism, wak-

ens to life and reality things that might have lain dormant. As conversation often brings out of the mouth thoughts that until the moment we had never supposed possible to be in our minds, so even brag may lead us to perceive that we, too, are full of the capabilities made clear to the imagination, even if unpleasantly impressed.

Doubtless common and coarse bragging is obnoxious,—but the brag sometimes labeled patriotism, the pride of country which cannot keep quiet if attacked, the actual admiration of the scenery, architecture, art, inventions which we have so far gained, and the security of belief in our constant improvement, may be well and fortunately expressed without detriment to any. Indeed, such expression is cheering, alluring to greater things in ourselves, opens up new ideas of the possibilities before us and gives us a "boost" in the right direction. The outcome is practical.

The thought that the American child is quicker to learn than those of some other nations rings in the heart of the

child as a stimulus to even better the record. To declare that the beauty and sanctity of the American home is unique among nations, awakens a stronger love of the parents, the home, and a nobler pride in its upkeep and adornment. To suggest that Americans have more liberty and a stronger respect for the rights of others in consequence, is to come out practically in a better recognition of the duties of citizenship.

Vanity and false pride, the "I am better than you" spirit of money, a supposition of superiority because of wealth,—these are brag in action deplorable and vulgar. But when there is the universal feeling behind our glorification, that as a people we are "on the square," that the mass of Americans mean to do the fair thing and that we never hesitate to do the generous thing promptly and thoroughly when the need arises; if we say so, and back it up—will not the expressed thought do more good in the marvellous influences of suggestion than it would do harm to have our little brag?

The Man You Meant To Be.

BY ARTHUR WILLIAM BEER.

A vision there came in the night to me:
There stood before me with sad, stern eyes
A man whose presence breathed majesty,
Wisdom and virtue, and high emprise.

What was it brought back the years long fled?
Who and what was this stranger to me?
I questioned him straightway, he gravely said:
"I am the man you meant to be."

Then, stricken sorely, I turned away.
Gone for aye was the wasted past,
The years I had frittered day by day,
And here had I come to the end at last.

But while I lay grieving I heard him say:
"Waste not your time in dull despair;
"This world is a new world every day.
"Turn your back on the past and forward fare.
"The days of the past you have wasted, 'tis true;
"But of the fair future you still hold the key;
"It is never too late to begin life anew—
"I am the man you yet may be!"

The Shadow of Thy Wing.

A STRANGE INCIDENT OF THE CIVIL WAR—A
MIGHTY AND LITTLE UNDERSTOOD LAW WHICH
MAY BE EVOKED FOR PROTECTION FROM ALL EVIL
—FEAR THOUGHTS AND HOW TO ABOLISH THEM.

By BERTHA FORBES.

A steamer was ploughing her way across the ocean, and on Sabbath evening the passengers assembled in the cabin to sing hymns. As the last hymn, "Jesus, Lover of My Soul," was being sung, one of the passengers, an American, noticed in the group a voice of exceeding richness and beauty. The singer's face was unfamiliar, but that voice awakened memories not easily forgotten.

When the music ceased he sought out the owner of the rare voice and asked, "Were you not in the Civil War, sir?"

On receiving an answer in the affirmative, he continued, "And were you not with the Confederate army on such a night at such a place?"

With some surprise the singer replied: "Yes, and this hymn has recalled a strange incident of that time. The night was dark and cold, and I was on sentry duty on the edge of a gloomy wood, in which we had reason to suppose some of the foe might be lurking. Homesick and weary I paced my beat. Then, to comfort myself I broke into this hymn we have just sung. When I reached the last verse: —

*"All my trust on Thee is stayed,
All my help from Thee I bring;
Cover my defenceless head
With the shadow of Thy wing,"*

a strange feeling of peace and protection settled down upon me, and through the long night I felt no further sense of fear."

"And I recognized your voice to-night," said the other, "because I was in that wood on that same night and heard you sing those words. I headed a party of Union scouts and our rifles were trained on you, but when you sang those words:

'Cover my defenceless head

With the shadow of Thy Wing'

a feeling came over me that I cannot describe. I dared not harm you, so I said, 'Lower your rifles boys; we'll go back.'"

When John Paton, the great pioneer missionary to the New Hebrides, buried his young wife and infant child on that wave-kissed, palm-studded island three months after landing, he stood among the fierce cannibals of the South Sea Islands. Alone? Could one be alone when legions of the starry hosts encamped about him—when the Shining One that stood with the dauntless three in the fiery furnace walked ever beside him? Time after time the savage's club was raised above his head, but the hand that held it was powerless to strike.

What was the invisible shield that covered him?

Some mighty and as yet little understood law is here foreshadowed—not spasmodic or confined to a few cases, such as these noted, but constant, changeless, eternal, as are all Nature's laws; understanding which we can call upon the law at all times for protection, confident that it will never fail us.

A law so vast and beneficent as this must needs reveal itself to man, and there is no doubt but that we find its clearest and fullest exposition in that wonderful message of God to man—the Ninety-first Psalm. Every verse turns a different facet to us, and from every facet shines a new side of the same great truth—that no danger, no ill, *absolutely* no evil can harm us when we confidently wrap about us, as a garment of fire, as a mantle of steel, the protection of that mighty promise, "There can be no evil befall thee." Doubt and fear are the only evil genii that can bar us out.

Great dangers, like great joys and great sorrows, come but seldom in the lives of most of us. It is the lesser evils that dog our footsteps day by day from which we most need relief. Each of us has his or her own category of pet fears, ranging from mice to men, from poverty to ghosts. And what tyrants these fears are! How they destroy our peace, wreck our health, mar success, and loom ever as clouds between us and the sun!

But strong as is this fear habit, it is only a habit after all. The way to destroy it is to cultivate its opposite, the habit of drawing about us this Divine Protection. As we prove for ourselves over and over again that this Law never can fail us, the habit of confiding in it grows.

We are beset with fears for those we love. We do them wrong. Instead of blighting them with our fear-thoughts, we should enfold them in this aureole of Love—"There shall no evil befall thee." Accident, illness, failure—literally no evil can pierce this flaming glory of Love when we wrap it about them unriven by our fears.

But we can seize hold of this Law and bend its sheltering pinions to shield us from even trivial fears, and are those same pinions broad enough to cover the most desperate straits of which we can conceive? "He shall give his angels charge over thee, to keep thee in *all* thy ways." No reservation here—for to Infinite Mind there is neither trivial or great.

But we must creep—and stumble and fall betimes—before we can walk.

"Wings for the angels, but feet for men."

We must demonstrate the Law's ascendancy over the lesser things before we can expect to walk through the fiery furnace of great crises and come forth without even the smell of fire upon our garments. We spend years in the patient study of music or painting before we can hope to excel. Nothing worth knowing is learned without effort. Why, then, should the great Laws of Spirit be any exception? And the learning is infinitely sweet. "In thy Law is my delight," sang the Psalmist. Daily this thought of ever present, all protecting Love will grow stronger as we realize that—

"Closer is He than breathing, nearer than hands or feet,"

and ever when danger threatens, swifter far than the thought of fear will come the mighty assurance—"There can no evil befall thee."

Any man more right than his neighbors constitutes a majority of one already.

—Thoreau.

Sermons of a Scientist.

THE ONE INSISTENT FACT OF THE UNIVERSE—
LITTLE MAN AND BIG HUMANITY—JUSTICE SHOULD
BE THE BASIS OF ALL HUMAN RELATIONS—THE
FALLACY OF IDENTITY—THE IDEA OF SEPARATE-
NESS.

By W. R. C. LATSON, M. D.

NO. 1. SELF-EFFACEMENT.



*Whosoever will
be chief among
you let him be
your servant.—
Matthew 20, 27.*

*Now are they
many members yet
but one body.—
Corinthians.*

To each one of us the most immediate, the most insistent fact in the universe is himself, herself. "What I feel, what I think, what I want—" those are thoughts that always tend to dominate us. We are constantly tempted to believe that the "I" is of prime importance, and that this "I," his body, his comfort, his income, must be cared for, no matter who or what else suffers.

Few Grow Older—in Wisdom.

But as we grow older and more developed—and few, very few, of us have the capacity to do so—as we realize that a human being, even you, kind reader, even I, the present scribe, are merely parts of the general whole, merely bits of stone in the great mosaic, *Life*, merely tiny cogs in the great piece of

mechanism, humanity, we gradually come to the realization that the most important actuality of life is not the individual, and the race—not man, but men.

The Little Leaf and the Big Tree.

We are like leaves upon a giant tree. Each leaf on the tree has its special, all important duty—to take up from the air, water and sunlight around it, the elements of sustenance for the tree, and to exhale into the air the poisonous matters made by the tree. So each leaf helps to support the big tree; and the life of the tree is possible only because of the constant and devoted activity of the leaves.

But, on the other hand, without the tree with its massive, impregnable trunk, its far delving, firm gripping roots, its strong, wide spreading branches, and last of all, its rich life giving blood, the sap—without these the leaves could not exist. So what the tiny leaf gives to the giant tree, the tree returns in the form of continued life and protection.

But now supposing that some foolish leaf (it would be, indeed, a foolish leaf), were to grow very, very big, a hundred, a thousand times as big as the other leaves on the tree, what would happen?

Why, the other leaves, each of whom wants only its own little share of the sap, in return for the air and sunlight and water which it gives to the big tree—the other leaves would starve and die, and flutter off to the ground.

And the big tree, deprived of its food, could not draw up any more strength from Mother Earth or make any more sap; soon it, too, would die of starvation. And the big leaf, which had selfishly taken up a thousand times its share of the nourishment intended for the other milion, milion leaves—that, too, would, of course, die the death.

The Little Man and the Great, Big Humanity.

Now, if we call the big tree Humanity, and the little leaf Man, we shall perhaps obtain a clearer idea of the relation to each other of Man and Society. We shall be better able to realize the essential importance of their co-operation—of mutual love, reverence and support between the individual and the community.

The great body of Humanity is like a vast tree—a tree with a hundred thousand times a hundred thousand leaves. And as the tree looks to the leaves for sustenance and energy, so does Humanity, the great mass of men and women composing what we call "the world" depend upon the individual for its support and continuance. If any one leaf, or a few, would grow at the expense of the other leaves, then those other leaves must die, the tree will die, and the foolish, greedy leaves must also perish. Their cupidity has been their doom.

And so if any man, by taking thought, would unjustly acquire that which, according to honor, justice and love, should belong to his brothermen—whether it be fame, happiness, place, pelf or power—if any man get the better of his brother-

men, by so injuring them, he injures Humanity, Society; and Society, so weakened, does for him less than it might.

Among my acquaintances there was at one time a woman, young, rich, beautiful and ardently ambitious to be recognized as a leader in the exclusive society of the city in which she lived. She was highly educated and very clever; she had a fine mind for philosophic abstractions, and we had many long and interesting talks together. Sometimes I used to argue with her about her social aspirations, but—"Cui bono?"

Well, she pushed and schemed and intrigued. She did not hesitate to call names, to backbite, to say the thing that was not. And—at last she "arrived." Other aspirants for social precedence had been superceded or out-intrigued or crushed. It had taken ten years of heart-breaking work; but at last my little lady had won. She is today hailed as the social leader in her city.

But, oh, the price, the terrible price. I saw her a few weeks ago. I wish I had not. It was not a pretty sight, for one who remembered her as she was a decade ago.

The full, soft, regular contours of the once exquisite face have become brutalized into hard lines and shadowy menacing hollows. The eyes, once so dove-like and full of dreams, are hard and calculating and surrounded by a myriad of tiny wrinkles. The mouth once so full and tender, has become a thin, red line, its corners lost in the firm, wilful grip of the set muscles. The voice, once as full and soothing as the note of a woodbird, is now as harsh as the cry of a peacock. And, worst of all, the manner once so tender and gracious is now alert, aggressive, imperious—actuated by a spirit akin to that of the pot

house bully not quite sure of himself, but ready for attack or defense.

And then the poor woman has not a friend in the world. She is an Ishmaelite in the land—her hand against every other woman's, every other woman's against hers. Has she gained or lost?

And what is the underlying cause of all this ugly, selfish strain and struggle? The one cause is the fallacy of identity—the idea of separateness one from another. The leaf sees only itself and the other leaves; it does not realize that they all depend for life upon the tree, any more than the average self-seeking man or woman has any idea of Humanity as an actual, concrete, potent Thing, a kind of multiple personality, irresistibly powerful for benefit or injury.

The Fallacy of Identity.

We are all in danger of being misled by the chimera of identity—by the exaggeration of the individuality. This is quite modern—not more than fifty or sixty thousand years old. Before that time men were very busy fighting nature, hunger, cold, savage animals; and they helped each other in the struggle.

But then came property, and property meant the illusion of identity; it meant selfishness, brutality, theft, the midnight blackjack; even worse, the corporation and the deadly dividend. It meant nearly all the evils of our much-boasted "civilized" life. It meant that the millions of men and women who wanted to be generous must be selfish, who wanted to be kind must be cruel, who wanted to be gentle must be brutal. For—must we not combat with the world? Must we not take care of ourselves?

Self-Preservation the First Law.

Not long ago I mentioned to a certain business man that I had observed the fact that he was stealing from me. It was being done very gently and courteously, an entirely businesslike and legal piece of thievery, perfectly safe and respectable. The man was young and inexperienced, so during our interview he was a little embarrassed. Therefore he blustered. "I must look out for myself," he remarked. "If I don't, who will?" "Why, I will. I will look out for you myself," I remarked, "if you will meet me in the same spirit." I have carefully watched him ever since; and so he no longer steals from me.

How could I blame him? He had to make a living. Times are hard, and being a business man is safer and more profitable than being a blackjack man.

But underneath all this is the fallacy of identity—the illusion that I am different, that my interests are different from the interests of those about me. The man who robs other men, and makes of them tramps or suicides, is harming not only the world, but himself. For, even though he gain wealth, power, fame, by such action, the world that serves him does not serve him so well, because he has made it less able to serve him.

All this is very fragmentary and I fear elliptical. The great truth is that the spiritual life can be lived only by that man, that woman who, without mawkish sentimentality or affectation, merges his or her interests into those of others. Those who accomplish this "great renunciation" have entered the kingdom of Demos and are forever clad in the ineluctable armour of Unselfishness.

Moses cried "O Lord where shall I find Thee?" and God said, "When thou seekest Me, thou hast already found Me."

—From *Arabis*.

Your Selection.

By FRED G. KAESSMANN.

Here is just what she said:

"What, you don't know anything about reincarnation!"

"Not a blamed thing, Mrs. B."

"And you are a New Thought man!"

"Trying to be," I replied.

"And you don't read anything whatever about it," she continued.

"Never knowingly," I replied, unhesitatingly and unabashed.

Freezingly, pityingly (perhaps), "Well, of all things. How's that?"

"Because," I replied, laughingly, "It keeps me so eternally busy trying to be good on this earth that I haven't got time to bother as to what will become of me in the next." Then I added half humorously, "You will pardon me, I know, for Webster seems to know no more about it than I do. At least, he hasn't the word in his dictionary, although, I must confess, mine is not the latest."

This brings us to *selection*—of which Alexander Hamilton said, "The choice of words requires the greatest faculty of the human mind—SELECTION."

Now, SELECTION is just as important in everything else.

Therefore, read what interests you—read nothing that does not. Never quarrel with your taste. Allow no one

to force mental food upon you repugnant to your mental palate. You will get mental indigestion if you do. A Nobel prize was awarded to the Russian professor who proved that we derive nourishment only from such foods as we like. While I have no instruments with which to observe or record the fact, I have no hesitation in saying that the mind derives benefit only from that which it relishes.

Well, then, does this appeal to you as good sense? Do you believe this true? You do? You don't? Suit yourself.

President—beg pardon—former President Roosevelt, is reported to have said something to this effect:

"I start a paragraph. If there is anything there I do not already know, I read it. If I already know what the writer is about to say, I skip right along."

The same, here. Many is the magazine I have read in two minutes. Why? SELECTION. Time is too valuable. Interest you, this? It should. ONE thought digested—and acted upon—will do you more good than ten magazines read—which develop neither reflection nor action.

Are you a nice judge of values, friend?

*My life has taught me that I have much to forget
and much to be forgiven for.*

—Bismark.

Thirty-Five Years of Nervousness.

AN INTERESTING INCIDENT OF PERSONAL HISTORY
—A CASE OF OVER-SENSITIVENESS—THE BENEFIT-
CENCE OF DISCIPLINE AND ADVERSITY—A GREAT
CRISIS WHICH COMPELLED ACTION—HOW FEAR
WAS DRIVEN OUT.

By JOHN I. HARDEN.

If this article should appear in print, and the editor approves of the heading I have selected, my first statement will, apparently, reveal my age. As a matter of fact it does not and I would undoubtedly leave the point obscure if my purpose did not require me to be somewhat frank. I am more than thirty-five years of age, and I dare say that I was always nervous, but inasmuch as I did not become immediately conscious of it, I will write only of that period of my life of which I have a distinct recollection.

Of course I was not aware as a boy that I was nervous. The word then meant to me merely a slight shaking of the hand, and, while I soon became familiar with numerous and various symptoms which are described in psychologies and medical works, I did not understand their significance until after some of them had been overcome. I recall that when I was eight or nine I was ready to cry upon the slightest occasion, and while it could hardly be said that I became hysterical, it seemed almost impossible to make me work by myself. At least my parents always protested that they could not control me. If I were set to hulling walnuts, or pulling weeds, I soon became so dull and lonely that I was

practically driven from my task. No one asked me for an explanation of my conduct, and I doubt if I could have given one. It was taken for granted that I was lazy. I was especially prone to inquire into my physical condition and when a neighbor once described the case of a man who died because he could not expel the air from his lungs, I at once slipped out and tested my own. I suppose that at least once a day I was frightened about something. It was a common experience for me to imagine that I had swallowed a gnat, and I regularly suffered torments until the terror was past. I readily took alarm about myself, and was so impressionable that I expected to die as the result of bolting a crust of bread.

After having struggled through something like twenty volumes that mainly or incidentally treat of nervous affections, I feel that I am able to state my own case. I suffered from oversensitiveness of the nervous system as a boy, but was unaware of the cause of my distress.

As nervous symptoms and experiences do not make cheerful reading I will avoid describing them whenever I can. I should not refer to them at all, but that the word "nervousness" is too general to

express what I have undergone, and to justify such an article as this, I must show that I have struggled and overcome something.

However, I will pause long enough to say: Upon looking backward, it strikes me that *the real curse of my life was the lack of anything that resembled discipline*. If my own experience teaches anything it is that a child ought to have considerable experience of adversity. It should learn something of its own abilities by means of pain and hardships. Not that pain should be inflicted upon it, but that when pain comes it should be endured within a reasonable degree. I had not only the impulse to escape every possible discomfort, but my parents seem to have encouraged me in it from my birth. They not only kept themselves saturated with medicine but fed their children on it. I was never permitted to wrestle with a pain. I do not know whether I suffered as a baby or not, but if I cried I was doped with something. If I coughed or sneezed the "cough syrup" was immediately applied, and if my stomach caused me any uneasiness I was relieved by paregoric. I cannot remember the time when this drug was not in the family stock, and I suppose that I innocently swallowed enough opium in one form or another to have made me a fiend.

Furthermore, I was not compelled to endure the strain of ordinary labor. If weeds and walnut hulls annoyed me I fled from them. If loneliness distressed me I abandoned my work and sought society of some kind. Why should I not have cried, coughed, sneezed, ached or suffered from loneliness?

The time came when worse afflictions laid hold of me and the bottle lost its efficacy. The day came when I had to work in spite of pain and

loneliness, and then my misery was all the greater because I had never been accustomed to anything like it. Because I was spared the normal pains and hardships during my early life, and was impatient of a half hour's discomfort, I was utterly ignorant of the hardness of the human constitution until I was well advanced in years. When a real trial came how was an over-sensitive man who as a boy had worried over the scratch of a toothpick, to face the prospect of working every day while on the edge of nervous prostration? I felt that I could never get through it, that the result would certainly be death, and for days and weeks it seemed to me that my life hung by a hair. How bitterly I then regretted that my nervousness had always been coddled, that I had always escaped drudgery and discomfort, and that I was compelled to begin such a desperate fight at so late an hour.

I have intimated that a crisis came in my life. I need not say what it was. For nearly thirty-five years I was a victim of my symptoms and wasted much of my energy and substance in doctoring them. Because I was afraid I would bring suffering upon myself, I failed to perfect myself in a calling, and at last I was compelled to attack the normal obstacles of life in spite of my nervousness.

How did I set about it and what have I accomplished?

In the first place, it seemed to me that I must try to overcome my dread of pain and discomfort. I reasoned that I could accomplish this only by enduring what I had hitherto always shunned. Death had always seemed a hideous nightmare to me, but I now attempted to face it resolutely. I had sought escape from suffering all my life and had but partially succeeded.

Why not try to live a useful and nor-

mal life even if I perished in the attempt?

If I did my best would not death be preferable to a life of effort to escape petty fears and ills?

Having reached the conclusion that it would, I set myself to be as patient and enduring as I could. I made an agreement with myself to work a certain number of hours every day, and I kept my contract. Numerous symptoms immediately beset me, but while I could not escape from the discomfort, I did not yield to it. If I broke out in a cold perspiration I went on with my work. If I shivered in a warm room I did not give up. If I were so dizzy that it was difficult for me to walk like a sober man I staggered onward. If I could not read a newspaper without feeling as if I might fly into bits, I nevertheless read it.

And I did not fly into bits.

I have met men and women and transacted business for seven hours at a time when every five or ten minutes it seemed that I must surely collapse. I have attended banquets and acquitted myself of my full responsibility when the sound of a voice or the flash of a light would pierce me like a knife. And no one suspected that I was making the slightest effort. I have delved into books, collected materials and written articles when I was so depressed and miserable that it seemed I could not possibly live my life to its normal end. During a period of two months in which I underwent the most exquisite suffering I have ever known, I did the largest amount of work that I have ever done.

And now a natural question would be, how fares it with my nervousness? Have I overcome it? If overcoming it means transforming my constitution and getting rid of any tendency toward over-

sensitiveness, I have not overcome it. I have, however, reached the point where I can endure pain and discomfort with reasonable composure. I can work and accomplish things whether I feel well or not, and if I can make my life practical and useful what does it matter if I am nervous? I may say that the results of my discipline have been in some measure curative. Ten years ago I began to diet myself, under the delusion that certain kinds of food were injurious, and finally reached the stage where I lived upon meat, bread and potatoes. I often tired of this meager routine, but if I ventured outside of it indigestion seized upon me. Eating at last became a disgusting necessity, but when I resolved to bear all other ills and pains I also determined to bear those of indigestion. I am thankful to say that I was not compelled to endure them long. After some cramping and complaining my stomach went to work, as I had done, and now I eat practically everything that I care for, and am gaining in weight.

My spasmodic attempts to work used to drive sleep from my pillow, but since I resolved to endure all that might come upon me, I seldom pass a restless night. Even when the day has been an unremitting grind, I obtain relief at night. *I am healthier and happier and feel better than I have for years in spite of the wear and tear of daily effort.* I should feel infinitely worse if I were idle, and *I should experience the added bitterness of accomplishing nothing.*

I should like, of course, to be entirely free from pain and discomfort, but I try to put this thought behind me.

I struggle to concentrate myself on a purpose in life and to forget about curing my nervousness.

Some of its phases are undoubtedly

cured, but I have been so thoroughly disgusted with hunting for health that I do not dwell upon a cure.

It seems to me that while many forms of nervousness may be relieved by suggestion and various mental methods, the most effective cure is that of simple en-

durance. It is undoubtedly fine to be free from hysteria, but if one cannot be free from it, is it not fine to suffer without flinching? At least I have found it so, and this is the only attitude which has ever given me any permanent relief.

Searching for a Still Higher Consciousness.

MAN IS NOW MORE CONSCIOUS OF THE FINER FORCES WITHOUT AND WITHIN—SCIENCE NOW DEMANDS A CONSCIOUS POWER AS THE CREATOR OF THE UNIVERSE—THE MIND OF MAN IDENTICAL WITH PRIMORDIAL MIND—ALL ANIMALS GROW BY THE ACTION OF MIND—THE FIVE SENSES CAN BE REDUCED TO CONSCIOUSNESS.

By EDGAR LUCIEN LARKIN.



Man is now striving to attain a higher state of consciousness and to be more closely allied with creative power. Good men and good women are now more conscious of the existence of finer forces without and within, than ever before; and they endeavor all the more eagerly to place themselves in harmony with them. It is now a full year since any book, pamphlet or letter has been received up here containing arguments against the scientific necessity for the existence of a Creator to account for the universe. Whole rows of books teaching that matter is eternal and was not created, that it originated itself, that it had no origin, is self-ex-

istent and like doctrines, the accumulation of years, books sent for review, are in the library. They have lost all their attraction for me. For science now imperatively demands a Conscious Power within protoplasm—the only living substance. And science knows that this Power is mental. The highest science is aware that mind now manifesting in man is identical in its nature in every attribute, property, state, condition and phase with Primordial Mind. Before me, now as I write, are all of my articles published in many different magazines during the last four years which contain this sentence: "The human mind is illimitable." I here reassert this with increased emphasis, but make one exception omitted in a number of the articles. Mind has one limit, namely, it cannot think of itself. This makes it the more powerful in activity in every other conceivable and inconceivable di-

rection. Suppose that universal gravitation is a phase of consciousness; then it cannot sense itself. Mind is able to think of what it accomplishes, the objective, the objects it creates, or summons into the objective plane, calls into being, causes to appear in space; but is totally unable to think subjectively of the subjective of itself. Obscure, but intensely true; and this fact illumines the pathways of mentological research, and saves time of researchers. From Badarayana—founder of that monument of metaphysics Vedanta to James, founder of scientific mental research, a period around and about forty centuries; no faint clew as to what mind is has been secured. Waste no more time; but put the same time into finding what mind can do, and then set it to arduous work.

PRIMORDIAL MIND NOW IN EVOLUTION.

This is by far the most astonishing discovery yet made in the science of mentalism, the Creative Mind in Nature is not yet absolutely perfect. Positively it is now experimenting in cosmic laboratories. Men performed similar work in searching for electrons and radium. Majestic as is the Universe, it is destined to be still more magnificent. So is man. How shall eternal progress obtain if all things are perfect now? To try to think of existing possibilities of coming grandeur is overwhelming. It doth not now appear to what immortal heights man will ascend. For the mind of man is a portion of Infinite Mind within. The expression: "Mind is now demanded behind protoplasm" is obsolete. Mind within is the truth. This is immanency. Mind in protoplasm, in nucleus, in plasmoids expresses in the phase or mode called Life. No clew to its nature has been detected. To say that it is a chemical activity obscures the problem. Waste no time at present on attempts to find what life is; but find what it is

able to do. If primordial mind proposes that the mind in man shall ever know what mind and life are, then man will be made able to receive this transcendent knowledge. The optic nerves and retinas of the eyes are extensions of the brain substance itself, a tissue carefully protected in a rigid skull. Then this stupendous fact appears: Brain forced two openings through which it came out to see.

All animals grow from within, and growth is due to the action of mind. Light, one of the first in a series of energy to appear in creation, demanded and secured eyes to behold its effulgence. The evolution of eyes is explained by the great physiological discovery of reflexes, in living growing animal tissues. A reflex is a reaction to external irritation, thus light created eyes—so to speak. That the mind in nature is experimenting may be discovered in many now useless and discarded and disappearing organs in the human body. Activities in embryos teach the same great fact. Because man cannot think of the absolute meaning of the word create, he should not assert that no Creator, no first cause exists. Because nothing but electrons is in existence is no reason why the word create should be excluded from our language. We are all described by our eyes. The Vedantic concept of illusion is true. The brained eye was at once deceived, things actually are not what they, to it, seem to be. Had not man discovered the delusion of the eye in its projection of forms on the retina, and the erroneous judgment of the brain as to magnitudes and relations, he could never have weighed the earth, sun and stars, computed eclipses, the return of comets, nor united chlorine and sodium to make salt. Accurate knowledge would not have been gained. True, our portions of mind are infinitesimal; so are

electrons, yet both possess incalculable power.

If the reader could enter a late type of electro-chemical laboratory at 6 a. m., and have as his guide the discoverer of electrons or of radium and make minute explanations of all the intricate and complex processes involved until 6 p. m., and repeat the daily study for a year, or until each step was understood, he would be aware of the actual existence of divinity within man, and that mental man is a masterpiece, but yet in the making, for man is still evolving. This is known for discoveries on tremendous heights are being made in mathematics. Could the reader peer really into the minds of the world's mighty mathematicians, he would know himself to be in the presence of a creative power—these minds actually create new formulas, solving hitherto unknown equations.

THE SENSES OF MAN.

The five senses can all be reduced to one—namely feeling. This is another name for consciousness. Touch a stone, we feel its mass; a hot body, we feel the motion of its electrons; the tympanum feels electrons, atoms and molecules; the retina feels the impact of electrons, and the optic nerve transmits the feeling to the brain. Positively consciousness is no more, no less than feeling. We do nothing with our bodies, mere bundles of nerves, but feel matter. All organs are mere agents of the mind—the commander and interpreter of all sensation.

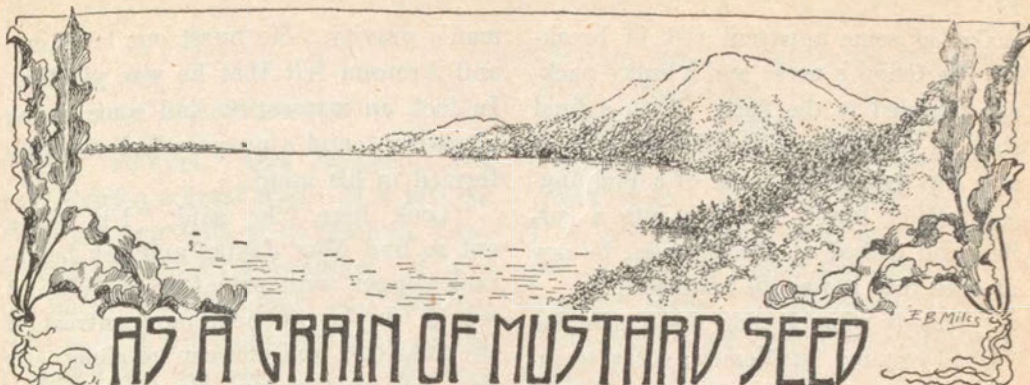
Really things are not what they seem

to be to the natural unaided senses. The earth appears to present a flat surface to the eye. Instruments show that it has a curvature of eight inches in the first mile, thirty-two in the second, seventy-two in the third, and so on. On some days, Catalina Island appears to be three miles from the observatory, and on other days five or six. Instruments prove it to be sixty-five miles away—in the waves of the sea. The unaided eye sees one, the trans-violet energy microscope sees millionths. This primitive illusion was necessary and was the origin of scientific research. Up here, on clear nights, the air is so pure and free from "illusion" that one thinks he can touch the stars with his hands. The nearest one seen from this peak, Sirius, is distant fifty-one trillion of miles. We cannot think of eternity, space or any other Infinity. Still I have printed: Mind is illimitable. The reason why is clear. Mind is the Infinite itself and cannot think of itself. We cannot think of electrons, they are infinitely small. The reader will notice that many assertions are made in this article, as if stating facts. They are so thoroughly fixed and set in me that to me they are as rockhewn facts. If they are, and not mere speculations, then man is far more intricate, elaborate and complex than he has ever been thought to be. I state then that mind is the base of nature and that the seat of mind is in primordial electrons. And I reassert here and now that they know what to do to build all existing objects.

What Matters Creed?

BY HELENA KORTE.

What matters creed or temple
To the Lord of all?
What part have sounding phrases
In the Spirit's call?
Earth is a holy temple—
If we take it so,
And life is truest worship—
If we make it so.



By WALLACE D. WATTLES.

CHAPTER IX.

A BUSINESS ARRANGEMENT.

"Trying to steal my play?" cried Billy in blank astonishment. "How?"

"It must be a splendid thing," said Miss Jayne, "and the temptation has been too much for him. This morning at rehearsal, I came off the stage, and heard him talking to one Eckstein, a Jew newspaper man, and a sharp unprincipled fellow. There was only a canvas scene between us, and as I stepped up to it I heard Aronson mention your name and the play; so I eavesdropped, suspecting something wrong. 'What's the use,' he said, 'of letting this young fellow rake in this money? We may as well have it all,' and then they planned that Eckstein should take your manuscript and make notes from it, and write another play embodying all the best points of yours, and Aronson is to make some suggestions to you as to alterations, which will keep you busy for some time, and in the meanwhile they will put on the other play, and when you come up with your manuscript, accuse you of plagiarism. Aronson was to bring the manuscript to his office here this evening, and Eckstein is to call for it at eight; it is nearly time. Go straight to Aronson's office and demand your manuscript; do not tell him

that I told you all this, unless you must, but get your manuscript at any cost; and come to me here as soon as the curtain falls on the last act." He thanked her with a few earnest words and a warm pressure of the hand, and hurried out, going directly to the manager's office. Aronson was sitting at his desk, and standing before him was a slim young man with dark eyes and curly hair; a duplicate of the manager, except in portliness. Aronson looked blankly astonished when Billy walked unceremoniously into the room, but he quickly recovered himself, and suavely introduced Mr. Eckstein.

"Mr. Aronson," said Billy, "have you read my play yet?" He saw a look of comprehension pass between the two men.

"Sorry to say I haven't had the time Mr. Stewart," said Aronson. "Must you go, Eckstein?" This to the newspaper man, who was moving toward the exit. Billy stepped quickly to the door, and placed his back against it.

"No, Mr. Eckstein mustn't go," said he, "not till I get my manuscript."

"Why, your manuscript is at my hotel," cried Aronson.

"Is it?" said Billy, shortly. "Then what is Mr. Eckstein hiding under his coat?" He caught the slim little reporter by the shoulder and gave him a

shake, at some apparent risk of breaking the fellow's neck; and a bulky package tumbled to the floor. With a final shaking which made the Hebrew's arms and legs gyrate like those of a jumping-jack, Billy tossed Eckstein into a corner, and picked up the package; he saw at once that it was his manuscript.

"This is what I came for," said he. "Good evening, gentlemen; sorry to inconvenience you, Mr. Eckstein, but I needed this paper." He turned toward the door.

"Wait!" cried Aronson, springing to his feet. "Mine Gott, man, don'd go away mad!" His pronunciation suffered in his excitement, and his face was really comical in its distress. "Vy, dot's a gread blay," he went on, "there's thousands in it, Mr. Stewart; thousands! Don'd get excitet; no von has robbed you; you haf your play; choost stop and let us talk a liddle."

"Thank you," said Billy, "but I have nothing to say to you, Mr. Aronson, except to tell you that you are a rascal." He turned toward the door again.

"Oh, yes, yes," said Aronson. "Of course I am a rascal; so iss efferybody, Mr. Stewart. But look here; I can bring out your play better than any other man in New York, all the same. Now, we can make a contract that will make you safe; quite safe. You can copyright the play yourself, and have a representative in the company to see that your interests are perfectly attended to; and we will put the play on, right away. I'm caught, Mr. Stewart; I'll own up; but that needn't stop us from doing business, eh? There's no harm done except to Eckstein, and he needed a dusting anyway." He stood rubbing his hands and smiling up at Billy with anxious deprecation; and his impudent assurance was too much for the young

man's gravity. He burst out laughing, and Aronson felt that he was yielding. In fact, an inspiration had come to the playwright, and a purpose had suddenly formed in his mind.

"Look here," he said, "I'm going out to find Miss Jayne, and ask her to take supper with me after the play; I would like her to hear our contract, if we make one, and you can go along with us. I'll let you pay for the supper," he added as an afterthought. Aronson made a wry face.

"Oh, well," said he, "if I must, I must. Shake Eckstein again, Mr. Stewart; maybe the price of the supper will fall out of his clothes."

"Oh, Aronson can pay it," said Eckstein, "and without being out a cent. If he buys you and Miss Jayne a supper tonight, she'll find the whole bill taken from her pay next Saturday."

The two rascals were so perfectly unabashed that Billy could only marvel at their brazen hardihood; and he hurried out to seek Miss Jayne, finding her just ready to go upon the stage. He told her what had happened.

"Aronson is going out to supper with you and me," he said. "I took the liberty to make the appointment, because I wish you to hear what he has to say; and I have a scheme which concerns you. Will you be ready to go with us as soon as possible after the last act?"

She assented promptly, and as her cue was given, hurried on the stage, while Billy sat down to perfect the details of the plan which had come to him while talking with Aronson. At the close of the performance he found that the manager had a carriage waiting at the stage door; and the three were soon seated at a corner table, in a fashionable restaurant. Aronson, who had quite recovered his suave self-control, plunged at once into the matter in hand.

CHAPTER X.

A NEW STAR.

"Mr. Stewart," said Aronson, "you have written a great play. It is just the kind of thing that is in demand, now; a good play, with a meaning. If it is put on in the right way, and with the right cast, it will make a big hit; I say it, and I am the best judge of these things in New York."

"I believe that you are," admitted Billy, knowing that the assertion was indeed true.

"Now, the way to put it on, is this," the manager went on. "Get a good company, and especially get the best man and woman for your leading parts; the woman is most important, for your Helen Tudor is the feature part in the piece. Get a good company all round, and put them out for this winter on the circuit of the smaller cities, so that they may thoroughly learn the play; see it played yourself, note the effect on the audiences, and make any changes that may be necessary; begin the advertising, and when the company and the play are both perfect, put it on here. See?"

"Your plan seems good to me," answered Billy, "and I believe that you are better equipped to carry it out than any other manager in the city. Now, here is my proposition, Mr. Aronson: I will get my play copyrighted at once, and turn over the manuscript to you for the distribution of the parts among your company. We will go tomorrow to a lawyer of my selection who will draw up a contract, specifying my royalty, and so on. You will select the company, with one exception; Miss Jayne will represent me, receive my profits and have full power to act for me in every way; and she is to play the part of Helen Tudor." Miss Jayne gasped in astonishment; and Aronson,

after an instant struck the table violently with his fist.

"The very thing!" he shouted, so loudly as to draw all eyes upon them. "Why didn't I think of her before? Why, she lives up to the part, already; she can give it better than any living woman. Esther, my dear, you'll make a sensation; it's a great part, and it was made especially for you."

"Will you take it, Miss Jayne?" asked Billy, seeing that she hesitated. "Please don't say no."

"Do you realize," she said to him, "how much you are intrusting to me?"

"I am intrusting more to you than you know of," he answered gravely, "and I am not at all afraid to do it. You forget that I know and believe in your philosophy of attainment."

"I know nothing of the part beyond what Mr. Stewart told me a few days ago," she said to Aronson, "but I believe that I can play it, and if you give it to me, I will try."

After some discussion of minor details, the matter was settled and Billy took Miss Jayne home, receiving her permission to call and read her the play on the following day. When she heard it, she was enthusiastic in its praise.

"That is a splendid part," she said, "and I feel sure that I can give it a worthy interpretation, and bring out your idea clearly. I thank you very much, Mr. Stewart, for the opportunity."

"It is I who should thank you," he said. "What could I have done if you had not consented to act for me with Aronson? He is not to be trusted."

"You have him fast now," she answered, "and he will try no more tricks with you. Do not judge all theatrical people by him, Mr. Stewart; most of them are honest. And even Aronson, tricky as he is, is a kindly and gener-

ous man; he is the best manager to work for in the business. The receipts from your play will not be large on the western circuit, Mr. Stewart; you need expect only very small returns until it is brought out here."

"And how soon do you think that will be?" asked Billy.

"It will take until about the first of December to arrange the company, learn the piece, and route us. Then it takes about three months to make what we call the great circuit; allowing for all delays and contingencies, we should be ready to commence here about the first of April." Billy's countenance showed some of the consternation he felt at this.

"You are anxious to begin to get rich?" she said, smiling.

"No, it isn't that. But the fact is, I have a reason for wanting quite a sum of money about the beginning of April; and I had hoped the play would do it; I mean, bring me the money. You have had some experience in these things, Miss Jayne; can you give me an estimate as to what my royalty might amount to on the great circuit?"

"I know," she replied, after a moment's consideration, "about what the receipts of a company generally are; these things are matters of interest to all members of a company. Remember, Mr. Stewart, that your play is a new one, and we shall rely wholly upon stock advertising; and that audiences will often be small. I should think that in three months you might confidently expect to get two thousand dollars; you would not be safe in putting your estimate higher than that." Billy turned pale.

"Esther," said he, "I'm going to tell you all about it, if you care to listen. I need your help, anyway."

She assured him of her interest and sympathy, and he told her the history of Nellie's trouble.

"So you see," said he in conclusion, "that I must have ten thousand dollars by the 10th of April; and it seems that the play isn't going to make it for me. Do you think, Miss Jayne" (she noted that he did not call her "Esther" again) "that Aronson would be willing to buy it outright for ten thousand dollars?"

"No," she said. "Not now that he has your contract; he will try the play first. And furthermore, Billy, (he thanked her by a look for using his name, and so showing her comradeship and sympathy,) "you should not sell it if he would! It is worth much more than that. Didn't you tell me you believed in my philosophy of attainment?"

"Yes; and so I do."

"And you say you believe that your mother's faith is well founded?"

"Yes."

"Then, you foolish boy, why do you get in a panic whenever you cannot see exactly how the thing you need is to come to you? Do you believe that the Infinite is so limited as to ways that there is only one channel through which it can reach you? That isn't saving faith, Billy."

He saw shining in her clear eyes the same unwavering faith that he had seen so often in his mother's; and his lip quivered, while his own eyes filled with tears. He took her hand and held it in his, stroking it softly for a moment, while he struggled for self-control.

CHAPTER XI.

LOVE.

"Esther," said Billy, "you see that I was right when I said that I needed your help. You'll have to furnish faith for me; and please let us be Esther and Billy from now on to the end of the chapter."

"Go home, Billy," said she, "get to work at some other great task, and have

no fear. When we begin to rehearse the play, I will write you, and you can come on and see it."

He took her advice, and the next morning found him in his pleasant "workshop" quietly preparing for another undertaking while he enthusiastically described Miss Jayne to his mother.

"She is like what you must have been at her age, Mother," said he. "I couldn't give her higher praise than that, could I?"

"I can imagine that you might," said she, "but Billy, can you not see how your meeting her proves the truth of the philosophy she teaches? Is there not a Power at work in our affairs, bringing the right person to the right place at the right time?"

"It does look that way, Mother. I begin to see clearly that the Supreme is moving in all things toward more abundant life; and our part is to co-operate by faith. If we do that, and keep doing our very best with the means at hand, the help we need will always come in time. The car we want will always be just coming when we reach the corner, so to speak."

"Yes, Billy; and if the car is not in sight, hold your faith without wavering, and some one will be sent for you with an automobile."

"No more panics for me, Mother. With such faith as yours and Miss Jayne's to back him, a fellow must be a mighty poor stick if he lost his grip. The car will be there when we reach the corner."

Aronson was slow in getting a company satisfactory to him, and it was well on toward the middle of December when Miss Jayne wrote Billy to come to New York and see a rehearsal of his play.

She waited until the company had worked upon the piece for a week, and were getting their parts well in hand, for she wished the young author to get a fair idea of what a good production of his work would be like. Billy sat in the front of the house with Aronson, who had insisted that this rehearsal should be in costume, and that the actors should give a full and spirited interpretation of their parts. As the rehearsal progressed, Billy became absorbed in watching Esther Jayne; so powerful and thrilling was her impersonation of the heroine whose courageous faith surmounted every obstacle, that he quite lost sight of the acting of her support, which was very good indeed, but which nevertheless seemed tame and commonplace by comparison with her. He saw at once that she had fully grasped his idea, and more; that she was getting very much out of the part that he had put into it. He watched her through the piece with absorbing interest, and at the close of the last act he turned to Aronson with a sigh, like one awaking from sleep; and he was surprised to find the fat manager wiping tears from his eyes.

"I'm a tam fool," said Aronson apologetically, his pronunciation suffering as it always did when he felt strongly, "but I can't help it! I always haf to gry ofer such things. But you haf a great play, Mr. Stewart; and that's a great girl; she's a tam sight bigger than the play." And Billy, with tears in his own eyes, wrung the man's hand and forgave him for all his rascality; and then he hurried behind the scene to find Esther Jayne.

(To Be Continued.)

*A little forgetfulness will not hurt the sincerity
of the pardon.*

—Thiers.

The Mother as a World Power.

EFFECTS OF PRENATAL THINKING—RIGHT THINKING FOR THE EXPECTANT MOTHER—RELATION OF THE SUB-CONSCIOUS MIND TO THE NERVOUS SYSTEM—RE-EDUCATING THE SUB-CONSCIOUS MIND OF THE MOTHER—HOW A MOTHER CAN GIVE BEAUTY OF FORM AND HARMONY OF DISPOSITION TO THE CHILD.

By JAMES HENRY LARSON, Ph. B.

PART I.

The mothers of today are shaping and moulding the world's thoughts of tomorrow. There is nothing more important for the expectant mother to understand than the effect her thinking has upon the coming child. She has here a power for good which is hardly surpassed by any other in the world. The purpose of this article is to reveal to the mother how she may exert an influence for good over the unborn child, which is as clay in her hands. The mother who has fortified herself against nervousness, fear, hatred or jealousy, and has filled her mind with thoughts of calmness, trust and love, and who has learned to eliminate undesirable impressions, is thereby much better fitted to give birth to a strong healthy child.

It is not the purpose of this paper to deal with health, but simply to speak of it in relation to the coming child. The expectant mother should be more careful of her physical health and mental well-being than the athlete who is in training for the endurance test of his life. She ought to feel that she is preparing for the effulgent hour of her

life. The woman who has never worn stays, who knows how to breathe a complete breath, and get all the good out of the air that nature intended for the whole body, and who understands the value of air, sun and electric light baths, is prepared fearlessly to hear the knock at the gates of the world and to welcome the visitor with a smile and without pain.

One of the first requisites for the perfect mother is *right thinking*. It is decidedly to the advantage of the child that there should be no protest against the coming event in the mind of the mother. Her attitude should be one of joy because she is about to receive from the treasure house of God one of heaven's best blessings. There is nothing which tends to sap vitality and weaken the coming child so much as a rebellious mind on the part of the mother.

Too much cannot be said about her state of mind and its registering effect upon the child. The sum total of the thinking of the mother and her ancestors has its share in the development and endowment of the expected child, but the year previous to the birth is the vital period, during which the mother

should feel it her sacred duty to think upon as high a plane as possible. In order to get the best results it is necessary for the mother to have some knowledge of the relation of the conscious to the subconscious mind, and in turn the relation of that mind to the nervous system.

In dealing with aggregate impressions, it is necessary for the mother to realize that nature preserves for us every impression received by the conscious mind. These impressions are stored away in the subconscious mind as soon as they are received. The combined impressions constitute a force which, if understood, will become the mother's powerful ally. Some of these registrations are good, others are the reverse. The very best women in the world receive harmful impressions at times. This fact doubtless explains why so many good women have sons who eventually disgrace them. Undesirable impressions which may have been lodged in the subconscious mind of the mother for years, or which may have been received during pregnancy, make a deadly imprint upon the mind of the child and it is thus destined to become a scapegoat.

We believe it is possible, however, by conscious effort on the part of the mother, to eradicate these undesirable impressions.

The process of erasing or eliminating undesirable or worse impressions, and arranging in logical order the good ones, is called re-educating the subconscious mind. The wise mother will realize that she may save herself untold worry and unhappiness to say nothing about the child by erasing undesirable impressions from her own mind before the child is born. It is impossible to draw pure water from an impure fountain. One cannot expect a healthy, normal child to be the output of an impure

thought center. For this reason it is imperative for the mother to eliminate undesirable impressions.

The process is a simple one. It is like weeding a garden; while you are gathering all the weeds together and destroying them, you are also arranging the flowers in their natural order. This work can be done in the subconscious mind by a simple system of self suggestion, which we can better state after considering the subconscious mind and its relation to the conscious mind.

Every impression we receive is first made upon the conscious mind. This mind is capable of holding only one impression at a time. As new impressions are received, the old ones are stored away in the subconscious mind in the order of their receipt, without a thought of order or system. The person who has become an expert in re-educating his subconscious mind can, therefore, readily recall any experience. In other words, he has *total recall*. This is more frequently found in women than in men. Such a faculty, used wisely, is a blessing to the person possessing it, for it gives him a complete control of all the accumulated impressions of a lifetime.

The process of claiming our inheritance—without it we lose about nine-tenths of life—is quite simple. Let the mother who would claim this inheritance for her child imagine that the conscious mind is a general giving orders of system and harmony to the army of impressions in the subconscious field.

And as she delivers orders to the hitherto disorganized mass of impressions to be organized and to separate the good from the bad, she finds that the commands are slowly but surely obeyed, until complete control is accomplished.

It is possible for the conscious mind to command that all undesirable thought

impressions be banished from the realm of the subconscious mind. If a vile thought is allowed to remain in the subconscious mind, the whole soul may eventually become contaminated.

The system of orders which the commander delivers to the field of the subconscious mind we will call *self-suggestions*, or *auto-suggestions*. To realize the full force of auto-suggestions and how it affects the countless impressions received, will be our next step.

Wherever there is feeling there is mind. This fact will perhaps give us an idea of the vastness of the subconscious mind which needs constant food from the conscious mind. And this brings us to the senses which are avenues to the great within. To hang a beautiful picture at the foot of the bed where the mother's eyes may rest upon it the last moments of her waking hours, and when she awakes in the morning is very beneficial. This quickening sensation of beauty can be directed by the mother for the benefit of the child in

such a way that it will vibrate all the cells in the shapeless little body, and thus create an energy which must express itself in beauty of form and feature.

Beauty of face and form of the child are not at all dependent upon the appearance of the mother. It is only necessary for her to direct all the beauty and form sensations which she receives for the benefit of the child. This can be easily accomplished by the woman who has a good imagination; by others it can be acquired through patience and application.

The tone vibrations of ether waves which music starts in the air float in upon the conscious mind of the mother, and create a sensation of harmony and rhythm which is stirred in the subconscious mind. These may be directed to the tuning and harmonizing of the child, and will endow it with an aptitude for musical expression.

(To Be Concluded.)

The Bluebird—A New Thought Play.

By S. JAY KAUFMAN.



There is a platitude that will live forever and a day. "A rose by any other name." Perhaps you take exception to my calling it a platitude. We'll not quibble. Somehow it invariably comes to mind when I hear conservatives re-

fusing to acknowledge this or that as it would vex me, (I admit that was the wrong attitude). Later I came to see

that it didn't matter so much whether or not they saw it as New Thought—just so they saw it. "A rose by any other name—"

But here comes something they all admit is New Thought and it is wholly delightful. It is Maeterlinck's "The Bluebird." It opened the season at the New Theater in New York and is a triumph! It is the only play produced thus far at the New Theater that has received the unanimous approval of all the critics.

From every standpoint—good drama, thought, holiday amusement for all ages, splendor of production and acting

—say them in any order you please—it is superb. But while the children will revel in the dances and the effects, please do not confuse this Maeterlinck masterpiece with children's pantomime. Though fantastical, each picture offers a happy thought of tremendous depth. "The Bluebird" is the finest type of play, for it has a message in true dramatic form, and the message is readily understood and will do a deal for those who see it.

Its success is all the more wonderful when it is remembered that "The Bluebird" was not written for the stage, and that Maeterlinck in writing it did not allow himself to be swayed by the technical shortcomings of the stage.

Let me tell you the charming tale. Tytyl and Mytyl, children of a wood-chopper in the province of Lorraine, dream on Christmas eve that a fairy sends them on a journey for the bluebird. The dream, as acted, is the play. The journey represents life; the bluebird, the symbol of happiness, represents the unattainable; the children represent the soul of man. The fairy gives Tytyl a green cap on which there is a magical diamond. By turning the diamond the cottage is wonderfully lighted, and the ordinary things of life are changed into living things, typified in character and costume so as to emphasize their usefulness to man. The dog, cat, bread, fire, water, milk, sugar and light are given human forms. They accompany the children on the search for the bluebird.

On the search the cat leads, though light really shows the way, the dog watching over the children.

They all visit the Land of Memory, the Palace of Night, the Kingdom of the Past, and the Kingdom of the Future. In each they seem to succeed in finding the bluebird, but immediately they have it, it changes color—Maeterlinck's way of saying that happiness lies in the pursuit

of happiness, and that life will ever be unexplainable so long as there is life.

In the Land of Memory they find the grand parents of the children asleep, awaiting a thought from the living to awaken them. The children play with their little dead sisters and brothers—the idea being that we are with the dead when we think of them, and thus they are really never lost to us. In the Palace of Night the children are warned not to open a certain vault, which of course they do open. Having opened it they see thousands of bluebirds, some of which they capture, but when captured immediately die. In the Kingdom of the Past when the children are about to see the dead rise, the dead instead of rising change into beautiful flowers. Mytyl asks, "Where are the dead?" To which Tytyl replies, "There are no dead." In the Kingdom of the Future, which is perhaps the most exquisite and tender scene of the entire production, the unborn children await the coming of Father Time who decrees which shall be born and which shall remain unborn. As those which are born sail away the "Welcoming Song of the Mothers" comes up greeting a welcome.

Finally the children return to their home. When they awake the things which accompanied them are in their proper places precisely as before the journey. They suddenly notice that their own bird is blue—that happiness has been there all the time. As they seize upon it they learn that a sick child asks for it, and that it may make the sick child well. They part with it quite willingly to the child who is immediately made well, but as she recovers the bluebird again escapes—now for all time.

So you see there are four distinct ideas. Don't you think if one were given to worrying that "The Bluebird" would convince him of the absurdity of worrying? Maeterlinck's symbolism is

thorough, strong and effective. And what a comfort the scene in the Land of Memory must be to anyone who has recently, or at any time, had a bereavement.

One must be almost wholly devoid of imagination to not be thrilled by it.

Massive productions are usually a bore because the scenes are meaningless other than as spectacles. In "The Bluebird," on the contrary, you send your vision across the footlights, but something more than a mere picture comes back.

A better cast could not have been secured. Cecil Yapp takes rank as one of our foremost character actors by his portrayal of the cat. Mr. Wendall, Jr.,

as the dog, strikes a note of pathos in several of his scenes that you will remember. His performance will set you wondering whether animals do have souls. Perhaps it will make you a bit kinder to all animals. Robert Cummings as Time, Gladys Hulette and Irene Brown as the children do thoroughly commendable work. Frank A. Fall whom perhaps you will remember by his contributions to *Nautilus* saw it with me and as we left the theater he turned to me and said: "It leaves a good taste in the mouth." I added, "And brain."

See "The Bluebird." It will bring you greater happiness than a dozen average plays.

The Eternal Order.

By J. RANDOLPH HOLMES.

Look up my beloved. Oh, be not discouraged!
The temporal order seems dreary and long.
But in the Eternal, we're gathered together,
And all our existence is infinite song.

The finite will pass, and will break like a bubble,
In larger and larger existence anew,
Until our sorrow and heartache and trouble,
Will vanish at last in the infinite view.

Yet nothing is lost, for each pain that we suffer,
A note in the infinite harmony lives,
Although supplemented, included, transcended,
Each to the Eternal, its character gives.



Men and Women Who Are Helping the World Along

JOHN HENRI THIRY

By L. B. Jerome.



If all the pennies that the American boy or girl has spent on lollipops, chewing gum, cigarettes and cake, could be laid in a straight line, that line might reach from the world to the very center of the sun. If half

of those pennies could find their way into the pockets of the coming generation, instead of into its mouth, every bank in the United States would have to raise its roof to accommodate the stacks of coin. This idea burst on John Henri Thiry one summer afternoon, as he watched the twentieth child of the neighborhood go by on its incessant pilgrimage to the little "corner store," and saw picked parties of his own numerous progeny disappear out of the front yard gate, apparently bent on the same errand. Right on the heels of this illuminative thought, sprang forth another: Why not teach the American boy and girl to save?

Thiry sat in the sunshine and meditated. By night he felt himself well on the road to the solution of the problem, "How?" When he rose the next morning, he was happy; for the solution had burst upon him in the night, and he saw no barrier to its effectiveness.

He saw that there was something radically wrong with a school or home training that permitted a child to spend five or ten cents every day without a thought of its value. He saw, too, that the only logical starting place for his reformatory idea was in the schools. To the schools, therefore, he went. He became a member of the school commission. And when his plans were fully formulated, he told the other members of the commission about them.

They didn't particularly care for the great idea at first; it seemed to present difficulties. But Thiry was persistent. He visited all the Long Island City schools, presented his idea to the children in attractive terms that they could comprehend, explained the benefits accruing from it to the teachers, and finally won numbers of thinking persons over to support his cause.

Thiry's idea was the establishment of a school savings bank. Every school was to have its own bank, and when the system was in operation, every Monday morning the boy or girl who had succeeded in resisting temptation, and had saved his pennies marched triumphantly to the teacher's desk and deposited his tightly clutched savings. There was more than Mr. Thiry had expected. Children who had never given a thought to "odd jobs" save as to escape from doing them, now sought for jobs and rewarding pennies with avidity. Lawns were raked, kindling brought in for home fires, wood chopped and errands run. There was almost an epidemic of

industry, and parents rejoiced. In one year, the average weekly collection made by the different teachers in one Long Island City school averaged one hundred dollars. Mr. Thiry particularly emphasized the fact that the school bank is not compulsory, but is merely to help the students to an independence, which they are able to draw on at any time they pleased.

The idea spread to Manhattan with the result that the English system of giving stamps for the amount of money deposited, was decided on. It took root and grew, and the big building at Twenty-third street and Fourth avenue which houses the children's fund, known as the New York Provident Fund, always has a line of children before a window, grimy hands clutching pennies and nickles, and upturned eyes shining with delight.

Today, over one thousand schools in all parts of the world have adopted the school savings system, and there are over 300,000 child depositors. Since the inception of the idea, over five millions of dollars have been deposited, and over four millions withdrawn. The amount now on credit to the American child in the United States is \$870,696.01. France, Algeria, Australia, Hawaii and Porto Rico have their lines of saving children, too.

Mr. Thiry is a Frenchman by birth, and a fit descendant of that thrifty nation. He started his savings bank idea a quarter of a century ago, and has lived to the ripe age of eighty-eight to see it in full swing. The twelve years spent in the office of the Belgium Minister of Public Works before coming to this country, gave him an intimate knowledge of banking and of banking matters, and enabled him to work out his accurate and effective savings plan. He has given up all official connection

with the school savings bank, although he is recognized as its real head. From the reports sent him by principals of schools, he compiles statements for government use—a work which he performs without charge and in which he takes keen delight. Aside from the fact that he is unofficial comptroller of the public school savings banks of the country, he is kept busy with the affairs of the twenty-eight children he has had during his three-quarter century life.

"MOTHER" JONES

By Caroline Westwood.



She is known as the "stormy petrel of industry," is feared by factory and mine owners more than any dozen courts, and more universally loved by American working men than any single individual known

to labor. She has the distinction of having conducted to a successful climax more strikes than anyone else, man or woman, in the United States; so that today her mere appearance on the scene is sufficient to fire a body of strikers with new zeal and determination. She is gifted with that rare, indefinable something which inspires confidence and makes men do her bidding—that thing which, for want of a better name, we call personal magnetism. And they have dubbed her "Mother," "her boys," those rough, begrimed miners and factory workers for whom she toils, "Mother" Jones.

It is "Mother" Jones' firm belief that nothing effectual can be accomplished for the betterment of the condi-

tion of the poor until public ownership of all utilities shall have been made an actual, operative fact. The congressional bodies in their present conduct of the government she characterizes as "a band of anarchists." In fact a more rabid or radical socialist than "Mother" Jones would be difficult to find; yet she is a woman of splendid education and vast reading; and has had experience with all varieties of humans. Maybe it is just naturally born in her.

In her are mingled the blood of the Celt and the Gaul. Her father was a red-hot Irish patriot who pursued his activities in behalf of the "ould country" so ardently that finally he was forced to flee with a price on his head. He made his way to this country, crossing the border to Canada and taking up his home in Ottawa. There Mary—which is "Mother" Jones' first name, although it is so long since anyone has called her by it that she has almost forgotten that fact herself—lived her early life much in the fashion of other children. When she reached the age of twenty she began teaching school in Canada, and later taught in various schools and private families throughout New England. It was while thus engaged that she first learned of the child workers in the mills of New England. Their condition appalled her, their pale, peaked little faces aroused in her sympathetic nature all those qualities which later earned for her the name of "Mother," and her active efforts in behalf of the laboring class dated from this time.

It was at the same period that she met the man of her choice in a little Maine town, and married him. His name was Jones, and with him she trav-

eled all over the country, studying factory and mining conditions wherever she went. Gradually—even "Mother" Jones herself doesn't know herself how it first happened—she took to addressing the men and urging them to take measures for their own betterment. Her vibrant personality raised them up on a flood-tide of enthusiasm, and, once she perceived the influence she was capable of wielding over them, it was not long before she was actually organizing and conducting strikes herself.

"Mother" Jones it was who incited to strike the street conductors in Chicago, the miners in Hazelton, and the mill girls in Fall River; and all the success met with by the strikers in these instances is directly traceable to her guidance. She was also extremely prominent in the American Railroad Union strike and the big coal strike in 1891. Since these times she has borne a share in nearly every labor uprising of any importance, though none of her achievements is more noteworthy than that at Arnott in 1898 when she took hold just as the miners were about to give in, rekindled their spirit, and for nine solid months held them together, feeding them meanwhile by co-operative methods. At the end of this time "Mother" Jones herself dictated terms which the mine owners were glad to accept. Such is her personality and power.

"Mother" Jones is now seventy years old. She is small and fragile, but her wonderful vitality keeps her just as powerful and active as ever. Her only guiding motto is, "Let us always have truth and justice," and it is toward the bringing about of both that she has given her tireless, self-sacrificing life.

All things are "right" that do not cause ripples on the surface of our mentality after the commission of the deed.

O. V. LaBoiteaux.



VIEWS AND REVIEWS

—BY—

WILLIAM E. TOWNE



For World Peace.

When two men have a serious disagreement over a boundary line a court of law settles the difficulty.

When two great nations fall out over similar questions they often go to war to secure a settlement.

Is there any good reason why international disputes should not be settled by an international Supreme Court? President Taft does not think so. On March 22, 1910, he said, in a speech before the Peace and Arbitration Society:

"Personally I do not see any more reason why matters of national honor should not be referred to a court of arbitration than matters of property or of national proprietorship. * * * I do not see why questions of honor may not be submitted to a tribunal composed of men of honor who understand questions of national honor, to abide by their decision, as well as any other question of difference arising between nations."

In line with this position the United States Senate on June 24, 1910, confirmed a bill already passed by the House authorizing the president to appoint a commission of five members to investigate the expediency of using international agencies which are already existing for the purpose of limiting, by international agreement, the armaments of the nations of the world, and of using their federated navies, or so much of them as might be necessary, as world forces for the preservation of peace and order.

In short, this is a distinct legal and official movement toward the formation of a world federation for peace.

Our standing army is about the smallest in the world in proportion to the size and importance of the nation. Yet in 1909 our total expenditure for the maintenance of war equipment, including pensions, was \$441,370,104.

For ALL civil purposes the expenses of the government during the same period amounted to *less than half this amount*.

And yet we are at peace with the world and have been for ten years!

In a speech delivered at Christiania, Norway, May 5, 1910, Mr. Roosevelt said:

"Granted sincerity of purpose the great powers of the world should find no insurmountable difficulty in reaching an agreement which would put an end to the present costly and growing extravagance of expenditure on naval armaments (and) it would be a master stroke if those great powers honestly bent on peace would form a League of Peace."

It is time for the world to show that it is really civilized. It is time to stop the awful waste of life and property which war entails. It is time to lift from the shoulders of the people of the nations the rapidly increasing burden imposed for the maintenance of the enormous armies and navies of the world. It is time to apply common sense and business methods to the settlement of all international disputes. It is time to set



VIEWS AND REVIEWS

By WILLIAM E. TOWNE



the armies and navies of the world at useful, constructive work.

Think of the roads that might be built, the public buildings that might be erected, the public needs that might be met with even a small proportion of the money and energy which goes to maintain the army and navy of a single first-class nation.

Under a federation agreement between the great nations of the world an army and navy force sufficient for policing the earth would not need to much more than equal some of the armies and navies now maintained by single nations.

It is five years before the next Hague Conference meets. In the meantime it is the work of those who believe in world peace to spread broadcast the ideas for which they stand, that the whole nation may become permeated with the great thought of universal and permanent peace.

"The Thunderbolt."

"There is no virtue which is final," says Emerson, in his great essay on "Circles."

And the contrary must also be true, viz, there is no fault which is final and irretrievable in its effects.

This is the great lesson of "The Thunderbolt." The characters are sordid, selfish, wolfishly grasping, yet almost all of them have not unworthy aims. The objects they would achieve were not unworthy in themselves. Only the stress of circumstances had brought out the wolf instincts in them.

"The Thunderbolt" is an English play, fathered by the greatest of English playwrights, Arthur W. Pinero.

The first act shows the relatives of the late Edward Mortimore assembled, only a few hours after his death, in a lower room of the house to discuss the value of his estate and the probability of a will. Each of the brothers display an unbecoming eagerness to discover at the earliest moment the exact sum in pounds and shillings which he is to receive from the estate.

Phyllis, wife of the youngest and least greedy of the brothers, has, unknown to the rest of the family, discovered and destroyed the will. Under its provisions the entire property of the testator was left to an illegitimate daughter, Helen Thornhill.

Against the dark and forbidding background is contrasted the sweet unselfishness of this beautiful and gifted daughter. Phyllis, overcome by the kindness and unselfishness of the girl, confesses that she found and destroyed the will, and makes known its provisions to the family.

This, of course, is the "thunderbolt." The news puts a new complexion on the entire affair. There is almost literally "wailing and gnashing of teeth" at the prospect that the property will after all probably slip through the greedy fingers of the brothers and go to the daughter. The matter is finally settled by all agreeing to share alike, Helen included.

The character of Helen shines out like a brilliant diamond against a black velvet background. She is the beautiful and gracious instrument through which the "lesson" of the play is presented.

The events of "The Thunderbolt" might easily be duplicated in almost any Anglo-Saxon community. Of course the play is a strong one, though it may eas-



VIEWS AND REVIEWS

By WILLIAM E. TOWNE



ily lack the element of great popularity.

The New Theater, where "The Thunderbolt" is now being presented, is a marvel of chaste magnificence. It is an endowed institution, and each play is selected purely upon its merits, with its money earning powers a secondary consideration. The founders of the New Theater are a group of New York multimillionaires, including the Astors, the Vanderbilts, the Goulds, Frank Munsey and many others. Under the terms of their contract the managers are bound to produce a certain number of new plays each season.

Naughty Marietta.

A graceful, laughing, dainty, animated girl is "Naughty Marietta," as portrayed by Mlle Trentini at the New York Theater.

But Miss Trentini is something more than an actress; she is a brilliant singer with a voice of operatic quality and range. At times it is surprising how so large a volume of sweet sound can issue from so small a source.

"Naughty Marietta" is a comic opera somewhat after the style of "The Merry Widow" and "The Arcadians." The plot has to do with the little Italian girl, Marietta, a band of pirates, an old governor and a handsome young American who plays the hero and with his trusty men rescues the maiden at the critical moment. Of course Marietta and the American fall in love and the curtain leaves them just where all good plays always leave the youth and maiden.

"Naughty Marietta" is more of an opera than either of the other pieces I have mentioned. It contains some very

pretty duets and one quartette which approaches closely to grand opera. Many bright and witty places in the dialog serve to keep the audience good natured. Some of the ballets are especially dainty and captivating. Like all the Hammerstein productions the piece is lavishly staged. For clean amusement and entertainment alone "Naughty Marietta" is hard to beat.

Thinking and Acting.

It is action in the NOW that counts.

The present is reaching out and out and out to the future.

This moment presents a special opportunity for you. Each moment brings its own opportunity to act in a constructive way that will bring you one step nearer to the thing you desire.

It is right *action* that builds character. It is not enough to *think* well; we must also *act* well. If you have a new theory you cannot prove its truth by simply thinking about it. You must *act* as if it were true until you prove it true or find it to be false.

A man may theorize handsomely about the beauties of love and within the next ten minutes get into a fight with his neighbor and give him a black eye. All because he does not *act* according to his understanding of the principle of love.

We are too apt to put off practicing our philosophy until some other time. For instance, we know that it is harmful to worry. But we think we will hang on to our pet worry a little longer, and then a little longer yet. And finally worry becomes almost as necessary to our existence as opium to a Chinese opium fiend.

Worry is not connected with *action*. It

is a lack of action that invites worry. We worry because we theorize too much and practice too little.

Of course we should give careful consideration to every important act. But having done so it is not sensible to worry over the past or the future. It is more sensible to go ahead and complete our present work in the most thorough manner possible.

Activity keeps thought from becoming stagnant, and constructive activity is always bringing us one step nearer the goal.

Begin Again.

Wipe off the slate and begin again.

There is One Principle of Good in the universe and you are one with it—whether you know it or not.

Go forth with faith and persistence to claim your own heritage of health, joy, success.

All great men have attained greatness by following their ideals. Don't be afraid to follow YOUR ideals.

Play the game with courage, wisdom, confidence, and PLAY TO WIN.

This is a good fairy world in which every man wins, and every man's winning helps the world win.



* * * An article in which all nature lovers will rejoice is "The Real Dismal Swamp" in December *Harpers*. The vivid word painting of the author enables the reader to all but see the gaunt skeleton cypress trees, centuries old, the dark morasses, the peculiar black water and the almost impenetrable jungles of this historic and romantic region.

* * * The *Springfield Republican* makes a valuable suggestion in regard

to the conservation of eyesight. All those who, by reason of the nature of their occupation, must unduly tax their eyesight can greatly extend the healthy functioning of those organs by cutting out unnecessary and unimportant reading. Almost anyone can find many ways, if he looks for them, in which he can lessen the eye strain.

* * * Do not think that you can antagonize people and at the same time win them to your view point. The first and most important step in converting others to your view is to find a common meeting ground upon which you can agree with them and they with you. Having arrived at a point of agreement with them, they are then susceptible to further suggestions from you. Seek for the unities and do not magnify your differences with those you wish to win to your way of thinking.

* * * One by one many of the most able scientists of the world are propounding the fundamental truth of metaphysics. Dr. Paul Dubois, professor of Neuropathology at the University of Berne, has this to say in his latest book on "Nervous States—Their Nature and Causes." "*The physicists who believe that in their definitions they remain upon the solid ground of the physical make me smile. They sail under full canvas in the metaphysical quite as much as the most daring spiritualist.*" * * * We employ too much the language of the anatomist and the physiologist and not enough that of the psychologist."

* * * The sum of Dr. Dubois' conclusions, as expressed in his book, is that neurasthenia is not primarily and generally of physical origin. That it's cause is psychic and the best cure the re-education of the mind, by psychotherapy.

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. 298.

Whatever measure of success I have had, has come by doing the day's work as well as I could.

Ofttimes there are "lions in the way," but on approaching they slink away into the wilderness of doubt that lies beside the highway along which duty leads. There are times when they offer real opposition, but the knowledge that "I do not fail; I go on," clears the way.

I meet the trial and strive with it. Though the sword slay me, I rise with a new body, stronger and finer, and go on, to conquer. Faults are slain, but new thoughts live, and I go on, full of the joy of life.—L. S., Clarksburg, Cal.

Success Letter No. 299.

After quite a number of years of "paddling my own canoe," I have found that life's best and most valuable lessons were learned while pulling hard against the stream. It is never good for one to drift with the tide and by doing my own rowing I gained confidence in my own strength, and by keeping my paddle greased with the oil of perseverance I have reached the harbor of independence.

To gain success in anything it is necessary to cultivate good old fashioned grit! It may seem hard at times, but it is thus we learn life's lessons:

There's no use in whining

At the troubles we may find;

Look into the clouds for the lining,

Travel on and never mind!

—MABEL LITTLE, Los Angeles, Cal.

Success Letter No. 300.

In his "Creed of Success," a successful man said: "I regard as successful that man who has realized to its fullest extent the best ability in him. One may have great ability as a money-maker; then he would be successful when he had made much money. Another may have ability as an artist; he is successful when his art has won fame. If a man leaves his talents idle, he is not a successful man. Mere money making is a poor sort of success. There is pleasure in achievement. There is inspiration in work, and work well done will make a man contented with his lot. It is the worry and dissipation that cause men to break down; work alone will not do it, except in rare cases."

Achievement is "the crown of effort, the diadem of thought," and it is stimulating to both men and women when they perceive the truth that, "They themselves are makers of themselves."—MRS. W. H. MARTIN, La Grange, Ill.

Success Letter No. 301.

I was glad to see that you gave the prize to Mr. T. E. Lockhart of Wellington, Mo.

His report inspires me to write you a brief account of myself. I am fifty-five years of age, have been a physician for thirty-three years. Seven years ago I got my spine injured, by being thrown out of a buggy. I was paralyzed from between my shoulders down, both of sensation and motion. For over three years I was as helpless as a child, could not move either foot or limb, nor turn over in bed by myself. My spine was perfectly helpless.

To the surprise of my friends and a score of good physicians, and with great gratification to myself I began to get better. I wish to give out to every one the courageous feeling, "Never give up." Notwithstanding the impenetrable gloom that surrounded me, I always felt hopeful. I feel thankful for the many inspiring thoughts that I received from different ones who contributed to the *Nautilus*. Long may it live to shed rays of inspiring hope to others.—W. G. STONE, Columbus, O.

Success Letter No. 302.

Some time ago I purchased a copy of "How to Wake the Solar Plexus" and faithfully followed the directions given in it. It had been my custom for years to rise at seven-thirty, take a sponge bath in water the same temperature as my bedroom—after drying with towels, rub myself vigorously with my bare hands and dress loosely.

I then stood before an open window for some minutes, and inhaled long, deep breaths of delicious air—took my usual exercise for keeping the body in good condition.

I now began to take the breathings as given in "Solar Plexus" for Health and Success. I lay on my back on the floor, closed my eyes and brought them up as far as possible while inhaling, bringing them down again while exhaling, at the same time affirming love, health, wealth, etc.

I had been doing this for about nine weeks, when a neighbor who had been out of town returned, and when I called on her, her first look was one of surprise, and when we had conversed a few moments she said, "I must ask you what you have been doing to improve yourself so much, you really look as if Time had turned back for you." Of course she was a convert from that day. Some time after that I was visiting another neighbor, and when I had gone she said to a mutual friend that she was sorry I was beginning to use cosmetics to give me a complexion, for they were so injurious to the skin, and she felt quite sure that it was not possible to have such a clear, beautiful color in any other way.

I must add that at that time I was under great mental strain—conditions in my home being almost unbearable, but since then I have conquered all "those light afflictions," and am younger for my years than most people whom I meet. I loaned my "Solar Plexus" to a young man this summer, and he was so impressed with the theory and the beneficial result of the breathings, etc., that he has become an ardent student of new thought.—S. M. N.

Success Letter No. 303.

I believe there is not a person in the world but has the power to be successful. Our will is immortal therefore there is no power on earth that can check it or turn it back, if we are using it for success.

Half the battle is won when we have made up our minds to succeed, and things that before seemed impossible to overcome, dissolve before

our eyes and we wonder why. The change did not come from any outside condition but from the changed mind.

The first step is, *Trust in God*, then let your outlook on life be cheerful and serene. Have *courage*, and be willing to wait if necessary, and success is bound to come to you.

Ralph R. Trine says, "All the world is seeking happiness," which is true for rich and poor, educated and uneducated, all, are seeking happiness.

And if you have not had the opportunity of an education do not for a moment think you can not find happiness and success.

Look at the philosophy of the old woman in "The Dawn of a Tomorrow"; say to *yourself*, "the world is full of joy and some of it is bound to come to me." Believe it, expect it, and it's yours.

Some people seem to have no purpose or aim in life. They wander about in a listless, absent-minded way, miserable themselves and trying to make everyone else so. A modern "Jacques" with his "miserable world," we turn from him to another, poorer in this world's goods perhaps, but listen to his comment on the world. This one who finds "tongues in trees, books in the running brooks, sermons in stones, and good, in everything."

Let no one grumble or complain. No one is a failure until he gives up. No one in the whole universe was created in vain. Each has his work to do, his place to fill, his song to sing which no one else but he himself can sing.

"Behold the great blue dome of heaven

Is laid with gold and sapphires bright,

And e'en that smallest orb is there

To throw its beam, to make its light.

So every soul has a place to fill,

Hark to the glad refrain;

God's great love, created all

And created not one in vain."

Then be glad you've a part in this anthem of life.

Take up your work and be strong for oft in the "mud and scum of things" you may hear a beautiful song.—VIOLA STERLING, Charlotte, N. C.

THE PRIZE WINNER for December is "A Subscriber," who wrote Success Letter No. 294. We will gladly send the prize of two subscriptions wherever the prize winner directs.

We think our readers will agree with us that the winner is on the road to true success. To be happy and content with what you have leaves you free to win still greater success, and gives you capacity to enjoy each advance.



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 *Good Health Magazine* for November appears a most interesting letter from Horace Fletcher, detailing his experiments in fasting. Read it, whether you are sick or well, but especially if you are fat! *The Survey* for November 5 is given up mainly to reports and illustrated articles about the International Prison Congress recently held at Washington; with many portraits of famous workers on these lines, including a significant article on "Social Change and Prison Reform in Japan," by T. Sanagi. Read the story of "Dear Annie," by Mary E. Wilkins Freeman in October and November *Harper's Magazine*, and see how the unselfish one makes everybody else selfish; and how he may reverse power later and help others to their heritage of power and usefulness. In *Current Literature* for December read "Victor Hugo's Debt to the Bible," and the article about "The Poetical President of the Portuguese"—who by the way seem to be considerable of a new thought practitioner. Oh, ye of shaky nerves, read "The Autobiography of a Neurasthenic" in the *American* for December. It gives a regimen of life which I will bank on as a cure for neurasthenia. In the same number read William Allen White's article on "The Insurgents of Insurgency," Albert J. Nock's "The Things That are Caesar's," and Dr. Osler's "Man's Redemption of Man." Read and cogitate "Choose Your Congressman," in November *Everybody's*; and William George Jordan's own story of "The House of Governors," in December *Century*.—E. T.

With all the advantages they may otherwise derive from living in a big city, the great majority of New York boys know nothing whatever about the old-fashioned back yard woodshed. Howard Bradstreet, supervisor of recreation, said yesterday that he was going to recommend in a forthcoming statement regarding playground matters that a number of woodsheds be erected on the playgrounds as part of their equipment. The real value of a woodshed according to Mr. Bradstreet, is, that it allows boys to do all sorts of carpentry work and in many other ways gives encouragement to youngsters to build and create. There would be lockers or booths in which the boys could keep the tools and things on which they were at work. According to the playground

statistics being prepared, this year's enrolment will show a greater attendance than during any other in the history of the playgrounds.—*N. Y. Tribune*.

Chicago, Nov. 10.—The first step toward feeding the thousands of school children from the poorer districts of Chicago was taken by the school management committee today, when it decided upon establishing lunch rooms in six of the largest schools. The committee will limit the meals to soup and bread and butter. It is purposed to charge one cent for the food, which will be served both in the morning and at noon. If a hungry child is without money, however, it will be fed. The children will get all the soup and bread and butter they want. The girl pupils will be taught to set the tables and to serve the food. The committee was told that the physical and mental progress of thousands of children was being retarded by lack of nourishing food.—*N. Y. Tribune*.

Chicago, Oct. 26.—The National Lumber Association has given \$100,000 to the Yale University forestry school. Announcement of the gift was made by the board of governors last night. The fund was raised by subscription, the final \$7,000 being obtained just prior to the announcement. The gift marks the completion of the project begun about two years ago for the establishment of a chair of lumbering in the school. The raising of \$100,000 was pledged through the efforts of Gifford Pinchot and H. S. Graves, head of the school.—*N. Y. Tribune*.

Pittsburg, Oct. 9.—The Second Presbyterian Church of this city has fitted up a nursery, equipped with cradles, swings, sand boxes and rockers, so that infants may be amused and cared for while their mothers attend services. Several women of the church will be in charge of the nursery during the periods of worship.—*N. Y. Tribune*.

The (Portland) Oregon Daily Journal (ind.), August 11.—In Oregon, with respect to water, the Pinchot view has been very closely followed by new legislation. Perpetual title is no longer given for private control of water powers. A power is leased for forty years at an annual rental and at the end of the period it reverts to the people. The plan does not hold back development, for Oregon with this system in force is in the midst of the most rapid development in her history. . . . Water is one of Oregon's greatest resources. Under the Oregon system of conservation it will always remain a resource, not of syndicates, but of the people and bona fide water users. It will not be a public asset controlled and owned for speculation, but available for legitimate industry and legitimate profit. As the rights become more valuable the returns for them will pay a proper share for the support of government. It is a system that has the endorsement of Mr. Pinchot and that those in authority at the national capital might study with profit.—*The Public*.

Washington, Oct. 3.—Payment of prisoners according to their industry to insure protection

for their families and their own rehabilitation on release, was recommended to the International Prison Congress today by the section in preventive means. The resolution provoked a heated discussion in the congress, not because the principle of caring for prisoners' families was opposed but because it was not worded to fit several countries, including the United States, where prisoners are unable under existing law to earn anything. The subject was referred back to the section on motion of Mrs. Ella Flagg Young, superintendent of the public schools of Chicago. A resolution favoring the provision of productive work for prisoners, including those in houses of detention and county jails, was adopted by the congress. It was recommended by the section on prison administration, which spent the morning in discussing it. It provides for central control of the work and officials specially trained to direct such employment.—*N. Y. Tribune.*

Prince Rupert, in British Columbia, would be dear to the heart of the late Henry George, single-tax exponent. This little city, on the Pacific Coast, at the extreme western terminus of the Grand Trunk Pacific Railroad, begins its corporate and political existence as a full-fledged single taxer. The city council has decreed that all municipal revenues shall come from a tax on lands. There are other cities which have adopted the single-tax system, but Prince Rupert is the first to begin life under such conditions. The primary cause of this revolutionary procedure was not so much economic as it was a matter of self-defense. After the railroad had selected the site, laid out the city, planned adequate school and other public building facilities, the settlers came a-rushing, preceded by an army of speculators. A sufficient number of level-headed men realized the unsatisfactory nature of a mushroom growth and, to prevent the new city from being blasted by too much booming by land speculators, they put through the single-tax law. Vancouver, another Canadian city on the Pacific, with more than 100,000 inhabitants, went on a single-tax basis a year ago and is more than pleased with the results. Winnipeg, a still larger city on the plains, is preparing to do the same.—*Progress Magazine.*

An association of reputable business men in New York is keeping a close watch on the advertising of various firms for the purpose of stopping misrepresentation of goods and the consequent fraud upon the public. They are devoting their attention to furs at present, and the merchant who attempts to sell dyed rabbit skin for any other fur will find himself in trouble. New York fortunately has a law which makes it a misdemeanor to make any false statement about goods offered for sale. It covers "fake" bankrupt and fire sales, as well as misbranding. The rigid enforcement of such a law in all the states would be gladly welcomed by thousands of families.—*Youth's Companion.*

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

*This old age ought not to
creep on a human mind.
In nature every moment is
new; the past is always
swallowed and forgotten.*

—Emerson.



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

ELIZABETH TOWNE.

L. E.—"Please change my address on your magazine to read another way. This may seem a small thing to you in the worry and hurry of a day of big things, but it is my nature to be punctilious about little things."

It is very well to be punctilious about the little things. An instinct for thoroughness is a splendid thing. But be careful you are not punctilious about little things at the other fellow's expense. Don't get so lost in being punctilious about your affairs that you cannot see from the other person's point of view. Don't be so particular about little things that you can't get a grasp on life as a whole, and on your day's work as a whole.

W. P. H.—If your husband will cut down his food supply, Fletcherize each mouthful thoroughly, and take pains not to eat a heavy dinner at night he will find himself not at all inclined to go to sleep right away after dinner. He is evidently logy from having put on too much flesh and from eating more than his system really requires. Or does he spend his day in *very active* work? In this case he would be ready for sleep by 9 o'clock in the evening, and he would be wide away again by 6 in the morning. Certainly if he weighs two hundred pounds it would be as well for him to cut down his diet a little.

A. B. C.—Yes, hair tonics are good—to keep your scalp clean and your hair dry and fluffy. And better still, they are a good inducement to make you rub your scalp. Exercising your scalp by rubbing and by pulling the hair is of more benefit than all the tonics that ever were concocted. But here is a hair tonic you can use, given by Lina Cavaliere in the New York Sunday Journal. Alco-

hol 3 ounces, glycerine 1 dram, salicylic acid 1 dram, spirits of ether 4 drams. I haven't tried it yet but mean to. Keep your body clean and well exercised and your skin will be clear and your hair will flourish.

C. E. T.—You surely have been the rounds of remedies for liver trouble! And now you want me to prescribe. Here it is: 1st, drink the juice of half a lemon in a glass full of hot water the first thing in the morning and the last thing at night. 2d, walk briskly at least four miles a day. 3d, get my Four Lessons on the Realization of Health and Success and the books that go with them, and practice them *faithfully and with a will*. 4th, after you are through with the four months' practice on those get Wallace D. Wattles' "Science of Being Well," and read a chapter or so in it every day for the next four months. 5th, take brief exercises for full breathing at least three times a day and with the outgoing breath affirm JOY, every time. Say it in your mind, *emphatically*. The main trouble is in your mental attitude, I am sure, and my Lessons will show you the way out. But don't fail to do all the things I have indicated. I am glad our writings caught you on the rebound from that Swami! I think I know the man you mean.

R. A. P.—It is my experience that the one who is so conscious of selfishness in those around her is looking upon the reflection of her own state of mind! In other words, one who thinks a good deal about selfishness in others, is dead sure to be very selfish in herself! Now you can't change other people, but you *can* change yourself! Take the sun for your example, and God—shine upon the just and upon the unjust, be sweet and loving and unselfish to others. *And expect nothing in return*. Don't even *hope* for anything in return! Remember that to be loving and unselfish is a great reward in itself, and you don't need any other pay for loving. Love others and never mind whether they love you or not. In the end this will bring you the most love possible. You know there are different kinds of selfishness in this world—your own selfishness may be different from another's, but it is selfishness none the less. Everybody is moved by selfish motives—the only way to be *truly* unselfish is to realize that everybody is a part of yourself, and treat them accordingly. The

little self robs others, but the self that is big and inclusive is not so anxious to grab what others can enjoy.

W. J. C.—I do not approve of long fasts except in cases of extreme sickness. Then there should be no great amount of work done, and the energies should be devoted to the house-cleaning which goes on during a long fast. It takes energy to digest food and it takes energy to do a day's work. Both these outlays of energy should be cut off in extreme sickness, giving yourself all that added energy for the cleansing and healing of the disease. No I don't believe in working hard physically at the same time that one is taking long fasts. *But I do* believe that it would be better for everybody to go without breakfast. Two moderate meals a day are all that any man needs. So it seems to me. At least I would not be satisfied to believe any other way until I had tried it for at least a year. I have lived on the no-breakfast plan for over ten years very much to my advantage. But of course I live a sedentary life. However, William and I both found that we could ride the bicycle farther and better on an empty stomach in the morning than we could ride after we had had a meal. This is a significant fact: in sleep we store energy—why should we get up and stuff food right on top of that stored energy? Why not use some of the energy before we begin to pour in food?

W. M. C.—Hard lines. But if you cannot support your child, if you must turn it over to your sister, you should take hands off. You must leave the training absolutely and wholly to your sister, and stand by her in everything she does and says. I am quite sure from the tone of your letter that you are not doing this. You are apparently criticising your sister's action, and I surmise that you are doing it before the child. In your sister's effort to maintain her own dignity in the child's estimation, she naturally says things about you which may be truthful, but are not pleasant at least. Your child will think far more of you if you turn her over in this way to your sister, without interference. If your sister is caring for the child, it is her right to have a free hand. She evidently loves her, and I think there is no question that the child is better off with her than she would be with you, under the circumstances. I should not want to stop visiting my child, if I were in your place, but I certainly should go with the expectation of agreeing with the child and your sister, with the purpose of being just as agreeable and loving and nice as possible, without a single criticism or unpleasant reminder of anything. You ought to be *glad* that your sister loves the child, and can care for her. Perhaps it would be better for the child if you gave her up altogether, and under the circumstances, I think I would do this, if I were in your place. The good of the child should be the first consideration. Read the advice given to others in this department, and you will find something that will help you to overcome through new thought.

New Thought in a Calamity

At 1.15 Sunday morning, December 10th, William and I were waked by the cry of FIRE, FIRE. In their night clothes and bare feet the maids were running through the smoke to wake us and get us out. They helped William's mother down the stairs and we in our bare feet fled into the home of a neighbor. Everybody got out but it was a close shave. Nano phoned the fire alarm and Chief Lynch met us at the door as we were going out.

The firemen did splendid work, but our NAUTILUS home was totally destroyed, all but our precious records and some of our office fixtures. Nobody took cold and a hundred very fortunate little circumstances developed, as by-products of this one calamity. We were well insured and pretty nearly everybody in Holyoke rose up and offered all kinds of assistance to us.

If you are cultivating a grouch against humanity in general just have a fire and see how everybody becomes your friend, eager to assist.

We will give you more details in the next number. For the present let me say that everybody is safe and well. We have leased and moved our business into a big residence at 289 Maple Street, and we are filling orders nearly as fast as ever. Beyond the extra work entailed the loss will be small.

I suppose that in a couple of years from now we shall be saying "BEST THING THAT EVER HAPPENED TO US!"

Send us your Good Will, and send your orders right along—we shall be in full running order before you read this, which is being dictated early Wednesday morning.

ELIZBAETH TOWNE and

WILLIAM E. TOWNE.

P. S.—Books and most of stock saved—the barn where they are stored did not catch fire.

For World Peace.

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

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

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

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

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

We believe in these things.

We pray for them.

We talk them.

We work for them.

We vote to this end.

—Elizabeth Towne.

Little Visits

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

A New Thought:—

The relation between God and man has never been stated by any sage or philosopher of any time, or so it seems to me, as well as you have stated it on the cover of your November Nautilus. You said:

"Nobody is closer to God than you are.

Nobody is dearer to God than you are.

Nobody has more of a corner on God than you have.

See that nobody has greater faith in the God within than you have.

Trust no authority but the authority of your own heart and mind, which is the heart and mind of God.

Only One is your Master, the One within you."

It ought to be scattered far and wide. You have a "gem of purest ray serene." The world has been going some since the days of Luther, say, when such a statement as that can be put out without rebuke. His fearless declaration of "justification by faith" rocked the world to its foundations, and now we are beginning to see that it is truly, *every man for himself AND GOD FOR EVERY ONE OF US.*—ELEANOR F. BALDWIN, Tacoma, Wash.

Telepathy and the Subconscious Mind:—

Dear me, what a mass of unintelligible wordiness H. S. LeValley, Kankakee, Ill., indulges in re his explanation of Telepathy and New Thought. One is just as wise after it perusal as before. Speaking of the brain specialist, Dr. William H. Thompson, that scientist had an article in last Sunday's *New York Times* (Oct. 9) on Mr. Edison's denial of the immortality of the soul. While condemning the inventor's declarations as being unscientific, Dr. Thompson uses the word "Personality," as applicable to soul and God. He scouts the existence of the Subconscious Mind, as does Prof. Hugo Munsterberg of Harvard, and a still more eminent scientist, Ernst Haeckel. Though unconsciously the Harvard professor owns that there is a Subconscious Mind, by an admission that he had hypnotized over two hundred people, thereby effecting cures by the operations, Prof. Munsterberg not alone denies the existence of the Subconscious Mind, but he advances that Telepathy is mere empiricism.

Those of the right temperament, who have investigated, know better. There are scientists and scientists,—investigators and investigators. —GERALD CARLTON, Brooklyn.

Clipped from The Springfield Republican:—

I have read this suggestive definition of happiness: "Happiness is the faculty of being surprised." Some one analyzing the exuberance of Mr. Roosevelt has said that his bub-

bling animation consists chiefly of the ability to enjoy every experience as if it were a fresh one. If there are little things you like, never be ashamed of them, keep on cherishing them, for they are sources of happiness and enemies of worry. I don't care what they are—fried onions, the Elsie books, old slippers. Let others scorn them—what do you care? "To be rich is a consciousness," and "to be interested is to be happy."

If you are not happy now, when do you ever expect to be? Life will always consist of little things, and you might as well begin to like some of them. If you are not happy now, you will not be in heaven, for happiness is a faculty of the soul, not a series of possessions. Who was it who remarked when Matthew Arnold died: "He won't like God"? Whoever it was summed up a character which had won discrimination at the cost of joy. Probably heaven consists of little things. I hope so, for I have always felt that the 21st of Revelations was too big and public.

Living the Life:—

My domain includes on the north the aurora borealis, on the south, the southern constellations, on the east the morning star, and on the west the gates of heaven. In this vast domain I am king and subject, prophet and disciple, priest and believer.

The New Thought ideal is the *old thought* of the ancient prophets. It is the old ideal unfolded in the light of a wider range of systematized human experience. It is the Froebel educational ideal of a world embracing man. It is the Goethe culture ideal of a Deity and humanity encompassing man. It is the Jesus religious ideal of sonship of the divine Father.

The prophets of all times and places in the noble literature of the world have never tired of emphasizing phases and sections of this ideal.

But the "old man" of the remarkable writings ascribed to St. Paul is bounded by the epidermis—is circumscribed by the things of the senses.

Self-consciousness is to be lost by a process of addition and multiplication, not by subtraction and division. Its range is to be increased until it loses itself in Infinitude. This is the "victory over death" and the knowing of no fear or negatives.

However faith and works, ideals and realization, individual salvation and the salvation of society, personal good and civic good are complete which cannot be separated in living the LIFE.—JAMES FREEMAN MCKNIGHT, Wilmington, N. C.

New Thought in a Medical School:—

You will doubtless have some trouble in recalling my name, but I was once one of the editors in the New Thought field at Miami, Indian Territory. After coming to this city I became as a matter of necessity because of the conditions of the laws of the State of Missouri, interested in *materia medica*, and now not only hold that distinguished title of Doctor of Medicine, but also have a chair in the Barnes

University, where I teach Mental Science and Suggestive Therapeutics. I have been able to plant this glorious banner in the heart of the greatest medical institution in the State of Missouri.

Another expansive idea has been born in the shape of a library which I am now attempting to establish or rather am determined to establish for the interest of the students of this university, also for the good of other New Thought and Old Thought friends of the city who are seeking to grow upward and unfold what has been planted therein and within. I am a Mental Science advocate and this chair of Psychology shall become the most valuable asset of the Barnes Medical University. What I also desire is your perfect thought and aid in this undertaking. I have always loved your writings and inspirations and sincerely wish you would place books in this Library for the benefit of the material doctor who does not know the difference between Physics and Metaphysics!

I am proud to tell you that for the first time in the history of medicine the first examination will be held by your humble servant tomorrow. I have by earnest work and by having gained success in the work, made the faculty appreciate these truths and that a medical student is not competent to teach or heal until this subject is developed within his mind. I feel that this will conduce to the benefit of all concerned.

Wishing you the very choicest of all that is good and beautiful to aspire to in this life, and a full rounded development in the other if you decide at last to go.—R. E. HUGHES, M. D., St. Louis, Mo.

About Individuality:—

I love my Individuality. Don't you? I mean, don't you love yours. I love to be myself, to act myself. I like to get my own lessons, fitted to myself. I do not care how others do, or what they are going to do.

So I like the individuality of your magazine. I like the touch of nearness which characterizes your writings.

I like to get my lessons from the Teacher, the Master. I get something entirely suited to myself, at the very moment it is needed. I love to be led through verdant pastures, to stroll through Life contented, happy, every minute in the day. My Creator and I are chums. He and I understand one another. He leads, carries his manly baby through scenes of everlasting joys, through panoramas of sublime grandeur. One little wish from Him, one little suggestion from this powerful Chum, will do more for me now than all the books that have ever been published from New Thought presses.

The day Mankind realizes that God and Man can converse together, that the Creator, the All, permeates all, and is willing to rule the individual man as He is ruling the individual earth, the sun, stars, with accuracy and judgment, that day, Mankind will become what they are intended to be. Not before. That is Man's goal in evolution. To be ruled. To be one with the All.

It is not what we do, so much as what we

let Him do. It is He in Man that guides the machine shop. It is He who moves our lungs and heart. It is the same Being who gives us our inventions.

Man can never have entire rest, until he realizes that he and God are one. One with the All. Until he is "At Rest." "At Rest" does not mean doing nothing. On the contrary, it means work, pleasure. At Rest means to be actuated entirely by the Master. It means the entire giving up of struggle, the mastery of equilibrium and poise of Mind, consequently also the body. As I said before, Man can be ruled to a second of time.

When this phase comes to pass, Man will know. He will realize it through his actions, through his joys, and calmness. There is no shock. The change comes evenly, sweetly. No jar is experienced by the nervous system. All is smooth.

He Read It Too:—

Apropos the "Successful Wife" controversy in your Little Visits department, would say that I was guilty of reading that story myself, and found it in my own case, full of human interest from beginning to end. He was only an erring mortal, for that reason I felt closely related to him and could sympathize with him. (Let him who is without sin cast the first stone.) She was just a foolish loving woman. Just the kind we love the best. For what is all your learning and wisdom without love? Sounding brass and tinkling cymbal

*For no soul can ever truly see
Another's highest, noblest part,
Save through the sweet philosophy
And loving wisdom of the heart.
I think true love is never blind,
But rather gives an added light:
An inner vision quick to find
The beauties hid from common sight.*

It was the wise folly, and foolish wisdom of her love that awoke the real man within him. The ideal, "The inner vision" to which she clung so faithfully, and defended so loyally, for love suffereth long, and is kind.

It was her patience, long suffering, and loving kindness, that finally released him from the thralldom of Klingsors Castle and opened the way to the Holy Grail.

It further verifies the fact, exemplified so often, in song and story, that man's love comes and goes, but woman's goes on forever.

It's a beacon light that burns with a quenchless flame, that guides his erring steps through all the quagmires of sin, the illusions of sense, the lusts of the world and the flesh, and leads him home to God and Heaven at last.

We will never shake you for being yourself. If you can't be yourself, as well be nothing at all. Emerson says, "Better be a nettle in the side of your friend (which you are at times) than a mush of concession." By persisting in your way, though you forfeit the little, you gain the great. You become pronounced. You demonstrate yourself, you draw to you those rare pilgrims, the first born of the earth. For of such is the kingdom of Heaven. Life to

(Continued on Page 62.)

Wondered Why.

Found the Answer Was "Coffee."

Many pale, sickly persons wonder for years why they have to suffer so, and eventually discover that the drug—*caffeine*—in coffee is the main cause of the trouble.

"I was always very fond of coffee and drank it every day. I never had much flesh and often wondered why I was always so pale, thin and weak.

"About five years ago my health completely broke down and I was confined to my bed. My stomach was in such condition that I could hardly take sufficient nourishment to sustain life.

"During this time I was drinking coffee; didn't think I could do without it.

"After awhile I came to the conclusion that coffee was hurting me, and decided to give it up and try Postum. I didn't like the taste of it at first, but when it was made right—boiled until dark and rich—I soon became very fond of it.

"In one week I began to feel better. I could eat more and sleep better. My sick headaches were less frequent, and within five months I looked and felt like a new being, headache spells entirely gone.

"My health continued to improve and today I am well and strong, weigh 148 pounds. I attribute my present health to the life-giving qualities of Postum."

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

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

(Continued from Page 61.)

each is only a reflex of ourselves. All our judgments are self-incriminating. Thus the futility of trying to see with others' eyes.

We don't want to live a life of shreds and patches, restrictions or limitations.

Let the wind blow where it listeth.—
WHEELER E. SMITH, Pueblo, Col.

From the World-Federation League:—

Your advocacy of World-Peace and your constant keeping of the idea before the minds of your body of readers, prompts me to write you for publication in *Little Visits* a few words concerning one of the greatest steps yet taken toward the definite attainment of permanent international peace. It is no less than the commitment of the government of the United States officially to this great cause, and was taken in the just-past session of Congress in the passage of the Bennet-Bartholdt resolution, reading as follows:

"Resolved, by the Senate and House of Representatives of the United States of America in Congress assembled, that a commission of five members be appointed by the President of the United States to consider the expediency of utilizing existing international agencies for the purpose of limiting the armaments of the nations of the world by international agreement, and of constituting the combined navies of the world an international force for the preservation of universal peace, and to consider and report upon any other means to diminish the expenditures of government for military purposes and to lessen the probabilities of war."

The President now has under advisement the personnel of this Peace Commission. There has been appropriated toward its expenses the sum of \$10,000, and it is to report within two years. The World-Federation League, which is responsible for this step, is convinced that the only practical method of obtaining permanent international peace is through the *federation* of the nations for peace-keeping purposes and the establishment of an international Court of Arbitral Justice endowed with power to enforce its decrees, should such enforcement ever be necessary. It is believed that those appointed upon the commission will likewise consider federation to be the only promising method of realizing the end in view, —federation relating to peace and certain international matters alone and having no reference to the domestic affairs of individual nations.

Upon the appointment of the Peace Commission by President Taft, it is likely that the other great powers will also appoint similar commissions or take other means of giving a respectful hearing to our commission. But some of us fear that the hedge of militarism that surrounds the thrones of Europe may tend to prevent to some degree a really adequate discussion of the question of federation and disarmament. Consequently we wish, through the press and from the platforms of Europe, to arouse the *people* to the vast importance of such a combination of the nations of the world in the interests of the general well-being, and thus, through the potent *vox populi* to bring about a proper investigation, from the economic and other points of view, of the conditions of a definite international understanding and thereafter the formulation of articles of federation to be signed by the great powers of the world.

To this end I appeal to the readers of the *Nautilus* who have correspondents or any influence in Europe to take up this matter of having the governments appoint commissions similar to ours, and get it talked about, so that it may become public property. That it is a matter of supreme importance to the people of Europe is evidenced by the fact that were Europe to abandon the present policy of keeping upon a war-footing, there would accrue to the credit of European nations a yearly increment of wealth which may be conservatively estimated at \$1,000,000,000, and a yearly addition to public improvements and personal comfort and well-being represented by another \$1,000,000,000—a total betterment of two bil-

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lion dollars! And in the United States there is an annual waste, due to militarism in one way or another, of at least \$200,000,000! When the business-men of the world definitely realize this enormous waste of money which otherwise would be turned to *constructive* work all over the face of the globe, with a consequent production of wealth far beyond the present possibilities, they certainly will get together and devise some plan to put an end to the waste. They are preventing waste and increasing profits now through their gigantic corporations. These corporations are beginning to include elements in foreign nations, that is, are becoming international in scope. Now, all that the World-Federation League and those who believe as it does, are proposing to do, is to form an international corporation—a federation—which shall join the nations together in the interests of the opportunities, the upliftment, the happiness, the general well-being of all of Earth's people! And lest any may think that the plan is too vast to be covered by any "Declaration of International Freedom from the Possibility of War," by any articles of federation, that could be devised, we do not hesitate to declare positively that the task of forming this international corporation would be far less difficult than that of incorporating the United States Steel Company or one of our great railway companies.

Those who wish to read upon the great peace movement should communicate with the New York Peace Society, 507 Fifth avenue, New York; with the American Peace Society, 31 Beacon street, Boston; or with the International School of Peace, 29 Beacon street, Boston.

The New Thought is essentially peaceful, co-operative, sympathetic, brotherly; and this inner attitude of the many thousands who have now attained it, *must* eventually reflect itself in physical conditions. Let us all seek to hasten this glorious result—F. MILTON WILLIS, Secretary, World-Federation League, 25 Broad street, New York city.

Against that National Department of Health:—

The National League for Medical Freedom is the first great organization that has been formed to combat the arrogant and aggressive action of the American Medical Association in its efforts to secure in state and nation restrictive, monopoly or trust medical legislation which would enable favored classes to outlaw all the newer and safer methods and systems of treating disease, and thus deprive millions of intelligent American citizens of the right to enjoy the practitioner of their choice.

The League was organized last spring, when it became evident that the American Medical Association would secure a National Department of Health unless prompt and effective opposition should be offered at the national Capitol.

Twenty years ago the American Medical Association passed a resolution asking for a National Health Department. During the past five years the Association has developed a nation-wide political machine, through which, ac-

The Way Out.

From Weakness to Power by Food Route.

Getting the right start for the day's work often means the difference between doing things in wholesome comfort, or dragging along half dead all day.

There's more in the use of proper food than many people ever dream of—more's the pity.

"Three years ago I began working in a general store," writes a man, "and between frequent deliveries and more frequent customers, I was kept on my feet from morning till night.

"Indigestion had troubled me for some time, and in fact my slight breakfast was taken more from habit than appetite. At first this insufficient diet was not noticed much, but at work it made me weak and hungry long before noon.

"Yet a breakfast of rolls, fried foods and coffee meant headaches, nausea and kindred discomforts. Either way I was losing weight and strength, when one day a friend suggested that I try a 'Grape-Nuts breakfast.'

"So I began with some stewed fruit, Grape-Nuts and cream, a soft boiled egg, toast and a cup of Postum. By noon I was hungry but with a healthy, normal appetite. The weak languid feeling was not there.

"My head was clearer, nerves steadier than for months. Today my stomach is strong, my appetite normal, my bodily power splendid and head always clear."

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.

cording to Dr. C. A. L. Read, who until recently has been chairman of the Legislative Committee, it had by June, 1907, extended its influence into 2,830 counties and come in touch with 16,000 political members of all parties. The purpose, according to Dr. Read, is to educate these politicians on proposed or pending legislation in which the medical profession is interested.

Like all privilege-seeking class movements where interested parties are seeking monopoly rights or trust legislation, the ostensible purpose of the privileges demanded is the public good. The real purpose here, as in other cases, is the extension of power and financial advantage of the privilege-seeking classes at the expense of the rights of the people. This is clearly indicated by numerous admissions that have been made by physicians among themselves and before their own bodies. Thus for

example, Dr. W. G. Moore, one of the most prominent members of the American Medical Association, in officially welcoming that body when it assembled in the city of St. Louis last June, stated, according to the official transactions of the American Medical Association which have been recently published:

"B. O. Flower, president of the National League for Medical Freedom and Editor of *The Twentieth Century Magazine*, has asked the following questions:

"Do you want government by political doctors?" We would answer, *'We do.'*

"Do you want health and hygiene to be represented by an army of United States Inspectors under the direction of a medical bureau?" Again we would answer: "This is a consummation devoutly to be desired."

Even more significant is the address of L. H. Montgomery, M. D., of Chicago, Ill., before the Mississippi Valley Medical Association which convened on September 13-15, 1910. Dr. Montgomery is president of the American Association of Medical Examiners and in his address, which was published in *The Lancet-Clinic* of October 22d, he paid his respects to "faith healing devotees," magnetic healers, optometrists, chiropractic, osteopathic and other representatives of unorthodox methods of healing, all of which he denominated as "medical fakirs," and in referring to the proposed Federal Department of Health, urged that such department should have control over the various unorthodox systems of cure. Elsewhere in his speech he demanded surveillance of those who practiced cures by drugless systems, and he advocated, in order to make certain this Federal Department, which he believed should be given power which would enable it to take from millions of intelligent people the right to select the practitioner of their choice, that Congressional candidates before the November election be pledged, either orally or in writing, during the campaign, to support the trust measure; and then he added, "and watch them to see that they redeem their promises."

Numbers of similar citations could be advanced, all showing that the master purpose in securing the proposed national legislation is to outlaw the newer and safer modes of cure, and to greatly strengthen the position of the state associations, which are integral parts of the American Medical Association, in their increasingly aggressive warfare to secure monopoly legislation in the various states.

Finding that the people are unwilling to voluntarily sacrifice rights that are dear to every right-thinking and intelligent citizen, a nation-wide fear-creating campaign has been set in motion by the political doctors and their allies, through which the public is being constantly terrorized by most alarming and sensational reports of bubonic plague, danger from cholera, tuberculosis, infantile paralysis, pellagra, hook-worm, etc., etc. Through gross exaggeration the public fear is being played upon in a manner that is at once cruel and morally criminal; as no fact is better establish-

ed by modern psychology than that the creation of fear in the mind predisposes the individual to disease. Yet only through such method as this can the promoters of the medical hierarchy hope to achieve success.

Through its prompt action, the National League for Medical Freedom not only prevented the consummation of the doctors' plan in regard to securing the establishment of a Health Department during the last session of Congress, but the committees of the Senate and the House, after hearing the bills for a National Department of Health and those favoring a Federal Health Bureau, failed in each instance to report favorably.

The League has appealed to the American people and has striven to unmask and reveal the true character of the American Medical Association. Its membership numbers today in the neighborhood of 150,000 and is composed largely of representatives of all the great medical schools, as well as the newer systems of cure. Among its officials and on its Advisory Board are a number of the most prominent homeopathic, eclectic and osteopathic physicians of the country.

The proposed legislation was denounced by the National Eclectic Medical Association in its last meeting, and opposed by the homeopaths in their last meeting.

During the past summer, or since the adjournment of Congress, the League has had its representatives at various political conventions and legislative hearings where the American Medical Association and its allies were attempting to secure endorsements. In every instance where the League has been permitted to present the people's side of the question, the bodies in question have refused the political doctors' request. It is, however, very necessary for the League to have the moral and financial support of all earnest-minded men and women who appreciate the importance of preserving the right of the individual to the practitioner or the spiritual adviser of his choice, and for this purpose the League urges that every friend of human freedom should immediately become a member. This can be done by merely signing the blanks which will be promptly forwarded by the League. There are no dues or membership fees, as the League is supported entirely by voluntary contributions.—B. O. FLOWER, Metropolitan Building, New York.

Do you want to know more about psychological, spiritual and occult questions? Start a new Thought Center and talk it over with those who know. We'll help you to start the New Thought Center. Write us.



Striving for the Goal of Health

STRIVING for freedom from nervous weakness, for freedom from poor digestion and assimilation—health seekers eagerly grasp the helping hand of Sanatogen. They have heard of the lasting benefits conferred by this famous food- tonic—they have watched the wonderful effect it has had upon their friends—how it has increased their vigor, strengthened their nerves, their digestion, how it has made them brighter, more buoyant, happier. And so they are full of confidence in Sanatogen's power to regenerate, to infuse new life and vigor into body and nerves. Nor are they ever likely to be disappointed, for Sanatogen is no mere phantom. It is an element devised expressly to satisfy the demands of starved tissues and cells, a preparation created after close study of the real needs of the overwrought nervous system. And there never was a preparation with so splendid a record of achievement. Leading medical authorities have openly proclaimed its extraordinary virtues—thousands of doctors every day see evidence of its remarkable efficiency. About 15,000 physicians have filed their approving opinions with the owners of Sanatogen.

These opinions are but accentuated by the enthusiastic reports of patients themselves. Men and women in the forefront of human endeavor, statesmen, prelates, authors, lawyers, have written of the wonderful, lasting benefits received from Sanatogen.

We ask you earnestly and sincerely to get acquainted with Sanatogen. Investigate our claims first, if you like, and we are only too pleased to have you do so. We will mail you, free, our book "Our Nerves of Tomorrow," the work of a physician-author written in an absorbingly interesting style and containing information of vital interest to you. This book also contains evidence of the value of Sanatogen, which is as remarkable as it is conclusive.

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The eminent dramatic author, says:

"It gives me pleasure to let you know the wonderfully beneficial results I have experienced from the use of your Sanatogen. It has a most invigorating effect upon the nerves and I heartily recommend it to all those who, like myself, are obliged to overwork. After my personal experience I can readily vouch for its recuperating qualities."

Lady Henry Somerset

The prominent social reform advocate, says:

"Sanatogen undoubtedly restores sleep, invigorates the nerves and braces the patient to health. I have watched its effect on people whose nervous systems have been entirely undermined and I have proved Sanatogen to be most valuable."

Hon. Wm. Warner

U. S. Senator from Mo. says:

"I have taken Sanatogen, and take pleasure in recommending your remedy for nervousness; it is a most excellent tonic."

Mrs. Belva A. Lockwood, LL. D.,

Secretary International Peace Bureau, Washington, D. C. says:

"I have used according to directions your 'Sanatogen,' and find it not only a very pleasant and palatable food, but a good digester and assimilator. I find my stomach in a better condition after a two weeks' trial of it than it has been before for two years. I cheerfully recommend it to dyspeptics, overworked clerks, feeble children, and aged people."

The Teleelectron

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The direct application of electricity, the source of vitality and action in the natural world, to the brain, the center of vitality and action in the human body, is accomplished by the **TELEELECTRON**.

Normal action is health and life. Disease and sickness are unnatural and abnormal. The seat of trouble in nervous diseases is the brain, the center of the nervous system.

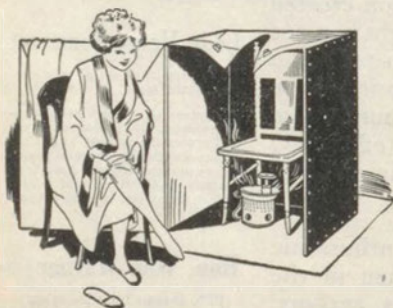
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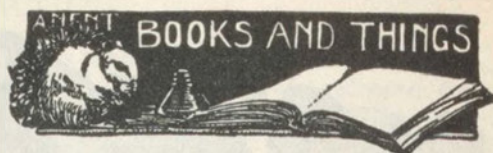
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In this department we notice all cloth bound books sent us, and as many paper bound ones as we can find room for. Lack of space forbids reviewing music. Publishers please give selling price and address when sending books for review. Reviews are written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

—Benjamin Fay Mills delivered several series of lectures in Chicago in October and they liked him so well that he was extended an invitation to occupy a regular platform in Chicago on Sunday mornings and afternoons in Chicago, commencing January 1st. Enough money was subscribed in a few moments to meet the necessary expense. The Whitney Opera House has been secured and Mr. Mills has accepted the invitation to speak Sunday mornings and afternoons during January. In the mornings he is to deliver new thought sermons, in the afternoons he is to talk on sociological topics of the time.—E. T.

—New England new thought circles have decided to federate. This was agreed upon at a business session of the New Thought Conference recently held in the Metaphysical Club rooms, Huntington Chambers, Boston. The organization is to be called The New England Federation of New Thought Centers, and Mrs. Sara G. M. LaVake of 129 Thorndyke street, Brookline, Mass., was elected president pro tem, until the next meeting in Worcester in March. Reports of circles all over New England were made and all the speakers told of gratifying success.—E. T.

—A. C. McClurg & Co. have just published a detective story by Charles Edmonds Walk. "The Paternoster Ruby" is most attractively bound and has five colored illustrations by J. V. McFall. The plot is unusual and developed in such a way that all the situations seem probable. The hero is the detective in the case and he is much assisted in unraveling the mystery by a charming young lady. There is plenty of excitement and through it all run two love stories. Price \$1.50 postpaid.—C. S. T.

—A New Thought Circle has been formed in Chico, California, with headquarters at 120 Normal avenue, which already shows signs of healthy growth. Mrs. James T. Narbett is President and Mrs. John Daly, secretary and treasurer. Success to them!

—"The Clothespin Brigade" is a pretty new book for children by Clara L. Smiley, LeMars, Iowa. It is written in verse, daintily illustrated, and bound in cloth. The little clothespin folk have all sorts of exciting adventures and hair breadth escapes but finally all come home to roost. The children will enjoy their trip to the moon, their visit to Santa Claus, and their victory over the mouse. The price

(Continued on Page 68.)



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Absolutely smokeless and odorless

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It has a cool handle and a damper top. An indicator shows the amount of oil in the font. It has an **automatic-locking flame spreader** which prevents the wick from being turned high enough to smoke, and is easy to remove and drop back so the wick can be cleaned in an instant. The burner body or gallery cannot become wedged, and can be easily unscrewed for rewicking. Finished in japan or nickel; strong, durable, well made; built for service, and yet light and ornamental.

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Send for it to-day It's a Thought-awakener
10c BY MAIL PREPAID**MURRAY HILL BOOK CO., 123 East 28th St., N. Y. City****Anent Books.***(Continued from Page 66.)*

of the book is \$1.00, to be ordered of the author.—E. T.

—"A Mother's Part in Her Child's Musical Education" is a very interesting and suggestive new book, by Charles B. McFerrin, who as pianist and teacher, and the father of two children who are getting the right sort of musical education is entitled to tell you "the things a parent may do to insure inevitable success in piano playing." The book should be in every library, and should be well con ned by every mother who would help her children to be good and great musicians. The book is published by the Alert Publishing Co., Chicago, 291 pages, illustrated, well bound in green cloth and gold, price \$2.00.—E. T.

—"Natural Salvation" by C. A. Stevens, M. D., has just been issued in a new and enlarged edition. It is put out by the author from his laboratory at Norway Lake, Maine. It contains 157 large pages, bound in silk cloth and gold. Price \$2.00. This is one of the occasional books which is worth studying. Dr. Stevens has many original ideas, and he is aiming to blaze the way to the Land of Live-Forever. He reasons from a material scientific standpoint, and he calls his work, "Salvation by Science." Even if you do not agree with all his theories, you will get from this book a lot of scientific facts and reasoning that will afford a splendid basis for metaphysical reasoning and a satisfying basis for psychological study. The chapter on "The Ether of Space; its Relation to Human Personality," is especially suggestive in view of the recent interest in Eusapia Palladino. Dr. Stevens gives in this book special instructions for certain exercises of thought and body which will increase your "head of vim," as he calls it. The chapter on "Self-conservation and Self-maintenance" presents a system for the "culture and husbandry of the brain and nervous system."—E. T.

*(Continued on Page 70.)***Revelations of the Life Beautiful**

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Anent Books.

(Continued from Page 68.)

—A big subject handled in a big way is Dr. Charles F. Doll's "The Ethics of Progress." The book sets forth a simple principle of conduct, which shall govern all doubtful points for the ultimate good of both the individual and the race. The questions are treated solely upon the ground of human welfare, without bias. The book is interesting and involves many delicate definitions. It should attract the thoughtful reader irrespective of creed, for it touches on questions in the daily life. Cloth, 398 pages, gilt top, \$1.60. T. Y. Crowell & Co., New York.

—"Numbers and Letters," by the late Margaret B. Peeke, author of "Born of Flame" and "Zenith the Vestal." This is a clear, simple, logical presentation of the philosophy of Numbers and Vibration. The foundation of these teachings was laid by Pythagoras in the sixth century B. C. Mrs. Peeke believed that her system furnished a key to the meaning of the symbology of the Bible. De luxe, numbered edition, with author's portrait, full leather binding, gold stamping. Price \$2.60. Address E. C. B. Peeke, 720 Rose building, Cleveland, O.

—Few present day novels contain much lasting work because they are but clever "stories of two people." Estella Bachman's "Soul of the

(Continued on Page 72.)

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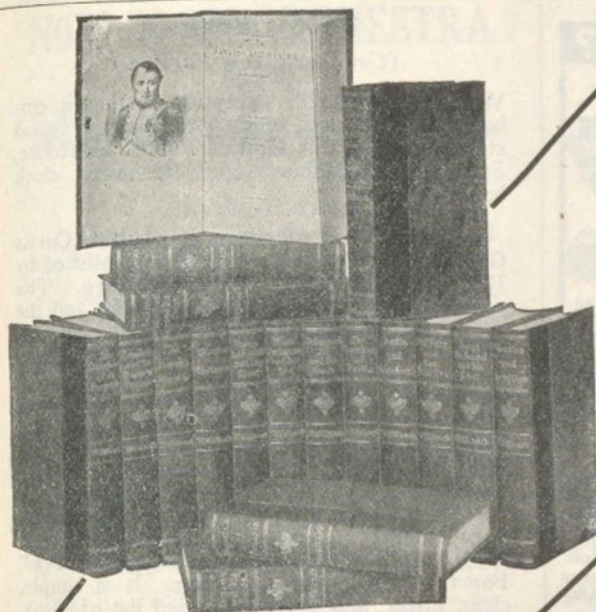
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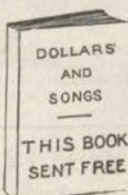


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Anent Books.

(Continued from Page 70.)

World" is a notable exception in that it embodies thought of many problems; a good story, well written. Equitist Publishing House, Station A, Pasadena, Cal. 422 pages, cloth bound.

—A little book of poems by Austiss Curtis Gary called "The Unforgotten" is published by DeLaurence, Scott & Co., of Chicago. The poems are in memory of a lost friend, and the author therefore makes her themes all negative. Instead of a cheery series of thoughts with a realization that death is only the beginning of another life, these poems suggest a brooding. However, there is much power in them, and as individual poems they are worth reading. Cloth, 93 pages.

—George H. Knox has just written a book, "Leadership." In its dedication the phrase is used, "To those who are ambitious to achieve." For those it is just the thing. It is simple, clear, direct, and covers a varied list of ideas. To men and women who would do things, this book is a text. Cloth, 311 pages. Personal Help Publishing Company, Des Moines, Ia.

—Dr. J. P. Mills' lectures on "Health, Abstract and Concrete" have been published in a book of that name. They have depth and force, they take a big theme and the layman can appreciate the exposition. Handsomely covered, cloth, 319 pages, \$2.60. Fowler & Wells Company, New York.

—"Initiation and Its Results," by Dr. Rudolph Steiner which is a sequel to "The Way of Initiation" is quite as worthy as "The Way." The student interested in the occult will find this a clear, precise complement to the first of these books; and there is much of interest in it for all. A sentence in the preface will, perhaps, best explain the purpose for which it is intended: "Neither this nor its companion volumes are intended for people who deny the possibility of attaining knowledge by other means than their physical organs of sense." Cloth bound, gold initialed, 180 pages, portrait of Dr. Steiner, \$1.00. Occult Pub. Co., 53 State street, Chicago.

—"The Breaking Dawn, or How Long May We Live in the Body," by Rev. J. Andrew Patterson. It is very practical in tone, and is designed to reach the great mass of people who are looking for more light in regard to the subject of healthful living. The author presents many interesting facts regarding people who have lived long, and then considers the reasons for their longevity. Mr. Patterson covers the field of scientific research in his search for the secret of long life, and also draws the best from what many new thought people have written upon this subject. This is one of the simplest and best books along these lines that has been published.—W. E. T.

(Continued on Page 74.)

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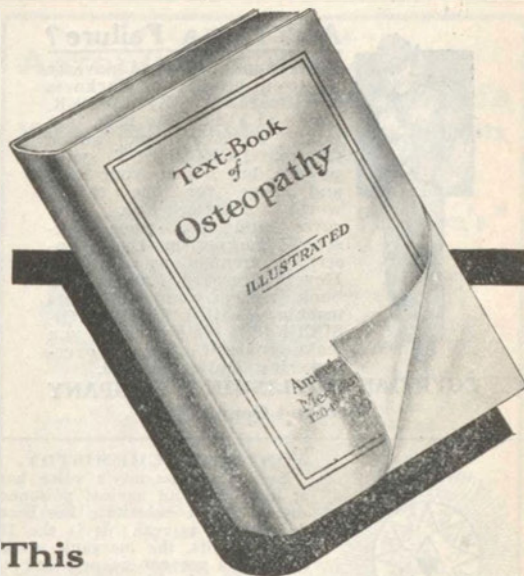
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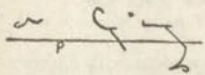
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(Continued from Page 72.)

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(Continued on Page 76.)

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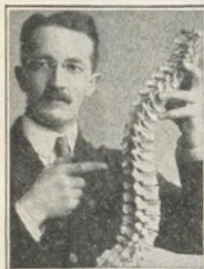
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(Continued from Page 74.)

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(Continued on Page 78.)

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(Continued on Page 80.)

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(Continued from Page 78.)

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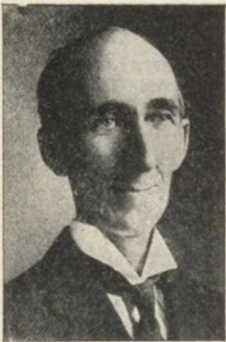
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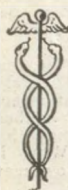
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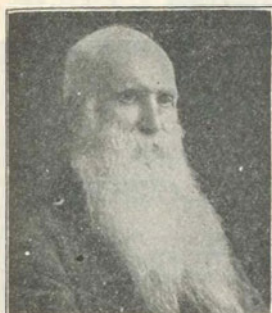


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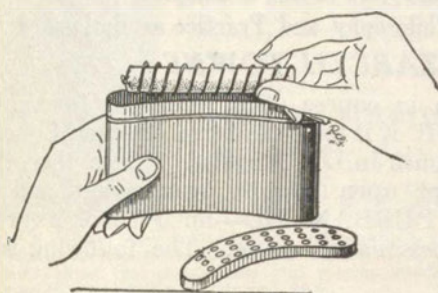
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Containing Seventeen Chapters Giving a Complete Statement of the New Thought Philosophy and Practice as Burbanked

By **ELIZABETH TOWNE**



This book has been in course of preparation for nearly two years. The first draft of it took the form of seven Lessons for Students, delivered once in Los Angeles. Since then the statement has been slept upon, thought over, revised, and restated—in other words BURBANKED—until it took its present form of Seventeen Lessons in Living. The following is a table of contents:

1. INTRODUCTION.—What a Narrow Mind Looks Like.
2. THE FOUNDATION OF LIFE.
3. THE SEVEN PRINCIPLES OF CREATION.
4. NATURE'S DEVIL.—The Law of Attraction, What It Is and How It Works.
5. TRANSMUTATION OF EVIL.—After the Devil—Personal Love and Universal.
6. THE NEW THOUGHT PLATFORM.
7. EVOLUTION AND THE ABSOLUTE AND PERPETUAL LIFE.
8. COSMIC CONSCIOUSNESS.—How Attained—A Bit of History and Prophecy.
9. HOW TO BECOME COSMO-CONSCIOUS.
10. TELEPATHY, A NEW VIEW.
11. MENTAL IMMIGRATION.—Where Our Thoughts Come From and How They Are Stored.
12. ACTION AND REST.
13. THE PRACTICE OF PROSPERITY.
14. THE PRINCIPLES AND PRACTICE OF HEALTH.
15. INTERACTION OF MIND AND BODY.
16. HOW TO LIVE A PERFECT DAY.—How to Go to Sleep—A Treatment for Health, Happiness and Success—Retrospection—Where It Will Do the Most Good—How to Cure Insomnia—On Waking—A New Day—How to Plan for the Day—Gratitude and Progress.
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Just because you are thin and underweight, do not think you have to stay in that condition.

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principle, then weigh yourself once a week to note the increase as the pounds pile up.

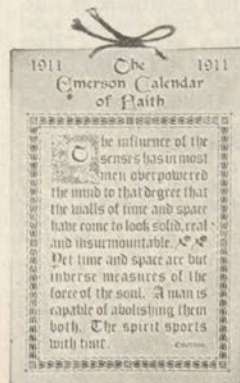
This new treatment increases the red corpuscles in the blood, strengthens the nerves and puts the digestive tract into such shape that your food is assimilated and turned into good, solid, healthy flesh instead of passing through the system undigested and unassimilated. It is a thoroughly scientific principle, this Sargol, and builds up the thin, weak and debilitated without any nauseous dosing. In many conditions it is better than cod liver oil and certainly is much pleasanter to take.

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Free Sargol Coupon

This certificate, with ten cents, to help pay postage and distribution expenses, entitles the holder to one 50-cent package of Sargol, the Flesh Builder. **THE SARGOL COMPANY, 452-Z Herald Building, Binghamton, N. Y.**

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Mrs. Towne is a great pioneer in certain lines of thought, as her father was a pioneer of this Oregon country. Through her magazine and her many books she has gained a very wide circle of readers in every part of this country and in many foreign lands.—THE OREGONIAN.

Elizabeth Towne fills her own place in the New Thought world—a place distinctly her own. Personally, I have obtained very much good from her writings, and I regard her as one of the most original thinkers of the age—one whose work will be better understood and appreciated twenty years from now than at the present time.—WILLIAM WALKER ATKINSON.

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How Women and Girls Earn Money

Thousands Are Deserting the Old
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for New Profession.

"Nautilus" Free Coupon for Mrs.
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Abby Beatrice Knowles, the woman who has been instrumental in establishing thousands of women and girls in the profession of Beauty Culture throughout the United States, Canada and Great Britain, has recently arranged for the free distribution of literature, designed especially for women and girls who would take up Beauty Culture as a profession.

Included with the free literature which is now being sent to all applicants is a beautifully illustrated book, containing nearly one hundred life-like illustrations and photographic reproductions showing the wonderful opportunities for the Manicurist, the Hair Dresser and the Masseuse; it describes a wonderfully simple and practical way to learn to become an expert in the various branches of Beauty Culture and shows how a Beauty Parlor can be started at home at very little expense, or how a visiting practice (calling at the homes of select patrons) can be conducted.

Mrs. Knowles declares that there is not another profession for women that offers the opportunities for travel, seeing the world, for making money, for placing women and girls on an independent basis and in refined and pleasant surroundings, as does the profession of Beauty Culture.

During a recent tour of the United States and Canada she interviewed many women and girls who held positions as clerks, stenographers, dressmakers and domestic servants, as well as many unemployed; and the intelligence, ambition and desire for advancement shown by these women clearly proved their fitness for this new, dignified and profitable profession.

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For Mrs. Knowles' Book

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This coupon is good for Free literature and one copy of Mrs. Knowles' Book if mailed at once to the address given above.

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Listen: "Some good friend sent me one of your books, 'Hurry, Worry Cured.' I cannot tell you how much I have enjoyed it. Please let me know if I can procure more of the books. I want more to send to some friends. I read the book every day, and I think it is most helpful."

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Elmer Ellsworth Carey, formerly editor of *Suggestion*, said: "If some millionaire wished to do a great and noble act he could do nothing better than to print about 70,000,000 copies of this booklet and mail one to every person in the United States."

ABOUT WORRY.

About all our troubles are over things that never really happen.

We suffer through fear of tomorrow. Or, we worry about things that are passed and cannot be helped.

And how worry does wear out good looks. If it only affected one's looks it would not be so bad. But it causes all sorts of diseases. It poisons the blood. It wears out the nerves. It weakens the heart.

Worry is largely a matter of habit.

It can usually be outgrown by persistently cultivating calmness, self-control, poise. "WORRY, HURRY CURED" is a little book by Frank Harrison and William E. Towne, which tells how to outgrow fear, worry and hurry.

Many people have bought 4 copies, \$1.00, at a time, to give to their friends. "WORRY, HURRY CURED" is printed on fine antique paper, bound in paper covers. Price, 25c. Address WILLIAM E. TOWNE, Dept. 1, Holyoke, Mass.

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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.

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Delineator	1.00	1.90	3.11
Good Housekeeping	1.25	2.00	3.36
Good Health	1.00	1.50	2.21
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
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	1.50	2.86
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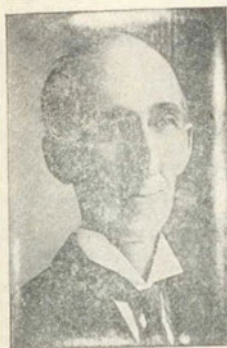
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By WALLACE D. WATTLES



If you are well this book will tell you how to keep so. If you are seeking better health, DO NOT LAY THIS ASIDE UNTIL YOU HAVE READ THE TABLE OF CONTENTS OF THE "SCIENCE OF BEING WELL."

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Like all Mr. Wattles' books this one is scientific and easy to comprehend.

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Principle of Health—The Principle of Life—Foundations of Faith—Faith Personally Applied Cures—Life and Its Organisms—What to Think—Faith—To Quickened the Principle of Health into Constructive Activity—Use of the Will—Where to Use It and How—Health from God—What Swedenborg Saw—Summary of Mental Actions—Every Act an Act of Health—When to Eat—What to Eat—How to Eat—Hunger and Appetites—In a Nutshell—To Be Well—The Voluntary Functions—Hunger and Sleep—Hurry and Worry—Breathing—Sleep—Vital Power Renewed in Sleep—Supplementary Instructions—Making Yourself One With Health in Thought, Word and Action—A Summary of "The Science of Being Well"—Thinking and Acting in the Way of Perfect Health.

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"THE SCIENCE OF BEING WELL" is printed and bound in silk cloth, printed from large clear type on antique laid paper, 160 pages. Price, postpaid, \$1.00.

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By WALLACE D. WATTLES

There is a man out in Indiana who has proved to his own satisfaction that by thinking and acting in a Certain Way one may grow toward greater success and opulence. During the past year this man cleared over \$3,000 and he expects to double that amount this year. He has proved the value of his ideas by what he has accomplished since putting them to the test. Although a year ago he was practically without experience as a writer, his stories are now being published in *The Smart Set*, *Munsey's*, *The Housekeeper* and other prominent magazines. His friends wished to make him mayor of his city at the last municipal election. This man is Wallace D. Wattles, and he has put his ideas regarding money making into a book called "The Science of Getting Rich."

In writing this book, Mr. Wattles has sacrificed all other considerations to plainness and simplicity of style. The plan of action here laid down was deduced from the conclusions of philosophy. It was thoroughly tested by the author, and bears the supreme test of practical experience.

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"Your 'Get Rich' book is a delight and an inspiration and I will tell you before long how it helped me make a \$600 land deal."—BERT FISHER, Medina, O.

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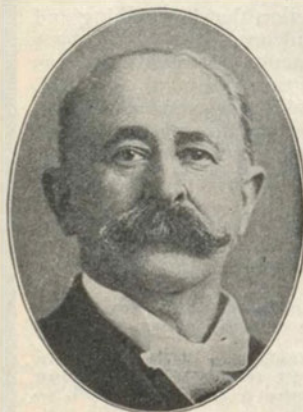
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Some of the most inspiring and vital poems which this sweet singer has ever produced, appear in this volume. No other poet in the United States has ever laid hold so strongly upon the hearts and imagination of the common people.

Thousands have gained from her during the darkest hours of their lives, fresh inspiration and encouragement. The work of no other modern poet is so strongly marked with the qualities of optimism and encouragement upon all occasions.

Here are the titles of a few of the stirring, thrilling poems contained in "NEW THOUGHT PASTELS": "The Word," "Assistance," "Consciousness," "Our Souls," "The Law," "The Way," "Fear," "Prayer," "Obstacles," "There is No Death, There are No Dead," "Realization," "Climbing."

The Chicago Courier says:

"The newest, brightest, and by far the most delightful little gift for the holiday that has come to the Courier this season is the beautiful volume of poems by the renowned Mrs. Wilcox, entitled 'New Thought Pastels.' We have purchased about a dozen books and magazines, and more than a thousand papers solely to read Mrs. Wilcox's inspired verses, and we regard this last one of her published volumes as the most mature and beautiful thing she has contributed to aspiring humanity. When one can make a gift like this to a cherished friend, it is something worth while."

"NEW THOUGHT PASTELS" is printed on heavy antique wove paper. Each poem begins with fancy initial letter. As a frontispiece, there is a fine half-tone photo with autograph of Mrs. Wilcox. Bound in heavy paper. The book will soon be out of print (we have but a few dozen left) and, therefore, valuable. Price, 50c.

Your Character

A Birthday Guidebook For All

By Elizabeth Towne and Catherine Struble Twing



This book really contains 12 little books in one—one section for each of the 12 signs of the Zodiac. It is the kind of book that is read and pored over by all your friends. As an all entertainer it is unexcelled. Edwin Markham says: "I know nothing of the concerns of the Zodiac, 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."

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