

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.

Published by

ELIZABETH TOWNE
HOLYOKE, MASS.

PRICE 10 CTS.



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.

The man SHAVES. Every day, he or his barber, rubs, kneads, EXERCISES the muscles and tissues until all the little vessels are filled with rich, red blood coursing freely through them, carrying away the waste and poisons, building and strengthening until the skin glows clear and fresh and the firm, elastic muscles underneath absolutely refuse to register the footprints of the advancing years.

The man uses only the commonest, hit-or-miss kind of massage, yet the results are apparent in almost every face you see. By the perfect, modern way of massage through VIBRATION, the results are wonderful almost beyond belief. You can mould your face and figure exactly as you wish.



The FREE BOOK Tells the Secret
Send the Coupon for it TODAY



You can wonderfully improve your own appearance in just a short time right in the privacy of your own home. You need never pay a penny to expensive specialists or buy any creams, lotions or anything of the kind.

With a **White Cross Electric Vibrator** you have the most wonderful

beautifying force in the world at your command. No one who has never tried vibration can even begin to realize the marvelous, *actually marvelous* results that anyone can easily accomplish through its aid.

It is the right way—NATURE'S WAY—and the results are permanent. The free book, "HEALTH AND BEAUTY," tells you the whole marvelous story—a story that every woman ought to know. You will be vitally interested right from the beginning of the very first page. You will learn how you can round out hollows, banish wrinkles, mould your chin and beautify your complexion. Just your name on the coupon or a postal or letter brings you the FREE BOOK by return mail.

**Lindstrom,
Smith Co.**

253 La Salle Street
Dept. 2981 Chicago, Ill.

Without any obligations on me,
please send me free, postpaid,
your book, "Health and Beauty."
Also free trial offer.

Name

Address

Lindstrom, Smith Co.

Dept. 2981
253 La Salle Street
CHICAGO, ILL.

The White Cross Electric Vibrator

can be used right in the privacy of your own room. If your home is not wired for electric light you can run the VIBRATOR with dry cells like an electric bell. No electricity touches you unless you wish, but you can also have Galvanic and Faradic electricity, Vibrating Chair, Swedish Movements, etc.—all with the same machine.



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.

Published by

ELIZABETH TOWNE
HOLYOKE, MASS.

PRICE 10 CTS.

NEW THOUGHT CENTERS.

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

- 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, Norun 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 Melvor, librarian.
DENVER, Col.—Dr. Alexander J. McL. 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.—Coke & 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.
LONDON, England.—Higher Thought Center, 10 Cheniston Gardens, W.
LONDON, England.—I. N. Fowler & Co., 7 Imperial avenue, E. C.
LONDON, England.—Power Book Co., 29 Ludgate Hill, E. C.
LONG BEACH, Cal.—Mrs. S. F. Connley, 14 American avenue.
LOS ANGELES, Cal.—Metaphysical Library, 611 Grant Bldg., 355 South Broadway.
LOS ANGELES, Cal.—Occult Book Co., 213 Mercantile Place.
LOS ANGELES, Cal.—Whalen's News Agency, 233 South Spring street.
MASSILLON, Ohio.—Ralph W. Young.
MELBOURNE, Australia.—Miss E. R. Hinge, 178 Little Collins street.
NEW YORK CITY.—New Thought Free Reading Room, N. Y. American Bldg., Columbus Circle, Broadway and 59th St.
NEW YORK CITY.—New Thought College Free Reading Room, 110 W. 34th street.
NEW YORK CITY.—Roger Bros., 429 Sixth avenue.
NEW YORK CITY.—Dr. Richard B. Schleusner, 134 West 20th street.
OAKLAND, Cal.—Rest Reading Rooms, 719 14th street.
OKLAHOMA CITY, Okla.—Institute of Human Science, 318 East Seventh street.
OMAHA, Neb.—The Vitapathic Sanatorium, 2319 S. 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 O street, N. W.
WILLIMANSETT, Mass.—Mrs. S. A. Emerson, 30 Emerson street.
WINNIPEG, Man., Can.—Prof. R. M. Mobius, 494½ Main street, Suite 1.
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 gastronomics 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 subsidies 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.

Send all orders to **ELIZABETH TOWNE, Holyoke, Mass.**

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.)

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

Send Your
Old Carpet
We Will Make
New Rugs
Beautiful designs to your taste—Plain, Fancy, Oriental—fit for any parlor. Guaranteed to wear ten years.
Rugs, 50c and Up
Ours is the largest factory of its kind in America. Established 37 years. Originators of OLSON FLUFF RUG. (Grand Prizes at 7 World's Fairs.)
We Pay Freight
Old carpets are worth money; don't throw yours away.
FREE Write today for book of designs in colors, prices and complete information.
Olson Rug Co.,
37 Laflin Street, Chicago, Ill.

Turkish Baths at Home Do Wonders

There is internal body waste always going on. An over-accumulation of this poison means nerve exhaustion. Drugs cannot drive it out. Take a scientific Turkish Bath at home, at cost of only 2c. a bath; by means of the **ROBINSON TURKISH BATH CABINET**

and feel the rapid change in your condition inside of 30 minutes. It has produced astonishing results in men and women, nervously exhausted and afflicted with rheumatism, blood, stomach and other troubles. Prominent physicians in many cases are abandoning drugs for this new treatment. The Robinson Bath Cabinet is the only scientifically constructed bath cabinet ever made—a model of ingenuity. Sold by dealers or sent direct, at prices to fit any purse. Send for illustrated booklet of astonishing facts, free with full information. **ROBINSON MFG. CO., Suite 146, Snowflake Bldg., Toledo, O.**

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

Our system is a positive success. It equips you to conduct these money making branches, and gives you a valuable Commercial Law Course Free. Clerks, Book Keepers, Salesmen, Agents, Solicitors and others should investigate this. Send no money, simply your name and address and I will mail you our **Big 62-Page Book**, absolutely free. Write today.
International Realty Corp., 1217 Manhattan Bldg., Chicago
Successors to The Cross Co. and H. W. Cross & Co.

Salesmen Wanted

Trained Salesmen earn from \$1,200.00 to \$10,000.00 a year, and expenses. Hundreds of good positions now open. No experience needed to get one of them. We will assist you to secure a position where you can get Practical Experience as a Salesman and earn \$100 a month or more while you are learning. Write to-day for our free book "A Knight of the Grip." List of good openings, and testimonials from hundreds of men recently placed in good positions.
Address nearest office, Dept. 132

National Salesmen's Training Association
Chicago New York Kansas City Seattle New Orleans

(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!

CATNIP must be fresh to be good. Let us mail you each month a fresh supply, enough to keep a cat healthy and happy during the month. Six months' service, 50 cents; less than 10 cents a month. Send 50 cents today and let us start mailing it to you. G. S. CHENEY COMPANY, Herb Specialist, 15 Union Street, Boston, Mass.



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.



A wonderful, new, Healthful, all-the-year-round Drink. Physicians prescribe it in throat, stomach and intestinal troubles. A refreshing drink during fever convalescence. At Druggists, Grocers and Soda Fountains. Write for Booklet.

Hawaiian Pineapple Products Co., Ltd.,
112 Market St., San Francisco, Cal.

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

SUCCESS-POWERS

FOR YOU IN

"Power of Will" tells you

The Law of Great Thinking.
The Four Factors on which great thinking depends.
How to develop analytical power.
How to think "all around" any subject.
How to throw the mind into deliberate, controlled, productive thinking.
Detailed directions for Perfect Mind Concentration.
How to acquire the power of Consecutive Thinking, Reasoning, Analysis.
How to make any topic yield ideas, instructions, material, for essays, speeches, compositions, descriptions.
How to acquire the skill of Creative Writing.
How to guard against errors in Thought.
How to make the Will supreme in the Mental Realm.
How to drive from the mind all unwelcome thoughts.
How to follow any line of thought with keen, concentrated power.
How to develop Reasoning Power.
How to handle the mind in Creative Thinking.
The secret of Building Mind Power.
How the Will is made to act.
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.
How to exercise the nerves.
How to throw off the mood of Worry.
Affirmation of Supreme Well-being.
How to overcome the tyranny of the Nervous system.
How to secure steady nerves.
How to keep the body quiet, controlled, conserved in power, eliminating all nerve-force destroying habits.
How to train the great executive servant of the Mind—the Hand.
How to maintain the Central Factors of Body health.
The First, Second and Third difficulties in Mastering Harmful Habits.
The Law of Will-Power in Habits.
The Mental Law of Habit Cure.

"POWER OF WILL"

By FRANK CHANNING HADDOCK, Ph. D.

This great Training-System builds



Power of
MIND
WILL
CULTURE
MAGNETISM
INTELLECT
INFLUENCE
LEADERSHIP
MASTERY
FINANCIAL
ABILITY

"Power of Will" makes your mind a Creative Power; trains you for the Winning Personality; produces Courage-Confidence; builds Brilliance of Intellect; brings a Splendid Control of Self in Thought, Action, Conduct; develops Mental and Physical Energy; creates mastery of Men and Situations; schools the Five Senses; insures Poise, Power and Influence in Public Affairs; in short—it unfolds Mental and Physical Powers. Over 1000 laws, rules, regimes, methods for developing the traits and powers mentioned in side columns. Not a commonplace essay but ACTUAL METHODS which produce the results you are after. When you receive this book, you'll vow you've got a gold mine.

To the psychologist and student of self-culture this volume will be a treasure; to professional men, such as lawyers, doctors, ministers, teachers, public officials, it is a revelation of the laws of mental action and control; to business men, such as merchants, salesmen, clerks, bankers, etc., it becomes a great creator of financial power, with infallible regimes for clear thinking, personal influence and management of men; to the young man or woman seeking a foundation for Mental or Physical Supremacy, it is worth double its weight in gold.

N. Y. Times says: "Plain, practical, scientific". Health Culture: "Of infinite value to any man or woman."

\$3.00
Postpaid.

Imperial volume of 400 pp., gilt top, royal purple binding with 22-carat gold cover design. Size 6x9 in. Tear this page out, write your name and address and mail with remittance. It is so extremely valuable that I will buy it from you at full price if you remail within ten days from receipt.

This Magazine guarantees this offer 100 per cent. **SQUARE DEAL.** You get the substance of libraries for \$3.00. Book mailed same day order arrives.

"Every page a delightful epigram" NAUTILUS.

"Power of Will" teaches you

The Seven Laws for ridding yourself of Profane Speaking.
The Fifteen Star Methods for mastering Anger and Irritability.
What the Psycho-Physical cause of the Drink Habit is.
Nine long demonstrated regimes for mastering this curse (Rare Value).
How to overcome embarrassing Hesitation of Speech.
How to develop a direct, forceful, effective style of talking in business, society, anywhere.
How to eliminate Mind-wandering.
How to hold the mind closely upon any desired line of thought.
How to speak tersely, emphatically, and think ahead for best expression.
How to school yourself against Thoughtlessness.
How to overcome Indecision.
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.
The Inner Law of Memory.
The Star Method for remembering the substance of any book.
How to plan ahead in your career through the great Pioneer Power—IMAGINATION.
How to plan conduct so as to avoid former mistakes of Thought, Action.
How to make the imagination fill the mind with Life, Action, Energy, Beauty, scenes of Pleasure, Profit.
How to work the Imagination for discovery and invention.
How to improve mechanical devices.
How to create and build new devices.
How to make Imagination create for Literary Ability.
How to make Imagination suggest improvements in business, the home, your environment, conduct.
How to look into the Workshop of the Mind—and give ideas and thoughts Practical Creation.
How to cure diseased Imagination.
How to banish unhealthy mind states.
How to banish fear of Men, Ill Luck, Death, Hell, Misfortune.
How to arrive at best decisions.
How to use the power of deliberation.
What Francis Bacon said you must do to work (influence) any man.
The First Principle for success in contact with others.
The Mental Attitude you must hold to impress people.
The Secret of Control of Others.
How permanent Influence over others is secured.
The Best Rule in the Control of Others.
The FIFTY-FOUR MASTER RULES in the control of others.
The chief difficulty of Public Speaking.
How to use the Skill-Art of Influence before any audience.
How to acquire Thought, Develop Language, Exercise Expression.
How to be instructive, impressive, pointed, effective, clear.
How to overcome stage fright and embarrassment.
How to secure poise, power, persuasive ability.
How to handle eyes, voice, body.
How to deeply impress the audience.
A scientific treatise with hundreds of rules for training the child's will.

Albert Lewis Pelton

(THE POWER-BOOK LIBRARY)

Meriden, Connecticut.

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



(1) Drooping, sunken eyelids denote lack of vitality. The cure for raising the eyelids properly: Strong, digestible, vital foods.



(2) Drooping, swollen eyelids indicate overeating. The cure: Correct proportions and combinations of foods.



(3) The wrinkles between the eyebrows indicate indigestible foods. The cure for effacing these wrinkles: Digestible, brainy foods.



(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.

I Have No Foods to Sell

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.**



Brainy Diet

A chronic sufferer, weighing 415 pounds, unable to exercise, took correct combinations of ordinary, daily foods and reduced over 150 pounds (in public life, under many witnesses) gained strength with firmer flesh, and lost rheumatism.

Remarks about the four free booklets:—

"A suggestion from your booklets relieved my catarrh in two weeks and gave me confidence in your methods."

"The Government should investigate and teach the Brainy Diet System for the good of the Nation."

A business man writes: "The hints in Booklet No. III on foods for clearing the liver and nourishing the brain are worth untold dollars, although the books come free."

(1) Tests of Brainy Diet (3) Effects of Foods
(2) Diet Versus Drugs (4) Key to Longevity

10 Cents Accepted for Postage

Send the addresses of your sick friends to

G. H. BRINKLER

Food Expert, Dept. N, WASHINGTON, D. C.

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

YEARLY SUBSCRIPTION, \$1.00.

SINGLE COPIES, 10 CENTS.

Copyright, January, 1910, by Elizabeth Towne.

Published Monthly.

Holyoke, Mass.

Entered at the Post Office at Holyoke as second class mail matter. Foreign postage, 50 cents.

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!

THE NAUTILUS, monthly, \$1.00 a year; foreign countries 6 shillings, 3 pence, by international money order; to Canada, \$1.25. Foreign money, stamps or postal notes *not acceptable*. THE NAUTILUS is owned and published by Elizabeth Towne, Holyoke, Mass., to whom should be sent all subscriptions and all correspondence regarding the magazine.

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

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

We will send you a notification when your subscription expires.

Give full name and fullest address in every letter.

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

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

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

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

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

The word NAUTILUS is pronounced exactly as spelled, accent on first syllable. Its significance is hinted in the NAUTILUS verse at top of page 9.

ADVERTISEMENTS.

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

Self-Help Books for You and Yours

BY ELIZABETH TOWNE.

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

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

THE LIFE POWER AND HOW TO USE IT.

176 pages, well bound in vellum cloth, with autograph picture of author. Price, \$1.00.

LESSONS IN LIVING.

The latest book by Mrs. Towne, out October 1, 1910; 185 pages, bound in silk cloth, stamped with special cover design, new portrait. Price, \$1.00.

JOY PHILOSOPHY.

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

YOU AND YOUR FORCES, or The Constitution of Man.

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

HOW TO GROW SUCCESS.

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

EXPERIENCES IN SELF-HEALING.

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

HAPPINESS AND MARRIAGE.

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

JUST HOW TO WAKE THE SOLAR PLEXUS.

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

JUST HOW TO CONCENTRATE.

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

HOW TO TRAIN CHILDREN AND PARENTS.

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

JUST HOW TO COOK MEALS WITHOUT MEAT.

Paper; price, 25 cents.

YOUR CHARACTER, by Elizabeth Towne and Catherine Struble Tving.

96 pages. Price, 75 cents.

BY WALLACE D. WATTLES.

THE SCIENCE OF GETTING RICH.

Bound in violet silk cloth, portrait of author, 155 pages. Price, \$1.00.

THE SCIENCE OF BEING WELL.

Uniform with the above, new portrait; price, \$1.00.

NEW SCIENCE OF LIVING AND HEALING.

Bound in "Rhodenden," 100 pages. Price, 50 cents.

FIVE SPECIAL BOOKS.

HEALTH AND WEALTH FROM WITHIN.

By William E. Towne.

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

PROSPERITY THROUGH THOUGHT FORCE,

By Bruce MacLelland.

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

PSYCHOMA, or Soul Sleep, by Helen Rhodes.

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

THROUGH SILENCE TO REALIZATION.

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

THE EVERY DAY BOOK.

Compiled and portions of it written by Suzanne Wardlaw.

A "birthday book," "year book" and "every day book" combined. Gives zodiacal sign, precious stones, colors, flowers, musical composers, and special sentiment for every month, with appropriate quotation for each day of the year. A little beauty, heavy finished paper, rich, red silk cloth stamped in white leaf, 130 pages and blank pages for further sentiments. Size 4 1/4 x 8 inches. Price, \$1.00, postpaid.

BY ELLA WHEELER WILCOX.

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

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

NEW THOUGHT PASTELS.

A volume of the latest and some of the best of Ella Wheeler Wilcox's beautiful poems. Paper, 50 cents. Silk cloth bound, 90 cents. Postpaid.

Any of the above books sent postpaid on receipt of price. Any \$4.00 worth sent postpaid for \$3.50; any \$10.00 worth for \$8.50. All sent postpaid to separate addresses if you like. Order of the publisher, Elizabeth Towne, Holyoke, Mass.

AGENTS



My Sanitary Coffee Maker produces pure, sweet coffee, needs no settler and never wears out. Saves coffee, money and health. Every wife buys at sight; new invention; exclusive territory. Send 15c for 50c size, postpaid. DR. LYONS, 446 Day St., Pekin, Ill.

HEADNOISES STOPPED

by simple device. Don't suffer another minute. Write today and I will send you full information by return mail absolutely free. Address.

G. C. POWELL, (Patentee)

7486 Bank Building

Peoria, Illinois



I WILL MAKE YOU PROSPEROUS

If you are honest and ambitious write me today. No matter where you live or what your occupation, I will teach you the Real Estate business by mail; appoint you Special Representative of my Company in your town; start you in a profitable business of your own, and help you make big money at once. Unusual opportunity for men without capital to become independent for life. Valuable Book and full particulars Free. Write today.

NATIONAL CO-OPERATIVE REALTY CO.
217 B Marden Building
Washington, D. C.

E. H. Marden, Pres.

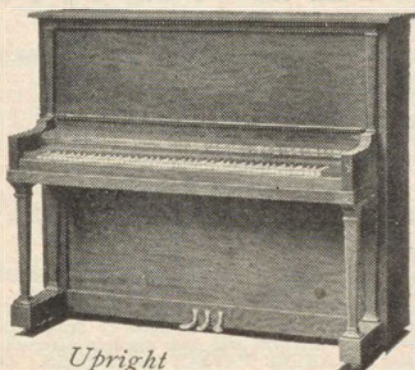
We Smile!!!

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

If you intend to buy a piano

you should know all about the Packard Uprights, Grands and Player-Pianos before making a selection.

They are strictly of *one* and the *highest* grade, the sole product of their manufacturers and specialized along just the lines to make any one of them the ideal instrument for your home.



Upright
Style "AA"

The Packard tone has that rare singing sweetness which will delight your family circle. The Packard action has the right feel, the even, responsive elasticity that will *aid* your children and *enthuse* the able players. And the Packard durability is *permanent*, the result of best materials, perfect design and conscientious construction, making the Packard an investment of *lasting* value to you and yours.

Packard

**The Piano
for the Home**

**The Player-Piano
for the Home**



Player-Piano
ready to use as player

The Packard Player-Piano deserves your special consideration. It makes *musicians*—not mechanical performers—of the whole family. Enables you to play your favorites as you *feel* them, unchecked by the usual expression devices of the ordinary player-piano. But for those who ask it to take care of expression as well as technique it provides wonderfully ingenious aids to natural, artistic effects. Changed in a second to play by hand.

So you may investigate the Packard thoroughly let us send you the following

FREE

Our Art Catalogue showing actual photographs of the various styles in their natural colors and grains. *The Complete Pianist*, an entertaining booklet telling in story and picture the wonderful possibilities of the Packard Player-Piano. *Our Selling Plan* which enables you to try the Packard wherever you live, without obligation, and to buy it, if you wish, on easy payments.

Write today and have a Packard for Christmas.

THE PACKARD COMPANY, Dept. U., FORT WAYNE, INDIANA

Are You Ill?

Do You Really Want A Remedy?

Will You Use A Common Sense One?

HERE IS YOUR ANSWER!!!



I want to prescribe a NATURE TREATMENT for you.
Will you consider it?

Let me show you three things.

1. The horrors of drugs.
2. The beauty of Nature's Remedies.
3. The RESULTS I HAVE ACCOMPLISHED FOR OTHERS.

SO, 1st. Have you ever thought of the absurdity of drugs? Have you ever thought that none knows exactly what any drug will do? Do you realize that half of the agonies that you suffer are the results of drugs. What are the causes of deafness and poor eyesight after certain diseases but the AFTER EFFECT OF DRUGS. Drugs are at best only a guess. **DO YOU WANT TO BE GUESSED WITH?**

OR, 2nd. Do you know that Nature is self protective? And that NATURE HAS ITS OWN REMEDIES, which, when rightly understood and applied, will cure any disease. Instead of putting another disease into your system we first BUILD YOU UP WITHOUT INTERFERING WITH YOUR WORK. Then we apply those of Nature's remedies as seem best for YOU. Your trouble is made an individual study and you get the result of years of experience. You are treated until you are cured. And under my personal direction.

THE NAUTILUS stands for drugless healing and we are glad that our work is thus directly approved by so powerful a force.

AND, 3d. The number of grateful people who have been helped by our treatment is almost unbelievable. Diseases which the doctors considered incurable we have cured absolutely. Those who have suffered for years have been immediately helped. A few—we can't print them all—are those you find on the next page. Read them carefully. They are all used by permission. If you want to know of others near you, write us.

If We Undertake Your Case and Say We Will Cure You

WE WILL CURE YOU

And we will prove it

without cost to you

From the beginning of the treatment to the moment when a cure is effected, Dr. Vliet gives his personal attention to the sufferer. The time to write Dr. Vliet is NOW. Ask for diagnosis blank (G) and large, FREE book by Dr. Vliet, "Health Without Drugs."

C. K. VLIET, M. D.—Head Physician

HEALTH BY MAIL, INC.

109 West 129th St.,

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.

Oh! I feel so glad, for life is everything to me now. I trust this letter will cause some one who is suffering, or who is not in the best of health to give Health By Mail a trial, for the results of their treatment are better felt than told.

Yours very truly,

Mrs. E. L. SMITH, R. F. D. No. 3, Fairburn, Ga.

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

Everything you say will be held strictly confidential. Speak plainly, without reservation. A great Health Opportunity is waiting for you, men and women alike. Write to Dr. Vliet today. Ask for a diagnosis blank (G) and large free booklet by Dr. Vliet, "Health Without Drugs."

C. K. VLIET, M. D.—Head Physician

HEALTH BY MAIL, INC.

109 West 129th St.,

New York City

Another Last Chance

Last month we used this page to tell you of the last opportunity that will be offered to qualify for the legal practice of Suggestive Therapeutics in a fifteen week course of personal instruction. We now announce the last opportunity to secure a complete correspondence course or, in fact, any kind of course which will enable you to qualify for legal practice of Suggestive Therapeutics. After we enter our new building, which will be September 1st, 1910, it will be impossible for one to procure a diploma or certificate to practice Suggestive Therapeutics without first taking the first four-year collegiate course. Fill out this coupon below and we will send you full particulars immediately.

WE NOW FURNISH A COMPLETE MAIL COURSE

In this course we tell you not how to experiment, BUT JUST WHAT TO DO! The lessons of the course are the literal transcript of the class lectures delivered in the FOUR-YEAR COURSE at the parent school, before the class in attendance. Each point is explained, each question brought up by the students in the resident classes answered; the proceedings in the clinics are detailed, etc., etc. You are taught HOW to control the Blood supply, stimulate the nerve and relax the tissue, analyze the mental state, diagnose the physical condition, readjust the mental processes, so that, what the Physician describes as "The Constitution of the patient" and the Surgeon means by "Nature" and the Therapist knows as "Mind," may respond by MANUFACTURING ITS OWN CHEMICALS AND SECRETIONS TO DISSOLVE AND EXCRETE THE OBSTRUCTIONS AND MAINTAIN A STATE OF NORMAL HEALTH.

Here follows a condensed Table Contents of the 40 sections of the Complete Correspondence Course, with diagram quiz and title pages; there are 1,000 folios divided into 40 sections or 103 lessons.

These lessons were used as a text in seven classes at the school before they were published, so they were thoroughly revised, criticised and clarified before they were printed.

These lessons teach the "Anatomy and Physiology" of the mind—they teach you to trust your mind—to know yourself—to master self—and from a mastery of self it is a short step to the mastery of all other things.

Section I.—Mind. Section II.—The Kingdom. Section III.—The Infinite. Section IV.—Consciousness. Section V.—Conscience. Section VI.—Thought. Section VII.—Perception. Section VIII.—Conception. Section IX.—Reason. Section X.—Will. Section XI.—Apperception. Section XII.—Memory. Section XIII.—Faculty of Physical Control. Section XIV.—Faculty of Response to Suggestion. Section XV.—Intuition. Section XVI.—Telepathy. Section XVII.—The Positive Attitude. Section XVIII.—The Positive Attitude. Section XIX.—Concentration.—Forgiveness. Section XX.—Intention.—Agreement. Section XXI.—Suggestion.—Prayer. Section XXII.—Forgiveness—

Concentration. Section XXIII.—Agreement.—Intention. Section XXIV.—Prayer.—Suggestion. Section XXV.—Suggestive Therapeutics. Section XXVI.—Nerve Centers. Section XXVII.—Intuition Diagnosis. Section XXVIII.—Vibration. Section XXIX.—The Laying on of Hands. Section XXX.—General Treatment. Section XXXI.—Specific Treatment. Section XXXII.—Self-Treatment. Section XXXIII.—Absent Treatment. Section XXXIV.—Hypnotism. Section XXXV.—Magnetism. Section XXXVI.—The Conscious and Unconscious Faculties of Mind. Section XXXVII.—Ideation. Section XXXVIII.—Belief. Section XXXIX.—The Philosophy of Teaching. Section XL.—Extemporaneous Speaking.

These sections may be studied separately, as a Complete Diagram and Quiz accompanies each section. By devoting two hours per day to the Study, the Course may be completed in 15 weeks—but you may have as much time as you like.

WHEN YOU ENROLL IN OUR SCHOOL YOU BECOME A LIFE MEMBER AND HAVE ALL PRIVILEGES EXTENDED FOR LIFE. The amount you pay for the Complete Correspondence Course may be applied in payment of tuition for personal classes at Nevada. YOU WILL NEVER BE ABLE TO GET THIS COURSE FOR LESS. It is not to be compared to other Mail Courses, for it actually teaches you a profession which the laws will allow you to practice.

In addition to the lessons described above, the Complete Correspondence Course includes "The Practice of Suggestive Therapeutics," a manual with illustrations showing just how to diagnose, treat and regulate cases of all manner of disease.—A Complete Clinic of Drugless Treatment.

Also the ENCYCLOPEDIA CHART, Lithographed in seven colors on both sides of heavy enameled cloth, 34 by 46 inches, permanently mounted so that it may be rolled or hung on the wall, with illustrations of the bones, muscles, nerves and special organs, with carefully arranged tables showing the nerve and blood supply to all parts and the most effective treatment, combined with a very brief, but comprehensive statement of the anatomy, physiology and psychology involved in each particular instance. It also gives full information regarding diagnosis, and even while treating a patient one can, by having it hanging on the wall, very quickly look up any point regarding the case being treated at the moment.

And the Book "How to Succeed," telling just how to advertise, keep records, equip an office, form Sanitarium Companies, etc., and the Life MEMBERSHIP and credit receipt and a CERTIFICATE to practice in any one State you may choose. Address

Weltmer Institute of Suggestive Therapeutics, Nevada, Mo.

P. S.—All the money paid for Correspondence Course is permanent credit on tuition at the school.

Without obligating myself in any sense I request full particulars concerning the Complete Correspondence Course in Suggestive Therapeutics which enables me to earn a certificate and qualify for the legal practice of Suggestive Therapeutics without further study.

Gentlemen: Name P. O. St., R. R. and Box No. State NAUTILUS

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

THE NAUTILUS.

Self-Help Through Self-Knowledge.

MONTHLY
One Dollar a Year.

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."



EDITORIALS

—BY ELIZABETH—

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



EDITORIALS

BY ELIZABETH

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



EDITORIALS

BY ELIZABETH

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 be-
come as little chil-
dren ye shall not
enter into the king-
dom 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 Looser.

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 mistle-toe, 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.

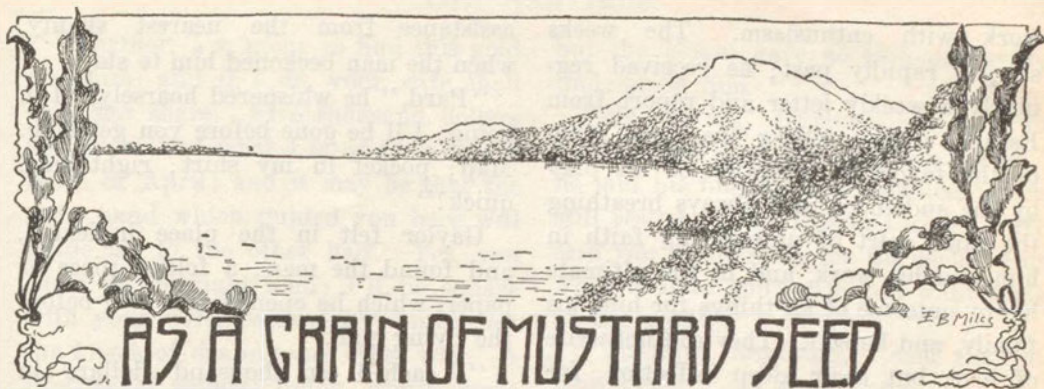
The Feeling of Life springs with mighty potency from the hidden springs of my being as I give it the attention of my mind.

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



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 house, 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 thringing 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.

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. Elliot.

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?*"

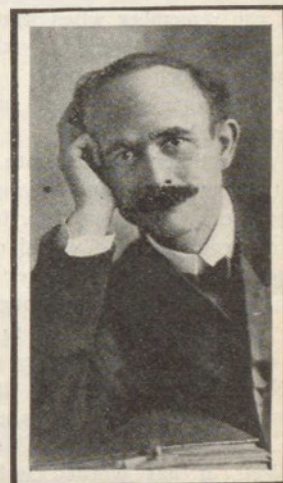
Education. In my opinion, women will secure the right to vote just as soon as man believes that *as a whole* they desire to do so. Final analysis of the situation evidences a fear that those of the gentler sex best qualified to exercise the right of franchise will fail to do so. That fear—if nonsensical—is 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 themselves 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.



VIEWS AND REVIEWS

—BY—

WILLIAM E. TOWNE



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.

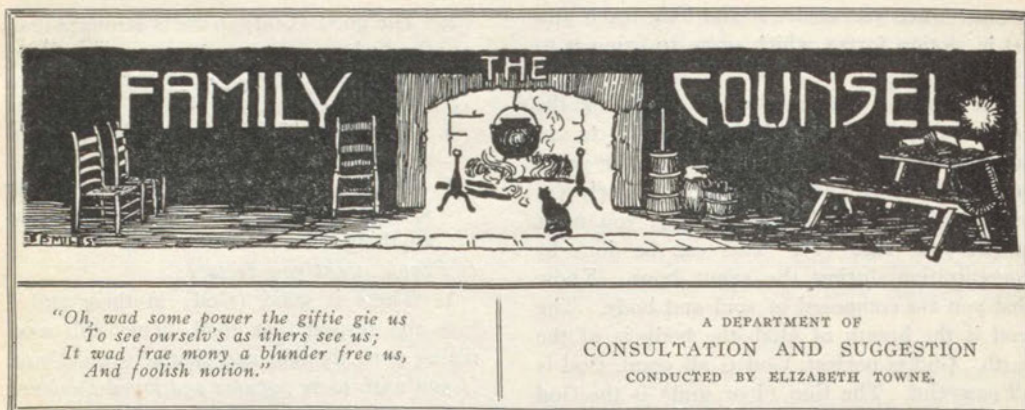
3. Everything I undertake shall be a success, for I shall draw upon the source of all powers and knowledge for help in my work and it shall be given to me.

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 rose-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

LETTERS 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. It has an effect upon the nerves."

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."

CAN YOU DRAW?

Our Graduates
Are Filling High Salaried Positions
EARN \$25 TO \$100 PER WEEK

In easy, fascinating work. Practical, Individual Home Instruction. Expert Instructors. Superior equipment. Founded 1899. Twelve years' successful teaching.

Financial Returns Guaranteed.

Complete Courses in Commercial, Fashion, Magazine, Book and Advt. Illustrating; Newspaper, Cartooning, Lettering, Designing, Show Card, Architectural Perspective, Photo Retouching, Normal, Color, General Drawing, etc.

FREE ARTIST'S OUTFIT of fine instruments and supplies to each student.

Write for particulars
and Handsome Art Book. Our Own Fireproof Bldg.


SCHOOL OF APPLIED ART
88 FINE ARTS BLDG.
Battle Creek, Mich.



**Wonderful Revitalizer
"The Osteopath"**

New Discovery Has Produced Amazing Results in Cases
Pronounced Incurable by Physicians.

Every man and woman who tries the "Osteopath" will realize the folly of drugs. The results from the first trial prove it. The "Osteopath" is a remarkable invention, going to the basis of human life. Devitalization is the cause of all disease; revitalization means vigorous health. The "Osteopath" revitalizes by eliminating nerve-interference, by natural mechanical stimulation, allowing maximum blood supply to reach affected parts, internal organs, etc. Its basic principle is a never changing law of nature. It must produce results. In many cases pronounced incurable by physicians, its results have been almost unbelievable.



Get The Free Book

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.

Send name and address for Free Book.

OSTEO COMPANY, 56 Randolph St., Chicago, Ill.
Osteopaths and laymen have doubled their income representing us. Write for exclusive field.

Cure Your Foot Troubles
Enlarged Joints Reduced and
Toes Straightened by
ACHFELDT'S (Patent) "Perfection" TOE SPRING

Worn at night without inconvenience,
with auxiliary appliances for day use.
Sent on approval. Money refunded if
not as represented.

**USE MY IMPROVED INSTEP
ARCH SUPPORTER for "Flat Foot"**
and broken-down instep. Tell me your
foot troubles. It will ease your mind; I will ease your feet.
Send outline of foot. Full particulars, and advice **FREE**, in
plain sealed envelope.

A. ACHFELDT, Foot Specialist
XG, 163 W. 23rd Street, New York




**MY BOOK
FREE**

"HOW TO REMEMBER"
Sent Free to Readers of this Publication

Stop Forgetting

Your are no greater intellectually than
your memory. Easy, inexpensive. Increases
income; gives ready memory for faces, names,
business details, studies, conversation; develops will
public speaking, personality. Send for Free Booklet.

Wickson Memory School, 888 Auditorium Bldg., Chicago



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



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.

\$20⁰⁰ to \$50⁰⁰ a day Easily made

The "Auto" vacuum cleaner propels itself—the greatest and best Quick-Money maker ever put on the market.

Go In Business for Yourself

Let Us Send You an **30 Days' Trial**
Auto Vacuum Cleaner on



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 from 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.

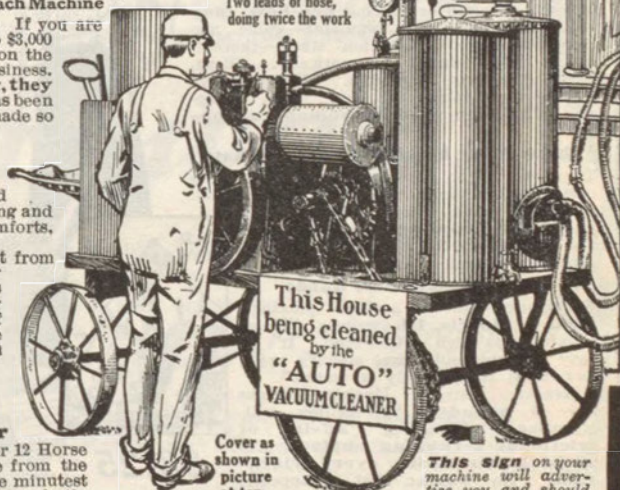
We do not believe there is any business where so small an investment will bring such wonderful returns.

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."—F. 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.

-----Cut off here—Write Plainly-----

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

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

Name

Address

City.....State.....

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, tire-some, 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. L. NOVY, 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, tire-some, 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**

YOUR FINANCES

Let us tell you how a New Thought writer has made a fortune within four years—simply by wisely investing moderate sums in New York suburban real estate under a peculiar combination of remarkably favorable circumstances which still prevail. There is yet a chance even though you have but a dollar weekly to spare. Send for plans and special offer to **THE LOOMIS ESTATES, 25 Broad St., New York City.**

Are You Ever Lonesome?

Then join the National Friendship Club. Refined, interesting, unique. It gives you more friends, more pleasure, and an opportunity to better your conditions. Write for particulars. **National Friendship Club, Dept. O., 1114 Troy St., Chicago, Ill.**

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

ANY YOUNG MAN OR WOMAN

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.**



Dr. Campbell
Principal

NORMAL COURSES

Our Home Study Courses for teachers prepare for Certificates of every grade. Special courses in Pedagogy, Psychology, Primary Methods and Kindergarten.

WE ASSIST IN SECURING POSITIONS.

Over one hundred Home Study Courses under Professors in Harvard, Brown, Cornell and leading colleges. 250 page catalog free. Write to-day.

THE HOME CORRESPONDENCE SCHOOL
 DEPT. 165, SPRINGFIELD, MASS.



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
(Incorporated)

RHEUMATISM

I Offer Prompt Relief to Every Sufferer Without Medicine and Without Cost.

Just Give Me Your Address

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.**



FREDERICK DYER, Corresponding Sec'y.

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, prepaid. 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.**



Do You Know That It Pays

to keep track of your money? Buy a Daily Expense Record and see how easily it is done. The pages are indexed and arranged so that a child can use it. Everybody and especially every housekeeper needs one. Begin the New year right and send for a Daily Expense Record. A handsome bound book for 50 cents, postpaid. Agents wanted. **A. R. STEWART CO., 331 N. Hill St., Griffin, Ga.**

YOU CAN TEACH AND HEAL

Make \$20 to \$100 weekly. Method inexpensive, effective; develops your mental and magnetic powers; new system; quick success. Write **DR. DELMER, Grove Hall, Boston, Mass.**

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



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."

Just Three Months Later: **"Feeling stronger and more successful all the time."**—**TILLIE M. LARSON, 1122 El Centro St., South Pasadena, Cal.**

FROM AN ATTORNEY.

"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.)

The **"FOUR LESSONS ON HEALTH AND SUCCESS"** are given **FREE** with a \$3.00 order for books.

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.

Name and

Address



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.

I want to help every woman to realize that her health lies to a degree in her own hands, and that she can reach her ideal in figure and carriage.

I have published a booklet, "Health, Character and Beauty," which tells you how to stand and walk correctly, and gives other information of vital interest. This booklet has helped hundreds of women, even though they never studied with me. I will send it to you **free**, and tell you all about my work on request. Write now. If you do not need my work, you may be able to help a friend.

SUSANNA COCROFT,

Dept. 63-A 246 Michigan Avenue, CHICAGO

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

Molinaro's Milan Bleach for White Plumes

Ready to use French Process to clean white plumes at home. 25 cents per package, by mail. Address **P. M. MOLINARO, Dept. X, 604 West Sixth St., Los Angeles, Cal.**

LADIES

Make your own perfumes by using Bradley's Concentrated Floral Oils. Samples (on cotton) and full particulars sent free on request.

T. B. BRADLEY

402 Jewett Ave., West New Brighton, N. Y.

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

CONCENTRATION

The concentrated mind owns itself. Do you own yours? Can you concentrate on any one thing five minutes, shutting out **entirely** every random, stray, tramp thought? Try it. If you can't then you need "Concentration, Why and How," by Julia Seton Sears, M. D. Paper, 50 cents; cloth, 75 cents; flexible leather, \$1.00; postpaid anywhere. Makes a nice present for some friend. **NEW THOUGHT PUBLISHERS,** 110 W. 34th St., New York.

Books Loaned Free

—BY MAIL—on many subjects; others rented and sold. Occultism, success, business, health, new thought, etc. For conditions, lists, Weekly Bulletin, full information and impartial advice, address

Librarian Oriental Esoteric Society, 107, Washington, D. C.

The Way to Perfect Healing

Ancient and Modern Mind Healing

By WILLIAM E. TOWNE

"The Way to Perfect Healing" seeks to apply the healing PRINCIPLE to modern needs, to the needs of every-day life. It seeks to establish in the reader that consciousness of wholeness which leads to harmony and health.

READ THESE LETTERS.

"Enclosed please find \$10.00 for which kindly send twenty copies of 'The Way to Perfect Healing.' It is the best thing I have read upon the subject—so plain and concise that I wish to distribute it among my friends."—MRS. CHARLES C. NEWTON, 216 W. Logan Square, Philadelphia, Pa.

"Your book was sold the same day it arrived, and before I had a chance to look at it. Please send 10 copies."—ELEANOR M. REESBERG, Metaphysical Library, Los Angeles, Cal.

PARTIAL SYNOPSIS:

I. Elements of Ancient Healing.—The Word—The Healing Taught and Manifested by Jesus—The Esoteric Meaning of Wholeness.

II. Source of All Healing.—Changing the Consciousness by the Spoken Word—What the Word Is—How to Speak the Word for Yourself or Others—The Word Creative.

III. Receiving the Truth.—First Need in All Healing.

IV. How to Realize Health.—Harmony With the Creative Word of Life—How to Make Connection With Health and Harmony—The Unifying Power of the Word.

V. Unity.—The Joy Bringing Teachings of Jesus Based Upon Unity—Wholeness Means Consciousness of Unity—Resurrection in Consciousness—Secret of the Power of Christ and the Prophets—A Great Element in All Healing.

VI. Faith.—Even Blind Faith Sometimes Works Seeming Miracles—Faith in Business Matters and Its Effects—How Negative Thoughts Bring Seeming Evil and How They May be Dispelled.

VII. Love.—How Love Casts Out All Fear—Love the Re-Creator—Love and Healing—Self-Protection from Accidents.

"THE WAY TO PERFECT HEALING" is printed on heavy laid paper, from large, clear type, wide margins, bound in strong paper covers. Price, 50c.

Order NOW. Address WILLIAM E. TOWNE, Dept. 1, Holyoke, Mass.

Bulgarian Yahourt

hosts of germs that generate poisons which cause constipation, dyspepsia, rheumatism, failing powers, Bright's Disease, appendicitis, catarrh of the bowels and all kindred maladies. Professor Metchnikoff, of the Pasteur Institute of Paris, declares Yahourt (called MAHDZON in Armenian) to be the world's one remedy for stomach and intestinal troubles. Europe is afire over the wonderful results obtained from its use in hospitals. It is simple to make and extremely cheap. Complete particulars, plainly stated, sent on request. Address: THE MAHDZON LABORATORIES (Importing and Manufacturing), 58 Griswold St., Detroit, Mich.

BE AN ACTOR

Actress or Orator
Earn \$25 to \$200 Weekly

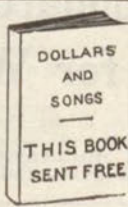
Our course in Elocution and Dramatic Art is complete, thorough and comprehensive. It enables you in a short time to qualify for a good paying position on the stage or speaker's platform. Learn by correspondence the most fascinating and best paying profession in the world. Illustrated Book on Dramatic Art, free.

CHICAGO SCHOOL OF ELOCUTION, 142 Grand Opera House, Chicago

SWEDENBORG'S GREAT WORKS CHEAP. The following sent postpaid for only twenty cents each: "Divine Love and Wisdom," "Divine Providence," "Heaven and Hell." New edition, good print and paper. I take stamps. **PASTOR LANDENBERGER, Windsor Place, St. Louis, Mo.**

MAKE MONEY writing Song Poems and musical compositions. Success means fame and cash. No experience necessary. \$10,000 recently paid for a popular song. Send us your work, or write for FREE PARTICULARS. We want original song poems, with or without music.

H. KIRKUS DUGDALE CO.
Desk 233, Washington, D. C.



MOLES

AND WARTS. Book on how to remove without scar, pain or danger sent FREE. **M. E. M. CORPORATION, 69, Pensacola, Fla.**

Speed cuts no ice until precision harvest its crop.—Elizabeth Towne.

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



YOU CAN HAVE Good Health and a Perfect Figure

Under Guarantee, Without Drugs, Apparatus or Appliances.

Millions of people have seen in me a living demonstration of what my methods for health and body building will accomplish. The system that has transformed me from a helpless cripple and an incipient consumptive to the woman I now am, will do as much for you, no matter what your present weaknesses or imperfections of figure may be.

By devoting fifteen minutes daily to my system, for a short time, you can reduce or build up your entire body—or more wonderful still—any part of your body, for the work can be centered upon your hips, waist, limbs,—in fact, any part you wish built up or reduced. With my system you can have a figure perfectly proportioned throughout—a full, rounded neck—shapely shoulders, arms and limbs—a firm, well-developed bust—a fine, fresh complexion—a good carriage with bodily poise and grace of movement.

If you are suffering from internal weaknesses or disorders, my system will so stimulate and regenerate your vital organs as to make any disorders impossible.

With my system for health and body culture, you can defy time, weakness and ill-health, for it means the complete organization of your body.

My Guarantee

I have written a new book, "The Body Beautiful," which tells fully, how this system is making women more healthy and more beautiful.

With this book, which I will send to any one, free upon request, I give full particulars of my Guarantee trial plan, whereby you can demonstrate the value of my system in your own case, without risking a penny.

Write for my book and "Trial plan" today.

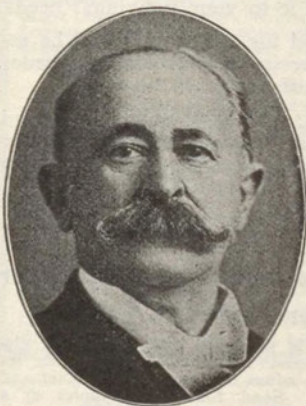
Annette Kellerman

ROOM 702.

1133 BROADWAY,

NEW YORK.

Divine Healing!



OLIVER C. SABIN.

A 112 page book containing a series of **Healing Lessons**; telling how to heal the sick by the **Power of Prayer, Divine Science, Laying on of Hands, etc.** The book is written by Col. Oliver C. Sabin, who has had years of practical experience in healing work.

The book is the outgrowth of his own practical work in healing, and tells **just how to proceed** to treat yourself and others by this new method which is attracting so much attention, even in the churches.

Send **12 cents** now for a copy of this remarkable healing book.

Address, **OLIVER C. SABIN, Box 374, Washington, D. C.**

THE BIGGS SANITARIUM "In the Land of the Sky"

An Ideal Place for Invalids from the North during the Fall and Winter Months.

For the cure of Paralysis, Dyspepsia, Rheumatism, Asthma, Neurasthenia, and other chronic ailments by modern physiological and psychological methods.

Massage, electricity, hydro-therapy, vibration, electric light bath, suggestive therapeutics, diet and our own distinctive curative system.

Ideal climate, beautiful mountain scenery, homelike conditions, complete equipment, moderate charges, are features here.

No cases of tuberculosis accepted.

If you are in ill health you will be interested in the results we are obtaining in apparently hopeless chronic cases.

Descriptive pamphlet and book of testimonials free. Write for them, sick or well.

THE BIGGS SANITARIUM, Asheville, N. C.

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

A Typewriter Test That Means Something

Blindfold yourself. Have ten typewriters, of different make, placed in a row—a Monarch somewhere among them. Try each keyboard in turn. The machine with the lightest touch will be the



Monarch Light Touch

and you can locate it every time, no matter how its position be changed.

Just as the proper tools produce the best work, so does a responsive key action increase the efficiency of a stenographer. It saves her strength. Therefore, she has a better grip on her work, is more accurate, more rapid, gets a greater quantity of work done. There is no "three-o'clock fatigue" where the Monarch is used, and a few days' trial will convince you of this fact.

Monarch Machines

may be purchased on the monthly payment plan.

A postcard will bring full information.

GEORGE G. WARE, Dealer
Springfield, Mass.

Executive Offices, 300 Broadway, New York.
Branches and dealers throughout the world.

Re-Educate Your Mind

New thought is nothing but practical psychology. It is psychology applied in self-development and self-healing. It is a re-education of the mind in the truth of being.

You have been asking me how to get a thorough and practical New Thought Education. I've been thinking it over.

AND—

Out of all this thinking and rethinking I have evolved The Nautilus New Thought Education plan which will fill the want you have been expressing to me.

The course requires a number of books, and these I have selected from the best works of all publishing houses, regardless of race, color or profit mark.

These books we will supply you at regular publishers' retail rates, one or more at a time as desired.

This is the way to do it:

(a) Send \$1.00 as an advance payment on the books which you will require, and I will at once forward The Nautilus New Thought Education, including my special letter of instruction which tells just how to use the course to the best advantage, and how to fit it to your individual needs.

(b) The \$1.00 paid for this service will be refunded to you upon receipt of your first cash order for at least \$4 worth of books.

(c) Or better still, send \$3.00 cash at once and you may have the full \$3.00 in books at regular rates, and *The Nautilus New Thought Education instructions* will be sent to you free of charge.

ELIZABETH TOWNE, Holyoke, Mass.

"The Most Important Discoveries Ever Made for Humanity."

That Bodily Energy is produced from one food element,—organic carbon—and that the Nerves which set the energy in action are often impinged upon. Diet and Exercise revolutionized. Send for sample copies of a new Magazine, describing discoveries, or 25c for a year's subscription. **B. W. CHILD, Dept. C, 507 N. Madison Ave., Pasadena, Cal.**



Prof. Brooks

Make the Farm Pay

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

256 page catalog free. Write today.

THE HOME CORRESPONDENCE SCHOOL
DEPT. 129, SPRINGFIELD, MASS.

Why Your Spine Is Crooked

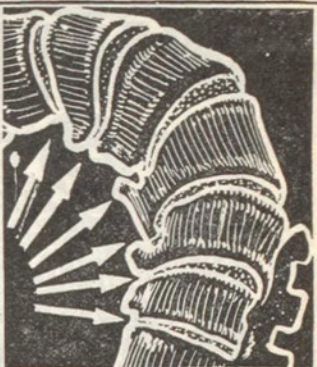
Cartilage in the spine looks like mortar between bricks. It acts like a cushion between the vertebrae. It cannot expand naturally where there is undue pressure. Undue pressure causes a crook in the spine, one way or the other, and the cartilage becomes compressed and wastes away. Relieve the pressure and the secret of straightening the spine is solved. **This is the secret of the wonderful success of the Sheldon Method.** It does not cause pressure but eliminates it, as no sole-leather, plaster, steel jacket or other apparatus has ever been able to do. It allows the cartilage to expand to its normal condition, relieves soreness at once, and the spine is straightened without pain or inconvenience. Because of its simplicity and effectiveness, you need not go to a costly sanitarium and undergo torture, but

We Straighten Your Crooked Spine at Home

We will prepare a Method to meet the requirements of your individual case and let you try it for 30 days Free. If not satisfied with the results, we will charge you nothing for it. The Sheldon Method is endorsed by eminent physicians all over the country. If you have any spinal defect, curvature, hunchback, etc., send for Free Illustrated Book and proofs of remarkable cures.

PHILO BURT MFG. CO.,

282—2nd St., Jamestown, N.Y.



Feel Better Than Ever In Your Life

The ideal Food Medicine for Brain-workers, the over-worked, busy man, or the care-worn nervous woman.

A remarkable discovery has been made in the Alfalfa plant which chemical Analysis shows to contain most of the elements which go to make up the ingredients of the human body. Already the ingredients of this

medicinal food plant have been used with remarkable results, and a well-known expert has testified after a careful analysis that Robinson's famous **Alfalfa-Nutrient** contains no alcohol, poisonous drugs, narcotics, opiates, or deleterious ingredients of any kind.

Ten Day Treatment Sent Free To Prove It

The Alfalfa plant has been known for its wonderful fattening properties, but not until recently has it been known to be a specific for weak nerves, Indigestion, Dyspepsia, Constipation, Catarrh, Loss of Appetite, Weak Circulation, Blood Impurities, Pimples Complexions, Sallow Face, Dead Looking Eyes, General Weakness, Lack of Ambition, Kidney Troubles, Torpid Liver, Rheumatism, Locomotor Ataxia, Anemia and Female Troubles.

Read Miss Howe's Strong Letter

Miss Maud Howe, 375 Manhattan Ave., N.Y. City, writes: "I was very anemic, thin and run down. Four boxes of Alfalfa cured me, and Alfalfa-Nutrient will give you such a vivacious feeling, put strength in your nerves, rich blood in your veins, regularity in your bowels and have all your vital organs working in such splendid order, that your face will clear up at once, your complexion become velvety and rosy, and your whole body bound with new life and vigor. I owe my present, perfect physical health alone to Robinson's Alfalfa-Nutrient which of all the Blood and Nerve remedies I have tried is certainly the best."

To prove to anyone that this is absolutely true, we will send for 4c postage a 35c ten days treatment of Alfalfa-Nutrient in plain sealed package with 56 page scientific booklet "How to Develop the Form and Secure Perfect Health." Lady and gentlemen age 15 and over. Write today for free trial. **Alfalfa Chemical Co., 799 Unity Bldg., Chicago.**



500,000 Ladies using them.

The Rushforth Hair Curling Pins Curl Crimp or Frizz almost instantly without heat or moisture, whether long or short. Small compact and easily carried in the pocket ready for use at any time or place. Complete set of six pins sent prepaid for 15c. Six sets for 75c. Sample pin, and agents terms for four cent stamps. Address,

The Rushforth Pin Co., Lawrence, Mass.

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

FREE

TRIAL

Full Size

\$1.00 Box

Sent You Prepaid

NURBELL

OXYGEN

Face Powder



The largest, finest, full-sized \$1.00 box of the best face powder known, sent on approval—not one penny down. Take it and try it one week entirely at our expense. If it proves satisfactory, remit 50c, and the dollar's worth is yours. If not satisfied, return what you have not used and pay nothing. Thousands are ordering the new face powder under this remarkable introductory offer.

This is our way of proving the difference between Nurbell's Face Powder, which enables the skin to breathe by means of oxygen bearing properties and old fashioned cheap powders made of chalk, injurious to the skin, unsightly and fatal to the complexion. Oxygen is the only natural beautifier in the world. Artificial beautifiers cannot produce natural beauty. Most face powders coat the skin and fill the pores, thus keeping out fresh air which contains oxygen necessary to feed cells. Nurbell's Oxygenated Face Powder is peculiarly compounded so that it holds and carries beautifying oxygen in proper form until, on contact with the skin, nascent oxygen is liberated—100 times its own volume. It clears, purifies, beautifies. Deodorizes and absorbs perspiration. So soft, fine, light and delicately tinted that it conceals defects of complexion and yet doesn't show that anything has been put on face. Blends perfectly and adheres so closely that it cannot blow off or become spotty. Delightfully perfumed. Best for brunettes—best for blondes. Four tints—Flesh, Pink, Cream and White. Remember, not one penny in advance—no receipts or papers—we take all the risk. A post card will do—just your name and where to send it. Mention tint wanted. The Morlan-Spicer Co., 926 Caxton Bldg., Cleveland, O.

A GREAT OPPORTUNITY

THE NEWLIFE PUBLICATION SOCIETY is seeking the services of a Corresponding Secretary immediately with good financial connections to take \$5,000 interest in growing publishing business. Rare opportunity for the right person. Good home. Good salary. Life position. Write and give full particulars first letter. Address **DR. J. F. NEW, President, THE NEWLIFE PUBLICATION SOCIETY, 65 Central Park West, New York.**

Are You Lonesome

For congenial companionship? Would you like a correspondent along lines in which you are most interested? Join our Club and get acquainted with bright, attractive people in other towns. Write for particulars today to **PILOT FRIENDSHIP CLUB, P. O. Box 909, Los Angeles, Cal.**

WANTED

AGENTS GENERAL AGENTS SALESMEN MANAGERS

The New Easy Wringer Mop

Write for territory today. Biggest seller ever invented. Opportunity to get rich. No experience necessary. Anybody can make money. **One man's orders \$2600 one month—profit \$1650.** Mere boy in Pa. made \$9.00 in 2 1-2 hrs. "Called at 20 homes, made 19 sales," says A. E. Martin, Mich. "Sold 131 in 2 days. Sold 18 first 4 1-2 hrs." says E. Mann, Wis. So it goes. Hundreds getting rich. Room for you. Abundant money. Pleasant position. All of spare time. **Canvassed 11 families took 11 orders,"** E. Randal, Minn. "Six dozen orders in 4 days," W. R. Hill, Ill. "Most simple, practical, necessary household article I have ever seen," E. W. Melvin, San Francisco. Act quick. Territory going fast. Orders, Orders, Orders. Money, Money, Money. **Come on. You can do it, too. Try it! You can make**

This picture shows the mop on the floor. It spreads out and is held down to the floor firmly at all points.

\$3,000 IN 3 MONTHS

selling this great invention—**The Easy Wringer Mop**—biggest money maker of the age. Think of it! **A Self-wringing Mop.** No putting hands in the dirty water. No aching backs. No slopping against woodwork. No soiled clothes. No contracting deadly disease from touching hands to filth and germs that come from floor. Can use scalding water containing strong lye. **Two turns of crank wrings out every drop of water.** Makes housekeeping a pleasure—makes the day happy. Simple, practical, reliable, durable, it lasts for years. Every woman interested—and buys. **No talking necessary—it sells itself.** Simply show it and take the order. **Could you imagine an easier, quicker, better way to make money than supplying this demand already created.**

We want more agents, salesmen, managers, to fill orders, appoint, supply, control sub-agents. 150 per cent profit. No investment required. We own patents and give you exclusive territory, protection, co-operation, assistance. You can't fail, because you risk nothing. Act quick. Write for your county today. We Want a Thousand Men and Women.

Send your name and address for information, offer and valuable booklet **Free.** Write your name and address clearly, giving name of county.

U. S. MOP COMPANY, 1265 Main St., LEIPSI, O.

BRAIN AND NERVE FOOD FOR EVERYONE

LIFE ATOMS

ARE THE ONLY NATURAL BRAIN AND
NERVE FOODS IN THE WORLD

No Drugs—No Poisons

Write for free booklet. One month's treatment, \$1

LIFE ATOMS CO.

Dept. A-12, 1429 Dearborn Ave., CHICAGO

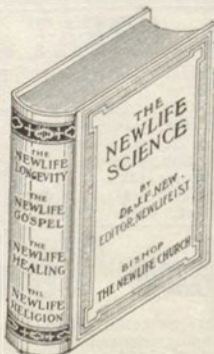
TO ALL NEW THOUGHTISTS, GREETING



It is now high time we were all NEWTIANs and NEWOLOGISTS. Send 10 cents for sample copy of

THE NEWLIFE MAGAZINE
Also Circulars and Press Notices of THE NEWLIFE SCIENCE BY DR. J. F. NEW, BISHOP THE NEWLIFE SCIENCE CHURCH. 70 NewLife Churches to be organized.

Keep posted on THE NEWLIFE MOVEMENT. The Greatest Reformation of the ages. Address all communications to THE NEWLIFE PUBLICATION SOCIETY, Inc., 65 Central Park West, New York City.



HERE'S

HEALTH FOR YOU THROUGH OSTEOPATHY

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

"Your manual received, which I like very much. I can do anything that is laid down in the book, as it is so plain."—J. W. CARTER, McLemorseville, Tenn.

This edition incorporates the treatment of a number of disorders not in the old book, among them: Enlarged Prostate, Varicocele, Sexual Weakness, Diseases of Women and others, all cured **WITHOUT DRUGS or SURGERY.** It has been prepared especially for the **PUBLIC,** hence its simplicity, which anyone can understand. Also valuable to the physician. Send for free prospectus. **NATURE'S CURE CO., Dept. D., 1313 Vine St., Cincinnati, Ohio.**

Are You a Failure?



Are you a slave to poverty or to ill-health; to darkness and despair? **BE MASTER, NOT SLAVE.** Be rich, not poor. Be a success, not a failure. **DOUBT NOT** your powers, but lift up your head and strive for the things worth striving for. Discover and use your personal magnetism—that unseen, tremendous power. How? Forward 10c. for a book really wonderful in its teachings, called "**POWER OF SUCCESS.**" It will aid you make yourself strong, overpowering and successful.

EGYPTIAN PUBLISHING COMPANY
Richland Center, Pa.

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

NOW IN AN ORCHESTRA How Music Lessons FREE In His Own Home Started Him

I could not play a note when I received the first lesson from you, and now I am playing in a good orchestra of ten pieces, and can read music and play as well as any of them. I shall always recommend your home study school of music." That is what Eli Smith, Jr., R. R. No. 2, Marietta, Ill., writes after a one-year course on the Violin.

Eli Smith's only expense under our free tuition plan was for postage and music. That cost him less than **Two Cents** a day, and he was under no further obligation whatever.

If you wish to learn to play the **Piano, Organ, Violin, Guitar, Mandolin, Banjo, Cornet, Cello**, or learn to Sing, our teachers will come to you by mail once a week with a lesson until you can read music and play your instrument to your own satisfaction.

Over ten thousand weekly lessons are now being sent to homes all over the world to pupils in all walks of life, from seven years of age to seventy.

Our free tuition plan will enable you to get weekly lessons costing **You** less than two cents a day. It will be your only expense and places you under no further obligation whatever.

This school has been established since 1898. Don't be deceived by imitators.

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

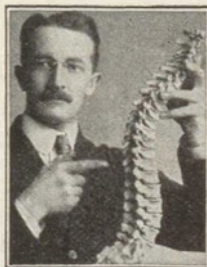
Instruments supplied when needed. Cash or credit.

The New Profession Be A Doctor Of Chiropractic

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

Howard System

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



\$575.40 In First 60 Days

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

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

You Can Learn It In Your Spare Time.

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

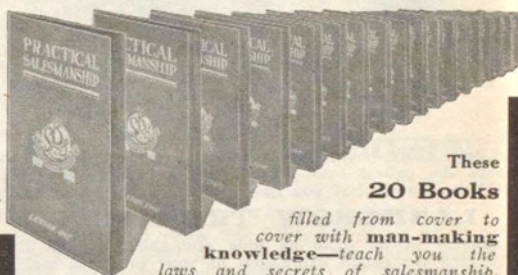
Make Money While Learning

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

NATIONAL SCHOOL OF CHIROPRACTIC
801 Wendell Building, Chicago

You Can Double Your Income

If You Have a Little *Red Blood, Backbone* and *A Desire to Make Good*,
We Will Train You to Be a Scientific
Salesman and Then Give You a
Position On Our Own Salesforce.



These
20 Books

filled from cover to
cover with **man-making**
knowledge—teach you the
laws and secrets of salesmanship.

We Want to Start 100 More Men

within the next thirty days. These 100 men will receive our Course in Practical Salesmanship—this is a twenty-book course—full and complete. We want these men for our own salesforce and must therefore make them winners. We have a plan whereby you can get this, the greatest—the best—the most thorough and practical course in Salesmanship ever written—twenty beautifully printed, interesting, fascinating and instructive books on the Science of Salesmanship. Every book is an inspiration and a guide to success. **You must succeed if you apply their teachings.**

Our Training Means

the unfolding to you of the Secrets of Successful Selling; the increase of your earning power. It puts you in line for wealth, position and sterling character. It makes you a "winner," "one in a hundred"—the man who can "deliver the goods." We make you this offer because we want you as **our own Salesman** where you can earn at least three times the salary of the untrained man.

Be One of the Hundred

This liberal education in Salesmanship is for you, if you have ambition and a little of the "I Can" and "I Will" spirit. Your big place in the world is waiting for you. **We will fit you to fill it.**

If you want to become one of the 100, write us today. Sign and send the attached coupon and we will explain every detail of the best proposition that was ever presented to any live, energetic, ambitious man. It will cost you a two-cent stamp to learn how to succeed. You cannot afford to remain ignorant of this great opportunity. The ability to **decide** and then to **act at once** mark the winners. **Act now**—send the coupon.

STACE, BURROUGHS & CO.

(Manufacturers' Representatives)

309-311 Michigan Ave., Offices 528, Chicago, Ill.

528 Without obligation on my part, tell me how I may become one of your successful, practical salesmen.

Name

Street and No.

City State

Beautiful Eyes Magnetize



Long, thick, sweeping lashes and perfect brows enhance the ugliest eyes. Your face or your eyes CAN NOT be beautiful if you have thin lashes or brows. My

LASHGROW TREATMENT

positively grows them as long and thick as you like, changing the entire expression of your face and making you appear ever so much more beautiful. A week of use witnesses marked improvement. It is absolutely harmless to both eye itself and sight.

Write for literature and prices to

HULDA THOMAS

Dept. 5-N, 522 W. 37th Street, New York.

Hulda Thomas gives Free Consultations at her studio, 2131 Broadway, New York City, daily 2 to 5 p. m. (Saturdays and Sundays excepted.)

Nothing goes out of your life but to make room for something better. Be on the lookout!

—Elizabeth Towne.



MEXICAN DIAMONDS

LOOK and WEAR as WELL as GENUINE DIAMONDS COST 80 Per Cent LESS

Experts can seldom distinguish between the two. Mexican Diamonds stand acid tests, are beautifully cut and polished, and guaranteed permanently brilliant. We will send on FREE examination, by express, C. O. D. at these Special Introductory Prices. Lady's Ring, same style as cut, with 1/2-carat Mexican Diamond, \$4.98; 1-carat, \$7.76. Gents' Round Belcher Ring, 1/2-carat, \$6.94; 1-carat, \$11.36. All rings solid gold. State size and we will forward ring immediately with guarantee. 10 per cent discount for cash with order. If not satisfactory, return in three days for refund. Write today for Free Illustrated Catalogue.

MEXICAN DIAMOND IMPORTING COMPANY,
Department PN2, Las Cruces, New Mexico.

Exclusive Controllers of the Mexican Diamond.



Short-Story Writing

A course of forty lessons in the history, form, structure, and writing of the Short Story, taught by J. Berg Esenwein, Editor Lippincott's Magazine. Over one hundred Home Study Courses under professors in Harvard, Brown, Cornell and leading colleges.

250-page catalog free. Write to-day.

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

A Special Offer To You

A BOOK BY ELIZABETH TOWNE.

Elizabeth Towne's little book, "Thought Force for Success," is peculiarly practical in its appeal.

Just read this letter from across the water:

"I have just read your pamphlet, 'Thought Force for Success,' and I must just send you a word to say how much I appreciate and value it, and how strongly I feel in my inmost heart how true is every word of it. Please never publish anything of your own without letting me know at once, that I may send for it."—Florence Gray, 9 Claremont Square, N., London, England.

The direction and control of the emotional nature develops power for success.

That is the keynote of this little booklet.

No matter what one's environment he should work in the constructive way which builds greater success.

How to use one's energies and powers in working for success, health, joy, is told in "Thought Force for Success."

This booklet grew out of Mrs. Towne's own experiences. It is carved from life itself.

You can prove the truth of its teachings.

Begin now to set your desire energy in channels of success. Send for the booklet TODAY. Sign the coupon and mail.

WILLIAM E. TOWNE, Dept. 1,
Holyoke, Mass.

I enclose 15 cents for American New Life one year and a copy of "Thought Force for Success," by Elizabeth Towne, as per your offer in Nautilus.

Name

Address

AMERICAN NEW LIFE

A quarterly magazine of health and progress. Edited by William E. and Elizabeth Towne. Contains brief, practical, helpful articles upon self healing and self-development.

Reviews and notices of all the latest and best advanced thought books in each number. Books at bargain prices in almost every number.

Dr. Derolli, the Boston astrologer, conducts a department containing daily predictions. He tells what days are good, according to astrology, for business, travel, social intercourse, etc. This department is interesting and amusing.

Don't miss the big Christmas number.

It was damaged by water but is still legible. We will date your subscription a full year from the March number and give you this Christmas number FREE.

SPECIAL OFFER

New Subscribers Only.

Send only 15 cents Now for a year's subscription to American New Life and a copy of the book described in next column, "Thought Force for Success." Use Coupon at left. Fill in now.

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

HYPNOTISM and SUGGESTION

In Daily Life, Education
and Medical Practice

By Bernard Hollander, M. D.

300 pages. Cloth. \$1.00 net. By mail, \$1.10.

For thirty years Dr. Hollander has been a student of hypnotic phenomena, and for fifteen years has applied himself to the treatment of mental and nervous disorders by hypnotism. This work contains the results of that experience and it is a valuable treatise on the whole ground of experimental treatment. It has been found necessary to keep the psychological and therapeutic aspects of the subject strictly apart. But those who find special interest in either side of it will find a large mass of useful records at their disposal. Dr. Hollander very wisely points to the possible abuse of hypnosis by unscrupulous persons and emphasizes the need for official recognition and adequate protection, for "If the investigation of hypnotism is neglected by qualified men, of high moral reputation and public esteem, we have no guarantee that it may not be practiced secretly by immoral and criminal characters, who owing to the general ignorance of the subject, will escape the punishment which is their due."

After defining hypnotism and treating of suggestive susceptibility the author deals with the various degrees of hypnosis and their ordinary phenomena. But what follows upon the subject of extraordinary phenomena, inclusive of clairvoyance, thought-transference and apparitions, will prove of singular interest to the student of occultism. The utilitarian side of hypnotism is well illustrated by its general therapeutic or healing power, in cases of general diseases and of nervous disorders and more particularly by its successful application to the cure of drink and drug habits. These phases are explained by reference to concrete examples of successful cases and instruction of their treatment is fully given, so that here we have a compendium of their theory and practice of hypnotism which cannot fail to be of extreme service to the patient and intelligent student.

Dr. Hollander in the pursuit of his investigation into hypnotism has succeeded by his experiments in producing not only the well-known phenomena, which the representatives of other schools of hypnotism, owing to their difference in methods have failed to draw forth. This book contains what the author has actually accomplished with hypnotism and his practical instructions and advice. A valuable book to any one at all interested.

A Practical Guide to Mediumship and Psychical Unfoldment

By E. W. and M. H. Wallis

SPECIAL NOTE: E. W. Wallis is Secretary London Spiritualist Alliance of London, England.

The authors having been frequently asked, during the last twenty-five years, for information and advice concerning Mediumship and its development, they have constantly felt the want of a suitable handbook which they could recommend to inquirers and to those that were developing their own mediumistic power or assisting in the development of others. As this need has grown more and more pressing with the increasing number of psychic investigators they have endeavored to produce a clear, practical, and serviceable "Guide," embodying the most comprehensive explanations and the best counsel that they are able to give, derived from their own twenty-five years' experiences, and inspirations, and from those of other investigators, both English and American.

This is not a book of theories and no advice as is usually the case of books written on this subject, but contains real practical instructions that assisted the authors in developing their own Mediumistic Powers.

303 large pages, bound in silk cloth, stamped in gold. Price, \$1.10, postpaid.

Your money will be cheerfully refunded if books are not satisfactory. Send for our catalogue of Occult Books.

OCCULT PUBLISHING HOUSE, 55 State St., Chicago, Ill.

THE ART OF GETTING THERE

"The Attainment of Efficiency"
Rational Methods of Developing
Health and Personal Power

By W. R. C. LATSON, M. D., Editor of Health-Culture.

This new work by Dr. Latson indicates the avenues that lead to efficient and successful living and should be read by every man and woman who would reach their best and attain to their highest ambitions in business, professional, domestic or social life. The following are some of the many chapter headings:

How to live the Efficient Life—Mental Habits and Health—Secret of Mental Supremacy—Firmness One Secret of Power—The Power of Calmness—How to Be an Efficient Worker—The Attainment of Personal Power—The Secret of Personal Magnetism—How to Increase Vitality—The Prime Secret of Health—The Conquest of Worry—The Attainment of Success—The Way to Happiness—The Attainment of Physical Endurance—How to Live Longer in the Land—Secret of Rest—Sleeping as a Fine Art—Common Sense Feeding—How to Cure Yourself When Sick.

Each of these chapters is full of practical suggestions that will prove invaluable to the reader; bound in cloth, \$1.00. A very handsome paper-bound edition of this, price, 50c, will be given with Health-Culture (\$1.00 a year; 15c a Number) six months, 50c; both for 50c, money back if not satisfied. Send now. HEALTH-CULTURE CO., 830 St. James Building, New York.

HEALTH CULTURE CO.
830 St. James Bldg. N. Y.

Enclosed find 50c for Attainment of Efficiency and Health-Culture for Six mos. Money to be returned if not satisfied.



Dr. Latson

Address

Name.....

.....

.....

.....

.....

ASTRO-BIOCHEMISTRY.

Suffering humanity's voice has at last cried out against poisoned drugs, and a substitute has been found that is real. It is the 12 mineral salts, the inorganic workers, which prevent sickness and restore perfect health. A 2-cent stamp will bring you the information. A. J. Straughan, 820 Anderson St., Pittsburg, Pa. Send Date for Free Birth Card.



Who Is Andrew Jackson Davis?

16-page Illustrated Pamphlet Free to all Nautilus readers. Also sample copy of "Reason," a 64-page magazine on *Psychic Science*. Send post card to

The Austin Publishing Company,
ROCHESTER, N. Y.



IF YOU ARE A CHINA PAINTER

or Potter, this magazine is essential to your happiness. Price, \$4.00 the year. \$1.00, three months. Sample copy, 10 cents.

KERAMIC STUDIO PUB. CO., 138 Pearl St., Syracuse, N. Y.

VOICES MADE beautiful. Inferior, harsh, tuneless voices going to F and G with effort may take higher notes with ease, sweetness, power. There are many orators and Carusos undreamed of. Send stamp for reply. New book, \$1.00. MME. GIRARD, 818 51st St., Drexel Square, Apt. 700, Chicago, Ill.

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

Throw Away Your Wigs

A Real Hair Grower at Last.

READ THE GUARANTEE—\$1,000 REWARD IF THEY FAIL.

For many years Scientists, not only in America, but also in Great Britain, France, Germany, Russia and other countries, have given endless time and thought to the solving of one of the greatest problems of the Twentieth Century—how to grow hair on the human head and check the hair and scalp troubles which are so alarmingly on the increase without any marked success. Abundant evidence of the abnormal development of the falling hair trouble is furnished by every group of people one sees, no matter where they may be gathered together or what their numbers may be. Men and women of all ages in these groups are either bald, partially bald, or show a tendency to become bald, much to the detriment of their personal appearances. This is proof positive that up to the present the many advertised hair remedies, such as hair-drills, tonics, pomades, etc., have failed in their mission.



Use Crystolis and Throw Away Your Wig.

Under these circumstances too much credit cannot be given to the experimenting chemist at the Creslo Laboratories, who about a year ago discovered the truly wonderful drug, Crystolis, which really grows hair. To all those who suffer from falling hair, baldness, dandruff, and scalp troubles of any description the discovery of this drug must prove to be a boon indeed. All who have tried it are living testimonials to its efficacy. Grey or faded hair was often restored to its natural color and greatly improved in every way in from ten to fourteen days. Dandruff, falling hair and scalp trouble in minor cases were completely cured after three or four applications.

To sensitive people the loss of hair is a continual nightmare, and to such the advent of Crystolis means more than can be expressed in mere words. To those who depend upon a youthful appearance for their daily bread Crystolis will prove to be a friend indeed. To all who are bald, going bald, or who suffer from Dandruff, or any hair defects whatever, Crystolis is now within your reach. Take advantage of its proved and remarkable hair-growing properties without delay.

The managers of the Creslo Laboratories have such strong faith in Crystolis that they have decided to make the following remarkable offer:—They will forfeit \$1,000 in gold if they fail to prove that Crystolis actually grows hair. They will forfeit \$1,000 in gold if any one can prove they were not the first discoverers of Crystolis. They will forfeit \$1,000 in gold if it can be proved that it contains any oil, dye or coloring matter of any kind. They will forfeit \$1,000 in gold if every testimonial and sworn statement which they publish is not absolutely genuine. Arrangements have been made with the Laboratories to furnish free information in regard to this new process to every one. Merely cut out and send in the coupon below, and you will receive free particulars of this marvelous new product by return mail.

Baldness, Dandruff, Itching Scalp, Etc.

FREE CRYSTOLIS COUPON

Cut out this coupon today and send to Creslo Laboratories, Dept. 874, Scranton, Pa., for free information regarding Crystolis, the new discovery for growing hair. Good to-morrow to every one. Toller Coupon No. 874.

Gains 30 Pounds In 30 Days

Remarkable Result of the New Flesh-BUILDER
Protone, In Many Cases of Run-Down
Men and Women.

Prove It Yourself By Sending Coupon Below For
A Free, 50c Package.

"By George, I never saw anything like the effects of that new treatment, Protone, for the building up of weight and lost nerve force. It acted more like a miracle than a medicine," said a well-known gentleman yesterday in speaking of the revolution that had taken place in his condition. "I began to think that there was nothing on earth that could make me fat. I tried



Any Man or Woman Who Is Thin Can Recover
Normal Weight By The Remarkable New
Treatment, Protone.

tonics, digestives, heavy eating, diets, milk, beer, and almost everything else you could think of, but without result. I had been thin for years, and began to think it was natural for me to be that way. Finally I read about the remarkable successes brought about by the use of Protone, so I decided to try it myself. Well, when I look at myself in the mirror now, I think it is somebody else. I have put on just 30 pounds during the last month and never felt stronger or more 'nervy' in my life."

FREE PROTONE COUPON

It will cost you nothing to prove the remarkable effects of this treatment. The Protone Company will send to anyone a free 50c package of Protone if they will fill out this coupon and enclose 10c in stamps or silver to help cover postage and packing, and as evidence of good faith, with full instructions to prove that it does the work. They will also send full instructions and their book on "Why You Are Thin," free of charge, giving facts which will probably astonish you.

If you want to put on more flesh fill out the following coupon today. Free 50c packages can only be had by writing direct to Detroit.

The Protone Co., 3130, Protone Bldg.,
Detroit, Mich.

Name

Street

City State

"HOW TO TAKE CARE OF A WIFE"



Melville C. Keith, M. D.

The Greatest Little Health Book Ever Written

Substantial Paper Cover 25c

Silk Cloth Binding \$1.00

The Keith Books tell how to treat and cure every known disease without the use of poisonous drugs or the knife, consequently without the aid and expense of a physician. There is special mention made of the following: Consumption, Rheumatism, Paralysis, Indigestion, Constipation, Appendicitis, Female Diseases, Nervous Troubles, Insanity, Kidney and Liver Troubles, Periodical Headaches, Catarrh, Cancer, Tumors, Heart Trouble, Epilepsy, Piles, Skin Diseases, Deafness and Venereal Diseases.

The Knowledge They Contain **WILL CURE YOU.**

Descriptive Literature Mailed **FREE** on Application

KEITH & GINTER, Publishers, Bellville, Ohio



CATARRH, ASTHMA CURED WHILE YOU SLEEP

Two or Three Cents a day if you are satisfied, and Nothing if you are not. Harmless, Convenient, Agreeable, Private, and Marvelously Certain. **INHALANT** is Discovery of an Eminent Physician, improved by us through years of experience, and is Best in the World. **INHALER** is our Patent and is Best Ever Devised. Its cures of **CATARRH** caused patients to name it, "**THE LITTLE WONDER.**" Its cures of **ASTHMA** have looked like Miracles. By far the best for **BRONCHITIS, HAY FEVER** and Catarrhal Disease in every form and stage. Best Remedy for **COLDS**, and prevents Pneumonia. Cures or prevents **DEAFNESS**, and restores **LOST SMELL. LITTLE CHILDREN** infallibly and easily cured. **BAD BREATH** it never fails to cure. Succeeds as nothing else can, because it is the Right Medicine applied in the Right Way,—that is, **CONTINUOUSLY.** A healing Balm laid directly on the Sore Spot, whether in Nose or Bottom of Lungs. **Change of Climate without Change of Residence.** Takes none of your time, does not hinder the breathing, and may be regulated to any force desired. Needs no help from other medicines. A Triumph of Science and Common Sense. **LONG TRIAL.** Sold always under **STRICT, LEGAL GUARANTEE**, which would have ruined us long ago but for the Astonishing Reliability of the Remedy. Write today, as you may not see this again; for never before has come to you a thing so Wise in its Means, so Strong in its Proofs, so Easy in its Application, so Generous in its Terms, so Certain in its Results.

E. C. C. CATARRH-ASTHMA CURE,

3041 Van Buren Street, CHICAGO

PHYSICAL AND SOCIAL CULTURE

I teach you correct poise, breathing and rhythmic movements, to overcome obesity or thinness, to obtain freedom from chronic ailments; in short—how to regain and retain the best of health, good spirits, strength and vital energy. I also teach social forms, grace and ease in social relations, the art of brilliant conversation and how to make the most of your own personality. Two courses, Physical Culture, Social Culture, develops both the body and the mind. Write to me—which?—and send for free literature.

KATHERINE H. CARTER, P. O. Box 695, Syracuse, N. Y.

MAGNETIC LIFE RADIATORS!

Are curing the sick and weak without drugs and in the **Shortest** possible time. Worn at night only, and cure while you sleep. They are not kept in stock but are prepared specially for each individual case. **Price, \$1.00.** Sold with a guarantee to refund your money if you are not benefited within a specified time. **LYDIA S. BAUSCH, Magnetic Healer, 152 Miller Ave., Brooklyn, N. Y.**

RAPHAEL'S 1911 ALMANAC WITH EPHEMERIS, 35c.

(Either separately, 25c.) An everyday guide for 1911 for nearly everything and everybody. 176 pages. If a business man or woman, farmer or whatever your vocation, **YOU NEED IT, "The Guide to Success."** We have an immense stock of books on Astrology, New Thought, Occultism, Spiritualism, Palmistry, Theosophy, Healing, etc. Our New descriptive catalogue is **FREE.** Send for it today. **WALROND'S OCCULT PUB. CO., Dept. G3, Rochester, N. Y.**

*Heaven is a state of mind that
is building a local habitation.*

—Elizabeth Towne.

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

PLENTY

You want it of course. Plenty of money and "Plenty," the best and most helpful little New Thought magazine you ever saw, which blazes the path to abundance. Truth to the **Core.** Subscription, 50c a year; sample copy, free. Address, **MATTHEWS DAWSON, Editor, Box 81, Washington, D. C.**

Free Tuition Scholarship

Carnegie College gives Free Tuition by mail to one representative in each county and city in U. S. **Normal, Academic, Civil Service and Business Courses.** Alg., Chem., Physics, Arith., Bookkeeping, Lit., Rhet., Phys. Geo., Geo., Shorthand, Lat., Geom., Methods, Gram., Penmanship, Bot., Geol., Zool, Hist., Com. Law. **50 other branches from which to select.** Cut out this ad. and mail with application for Free Tuition to **CARNEGIE COLLEGE, ROGERS, OHIO**

THE DAWN

A monthly reminder that the Golden Era of our lives is yet to come. \$1.00 a year, 10 cts. a copy. Edited and Published by

DR. J. BALL, 915 Van Ness Ave., San Francisco



NO HAIR NO PAY

We grow hair on baldest heads. Only requires a short time to stop falling hair and cure any scalp disease. Enclose stamp. Particulars free.

E. B. JACKSON & CO.
DEPT. K44 KALAMAZOO, MICH.

SELF-DEVELOPMENT

Is What Counts For Success

You may have ability, energy and ambition and yet not succeed.
You may be brilliant, a good worker, a quick thinker and yet fall short of the mark.

Why?

The answer is contained in two words—*misdirected energy*.

Every force in Nature is constructive or destructive.

According to your direction of these forces you build up or you tear down.
Do YOUR forces need wise direction?

The Power Correspondence School

Will help you to **organize yourself**. It will make you more effective. It will help you to work in the constructive way which makes for success. Mr. Wallace D. Wattles is the author of the four courses combined in one which the Power Correspondence School now offers at a surprisingly low price.

As a teacher of practical psychology or new thought Mr. Wattles carefully considered the real, every-day needs of many hundred students. He then framed these courses to meet the needs.

CONCERNING THE WORK.

The student will find this the most interesting work which he ever undertook. There are really four courses combined in one complete set of ten lessons covering the following subjects:

- (1) **HEALTH SCIENCE.**
- (2) **WEALTH SCIENCE.**
- (3) **DEVELOPMENT OF TALENT.**
- (4) **SUPPLEMENTARY COURSE IN MARRIAGE HAPPINESS.**

With each lesson the student receives a set of

WHAT THE SCHOOL DOES FOR OTHERS.

"This is the plainest, simplest, most convincing and most encouraging instruction I have ever met with."—H. M. FILER, Manistee, Mich.

"I am well repaid, as I never felt better in my life. These lessons have been a wonderful help to me in ever so many ways."—MRS. W. G. CLAXTON, 44 Putnam St., Buffalo, N. Y.

"I am delighted with my first lesson. I believe in its teachings absolutely."—LUCY L. HANSCOM, Allenhurst, N. J.

The Courses can be mastered in six months, or less, of study and practice, although we recommend ten months. Half an hour to an hour per day is sufficient for the work. There are no extra charges of any sort connected with the work. The price is so low that it will surprise you.

Our interesting new folder, "**The Key to Power**," gives full details, contents of the Lessons, price, etc. Send your name and full address NOW for a free copy and sample page from the Lessons.

Use the coupon. Address:

The Power Correspondence School

Dept. 2, Holyoke, Mass.

To The

**Power Correspondence School,
Holyoke, Mass.**

Please send (without obligation on my part)
"**The Key to Power**" and sample page from the Power Correspondence Lessons.

Name and

Address



FINEST HAIR GOODS

I don't handle inferior kinds. My satisfied customers advertise me! Best switches \$4.00 to \$15.00. Wigs and toupees \$8.00 up. Chignons, pompadours, waves, bangs, transformations, etc., made to order. Switches made of cut hair or combings \$1.25 to \$1.75. Where there is not enough hair for good sized switches, I can match and charge accordingly. Puffs made of

combings 25c to 35c, cluster \$1.50. Send 10c extra for registering package on goods made of your hair. C. R. MOMENT, 1631 S. Trumbull Ave., Chicago, Ill.



The World Friendship Club

is composed of persons of all ages, with refined ideals, hobbies and ambitions. Some are wealthy; some are poor; all desire improvement and advancement by the royal road of Friendship. If you are disheartened, lonesome, ill or misunderstood by those around you, take shelter beneath the soft, gentle wings of Friendship. For full particulars, address **WORLD FRIENDSHIP CLUB, 113 Laconia, N. H.**

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

A Complete Course in Physical Culture--FREE!

Prepared by **Bernarr MacFadden**, the Foremost Authority In Health And Body Building
February Issue on News Stands Now



To every person sending us \$1.00 for an eight months' trial subscription to the

PHYSICAL CULTURE MAGAZINE

we're going to give, absolutely without cost, a complete course of lessons in physical culture. These have been written by Mr. Macfadden personally, and represent the most effective body-building course ever compiled, and reflect the knowledge gained in his treatment of patients at his immense Healthatorium, 42nd street and Grand Boulevard, Chicago. **It is not an exaggeration to say that this free course is the equal of many courses sold at \$50.00 or more.**

We make this unusual offer as an inducement for you to get acquainted with the Physical Culture Magazine—the most needed periodical in the field of literature. It teaches you in a simple, understandable manner how sickness may be avoided and how you may achieve the highest degree of health and strength by just a little physical attention every day. It prescribes a rational and effective treatment of every form of illness. When you are thoroughly acquainted with Physical Culture you will become a life subscriber because you won't think you can get along without it. We will cheerfully return your money if you are not satisfied.



Bernarr MacFadden

PHYSICAL CULTURE PUBLISHING CO.,

Room 986,

Flatiron Building,

New York City.

I HAVE HELPED MYSELF

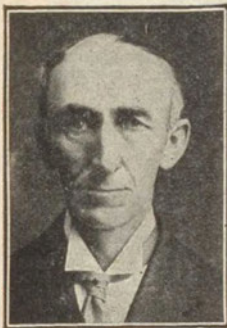
and I can help you to demonstrate completely in health or wealth. Send for circulars describing my books and booklets (nine of them) and receive **FREE** your choice of two valuable lessons: "A Mental Exercise in Being Well" or "A Mental Exercise in Getting Rich." Or better, send ten cents for the great booklet "How to Get What You Want" and ask for the lesson and the Bulletin of the

GET RICH RIGHT LEAGUE

which will show you how wonderfully the graduates of our Correspondence School are succeeding. This literature is **VALUABLE**. Send for it. Address

WALLACE D. WATTLES,

ELWOOD, INDIANA



THE DR. C. O. SAHLER SANITARIUM

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

PSYCHOLOGICAL METHOD EXCLUSIVELY.

Large verandas, cheerful, sunny rooms, and sun parlors, are features of this place.

Physicians and friends who have mental and nervous patients whom they desire to place in an institution having the principles of the home and family life, no-restraint, and having tried all other methods of treatment without success, should inquire into the merits of this Sanitarium.

NO INSANE CASES RECEIVED.

Write for Circular.

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

FREE!!!

A valuable **SELF-Healing Lesson** formerly sold for 50c, will be sent **FREE** to all who enclose a **STAMPED ENVELOPE**. Address, **EDWARD E. GORE**, (formerly Editor, "Occult Truth Seeker"), Box 200, Ruskin, Florida.



MR. RICHARD INGALESE

Announces that he has resumed the practice of law in suite 830, H. W. Hellman Building, Los Angeles, Cal. Money invested, free of charge, in California mortgages, yielding large and safe returns.

SEXUAL LAW

AND THE

Philosophy of Perfect Health

Has helped thousands to better health and will show you how

YOU MAY HAVE PERFECT HEALTH.

Send postpaid to any address for 10 cents. Address:

DR. C. W. CLOSE,

Department 8,

Bangor, Me.

LEARN HOW

To ACQUIRE WILL, POWER, SELF-CONTROL, CONCENTRATION, Memory and utilize the higher Powers of your Mind for practical purposes. Send stamp for booklet, **COUGHER MENTAL TRAINING SCHOOL**, Simpson Block, Kansas City, Kan.

THE OPEN DOOR TO MYSTIC TEMPLES AND Secrets of the Universe

Embrace a Rational and Common Sense Religion embodying the good of all and the Absurd Superstitions of none. Satisfying even to the "free-thinking" materialist and scientific skeptic. Develop your Christ forces within yourself and become illuminated. Be redeemed and experience a soul-awakening which will give you "paradise on earth," take the sting from death and prove immortality possible for you. Join a true mystic order and become enlightened. To all that is true, divine, good and beautiful. Great and wonderful Secrets of the Ancient Priesthood which are in strict accord with natural law and lead to the highest degree of Wisdom, Freedom, Happiness and Power. Learn now how to live in perfect harmony with the unchangeable laws of heaven and earth. Send at once for "Immortality or Eternal Death," only 10 cents, or with "Osiris, the God-Father of the Universe," and "Your and the World's Desire. IT'S POWER." 25c.

Egyptian Publishing Co., Richland Center, Pa.

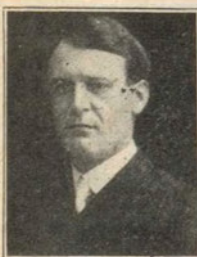


The Secrets of the Gnome Told

Comte de Gablias, concerning the inner magic, and secret sciences contain remarkable sidelights upon human nature and its relation to the supernatural. They are contained in a book known as THE IRRECONCILABLE GNOME giving the exact text of the famous edition of 100, as translated into English by John Yarker. A very rare, interesting work. Copious notes aid in understanding

the hidden meanings. Every student of the occult should possess a copy. While edition lasts, prepaid, 25c.

The Philo Publishing Co. DESK B ALLENTOWN PA.



I GUARANTEE TO CURE YOU

If your disease is amenable to Mental Methods. Where my advice is properly followed there need be no failures. I know this to be true as I have come in contact with 2500 cases in the past six years. Why should you risk your health and endanger your life by intrusting your case to those who are unqualified and have had no scientific training? I am a graduate of one of the largest medical schools in the United States, have pursued

post-graduate studies abroad, and after practicing fifteen years I specialized in Psychotherapy (mental medicine) after being fully convinced that it was the only means of cure for those types of chronic, mental and nervous disorders so baffling to the orthodox practitioner.

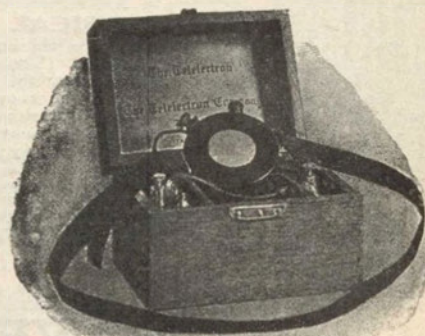
WRITE OR CALL—ADVICE FREE

C. F. LEAVITT, M. D.

4458 Lake Ave.,

Chicago, Ill.

The Teleelectron



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

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

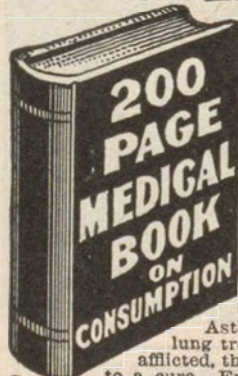
The operation of the TELEELECTRON, being directly on the seat of the trouble, has the invariable effect of the natural upon the unnatural, of light upon darkness, of heat upon cold.

Mental worry, despondency and weakness, being abnormal conditions of the brain, disappear, and the normal, which is the natural condition is restored.

The brain cell is the most delicate structure known to man, and the adjustment of the electric current administered by the TELEELECTRON is a triumph of modern science and the discovery is a reward of long and patient search. Mental disorders and nervous troubles simply cannot exist under the action of the TELEELECTRON. For insomnia it is the greatest specific yet discovered. A single trial will convince any sufferer of the fact. Write for particulars.

THE TELEELECTRON COMPANY, Limited.
Ottawa, Canada.

Consumption Book FREE



This valuable medical book tells in plain, simple language how Consumption can be cured in your own home. If you know of any one suffering from Consumption, Catarrh, Bronchitis,

Asthma or any throat or lung trouble, or are yourself afflicted, this book will help you to a cure. Even if you are in the advanced stage of the disease and feel there is no hope, this book will show you how others have cured themselves after all remedies they had tried failed, and they believed their case hopeless.

Write at once to the Yonkerman Consumption Remedy Co., 4595 Water Street, Kalamazoo, Mich., and they will gladly send you the book by return mail free and also a generous supply of the New Treatment, absolutely free, for they want every sufferer to have this wonderful remedy before it is too late. Don't wait—write today. It may mean the saving of your life.

The Path to Power

By **URIEL BUCHANAN**

Author of
"The Mind's Attainment."



You can double your earning power with no increase of work. You can find twice as much happiness with no greater effort, and without any sacrifice.

The majority work hard and accomplish little, because they do not understand themselves and the forces at their command.

There are keys which unlock man's hidden energies and latent talents, just as there are keys yet undiscovered to great inventions.

The Path to Power will tell you about your own set of keys which will open the door to your treasure house of possibilities.

THE CHAPTERS OF THE BOOK:

Natural Breathing Gives Health and Joy.
A Magnetic Personality Insures Affluence and Power.

Practical Methods for the Cultivation of Memory.

Chart and Guide to Intuition and Genius.

The Invincible Will Emancipates the Mind and Conquers Adversity.

Power Through Repose and Affirmations.

Printed in clear type on good paper. Neatly bound.

Price, by mail, postpaid, 25 cents (silver).

URIEL BUCHANAN, P. O. Box 210, Chicago, Ill.

Anything to Sell?

We want to hear from every reader of **THE NAUTILUS** who has anything to buy, sell or exchange. Have you **REAL ESTATE** for sale? Have you a **BICYCLE, GUN, CAMERA, MUSICAL INSTRUMENT, or BOOKS, or ANYTHING** that you would like to exchange for cash or for other articles of value equal to yours?

We have a unique plan that connects the small trader with possible customers, and the one who wants to buy or exchange with those who are willing to "dicker." If interested write at once for full details.

Stella Stuart, Brooklyn, N. Y., says: "I am decidedly pleased with it. It brings me a large number of queries from just the class I want to reach."

Address, "Special," Care of **THE NAUTILUS**, Holyoke, Mass.

"THE EASE MOVEMENT"

The latest (and best) Message to the happy, sorrowful, sorrowing, mirthful, nervous, brave, joyous, despondent, sick, healthy, ones of this world—in brief, **to all of you, and especially to YOU.**

Of course you don't want "something for nothing," so just enclose ten cents (stamps or coin) and we will answer you with a helpful letter and, also, mail latest issue of "Ease," our magazine.

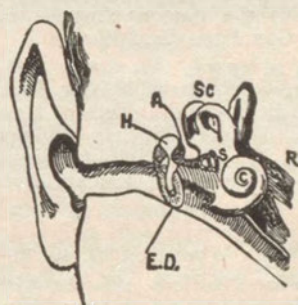
Mr. & Mrs. P. W. E. Hart
19 Wayne St., Worcester, Mass.

DEAFNESS

SUCCESSFULLY TREATED

By the Simplest Method Yet Discovered.

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



E. D. The Drum; H. Hammer; A. Anvil; S. Stirrup; S. C. Semi-circular Canals; C. Cochlea.

The inner ear cannot be reached by probing or spraying, hence the inability of specialists to always effect a cure. Neither can ear drums cure deafness. But there is a scientific treatment for deafness and catarrh which is demonstrated every day by the use of Actina. The vapor generated in the Actina passes through the Eustachian tubes into the middle ear, removing the catarrhal obstructions and loosens up the bones (hammer, anvil and stirrup) in the inner ear, making them respond to the vibration

of sound. Actina has also been very successful in relieving ringing noises in the head. We have known people afflicted with this distressing trouble for years to be entirely relieved by a few weeks' use. Actina has also been very successful in the treatment of hay fever, asthma, bronchitis, sore throat, weak lungs, colds, headache and other troubles that are directly or indirectly due to catarrh. Actina will be sent on trial, postpaid. Write us about your case. Our advice will be free as well as a valuable book—Prof. Wilson's Treatise on Disease. Address Actina Appliance Co., Dept. 124D, 811 Walnut St., Kansas City, Mo.

The Latest Favorite
in things to eat is

Mapleine

The Delicious Flavor



A purely vegetable compound which produces an incomparably rich and delicious flavor; better than Maple when used like lemon and vanilla to flavor cakes, puddings, frostings, cake fillings, sauces, candies, ices, etc.

To Make Table Syrup

Dissolve white sugar in water and add the Mapleine—a very simple, deliciously good home-made syrup is the result, made in a moment, fresh, and ready to serve with the hot cakes, waffles, corn bread, etc.

A Collection of Recipes

We have collected many recipes showing how Mapleine can produce its own delicious flavor in cooking and candy making. This will be sent to anyone on request. Grocers sell Mapleine—a 2-oz. bottle for 35c—if not, send stamps or money order to

DEPT. D,
CRESCENT MANUFACTURING CO.
Seattle, Wash.

How Women Are Made Beautiful

The Strange Century Old and Jealously Guarded Beauty Secrets of the Famous Beauty Specialists of Gay Paris Laid Bare.

Sensational Disclosures in Remarkable New Book, "The Magic Key to Beautyland." Tells of How Famous Actresses, Wealthy Society Women and Ladies of the European Nobility Seemingly Defy Age and Time and Remain Ever Young and Beautiful.

Simple Process by Which Women of 35, 40, 50—Even 60 Years—May Look from Ten to Twenty Years Younger.

The Secret of How to Obtain Beautiful Face and Figure, Soft, Clear, Velvety Skin and Complexion, and Luxurious, Glossy Hair.

Arrangements Made to Furnish 1,000 Copies of This Parisian Wonder Book of Beauty, Absolutely Free, to the Lady Readers of This Paper—Cut Out and Mail Free Coupon Today.

Probably no book in recent years has created so great a sensation in its field as one recently published by The Paris Academy of Beauty Arts, of Paris, France. This remarkable volume, entitled "The Magic Key to Beautyland," has been rightfully called "The Wonder Book of Beauty," and explains how ten of the world's most noted Beauty Specialists have combined to lay bare all their mysterious beauty secrets, disclosing how, by seemingly almost magical methods, their clients are often made beautiful overnight; how women of thirty, forty, fifty, yes, even sixty years of age, may be made to look from ten to twenty years younger; how practically any woman may obtain a beautiful face and superb figure at very little cost, without leaving her own home.

Twenty-five thousand of these wonderful beauty books have just been printed in the English tongue, and arrangements have been made whereby 1,000 of them are to be distributed, absolutely free, among the first 1,000 ladies who will use the Free Coupon below and mention the name of this paper.

With these wonderful beauty secrets on her dressing table, we believe that practically any woman may learn to quickly effect a transformation in herself that will not only make her look many years younger, but will so beautify and improve her whole appearance that her family and friends, yes, even herself—will be fairly dumfounded.

No matter how beautiful you may be, walk to your mirror now and ask yourself if there is not room for further improvement. Maybe your figure is deficient in some easily remedied particular; hollows need filling out? Perhaps your face is worn with the tiny defacing marks of time. Are your neck and cheeks full, well-rounded and glowing with the pink of perfect health and

youth, or are they thin, hollow, scrawny and dull yellow or fishy white? Is your hair glossy and abundant, and do you dress it in the manner most becoming to you? Is your complexion beautiful and skin a soft, velvety, creamy white? Ask yourself these questions frankly. Answer them without evasion and then use the Coupon below and secure your copy of this great book today. All these and a hundred other things every woman wants to know have been revealed by ten of the greatest living experts on Womanly Beauty.

This wonderful book treats on a marvelous secret process that clears the face of all marks of age and worry in from one to two nights in many instances.

It contains many startling pictures of living women, showing the remarkable changes made in any woman's appearance with the removal of every blemish, rounding out thin, scrawny neck and hollow cheeks. These pictures are sensational but convincing beyond all doubt.

This splendid offer is open for the next ten days, during which any lady reader may obtain one copy of this wonderful Beauty Book by merely writing her name and address on the Free Coupon below. Write your name there this minute and mail the Coupon today.

FREE BEAUTY BOOK.

Good only if used within ten days from date of publication.

Name

Address

This coupon entitles you to one copy of "The Magic Key to Beautyland," postage prepaid, as described above. Cut out this Coupon and mail directly to the American agents, **PARIS ACADEMY OF BEAUTY ARTS, Suite 52C, Syracuse, N. Y.**, and the book will go forward by return mail.

KATHERINE ASCHERMAN

DESIGNER AND CREATOR OF
PAINTED GOWNS

Orders Can Be Filled Within Four Days.

My new line of painted gowns is now ready, and any time you wish to see samples my New York agent can take them to you, or they can be sent by express. Each design is sufficient for any gown, whatever the mode.

They are all painted on the best chiffon cloth—with or without borders—and sell complete for \$35.00 per gown.

They cannot be seen in any of the department stores—they are only sold by my New York agent or myself. My new blended border effects are a specialty.

Some of my gowns have been worn at the Royal Court of Roumania and were admired by the queen. Address: **KATHERINE ASCHERMAN, Short Beach, Conn.**

The White Peril

Or How I Cured Myself of Consumption at Home, by Louis R. Andrews. Dismissed as incurable from an Adirondack Sanitarium, the author returned home and cured himself at small expense, with no aid from doctors or drugs. He tells in detail just how he did it. Favorable and lengthy comments by N. Y. Tribune, N. Y. Herald and other noted periodicals. Attractive cloth binding, purple with white lettering, 12 mo., 277 pages. Second edition. \$1.10, postpaid. Address all orders to **LOUIS R. ANDREWS, Danbury, Conn.**

MAKE \$3000 TO \$5000 PER YEAR

PRACTICE
DRUGLESS HEALING

*Send Today
For This
**FREE
BOOK***

*Gives
Full
Details
Of The
Wonders Of
**DRUGLESS
HEALING***

Become a Doctor of Mechano-Therapy—the startling new science. Splendid opportunity for men and women to enter uncrowded, highly paid profession. Learn by mail or in class. Short time prepares you. Fine practice—big income quickly acquired.

Gain Success—Achieve your Ambition

Down deep in your heart you cherish an ambition—the conviction that, given the chance, you could do great things. You don't intend to always work for someone else—exist on small income—remain a mere cog in the great wheel of the world's work. Your place is up—up with the leaders—where you can mingle with your equals—with the wealthy, influential, honored and respected business men and women of the community. Mechano-Therapy offers you the opportunity you've been looking for—the opportunity of a life-time—the greatest chance you'll ever have to climb quickly and easily to the top. No long years of preparation—just a little time, during which you can keep on with your present employment. Then, when you have graduated with honors—received your diploma as an M. T., you can step out from oblivion, and assume the place you were born to occupy. And, best of all, you can make from \$3000 to \$5000 a year right from the start. No long, tedious waits for business. Your services will be in constant demand at good prices. Your time your own to do with as you will. Remember

Eighteen Million People

In the United States today call in Drugless Healers when they are sick. What is Mechano-Therapy? Simply drugless healing along new and entirely scientific lines. Just getting into harmony with nature—that's all. A common sense method of treating human ailments without ruining the system with strong and poisonous drugs. Mechano-Therapy is the Science of Health, not of medicine. It is so easy and natural, any one can learn.

We have taught hundreds of men and women who were formerly clerks, stenographers, insurance agents, farmers, salesmen, telegraph operators, business men, etc. They are doing well—earning fine income. Young, middle aged and old can quickly learn and practice this well paid and honorable profession. No knowledge of medicine or college education necessary. The old way of administering drugs is giving away to this wonderful new science. **The demand for Mechano-Therapists is far greater than the supply.** Millions are sick—willing to pay anything to be cured. Drugs have failed. Faith in them is destroyed. You can cure the sick by Mechano-Therapy—earn their everlasting gratitude—make lots of money—gain name and fame.

Send Now For Free Book

It tells all—explains everything. Anticipates and answers your questions—your doubts, in a way impossible in this small space. This announcement has stirred you—aroused your hopes, desires, ambitions—just as it has hundreds of others. For others we have been the guiding star to honor, power and riches, because they saw the great opportunity we offered, and grasped it. Their thrilling, inspiring messages—their vivid and enthusiastic descriptions of success since their graduation—their universal praise of our school and methods of instruction all makes absorbingly interesting reading. All of it and many other things you want to read are in the book which we send FREE. Send for it today. See for yourself the marvelous possibilities of this remarkable science. Investigate. You owe it to yourself to do that much. Don't put it off one minute. You needn't write a letter or even a card. Just sign the coupon, drop in an envelope and mail.

**120-122 Randolph St.,
AMERICAN COLLEGE OF MECHANO-THERAPY, CHICAGO**

CLIP THIS COUPON AND MAIL NOW

American College of Mechano-Therapy
Dept. 361 Chicago, Ill.

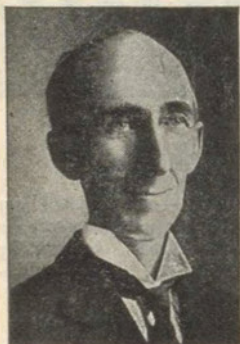
Please send without any cost to me or any obligation on my part a copy of your free book "How To Become A Mechano-Therapist," testimonials from graduates, proofs, etc.

Name.....

Street.....

City..... State.....

TWO BOOKS WORTH WHILE



The Science of Being Well

By WALLACE D. WATTLES

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

The book deals with the great principles of healing by which disease is to be replaced with harmony. It tells you how to identify yourself with health in each word, thought and action of your life.

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

PRESS ENDORSEMENTS.

"The book tells how to eat, how to breathe, how to sleep—how, in brief, to keep the body in good working efficiency without the use of medicine. Look up this little treatise." *New York American.*

"Everything now seems to be reduced to a science. But few 'reductions' presents as much commonsense as this latest effort of Wallace D. Wattles. Mr. Wattles has told us in a previous book just how to get rich. Now he gives us the secret of perfect health, and he proves it is largely a matter of right thinking. The language is simple, the intent is clear and the logic is reasonable." *Boston Courier.*

CONTENTS:

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

"Here is a book that everyone that either wants to get well, or wants to keep well should be sure to read. It is the outgrowth of the author's own experience. Interesting as a story. Concise, logical and usable as a text book." *THE DETROIT NEWS.*

"The book is well worth reading by those who are sick or well, and will undoubtedly cause the reader to think, which of itself is a good thing." *BROOKLYN CITIZEN.*

"There is no doubt that the careful, interested reader will find much worthy of remembering in 'The Science of Being Well,' and it is a fine specimen of book-making, as are all the products of the Nautilus." *WORCESTER GAZETTE.*

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

The Science of Getting Rich

By WALLACE D. WATTLES

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

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

READ THESE LETTERS.

Charles H. Shepard, a physician of 81 Columbia Heights, Brooklyn, says: "I have read 'THE SCIENCE OF GETTING RICH' twice with increasing interest and have sold and given away a dozen copies."

C. P. Hornbrook, 638 38th street, Oakland, Cal., writes the author: "Enclosed is \$5.00 for which please send me five copies of 'THE SCIENCE OF GETTING RICH.' There is not a shadow of doubt but that your science will work."

Mrs. McKenzie, of Bridgeport, Conn., wrote: "Enclosed \$6.00 for six copies. Dr. McLellen loaned me 'THE SCIENCE OF GETTING RICH.' I read portions of it to five women and they all wanted one."

Mark G. Evans, a prominent attorney of "THE SCIENCE OF GETTING RICH" is beautifully produced, printed from large clear type, on a fine quality of laid paper, with special fancy initials for chapter heads. Bound in a dainty color of silk cloth. 111 pages. Price, \$1.00. Order both these books from ELIZABETH TOWNE, Holyoke, Mass.

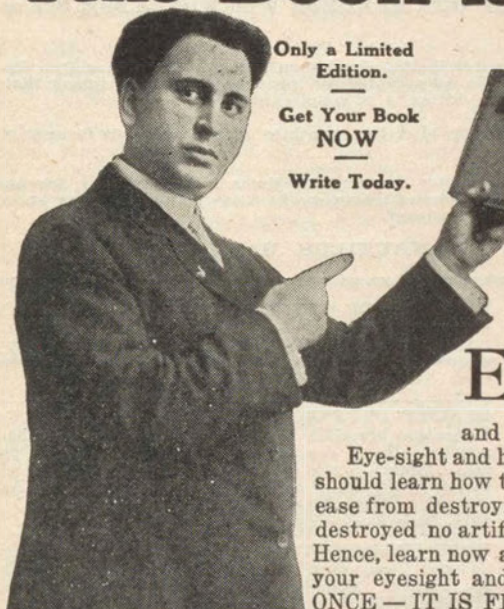
Denver, wrote: "Enclosed \$5.00 for other copies. It should be read by every man and woman in the land."

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

CONTENTS:

Preface—The Right to be Rich—There is a Science of Getting Rich—Is Opportunity Monopolized?—The First Principles in the Science of Getting Rich—Increasing Life—How Riches Come to You—Gratitude—Thinking in the Certain Way—How to Use the Will—Further Use of the Will—Acting in the Certain Way—Efficient Action—Getting into the Right Business—An Impression of Increase—The Advancing Man—Some Cautious and Concluding Observations—Summary of the "Science of Getting Rich."

This Book is Yours



Only a Limited
Edition.

Get Your Book
NOW

Write Today.

I GIVE IT ABSOLUTELY
FREE
TO ALL INTERESTED IN THE
CAUSES AND CURE
OF
EYE AND EAR
TROUBLES

EVERY PERSON should possess a general knowledge of the formation of the eye and ear, and understand how to treat and care for them.

Eye-sight and hearing are God's greatest gift to man. You should learn how to protect the eye and ear, to prevent disease from destroying those wonderful organs, for when once destroyed no artificial aid or device can ever replace them. Hence, learn now at no expense to yourself how to care for your eyesight and hearing. **WRITE FOR MY BOOK AT ONCE — IT IS FREE.**

One of the Greatest Books Ever Published

Full From Cover to Cover with Information Concerning the Treatment and Care of the Eye and Ear—**SEND FOR IT AT ONCE—USE THE COUPON.**

My book is handsomely bound in cloth and contains nearly 200 pages of most valuable information. Fill out and mail to me the coupon, and I send the book to your address free of any cost or obligation to you.

My book tells in simple language how to test and care for the eye and ear. A splendidly illustrated chart of the eye is shown, and several methods for testing the eye are given. There are many chapters devoted to the different forms of disease the eye is heir to; also the proper information for the care and cure of eye diseases is carefully suggested.

Each part of the ear is illustrated with life like pictures, and described so that anybody will understand. The causes and forms of deafness are clearly explained and remedies suggested. You will find a chapter instructing you how to test the hearing, how to know whether you are suffering from any trouble with the ear, or may be threatened with such trouble. Thus you will find instructions in the use of a series of tests which will enable you, if you have ear troubles, to decide the amount and location of the defect in your hearing, and can therefore take proper measures for relief and cure.

Help a Friend—If You Are Well and Strong

If You Know of a Friend or Relative Afflicted With Eye or Ear Troubles, Send for My Book for Them, So They May Be Benefited by the Information It Contains

Space here will not permit me to say all this great book contains for those who would be benefited by knowing its contents. I can only say that I have succeeded in writing a book—a treatise that is valuable as a reference book, that the doctor can refer to for information or the sufferer for advice. The facts which I present are the result of personal contact with thousands of the most complex derangements of the eye, ear, nose and throat. If you know of a friend or relative who is afflicted with eye, ear, nose or throat trouble, recommend my book. It is not to be supposed that the well can fully sympathize with the sick. They would have to feel every pain of mind and body which the sick endure, but the well can and should do their part in aiding those who are afflicted. **Send for my book today for yourself or a friend.**

I have only a limited edition—I want it to go as far as possible in spreading the glad news that there is help for those threatened with blindness and deafness, and the knowledge contained in my book, if imparted to those so afflicted, may be the means of restoring them to healthful sight and hearing. I impose no obligations on this information; I ask no favors from anybody. I simply want interested people to get my book. It is free for the asking. **Write for it TODAY.**

CUT OUT THIS COUPON — MAIL IT AT ONCE

F. GEO. CURTS, 651 Gumbel Bldg., Kansas City, Mo.

Dear Sir: Please send to my address given below your Free Book on Eye and Ear Diseases. It is understood that I shall not be under any obligation whatever.

Name _____

Street or R. F. D. _____

City _____

State _____

You get this book without expense to yourself. Fill out the coupon, write your name and address plain as possible, so the book will not go astray. Cut out the coupon, send it without delay.

REMEMBER, I only have a limited edition—**GET YOUR BOOK NOW.**

F. GEO. CURTS, M. D.
651 Gumbel Bldg.
Kansas City, Mo.



.. THE YANKEE TRADER ..

A DEPARTMENT FOR ALL OF OUR READERS Who Wish to Buy, Sell or Exchange.

COST

Only 4c per word for Ads in this department, cash with order and no discounts. No display. No Ad accepted for less than \$1.00; none longer than 200 words. Name and Address to be counted and paid for.

CLOSING DATE

Ads must reach us by the 3d of the month to secure insertion in issue of month following.

ADS BARRED

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

Address THE NAUTILUS, Holyoke, Mass.

BOOKS, MUSIC, ETC.

SUGGESTION THE SECRET OF SUCCESS, clearly explains that intangible, subtle force that makes one person obedient to every wish of another. Tells all about Personal Magnetism, Electrical Psychology and Hypnotism, giving exact, successful methods of procedure. 208 pages, \$1.00. Catalogue free. A. W. Martens, Pub., N. S. E., Burlington, Iowa.

WITH \$10 TO START I made as high as \$1,000 a month. Booklet, "Money-making Opportunities in the Mail Order Business," sent for 2c stamp. McKean, Desk 343, No. 2232 Eighth Ave., New York.

FOLK SONGS. Jubilee gems set to music. Songs Negroes sang before the war. Price, 25c each; \$2.50 per dozen. Work Bros. & Hart Co., Box 61, Nashville, Tenn.

EVERYONE INTERESTED in Psychic Discovery reads The Spiritualist Journal, the most scholarly exponent of Psychism in America. Address Spiritualist Journal, 1140 Columbus Ave., Boston. Sample, 10c; \$1 yearly.

NINE DEGREE COURSE IN HYPNOTISM. Personal Magnetism and Magnetic Healing—sold originally for \$5—sent prepaid with a year's subscription to WHEEL OF LIFE for 25c. Life Publishing Co., St. Louis, Mo.

VOLTA, WORLD'S GREATEST OCCULT JOURNAL, 25c year. Health, wealth, power through physical, mental, spiritual development. Sample free. Olympian Society, Olympian Temple, Redding, Cal.

"LOVERS' SECRETS." Best yet. Make others love you. Over 200 large pages, 50c. "Occult Forces," a key to Personal Magnetism. 146 pages, 30c. "Power of Personal Influence," over 100 pages, 25c. All \$1. Catalogue free. August Martens, Pub., Burlington, Iowa, N. M. E.

CHIROPRACTIC. "Spinal Adjustment," the new book by Dr. Gregory, tells all about it. Tells just what to do, where to do it, and how to cure disease, relieve pain instantly in any part of the body. Circulars free. I. M. Long, 5 Wesley Block, Columbus, O.

HOW TO LIVE 1,000 YEARS. Two copies Allshine Life, with information of the man who can, and \$1.00 Lesson on Perpetual Life, 10c. Allshine Publishing Co., 58, Route 1, Richmond, Va.

"EXTENDED VISION" or "Looking Beyond This World." Rich binding, large type, wide margin, twenty-one chapters. W. J. Colville has written the "Fore-Word." Some of the best poems on Heaven, both selected and new, are to be found here. Partial table of chapters: "How long does it take for a Soul to reach its heavenly home?" "Green Graves not Three Feet Long." "Do Spirits suffer when they see us in sorrow?" "No Father on Earth." "Our Mother which Art in Heaven." "Our Brothers and Sisters Hereafter." "Mates in Spirit Life." "Celestial Attendants." "Spirit Soldiers of the Civil War." "Friends in the Great Beyond." "Employment of Immortals." "Suicide and its after Effects." "What is Death?" "There are No Dead." "Heaven a City, a Country and a Condition." "Died Outside the Church" (A chapter big with comfort). Price, \$1.15. Dr. G. Tabor Thompson, 526 Spruce St., Philadelphia, Pa.

SEND 10c FOR "KEY TO SUCCESS in the Mail Order Business." Contains much information. Where to buy supplies, etc. Thomas A. Hill, 3302 Quivas, Denver, Col.

REMEDIES, ETC.

BEAUTY DEPENDS UPON CLEANLINESS. Creme Hygienique beautifies by stimulating the skin to a healthy activity. Not a cosmetic; founded on a scientific principle. Twenty years of success among people of prominence. Fifty cents a jar. Descriptive circular. Agents wanted. Creme Hygienique, 37 Madison Avenue, (Apt. 101), New York City.

ROSE LEAF ROUGE tints the face in such a natural, delicate, lovely pink it is easily mistaken for a flush on the cheeks. Complete five-leaf rose, 25c. Monogram Wrinkle Jelly is the only jelly made for the removal and prevention of wrinkles. A vegetable astringent, greaseless jelly, makes the skin smooth and velvety. 4-oz. jar, \$1.10, by mail. Monogram Creme Co., Dept. R., 551 West 174th St., New York City.

ECZEMA, PSORIASIS, OLD SORES, all skin diseases, catarrh, dandruff, sore eyes, rheumatism, neuralgia, stiff joints, itching piles on man or beast, cured or money refunded. Write for particulars. Sent by express on receipt of \$1.00. "23" Remedy Co., Hot Springs, Ark.

REWMET TABLETS are the new remedy for constipation and the digestive system. Taste like candy. A dollar box mailed to Nautilus readers on 10 days' trial. Free. Address Rewmet Tablet Co., Ashland, Ohio.

GET WELL. Orange Manna will make you well, if you will give it a chance. It is the great natural cure for all chronic, wasting diseases, all grain and fruit, no drugs. Send for free samples and circulars. W. W. Knight, proprietor, 1649 Tremont Place, Denver, Col.

GALL STONES. I have a simple recipe that will get them in the most obstinate cases, which I will send any sufferer for \$1.00. Mrs. A. A. Lamb, Box 138, Roseland, La.

YOU CAN BE WELL! Nearly every known disease cured by Magnetic Life Radiators. Particulars free. Lydia S. Bausch, Magnetic Healer, 152 Miller Ave., Brooklyn, N. Y.

IF YOU WOULD have a Beautiful complexion in ten days, send 25c to Mrs. P. Middleton, Pewee Valley, Ky., Box 4.

HAIR 40 INCHES LONG! After using only 3 packages of Hair-Tone, one lady in Columbus, Ind., has hair 40 inches long. It was 4 inches when she began treatment. \$1, prepaid. L. Middleton, Pewee Valley, Ky.

GREY HAIR and baldness remedy. Send 25c for directions. Costs but a trifle to prepare; is harmless. Mrs. E. B. Sherman, Hyde Park, Mass.

HAIR PUFFS, 15c; Transformations, \$1.00, \$2.00; Switches, \$1.25, \$1.50 from ladies' combings. Also recipe for Insomnia cured without drugs, 25c. Mrs. Davis, 41 Roseville Ave., Newark, N. J.

A SIMPLE CATARRH REMEDY. Quick relief for cold in head, asthma, croup, hay fever, sent free. Simply address Nostriola Balm Co., No. 1, Wheeling, W. Va.

Please mention NAUTILUS when answering advertisements. See guarantee, page 7

THE BEST COLD CREAM for chapped face and hands can be manufactured for 50c per gallon. Formula for 3 dimes. Frank Fell, Libertyville, Iowa.

RECEIPT TO STOP HEMORRHAGE. Has never been known to fail to stop the worst cases. Send \$1.00 for receipt to Mrs. Sallie Milam, Warren, Ark.

DEAFNESS. For one dollar I will tell you how I cured my Deafness, after ten years of unsuccessful treatment with the best specialists. "Simple and Good." George B. Wallace, 71 Marshall St., Buffalo, N. Y.

DOWNS' CATARRHOLINE. Relieves catarrh, colds, megrime, sore throat, incipient lung troubles; also first stages of grip. Price, 25c. Downs' Chemical Co., Chicago, Ill.

BUSINESS CHANCES, ETC.

DANDY HOME BUSINESS. Collect names, information, etc., for business concerns. Sell your ideas and knowledge by mail. Some make \$100 to \$1,000 monthly. Instructive booklet for stamp. Information System, Dept. N., Marietta, Ohio.

AGENTS MAKE BIG MONEY selling Resto Foot Remedies. One agent's sales in Northern Michigan were \$52.00 in 2 weeks. Resto Foot Remedies instantly relieve foot troubles. Satisfaction guaranteed or money refunded. Liberal terms to agents. The Resto Co., Dept. M. Battle Creek, Mich.

START A BUSINESS. 53 money-making secrets and schemes of advertisers and mail order men that will make you rich. Cheap at \$5. This valuable collection sent, prepaid, for \$1.00. Lobaugh & Co., Holcomb, Ill.

WANTED—An advertising representative for *The Nautilus* in every large city in the U. S. We want intelligent, active men or women who know the advertising business, to work on commission basis. Address The Nautilus, Holyoke, Mass.

LADIES, sell dry goods remnants in your own home to friends and neighbors. Send for proposition to The Remnant Store, 1331 Linn street, Cincinnati, O.

FOR SALE—106 acres fine trucking land at Hastings, Fla. A rich farm—312 acres well improved—in "Sunny Tennessee." B. J. Wilbon, Calhoun, Tenn.

INSTRUCTION BY MAIL.

LEARN THE SHORTHAND requiring the smallest outlay of time and money. Ideal Shorthand is the climax of simplicity, brevity and commonsense. Positively mastered in one hour. Speed from the start. Copyrighted. Price (complete), \$3.00. Particulars for 1-cent stamp. The E. T. Wells Co., Meriden, Conn.

CAN YOU WRITE FORCEFUL ENGLISH? My expert instruction by an entirely new method, puts the ability within reach of all. Wonderfully simple; of the highest practical utility. A Godsend to the ambitious. Trial lesson, \$1.00. Students' work purchased. Address "Instructor," Drawer 290, Holyoke, Mass.

PARISIAN FRENCH RAPIDLY acquired by mail! Infallible method! Invaluable for those at a distance from teachers. Trial lesson and circular, 50c. International postal order. Madame de Montaigne, 8 rue St., Hyacinthe, Paris, France.

MENTAL SCIENCE COLLEGE, Inc., opens at Phoenix, Arizona, for 2 months. Course, teaching Success and Health. Competent teachers on hand from Bryn Mawr. Write Prof. D. V. DeSaffery, M. S. D., Phoenix, Ariz.

HELP WANTED.

LOCAL REPRESENTATIVE WANTED. Splendid income assured right man to act as our representative after learning our business thoroughly by mail. Former experience unnecessary. All we require is honesty, ability, ambition and willingness to learn a lucrative business. No soliciting or traveling. This is an exceptional opportunity for a man in your section to get into a big-paying business without capital and become independent for life. Write at once for full particulars. Address E. R. Marden, Pres. The National Co-Operative Real Estate Company, 544 B. Marden Bldg., Washington, D. C.

A HIGH-CLASS WOMAN wanted who feels herself capable of earning \$30.00 per week to represent us in the sale of our marvelous New Metabone Keepshape Corsets. Bends sideways, backwards and forwards with the body. Never loses its shape. Bones guaranteed not to rust or break. Awarded Grand Prize and Gold Medal this year at Brussels over all competitors. Awarded Gold Medal by the London and Paris Dress Exhibition. Sells at sight. Worn by prominent actresses like Blanche Ring, Grace La Rue and Nora Bayes. The very latest Parisian Corset Sensation. Address Harriett Meta, Suite 52 A, 28 West 38th St., New York.

WANTED—A vegetarian helper on my fruit and grain farm; one who likes farm work, is honest, reliable; aspires to high manhood. State wages desired. A. J. Swezey, R. F. D., 4, Rockford, Ill.

WANTED.—Intelligent men and women to learn a paying profession, permanent and refined occupation assured. Write us at once for particulars. Life-Atoms Company, 1429 Dearborn Ave., Chicago.

FREE ILLUSTRATED BOOK tells about over 360,000 protected positions in U. S. service. More than 40,000 vacancies every year. There is a big chance here for you, sure and generous pay, lifetime employment. Easy to get. Just ask for booklet 870 B. No obligation. Earl Hopkins, Washington, D. C.

MISCELLANEOUS.

COOVER'S GOLD LETTERS FOR CHINA open a profitable field for ladies to earn money or to decorate their own dinnerware, dresser sets, belt pins, etc. Letters are genuine gold and easily applied. New, simple process. One dozen letters, details, suggestions and illustrated catalogue, 60c. Address Manufacturer F. G. Coover, 1935 So. 26th, Lincoln, Neb.

HAIR WORK, Switches, Puffs, Transformations and Curls made to order from new hair, old switches and combings. Prices low. Satisfaction guaranteed. Frances Woodford, 71 Rutland St., Boston, Mass.

FERNS, one year, 15c each; \$1.25 dozen. Roses, bush and climbing, one year, 15c each; \$1.00 dozen. Two-year-old, 40c each; \$4.00 dozen. Order now, stating name or color you want. We ship according to season. W. C. Mosely, New Orleans, La.

SANITARY PHONE SHIELDS. Fit any phone; instantly adjusted. \$1.00 per dozen packets of 25 shields each. Sell for 15c per packet. Sample packet, 10c. Scio-Van Company, 433 East 45th Place, Chicago, Ill.

CORRESPONDENCE wanted in Oklahoma. Object to determine advantages with view to locating. Climate a chief consideration. Address Fred B. Spross, Churchville, Monroe Co., N. Y.

SAN-I-FLA PURE FOOD FLAVORS. Non-alcoholic. Better flavor. Cost less. 1 tube equal to 1 pint, 25c. Orange, vanilla, lemon, almond. Millard Trueman, 177 Route 1, Richmond, Va.

I SELL FORMULAS, cooking recipes, toilet, medicinal, miscellaneous. Send stamped, self-addressed envelope for price list. Mrs. Edmond D. Butler, 17 Broadway, Cortland, New York, N. Y.

LADIES! Beautiful Silk Powder Puffs, chamois skin lined, containing perfumed powder, fitted with magnified mirror, 15 cents each; two for 25c. M. Forman, 354 Schenck Ave., Brooklyn, N. Y.

MISSION VIOLET AND ORANGE FLOWER, dainty perfumes for laces, handkerchiefs, stationery, etc. 10c packages, 3 for 25c. E. R. Newhall, 1300 Carroll Ave., Los Angeles, Cal.

VALUABLE STAMPS and stamp books for sale or exchange. Also a wine glass, 300 years old. Address A. M. Williams, 415 Green St., Norristown, Pa.

5c A WORD gets your ad. in entire list of 100 magazines that cover the U. S. like a blanket; list free. Crescent Syndicate, St. Louis.

OLD COINS, POST CARDS, ETC.

OLD COINS. \$7.75 paid for rare date 1853 quarters, \$20 for \$1/2. We pay a cash premium on hundreds of coins. Keep all money dated before 1884, and send 10 cents at once for our new illustrated Coin Value Book, size 4x7. It may mean your fortune. C. F. CLARKE & CO., Coin Dealers, Dept. 21, LeRoy, N. Y.

FOREIGN STAMPS. 300 assorted, including Japan, China, Italy, France, Russia, etc. Beautiful postcard and a foreign coin, 15c. Albert Knight(529 Woodward, Cincinnati, O.

NEW THOUGHT MOTTOES. Fine wall cards beautifully printed on tinted cardboard in Old English type. Size, 7x10 inches. Price, 10c each. Art Dept., Scio-Van Publishing Company, 433 East 45th Place, Chicago, Ill.

TELL YOUR FORTUNE with Wizard Cards; easily learned with meaning printed on each card; great aid to concentration. 54c mailed. Wizard Card Co., 302 22d St., Denver, Col.

VOLTA, THE WORLD'S GREATEST OCCULT JOURNAL, will distribute \$1,000.00 in cash, also 10,000 beautiful Panama-Pacific World's Fair and Golden State souvenir postals to members of its post card exchange. Collect and save postals and write quick for details. Copy of Volta and souvenir card free. Olympian Society, Olympian Temple, Redding, Cal.

New Thought Practitioners

MRS. CLARA C. McLEAN'S Classes and Treatments in Mental Science. Personal Interviews Tuesday mornings. Advanced class, Friday, 2.30 p. m. Free. New Thought Library, 403 WINEBIDDLE AVE., PITTSBURGH.

The well-known healer, **HELEN A. HEARST**, will receive patients for health and success through correspondence. Enclose stamp. Suite 3, 76 Huntington Ave., Boston.

Mental Healer. **ELIZABETH CHRISTIAN, 10 KEMBLE ST., UTICA, N. Y.** The mental treatment is supplemented by physical methods, which hasten the return of health.

CALIFORNIA SCHOOL OF METAPHYSICS. DR. LUTHER M. MARSTON, Healer and Teacher. Treatments for disease and business success. Mental Christian healing taught, 2299 West 20th St., Los Angeles, Cal.

CHARLES W. CLOSE, Ph.D., DEPT. 8, BANGOR, ME. Mental Healer. 48-page booklet, giving method and terms, for two-cent stamp. 25 years' successful practice.

Trinity of Health, Physical, Mental, Spiritual. **M. ELLEN VAN VOAST**, teacher and healer. Treatments for harmony on all lines including success. 1428 Chilton St., Washington, D. C.

EDITH MARIE RAYMOND, 302-22d ST., DENVER, COL. Practical lessons in Success and Happiness. New Thought Circulating Library. Leading New Thought books for sale.

MATTHEWS DAWSON, Healer and Teacher. Success treatments a specialty. 10 lessons on Success, 10c. M. Dawson, editor "Plenty," BOX 81, WASHINGTON, D. C.

"**MRS. C. A. BARTHOLOMEW, LANSING, PA.**, experienced new thought teacher and healer. No charge unless patient is benefited. Careful attention to each and every letter."

OLIVIA KINGSLAND, F. T. S., mental Healer and Helper. Ten years' practice. Consultation and initial treatment. Hours, 10 to 12 a. m. 48 Portola St., San Francisco, Cal.

MENTAL THERAPEUTICS combined with corrective and invigorating physical exercises which evenly distribute the force generated by the mental. Address with stamp, **MISS CARTER, 507 South Warren St., Syracuse, N. Y.**

"**THE CHRIST METHOD.**" Treatments given for health and success. Letter of instruction one dollar. **CHARLES G. HUNT, BOX 104, CRAFTON, PA.**

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

Clubbing Offers

THE NAUTILUS SERVICE MEANS:

Lowest Possible Clubbing Rates!
Prompt, Careful, Efficient Attention!
A Guarantee of Attention The Day
The Order Is Received !!!

Why Pay Full Price?

A man who reads four good magazines a month gets a liberal education. They give different points of view; they create a desire for knowledge on every subject; they keep him in touch with current events, and their contents are, as a rule, well thought out opinions—not the newspaper hodgepodge.

I know a man who gives each of his ten friends a gift of four magazines each year. He thinks it the most sensible kind of a lasting gift. Pretty good idea that!

If you want magazines for yourself or friends we can help you.

HERE ARE SOME SPECIALS.

The following are sample offers. If the magazines you want are not listed here do not hesitate to write us for information. These are a few about which our readers most often ask for club rates.

Name of Magazine.	regular Price per Year.	Special Price with NAUTILUS.	Foreign Subscription Price.
American	\$1.50	\$1.75	\$3.11
American Boy	1.00	1.75	3.11
Business Philosopher	2.00	2.50	3.36
Cosmopolitan	1.00	1.75	3.11
Delineator	1.00	1.90	3.11
Good Housekeeping	1.25	2.00	3.36
Good Health	1.00	1.50	2.21
Good Health Clinic	1.00	1.50	2.36
Health	1.00	1.50	2.36
Health Culture	1.00	1.50	2.36
Harper's Bazar	1.00	1.75	3.11
N. Y. Magazine of Mysteries	1.00	1.50	2.34
Philistine	1.00	1.50	2.26
Physical Culture	1.50	2.15	3.15
Progress	1.00	1.50	2.36
Success	1.00	1.75	3.11
Stellar Ray	1.00	1.50	2.16
Swastika	1.00	1.50	2.16
Thought	1.00	1.50	2.50
Unity	1.00	1.50	2.16
Washington News Letter	1.00	1.50	2.16
Woman's Home Companion	1.25	2.00	3.36

Address

ELIZABETH TOWNE, Holyoke, Mass.

DON'T WEAR A TRUSS

FREE

STUART'S PLAS-TR-PADS are different from the painful truss, being made self-adhesive purposely to hold the rupture in place without straps, buckles or springs—cannot slip, so cannot chafe or compress against the pubic bone. The most obstinate cases cured in the privacy of the home. Thousands have successfully treated themselves without hindrance from work. Soft as velvet—easy to apply—inexpensive. Process of cure is natural, so no further use for trusses. Awarded Diploma and Medal as meritorious invention. We prove what we say by sending you Trial of Plapao absolutely FREE. Write name on coupon and mail TODAY. Address

TRIAL OF PLAPAO PLAPAO LABORATORIES, B'k 39 St. Louis, Mo.

Name

Address

Return mail will bring Free trial Plapao

MYSTIC LIGHT LIBRARY BULLETIN

JANUARY 1911

ISSUED MONTHLY BY THE MYSTIC LIGHT LIBRARY ASSOCIATION 49 JOHN ST. NEW YORK

PRICE 8 CENTS

DEVOTED TO SOCIAL ETHICAL PSYCHOLOGICAL AND OCCULT STUDIES *** DIRECTORY OF SOCIETIES MEETINGS LECTURES ETC.

MAN AND MIND - MIND AND MAN

Something New for New Thinkers

And Those Interested in The Occult.

"THE MYSTIC LIGHT LIBRARY BULLETIN" is a monthly magazine. It treats interestingly of questions in which people who would develop themselves are

keenly interested. To the student of the occult it is a delight. To those who do not know much of the occult, it will be found not "cult-y." The higher spheres of human existence and the super-physical forces that direct us are discussed from the standpoint of the average reader.

"THE LAW OF SUCCESS" is a booklet by W. J. Colville. The title tells the story. It gives you ways and means of applying success; of living success; of being success. SUGGESTION—THERAPEUTICS—AND NEW THOUGHT are some of the things it mentions.

SPECIAL OFFER "Mystic Light Library Bulletin" 3 months and a copy of "The Law of Success" **BOTH FOR 10 CENTS !!!**

MYSTIC LIGHT, Dept. 11,
49 John St., New York.

I enclose 10 cents for "The Mystic Light Library Bulletin," 3 months, and a copy of "The Law of Success," as per your offer in Nautilus.

Name

Address

START A NEW THOUGHT CENTER

OR A NEW THOUGHT CLUB!

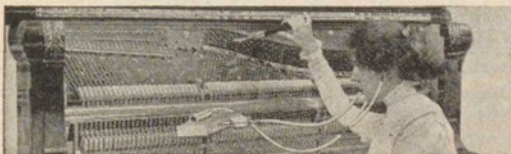
We Will Help You.

ARE YOU INTERESTED IN NEW THOUGHT? WHY NOT INTEREST OTHERS? MAKE IT PLEASURABLE AND PROFITABLE. ORGANIZE YOUR FRIENDS INTO A NEW THOUGHT CENTER. IT WILL MAKE FOR HEALTH AND HAPPINESS ALL AROUND.

There are at least a dozen people near you who are **your** kind! So why not start a New Thought Center or headquarters where congenial people who are interested in these teachings can get together for meetings, for study, sociability, etc. A place where helpful literature along these lines can be obtained. A hearty welcome will be given you by any of the centers listed on our inside front cover. Try it once.

If you are a worker and want to do something of this sort, or if you are already established as a teacher of new thought, be sure to write for our free special letter on the subject, and let us know if you want some free advertising. Address:

ELIZABETH TOWNE, Holyoke, Mass.



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

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

KOSMEO CREAM

The Cream of All Creams

CREATES A SUN AND WIND
PROOF COMPLEXION

Prevents Chapping,
Sunburn, Tan
and Freckles.

Excellent for Men After
Shaving.



LET ME SEND YOU FREE

my 64-page book on the complexion and hair together with samples of Kosmeo Cream and Kosmeo Face Powder. Address

MRS. GERVAISE GRAHAM

1486 Michigan Ave.,

Chicago, Ill.

AMBITIOUS, ASPIRING MEN AND WOMEN

Should Read
"THE SCIENCE OF
BEING GREAT,"



"Mind is the path to the
goal of all possibilities," says
Prof. Elmer Gates.

A New Book by Wallace D. Wattles.

Mind training for greatness in one's own sphere is the most profitable work of life.

You will find in this new work, "THE SCIENCE OF BEING GREAT," methods, plans, carefully outlined instruction, for the highest self-development and training for efficient living.

The book states clearly and simply the author's ideas of THE FOUNDATION PRINCIPLES OF POWER.

Read this partial list of interesting subjects covered in the book:

TABLE OF CONTENTS.

1. **HOW TO BECOME GREAT.**—The Purpose of Life—The One Faculty Which Gives Man Command—Reality and Appearance—Two Mental Attitudes—The Principle of Power—Man as a Football.
2. **HEREDITY AND OPPORTUNITY.**—Tendencies and Habits—How to Increase Brain Area—No Bars to Greatness—Illustrations from History.
3. **THE SOURCE OF POWER.**—The Instruments of Greatness—What Makes Man Great—Nature of Wisdom and Knowledge—Analysis of Lincoln's Character.
4. **THE MIND OF GOD.**—What Thought is—Brain Substance—Inspiration.
5. **PREPARATION.**—How to Overcome Anxiety, Worry, Fear, Weakness, etc.—Mental Elimination as a Preparation to Greatness.
6. **THE SOCIAL POINT OF VIEW.**—The Fundamentals of Greatness and How to Realize Them—Society and Government—How to Look at the World.
7. **THE INDIVIDUAL POINT OF VIEW.**—Nature of Evil People—The Root of a Bulb—Criticism and the Kingdom of Greatness—How to See Yourself.
8. **CONSECRATION.**—Nature of Reason, and its Place in the Realization of Greatness—Going Back to Your Own Center—The One Essential of Greatness—Conventionality and Custom—Thinking by Principle—The Necessary Attitude in Business, Politics, Neighborhood and Home.
9. **IDENTIFICATION.**—The Advancing Presence—The Substance of Man—Nature and Intelligence and Man's Relation to It—How to Identify Yourself With Greatness.
10. **IDEALIZATION.**—Thought Forms and Reality—How to Make Thought Forms of Greatness
- Greatness in Your Particular Occupation—How to Decide—The Sense of Obligation or Duty.
11. **REALIZATION.**—The Way to Do Small Things—Beginning to be Great—Perception of Truth.
12. **HURRY AND HABIT.**—The Only Thing That Can Be Wrong—Acting With Faith—How to Think of Yourself—Confirming Habits of Greatness—Prayer and Affirmation—Your Central Idea of Yourself.
13. **THOUGHT.**—Running Away from Thought—The Lines of Thought That Tend to Greatness—How to Awaken Original Thought.
14. **ACTION AT HOME.**—When to Think Greatness—The Treatment of Others—Your Essential Nature—Talking About Greatness—Greatness Begins at Home.
15. **ACTION ABROAD.**—The Source of Faith—The Principles and Practice of Greatness—Doing Great Things—Other People's Affairs—The Right View Point of the World—How to Treat the Beggar and the Millionaire.
16. **SOME FURTHER EXPLANATIONS.**—All's Well with the World—How to Keep Yourself Right—How to View Nature and Society.
17. **MORE ABOUT THOUGHT.**—What to Study and How—How to Think Yourself into the Right Personal Attitude—Meeting God—To Rid Yourself of False Ideas—A Modern Hero.
18. **A MENTAL EXERCISE.**—How to Think for Greatness—How to Make Thoughts Your Own—Exercises for Thinking Correctly of Yourself—An Exercise for View Point—Exercises for Consecration, Identification, Idealization and Realization.
19. **SUMMARY OF THE SCIENCE OF BEING GREAT.**

"THE SCIENCE OF BEING GREAT" contains about 160 pages, silk cloth binding, initial letters at beginning of chapters. Price, \$1.00. Send NOW to

ELIZABETH TOWNE, HOLYOKE, MASS.

THESE TWO PICTURES



This is a photograph of Mrs. J. B. Schuyler, whose address will be furnished on request, taken a few weeks ago. At that time her face was covered with wrinkles, sagging muscles and blemishes. You can see them in the picture. Mrs. Schuyler happened to hear of the **MOREY MODERN METHOD OF BEAUTY CULTURE**, and decided to take the treatment.

Tell more eloquently than words of the efficacy of the **MOREY MODERN METHOD OF BEAUTY CULTURE**.



Here is another photograph of Mrs. Schuyler, taken immediately after the completion of the **MOREY TREATMENT**. Only two weeks have elapsed between the taking of the two pictures. Note that the facial disfigurements have entirely disappeared, and the skin is soft, clear and perfect. Not a sign of wrinkles, "crow's feet" or sagging muscles.

Mrs. Schuyler is probably the happiest and most grateful woman in New York today. She looks and feels ten years younger than she did before she took the **MOREY TREATMENT**. The change was brought about without pain or injury of any kind, and with absolutely no after effects. If you wish to know more about Mrs. Schuyler's case you may obtain her address from us.

What the **MOREY METHOD OF BEAUTY CULTURE** has done for this woman it will do for you. If your complexion is not all that it should be, if you are troubled with wrinkles, flabby, loose skin, double chin, large pores, blackheads, pimples, freckles, discolorations, superfluous hair, falling hair or dandruff, it will pay you to see the Doctor at once. Consultation free. Descriptive matter on request. Address **Dept. D, D. H. MOREY, D. L., 45 West 34th Street, New York**

PSYCHOLOGY BOOKS

By A. A. LINDSAY, M. D.

"Mind the Transformer, the New Psychology Complete"—Book of about 200 pages, scientifically but plainly written, including a chapter on Evolution of Mind, Soul and Body, exhibiting the egg cell and all other cells, their minds and their bodies; Scientific Healing; Telepathy; Psychology of Love; The Third Degree; The Measure of a Man. 16 chapters. Bound in Fiber, 75 cents; Leather embossed, \$1.50.

"Mind the Builder"—The book of Personal Psychology, dealing with Mind Building—Mental Culture; Body Building—Physical Culture; Character Building, or Soul Culture. Perfect formulas for every kind of personal unfoldment in this book of 20,000 words. Fiber binding, 50 cents; Leather embossed, \$1.00.

"Soul Culture, Scientific Prayer"—12,000 words, 25 cents. The essence of the practical in the new psychology is in this booklet. It causes one to look for the potencies and powers within the individual. A book for guidance and inspiration.

"The Tyranny of Love and Its Sequel, Love the Liberator"—A booklet of Beauty and Art; Concentrated Truth; Old Cloister cover, 25 cents.

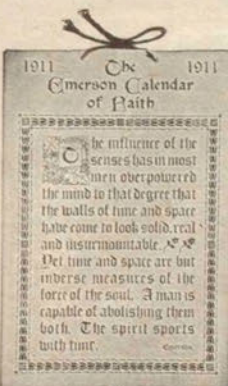
"The Wayside and the Goal"—Teaches how to deal with the present opportunities and produce the highest fulfillment of the ideal; demonstrates the law of the Wayside that creates the goal of desirable attainment. Booklet beautifully made. Paper binding, 20 cents.

"A Glimpse of Love, or the Doctor's Wooing" By Miss Flora A. Lindsay. A beautiful book; 160 pages, 5x7 inches; 60 cents. The need of psychology fiction is being met in this new book.

Lindsay Publishing Company

412-414 Peoples Bank Bldg., Seattle, Washington

OUR BIG FIRE



Resulted in my getting out a new and handsome edition of the **Emerson Calendar**. It is a beauty, as you will say when you see it.

Nearly the whole year is before us. Get the **Emerson Calendar** now and enjoy it all the year.

The New Emerson Calendar for 1911 is a dainty, exquisite, artistic production. Many say it is well worth twice its price.

It is printed on heavy, elite antique finished paper. Rich, soft-colored inks give it warmth, tone and atmosphere.

The twelve quotations are fresh with the inspiration that never dies. They will help implant faith in the minds and hearts of all who

read them. They breathe hope, courage, inspiration. You will like these newly selected gems from a master mind. Your friends will like them and be uplifted by them and hold you in kind remembrance if you were the means of their reading them.

Each calendar is mailed securely packed, and guaranteed to arrive in perfect condition. This calendar ought to sell for 50c, but the price is only 25c, postpaid. 5 calendars packed in envelopes ready to remail, \$1. Send your order NOW. Get the latest edition.

William E. Towne, Dept. 1, Holyoke, Mass.

\$1 Worth of Mayr's Wonderful Stomach Treatment FREE

It is a positive remedy for all Stomach, Liver and Intestinal Trouble, Gastritis, Indigestion, Dyspepsia, Pressure of Gas around the Heart, Sour Stomach, Distress After Eating, Nervousness, Dizziness, Fainting Spells, Constipation, Congested and Torpid Liver, Yellow Jaundice, Sick Headache and Gall Stones.

The above ailments are mainly caused by the clogging of the intestinal tract with mucoid and catarrhal accretions, backing up poisonous fluids into the stomach, and otherwise deranging the digestive system. I want every sufferer of any of these diseases to test this wonderful treatment. You are not asked to take this treatment for a week or two before you will feel its great benefits—only one dose is usually required. I say emphatically it is a positive, permanent remedy and I will prove it to you if you will allow me to. I will send the complete \$1.00 treatment to sufferers absolutely Free so you can try it in your own home at my expense.

The most eminent specialists declare that 75 per cent of the people who suffer from Stomach Trouble are suffering from Gall Stones. I firmly believe that this remedy is the only one in the world that will cure this disease. Sufferers of Stomach and Liver troubles and Gall Stones should not hesitate a moment, but send for this Free treatment at once. I would be pleased to send you the names of people who state they have been cured of various Stomach ailments and speaking the highest praise of this medicine. Just fill out the Coupon below—let me send you this wonderful treatment together with highly interesting literature, testimonials, etc. Don't suffer with agonizing pains—don't permit a dangerous surgical operation, which gives only temporary relief, when this medicine will permanently help you.

GEORGE H. MAYR, Mfg. Chemist

Mayr Building, 154-156 Whiting Street, Chicago

References:—Mercantile Agencies or State Bank of Chicago

Sign and Mail This Coupon To-day
Geo. H. Mayr, Mfg. Chemist, Mayr Bldg., 154-156 Whiting St., Chicago

Send me absolutely FREE, \$1.00 treatment of Mayr's Wonderful Stomach Remedy.

Name.....
Address.....
City and State.....
Write Plainly
Express Office.....



You are not asked to take this treatment for a week or two before you feel its great benefits. One dose is all that is necessary to prove its wonderful powers to benefit.

Absolutely harmless. Guaranteed by the Pure Food and Drug Act, Serial No. 25793

Is Your Hair Your Crowning Glory?

IF NOT, WHY NOT?



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

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

FOR WORLD PEACE

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.

Home Study Courses

Over one hundred Home Study Courses under professors in Harvard, Brown, Cornell and leading colleges.

Academic and Preparatory, Agricultural, Commercial, Normal and Civil Service Departments.

Preparation for College, Teachers' and Civil Service Examinations.

250 page catalog free. Write to-day.

THE HOME CORRESPONDENCE SCHOOL

31 BESSE PLACE, SPRINGFIELD, MASS.



Prof. Genung
English

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

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

"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.**

Lindstrom Smith Co.

Dept. 2982
253 LaSalle Street
Chicago, Ill.

FREE COUPON

LINDSTROM SMITH CO.

Dept. 2982
253 LaSalle St., Chicago

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.