

JAN 23 1911

SPECIAL VOTES-FOR-WOMEN NUMBER

# THE NAUTILUS

FEBRUARY, 1911

The fundamental principle involved in equal suffrage is the unifying of the race, and its value is not to the part, but to the whole.

One-half the race can no more claim all the privileges of life, liberty, and the pursuit of happiness, denying them to the other half as inherent rights, and continue a healthy social body, than could the hand, saying to the foot, "I am holier than thou," cut off the free circulation of the common stock of vital fluid, and have the natural body continue in health.

—Annie G. Shackelford.

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ELIZABETH TOWNE  
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Age 40



Age 45

## Which LOOKS Older?

A woman DOES grow old faster than a man does. Don't you know the reason? Look carefully at the faces above. These two little pictures tell a WHOLE LIFE'S STORY.

The woman is a typical woman at 40. See the *little* wrinkles around the mouth and eyes, the *suspicion* of a double chin, the *faint* hollows, the *slightly* flabby, loose chin—each of these things add YEARS to her apparent age and every one of them is unnecessary. Just LACK OF CARE—that's all.

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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.  
**BERKELEY, Calif.**—Z. P. Smith, S. E. cor. Shattuck and Center streets.  
**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.  
**BRIDGEPORT, Conn.**—G. O. Borton, The New Thought Sunshine Club 1342 Park avenue.  
**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 McIvor, 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.  
**HUDSON, Ind.**—Mrs. M. J. Dole, Box 68 Dole street.  
**HUMBOLDT, Iowa.**—Armetta M. Flowers.  
**JULIAETTA, Idaho.**—S. A. Roe, M. D.  
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**LOS ANGELES, Cal.**—Occult Book Co., 213 Mercantile Place.  
**LOS ANGELES, Cal.**—Whalen's News Agency, 233 South Spring street.  
**MASSILLON, Ohio.**—Ralph W. Young.  
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**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. 24th street.  
**NEW YORK CITY.**—Roger Bros., 429 Sixth avenue.  
**NEW YORK CITY.**—Dr. Richard B. Schjeusner, 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. 13th 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 Soochon Road.

- SPOKANE, Wash.**—Spokane Book and Stationery Company, 114 South Post street.  
**ST. LOUIS, Mo.**—H. H. Schroeder, 3537 Crittenden street. German publications a specialty.  
**ST. PAUL, Minn.**—Ida Willius Goldsmith, 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.  
**TACOMA, Wash.**—C. Albin Thorell, 1014 South 11th street.  
**TORONTO, Can.**—W. H. Evans, 488 College street.  
**VALPARAISO, CHILE, S. A.**—Georgina Hammetton, Carilla, 271 P. O. B.  
**WASHINGTON, D. C.**—The Washington Therapeutic Societies Circulating Library and Reading Room, Room #17, New Evans Bldg.  
**WASHINGTON, D. C.**—Oriental Esoteric Society, 1442 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,** supplies *The Nautilus* on a returnable basis to all newsdealers who request it.  
**AMERICAN WOMAN'S LEAGUE.**—*The Nautilus* is a Class A publication. Subscriptions taken by every American Woman's League Member.

## The Helper

**THE HELPER** is a new four-page monthly paper, edited and published by Elizabeth Towne, the next number appearing February 4, 1911, in the 13th year of *The Nautilus*.

**THE HELPER** is a sort of go-as-you-please child of the "Family Counsel" Department in *Nautilus*, wholly made up of extracts from letters, with answers by Elizabeth Towne. In short, **THE HELPER** is Elizabeth Towne at home, ready like Teddy to talk on any imaginable subject from home economics to sociology and starology, from kirche to kuchen, from family gossip and gastronomies to Guggenheimers, from New York to Klickat and San Diego, from the latest in family jars to the color of the cosmos, from politics to prunes, prisms, principles and practice, just as you like.

**THE PRICE** of *The Helper* is \$1.00 per year, 10c a single copy; no discounts; no premiums; no sending of papers after subscriptions have expired.

**THE HELPER** is published on the following ideal principles:—

1. Absolute freedom as to subjects treated, and the manner in which they are treated.
2. No subsidizer nor outside influences of any kind to sway the ideals or expression of the editor.
3. No paid advertising of any sort to be published therein.
4. The subscription price to cover all expenses and leave a modest profit for the publisher.

Among the subjects treated in Vol. 1, No. 4, February 4, 1911, will be the following:

**A Dull Season and Debts.**

**When Capricorn and Aries Cannot Get Along Together.**

**The Single Woman of Forty.**

**Socialism and Narrow Minds.**

**How to Cure Epilepsy and Many Other Diseases.**

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## Nautilus News.

By THE EDITORS.

### Votes for Women.

And now what do you think of the matter of Votes-For-Women? I was rather lukewarm on the subject when I began work on this special Votes-For-Women Number, but I am lukewarm no longer!

On the cover of this magazine appears the opening argument in Mrs. Shackelford's article, and it is that statement of the matter which raised my blood temperature from lukewarmness to good, rich, red blood heat.

I don't want to get worked up into fever heat on the subject, but I do want to put in whatever good work I can for equal suffrage. I hope every reader of *Nautilus* will be pleased and happy and *dynamized* by our special Votes-For-Women articles.

What do you think of it?

### Our March Issue.

Our March Number is to be another special, if not a specially special! But I am not going to tell you very much about it, because time presses, and we must get this February Number out on time, as usual. *Nautilus* has made two moves, half way across the continent each time, and now she has gone through a big fire, without even delaying a single issue of the magazine. It would be a pity to spoil the record now with the February Number, wouldn't it?

So about all I am going to say in regard to the March Number is this: *Look for it.* You will be pleased. We have some splendid things for it.

By the way, one of the special things is a beautiful poem called "Father," by Mrs. Wilcox, that came very near losing its life in the fire! It was water-soaked and worn so that a portion of the words were very hard to make out. But we got it pieced together at last.

### And Yes!

And yes—we will hold all those Christmas offers open until the last day of February. So those of you who didn't get in B. F. can come A. F., fully insured!

Here are the special offers:

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

(Continued on Page 2.)

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We Will Make  
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Beautiful designs to your taste—Plain, Fancy, Oriental—fit for any parlor. Guaranteed to wear ten years.

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(*Nautilus News Continued.*)

books—\$3.00 worth of publications for only \$2.00; the two subscriptions to go to two addresses not already on our list, the books 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.)

#### After the Fire.

And you want to help, too, do you? Thank you. The one best thing you can do is to send us in some new subscriptions! A new subscription is like a share of stock in a paying investment—every dollar invested in a new subscriber comes back in dividends to the old subscriber and us, in the form of a bigger, better, brighter magazine.

Mount Holyoke College dates all its great success from the time it was burned to the ground. In a year or two from now we shall probably be saying, as they did, "Best thing that ever happened to us!" Every new subscriber that comes now will be specially welcome, and every one will count double under the circumstances. Our special A. F. fully insured blessing goes with every subscription!

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Don't Forget Kitty

#### Lecture Dates.

The added work of getting our *Nautilus* home settled in new quarters, plus various and sundry visits to the dressmaker and tailor, all added to my usual work on *The Nautilus*, will interfere with that lecture tour which I was to take in February.

But the lecture date in Schenectady will stand. I am to speak there on Saturday evening, MARCH 11th, under the auspices of the People's Course, lecture bureau, in the Methodist church auditorium.

All the other dates have been cancelled for the present.

All my clothing was destroyed in the fire with the exception of one new tailored suit, which managed to stand the soaking. I cannot buy ready-made dresses for myself, so I have to wait for the dressmaker. By the way, my Springfield dressmaker was burned out about three months ago! Herein lies one of the reasons why I cannot go away on a long lecture trip in February.

"I wish I had the time to sit down and write you how much good your *Nautilus* has done for me. It would be as good or a little better than any of your success letters ever have been. But to be brief I will say it has made a changed woman of me. God is working through you to help to lift others out of their ruts, if they will but heed the messages you give. I was physically, mentally and financially a wreck nine years ago when your *Nautilus* was brought to my notice. I am now in the best of health. My mental attitude has changed so that I can see something good and to love in the "meanest thing," as I used to consider anything I did not like—and financially I have had great success in my work and general business interests."—PAULINE E. TOWNE, Detroit, Mich.

The *May Nautilus* is the best thing on the newsstands. Elizabeth's cover words ought to be quoted by every publication in the country."—JAC. LOWELL, Meriden, Mass.

"Your little book on 'Experiences in Self-Healing' did me a lot of good. After reading about the Saratoga trunk of sewing you finished, I got out my fragmentary poems and other manuscripts and finished up a lot of them, and some have been accepted. And so much you said in the book gave me 'heart,' and inspiration in many ways. Your picture smiles down at me from the top of my little bamboo writing desk, and there are fresh flowers beside you every day in the year."—LANNIE HAYNES MARTIN, Altadena, Fla.



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The Law of Great Thinking.  
The Four Factors on which great thinking depends.  
How to develop analytical power.  
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How to throw the mind into deliberate, controlled, productive thinking.  
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How to test your Will.  
How a Strong Willis Master of Body.  
What creates Human Power.  
The Six Principles of Will-training.  
Definite Methods for developing Will.  
The Seven Ways that Moral development builds Will-Power.  
How to develop to a high degree the Mental Moods of Interest, Feeling, Energy, Permission, Decision, Continuity, Understanding, Reason.  
The Six Crown Principles for multiplying Will-Power.  
The NINETY-NINE STAR METHODS for using Will-Power in the Conduct of Life.  
The Seven Great Principles of drill in Mental, Physical, Personal power.  
The FIFTY-ONE MAXIMS for Applied power of Perception, Memory, Imagination, Self Analysis, Control.  
How to make the Eye a great power in Influence and Observation.  
How to develop a strong keen gaze.  
How to make the Eye yield values in Mind-Power.  
How to concentrate the eye upon what is before you—object, person, printed page, work.  
How to school the eye for power in business, society, public.  
How to force Will into the eye.  
How to cultivate a bright, attracting, intelligent eye expression.  
How to become aware of Nerve Action.  
How to keep the body well-poised.  
How to open the Mind and Body for reception of incoming power.  
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How to develop abundance of Thought.  
The Principles of Memory.  
How to throw Attention and Energy into Memory culture.  
The Psychological Principles for memorizing words, sentences, anything.  
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How to plan ahead in your career through the great Pioneer Power—IMAGINATION.  
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How to make the imagination fill the mind with Life, Action, Energy, Beauty, scenes of Pleasure, Profit.  
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(4) Wrinkles on the forehead, under the eyes and nose and mouth denote exhaustion. The cure: Strong, digestible, energy-producing foods.



(5) Eyes drawn together denote diseased nerves. Strong, digestible nerve foods enlarge the eyes, effacing the distressed look (expression).

A wrong combination of eggs and an excess of starchy, paste-making and fatty foods make you sluggish; they give you dull, splitting headaches, lack of memory and concentration, drowsiness and inertia. A complete change to "digestible" brainy foods, (suitable meat, game, fish, and daily foods, combined with suitable vegetables and fruits according to the new brainy food plan) produces the most marked improvements in a few weeks.

One dropsical consultant lost eighteen pounds of overweight in the first week, and returned to business.

Another, a thin man, after being out of work nearly a year through weakness, was restored in three weeks to hard work as a carpenter at full pay. In such cases the change from a clogging, death-producing diet to energizing foods, caused a literal transformation.

Another patient, deaf in the right ear, owing to a discharge caused by an excess of mucus-making foods (cream, butter, cheese, etc.) was completely cured of deafness and catarrh by taking correct combinations of suitable foods.

A case of kidney and bladder trouble of ten years' standing was saved from a surgical operation, and the objectionable discharge cured within ten days, because the loss of control was due entirely to the constant irritation from certain irritating foods and drinks.

A chronic sufferer, weighing 415 pounds, reduced over 150 pounds (in public life, under many witnesses), gained strength and firmer flesh, and lost rheumatism. Many well-known diseased persons have been taught how to cure themselves by a brainy diet during twenty-three years by S. Leppel in England (see the Leppel "Bulletin"), and during nine years by the writer in America.

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During thirteen years of personal experiments in co-operation with S. Leppel and others, I have learned to produce in myself various diseases, each by eating certain wrong foods for a few days or weeks. They are:—**Rheumatism, catarrh, sore throat, tonsillitis, constipation, double chin, swollen glands, kidney troubles, shortness of breath, rough scaly skin, dandruff, sores, boils, pimples with white pus, blackheads, rash, dry hair, and numerous other symptoms, AND I CAN CURE THESE SYMPTOMS OF ILL-HEALTH IN A FEW DAYS BY CORRECT FOODS. THE FOODS WHICH CAUSE EXPECTORATION, CATARRH, COUGH, CONSTIPATION, TUMORS, ETC., ARE SPECIFIED IN MY VALUABLE INSTRUCTIVE FREE BOOKLETS.**



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# THE NAUTILUS.

Vol. XIII.

FEBRUARY, 1911.

No. 4.

## CONTENTS:

Editorials, . . . . .	Elizabeth Towne, . . . . .	11 to 18
Jure Divino (Poem), . . . . .	Ray Clarke Rose, . . . . .	19
Sermons of a Scientist, . . . . .	W. R. C. Latson, M. D., . . . . .	20
The Cheerful Loser, (Poem) . . . . .	Arthur W. Beer, . . . . .	22
The Soul of Things, . . . . .	Clare Doyle Olin, . . . . .	23
A Simple Remedy for Several Ailments, . . . . .	Walter De Voe, . . . . .	27
As a Grain of Mustard Seed, (Continued Story), . . . . .	Wallace D. Wattles, . . . . .	29
Equal Suffrage in Practice, . . . . .	Annie G. Shackelford, . . . . .	34
The Suffragist as a Business Woman, . . . . .	Lucy B. Jerome, . . . . .	37
Immortality, (Poem), . . . . .	Augustus Wittfield, . . . . .	42
What We Think of Equal Suffrage, . . . . .	. . . . .	43
The Mother as a World Power, . . . . .	James Henry Larson, Ph. B., . . . . .	47
Lifting Up or Dragging Down? . . . . .	Edgar L. Vincent, . . . . .	50
Views and Reviews, . . . . .	William E. Towne, . . . . .	51
Things That Make for Success, . . . . .	. . . . .	54
Family Counsel, . . . . .	. . . . .	56
The Way the Wind Blows, . . . . .	. . . . .	58
Little Visits, . . . . .	. . . . .	59
Anent Books and Things, . . . . .	. . . . .	64
Nautilus News, . . . . .	. . . . .	1

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## THE NAUTILUS.

ELIZABETH TOWNE  
WILLIAM E. TOWNE

Edwin Markham  
Ella Wheeler Wilcox  
Florence Morse Kingsley  
Grace MacGowan Cooke  
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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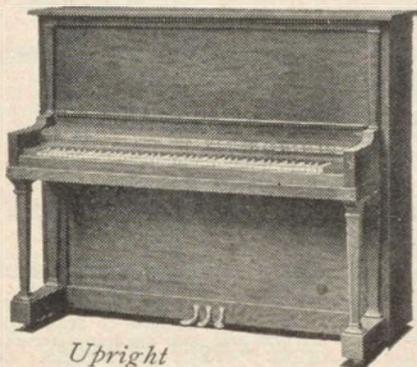
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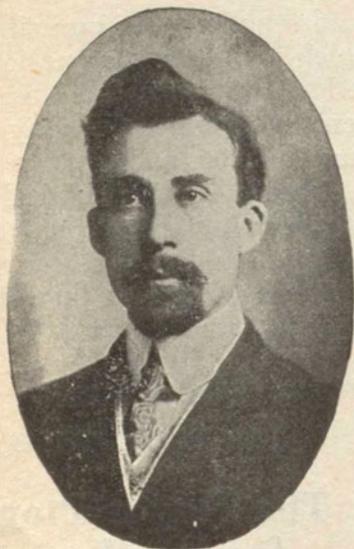
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**C. K. VLIET, M. D.—Head Physician**

HEALTH BY MAIL, INC.

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New York City

## What Your Friends Say of Nature's Cures!!!

These are excerpts from letters we are constantly receiving. They are unsolicited and come from grateful people who have regained health without drugs. Read these in connection with the opposite page.

### THE EAST

623 Minerva St., East Liverpool, Ohio, July 25, 1909.  
HEALTH BY MAIL, INC., 515 Flatiron Building, New York.

DEAR SIR:—On completion of your course of treatment I feel that I must say something in favor of the course.

When I began treatment I was suffering from a severe nervous trouble with violent twitching of the arms and legs, especially at the joints. I was also troubled with a very constipated condition of the bowels. Very often I had gone four or five days without a movement. I had tried drugs of all kinds, such as calomel, jalap and even croton oil. I started with a small dose of a medicine, but as time went on I had to keep multiplying the dose till the size of it alarmed me. I have taken all kinds of tonics for my nervous trouble. They seem to relieve me for a short time but it soon returns.

I was growing very despondent when one day one of my work mates advised me to try your course of Physical Culture. I did, and I thank God for the day I started. I have got rid of my nervous trouble and my bowels now work regularly every day, a thing which they never did before. I have not had a single cold or headache since I took your treatment, which I consider something marvelous. The régime which you prescribed now seems part of my daily duties, and I don't seem to be able to live without going through it.

You will notice that I gained almost twenty pounds in weight and my measurements all increased, but it is not only that but the excellent degree of health which I have attained, a condition that I never thought was possible.

If this should reach the eye of any young man who might be suffering from a weakened system, etc., let him give the course of treatment a trial, and he will never regret it as long as he lives.

Wishing you success in your noble work, I am Sincerely yours,  
(Signed)

J. W. GRIFFITHS.

### THE WEST

ROCK ISLAND, ILL., June 6, 1910.

DEAR DOCTOR:—About three months ago I started to take your drugless treatment. I had suffered nearly all my life with indigestion and General Debility. I have taken enough dope to start a small drug store, but I am very happy to state that after taking your treatment for only three months I feel like a new man. I wish I had taken it years ago, and my advice to all sufferers is "Get started at once!" I have no trouble with my stomach any more and I am stronger in every respect. I can now do a day's work with any one. I have not lost one day's work since I began your treatment, but work from eight to ten hours daily even during treatment. It is good to feel that you are living, not merely existing.

I will answer all inquiries provided a stamped envelope is enclosed.  
Happily yours,

FRANK INCH, 814 First Ave.

### THE NORTH

Box 996, EDMONTON, ALTA., Canada.

DEAR DOCTOR:—I wish to express my appreciation of the splendid results I have obtained in general health, physically and mentally, by following the course of treatment outlined for me. Many friends have been interested in my case and have watched my progress carefully and have been convinced beyond doubt that Physical Culture scientifically applied is the only remedy that can be relied upon for the building up of general health. Constantly I have been asked, "What have you been doing, you are looking so well?" I also must admit that I was a little careless at times in carrying out every detail of instruction prescribed for me. My health before taking up this treatment was in a very low condition, digestion bad, stomach troubles, and I very easily caught cold. As I look back on the past my only regret is that I did not take this up before. My ambition in life has increased in every way. I would highly recommend to anyone whose health has failed or is failing not to hesitate any longer, but get in touch with you, and they will be more than satisfied with the results that will follow.

I have much pleasure in thanking you for the way you have devoted your time and interest in my behalf and as one who will always remain in my memory as a friend who has given me health once again, I remain.

Yours truly,

E. TOMPKINS.

### THE SOUTH

AUGUST 19, 1910.

DEAR DOCTOR:—Words fail to express how glad I am to be able to conscientiously write this letter. Six months ago I was in such a condition physically that life was almost nothing to me, and as a result I decided to begin a scientific physical culture treatment with you. Though young in years, I had suffered a great deal. I had indigestion, constipation, was very weak and thin, and had a case of tonsillitis, which the doctors said could never be cured. I believe I was as badly constipated as any one could ever be. My skin and complexion was in a fearful condition. After one month's treatment with you my constipation entirely disappeared, and from that time until this I have never known what it is to be constipated; my throat is as well as I desire it to be and I am feeling perfectly well in every way.

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

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*Self-Help Through Self-Knowledge.*

MONTHLY }  
 One Dollar a Year. }

FEBRUARY, 1911.

} VOL XIII  
 No. 4 }



## **When You Lose Your Grip.**

Never mind if you *do* lose your grip on new thought—*new thought will not lose its grip on you.* Let go and rest, and *know* that the one Living Presence is working in and through you to will and to do of its good pleasure, *which is your good pleasure.*

All you can desire for yourself, the One Living presence is desiring in and through and for you.

Peace, be still.

You are whole.

## **Thoughts and Deeds.**

Put your thinking through your hands into skilled work, order your thoughts in the best way you know, and you will utilize your energies to the best possible advantage, at the same time increasing your power for thinking and doing.

## **The Personal God.**

Somebody asks the old, old question, "Do I teach that there is no personal God, no divinely given commandments?"

I do better than that. There are several billions of personal gods right on

this earth today, and I don't know how many more on the other planets, and in the sun. And my faculty of mathematical ability throws up the sponge and goes to bed before the task of computing how many there may be inhabiting all the solar systems of the universe.

I say unto you, YE are Gods.

Jesus said the same thing.

The only difference between you and Jesus is that Jesus knew he was one with the Father, and you won't believe it. He said plainly, "I and the Father are one—and—as I am in this world so are ye." Jesus knew the truth, and the other disciples only *tried to believe it.* We are still trying to believe what Jesus said, what God speaks into our own hearts. Our imaginations are still too crude to grasp the immensity of it in its fullness.

## **God's Person.**

God's person is your person and my person, and the person of Jesus, and the person of every other man and woman and child that ever existed in the universe or ever will.

As Pope says:

"The universe is one stupendous Whole Whose body nature is, and God the soul."



Your soul and my soul are the real of us, and "they are hid with Christ in God." Yes, I believe in a personal God—a good many billions of Him. God is spirit, and the real of you is this same spirit. God is One Spirit with personalities plus.

And God's spirit is your spirit and mine.

Be still and know.

#### **Divine Commands.**

Do I believe in divinely given commandments? Yes, indeed. I get them every day, straight

from God.

Everybody gets them every day, straight from God.

Jesus got them every day straight from God.

The only difference between Jesus and the Common Run of people is that Jesus believed his commandments came from God. He accepted them and acted upon them.

The Common Run of people think that the commandments given to Jesus are better than the commandments given to them. They think the commandments given to some preacher are better and more divine than the commandments given directly to their own hearts. So they go stumbling after the preacher into strange paths instead of listening and walking and working at home with their own God.

Yes, there is only one God, and he speaks to you, and to Jesus, and to every man, woman and child.

But he doesn't tell me what you ought to do, and he doesn't tell you what I ought to do.

You see, he made me for a special and specific work, and he made you for a special and specific work; each entirely different from the other. And he is perfectly able to direct me without your intervention, and to direct you without my intervention.

The most I can do for any man is to point him to the God within.

The most that any man can do for me is to point me to the God within.

#### **If I Mind God.**

If I follow the commands of God in my own heart, I gain certain experiences,

out of which I may speak to you. Moses by obeying God gained certain experiences.

Then he went up into the Mount and prayed and fasted and listened to God until God wrote on his heart ten commandments, the ten principles of the God-Polarized Life.

He was so exalted by the recognition of these principles that when he appeared again before the people "the skin of his face shined." Instead of those commandments being written on hard tablets of stone, up there in the mountain, God wrote them on the soft tablets of Moses' heart. That's what made "the skin of his face shine," when he came down to tell the children of Israel who were waiting in the valley.

#### **Filling the Law.**

God wrote on Moses' heart ten commandments that he should and should not do, in

order to live the life *that Moses wanted to live*. Then Moses went down to the



# EDITORIALS

BY ELIZABETH

valley, made himself a law giver, and passed those commandments on for the children of Israel to live up to.

After people live up to commandments long enough, the action becomes habit. The commandments are then "written on the heart," and ever after the people fulfill the commandments without realizing that they are living according to commandment at all.

Moses received the divine commandments which he passed on to all the other people of the world, who have ever since been trying to live up to them.

After a couple of thousand years or so along came Jesus who told them how to fulfill those commandments without working so hard to do it from a sense of duty. He said, "*Thou shalt Love the Lord thy God with all thy heart, and* **THY NEIGHBOR AS THYSELF.**"

This is the fulfilling of the law—filling the law so full that it brims over and obscures the fact that there is law there at all.

What Moses made the Israelites do from a sense of duty Jesus *loved* to do. That is the difference between Jesus and the Common Run.

And just in proportion as we can love God and man, we manifest ourselves as God.

God is love, and love is God, and he who loves God manifests the fullness of God.

But to love as God loves is to love our neighbor as ourselves, and ourselves as God.

Pessimism is creeping paralysis and its cure is faith and work.

## The Children Vote.

Our big republic of the United States has been left away in the rear on the Woman's Rights question by the George Junior republic at Freeville, N. Y. There they have threshed the matter out, and the girls vote.

The boys used the usual arguments to keep the girls in their places. As a last resort the beau of the Republic smiled on each girl and told her that *nice* ladies didn't want to vote, and nice men didn't like girls that wanted to vote. So the girls gave up the fight and went in to primp.

But when the boys met in Congress and passed a law voting a heavy poll tax on everybody in the Republic, girls included, the young ladies got their dander up and fought in true suffragette style. No more blandishments went with them. They threw stones and besieged Congress, drowned out the boys' speeches with hisses and hallos, and made things so hot for them generally that the boys had to come to time. Now the girls have as much to say about poll taxes as the boys.

## Wonderful Paintings.

(This continues "The Orange Room" editorial in January Nautilus.)

Above the windows is a painting of the marriage of the Prince to the Princess Amalia, in 1625. The seven children in the painting represent the seven provinces of Holland which the Prince ruled.

Near that is Venus in the triumphal car, representing fidelity. There is a



picture representing the arrival of Mary, daughter of Charles 1st, and below is Father Time who is destroying the old generation and making way for the new.

The upper picture opposite this one represents the marriage of the eldest daughter of Prince Frederick Henry to the great Elector of Brandenburg. Below there is a representation of arms taken from the Spaniards. On the sides of the doors are shown the treasures which were taken from the Spaniards. Another picture shows Prince Frederick Henry as Governor of Holland, the prince on horseback and receiving the sceptre from the Dutch maids. Cupids holding coats of arms represent all the provinces where the Prince became Governor.

The largest painting was done by Jordaens who worked four years to complete it. It depicts the triumphant entry of Prince Frederick Henry after he had conquered the city, Bois le Due in 1629, the Prince sitting in the triumphal car, drawn by four horses, his son William on horseback at the head of his knights.

Then there is a picture of Peace surrounded by Cupids, who unroll a parchment on which is written in Dutch this sentiment: "*The greatest and most splendid victory is the one by which Peace has been obtained.*"

On the wonderful old doors is a most beautiful picture of Hercules and Minerva opening the doors to let Peace come in.

Men are the facets of God;  
Each focuses all the colors of his spectrum.

### **The Temple of Peace.**

It was in this wonderful old room in "The Royal House In the Wood" that the first Peace Conference was held in 1899.

In the same building with the chamber of tortures and the prison cells is the fine big hall in which the second Peace Conference was held. These rooms are only used when the Queen calls a conference of some kind. The second one is very nicely but plainly furnished and the floors are covered with artistic rugs an inch thick, woven by the Dutch people themselves.

No wonder Andrew Carnegie thought the Hague the proper place for the erection of a permanent International Temple of Peace. Only a few streets from the chamber in which the second Conference was held we saw the big Carnegie Temple of Peace in course of construction.

And our hearts sang long life to Wilhelmina and Carnegie, the modern Minerva and Hercules, working to open wide the gates of Universal Peace.

### **Our New Era.**

The date of December 11 sets a new era for us. Everything that came before that happened in the year so and so B. F.—Before the Fire. Everything that happens from then on will happen in such and such a year A. F!

If you are ever waked up in the middle of the night by the cry of fire, and have just barely time to get out in your nightclothes and bare feet; and if you spend the rest of the night at the kitchen windows of your next door



neighbor watching the flames burst out in new places every minute, listening for the crash of falling chimneys, watching the blaze of more fire; wondering and wondering what to do; if you ever experience this you will understand.

The house was a total loss. Considerable furniture and all records and manuscripts were saved, and the barn containing our book stock was entirely unharmed. The sound value of house and contents was around \$30,000; insurance, \$16,000. *Note:* Hereafter we shall inventory our goods once in six months and insure accordingly, instead of trusting to guess work as to the value of goods on hand. And our neighbors are all adding to their insurance.

We had a very unfortunate fire at a most unfortunate season of the year. But we also had a hundred very fortunate circumstances connected with it. The things which could never be replaced no matter how much insurance we carried, are the things that were saved. Of course our loss was large, but not enough to cripple the business in any way.

**The Bright Side.**

And there were some circumstances so delightful that they were worth a big fire just to have them happen. *For instance:* The girls in the office all offered to help right along for a week or two without receiving any pay for their services. And this was just two weeks before Christmas when I know they had spent all their money for Christmas gifts. We didn't have to accept their offer—they were paid in full as usual. But we were

mightily grateful just the same.

Our next door neighbors took beautiful care of us, insisted on William's mother staying there for a couple of days, furnished us all with temporary clothing, and offered us any other possible assistance, including the use of their automobile.

Sunday morning one of the owners of a big department store sent for a couple of assistants and let us into his store where we bought what clothing was necessary for the immediate needs of ourselves and the two house maids. The owner of a big shoe store sent us up all sorts of shoes to choose from. A clothing house man loaned me a big fur overcoat that I wore for a week or more—and liked it so well that we bought it for the family's use in automobiling. The mayor of Holyoke called up and offered us special guards for the house, from the police department.

The shorthand teacher at the high school, with the co-operation of the principal and other school officials, offered us the use of all the high school typewriters and two floors in the building—which is only two blocks from the burned house—which they suggested we might use for business purposes in the afternoon until we could get settled again. A business college and three typewriter companies from Springfield offered to loan us typewriters until we could get things straightened out. The company who supplies the paper upon which *The Nautilus* is printed offered us the free use of their directors' room, suggesting that we move our business right into it and continue there until we could re-locate.



# EDITORIALS

BY ELIZABETH

The biggest store in Springfield wrote us a letter offering to loan us any amount of office furniture we wanted and let us use it without cost until we could get our affairs straightened out. The *Transcript* Company arranged so that our girls can mail *The Nautilus* from there instead of from our own place. Another printing company called up and offered to put their entire plant at our disposal beginning at seven o'clock Monday morning, to help us out on anything we had to have in a rush. The telephone company offered anything in their power to perform, and they did wonders at getting us connected up so that we could have the use of the telephone from the minute we began to get settled. The editor of *Good Housekeeping* and others offered assistance of various kinds.

A half dozen homes were opened to us on the night of the fire. Several ladies in the vicinity served coffee and eatables to the firemen while they worked—a favor that was highly appreciated for it was a bitter cold night, and the firemen were soon encased in ice. Somebody said it was a sight to see a certain doctor break the ice away from the men's mouths and pour coffee down their throats! This same doctor reached through a window and picked up Madge's new typewriter and carried it over to us. Later someone else rescued another new typewriter through another window. These two things, and a watch rescued by the fire chief, were the only things carried out of the house that night.

As I remarked in the little announcement of the fire in January *Nautilus*,

if you are nursing a grudge against humanity just have a fire and see how everybody becomes your friend, eager to assist. I tell you, this is a good old world and Human Nature is the sweetest, soundest thing in it.

### New Quarters.

And here we are in our new temporary quarters. The house isn't quite so large as our old one, but it is very light and decidedly comfortable, heated with a Gurney hot water heater, and plenty of windows on all sides. It is in pretty good repair, so we have had just one room painted and another papered. The painters, plumbers, steamfitters, electricians, carpenters, transfer people, and other workmen have all given us instant and efficient service. It was almost like rubbing Aladdin's lamp and having things done for you with a Presto Change!

We lost just about three full business days. The third day we were sending out orders, by the fourth day we were filling as many orders as we had done the day before the fire, and long before Christmas we had all our orders filled and in the mail. Here it is the day after New Year and we are practically caught up with everything. In another week or two there won't be a vestige of the fire showing. All our desks have to be refinished, and the workmen are going to do this Saturday afternoons, when the office is closed. Otherwise everything downstairs is in apple pie order now, and I cannot see but what everything is arranged as conveniently as possible.



# EDITORIALS

BY ELIZABETH

## **Evolving Beautiful Results.**

As to our living arrangements, we have five big rooms upstairs, with the dining room and kitchen on the first floor.

To be sure, we have to share our dining room with the Addressograph and the girls who fold circulars. We wouldn't like to do that as a permanent thing, but it works out all right for eight months or a year. We are teaching the girls in the office to be excellent housekeepers! They are not to leave the dining room littered when they go away at noon, or at night. This is where the girls are getting some special good out of the fire!

The new oak seat and panelling in our living room was taken out and brought down to this house and set up in our new living room. Now it has been finished and you wouldn't know but it was made for this place, though it doesn't fit quite so well as in the burned room. The cushions are ruined and are being made over.

We have three bedrooms upstairs. The two maids, who are very fond of each other, occupy one, Mr. Towne and I another, and Mr. Towne's mother—who came through without any ill results from the fire—has the third.

Then the living room is a very large pleasant room, the hall large enough for a small sitting room, and another large room is arranged for my study and a sort of extra sitting room.

Our beautiful rugs are frozen under two or three inches of ice in the burned house, so the rugs we have here are new.

## **An Idea from Abroad.**

In our own home we kept no curtains over the windows on the lower floor.

The shades were sufficient and anything else only served to catch dust. But this new place is on a very prominent corner downtown, so we have to cover up the windows to some extent.

We have adapted an idea that Catherine and I saw in Brussels. On the beautiful Avenue Louise every house has a screen of leaded glass or something of that kind across the lower third of the bottom sash of every window, to keep passersby from looking in. We had the paper man cover the lower portions of our windows with a special leaded glass design of the paper which is intended for such purpose. Some of the windows have the entire lower sash covered, others have only half the sash covered, and some on the upper floor have a strip of the paper across the bottom only about a foot wide. In each room we put the paper just barely high enough to keep people from watching us as we work. Before the paper was put on it was like carrying on business in a show window—with plenty of rubberers outside.

I am quite proud of this new idea—the windows look as if they were screened by perfectly plain leaded glass in narrow parallelograms and small diamond squares, no colors but the frosted color and the narrow black lines. It is distinctly artistic, and I pass on the idea for the benefit of others who need something in the way of a screen to be used either with draperies or without.


 EDITORIALS

BY ELIZABETH

On the north side of the house we have the entire lower sash covered so we cannot look out on a vacant lot where they are excavating for a brick apartment house, which is to go up in the spring.

**Plans  
Nebulous.**

All this managing and arranging and re-arranging and making things do, is a sort of work I like very much. William says I was cut out to be foreman of a section gang. I am never more satisfied with my occupation than when there are workmen to the right of me, workmen to the left of me, workmen all round me, and all hustling to carry out my plans! It reminds me of the time when William completed the stone steps at Netop and exclaimed every few minutes over the nice little tickled feeling he had in his solar plexus, to think how well he had done it!

Sunday was the first day of January, 1911, and we had New Year's dinner with Catherine and Ed at their home, which is only a block from the burned house. By the way, we stayed there for just a week after the fire, and slept in our new house for the first time on Monday night, December 19. We opened the offices here on Tuesday, December 13. Lucky thirteen!

Then yesterday afternoon, the legal New Year's Day, we had Catherine and Ed and Chester for New Year's dinner in our own home, and we celebrated by putting a borrowed white table cloth and six borrowed napkins on the table. Our "decorations" consisted of a very beautiful cut glass jardiniere full of ferns

and things, which the girls gave us for a Christmas present. Our own table linen, etc., is still in the wash.

And all yesterday afternoon we spent together in the new living room, reading, resting, and drawing plans for a "more stately mansion" to rise on the site of the burned home of *The Nautilus*.

**That Reminds  
Me.**

*The New York Sun* pokes fun at me for my slip of the tongue in attributing "The Anatomy Lesson" to Rubens instead of Rembrandt. But I am comforted by the following story:

Two Americans traveling in Italy, meet with two others casually, and, having things in common, are lunching one day in Rome.

Rome, as you know, is all cathedrals and cafes, and one cannot always be looking at stone churches.

Said one of the ladies to the other: "Do you care for Botticelli?"

"Why, really, I cannot tell one wine from another," was the reply.

Here her husband breaks in.

"Why, dearie, Botticelli isn't a wine, it's a cheese."

**Smith.**

If you ever have a chance to see John Drew in "Smith," or anybody else in that particular play, don't on your life miss it, and don't let Joey miss it. It is the greatest little expose of life as it is, plus a very strong impulse in the right direction, that I have ever seen.



## Jure Divino

By Ray Clarke Rose



I counsel with my Soul and say,  
 "This shalt thou be today:—  
 Poised, serene and kind;  
 Of just and pure mind;  
 Thoughtful of another's need;  
 Firm, but gentle, in each deed;  
 Happy in faith and sure;  
 Brave to serve and to endure;  
 Unwavering in any plan  
 That serves to mold the Living Man  
 Made in the likeness of his God;  
 Treading where His feet have trod,  
 And knowing that His Power Divine  
 Is thine."

My Soul replies to me, "My child,  
 Thus have I been since first you smiled  
 So weakly up to mother-love,  
 Unrecking what you trembled of.  
 Through all YOUR years of selfish quest  
 MY voice hath counseled in your breast,  
 Insisting that you must be true  
 To Me, the Soul and God of you.  
 Thus have I waited, knowing well  
 How wisdom descendeth into Hell  
 (Somewhere, somehow), and you would bear  
 The burden strength must bring from there.  
 Life's day, it passeth with the Sun—  
 Thy will be done."

*Written for The Nautilus.*



## Sermons of a Scientist.

MARVELOUS INSIGHT OF JESUS—HOW TO ENTER THE KINGDOM OF PEACE AND POWER—WHAT THE LOST ARTS OF CHILDHOOD ARE—A MASTER OF THE DIFFICULT ART OF REST—WHO ARE THE TRULY GREAT OF EARTH?

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

### NO. 2. THE LOST ARTS OF CHILDHOOD.



*Except ye be converted and become as little children ye shall not enter into the kingdom of heaven.—Matthew 18, 3.*

*For of such is the kingdom of heaven.—Matthew 19, 14.*

The more deeply the man of science studies the sayings attributed to Jesus, the Seer of Judea, the more profoundly is he impressed not only by the brilliant intellect and wonderful oratory of Jesus, but by his marvelous insight into subjects which were in his time unknown even to the most lucid thinkers of the ancient peoples.

In the history of the race two thousand years is not a very long time, and previous to the beginning of the Christian era there had been accomplished along lines of philosophical, physical and cosmological research much more than with all our boasted erudition, has been done since. In fact, some of our most striking discoveries are merely corroborations of knowledge of the

Brahmins, the Chinese, the Phoenicians and other of the ancient peoples who lived thousands of years before the alleged appearance of Jesus of Nazareth.

How much of this ancient knowledge Jesus possessed it is impossible to say—probably most if not all. One thing is certain: Some things he knew and said; which, so far as we know, were entirely original and iconoclastic. And one of these things, entirely new then (and almost entirely new now, for that matter) was to the effect that in child study we should find the key to the Kingdom of Heaven.

Now as I have explained elsewhere in these Sermons of a Scientist, the Kingdom of Heaven (or the Kingdom of God) is not a place where good people go when they die. The Kingdom of Heaven is a state of mind, of spirit—that state in which spirit, therefore mind, therefore body, are all three in harmony with the Great Oversoul and with His laws.

For us who are adults, who for three, four or five decades have been guilty of the thousand, thousand crimes, physical, mental, spiritual, incidental to commonplace living—for us it is necessary to be reborn, to be radically

changed in spirit, therefore in mind and body; before we can enter the Kingdom of Heaven, the psychical realm of peace, rest and power. So Jesus said to the disciples: "Verily I say unto you, except ye be converted and become as little children, ye shall not enter into the Kingdom of Heaven." By which He meant exactly what He did when He said to Nicodemus: "Except a man be born again, he cannot see the Kingdom of God."

Of the many millions that have, with close attention and deep reverence read the words I have quoted, few, if any, have seen the clear, profound, practical wisdom of the statement of Jesus that only the man, the woman who became as a little child could enter into the realm of peace and power.

And now let us analyze a little. What is there about the child which we should emulate? What characteristics has the child, unpossessed by the adult which when developed in the adult will give entrance into the kingdom of God?

Mind you, it is not stated that children are in the Kingdom of Heaven. Nor can they be. They lack the actual knowledge, the experience, the poise. But it is in the experience, the hard and bitter experience which develops poise and power, that man loses the simplicity, trustfulness and tenderness of childhood. It is when, in addition to his adult powers, he achieves the lost arts and powers of childhood, that he enters the Kingdom of Heaven.

#### WHAT ARE THE LOST ARTS OF CHILDHOOD?

Let us consider first some of the physical characteristics or normal childhood. The healthy child is remarkable for his erect body, his upturned face, his clear and far-reaching voice, the ease and grace of his movements, his wonderful endurance. That these are among the

normal powers of the average healthy child may be determined by a few minutes of close observation upon any playground. A moment's thought will show how rare are such powers among adults.

The healthy child is erect. Therefore the chest is high and expanded, the body is carried like an erect column and the breathing is slow and deep. This gives the only conditions under which the normal tone of voice in song or speech can be reproduced. The erect carriage means that the joints and muscles of the body are in their normal and mechanical relation to each other.

So we have in the normal child movements which are at once rapid, graceful and economical of nervous muscular force—so economical of vital force that the child's endurance has passed into a proverb. Children will keep on romping for hours at a time without fatigue. But an adult who joins in their play will usually be tired out in ten or fifteen minutes. Why is this? Because the child moves properly and the adult does not move properly. Because correct bodily movement is one of the lost arts of childhood.

#### A MASTER OF THE DIFFICULT ART OF REST.

And then the ability to rest. The tired child throws himself down on the couch or floor or ground and rests. The tired adult, on the other hand, often fidgets, tosses, fumes and worries because he can't sleep. Then his sleep, when it comes, is not restful; and he awakens after eight or more hours quite as fatigued as when he went to bed. Few adults have retained from childhood the power to rest. For the power to rest is another one of the lost arts of childhood; and he who would enter the Kingdom of Heaven, the realm of peace, must be a master of the difficult art of rest.

The world is full of men and women

whose most ardent ambition is to succeed in some art—music, painting, acting, writing. And out of the multitude who drudge laboriously, unrestingly at their chosen task how few succeed?

But—study the little children. Watch them at play, when they believe themselves unobserved. They are playing “house,” “school,” “church,” and so on. On no stage in the world will you find acting so true, so finished, so perfect an exposition of the actor’s conception of his part. From a purely technical standpoint, the dramatic work of the average healthy, intelligent child, is beyond criticism—it is simply perfect.

And then the child’s moral and spiritual qualities. By nature he is absolutely truthful—truthful both in the sense of seeing the truth and of telling it—until he is seduced into lying by fear and bad example.

Michelet, that deep and tender philosopher, has said: “No consecrated absurdity of mankind would have survived one generation, had not the man silenced the objection of the child.”

Do you remember the first lies they told you? How strange it seemed for people, people whom perhaps you loved and feared and worshipped with the pure, white hot intensity of the child—how strange for them to do that!

Soon, however, you learned to do it yourself, learned the fatal utility, the

convenience of the lie. And so the angel from the flaming sword waved you away from the Eden of Unconquerable Innocence, and only after many years of wandering in waste places, only by being born again, may you re-enter Eden, the Kingdom of Heaven.

And, with the truthfulness of childhood, the simplicity, the kindliness, the democracy, the independence—all of these are among the lost arts of childhood and all of these we must achieve if we would possess the highest powers of body, mind and spirit.

“Except ye become as a little child,” no true power, physical, artistic, intellectual, spiritual, is possible. To him or her who, in simplicity, accepts the teaching, the Kingdom is close at hand; and “a little child shall lead them.” The truly great of earth are not the ones most highly polished by conventional educational methods. On the other hand they are often the lonely and the neglected. They have starved in garrets and dreamed in hovels; from squalid prison cells they have sent forth “thoughts that breathe;” under the silent stars they have conceived thoughts high as the stars themselves. They are those who “through great tribulation,” have been born again; those who, as little children, have entered into the realm of peace, wisdom, love and power, the mystic Kingdom of Heaven.

## The Cheerful Loser.

BY ARTHUR W. BEER.

Let others cheer the winning man,  
There's one I hold worth while;  
'Tis he who does the best he can,  
Then loses with a smile.

Beaten he is, but not to stay  
Down with the rank and file;  
That man will win some other day  
Who loses with a smile.

Each loss but gives him keener vim;  
to whine is not his style;  
Not long will Fortune frown on him  
Who loses with a smile.

# The Soul of Things.

ORIENTAL TEACHING REGARDING THE NATURE  
OF MIND, SOME MIRACLES OF ANIMAL KNOWL-  
EDGE AND PLANT INTELLIGENCE, WITH EDISON'S  
EXPERIENCE.

By CLARE DOYLE OLIN.

*"The soul that rises with us, our life's  
star*

*Hath had elsewhere its setting,  
And cometh from afar."*

The Hindu Yogi has for centuries known what we of the Western world are only now discovering. That below the threshold of our ordinary, objective consciousness there exists a "primary intelligence"—a subjective mind—that it is inherent in all forms of life, and that, from highest to lowest all share in this plane of mentation.

In saying that mind controls the body, we are apt to think of the intellect, of the conscious or objective mind, that uses the brain as its instrument—but scientists now tell us that mind "was in active operation in lowly animal and plant life millions of years before brains capable of manifesting thought were produced, and before any animal sufficiently advanced to have a brain was in existence."

The very essence of the Oriental teachings is that mind is antecedent to matter; that it is not—as materialists have claimed—a "by-product of matter," but that all physical evolution and unfoldment is due to mental cause; to the "urge" of the mind—the great primary intelligence—ever striving to produce higher and still higher forms

of life in which to manifest itself, and like the chambered nautilus, ever building—to suit its growing needs—larger and more beautiful mansions in which to dwell.

This intelligence is not only seen in all animal and plant life, but is found still lower down, in the wonderful crystal formation, and we now learn that the crystals have life, that they are "born, grow, and live," and that crystallization is not a mere mechanical grouping of dead atoms, but it is a "birth." Science also reveals the fact that we may find evidence of the workings of this mind in all inorganic matter. Beginning with what is called chemical affinity—the law of chemical attraction and repulsion in the atoms and molecules—the unconscious sensation evidenced by the reaction and response of inorganic matter to external stimulus, being in reality a mental action.

That great materialist—Ernst Haeckel, says of this: "We may ascribe the feeling of pleasure or pain to all atoms, and thereby ascribe the elective affinities of chemistry to the attraction between loving atoms, and repulsion between hating atoms." And again he says: "The sensations in animal and plant life are connected by a long series of evolutionary stages with the simpler forms of

sensation that we find in the inorganic elements, and that reveal themselves in chemical affinity."

As evolutionary unfoldment advances, and we note the more complex forms of life, we see an ever-increasing intelligence being manifested—from the simple forms of mentation, as seen in the little one-celled creatures, to the almost human act of reasoning and will displayed by plants, insects, and animals.

We see this intelligence governing the life of that most lowly form, the Moneuron—that bit of slime that clings to the bed of the ocean. This little creature—a mere drop of jelly—has the power of motion and of choice; it knows how to pursue its prey and to devour it, and at the approach of an enemy it will move rapidly away. It has memory, and will return again and again to the spot where it has once found food, and it has sufficient mind to enable it to perform all the functions necessary to its own growth and perpetuation, and to the reproduction of its kind.

We read of another wonderful creature—belonging to the family of Rhizopods. It is seemingly, only a little drop of glue, living in a shell that is made of tiny grains of sand. It understands how to form a similar shell, and have it in readiness for its offspring. It does this by throwing out a false foot, or a long feeler, and with this it collects the needed grains of sand from the ocean bed, and carries them into its own body. When its offspring—another tiny speck of glue—is separated from the parent body, these particles of sand are used to form its shell, and are firmly fastened together. This little creature is able to discriminate between the various substances with which it comes in contact, secures the right material, knows how to shape the shell, and how to fasten

the grains of sand together in solid form.

We are so familiar with the many manifestations of intelligence and reasoning powers in all the higher animal and insect life, that they fail to excite our wonder; it hardly occurs to us to ask where, or how, the ant received its slave-making knowledge, or its wondrous power of language; where, or how, the hive-bee acquired its inimitable architectural skill, as shown in the structure of the comb—each cell an hexagonal prism, with exquisitely bevelled sides forming the perfect pyramidal base of the cell.

Then the perennial miracle of plant life is so common, and so constantly before us that we fail to see or take note of it, but a little thoughtful observation will convince one of the action of this mind principle in the plant world.

This all-pervading intelligence is seen in the wise preparation that trees and hardy plants make for the coming of winter, as, at the first hint of the changing season they begin to store up carbon, withdrawing from the leaves what the tree needs for its support during the winter's cold, and, by the withdrawal of the sap, thus hardening and protecting the limbs and branches; in the mistletoe, and other shrubs and trees, that provide their seeds with an outer husk of such sweetness as to attract the birds that will most widely scatter the precious seed; in the intelligent methods of defense, as seen in certain plants from which flows a sticky substance of such disagreeable odor that parasites will not approach the plant, while, in order to protect itself from ants, it will form a wide circle of this sticky substance around its stalks—knowing that the ants will never cross that menacing line.

Note the intelligence shown by the insect-eating plants. They throw upon their leaves a sweet substance that will attract the insect to them, then the leaf folds, and the plant absorbs and digests its food. And, more wonderful still is the fact that they know how to discriminate between nitrogeous and non-nitrogeous food. If a piece of cheese is placed upon the leaf, it will recognize it as being of the same character of food as the insect, and the leaf folds over it—but it will promptly reject any other substance not containing that nourishing property.

Darwin tells us of the evidence of the soul in the flower, of the wondrous patience and perseverance shown in the silent workings of this almost human intelligence; of the methods of the flowers to attain their desires and ideals, and of their efforts towards perfection—in their subtle perfumes, their delicate, or gorgeous colorings, and their varied and wonderful contrivances for alluring the particular insect that shall carry the fertilizing pollen, and how they force the insect to fulfill the desire of the plant, at exactly the right time necessary for successful fertilization. The plant knows when to attract the insect, and so, it does not distill or prepare the fragrant sweetness—that is to be hidden in the heart of the flower—until the right moment arrives for making proper use of it. And, more wonderful still is the intelligence that causes the flower to distill a poison that will kill the effect of any pollen that may be brought to it from a foreign plant.

Where, and how did certain flowers learn the fact that fertilization of their stigma by their own pollen would soon bring about the extinction of the plant? Who taught them that, in order to prevent such catastrophe, they must needs

grow their pistils to an abnormal length?

Maeterlinck, in his delightful way, tells us how the cross-fertilization is accomplished in the sage, which relies entirely upon the help of insects.

He says: "Still, it is quite aware—for it knows many things—that it lives in a world where it is best to expect no sympathy, no charitable aid. It does not waste time, therefore, in making useless appeals to the courtesy of the bee. Observe the wonderful love-trap contrived by the Sage; right at the back of its tent of violet silk, it distills a few drops of nectar; this is the bait. But, barring the access to the sugary fluid, stand two parallel stalks, somewhat similar to the uprights of a Dutch draw-bridge. Right at the top of each stalk is a great sack—the anther—overflowing with pollen; at the bottom, two smaller sacks serve as a counterpoise. When the bee enters the flower, in order to reach the nectar she has to push the small sacks with her head. The two stalks, which turn on an axis, at once topple over and the upper anthers come down and touch the sides of the insect, whom they cover with fertilizing dust. No sooner has the bee departed, than the springy pivots fly back, and replace the mechanism in its first position; and all is ready to repeat the work at the next visit. The sequel is enacted in another scene. In a neighboring flower, whose stamens have just withered, enters upon the stage the pistil that awaits the pollen. It issues slowly from the hood, lengthens out, stoops, curves down, becomes forked so as in its turn to bar the entrance to the tent. On its way to the nectar, the head of the bee passes freely under the hanging fork which, however, grazes her back and sides exactly at the spots touched by the stamens. The two-cleft stigma greedily

absorbs the silvery dust; and fertilization is accomplished."

Oh, wondrous mystery of life and mind! What does it mean? These lowly forms are not endowed with brains, or any conscious power of reasoning!

The study of microscopic anatomy, and the psychology of the cell, gives us the key to this mystery. It reveals the fact that every cell—alike in plant, animal, and man—is an intelligent entity, and is endowed with mind, and that, not only is mind inherent in the microscopic cell itself, but is in the very atoms that compose the cell; from the lowly cytod and primitive cell, up to the most highly differentiated cell in the nerves and brain of the human body. All are endowed with a wonderful intelligence that is perfectly adapted to their environment, and to all their needs.

Edison says that his experience has taught him that "Every molecule has three things; intelligence, substance and action. It has form, it moves, and it *knows where it wants to go.*"

This intelligent action of the cell in discriminating between sanative and poisonous agencies is forcibly demonstrated by Dr. A. A. Lindsay in laboratory work. He makes this live cell experiment, by placing under the microscope a cell taken from any animal tissue. Then, by placing within the microscopic field, a minute portion of nitro-glycerine you may see the cell moving rapidly away from what it recognizes as an enemy to its life. You may now place capsicum in place of the nitro-glycerine, and the microscopic cell will approach and incorporate itself with that friendly substance.

So we may trace this mental energy in all forms of life, from the crystal upward; through all the varied forms of plant life; in the Monera, Amoeba, and all forms of animal life, up to the

highest known form—man—the creature with brain, and intellect, the creature who has arrived at self-consciousness, and who *knows*—and who "*Knows that he knows.*"

Then, as we follow this absorbing study to its logical conclusion, we become aware of the astounding fact that there is no such thing as "dead matter," that there is no *Dead* thing, no *lifeless* thing in all the Universe, but that all is alive—from the very dust of the ground, up to the highest known organism.

And this thing that we call Death, is in reality a Birth—it is Life—more abundant Life!

The soul of all things is immortal and indestructible—the same imperishable essence manifesting in mineral, plant and animal. It is closely akin to our own,—for all draw from the One Source. It may live in many forms, but its essence may not be destroyed; it cannot be extinguished; it cannot die!

With the lowly Monera in the oceans' depths; on faraway mountain heights where bloom the snow lilies in dainty beauty; in the solemn forests where live the wild kindred; in the sunny meadow with the sweet-briar and the violet; with all the endless and wonderful forms of life that are constantly being evolved, here lives this all-pervading intelligence—this never-dying soul!

The whole Universe is a great living, thinking, feeling thing, and back of it all is the One Life throbbing and pulsating through it.

All life is one, and all are on the upward path.

We are all—from lowest to highest—enfolded and protected by a mighty entity; tiny atoms, upon this little planet rushing with tremendous velocity through space, yet ever safe in His loving care, and all, all are fulfilling the great purpose of that One.

## A Simple Remedy for Several Ailments.

A CURE FOR OBESITY—HOW THE MIND SHOULD HELP TO CLEANSE THE BODY—THE VITAL SPIRIT OF HEALTH—FEELINGS AND THE INNER CREATIVE FORCE—HOW TO REALIZE CREATIVE ENERGY AND ORIGINALITY.

By WALTER DEVOE.

A New York physician charges a fee of twenty-five dollars for the following advice as a cure for obesity. It is a simple remedy for the cure of many diseased conditions which is founded on physiological experiments by Dr. J. H. Salisbury and was verified in his experience in the treatment of thousands of chronic cases. After using this means for thirty years, Dr. Salisbury said: "If I were confined to one means of medication I would take hot water."

Here is the remedy: One hour before each meal and half an hour before retiring, sip from one to three half pint cups of hot water. Begin with one cup or less and gradually increase the quantity according to capacity. Too much fluid may be as harmful as too little; seek to discover for yourself the golden mean between the two extremes. Drink the hot water not less than an hour before meals to avoid nausea and to allow the water to leave the stomach before the food enters, then the stomach will be fresh and clean and ready for work.

Avoid soup and other liquids at meals as they dilute the gastric juices. Drink any fluid either an hour before or two hours after meals. Drink water as hot as can be comfortably borne, as lukewarm water causes nausea. Add

lemon juice, butter or a little salt to make the water palatable. Vary the drink by using strained vegetables or tomato soup or cereal coffee.

The body is seventy-five per cent water and requires considerable fluid to carry on its work properly. The use of hot water provides an internal bath of the greatest value as it promotes elimination through every part of the body.

It relaxes the pyloric muscles, excites downward peristalsis of the bowels and washes down the slime, yeast and bile through its normal channels; the bile is washed out instead of being eliminated through the blood and kidneys. The secretions which have been rendered adhesive, ropy and stringy from lack of fluid are diluted and many abnormal substances are dissolved. Through the relaxing influence of heat applied internally spasms and colic are relieved. The sweat starts freely after drinking and washes out many impurities through the pores so that the skin feels healthier and the complexion is greatly improved. Dry mucus membranes become moist and thirst for iced drinks and alcoholic stimulants disappear.

The food that lies in the stomach and

ferments produces carbonic acid gas and alcohol. The gas irritates the throat and causes a cough and sometimes loss of the voice. The fermentation of sweet and starchy foods develops so much alcohol that the effects of partial intoxication of certain centers is noticeable. There is nothing so effective as hot water to eliminate these acetic and alcoholic fermentation products.

Six months' time is generally required to thoroughly cleanse the body, but as hot water drinking is conducive to internal cleanliness it may be continued indefinitely. It does away with the foulness from the fermentation of indigestible food and consequent morbid and heavy feelings and then there is no obstruction to the inflow of life with its feelings of youthful buoyancy and endless ability.

The cleansing activity of hot water will be increased if the mind is directed to the internal organs while drinking, in an effort to move the diaphragm, stomach and other organs up and down and back and forth. Commence this exercise by pulling in and tensing the muscles that control the abdominal walls and as you gain conscious control there will be so great an increase of life and positiveness in the sacral and solar plexus nerves and the muscles they control, that internal organs will take their proper positions and all effects of sluggish portal circulation and displaced organs will be relieved.

These means of cure are of great value when used as the outward expression of mental cleanliness, but they fail of much of their usefulness when the mind is allowed to continue to poison the blood

stream and weaken the sympathetic nerves by its devitalizing feelings.

Water is a symbol of truth, but the symbol without the spirit behind it is lifeless. Let the vital Spirit of Truth circulate through your mind and it will cleanse all the hidden and dark places in your subconscious mentality.

The quality of the creative vitality that flows through your organism is determined by your character and that is woven from the ceaseless activity of your thoughts and feelings. Let your feelings flow from the inner creative force of unselfish love and have the light of free, clear intelligence in all your thoughts, through your understanding of the truth that good reigns, and you will express the spontaneity of vigorous life. When you touch the real feeling that underlies existence you will realize a creative energy and originality in your nature which will increase the activity of all the forces of your mind and body. Take these thoughts with you into the silence, close your eyes and try to feel their potency in the spiritual structure of your body and you will draw water from the deep wells of life.

*The Feeling of Life wills the healthy activity of every function of my mind and body.*

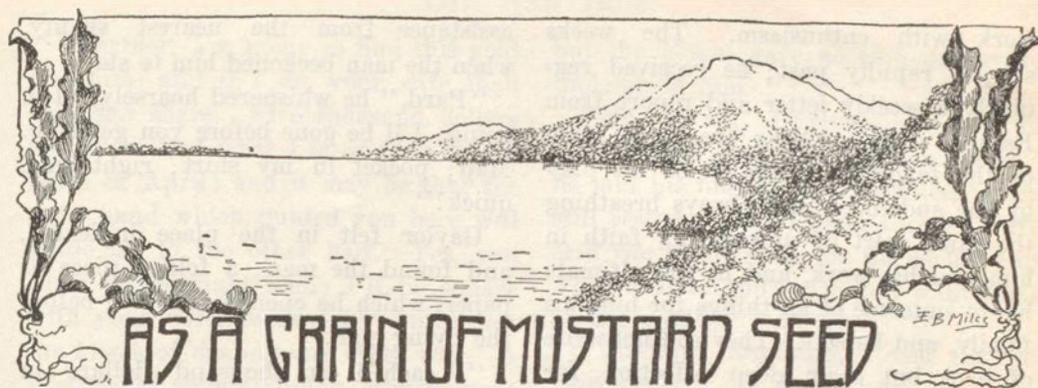
*The Feeling of Life springs with mighty potency from the hidden springs of my being as I give it the attention of my mind.*

*It wells up in me as a spring of everlasting life with power to transform, vitalize and heal.*

*The Feeling of Life in me is as deep as the Feeling of Love, and as I sound its depths it reveals itself as holy and powerful as the love which is God.*

***Go boldly; go serenely; go augustly;  
Who can withstand thee then!***

—Browning.



By WALLACE D. WATTLES.

CHAPTER XI.—CONTINUED.

"You have made my play a great thing," he said, clasping both her hands. "You get a hundred times more out of it than I put into it. You are wonderful, Esther."

"It is all in the part," she said. "You put the very fundamentals of life into it, Billy; and it plays itself when one understands and enters into the spirit of it. The play will be a great success."

"Because you will make it so," said he. "Esther, I know, now, that I wrote that part for you. It was your splendid faith and courage that reached my mind and gave me the idea; all that is best in it is a picture of yourself. It is really your work more than mine; but now that I know you, I can write a play which will enable you to give the world what you are giving me. I shall commence work on it at once."

He spent the rest of the day with her, and went home in an exalted state of mind; and began at once to outline a part which should enable her to express herself more fully. Preparations for the tour dragged provokingly, and it was after the holidays before the company finally took the road. Billy traveled with them several days, critically studying his own work, and noting its

effect upon the audiences. He made some minor changes in the play, and offered some few suggestions to members of the troupe; but in the main, he was satisfied with their interpretation of his thought. Esther's acting was superb, and growing more perfect every night; the audiences were carried away with enthusiasm over her, and Billy rejoiced more in her success than in his own. When the time came for him to leave the company, he sought a private interview with her.

"Esther," he said, holding her hands as they were about to say good-bye, "I am going to tell you something, and I do not want you to answer me. I love you; and I am going to write a play for you that will be worthy of you, and will show that I am as near worthy of you as any mere man could be. And when I have done that, I am going to ask you to marry me."

"I will not say that I love you, Billy," she said with sparkling eyes, "but when you ask me that question, you may rely upon its receiving my respectful consideration."

"I think I had better kiss you," said he.

"I think so, too," said she.

"Two?" said he. "Thank you."

He went home and plunged into his

work with enthusiasm. The weeks slipped rapidly past; he received regularly a weekly letter and report from Esther, always telling the same story of the favorable reception of his play by the audiences, and always breathing the same spirt of unwavering faith in him and his work, and in the ultimate happy outcome of all things for him, his family, and herself. They did not write of love, but their deep affection for each other was manifest in every word, notwithstanding, and Billy, after the manner of lovers, thought of little else than the wonderful new power which had come into his life. Then one day he wakened with a shock to a realization of the fact that it was the first of April; that the company were returning to New York, and that his royalties from the great circuit had only reached the sum of \$2,500, and that for his gentle little sister, the penitentiary seemed inevitable.

## CHAPTER XII.

### NEVIN.

At the sound of the call for help, Gaylor scrambled up the bank of the gulch, which was about fifty feet high; and arriving on the top, he found a man, lying flat on the ground. A trail in the loose sand, plainly visible in the bright moonlight, showed that the stranger had crawled or dragged himself out of the desert, which stretched for miles to the eastward. Seeing at once that the man was unable to walk, the young miner carried him down the steep slope to his cabin, and striking a light, proceeded to give him a hasty examination. He found him emaciated and worn almost to a skeleton by thirst and starvation, and suffering from an unhealed wound in the left breast. The stranger was evidently dying, and after giving him water, Gaylor was about to call

assistance from the nearest shanty, when the man beckoned him to stay.

"Pard," he whispered hoarsely, "I'm going; I'll be gone before you get help. Map; pocket in my shirt; right side. quick!"

Gaylor felt in the place indicated, and found the map; a folded piece of paper, which he opened and held before the dying man.

"I cached ten thousand dollars in gold dust," the man gasped, "the map shows where. Go to Reese's camp, and show the map to Moqui Jim; he'll tell you what it means and go with you to the gold. My wife's name—address—and picture—in pocket-book. Keep half yourself; give half to her. Be square with her, Pard. You'll risk your life—I'm going!" He fell back, and in a moment he was dead. Gaylor searched his clothing, and in an inside pocket found a wallet; and in this were letters from the man's wife, giving her address; he also found her picture, which showed her to be a comely, bouncing woman of forty years and two hundred pounds. He found by the letters that the dead man's name was Thomas Nevin. After carefully concealing the map, and also the letters and picture upon his own person, Gaylor hurried out to call the other miners; he gave them no information, other than that the man had crawled to his cabin in a dying condition, and had mentioned Reese's Camp. They surmised that the poor fellow had tried to make a short cut across the desert, from Reese's to the railroad; and being wounded and driven out of his course by Indians, had crawled on and on, only to perish just as he reached a place of safety. They buried him next morning, and went on with their work; but after the others had gone Gaylor, standing by the grave, apostrophized its occupant as follows:

"Partner, I'm going to find this gold of yours; and if I do, your wife shall have her share. Five thousand dollars will be half of what I must have by the tenth of April; and it may be that the same hand which guided you here will guide me to the other half. Yes, you came to the right man; I'll be square with your wife, because I've quite lost the knack of dealing any other way. A lifetime of square living won't make right the wrong I've done to Nellie Stewart; but I'll do the best I can." He disposed of his few belongings in Briscoe's, as the camp was called, and three days later, tired and covered with dust from his long trip across the desert, he rode into Reese's camp, a hundred miles away. He made the inquiry for Moqui Jim his first business, and was pointed to a cabin on the outskirts of the camp, with the intimation that he would find the Indian an unsocial personage. He went to the cabin, and stepping up to the open door, found the man he sought sitting inside, smoking.

"How?" said Gaylor. The Indian grunted, without looking around to see who his visitor might be. Gaylor, who understood Indian nature well, stepped into the hut, and drawing forward the only other stool in the room sat down. He drew from his pocket the picture of Nevin's wife, and laid it on Jim's knee, but the fellow smoked on stolidly. Then Gaylor unfolded the map and held it up before him; and a slight tightening of the muscles of the brown face showed that the Moqui saw what it was and understood.

"Nevin is dead," said Gaylor. The Indian continued to smoke in silence.

"He crawled to my cabin at Briscoe's three days ago," the young man went on, "dying, and with a big knife wound in his breast. He gave me these, and told me to come to you." He paused,

but the Moqui gave no sign of having understood him.

"He told me," Gaylor continued, "to find the gold, and give half to his wife," he laid his finger on the picture, which still rested on the Indian's knee. "He said you would show me the cache. But what is it to you? Do you want some of the gold?"

"No want anything," said the Indian gruffly. "I show you."

"When?"

"Start tomorrow."

"How far?"

"Five days' desert, five days mountain. Hard trip. No can take horses; pack grub and water."

"All right," said Gaylor quietly. "We go. I'll get our packs, and we start early in the morning." The Indian grunted, and began to smoke again; and Gaylor, knowing that it would be useless to try to get more information from him, arose and left the hut. Inquiries made about the camp only brought him the knowledge that Nevin and the Indian had come tramping in together a fortnight before; and that after a few days' rest the white man had struck off across the desert, leaving the Moqui to await his return. Nothing was known as to whence they had come, or what had been their previous history. Gaylor sold the pony he had ridden from Briscoe's and put the price with the two hundred dollars which were his savings from his winter's work, and which he carried in a belt about his waist. Acting on the hint given by Indian Jim, he provided two packs of provisions, making them as light as he dared; and he bought several canteens, for carrying a supply of water across the desert. He took his purchases to the cabin and spread them before the Moqui, who inspected them keenly and in silence; and finally nodded, indicating that the preparations were complete.

"Rifles?" asked Gaylor.

"No. You revolver; me knife. No game; no Indians; nothing to shoot." Gaylor packed his supplies again, and lay down to sleep until their start in the early dawn.

#### CHAPTER XIII.

##### MOQUI JIM.

A deep canyon, with precipitous walls of rock on either side; a swift, brawling stream of very cold water flowing through, winding among masses of fallen rock and the debris of floods which often dammed the stream into deep pools, through which the traveler must wade or swim; no sign of life on any hand; a picture of loneliness, wildness and desolation. Up this canyon, toilsomely making their way over the rocks and litter, wading and swimming the pools; tired and worn by their five days' tramp across the burning desert, but still pushing grimly on, went Gaylor and Moqui Jim. They had entered the canyon on their sixth day out from Reese's camp, and had hidden five days' provisions and their water-vessels in a cache among the rocks, ready for the return trip across the sands; and the Indian informed his companion that four more days of mountain climbing would bring them to their destination. During the whole trip, not a score of words had passed between them; the Indian was one of the most taciturn of his silent race, and Gaylor, occupied with his own thoughts, cared little for conversation. They toiled on until night was falling, and then arranged their camp on a flat rock, against the eastern wall which was perpendicular, and more than a hundred feet in height at that place. The Indian found enough dry driftwood to make a little fire, and Gaylor made coffee and cooked their supper; and then they sat on opposite sides of the fire, smoking and gazing at the embers. And as they

sat thus a strange accident befell them.

Somewhere, many feet above them, a stone a little larger than a man's fist had become loosened, and now it fell, striking Moqui Jim just above the knee. He grasped his leg with a sharp exclamation; and then began to feel and manipulate it curiously; then he leaned back against the rock and put his pipe between his lips again.

"Hurt?" asked Gaylor, sympathetically.

"Bone broke."

Gaylor leaped up with a startled look, and hastily examined the Indian's limb; and found the bone fractured. He set to work instantly to find such sticks as might serve for splints, and to set and bandage the fracture while the light should last; making shift, when daylight failed him, to work by the light of the fire. The Indian yielded passively to his ministrations, smoking stolidly, and occasionally offering a suggestion in a word or two, as to the turn of a bandage or the position of a splint. It was late before the work was finished to the satisfaction of the amateur surgeon, and he lay down to sleep greatly perplexed as to what should be his course on the morrow. He lay awake most of the night, and awoke from a short nap in the morning with his problem still unsettled. It was clearly impossible for the Indian to walk, and equally impossible for them to remain where they were, if the one hope which had sent him on the trip was to be realized. He cooked the breakfast, cudgeling his brains in vain for a way out of the difficulty; and then sat down to confer with the Indian.

"Suppose I fix you up here with firewood and grub to last till I get back," he said, "and I take the map and go on and get the gold?"

"No good," said the Moqui. "No

can find. You hunt month; map no show. No gool."

"I expected as much," muttered Gaylor. "The map was made to guide Nevin to his cache, but not to show it to anyone else." He turned to the Moqui again.

"Look here, Jim," he said, "I've got to get the gold, and get it quick. There's a girl back East who is in trouble; and if I don't get there with this gold by the tenth of April, they will send her to the penitentiary for twenty years."

"Hell!" said the Indian, with sudden and fearful vehemence. The young man looked at him in amazement.

"Prison—hell," said the Moqui.

"You've been there?"

"One year."

"Well, think of a poor little innocent girl going for twenty years; can you see why I want this gold? How can we get it, Jim?"

"No can stay here," said the Indian, "sometime flood come; drown us." He pointed at the water marks upon the sides of the canyon, and Gaylor understood that a sudden heavy rain in the mountains above might at any time fill the narrow gulch with a raging torrent from which they could not possibly escape.

"No can go back across desert, any better than go on," said the Moqui. "Tie up leg. Sometime you carry, sometime I hop; we go on."

Gaylor set to work by tearing up his coat—most of his shirt had gone into the bandage—to make a sling for the injured leg; and an hour later they started. Their progress was necessarily

very slow; sometimes the young man carried the Indian on his back, where the way was rough and obstructed by the smaller stones; often an hour was spent in surmounting a single huge boulder, or a dam of drift, Gaylor trying in every possible way to save his companion from injury or suffering. Where the way was smooth they made good headway, for here the gallant Moqui hopped on one foot, steadying himself by laying a hand on his companion's shoulder. He bore his intense suffering like a hero, never uttering a groan or a word of complaint; and Gaylor could not help admiring him. The young fellow himself worked like a giant; he carried the other every day until the very limit of his strength was reached, falling half insensible upon his blanket as soon as he had cooked their supper and made the Indian as comfortable as possible for the night. Eight days were required to make what would ordinarily have been a four days' journey; but at the end of that time they reached the cache, and found the buckskin sack of gold which Nevin and the Indian had hidden a year before, expecting to return in a few weeks. Gaylor learned now that the tie which bound the Moqui to Nevin was one of gratitude, the miner having been the main agent in securing the Indian's release from prison, where he had been unjustly confined.

Both men were completely exhausted when they reached the cache, and they rested for two whole days; and this brought them to the evening of the twentieth of March.

(To Be Continued.)

*I, grateful, take the good I find;  
The best of now and here.*

—Whittier.

# Equal Suffrage in Practice.

By ANNIE G. SHACKELFORD.



The fundamental principle involved in equal suffrage is of course the unifying of the race, and its value is not to the part, but to the whole. One-half the race can no more claim

all the privileges of life, liberty and the pursuit of happiness, denying them to the other half as inherent rights, and continue a healthy social body, than could the hand, saying to the foot, "I am holier than thou," cut off the free circulation of the common stock of vital fluid, and have the natural body continue in health.

Our common humanity carries common needs and privileges which must be recognized and allowed, before sex differentiation can ever be expressed harmoniously.

The idea that government is a human institution and that all human beings living under it are entitled to equal privilege, is quite as startling and arouses as much resentment in the minds of many respectable and worthy members of society in our Republic of 1910, as the claim that men were entitled to the same things, aroused in corresponding blossoms in 1776.

According to report there was much unpleasantness about that time.

But evolution progresses, if at times a bit jerkily, and that which is founded upon equity must come. It has "arrived" in spots, and Colorado is one of the spots.

As to its workings, I quote from the pamphlet entitled, "Equal Suffrage," written by Mrs Helen L. Grenfel, three times elected state superintendent of Public Instruction, and at present one of the Prison Commissioners. \* \* \*

"It must be gratifying to know that amongst those endorsing its results in this state we find all of its governors save one since its establishment, a large majority of its senators, representatives and supreme judges, the heads of its higher institutions of learning, including President Slocum, of Colorado College, who formerly opposed it, and a lengthy list of men of the highest standing in different professions, and of the most respected citizens in all lines of business."

To people who prefer facts to irresponsible and spicy abuse, this should mean something, for the franchise is exercised by the mothers, wives and daughters of the men holding these responsible places in this splendid great state. Our statistics show that by far the larger proportion of women's votes are cast in our best residence districts.

It is a rare tribute to the power of prejudice that men who endorse many humanitarian movements, will condescend to obvious untruth and open slan-

der to defeat this one. That newspapers and magazines, usually fair and decent, will send out men and women already on record as bitter opponents of the measure, and publish their statements in the face of testimony that they are false.

That a New York minister of a religion which professes to endorse the commandment, "Thou shalt not bear false witness against thy neighbor," would use his ministry and his church, supposedly consecrated to the utterance of truth, to so vilify the womanhood of this state, that the late Chief Justice Steele, Governor Shafroth, ex-Senator Patterson, owner of *The Rocky Mountain News* (Democratic), and the Honorable I. N. Stevens, owner of the oldest Republican newspaper in the state, sprang to open protest and rebuke.

It must be that people differ in opinion, that some minds are better able to see principle and some wills more attuned to fair play, but surely no one need use malicious falsehood if his cause be just. And now briefly to touch upon a point which seems a stumbling block to many to whom equal suffrage is as yet a theory. It should be written in italics—*no woman ever lost one least atom of potential influence by having positive powers.*

It works just the other way. It is quite surprising to find how respectful a man is toward a woman's opinion when she has a vote and some influence to put back of them.

With all difference and admiration for "silent influence" one is forced to acknowledge that a busy man hasn't always time to wait for it to "get in its work." Here when a man is convinced of the value of some measure, he promptly seeks, not the pleasant lady who has "all the rights she wants," but the approval and support of such or-

ganizations of clear sighted, dignified, public spirited women as our Legislative Committee of the State Federation of Women's Clubs representing ten thousand women, or our still more remarkable Public Service League.

Many of the laws passed for the protection of women and children and of the dependent classes, originated in these organizations or with individual members of them, and all were established with their aid.

There is an inspiring record placed to the credit of women in Colorado. Laws forbidding insuring the lives of children under ten years of age; establishing a State Home for Dependent Children, three of the five members of the board to be women; requiring that at least three of the six members of county visiting boards shall be women; a pure food law; making mothers joint guardians of their children with the fathers; raising the age of protection for girls to eighteen; establishing a State Industrial Home for Girls, three of the five members of the board to be women; removing the emblems from the Australian ballot, our nearest approach to adopting an educational qualification for suffrage; establishing an indeterminate sentence for prisoners; requiring one woman physician on the staff of the Insane Asylum; establishing parental or truant schools; providing for the care of the feeble minded; for tree preservation; for the inspection of private eleemosynary institutions by the State Board of Charity; requiring in public schools, lessons on humane treatment of animals; making the Colorado Humane Society a State Bureau of child and animal protection; making education compulsory for all children between eight and sixteen (with a few proper exceptions); providing for the examinations of the eyes, ears, teeth and breathing capacity of school chil-

dren, (the bill from which this law was enacted was prepared by a woman physician and is the most comprehensive of all such laws in existence in the United States); making father and mother joint heirs of deceased child; providing that Union High Schools may be formed by uniting school districts adjacent to a town or city; establishing a State Traveling Library Commission to consist of five women from the State Federation of Women's Clubs, appointed by the governor, making the methods of the sweat-box in connection with the examination of prisoners a felony; providing that any person employing a child under fourteen in any mine, smelter, mill, factory or underground works, shall be punished by imprisonment in addition to a fine; requiring joint signature of husband and wife to every chattel mortgage, sale of household goods used by the family, or conveyance or mortgage of the homestead; forbidding children of sixteen or under to work more than eight hours a day in any mill, factory, store or other occupation that may be deemed unhealthful; providing that no woman shall work more than eight hours a day at work requiring her to be on her feet; making it a criminal offense to contribute to the delinquency of a child; making it a misdemeanor to fail to support aged or infirm parents; prohibiting the killing of doves except in August; abolishing the binding out of girls committed to the Industrial School; girls to be committed till twen-

ty-one and then, if considered reformed to be paroled—and many others. And they have forced through a measure making it a felony to live off the earnings of immoral women.

In Denver, the women voters have also secured ordinances placing drinking fountains in the streets, garbage receptacles at the corners, and seats at the transfer stations of the street cars, forbidding expectoration in public places, parking certain avenues and planting trees.

So you see we are working for righteousness.

And are all women in Colorado noble and disinterested, intelligent and poised, indifferent to private advantage and moved only by the public welfare?

No, not quite all. Of course men are, but think how long they have had these developing influences and responsibilities—and give us time.

You know we have had Christianity quite a while, and are in the second century of a representative form of government, and still the heathen rage and the people imagine many vain things. But we who have studied the human process are filled with a mighty faith that the prophesy that Righteousness shall cover the earth, is a true one. And so we are sure that every factor in that universal justice which alone makes Righteousness, may joyfully shout for itself the old camp meeting hymn.

*"If you get there before I do,  
Just tell'em I'm a'comin,' too."*

## Life.

BY STILLMAN F. KNEELAND.

This is the sum of life:—

To work, to hope, to pray

But this is the SUMMIT of life:—

To help each other—TODAY.

# The Suffragist As A Business Woman.

By LUCY B. JEROME.

There are ways and ways of making suffragists. One of them is to become a business woman first. Then, if you stay in business a perceptible length of time you will be pretty sure to be a suffragist when you come out. A well-known business woman—a lawyer and a remarkably successful one—was asked recently to give a succinct reason for her stand for woman suffrage. Said she, "I am not a business woman because I am a suffragist, but I am a suffragist because I am a business woman. I find one has to be."

This strikes the keynote of the situation concerning the business woman as a suffragist, not suffragette, mind you. There is a vast difference between the two. A woman who will stand heart and soul for suffrage, permitting herself to be identified with it, and working for its success in her own way, will raise hands in horror if alluded to as a suffragette, for to her mind the term is unalterably linked with banner-carrying and street parades, with mobs, rioting and militant measures which she secretly believes the cause would be better off without. A suffragist is a woman with a lot of common sense; and a business woman suffragist is a woman with an adequate knowledge of intricate business methods by use of which she means, some day, to acquire the right to vote.

As an illustrious example of what the combination of an ardent suffragist and a capable business woman can bring forth, all the world knows the career of the Reverend Anna Shaw; how she studied for the ministry, was finally ordained, being one of the first women ministers to perform the marriage ceremony; how she has labored night and day to advance the work to which she has given her life, and of her untiring efforts to enlist women in the ranks of advancing thought; but the world or at best a large portion of it is in ignorance of the fact that Miss Shaw would have made her mark as a real estate dealer had she chosen to enter that field. She is president of the National American Woman's Suffrage Association, and her duties are numberless; but she has found time to "buy a view" as she puts it, oversee the improvements made on the property and build herself a home in Moylan, Pa., which bears the rich old name of Alnwick Lodge.

For twenty years Miss Shaw dreamed of the house she was going some day to build. When she discovered the beautiful Pennsylvania site she was dismayed to find that in order to own the view, she must purchase twenty-three acres. She sat up nights to figure out how she could possibly buy those acres. After the first night's figuring, she decided that if she bought the land, she would have nothing left to buy the house. But when morning came she hurried to the agent.

"I'm going to have that view if it takes every penny I have," she declared, and so the land changed hands.



REV. ANNA SHAW



MRS. T. S. SHERIDEN



MISS FAY KELLOGG

## THE NAUTILUS.



ELLA FLAGG YOUNG



MRS. CYNTHIA W. ALDEN



MRS. G. S. MULLINER

Then Miss Shaw brought her business sense into play. She picked out the site for her own house and went about selling the rest of the land. In less than a year she had disposed of fifteen acres and was ready to build. The house shows the architectural knowledge of the owner; as the whole transaction showed an energy, foresight and good management, which would have been invaluable to Miss Shaw had she entered upon a business career. "It's always been one of my wicked ideas," she says, "that I want to own my land, even if, in the most advanced stages of thought it is selfish. And I took the most sensible and businesslike steps I knew to obtain it."

Business sense in another direction was shown when a woman assumed charge of the largest and most lucrative general contracting and lighterage concerns in New York. This was Mrs. Teresa Shannon-Sheridan, the only woman, it is said, in the world engaged in such a business. "She'll go under," was the prediction of the gangs of rough and shrewd men in the same line of business when Mrs. Sheridan, clad in short skirt, felt hat, stout boots and a look of determination arrived at a pier one morning to superintend in person the unloading of a certain important cargo. They viewed the innovation of a woman "boss" with free contempt and stood by to watch her defeat. But they never saw it. Quietly and with ever growing success Mrs. Sheridan continued to supervise the business her husband left her, until today the name of Teresa A. Shannon-Sheridan figures in many of the most important lighterage commissions handled. When she was told that there was no pier for the carrying on of her work she replied that she could wait for one; and so when the Dock Commissioners decided to advertise for bids for the use of the pier at West 97th street, New York, Mrs. Sheridan, confident of continued success, outbid all others and boldly started in for a broader scope of work. The gift of \$10,000, received by her alma mater last year for the founding of a Teresa A. Shannon-Sheridan scholarship testifies to that success. Her dominant personality, sound business views and quick adaptation to business emergencies make her a leader among men and women. Although not as actively identified with suffrage as others in the business life, she sees the immense benefits for business women to be derived from the franchise, and when the voting booth is thrown open to women Mrs. Sheridan will not be last at the polls.

To make New York more beautiful, as well as to help open the polls to women, is the aim of Miss Fay Kellogg, an unquenchable New York girl, whose skill as an architect is seen in a number of buildings of original beauty and design. Very few persons who admire the noble Hall of Records in New York have any idea that Miss Kellogg designed, and saw carried out in every detail, the scheme of the grand staircase, on the mere drawings of which she spent months. Every twist and turn of the wonderful stairway was planned on paper, all the intricate foliage and buds of the ornamentation drawn separately, and in the whole, that the plan might be complete. Studying under a German tutor, who taught her drawing and mathematics, she later went to the Pratt Institute. Entering the employ of a well-known firm of architects

in New York, in a few years she went to Paris, and on her return became associated with John R. Thomas, with whom she remained until his death. Then she took up business for herself.

"The biggest piece of work I ever did," says Miss Kellogg, "was to obtain the opening of the Ecole Des Beaux Arts in Paris to women architects. When I went to Paris there was just one atelier where women were received. Today conditions are entirely different."

Miss Kellogg believes in opening more than an atelier to women. She believes in opening all the fields of endeavor, and she believes that woman's complete independence and her right to have a voice in the things that concern her welfare and happiness is a life factor for which every woman should work. While not militant in her beliefs, she, like Mrs. Sheridan, sees the necessity of the ballot for women in the business field, and, being an optimist, she predicts the day is not far off. "I want to vote, of course," she says. "Why shouldn't I? The very foundation of American independence is liberty and freedom. I believe in my rights and I want a chance to vote for good roads, improvements of schools and transportation." Miss Kellogg's fame as an architect has spread even to San Francisco, where she designed the sixteen-story building of the American News Company, which she carried through successfully at long range.

Everybody has heard of Ella Flagg Young, the woman at the head of Chicago's educational system, who has done more, according to the late President Harper, of Chicago University, to advance the cause of sane and helpful education in the schools than any other educator, man or woman. As a national appreciation of her worth, Mrs. Young was recently elected president of the American Educational Association, an organization of teachers from all over the United States, and, by her election, established a precedent. No other woman was nominated; none was thought of. Mrs. Young's fitness for the place was so apparent, her qualifications so full and her experience so ripe that no one present could reasonably say a word against her, save that she was a woman. But she was the woman who held the superintendency of the Chicago schools; she was the woman whom President Harper had honored with his confidence, and whose judgment he often sought, and she is the woman who draws a ten-thousand-dollar salary in recognition of

her undoubted business ability and powers of organization and reform. Mrs. Young is introducing the element of femininity into her educational work in a manner that leaves no doubt of its energizing results. She is deeply interested in the suffrage question, for she perceives the need of changes in the present educational system, and she believes that with women at the polls, the necessary reforms would not be long in coming.

Just back of the old Astor carriage house, on 34th street, New York, which Mrs. Curtis has converted into a bit of old England, and opening into it by an arched entrance, is the famous Tally-ho tea room presided over by Miss Caryl Bensel. She has succeeded in establishing a fine balance between the artistic and business talents and her tea room is unique. Miss Bensel's artistic glance appraised the worth of that stable the first instant she entered the door, and, renting it from Mrs. Curtis, she proceeded to put her novel ideas into practice. She had the stalls made into booths, and long tables and cushioned benches placed in them. The decorations were curry combs and brushes, straw twisted in horseshoe designs, and sporting prints, depicting exciting moments in races, meets and country gallops. The old reflectors formerly used in the stalls still adorn the heads of the booths and over each booth is the name of its former owner—Irish Lad, Hermes, Giddy Lass and Brigham Young. A jockey in a gay satin coat, white breeches, smart cap and tasseled whip opens the sliding door for guests, and all Fifth Avenue patronizes the charming little tea shop so tastefully and oddly arranged.

Miss Bensel has ambitions for grand opera. She once opened and managed a book bindery where seventy-five dollars was a reasonable price for clothing a volume in artistic dress. She has designed her own gowns and hats with enviable success, and she has developed an old-fashioned Connecticut farm so successfully that a rich broker declared it to be an ideal home and purchased it from her at her own price. Everything that Miss Bensel does, she does well. She believes that women will one day find an unlimited sphere for their ambitions and attainments.

A suffragist in all that the term implies, believing that a woman should not hesitate to do that for which she feels the most inclination and is best fitted, Miss Ida Blanchard Lewis, of New York, is said to be the only insurance broker in this country, and to main-

tain the only insurance organization in the world which employs women exclusively. Her success along this line has been phenomenal, but she lays it mostly to perseverance, an ample supply of which quality she declares to be enough to carry any intelligent woman to successful results. Miss Lewis was once one of the great army of school teachers, but, becoming tired of the routine, decided, as she states it, "to dare." She became an agent for one of the big insurance companies, going from door to door like a pedler. But, though her days were full, her nights were her own, and in them she studied the working methods of all insurance lines. Then, suddenly the insurance business got dull.

"I decided to dare further. This was the psychological moment," said Miss Lewis, "and finding that there was no woman broker in New York, no insurance department controlled exclusively by women, and being a suffragist and seeing a fair amount of business waiting for me, I began my career as a broker. I have never regretted it, though my working day has anything but an eight-hour limit. I feel rewarded for my entrance into this business, not merely through my monetary success, but because women for the first time in history, are learning to understand such terms as annuity and endowment, and to understand them so clearly that when a man dies, his widow will know exactly how to handle the insurance money he may leave her, and will be able to grasp all the details connected with it. My business increases daily; for I find that women are increasingly anxious to give their patronage to others in business for themselves."

A ward superintendent in the Street Cleaning Department of Chicago, Mrs. A. Emmagene Paul, is a woman who really cleans streets. All over the city she has "bossed" and struggled with refractory gangs of street sweepers, and has performed strenuous labor in dealing with the "graft" drivers of the garbage wagons. And Chicago is not the only place where women manage the difficult matters usually left to the sterner brethren, for the little town of Norway, Maine, is run entirely by women, and one can go from the cradle to the grave in this singular village without ever buying, giving an order to, or having any of his needs attended to, by any hand save that of a woman. Miss G. Thayer is a licensed undertaker; Mrs. L. L. Gilbert is manager of a meat market; Mrs. Laura Sanborn is proprietor of a daily newspaper;

Miss Margaret Baker is a justice of the peace and performs marriage ceremonies; Miss Stella Pike has been cashier of the Norway National Bank for twenty-two years, and Miss Jennie Baker is manager of one of the two dry goods houses, both of which are successfully operated by women. In a town where men are so obviously unnecessary to run the place in approved fashion, women are, of course, advocates of the franchise, and, what is more, have every expectation of receiving it. It is the one thing they look to men to give them, and they are very sure that it is merely a question of time.

There are hundreds of them—suffragists who have proven and are proving daily that they are just as successful in business as the average man; who rejoice in the exercise of their skill and knowledge, who triumph in the thought that they can take their places in the world's arena of throning business affairs and hold their own. Among the real estate dealers is Miss Laura E. Skinner, a Western woman of striking personality and splendid charm of manner, who began life as a teacher in Baltimore, coming to New York to teach in academic classes for girls, then going into the publishing business by doing translations, bringing out the English version of the celebrated *Quo Vadis*, and who is now interested in large developments in the communal districts of New Jersey. Miss Skinner is president of the Woman's Tax Payers' Association of New York, and a member of several well-known clubs. As an example of a successful business woman and one who wants to see the day of equal suffrage approach Miss Skinner inspires and unconsciously induces other women to follow her out of the beaten paths and achieve the success she feels awaits them. Among the lawyers is Mrs. Gabrielle Mulliner, who has been prominent in securing the passage of a bill providing for a Domestic Relations Court, where the troubles of husbands and wives may be heard separately by the presiding judge, and whose large and lucrative practice is wholly the result of her own energy and undaunted determination to make her way in the profession of law. Among the architects is Miss Katherine Budd, the walls of whose office in Fifth Avenue show a distinctly imposing array of massive buildings and handsome residences, the work of her pencil and brain. Among the florists is Miss Sarah Prebble Tucker, who, as she says, "started in life without even an education, because she

was a delicate child and was never sent to school," but who nevertheless achieved wide success and notoriety with her little flower shop long since given up for roomier quarters, and her well-known tea rooms which, during the busy season, are always filled. Among the literary agents is Miss F. M. Holly, at the head of a large and prosperous brokerage business for authors and publishers, and Miss Florence E. Bate, who is often called on to furnish entertainers, musicales, lectures and entire plays for places as far apart as San Francisco, Chicago and New York. And among those who have gone into various occupations and are making their presence felt not only as business women but as ardent advocates and workers in the cause of suffrage, are: Mrs. B. B. Buffum, probably the only woman in the country who holds the office of game warden; Miss Ellis Meredith, president of the new city election commission of Denver; Mrs. Charles Nechter, who is sole trustee, absolute owner and acting manager of one of the largest department stores in the world—the Boston store of Chicago. Lady St. Heller recently chosen an alderman of London; Miss Jennie Murrin, who has just been chosen borough treasurer of Borough Council, Freeland, Pa., and Mrs. M. E. Read, who, for twenty-five years, has performed the duties of passenger agent at Ardmore Station on the Pennsylvania road.

And, her works and name shining bright among the galaxy of successful women, stands Mrs. Cynthia Westover Alden, philanthropist, author and president of the famous "Sunshine Society" of international knowledge. Mrs. Alden has filled the position of United States customs inspectress, has acted as secretary of the street cleaning commission of New York City, has invented the dump cart with a movable body now seen in use in all large cities, and founded an international Sunshine branch for blind children. As one reviewer of her works says, "Mrs. Alden is probably better known, reaches more hearts and interests more people than any other woman in the world." Her belief in suffrage is based on the old cry of the French Revolution—"liberty, equality, fraternity," and she hopes to see the dawn of the day which may bring all three.

Just around the corner of Thirty-fourth street and Fifth Avenue, New York, stands one of the most interesting little shops of the city. It is known as the Sun Dial shop, and it holds within its walls some rare an-

tiques. There are old English sun dials, quaint fifteenth century affairs with old English verses or mottoes pricked in the brass; odd shaped knockers from heraldic designs of griffins and lions down to faces of gnomes and imps; bits of Sheffield silver, and curious and interesting objects, spread on every shelf and table. And the owner of all this is a woman—very slight, with dark hair and eyes and a fascinating manner—who will tell you that the little shop under the eaves was once the old Astor stable, and that she had a hard time to get it for her purpose when she too had to face the world as its possible victim. Her name is Mrs. H. N. Curtis, and it was five years ago that she left the historic little village which had witnessed the beginnings of her business life, and came to New York. "I was born with a love for old things, especially antique furniture," said Mrs. Curtis, her brown eyes twinkling as she recalled the days of her babyhood, "and it has indeed stood me in good stead. I was married when quite young and went with my husband to live in a lovely old house filled with the finest specimens of old furniture and antiques. When my husband was taken ill I knew that something must be done, and I thought day and night of what I could possibly do. Then the fancy came—why not take up the sale of antique furniture? The very next day I moved to one of the oldest houses in the village, took some furniture from my own house and arranged it around the tiny room as best I could, hoping to attract the summer visitors who cared for such things. Several came and bought furniture, and little by little my trade prospered. But I had to have more money, so I rented part of a merchandise store and moved my furniture in there. I remember the owner of the shop told me the rent would be thirty-five dollars, and that thirty-five dollars looked as big as a mountain. I didn't know how I was to get it, but I went ahead and took the store, feeling that the rent would come. It did, and shortly afterward I wanted one of the loveliest old houses in the village with a great ball room, dining room and immense bed rooms for my furniture display. The county selectmen wanted that house, too, for town offices; but I said I simply had to have it, and after six months of arguing and entreating I made their lives so miserable by my persistency that one of the selectmen turned one day in a fury and said, 'Well, I can't stand against your

pluck any longer; if you must have it, take it.' I fitted up all the rooms for furniture display and rented the ball room for entertainments. When the house was in running order I opened a laundry. I knew nothing about the work, but I had plenty of common sense and a little experience taught me wonders. I used to do all the catering for any big functions, too, that took place in the country round, and have often driven over country roads with an old horse and wagon at twelve or one o'clock at night, to buy old furniture or bring back the articles used in catering. Then I came to New York, and went through the same proceedings. I saw an old stable in Thirty-fourth street which I knew would be just the thing for my shop, so I went in and talked with the old man in charge of

the twenty horses and he told me the stable was the old Astor stable, which was all I wanted to know. Next day I saw the agent and after a lot of dickering, for he hadn't any faith in me, I succeeded in paying him a year's lease and in a week my shop was open. Success has looked my way ever since."

Success in business is not a question of opinion, but of quality. As said before, a woman does not succeed because she holds suffragist opinions, but because she possesses the necessary breadth of mind and clearness of vision to grasp the ideal which lies beyond. She succeeds, not as a woman, but as an impersonal mind; and the more clearly she sees through the mist of strife which now envelops the world, the more clearly for her, will the day of perfect freedom dawn.

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## Immortality.

BY AUGUSTUS WITTFELD.

They are not dead; they never lived  
 To whom there was no joy in strife.  
 Not cloistered walls nor dungeon bars  
 Can dull the ecstasy of life.  
     To strive and gain,  
     Or strive and fail,  
 Is life! Let nothing else suffice.

A life of ease is living-death;  
 'Twere better in the scheme of life  
 To crowd your days with ceaseless toil.  
 What though you fail? Yours is the strife.  
     To strive and gain,  
     Or strive and fail,  
 Is life! Let nothing else suffice.

The dead still live who strove and fought;  
 The passive ones knew naught of life.  
 The lives that still go on and on  
 Defied the stake, the rope, the knife!  
     To strive and gain,  
     Or strive and fail,  
 Is life! Let nothing else suffice.

# What We Think of Equal Suffrage.

## THE VIEW EMERITUS

By Charles W. Eliot.

I am not interested in woman suffrage, and do not think it will succeed at present. The best plan for interesting men in woman suffrage seems to me to be to interest women in it, so that they will come to desire it. I think woman suffrage now would bring about a considerable addition to the number of uninformed and emotional voters. Holding these opinions, I am unable to make any acceptable contribution to your "votes for Women" number.

## THE NET RESULTS

By Ben B. Lindsey.

The net results of woman suffrage in purifying politics and giving us good laws in Colorado have more than justified granting them suffrage. I am more heartily and more enthusiastically for woman suffrage every year that I live, and I believe in the end when women understand the real causes of political corruption they will do much more than the men have done to put an end to it.

## REASONS WHY

By Stillman F. Kneeland.

By request I submit the following *answers* to the queries proposed in your esteemed communication:

(1) "*Why I am Interested in Woman's Suffrage?*"

I am a gentile, not even a male Suffragette. My interest though actual is not active; actual because woman, being possessed of equal brains, energy, property and greater intuition, should share privileges granted to mankind; not active, because she seems quite capable of fighting her own battles.

(2.) "*Why I Think It Will Succeed?*" Because it is right. In the final shake-up, right always comes out on top.

(3.) "*What Plan I Suggest for Interesting Men and Inducing Them to Vote for It?*"

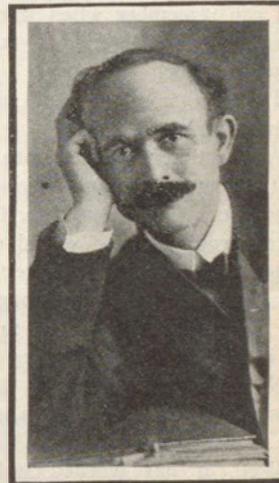
*Education.* In my opinion, women will secure the right to vote just as soon as man believes that *as a whole* they desire to do so. Final analysis of the situation evidences a fear that those of the gentler sex best qualified to exercise the right of franchise will fail to do so. That fear—if nonsensical—is real. It must be taken into consideration and removed by the slow process of education. Remedial legislation without sentiment back of it is futile. *Create the Sentiment.*

(4.) "*What I Think Woman's Suffrage will Accomplish?*"

*A Moral Upheaval.* I speak as lawyer and legislator. Until the typewriter came into existence the influence of woman was absent from our smoke-laden offices. We could never go back to the old days. Instead of lowering the standard of woman, that of man was elevated to her level



JANE ADDAMS



BEN B. LINDSEY



MARILLA RICKER

and the atmosphere of professional life purified. That experiment would be most welcome to our legislative bodies.

#### TOGETHER.

Right soon, in God's own way and time  
Will come the solution, whether  
The race will divide on the question of sex  
Like the parting of ewe and wether,  
Or march in pairs (the Mollies and Mikes),  
To the School, the Church, and the polls,  
alike,  
Hand in hand together.

—STILLMAN F. KNEELAND.

#### WHEN IT FAILS

By a Denver Voter.

Colorado has tried equal suffrage and it has done all and more than it should be expected to.

I can remember when woman's "higher education" was expected to change the whole scheme. Such nonsense!

The "nigger in the wood pile" is an old and familiar friend—*sex*.

A priest here rushed into print before the last general election, saying that he "had voted for woman suffrage, but if they didn't carry prohibition he would curse the day he voted for them." It never occurred to the gentry that there were enough Catholics here to "carry" prohibition, or to "curse the day" he became a Catholic if *they* didn't.

No, it *never* is a square, *human* deal. It is always warped by opinions and sentiments of sex. It makes a thinker "tired."

Well, it has worked well here, and we have accomplished things (and how we *have* worked for most of them).

#### FROM JULIA WARD HOWE

Only a few days before her death Julia Ward Howe wrote the following letter to *The Outlook*:

"There has been some discussion in your columns about the practical workings of equal suffrage in Wyoming, Colorado, Utah, and Idaho, the four states where women vote. I have lately sent out a circular letter of inquiry as to its good or bad results. The letter was sent to all the Episcopal clergymen in these four states, to all the Congregational, Baptist, Methodist, and Presbyterian ministers, to all the Sunday school superintendents among the Congregationalists (the other denominations do not publish the names of

their superintendents in their religious year books), and to the editors of the newspapers. Hundreds of answers were received. These have just been tabulated, and the outcome is very gratifying to the friends of equal rights.

The replies of the Episcopal clergy are favorable, more than two to one; those of the Baptist ministers, seven to one; of the Congregational ministers, nearly eight to one; of the Methodists, more than ten to one; and of the Presbyterians, more than eleven to one. In each denomination a few are in doubt.

Among the Sunday school superintendents replying, one is opposed and one in doubt. All the rest are favorable.

Of the editors, a small fraction are in doubt. Those who express a positive opinion either way give favorable reports in the ratio of more than eight to one.

These figures speak for themselves.

JULIA WARD HOWE,

President of the New England Woman Suffrage Association.

Melville Station, Newport, R. I.

#### GOVERNMENT BY THE PEOPLE

By Marilla Ricker.

I have the right to life, to liberty, unless I forfeit it by an infringement upon others' rights, in which case the State becomes the arbiter and deprives me of them for the public good. I also have the right to pursue happiness unless I forget it in the same way and am denied it accordingly. It cannot be said with any justice, that my pursuit of happiness in voting for any man for office would be an infringement of one of his rights as a citizen or as an individual.

I hold, then, that in denying me this right without my having forfeited it that departure is made from the principles of the Constitution, and also from the true principles of government, for then I am denied a right born with me, and which is inalienable. Nor can it be objected that woman has no part in organizing this government. They were not denied. Today we seek a voice in government and ARE denied. There are thousands of male citizens in the country who seldom or never vote. They are not denied; they pursue happiness by not voting.

Could it be assumed, because this body of citizens does not choose to exercise the right to vote that they could be PERMANENTLY

denied the exercise thereof? If not, NEITHER should it be assumed to deny women who wish to vote the right to do so.

And were it true that a majority of women do not wish to vote, it would be no reason why those who do should be denied. If a right exist, and only one in a million desires to exercise it, no government should deny its exercise to that one. If the thousands of men who do not choose to vote should send their petitions to Congress, asking that body to prevent others who do vote from so doing, would Congress listen to them? If there are women who do not desire to have a voice in the laws to which they are accountable and which they must contribute to support, let them speak for themselves; but they should not assume to speak for me.

Women did not join in the act of constructing the Constitution. So far as I know, none expressed a desire to do so, and consequently were not denied.

But what is government, and what a Republican form of government? Government is national existence organized. When government is fashioned for the people it is not a republican form, but when fashioned by the people it is a Republican government. Our form of government is supposed to emanate from the people, and whatever control it possesses OVER the people is supposed to be exercised by and with their consent. I, and others of my sex, find ourselves controlled by a form of government in the inauguration of which we had no voice, and in whose administration we are denied the right to participate, though we are a large part of the people of this country. Was George Third's rule, which he endeavored to exercise over our fathers, less clearly an assumed rule than is this to which we are subjected?

#### WHY WOMEN SHOULD VOTE

By A. E. Winship.

From earliest childhood I have felt outraged that women were not voting, but not until the past few weeks have I felt that there was any occasion to take a hand in the campaigns to have them vote. The earliest public school experience that has stood by me through the years was standing beside the little, old, faded green school house in Cochesett, twenty-five miles south of Boston, and looking at one of the windows that was smashed out—glass, sash and all. The big boys excitedly said that the H—— boys had

chucked Mr. A—— out of the window the night before at a school meeting called to decide upon the location of a new school house.

Mr. A—— was a nice man and the H—— boys were a bad lot, as I sized up the situation.

When I went home at noon I asked my mother if she went to the school meeting the night before, and I knew right off that I had said something very naughty, but I did not know why it was naughty.

On July 7, this year, when a saintly maid of ninety-one, who has been a deacon of a Congregational church for nearly seventy years, and who usually thinks fairly well of what I do—heard that I was greatly pleased that Mrs. Ella Flagg Young had been elected president of National Educational Association by a vote of practically two to one, said: "Well, I cannot feel that the Lord will approve of Mr. W.'s activity in this matter. I cannot think that the Lord ever intended woman for anything like that."

Most of the 300 and more votes against Mrs. Young were cast conscientiously, sometimes religiously on account of time-dishonored prejudices. My own office associates, young men, who are ordinarily very loyal to my opinions, all voted against her. Those who had other and less worthy motives for seeking her defeat, based their hope of success wholly upon this conservative prejudice.

The experiences of that week removed the scales from my eyes. I have no longer any hope that time itself will do much toward removing this inherited prejudice. Men, most men, agree with Kaiser William that they are men by Divine right and that they will never surrender any of their divinity of their own notion.

I was as naughty when I voted for Ella Flagg Young in 1910 as I was when I asked my mother if she went to a school meeting. And it will be as naughty for my grand children as it is for me unless we get busy in a mission to dissipate these prejudices, which are the most outrageous of any since the days of Americo-African slavery.

#### SPIRITUAL DIGNITY

By Israel Zangwill.

My main reason for believing in Women's Suffrage was given in my recent Albert Hall speech, viz., that Women's Suffrage is demanded by women's spiritual dignity.

**AS A SYMBOL****By Cicely Hamilton.**

I believe in Woman's Suffrage not so much as an end but as a symptom and symbol of something infinitely greater; because I believe that the demand for political independence springs from woman's recognition of and desire for that social and moral independence which the world has hitherto denied her.

**AN ADDED REASON****By Clara Bewick Colby.**

Women should have the franchise for every reason that man should have it; to protect their interests, give legal value to their opinions, and secure for them the normal development of the self-governed. There is an added reason for woman's freedom because the evolution of the race is more dependent upon her than it is upon man. The intellectual equipment and the spiritual dignity of woman measure and bound the achievements of humanity. All that the mother is she gives to the race. She must be free to find out for herself what Nature intended should be her sphere.

**THE BALLOT FOR HEALTH AND BEAUTY****By Jane Addams.**

In a complex community like the modern city all points of view need to be represented; the resultants of diverse experiences need to be pooled if the community would make for sane and balanced progress. If it would meet fairly each problem as it arises, whether it be connected with a freight tunnel having to

do largely with business men, or with the increasing death rate among children under five years of age, a problem in which women are vitally concerned, or with the question of more adequate street-car transfers, in which both men and women might be said to be equally interested, it must not ignore the judgments of its entire adult population.

To turn the administration of our civic affairs wholly over to men may mean that the American city will continue to push forward in its commercial and industrial development, and continue to lag behind in those things which make a city healthful and beautiful.

After all, woman's traditional function has been to make her dwelling place both clean and fair. Is that dreariness in city life, that lack of domesticity which the humblest farm dwelling presents, due to a withdrawal of one of the naturally co-operating forces? If women have in any sense been responsible for the gentler side of life which softens and blurs some of its harsher conditions, may they not have a duty to perform in our American cities?

If woman would fulfill her traditional responsibility to her own children; if she would educate and protect from danger factory children who must find their recreation on the street; if she would bring the cultural forces to bear upon our materialistic civilization; and if she would do it all with the dignity and directness fitting one who carries on her immemorial duties, then she must bring herself to the use of the ballot—that latest implement for self-government. May we not fairly say that American women need this implement in order to preserve the home?

**The Purpose.****By J. S. BRUCE.**

**I rode on; I had a purpose;  
I rode so very fast I overtook that purpose—  
Found a heartache at the last.  
When lured by love's purpose  
I ask you to believe  
We do not need to go so fast—  
Love always will achieve.**

# The Mother As a World Power.

ATTAINING THE HIGHEST SPIRITUAL TEMPERAMENT FOR THE CHILD—A MAN'S VOCATION DETERMINED BEFORE HE IS BORN—HOW TO INSURE A PERFECTLY FORMED, HEALTHY CHILD—HOW WOMEN MAY CURE THEMSELVES OF NERVOUSNESS—HOW BIRTHMARKS ARE CAUSED AND HOW TO AVOID THEM.

By JAMES HENRY LARSON, Ph. B.

## PART II.

It is urged that the mother bear in mind the importance of the spiritual in shaping the mind of the child. Among the factors that will aid in attaining the higher spiritual temperament are right thinking, maintaining a communion with God, thinking of one's self as being in complete harmony with the rhythm of the universe, trying to have the stream of consciousness as ennobling and elevating as possible, and listening to good music.

A man's vocation can be determined by his mother before he is born, if she understands the use and power of suggestion, and has some definite convictions on this subject.

In the first place, there must be the suggestion of good health and a sane, normal mind. The more this is insisted upon, in detail, the better.

The mother should begin the work with absolute confidence that each suggestion will have its due influence upon the child. She should picture in her imagination a perfectly formed child, with a perfect head, deciding upon the color of the eyes and the general profile. She should next picture perfectly shaped

arms and hands, a well-shaped, strong body and last of all perfectly formed limbs and feet. How successfully these suggestions will produce the desired effect will depend largely upon the state of mind of the mother when she is giving them, and the frequency with which they are given.

In choosing a career for the child, the mother should seek the field in which it is the most natural for her mind to dwell. Every mind has its strong subject and should seek for it until it is found. After the mother has chosen a career for her boy, whether it be medicine, the ministry, law, engineering, agriculture, banking, business, art, literature, or any of the numerous trades; or after she has thought over the field which would properly employ the activities of a girl, such as home-making, literature, art, teaching, and the many other vocations which are open to women, the mother should consult her intuition, in other words, she should allow her sub-conscious mind the opportunity to state whether she has chosen wisely.

The mother should ask herself this question before going to sleep: Is banking (substitute the preferred word) the

right occupation for my son (my daughter)? This question should be followed by the request that an answer be forthcoming within a week. If the answer is negative another request should be made as to what is the right occupation to choose for the expected child.

This is what happens: the conscious mind consults the subconscious mind, which is in harmony with the divine mind, and thus the mother may get a direct answer from God.

If the mother has decided that she wishes her expected son to be a banker, she should read along those lines, meet successful bankers, make a special friend of some one who is familiar with that business and who will sympathize with her in her undertaking and give practical talks and suggestions.

After the mother has a background for the occupation from books and men, she should give the following suggestions as if she were talking to the future banker: "You will have a desire to follow banking; you will be successful as a banker and will become a leading financier; you will be honest; you will also have an appreciation of the intellectual and the spiritual."

There are many misfits in the world, so many men loathe their occupations, having merely drifted into some trade or position by chance. Much of this could be avoided if the mother will first determine what kind of tastes she is best fitted to endow her child, and then center her thought upon the essentials and possibilities of such a career. Is it not more essential for the mother to have sound, clear-cut ideas about the future career of her child than that the architect should fully understand the nature of the industry which is to be carried on in the building he is about to plan? If as much thought were given and as much planning done for the benefit

of the expected child, as for the planning of a new manufacturing plant, there would be a new and better order of children brought into the world.

The average child, formed without conscious systematic suggestion is very much like the flower garden in which the gardner simply plants the seeds and allows the flowers and the weeds to grow up together. The child, equipped for life by means of judicious suggestion, is not handicapped by the conglomerate warning instincts with which the child of chance is beset. There are families which have sent four sons into the ministry, simply because the mother was of a deeply religious nature. Many a young man has felt an irresistible force moving him on toward the ministry, or the fields of medicine, law or business, because of some deep impression received by his mother before he was born. If so much is due to chance, how much might be accomplished by direct conscious effort on the part of the mother?

Ideals are often exemplified in persons. For example, we think of Thomas Edison as the incarnation of invention; Moody as the personification of true religion; President Hadley and President Harper as high types of scholarship. Perhaps in years gone by the mother may have met a sainted minister who stood for the highest ideals in all that is good and holy. The mother should let her thoughts dwell on the highest types of manhood or womanhood and especially on the leading men and women in the particular profession which she may have chosen for the expected child to follow.

The proper time to give suggestions is just before going to bed. Five or ten minutes is ample time to devote to talking to the subconscious mind. The mother should begin by getting into a state of perfect relaxation, breathing

complete breaths and absolutely freeing the mind from fear or worry.

One of the best procedures before giving auto suggestions is to review the day and notice the failures and mistakes, such as indulgence in over-exertion, fear, worry, anger, jealousy or hatred. Assert that these lapses must not occur again, suggesting in place of them their corresponding virtues; in place of anger, jealousy or hatred, a divine love; instead of nervousness, calm and quiet; instead of failure, success; instead of fear or worry, absolute confidence in a God of plenty who has made each of us a joint heir with him. If the mother has suffered from loss of sleep, she may suggest perfect rest and refreshing sleep.

There is nothing that will react to the detriment of the child so much as nervousness on the part of the mother. It would be very wise for every expectant mother to fortify herself against this condition by the following suggestions:

She may commence by commanding the whole nervous system to *relax and rest perfectly*: "I am calm and quiet," or "I will rest quietly tonight and rebuild all waste tissues; tomorrow I will be slow and deliberate in all my actions; I will not hurry; I will make every action count; I will live each hour as it comes, being content to accomplish as much as I can."

There is no reason why every nervous woman should not be permanently cured of nervousness if she would give herself the above suggestions every night until the desired goal is reached.

A so-called highly strung person has the natural ability to enjoy life more than the ordinary individual, because he has a greater capacity for the spiritual life and the possibility of a more highly developed subconscious mind. Persons

having this sensitive nature should guard against thinking that they are natural heirs to nervousness, and should make the best possible use of such a blessed gift.

Fear is another hindrance to the proper development of the child. The mother should fortify herself against fear of any kind, and especially against fear of the coming event. This cannot be done too early. It is far better never to have a child than to have it receive a half-hearted welcome, or that the approaching birth should be a matter of continual dread to the mother. The suggestions of self-confidence and a painless birth will eliminate the thought of fear: "Tomorrow I will not be afraid of anything, nor will I waste any time fearing what is to be; for God never intended to cause pain while giving the world a living message; the child will arrive as naturally as breathing and without pain."

This last suggestion should be begun at least two months before the birth of the child. There are many cases on record where fear, or a hostile attitude on the part of the mother, has resulted in the child's being very bashful, and without the desire for association with other persons. This tendency is a very difficult one for the child to overcome, and if not overcome, it is likely to develop into marked eccentricity.

Drive out all fear. Instead of using thought energy to tear down the general system, spend the time thinking how large a place the child will have in your life. All thought energy may be used for the benefit of both mother and child, if it is only directed in the right channel—the channel of love. Turn all the power which you have hitherto spent in generating fear, into creating a feeling of love, for "perfect love casteth out all fear."

Many cases of birthmark are directly attributed to fright on the part of the mother, and the object seen by the mother when in this state of fear sometimes appears in the birthmark on the child. If the mother feels that in a highly excited state she has received an impression which may have a detrimental effect upon the child, she should immediately give suggestions to counteract the influence, such as: "This event will have no effect upon the child; we will erase the occurrence from our lives; we will use the reaction for our own good; nothing but good will result from this occurrence." If the fright was a serious one, special suggestion should be given again that evening during the

time usually devoted to general suggestions.

Women are said to have more intuition than men, and intuition is said to be a safe guide to follow. It is claimed that there is an element of the divine in it. If the mother will use her intuition understandingly, it will strengthen her own individuality and greatly benefit the coming child.

The mother should feel that she has been specially appointed by the King of Kings to bear to the world a living message, and as the babe knocks at the gates of the world, she should feel in her heart the joy which was the Master's when He said, "Suffer little children to come unto me and forbid them not, for of such is the Kingdom of Heaven."

## Lifting Up or Dragging Down?

By EDGAR L. VINCENT.

Those who have studied the habits of the honey bee tell us that if a bee comes back to its hive bringing no sweet, its fellow workers immediately assail it and sting it to death.

"Terrible!" we say; and indeed it does seem hard for the luckless searcher for nature's sweetest nectar to be treated in this way.

And yet, is it not quite like the fate that overtakes every man who does not in some way help his brother? Not always do his associates kill him in cold blood, but just as surely death does come to him, death not of the body perhaps, but death of heart, death of aspiration, death of soul.

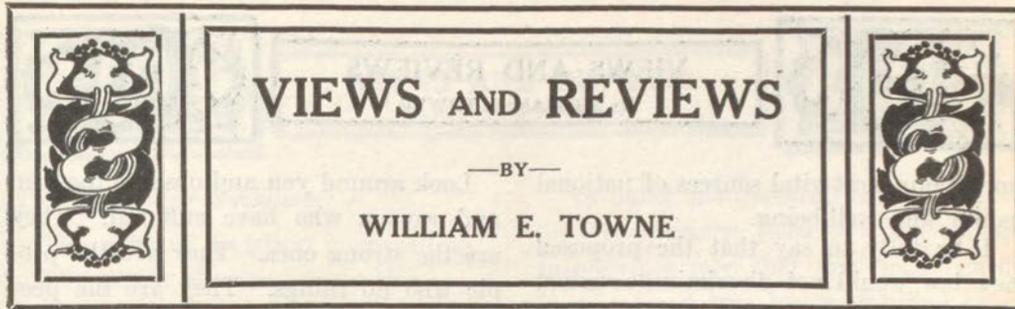
For not to lift is to drag down, and

he who drags down pays the penalty at the hands of a God of justice.

*We are here to lift.*

Lift? Where? Everywhere, for men are down all about us. Hope gone, dreams all come to nothing, wrecked by passions run to waste. Have you escaped this fate? Put out your hand and lift your brother out of his trouble. That is what brings strength. The harder you lift the stronger you are. It is a law of being. No danger that we shall strain ourselves! The harder the task the firmer the muscles given with which to do the lifting.

Which are you doing? Lifting up or dragging down? Heaven help us all to be lifters.



*Why the Present Postage Rate on Magazines Should Not Be Changed.*

First, because to raise the postage rate would be equivalent to putting a tax upon education. The standard magazines are the chief means by which adults continue their education after leaving school. To raise the postage rate as proposed would be to approximately double the subscription price of most of these magazines.

Second, to adopt the higher rate would strike a vital blow at the most truly independent portion of the press—the great magazines. Most newspapers are controlled, or strongly swayed, by local interests and considerations—when they are not run for purely political purposes. Each newspaper appeals only to the people of one particular city or town, and is usually pledged to some special political party. The magazine appeals to the people of the entire country, and is generally national and independent in its politics. The great magazines are a bulwark of defense for the people's rights and interests. The politicians know this.

Third. A few years ago a committee was appointed by Congress to investigate postal conditions and report as to whether or not the second-class postage rate ought to be increased. After due investigation this committee reported that as nearly as they could determine the present rate of one cent per pound on magazines and newspapers covered,

at least approximately, the actual cost of transportation. Until it is conclusively proven that this report was founded upon error, and until the affairs of the post office department are all placed upon a practical and economical basis, it is absurd to propose a burdensome tax upon the people who read magazines.

Fourth. Canada carried her magazines for many years at one-half cent per pound—which is half our present rate. I understand the present rate in Canada is one-fourth cent per pound. Surely the United States government should be able to carry United States magazines *at four times the price which Canada charges for similar service.*

Fifth, because to raise the postal rate on a limited number of magazines only, while the newspapers and such publications as the post office department does not define as "Magazines" go at the old rate, is manifestly unjust and unfair.

The American people have always stood for the encouragement of interstate commerce of IDEAS. The whole world recognizes this principle. All postal laws are founded upon it. We must make it just as easy for the man in Alaska, over in Oregon, or down in Panama to get an idea born in Boston, as it is for the man in Boston to get an idea born in the newspaper office on the next street. There must be no discrimination against ideas, or you strike at



## VIEWS AND REVIEWS

By WILLIAM E. TOWNE



one of our most vital sources of national power and well-being.

It is folly to say that the proposed new law would not discriminate against magazines and the ideas they contain, but only against their advertising. Everyone knows that the magazines could not exist and supply the public at anything like their present subscription prices without carrying advertising. Therefore, a tax on their advertising is a discrimination against the magazines. And it does not take a very long business head to figure out that the publisher will be compelled to pass this tax on to the reader.

If you do not like the prospect of paying fifty per cent to one hundred per cent more for your favorite magazines, then sit down *today* and write your Congressman. *Ask him to vote against any bill which contains a clause making any change in the second-class postage rate, or which proposes to charge magazines a higher rate of postage on their advertising pages. You know what you want. Make your wants plainly known to your Congressman.*

### *Hardship and Pain as a Means of Growth:—*

We are wont to regard hardship as something evil, something to be avoided whenever possible. In truth, it is through hardship that we get most of our growth on our present plane of living.

Through suffering the consciousness is forced back into the realm of spiritual causes.

It is hardship which leads the mind to turn away from the rush and turmoil of objective life to the divine principle of being.

Look around you and observe the men and women who have suffered. They are the strong ones. They are the people who do things. They are the people who progress, who are ever advancing.

Does ease ever develop character? Not until it reaches the point where the law of existence forces a readjustment and suffering results.

When we cease to fear suffering and pain we have taken the first great step toward freeing ourselves from them.

Suffering and pain are of the mortal mind of man.

In proportion as we understand the divine mind, which is the principle of our existence, we shall rise above pain and hardship. They will be transmuted for us. We shall cease to regard them as a part of our real selves. At present they serve to force our progress by a devious route. They are negative and have no foundation in truth. But they serve by their contrast with truth to show us the right direction.

The spirit of man expands through hardship because the mind that suffers is kept keen and bright ready to receive truth, whereas the mind that encounters no pain, no hardship, no suffering, becomes sordid and dull and seeks only the selfish gratifications of the material world.

Once the mortal mind becomes conscious of the divine mind, and the consciousness turns toward the spiritual part of being, then the mission of pain and suffering will in degree have been fulfilled, and they will no longer be so necessary. Until then let us look upon hardship as an aid to development.



## VIEWS AND REVIEWS

By WILLIAM E. TOWNE



### *The Growth of Socialism:—*

The spirit of socialism is spreading.

The recent election proves this.

Probably there were very many who voted the socialist ticket without fully endorsing the socialist party.

But the ideal of socialism, the ideal of the golden rule in practice, is taking hold of the imagination and the understanding of the race.

If socialism were to be adopted tomorrow, we are sure it would not be a complete and full expression of the golden rule. Very likely it would work out in practice as an improved form of industrialism.

But the world is ready for some form of social co-operation.

Forcing men into socialism by legal enactments will not solve the question completely or satisfactorily.

The practical socialism of today deals almost wholly with material effects.

As a protest against present conditions it is unvaluable. As a constructive working force it will, in my opinion, need to undergo many changes to become most effective.

Back of the material conditions of which the socialists so justly complain are the unseen mental and spiritual causes which must be reckoned with.

In the minds and hearts of men is the real basis of social unity.

The mere taking of wealth from one class and giving it to another is not going to bring about the millenium. Perfection in the social relations of life lies in each man realizing his own personal responsibility, and in each individual recognizing the universality of life.

To build a successful commonwealth on a co-operative basis, it is not enough to convince men that they may benefit in a material way by owning and operating the means of production and distribution. They must also be awakened to the ideal of spiritual unity. Otherwise the greed and dishonesty of those who administer the laws will give rise to even greater inequalities and abuses than at present exist.

The socialism of today is chiefly valuable as a protest against the abuses of our present society.

The socialism of the future will be valuable in proportion as it becomes more constructive, deals less with externals, and becomes more truly expressive of the ideal unity. Until the minds of the people are filled with this ideal, they are not ready for co-operation.

The success or failure of a co-operative commonwealth must depend, at the last analysis, upon the honesty, ability and effectiveness of the men behind it. If they are not imbued with the ideal of unity, if they are tainted with the present political methods, then the abuses of the old system will be carried over into the new.

The building of a co-operative state can only proceed by the slow and oft-times painful process of evolution. It will not leap forth full-fledged by means of a legal enactment.

The continued spreading of the co-operative ideal, continued education and agitation along co-operative lines will help to fit the minds of people for the new order of things which is surely coming within the next few decades.

## 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. 304.*

I have performed my labor with vigor and undivided energy. I have left all else aside. I have focused all my physical force upon this one cause with severe perseverance. I followed this one cause for my own undivided benefit. Through reading of several new thought magazines for eight or nine years I have learned this is the only way and the only road to final success. In reaching your Ideal, the fruit of a worthy cause I followed, after much meditation, that which would be most worthy, whose fruitage would bring me a sufficiency, that which would bring me most satisfaction, consequently, happiness. I have it now, a coming, coming to stay with me.—ANTONI DENOMIE, Ketchikan, Alaska.

*Success Letter No. 305.*

Success is the attending result in our minds of every good thought. As the light of the sun overcometh the darkness so in time will the truth of being overcome our imperfect thoughts. The more we concentrate our thoughts on perfection and on the principle that all is good the greater is our success. Success is only limited by our conception and application of truth. Success is our rightful inheritance if we seek aught. Each person is responsible for his success, and if we do our best to perfect our own consciousness we are doing our best for world-wide success. Success in business operations does not constitute success if unaccompanied with an enlarged understanding that real success is in perfecting

the mind that liveth after the object world is outgrown.—W. D. WHELOCK, Saugus, Mass.

*Success Letter No. 306.*

A Knight of the Quest, I took my vows and went forth to prove my strength and power to all men.

I would make war on established order. I would utilize the power that lay behind me and progress straight to the Grail that I was seeking, nor be swerved from my path by the dwarfing code of duty.

I knew the failures of other men and smiled superior as I girded my armor. Their trials, obstacles, difficulties and deprivations, would but prove me stronger, more valiant and brave.

Mine was to be success.

But patience measured not my progress and the way was long. The Grail was illusive, a mirage of hope, and at last when reached, it proved to be not the ultimate truth it had appeared, but incomplete and unsatisfying.

For I had looked forward to personal gain, pleasure and gratification, and here I found a service to be sacrificed.

\* \* \* \* \*

Wearily I returned and now observed nature's methods of trustful moderation and beautiful submission to established order, her evolutionary progress wherein even truth revolves, and I paused to express my appreciation of earth's goodness; to laugh and to love; to give expression to every impulse for good; to comprehend man's limitations yet realize his worth, and to neither overlook an act's necessities nor overrate its importance.

Thus I gained a plane where the yearnings and mysteries of life are infinitely quieted and the casual self knows peace, harmony and eternal growth.—GRACE BROOKE, Ponil Park, New Mexico.

*Success Letter No. 307.*

Success means having what we want when we want it and in the way we want it.

The best method of obtaining what we want is what we are to consider. The first step is *Desire*. If you desire a thing with all your heart you are reasonably sure of getting it,

because when you desire it and long for it you set in motion forces which unite to bring it to you.

The practice of suggestion or declaring the truth is very powerful. Make it a habit to use suggestion constantly for others and for yourself. But before you can suggest properly (at least that has been by experience), you must realize your Ego (I). This can be done by concentration during the silent hour. Know that you are composed of soul and body. The soul is the breath of God, the body is of the earth. God is perfect, God is all good, God is all powerful. The Ego (I or soul) is the God within you. Therefore when you declare "I am perfect," "I am good," "I am all powerful," it will not seem ridiculous if you realize that by "I" you mean the God within you.

Declare fervently on arising, "I am one with God, therefore I am whole and perfect." "I am love," "I am all-powerful." "I attract all Good (God) things." Change these suggestions to suit your personal needs, such as declarations of health, self-confidence, power, knowledge, etc.

I have found it a good plan to select certain suggestions for certain occasions and hold the thought firmly till all my being is in harmony with the thought. Once this is accomplished nothing can hinder your success. You are inspired as it were.

Here is a partial list which can be changed to suit individual cases.

1. *When nervous*, suggest calmly:
  1. I am Repose.
  2. I am calmness.
  3. I am serenity.
  4. I am peacefulness.
  5. I am quiet.
2. *When blue or discouraged*:
  1. I can accomplish all things.
  2. I am perfect.
  3. Divine power is flowing through me.
  4. All things are working for my good.
3. *When Angry*:
  1. I am broad enough to see the good in all.
  2. I am above trifles which annoy.
  3. All these things are beneath my notice.
  4. I can accomplish nothing by anger, much by love.
  5. I will recognize only the good and perfect.

*When ill*:

1. I am of God.
2. I am perfect.

3. The good (God) in me is stronger than the bad.
4. My body is my tool; I command it to be a perfect one.
5. My body is completely under my control.
6. Divine Health is flowing through me so strongly that there is no room for anything else.

*If People slight you declare:*

1. There is good (God) in them and I love and respect that good. They will soon realize your thought and change toward you.

*If you wish to be popular and loved Declare:*

I am love, I am magnetism; everyone loves me. I can make anyone feel my magnetism.

*For Beauty:*

1. I am beauty.
2. I will recognize only the beautiful; therefore only the beautiful shall exist in me.
3. I shall look for the beauty in nature, absorb it and radiate it in my body, mix it in my work.

*When undertaking a piece of work:*

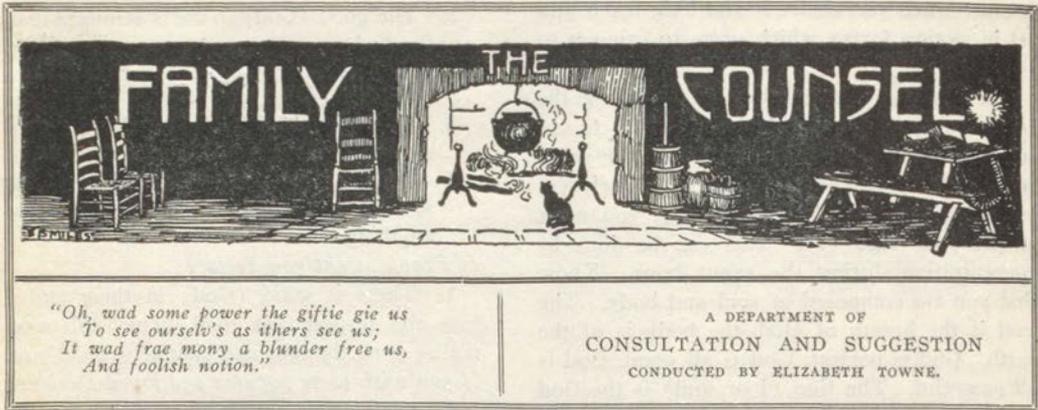
1. I am God. He has chosen me to do this work. Therefore I shall do it perfectly.
2. I am an instrument of God. His instruments do not fail, therefore I cannot.
3. Everything I undertake shall be a success, for I shall draw upon the source of all powers and knowledge for help in my work and it shall be given to me.

There is a right mental attitude for every occasion. If the thought is right the work will be right. Think more and deeper thoughts. Dream and long for the best things. Select a predominating thought for each day. Let it be what you desire most and remember it is always the mental attitude *That Counts*.

I pass these thoughts on in hopes they may do as much for others as they have for me. At least give them a trial and be convinced of their power.—*Beulah D.*

**THE PRIZE WINNER** for January is Miss Mabel Little, who wrote Success Letter No. 299. We will gladly send the prize of two subscriptions wherever the prize winner directs.

The writer has found that she learns through her failures as well as through her successes. Also that push counts for more than pull in things that make for success. We all know these facts. Now let us realize them by practice!—C. H. S.



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

J. S.—The greatest thing you can do for those around you is to keep yourself in healthy, happy, positive condition for work. It is just as selfish to give yourself all the time to the point of depletion as it is to give nothing at all. You are unbalanced either way. The only safe place is the place of poise. The thing which decides whether you are poised or not is your JOY OF BEING. If you can enjoy what you are doing and in addition enjoy a good head of vim in yourself while you are doing it, you are maintaining the poise which fulfills the chief end of man. To wear yourself out and drag yourself out is like taking the end out of the boiler and letting the steam dissipate into thin air. You need to keep a good head of steam in yourself. Anything you do on second wind—or on third wind—is done at the expense of yourself. That kind of living merely destroys you, makes you unfit for the divine will to work in and through.

Yes, New Thought will help you if you practice it. Get my Four Lessons on the Realization of Health and Success and the books that go with them, get into the spirit of them, and use them faithfully. Health, happiness and success are yours, and intelligent use of your energies will make it manifest.

M. B.—I came across something in the December *American* that I think would help you: "The Autobiography of a Neurasthenic." The sort of life that man lived after he came out of the sanitarium is the sort you need. Lay down some such rule of living for yourself, follow it and you will soon find yourself

in condition to govern those sprees. It is your unbalanced living which compels you every once in a while to seek stimulation. The daily vacation, with perhaps a special vacation at the time when you feel the need of a "spree" will solve your problem. Everybody needs a certain amount of outdoor work and outdoor exercise, and the more brain work he does the more outdoor work he must do. Sir Walter Scott used to walk every day as many hours as he wrote. He found it necessary and he discovered that he could do better work and keep in better physical condition with this much exercise. Get out in the garden early in the morning and work for an hour, then play golf for an hour or two every afternoon and you will find yourself getting over that sleeplessness, putting on flesh and forgetting all about the sprees. Now don't be like Naaman!—who wouldn't do the simple things because he wanted somebody to wave his hand in the air and strike it over the spot and make him well! You will get nobody to do this, but you can keep yourself well by finding a balance between the physical and mental, and then living it every day.

E. L. W.—The "remedy for involuntary movements of hands and feet and keeping time to clock ticks" is large and regular doses of peace and relaxation. Whenever you think of it take a slow, full, even breath, hold it a moment and then exhale as slowly as you inhaled it. At the same time let your thought follow over your body gently with the thought of utter relaxation and rest. Speak PEACE to yourself. Take several special periods every day—somewhere between three and a half dozen such periods. Go away and lie down comfortably on your back, no pillows, arms outstretched, and let your mind follow gently over your body with the thought of relaxing every single nerve and muscle. Let go. Breathe slowly and fully taking pains to make the exhalations at least as long as the inhalations. And with each full breath speak peace to yourself. Follow these directions faithfully without skipping a single day; and in a very short time you will see a wonderful improvement in the matter of involuntary movements. Such movements are merely habit, and the cure is to practice the right

habit of peace and relaxation. Involuntary movements are a frittering away of your power and your physical energy, and to let this habit possess you is suicide, mental and physical. You can cure yourself—anybody can who is not an imbecile or violently insane. It only takes time and steady, daily, hourly persistence.

J. K.—My dear girl, when you spend your mental energy picturing his faults to yourself, *you are filling yourself up with the magnetism which attracts more of the same kind of faults.* Put them right out of your mind and think your sweetest and best. Only so can you fill yourself with the love magnetism which will attract to you and your children the kind treatment you desire. Whenever you catch yourself remembering a fault of your husband's, *deny it vigorously*—tell yourself that it is mere thoughtlessness on his part—and then set yourself to count up every single good point that you can. Keep on hunting for the good side of him! Keep on loving him! Keep on affirming his goodness! Defend him to yourself. Think of yourself as his counsel before a court of justice, and throw yourself heart and soul into conjuring up every good point of his, to stand in his favor. See? Keep it up. That is the only sensible thing for a woman to do who finds herself married to a man and raising his babies. You must do this for the sake of the babies, if for nothing else. When you have the babies well raised, well started on their way to self-respect and independent living, then, if you wish, you can take the only other course open to a woman—you can leave the husband you cannot love. At present your own common sense tells you that you cannot do that, because of your children. If you follow my directions, you will probably not want to leave him when you get the children raised! It is wonderful how people's good points grow when we begin to enumerate them, and dwell upon them! Live love, and you will bless yourself, and your children will bless you to the last day of your life, and to the last roll of eternity. You say things went so well when you were keeping up with the instructions given in the lessons, but that later it seemed as if you could not take the time. This is not a true statement. If you will remember that right thinking is the most important thing in the world for you, you will *take* time for setting your thought right, no matter how the work seems to interfere. If you knew your life or your baby's life depended upon your observing that half hour every day for a year, you would certainly find the time. Well, right thinking is just as important as drawing your breath, and you can find the time for setting your thought right every day, just as well as you can find a half hour of time to keep yourself from the hangman's rope! Remember the importance, *and do it.* One day at a time, one day at a time. Health, happiness and success are yours,—*to be passed on to those little babies, in love and right thought and action.*

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*

*Oh, believe, as thou livest,  
that every sound that is  
spoken over the round  
world, which thou oughtest  
to hear, will vibrate on  
thine ear.—Emerson.*



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

Wellesley, Mass., Oct. 26.—Study of the woman's suffrage movement will be conducted during the rest of the academic year at Wellesley College under the direction of the Wellesley Equal Suffrage League. This organization has been effected with Miss Almira S. Morgan, of Rutherford, N. J., as president. The membership in the society includes many undergraduates and members of the faculty. An innovation will be the enrollment as associate members, of those students who do not approve of suffrage for women. The question will be discussed from all angles during the academic term.—*N. Y. Tribune.*

Cincinnati, Oct. 19.—A world conference to discuss differences and agreements in the various beliefs of all Christian churches is the object of a commission provided in a resolution introduced by Dr. W. T. Manning, of Trinity church, New York, and passed by the House of Deputies at the Episcopal convention here today. The commission is to consist of seven bishops and seven deputies, and will have power to call the conference and invite other Christian bodies to take part.—*N. Y. Tribune.*

Ontario's chief penal institution will no longer be called a prison. It has been transformed into the Ontario Reformatory. Literally transformed. There are no cells and no bars in the new provincial prison; prisoners labor in the fields in blue smocks and overalls, and finish their day's work with a game of baseball. The Reformatory occupies a farm which covers 850 acres, rolling fields, pastures, and woodland. Through the center of the property runs the Speed river. Two quarries are operated, and the buildings are being put up by prisoners themselves. Working on the farm are the pick of the men who have been sentenced to terms in the Central prison.—*E. T.*

A bill which is to be introduced into the Legislature this season, providing that all applicants for marriage licenses shall be obliged to present a clean bill of health, was the subject for discussion at the regular meeting of the New York Legislative League yesterday afternoon at the Waldorf-Astoria. Dr. Mary

E. Potter and Dr. Mary Holton spoke on the dangers threatening children from the marriage of the physically unfit. The bill was drawn up by Mrs. Harriet Johnston-Wood and has been indorsed by the City Federation of Women's Clubs.—*N. Y. Tribune.*

The success of public playgrounds has been so pronounced that a plan for continuing them during the winter months is now under consideration by the board of education. It is proposed to equip the basements of schools in various sections of the city with the apparatus now in use in the plots devoted to this purpose and to give less fortunate children places where they may amuse themselves and be shielded from the temptations the street offers. The plan seems to be entirely practicable. No estimate can be placed on the amount of good that has been derived from the playgrounds. So popular have they become that each year there is a demand for more of them, and the evolution of the summer into the winter playground seems only natural. By this means the unobtrusive chaperonage that has been maintained over the children during the heated season could be continued, and there would be no necessity for again throwing them upon the street to seek amusement. If these places can be made as popular during the winter as they have proved in summer, the plan for establishing them is well worth considering.—*Philadelphia Inquirer.*

The day of paper made from cornstalks has come, the experiments of the Department of Agriculture having proved the process can be made a commercial proposition. For some time these experiments have been under way, and now the department is utilizing some of the cornstalk paper for its correspondence, and operates a mill which turns out the new paper, of a high grade, by the hundred-pound lot. The experts of Uncle Sam say that a small commercial mill can be kept busy through the entire year by the stalks from the cornfields within a radius of eight or ten miles. Perhaps it will not be many years before the farmer will look upon his stalks as the most valuable part of his corn crop. If he can realize but half a cent a pound, he will get more for them than for his corn at sixty cents a bushel. The problem of making cheaper paper to compete with the woodpulp article used for printing newspapers has not been solved yet, though the investigators are hopeful. What this will mean can readily be realized when it is stated that about \$35,000,000 worth of raw materials—woodpulp—are used annually in the paper-making business in this country. That means a great many trees cut down. The stalks are pressed until the juice—a very rich stock food—is extracted, then shredded and dried. In this form they will keep sweet a year, insuring a steady operation of the paper mill. Only two-thirds of the fiber is utilized for print paper, the remainder making a sort of parchment, watertight for a while, but not absorbing the ink.—*Progress Magazine.*

## Little Visits

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

### *Speaking the Word:—*

I will relate an experience that came to me after losing all of my earthly possessions and courage. I left my native town and people, and took up my abode in an Eastern state, thinking perhaps among strange faces I could feel more contented. One day a bright thought came to me, and I said to husband, do you feel poor? I cannot feel that way any more.

Later I went downstairs and said the same thing to my landlady. She spoke up quickly to me, why, yes, you are, and very, very poor. But from the moment that I began to deny the existence of poverty, and felt right down in my heart that I was success, the tide turned and goodness followed me. I began to praise the Giver of all good things, and success after success came my way. And now, dear friends, I had not heard of new thought, neither had I read of it, and this all came to me as a new revelation—MRS. HOME JOY, Troy, N. Y.

### *The Secret of Pure Blood:—*

The mind can be compared to a mirror and when we speak of the waters of the mind, we mean that water is a symbol of the mind; ever changing, ever moving on. We know that the heart is feminine and Love; her mate is Life, drawn through the lungs. Mirrors seem to have an especial attraction for the feminine (this also applies to the gentlemen). So when the heart approaches her mirror, or mind, and looks at her pretty self, if, perchance, there are other reflections mirrored there, at the same time as envy, jealousy, malice, and a host of others, she will see them at the same time she is viewing her own image and becoming frightened, turn out dark congested blood. If, however, she looks into the mirror of the mind and sees only her mate, Life, and self reflected, she will blush rosy red and forthwith turn out pure rosey-hued blood throughout the veins. Would we, therefore, have pure free flowing blood we must keep the mirror of the mind polished and only allow Life and Love to view and review themselves. For Love and Life only can keep the atoms of the body in harmony. Therefore, think constantly of *Life, more Life; Love, more Love*, and breathe *SOME*.—S. L. MUHLHAUSEN, Washington, D. C.

### *A New Idea in Clubs:—*

I have been intensely interested in your magazine and I believe that unconsciously I have been following its teachings for the past four years. It was a chance sentence in a magazine caught my eye in a car. "There is no such word as *fail*; you make or mar your own life by your thoughts as well as by

actions." That was all, but the words burned themselves into my memory and I immediately began to act upon the thought. It seemed selfish to keep it to myself, so I formed a club of all those I knew who were in desperate need of help; and one at a time I told them of my discovery, asked them to join with me at a certain hour in presenting their petitions to the Giver of all good gifts, then told them to keep their thoughts fixed upon a successful solution of their problem. It was wonderful how the answers came. I have only time for one:

A stranger to me, hearing about my club, asked me how her little girl might be helped. The child was five years of age, but could not speak. I was honestly puzzled, but I knew *no* need was too great for Him whose help we sought. She was a Catholic and I asked her to put her request in this form:—That we might be led to do the right thing to make for success. The answer came to me that very evening. In the paper I read of a child who had been as this one and her parents had an X-ray examination and discovered the cause in flesh growing about something she had swallowed. I immediately communicated with my new club member; her child had an examination, a successful operation followed, and the child began to talk, but she had to learn how to use her throat even as a baby. A wonderful improvement followed and some day in the near future she, too, will be *boosting* success.—Mary Bryant, San Francisco.

### *Written from the Hospital:—*

I received your lovely letter, and to quote the old lady who took the patent medicine "it done me a world of good." What I am trying here is the no-food-eating treatment. There is a large abscess forming in my stomach, and the only thing that can be done is to let the stomach have complete rest. They inject liquid food in a highly concentrated form, and it is surprising how well and strong one can feel on such food. If it were not for the extreme pain which I feel at times I should dislike to own up to being sick.

It has always seemed to me that a hospital full of sick folks was one of the most uninteresting places imaginable. Now I take it all back. As for material for literary purposes it is simply rich. There is an old lady who is the jolliest old soul ever. She has a cancer, which is incurable, but she isn't weeping nor mourning. She is as lively as a grig, if you know what that is. I don't! There is another woman who has been in bed seven years, and she isn't sick at all. There is nothing in the world, barring the stiffness of muscles long unused, to prevent her doing a family wash or cooking for hired hands. One day she got mad at her husband, went to bed, and refused to get up again. The husband got all out of patience with her two months ago (wasn't that surprising?) and bundled her off here. It seems she has lain in a darkened room most of the time. Here they have plenty of air and all the sunshine  
(Continued on Page 60.)

## Cheated For Years.

**Prejudice Will Cheat Us Often If We Let It.**

You will be astonished to find how largely you are influenced in every way by unreasoning prejudice. In many cases you will also find that the prejudice has swindled you, or rather made you swindle yourself. A case in illustration:

"I have been a constant user of Grape-Nuts for nearly three years," says a correspondent, "and I am happy to say that I am well pleased with the result of the experiment, for such it has been.

"Seeing your advertisement in almost all of the periodicals, for a long time I looked upon it as a hoax. But after years of suffering with gaseous and bitter eructations from my stomach, together with more or less loss of appetite and flesh, I concluded to try Grape-Nuts food for a little time and note the result.

"I found it delicious, and it was not long till I began to experience the beneficial effects. My stomach resumed its normal state, the eructations and bitterness ceased and I have gained all my lost weight back.

"I am so well satisfied with the result that so long as I may live and retain my reason Grape-Nuts shall constitute quite a portion of my daily food."

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.

## 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.

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

(Continued from Page 59.)

possible. My lady got out of bed and pulled down all the shades in the ward after the attendant had refused to do it at her bidding. This was reported and the attendant put them up again, whereupon my lady repeated her first caper. Four times she did it and at last she gave in and howled for an hour! How I longed for your presence at that time! I really believe though she is actually going to come out of it. If her husband would refuse to support her and she had to make a living for herself she would get well in a hurry. You will excuse pencil, won't you? I had to bribe the nurse to allow me to write at all. I am down here for the purpose of getting well and I'm going to DO IT.—L. F., Chicago.

*Votes for Women Movement in London:—*

Your sympathetic presentation of the truly impressive national atmosphere at the time of the passing on of King Edward appealed to me intensely. And I wish you had been there to experience the more marvelous situation which, at the time, because of the political situation and the unique opportunity afforded thereby, when the woman movement plunged with an indescribable ardor to make use of the occasion and appeal for the long withheld justice. The spirit of a real revolution, the blossom of a long evolution is beyond description. To march with 15,000 women to a hall where 11,000 were assembled with one mind our determinate; when \$25,000 was raised in twenty-five minutes; a few days later attend an open meeting in Trafalgar Square, where there were five platforms with speakers and 10,000 assembled; three days later to attend a meeting in the afternoon at Great Queen's Hall of, to my experience, unparalleled enthusiasm, where another \$5,000 was raised in about twenty minutes; again that same evening Great Queen's Hall, when another branch equally determined, raised \$12,500 for the campaign. Then three days later stand with the large crowd until nearly midnight around the Houses of Parliament waiting for the result of the vote of the House of Commons on the second reading of our bill; witness the enthusiasm; then the very next day to another enormous meeting where Mrs. Pankhurst and Lady Constance Lytton reviewed the situation at that moment. The week following over three hundred meetings upon Woman's Suffrage were held in London alone, beside others all over the kingdom; and then the tremendous demonstration in Hyde Park, of which the enclosed hand bill will give but a hint. To have had this was worth living long for to me, who live and move in the psychology of the age. It is difficult for me to stop when once this flow is set in motion, but alas! you have probably had enough, while the immediate pressure of my difficulties and urgencies commands me to cease, though my affectionate appreciation ever moves steadily on for you. Faithfully,—Adelaide Johnson, The Lyceum Club, London.

*A Step Toward World Peace:—*

The French have a proverb, "It is the first step that counts." The first step, it is worth noting, must always be taken at home and cannot be a stride. An international court of arbitration, an enlargement of the Hague Tribunal, which will settle all disputes between nations without recourse to arms, and consequent disarmament is, we all believe, a certainty of the future. Because it is not a matter of the present, all who desire to hasten the time of its accomplishment should take the first step thereto that lies in their power.

That first step is the establishment of a private court of arbitration in one's own mind. This would mean that all differences be impartially judged, according to both sides the same amount of consideration. The habit of impartially weighing both sides of individual questions, even when one's own interests and prejudices are vitally concerned, will extend itself to the impartial weighing of both sides of all national questions. Before we could be content to abide by the verdict of a court of arbitration when it decided against us, it would be necessary to rid our national character of its hysterical proneness to form decisions without due consideration of the evidence necessary to a just conclusion, the same that made us, as a nation, decide that Cook must have reached the Pole because he kept his temper when Peary lost his. That was a matter entirely beside the point. The public had no evidence on which to base an opinion, but formed a passionate one nevertheless, and did a temporary injustice to a great man in consequence.

The first step toward national disarmament is individual disarmament; in other words, the banishment of the deadly and unnecessary pistol. The only use for which pistols are manufactured is personal defence. In all cities and towns and settled districts where white people predominate, sufficient protection is furnished by the community. Notwithstanding this, the household pistol is not a rarity, nor, by the same token, is the item in the daily paper telling of the wounding or even killing of some innocent person, a friend or a member of the family, who was mistaken for a burglar. Accounts of burglars being captured through the agency of the family pistol are not so numerous. The pistol is entirely without excuse for being, except in the hands of the police, and its sale should be prohibited. In order to bring about this prohibition, there must grow up a public sentiment against the ownership of pistols, a sentiment that probably already exists to a much greater extent than its lack of expression in the public print would indicate.

Are these not worth considering as first steps? Others of more far-reaching effect would follow naturally upon their heels.—*G. B. Drennan, Biloxi, Miss.*

*New Thought Socialism:—*

The most original and effective movement or method I know for social uplift is New Thought Socialism.

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

**Family Of Five.****All Drank Coffee From Infancy.**

It is a common thing in this country to see whole families growing up with nervous systems weakened by coffee drinking.

That is because many parents do not realize that coffee contains a drug—*caffeine*—which causes the trouble.

"There are five children in my family," writes an Iowa mother, "all of whom drank coffee from infancy up to two years ago.

"My husband and I had heart trouble and were advised to quit coffee. We did so and began to use Postum. We now are doing without medicine and are entirely relieved of heart trouble.

(*Caffeine* causes heart trouble when continually used as in coffee drinking.)

"Our eleven-year-old boy had a weak digestion from birth, and yet always craved, and was given, coffee. When we changed to Postum he liked it, and we gave him all he wanted. He has been restored to health by Postum and still likes it.

"Long live the discoverer 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.**

There is a new conscience stalking through the land, causing the greatest spiritual unrest in the history of the American people.

The principles of New Nationalism, Insurgency and Progressives, are founded on Socialism.

The murky commercial era is fading into the background and Socialism is the rosy dawn of a Spiritual Era that will guide us into the Golden Age.

The home is the basis of our government, yet the government is permitting the home to be destroyed.

In a recent address at Chicago, Dr. C. G. Davis declared, "One man out of every 300 in the United States is insane. Civilization is crumbling—it is going mad" \* \* \* "Forty thousand gaunt, hungry, exhausted children are toiling in the dust and roar of the cotton mills of the South and New England. In the great city of New York, I am informed, 20,000 children attend school every morning suffering from the pangs of hunger.

"The machinery to handle our criminal classes costs us \$6,000,000,000 a year," he said. "Wouldn't it pay the government to take care of every neglected child, clothe, feed and bathe him? To the average laborer is conceded the earning power of ten dollars a day, yet he receives but two dollars; his exploiters taking

the other eight dollars. Labor creates all the wealth of our land yet cries for bread. Labor builds mansions yet lives in hovels. Labor creates the costliest fabric yet is ragged. We owe to Labor all our schools, colleges and universities, yet the common laborer cannot afford a daily newspaper."

Is it a just government that permits corporations, including the railroads, mining, lumber, stock-raising and real estate companies to receive one and one-half times as much public land as have small holders, homesteaders and individual purchasers?

Thoughts are things, and when politicians preach Insurgency they are but sowing seeds of Socialism in the fertile minds of the very ones who need it most.

Socialism and New Thought stand for the best in politics and religion, and when they are blended there will be conceived a new religious politics that will sweep the worn-out systems of today into the realms of the past, where they belong.

Socialism and New Thought are working to the same end, i. e., the moral uplift of every soul and the common good of all. We need noble constructive minds to make laws that will protect the great mass of homes which make a government possible.

Socialism and New Thought must go forward until we reach the goal of Universal Brotherhood of man and fellowship with God. *Alice Southworth, San Diego, Cal.*

*From Walla Walla to New York:—*

I am in receipt of *Nautilus*, also your proposition to take up the study and practice of new thought.

I want to introduce myself to you and tell you how your proposition strikes me. Then after that I want to "dig into" you a little.

Bless you, the virus of new thought took a strangle hold on me at the age of sixteen—(I am past thirty-six now). I began by reading the old "Blue Book"—it was all we had in the pioneer days.

My home is in Walla Walla, Wash. My hanging out place there was in the office of Dr. O. S. Matthews whom you no doubt remember. When I would drop in there I would look around for *Nautilus* first thing. O, yes, *Nautilus* and I are old friends.

Up until a few years ago I had read everything, or nearly everything, published on new thought. There is so much being published now, one can't read it all.

The general run of new thought literature does not appeal to me in the same way that it formerly did. The reason for that is this: I am not able to find answers to my questions in it. So many of the writers are novices—amateurs—doing a good work I do not question. Their writings will continue to make appeal to beginners.

I came here to live about a month ago. I find books here that contain answers to my questions. I find them in the libraries of the Theosophical and Vedanta societies.

We might claim these as branches of new thought and be not far wrong, yet we all know there is a distinction in current use.

Some of the best writers on new thought themes have incorporated many of these far advanced ideas, but most of the zealous disciples rush into book writing too soon. However, it is all good and will all accomplish good for somebody.

There are other new thought magazines bigger than *Nautilus*, but none better. The general tone of it is splendid, inspiring to all.

I like your editorials until you drift into politics and there you appear too much of a Tory to suit me. You are a stickler for liberal ideas in religion, but when it comes to politics I find you supporting the conservative forces. Where you rightly belong and where you must ultimately drift is in the ranks of the liberal political forces. I even think I see you veering a little in the direction of these same liberal ideas in your last number. This change does not signify that you must get out and yell for a new party instead of the Republican party, and carry a new flag and so on.

I was born and raised a Republican, and I never had a drop of Democratic blood in my veins. Now, I am a non-partisan. I am no longer influenced by such empty expressions as the "Taft smile" and the "Roosevelt policies." These are popular obsessions—nothing else. Why cry out for more of Roosevelt? He was a pretty good fellow, but there are better ones still obtainable. During these strike days, in this city, when I go down on the "Bowery" and see with my own eyes, sweet and innocent looking girls, who may never before have felt impelled to commit an act of infamy, selling their honor on the pavement to keep from being turned starving into the street, with oath and clenched fist, I reaffirm the withdrawal of my allegiance to a system protected behind the fortifications of a political party which fosters such conditions as these. Immorality is a natural growth in our present economic soil. It is for me to associate myself with those movements which have undertaken to prepare an economic soil in which morality will be a natural growth. It would be hard for me to do this if I were compelled to become a rabid partisan or even a partisan at all. But that is not necessary.

But I realize that your time is much taken, and fearing lest you won't have time to read it all I will go on to the last part.

When my three months are up please keep on sending me *Nautilus*. I am trying to make a living with my pen now and I am going to write a little for you. Will send it in and if you don't like it you can throw it in the waste basket.

The inaugural and organization meeting of the "Philaethian Society" is to be held next Tuesday evening. I think I will write a report of that for you. It is designed to be a confederation of all the small and scattered societies of the city.

If you have read all this clear through from the beginning and have not skipped any, I thank you for your kind attention.—VERNON CHASE, 331 West Twenty-ninth street, New York, N. Y.

Letters from the World's Capitals  
with a Message to the Weak and Weary

**Sanatogen**  
THE FOOD-TONIC



**L**ETTERS like these are received day by day at the headquarters of Sanatogen. Men and women in the fore-front of human endeavor, testify enthusiastically to the remarkable benefits of Sanatogen. The world's leading brain workers frankly tell about its wonderful tonic and invigorating effects. There is something spontaneous, heartfelt about these letters, which, be it remembered, are but a fragment in the vast structure of enthusiastic endorsement reared by the many thousands who, through the use of Sanatogen, have achieved new vigor, vitality—new life. The medical profession of five continents has given scientific sanction and approval to Sanatogen by prescribing and recommending it. About 15,000 physicians have stated, over their signatures, their belief in its unique reconstructive powers.

If you belong to the vast army of those whose nervous health has been undermined by over-work, worry or sorrow, it is your duty to take heed of the joyous message carried by Sanatogen. What Sanatogen has done for others it can do for you. Start its use *today*. Sanatogen comes in fine powder form and can be easily and pleasantly taken in water, milk or similar beverages, with or between meals. It is a concentrated, scientific compound of pure albumen and a special form of phosphorus, devoid of any harmful reaction, and brimful of rejuvenating, invigorating effects.

"We ask you earnestly to get acquainted with Sanatogen. Investigate our claims first, if you like, and we are only too glad to have you do so. Ask your doctor about it but in any case write at once for our book, 'Our Nerves of Tomorrow,' the work of a physician-author written in an absorbingly interesting style, beautifully illustrated and containing facts and information of vital interest to you. This book also contains evidence of the value of Sanatogen which is as remarkable as it is conclusive."

Sanatogen is sold in three sizes: \$1.00—\$1.90—\$3.60

Get it from your druggist, if not obtainable from him write

**The Bauer Chemical Company**  
558 Everett Bldg., Union Sq., New York

**U. S. Senator William Warner**

writes from Washington:

"I have used Sanatogen and found it to be a most excellent tonic. To those whose nervous systems need building up, there is nothing better."

**Sir Gilbert Parker**  
The eminent novelist-statesman, writes from London:

"Sanatogen is to my mind a true food tonic, feeding the nerves, increasing the energy, and giving fresh vigor to the over-worked body and mind."

**David Belasco**

writes from New York:

"It gives me great pleasure to let you know the wonderfully beneficial results I have experienced from the use of invigorating, effect upon the nerves."

**Dr. Ferchmin**  
Private physician to the Czar, writes from St. Petersburg:

"My daughter, who was very nervous and anemic, has been greatly benefited by Sanatogen. Her appetite improved and her weight increased."

**Prof. C. A. Ewald**

of Berlin Univ., Doctor honoris causa Johns Hopkins Med. School, Baltimore, writes:

"I am able to speak from my own observations made at the bedside of patients, and I can say that I have used Sanatogen in a great number of cases (that is, in those disturbances of metabolism which were mainly of a nervous or neurasthenic origin), and have obtained excellent results."

**Dr. Kerz**

Private physician to the Emperor of Austria, writes from Vienna:

"I have been using Sanatogen with splendid results and continually recommend where, because I am thoroughly convinced that it is an excellent food tonic."

**Dr. G. Quirico**  
Private physician to the King of Italy, writes from Rome:

"I have used Sanatogen with marked benefit in the case of weakly children and in convalescence after long illness. I consider Sanatogen a most excellent food-tonic."

**Mme. Mariette Mazarin**

the operatic star, Paris, writes:

"After my appearance in 'Elektra' I fainted upon the stage and required medical aid for several days afterward. Sanatogen was recommended to me by a well known physician and I have found it a true re-vitalizer."

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with illustrated charts showing proofs of its results. Break away from drugs, hand manipulation, or guesswork osteopathy by hand. The "Osteopath" is a marvelous improvement on manual osteopathy. Feel its quick results on Stomach, Kidney or Liver Trouble, Nervous Prostration, Brain Fog, Insomnia, Bad Blood, Skin Disease, Lung and Throat Diseases, Catarrh, Bright's Disease, Exhaustion, Rheumatism, Dropsy, Tumors, Female Diseases, Chronic Constipation, etc.

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### BOOKS AND THINGS

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.

—"The Constitution of Man" is one of my most valued books, and is ever near my hand. As an epitomized cosmogeny thrown into the form of a prose poem I know of nothing so fine in the literature of any language with which I am acquainted. "Lessons in Living," which I have just given a careful perusal, is, of course, quite different in both tone and function, but it is marked by the same sanity, directness, originality and clarity of thought, the same splendid, sweeping grasp of fundamental principles and the same profound spiritual insight. Your explanations regarding life, death, spiritual development and immortality are entirely in harmony with the latest thought of the world's best minds. The rarest quality of the book (and all of your work, for that matter) is its originality which, while striking, is never grotesque; which, while profound, is never obscure. To my mind, "Lessons in Living" is a perfect complement of "The Constitution of Man"—the one metaphysical, the other, while also philosophical, being of more personal and practical application. With a fuller acquaintance with your writings I must modify my one-time opinion that you should stand with Whitman, Carpenter, Emerson and Brandes. You should stand, not with them, but above them. For you have not only what they had, but also something which they did not have—the power of making practical application of the great simple laws of spiritual growth and power to every-day success. Not one of them made a practical success of life. Perhaps Goethe and Voltaire came nearer. "Lessons in Living" is a great book.—*W. R. C. Latson, M. D.*

—"The Nameless Woman" is the title of a novel written by Loulia Jackson, who is evidently a thorough student of new thought. The book "runs the gamut" in many senses, and shows promise for the author. The story is thrilling in many parts and it is interesting. 675 pages, cloth bound, \$2.50 postpaid, Loulia Jackson, 1217 Troost avenue, Kansas City, Mo.

—*The Washington News Letter*, published by our good friend, Colonel Oliver C. Sabin, begins the new year with a handsome new cover and many other improvements. Paulina B. Sabin takes the place of managing editor; Vinnie MacLean is to be associate editor. The strongest feature of the magazine is Colonel Sabin's lectures upon healing. They are interesting and very practical. (*The Washington News Letter* is published at Washington, D. C., at \$1.00 per year.)—*W. E. T.*

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## Go In Business for Yourself Let Us Send You an 30 Days' Trial Auto Vacuum Cleaner on 30 Days' Trial



Propelled by its own power like an automobile. No horse required.

An Auto Vacuum House Cleaner should pay for itself in less than two months, out of the profit from the business after paying help and all expenses. It is capable of earning from \$250.00 to \$300.00 clear profit a month and we cannot see where there is a possible chance for anyone that buys a machine to fail to make big money, but every reason why they should make thousands of dollars.

The small machines for home use have never been a success because of lack of power, they will draw only the top dust from the room. The Auto Vacuum Cleaner does the same work in the same way as the large machines costing from \$2,000 to \$7,000 each. It has the same size hose.

### Give Us a Chance to Help You

You Should Make \$2,500 to \$3,000 a Year on Each Machine

Make a start today and you will never regret it. If you are willing to hustle you can easily make from \$2,500 to \$3,000 a year on each machine you own. Be "Johnny on the Spot" with a machine and get the cream of the business. If you can get a number of these machines working, they should make you rich. We believe there never has been a machine that has so pleased everybody, and made so much money, as the house cleaning machine.

### A Perfect Wonder

The Auto Vacuum reaches every crack, corner and crevice of the floor; the cracks in the wall, the ceiling and mouldings. It cleans and renovates bedding, comforts, blankets, mattresses and pillows.

We have seen it pull out pall after pall of dirt from houses—dirt impossible to remove completely by the ordinary means of beating, etc. When it is working on the streets, the dirt and filth pouring through the observation glass attracts a crowd of people that look with wonder. The ordinary house can be cleaned by two men with an Auto Vacuum House Cleaner in from one to four hours.

### Most Practical Machine Ever Built

#### The Auto Vacuum House Cleaner

consists of powerful gasoline engine rated at over 12 Horse Power—4 cycle—two cylinder, 6-inch stroke, made from the best close grain cast metal, bored and reamed to the minutest detail; manganese bronze rods, babbitted pin ends; perfectly adjusted best metal crank shaft. Newest oiling devices, positive and perfect lubrication; the carburetor, commutator, spark coil and all other fittings the best on the market.

The whole is erected upon a substantial four wheeled, covered wagon propelled by its own power so that it can be moved from place to place and is equipped with vacuum condenser, water tank, vacuum gauge, two high-pressure suction hose, observation glass and cleaning tools, all properly connected and adjusted ready for work. The most practical and perfect machine of its kind ever built. Far exceeds this description.

### Pay For it out of Your Profits

We want you to investigate our more than liberal offer. We do not believe there is any business where so small an investment will bring such wonderful returns.

We have such implicit confidence in the wonderful money-making powers of the Auto Vacuum House Cleaner that we will ship one to any live man, who is honest and willing to work, on 30 days trial and allow you to pay for it in installments, and in such a way that your profit should easily take care of your payments.

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

The Toledo Auto Vacuum House Cleaner Co.  
804 Dorr Street Toledo, Ohio



Two leads of hose, doing twice the work

Cover as shown in picture at top

"The machine is proving a great success—everything is turning out the way you said it would."—H. Bolinger, Mr. Hunter paid for 2 machines, paid all running expenses and saved \$1400 in 3 months. "Have plenty of work."  
—G. C. Woodworth. "I have worked 6 or 7 days and cleared about \$90."  
—J. R. Ryan. "From March 1st the machine has averaged \$25 per day."  
—F. Smith. "We have taken in at the rate of \$100 per week since we started."  
—E. F. Moe. "I have made \$175 in 2 weeks."  
—Frank S. Wilhite.

This sign on your machine will advertise you and should bring you enough customers to keep you busy all the time.

Send the Coupon for FREE BOOK, with full information, pictures and description of the different parts, testimonials and our EASY TERMS.

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Toledo Auto Vacuum House Cleaner Co.,  
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Please send me your free book and full information about The Auto Vacuum House Cleaner.

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# NEW ~ WONDERFUL ~ GRAND

## NO MORE BACK BREAKING, FLOOR SCRUBBING DAYS

*Scrubs, Cleans, Brightens, Eats Dirt—Works Like Magic*

### HOME COMFORT SELF FEEDING SCRUBBING MACHINE VIBRATION DOES THE WORK

Abolishes woman's worst torture. New glorious Discovery. Millions rejoice. World's greatest labor saving invention. Mighty mechanical and liquid vibration annihilates floor dirt, dust, germs—banishes the slavery, drudgery, nastiness of scrubbing and cleaning floors, linoleum, oil cloth, porches, etc. A God-Send to women. Cost but \$3.25 to buy—nothing to operate. Practically indestructible. Simple. Scientific principle. Not sold in stores.

### Agents Making \$50 to \$275 Weekly

Free sample, credit, liberal terms to active agents  
Men, women, investigate to sell or use or both

New—Startling—Unexpected—Grand! Woman's greatest home comfort. No more nerve-racking, hand disfiguring, tiresome, back-breaking floor scrubbing and cleaning days. All this is banished forever. Stop crawling on hands and knees—stop putting hands into strong, soapy water—stop the nasty, disagreeable, sloppy, unhealthy, hated cleaning torture. New Marvelous Invention does the work—so easily, quickly, you hardly know it happens. Cleans most dirty floor, linoleum, oil cloth or porch. See how easy—fill reservoir—turn regulator—guide machine over floor—vibration starts—thereafter it cleans almost automatically. Silent, swift, vigorous, thorough. Every move counts—annihilates dirt, time, labor, drudgery. Child or weakly woman can operate.

#### Throw Away Brushes, Cloths, Buckets

They only mean hard work—even torture—nasty back-breaking toil. They wear you out—ruin hands, health, looks. Let the Home Comfort do the work for you. It's the new, easy, modern, sanitary, scientific way.

#### Machinery Replaces Hands

Scrubbing now a positive pleasure. Mrs. G. Harris, Ill., writes: "Home Comfort has been a God-send. It's so easy to scrub and clean, and it's really wonderful how quickly it works."

Reader, Listen! Machine weighs only 5 pounds. Self-feeding, self-cleansing, self-sudsing. 27-in. of frictional scrubbing surface, attacking dirt with every vibration. No wonder dirt disappears. Metal construction—can't get out of order.

#### What Delighted Users Say

MRS. M. JONES, Cal., writes: "After 3 months' use of the Home Comfort, I must say it is a marvel. I would not take \$50.00 for mine. Words cannot express its value in a home." MRS. H. COLE, N. Y., writes: "I am simply delighted. Robs scrubbing of all its hard work, and takes so little time." MRS. C. LINDY, S. C., writes: "Never had anything I liked so well. No home should be without one. I can now clean dirtiest floor with scarcely any effort."



**\$3.25**

Sent Anywhere for Only \$3.25

Not Sold in Stores.

Suited to every home, office, building—city, town or farm—every person—rich or poor. Price so low you never miss it—really trifling. Handsomely made—striking appearance—Non-Corrosive Materials. A never-ending household boon. Pleases, astonishes all.

Resolve now to banish hard, nasty, filthy drudgery. Don't ruin your health, hands, physical appearance. Wonderful but true. \$3.25 will abolish forever, the long, dreary slavery of grimy, nasty, tiresome, hand scrubbing. \$3.25 turns work into pleasure—drudgery into leisure for visiting, shopping, recreation. Don't hesitate—don't wait—send your order this very hour. It is what you want, have been longing for. We guarantee everything, are an old reliable company, backed by \$50,000 capital. You won't be disappointed.

Agents \$50 to \$275 Weekly

Men, women, get this money. Women all buy this wonderful scrubber. It's irresistible. J. H. Hodson, N. Y., writes: "Women buy at sight; sold 10 yesterday, 12 today. Rush enclosed order for \$250." M. G. Clark, Mont.: "It's a gold mine. Made \$20 yesterday. Sold 4 dozen this week." Orders \$326 more.

These are just samples—hundreds report wonderful success. They're getting rich—why don't you? Think of millions eagerly waiting for a Scrubbing Machine. It's here—Perfect—selling like wildfire.

Really sells itself. New patent—unworked, unlimited field. Sure, easy, rapid success. Previous experience unnecessary. Average 9 sales to every 10 families. Hurry—be first—get exclusive territory—Don't let this money get away. Send postal today for plan that's making agents rich. Sanitary Supply Co., Box 184 Sta. F., Toledo, Ohio

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of fair education PLUS GUMPTION can master shorthand. I am a practical New York business woman and teach Isaac Pitman Shorthand by mail at 25 cents per lesson; PAY-AS-YOU-GO. First Lesson Free. NELLIE M. WOOD, Eagle Bridge, N. Y.



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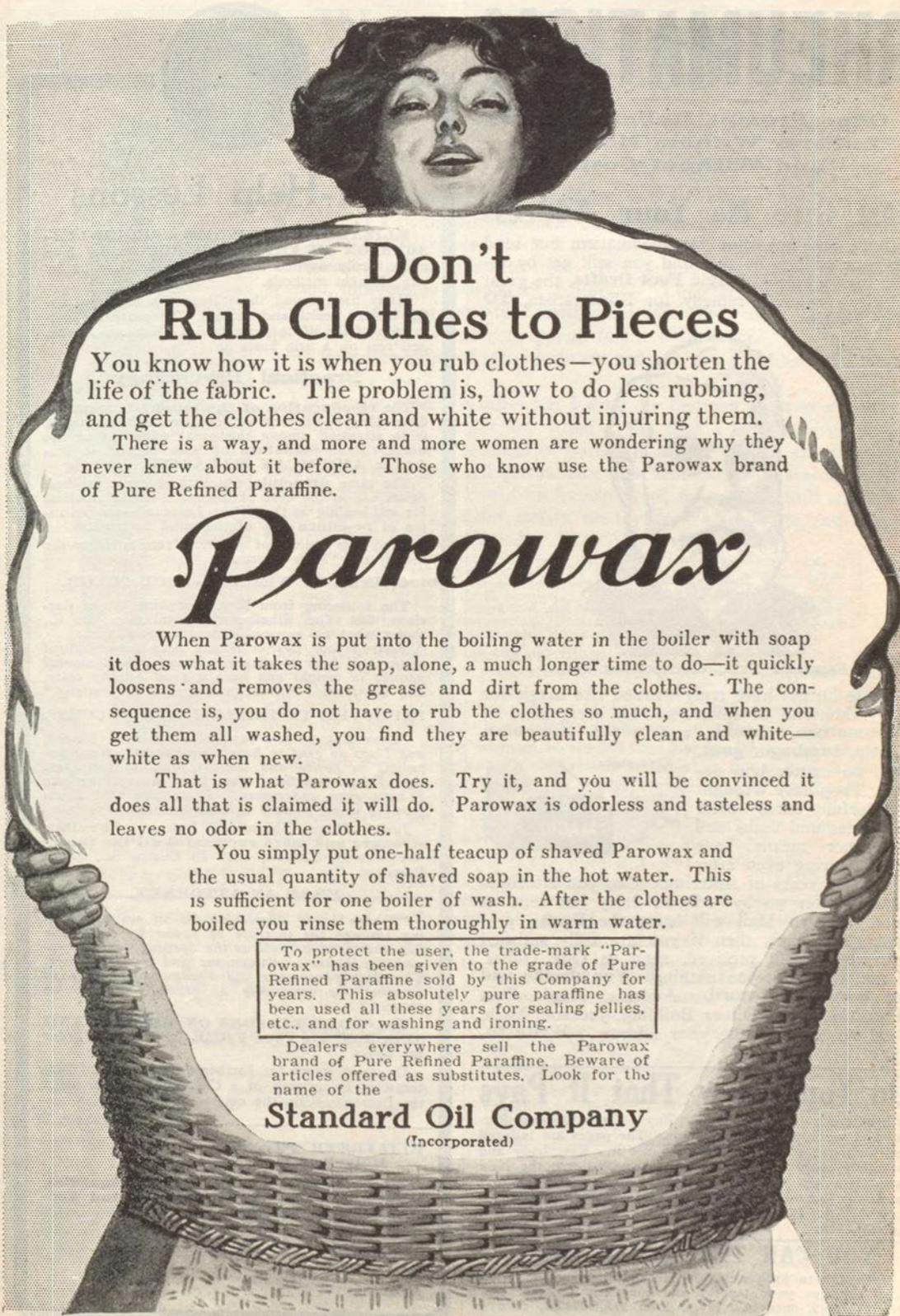
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## Don't Rub Clothes to Pieces

You know how it is when you rub clothes—you shorten the life of the fabric. The problem is, how to do less rubbing, and get the clothes clean and white without injuring them.

There is a way, and more and more women are wondering why they never knew about it before. Those who know use the Parowax brand of Pure Refined Paraffine.

# Parowax

When Parowax is put into the boiling water in the boiler with soap it does what it takes the soap, alone, a much longer time to do—it quickly loosens and removes the grease and dirt from the clothes. The consequence is, you do not have to rub the clothes so much, and when you get them all washed, you find they are beautifully clean and white—white as when new.

That is what Parowax does. Try it, and you will be convinced it does all that is claimed it will do. Parowax is odorless and tasteless and leaves no odor in the clothes.

You simply put one-half teacup of shaved Parowax and the usual quantity of shaved soap in the hot water. This is sufficient for one boiler of wash. After the clothes are boiled you rinse them thoroughly in warm water.

To protect the user, the trade-mark "Parowax" has been given to the grade of Pure Refined Paraffine sold by this Company for years. This absolutely pure paraffine has been used all these years for sealing jellies, etc., and for washing and ironing.

Dealers everywhere sell the Parowax brand of Pure Refined Paraffine. Beware of articles offered as substitutes. Look for the name of the

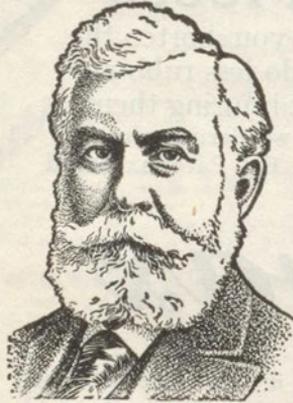
**Standard Oil Company**  
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**I Offer Prompt Relief to Every Sufferer Without Medicine and Without Cost.**

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Don't take medicine for rheumatism but send me your address at once and you will get by return mail a pair of **Magic Foot Drafts**, the great Michigan external remedy for Rheumatism, **TO TRY FREE.**



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These Drafts have truly worked like magic for many thousand of sufferers from every kind of **Rheumatism, chronic and acute, muscular, sciatic, lumbago, gout, etc.**, no matter how severe. They have wrought wonderful cures after medicines and baths and all other means have failed, curing even after 30 and 40 years of suffering. Can you afford to let this offer go by? Don't delay but send at once. Return Mail will bring the Drafts, pre-paid. Try them, then if you are fully satisfied with the benefit received, send us One Dollar. If not, they cost you nothing. **You decide and we take your word.** Address, Magic Foot Draft Co., 239R, Oliver Building, Jackson, Mich. Send no money—just your address. **Write today.**



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## Self-Help Lessons

**ELIZABETH TOWNE'S "FOUR-LESSONS ON HEALTH AND SUCCESS,"** give plain, easily applied instruction in self-healing by new thought methods.

Many have found these lessons a powerful uplift toward health and success. They are the outgrowth of the life experiences of Elizabeth Towne, and rest on a firm basis of

### Practical Psychology

The **re-education of the mind** as a means of developing health and self-confidence is attracting wide attention among the great scientists of the world. Read "**Masters of The Mind**" in November **AMERICAN MAGAZINE.**

The same **principle** which these great psychologists use in the cure of disease is made practical for self-healing in the "**Four Lessons**"—the principle of **re-education** of the mind in truth.

Read this record of practical results from the use of the "**Four Lessons.**"

### GAINED IN WEIGHT—GOOD COLOR.

The following from Mrs. Josephine Waite Garrison, 504 The Ethelhurst, Washington, D. C., shows what an earnest student accomplished: "**Received your Lesson II and have been faithful to the half hour of silence. I have gained several pounds in weight and have a good healthy color, and my friends tell me how well I am looking.**"

### IMPROVED IN HEALTH AND SUCCESS.

"**Your Lessons are certainly just what I need, and I am so glad to have found them. Have improved in health and success more in the short time I have practiced them than in anything else I have ever undertaken. I can see that I am growing in my powers of concentration.**"

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"**I have found wonderful aid in my undertaking through the increase of power by concentration exercises, as well as the opening of the sympathetic channels between me and my fellowmen. This last phase has aided me wonderfully in securing the friendship of others.**"—(Name on request.)

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Or, send stamp for further particulars and "**Interesting Experience of a Chicago Man**" in using the Lessons. Clip the coupon **NOW.**

**ELIZABETH TOWNE,**  
Holyoke, Mass.

Please send me full details regarding your "**Four Lessons on Health and Success.**" Stamp enclosed.

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Style is in the Figure and Poise and Not in the Gown

## A Woman Should Never Be Satisfied without Perfect Health A Good Figure A Clear Skin

*She can attain these by Scientific Means in the Privacy of her Own Room*

**I** WISH I could put sufficient emphasis into these words to induce any woman, whose health is not perfect, or whose figure does not please her, to write to me. My pupils are among the most refined, intellectual women of America. They are my best friends and the strongest possible testimonials for the value of *natural, hygienic principles of cure as opposed to the drug habit.*

At least one-third of my pupils are sent to me by those who have finished my work.

I no longer need to claim what I *can* do, because I *have done* it. I think I do not exaggerate when I say that I have relieved more chronic ailments and reduced or built up more women in the past nine years than any ten physicians; the best physicians of America endorse my work. I could fill hundreds of magazines with testimonials; the following from letters on my desk as I write, indicate a few ailments I have relieved:

"My weight has increased 30 pounds." "My kidneys are much better." "My eyes are much stronger and I have taken off my glasses." "I have not had a sign of indigestion or gall stones since I began with you." "I weigh 83 pounds less and have gained wonderfully in strength. I never get out of breath, the rheumatic twinges have all gone, and I look and feel 15 years younger." "Just think of it! To be relieved from constipation. Entirely free after having it for 30 years." "Have grown from a nervous wreck into a state of steady, quiet nerves."

If you are suffering from any chronic ailment, if your figure does not please you, or if you will tell me the particular difficulty you wish to correct, I feel sure I can help you. If I cannot, I will tell you so. Your correspondence will be held in strict confidence. Many a woman has surprised her husband and friends by improvement she has made by just 15 minutes a day in her own room.

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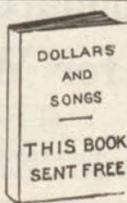
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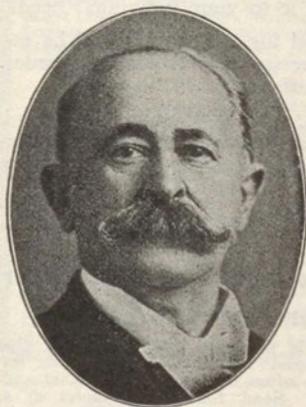
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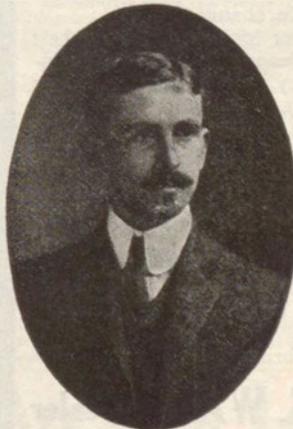
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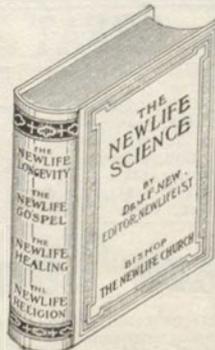
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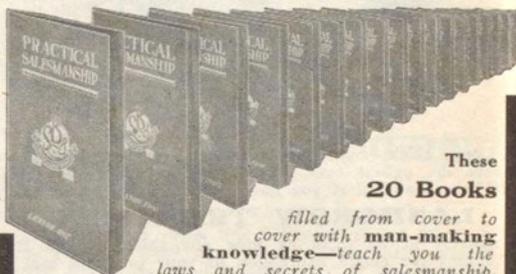
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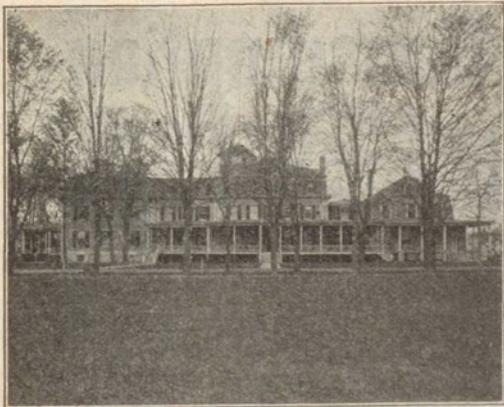
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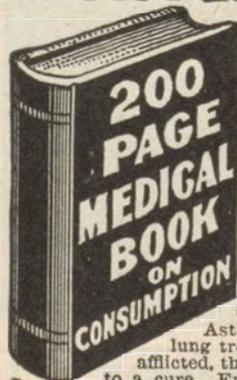
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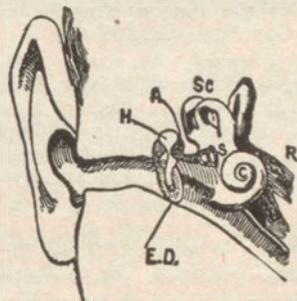
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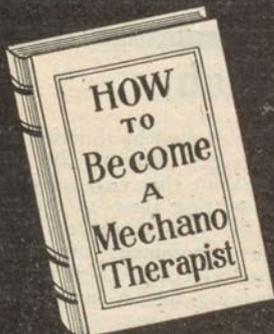
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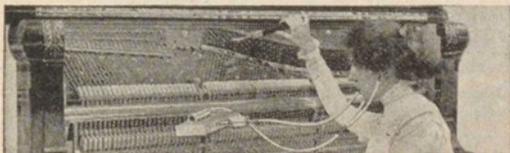
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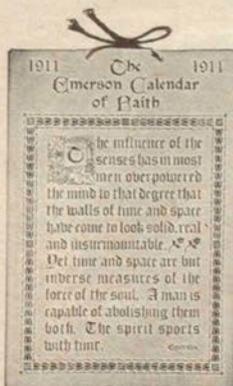
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Personal appearance counts for much, and "Mrs. Rhodes' Great Hair Maker" will do the work and do it right. A sample testimonial follows:  
"I met the other day a young lady who was once stenographer for us. She said: 'Oh, Mrs. Towne, do you remember the Hair Maker you told me of about a year ago—Mrs. Rhodes? I used it faithfully and now have fully twice as much hair as I had a year ago. I am sure I would have lost all my hair if it hadn't been for that remedy. Both my sisters have been using it, too, with most gratifying results.'—Elizabeth Towne." Year's treatment with picture and information for \$1.00. **MRS. GRACE G. RHODES, Dept. B, Corry, Pa.**  
P. S.—"Mrs. Rhodes' Great Hand Beautifier" is par excellence for bleaching and softening the hands. Sent postpaid for 50c.

**PAINLESS CHILD-BIRTH**  
**ONE DOLLAR. POST PAID**  
**DR. DE MORK**  
**BRIDGEPORT, : : CONN.**

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FOR HOMES, SCHOOLS, PUBLIC BUILDINGS, OFFICES, LIBRARIES, ETC.

In response to many requests, we are putting out the "For World Peace" motto (read it on another page), on 80-lb. India tint wove paper, 16 3/4 x 14 inches. It is printed in heavy black face large type, with a handsome border all around. How many do you want at

10c per Copy,

Securely mailed in a tube.

50c per dozen copies or \$2 per hundred.

Post them in schools, homes and other public places and help along World Peace. The same motto on a small slip, just right to slip into your letters, 25c a dozen; 50c for 100, postpaid.

**ELIZABETH TOWNE, Holyoke, Mass.**



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31 BESSE PLACE, SPRINGFIELD, MASS.

Be thyself! Every heart beats in unison with that iron string.—Emerson

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# "Tune Up"

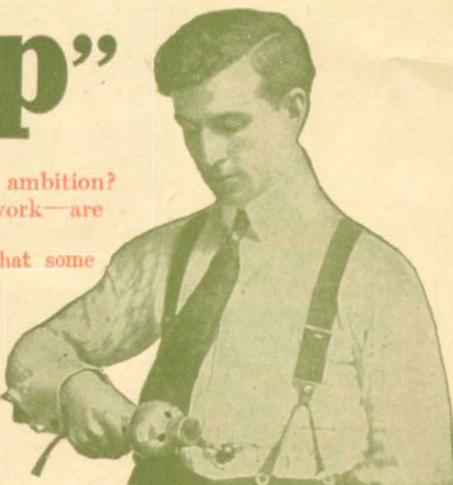
How do you feel right now—this minute?

Are you full of energy—ginger, overflowing with ambition?

Do you feel an intense, vivid interest in your work—are you confident of yourself—**ARE YOU ALIVE?**

If you have to force yourself along it's a sure sign that some thing is wrong. Any machine that works hard wears out rapidly. Your mind—your body are no exceptions. You can't wear them out if you keep them in perfect condition—you can ruin them in just a little while if you have to goad them along.

**VIBRATION IS THE SECRET**—it is life. If you feel dull, listless, dragged out, spiritless; if your work seems to smother you, something is wrong. You need tuning up all over. **VIBRATION**—nothing else can do it.



## Buoyant Life and Strength

Yes, the greatest gifts the world can offer are now within your reach. **Vibration will make you really live.** It will set your stagnant blood to dancing through your awakened veins and arteries; the poisonous, stupefying waste is carried off, every organ in your body responds to its revivifying influence. Your mind is clear, eager, active. You are glad to work—sure of yourself—you are in tune with the world.



## The White Cross Electric Vibrator

gives you your choice of the three greatest forces in the world—*Vibration, Galvanic and Faradic Electricity.* Scientists know that all life, all strength, all power comes from these three great forces. There is nothing mysterious about it. **The White Cross Electric Vibrator** enables you to work with Nature by employing the greatest of natural principles.



### Here Is a Picture

of the wonderful **White Cross Electric Vibrator.** Send the coupon for the free book which tells all about it and the wonderful, yes, wonderful things which vibration will do for you. Read how you can have a Vibrating Chair of your own, take Swedish Movements, electric baths, etc., all without cost. Can be attached like an electric light or will run on its own batteries if your house is not wired.

### Send the Coupon

Or name and address on postal or letter for handsome Free Book and full particulars of our Special Limited Offer. The greatest boon ever offered to mankind now open to you—**INVESTIGATE.** Read what great scientists and noted physicians say about Vibration and the White Cross Vibrator. Read, too, what thousands of users say. Get the proof for yourself. No obligations at all—just the coupon necessary. **Send NOW.**

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Dept. 2982  
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Gentlemen: Please send me free, full particulars about Vibration, copy of your Free Book and explanation of your Special Limited Offer on the **White Cross Electric Vibrator.**

Name .....

Address .....

# Shall Woman be Admitted to Partnership?

## Listen!

A mother (and the perfect mother must ever be the highest aim of Suffragism and Evolution) writes to me: "Some years ago my daughter had typhoid fever and meningitis, which left her weak-minded. She is now in an Asylum. The doctors say the trouble is in the speech center. Before her sickness she was a very bright girl, and if she had kept well three months more would have graduated from the grammar school at thirteen."



**But** her daughter is a graduate into the Asylum instead! Poor, unfortunate mother! And yet she believes, with the doctors, that the trouble is in the speech center, when everybody should know that the trouble is largely in the common sense centers of doctors and of educators, who are paid to know better!

## Fools are not Born! They are Graduated!

I am not knocking doctors and educators as individuals, but, the truth to tell, their brainlazziness in matters of Health has painfully retarded Evolution towards Autology's goal. Autologic Suffragism does not merely make woman a voter, but makes her the Educator, Doctor, and, if you like, *Governor* of the home—in other words, the Perfect Mother. I presume that retarding of normal Evolution by doctors and educators made Elbert Hubbard exclaim:

"Dr. Moras has written a Commonsense Book on Autology, and by so doing, placed the Standard of the Creed of Health farther to the front than any other man who has lived for a thousand years."

I have read your Autology with care. It has been of unusual interest throughout. The whole work, from beginning to end makes a splendid environment for producing active thought.

—Luther Burbank.

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

"No money could buy my copy."—Miss M. L. Smith, 513 Grand Avenue, Milwaukee, Wis.

Autology is the nearest to being the guide to Perpetual Youth of anything I ever saw in print. Anyone who reads it will know more about curing their ills and keeping well, than could be learned by reading all the medical books ever published. I have eliminated the old idea that we must be drugged, rubbed and robbed, electrified, burned and blistered, in a vain hope of getting well.—Prof. E. Denham, New Bedford, Mass.

## Well or Sick, You Need Autology

Autology is no theory, no fad, no creed. Autology is no experiment, either. That you may see and know for yourself, enclose 10c (a dime or stamps) and I will send you my "Guide to Autology," containing a wealth of information whose health and brain value can't be reckoned in dollars and cents. Note—If you are not satisfied and wish to return it, I will promptly refund the ten cents. Address

**E. R. MORAS, M. D., Dept. 801, Highland Park, Ill.**

Harvard University Medical School, '88; College of Physicians and Surgeons (Chicago), '89. Formerly House Physician and Surgeon in Cook County Hospital (Chicago), Professor of Obstetrics, College of Physicians and Surgeons (Chicago). Member of Chicago Medical Society, etc.

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TRANSCRIPT  HOLYOKE, MASS.