

# THE NAUTILUS

MAR 20 1911

APRIL, 1911

Thought in the mind has  
made us.

What we are by thought  
was wrought and  
built.

If a man's mind hath evil  
thoughts, pain comes  
on him as comes the  
wheel the ox behind.

All that we are is that we  
thought and willed;

Our thoughts shape us  
and frame.

If one endure in purity  
of thought, joy follows  
as his own shadow—  
sure.

Never anywhere at any  
time did hatred cease  
by hatred.

Always 'tis by love that  
hatred ceases; only  
love.

The ancient law is this.

—Edwin Arnold.

See Table Con-  
tents, page 5

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. You certainly owe it to your self-respect to investigate **RIGHT AWAY**. It will only take you a moment to sign and mail the coupon—**SEND IT NOW.**

**Lindstrom,  
Smith Co.**

253 La Salle Street  
Dept. 2983 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. 2983  
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.





# THE NAUTILUS

MAR 20 1911

APRIL, 1911

Thought in the mind has  
made us.

What we are by thought  
was wrought and  
built.

If a man's mind hath evil  
thoughts, pain comes  
on him as comes the  
wheel the ox behind.

All that we are is that we  
thought and willed;

Our thoughts shape us  
and frame.

If one endure in purity  
of thought, joy follows  
as his own shadow—  
sure.

Never anywhere at any  
time did hatred cease  
by hatred.

Always 'tis by love that  
hatred ceases; only  
love.

The ancient law is this.

—Edwin Arnold.

See Table Con-  
tents, page 5

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.**—Berkeley Business College Bldg., S. E. cor. Shattuck and Center streets.  
**BOSTON, MASS.**—The Metaphysical Club, 211 Huntington Chambers, 30 Huntington avenue.  
**BOSTON, Mass.**—Smith and McCance, 38 Bromfield St.  
**BLOOMFIELD, Iowa.**—Mrs. Stella W. Teed, North Madison street.  
**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.  
**CAPE TOWN, South Africa.**—Modern Science Pub. Co., 4 McPherson's Bldg., Plain and Barrack streets.  
**CHICAGO, Ill.**—The Progressive Thinker, 40 Loomis street.  
**CHICAGO, Ill.**—The Progress Co., 515-519 Rand-McNally Building.  
**CHRIST CHURCH, New Zealand.**—Ida M. Bruges, Fendalton.  
**CINCINNATI, Ohio.**—Lotos Library, 701 Mercantile Library Bldg.; Annie McIvor, librarian.  
**DENVER, Col.**—Dr. Alexander J. McI. Tyndall, 526 14th street.  
**DENVER, Col.**—Mrs. Edith Marie Raymond, 302 Twenty-second street.  
**FRESNO, CAL.**—Mrs. L. F. Sanders, 944 O. street.  
**HAMILTON, Ontario, Can.**—Clove & Son, 16 King St., West.  
**HARROGATE, England.**—Talisman Publishing Co., 526 Station Pde.  
**HELENA, MONT.**—Mrs. S. J. Rumans, 1051 N. Ewing street.  
**HUDSON, Ind.**—Mrs. M. J. Dole, Box 68, Dole street.  
**HUMBOLDT, Iowa.**—Armetta M. Flowers.  
**JULIAETTA, Idaho.**—S. A. Roe, M. D.  
**LONDON, England.**—Higher Thought Center, 10 Cheston Gardens, W.  
**LONDON, England.**—L. N. Fowler & Co., 7 Imperial avenue, E. C.  
**LONDON, England.**—Power Book Co., 29 Ludgate Hill, E. C.  
**LONG BEACH, Cal.**—Mrs. S. F. Connley, 14 American avenue.  
**LOS ANGELES, Cal.**—Metaphysical Library, 611 Grant Bldg., 355 South Broadway.  
**LOS ANGELES, Cal.**—Occult Book Co., 213 Mercantile Place.  
**LOS ANGELES, Cal.**—Whalen's News Agency, 233 South Spring street.  
**MASSILLON, Ohio.**—Ralph W. Young.  
**MELBOURNE, Australia.**—Miss E. R. Hinge, 178 Little Collins street.  
**NEW YORK CITY.**—Helen Rhodes, University Center and Free Reading Room, 25 Claremont avenue, between 116 Broadway Subway and Riverside Drive.  
**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.  
**OKLAND, Cal.**—Rest Reading Rooms, 719 14th street.  
**OKLAHOMA CITY, Okla.**—Institute of Human Science, 318 East Seventh street.  
**OMAHA, Neb.**—The Vitaphic 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 Wilkesburg Station, P. O. Box 174.  
**PORTLAND, Ore.**—W. E. Jones, 284 Oak street, Henry Building.  
**PROVIDENCE, R. I.**—S. C. Dunham, 104 Olney street.  
**PROVIDENCE, R. I.**—Mrs. W. S. Irons, 1524 Westminster 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, 1523 First avenue.

- SHANGHAI, China.**—International Subscription News Co., J. Thompson, Mgr., American P. O. Box 922, 2a 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., 702-766 Fifth street.  
**SAN DIEGO, Cal.**—J. C. Packard, 825-827 Fifth street.  
**SAN FRANCISCO, Cal.**—Olivia Kingsland, 48 Portola street, near Steven and Waller.  
**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 617, New Evans Bldg.  
**WASHINGTON, D. C.**—Oriental Esoteric Society, 1443 Q street, N. W.  
**WILLIMANSETT, Mass.**—Mrs. S. A. Emerson, 30 Emerson street.  
**WINNIPEG, Man., Can.**—Prof. R. M. Mobius, 494½ Main street, Suite 1.  
**YOUNGSTOWN, O.**—Flora G. Whiteside, 108 West Wood street.  
**THE AMERICAN NEWS COMPANY.** 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.



**MAKE—  
—WRONG—  
—RIGHT**

Normal Open Nerve Channel



**MAKE THE SICK WELL**

**ADJUST THE CAUSE OF SICKNESS**  
 DECREASE your labor, and INCREASE your earning power

BY KNOWING

**The Science of Human Service**

**CHIROPRACTIC**

A LIFE WORK FOR THE GOOD OF ALL

2,500 pages of lectures, actual clinic records and examinations; illustrated with 2,500 photographs from life, constitutes our home study course in Chiropractic; the Modern Science by which the cause of sickness is adjusted. NO DRUGS—NO SURGERY—NO OSTEOPATHY.

You can learn this Modern Science in your home. FROM US YOU LEARN TO EARN; PLUS CHIROPRACTIC.

Write for "THE P. S. C. WAY TO HEALTH FOR WEALTH," and catalogue—FREE—WRITE NOW.


**PALMER**

**SCHOOL OF CORRESPONDENCE**

9th and Brady Sts.

**DAVENPORT, IOWA,  
U. S. A.**

COPYRIGHT 1911, PALMER  
SCHOOL OF CORRESPONDENCE



Abnormal Closed Nerve Channel

*Do your work and you shall reinforce yourself.—Emerson.*

Say you saw it in *The Nautilus*.



## Nautilus News.

BY THE EDITORS.

### Shakespeare and New Thought.

We are having a revival of interest in Shakespeare plays in Springfield and Holyoke through the engagements which Robert B. Mantell and Marie Booth Russell and their distinguished company are to play in these places in the next two weeks.

Mrs. Mantell is a Nautilus friend, and our readers will remember her interesting article on practical New Thought in Dramatics which appeared in last November Nautilus. If we could all attend some of their performances I presume we should be sending premiums of the new set of Shakespeare's Complete Works faster than the printers could get them out!

Shakespeare's plays are full of New Thought and human nature. That is why so many New Thought people quote Shakespeare and read him. And perhaps that is why Mr. and Mrs. Mantell play him! Mr. Mantell is called the greatest living exponent of Shakespeare and we are looking forward with great interest to the time when we can meet them and see them interpret Shakespeare. In his New Thought lies the reason why Shakespeare has lived so long and why he appears in all the big lecture courses in the country.

It is likewise the reason that every New Thoughter should read Shakespeare from first to last, and then do it over again.

We have made arrangements whereby our readers can be supplied with a beautiful new set of complete works of Shakespeare in four handsome volumes, all at the price of a little Good Will only. No money is needed.

This new edition of Shakespeare's dramas is bound in olive green cloth with gold backs. The set has been printed from entirely new plates in large clear type on thin, strong, opaque paper. The plays are arranged in chronological order, and a complete glossary is given at the end of each volume. Each volume also contains short biographical notes. The edition has all the requisites of a practical library edition and its convenient size and handsome appearance make it a most desirable set of books for everyone. The set contains 2,820 pages. The four volumes are neatly boxed in white.

Now the price of this new set of complete works of Shakespeare is \$6.00, postpaid, but you shall have the entire set free and postpaid if you will send us just \$5.00 for five subscriptions to *The Nautilus*; four out of the five subscriptions to go to new people who are not on our list; all four subscriptions to go to separate addresses.

Send in your order for these five subscriptions right away, and we will send a free copy of the February *Helper* to each address. There are some special articles in that on New Thought healing, that you will be interested in.

Why not have both the Dictionary and the

(Continued on Page 2.)

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



**Rieger's Flower Drops**

Choice flowers or delicate perfumes are ideal Easter gifts. But flowers soon perish. "Flower Drops" lasts for months. The ideal.

**Easter Perfume**

In a cut glass bottle, long glass stopper, encased in polished maple box. Lily of the Valley, Violet, Crabapple, Rose, Wistaria.

\$1.50 a bottle—at druggists or mail

Postpaid on receipt of check or stamps. Money refunded if you're not fully pleased. Send 20 cents and name of druggist for miniature bottle with glass stopper.

**Rieger the California Perfumer**

273 First St., San Francisco, Cal.  
165 N. Randolph St., Chicago, Ill.

MAKER OF THE FAMOUS

**Floral Crown Perfumes**

Violet, Rose, Lily of the Valley, Lilac  
\$1.00 per ounce—at druggists or mail

## Big Money For You



Growing chickens and selling eggs. A healthy, fascinating and profitable occupation for women as well as men. Some claim profits of \$3.00 to \$5.00 per year from each hen.

But large profits require that you raise only high-grade stock.

Pure-bred Orpingtons are the great American business hens of today.

In far-off Australia a two-year laying contest has just been closed in which the Orpington surpassed all competitors—even the summer-laying Leghorn.

The Orpingtons produce 2-lb. broilers when only two months old. At 6 months they produce 8-lb. roasters.

The Orpington is a sturdy, hardy fowl, unaffected by changes in climate. There are none better for table use; none excel them as winter layers.

Hickory Farm Orpingtons are raised under unusually favorable conditions. A 60-acre farm furnishes all the fresh air and exercise the birds can possibly require.

Result, fine flocks of beautiful, large, vigorous and healthy breeders. Eggs from this stock produce exceedingly strong and healthy chicks.

Start YOUR flock with this prize winning stock! WE GUARANTEE 75 per cent FERTILITY FROM OUR SETTINGS.

Write now for our free booklet. It will give you full information about the Orpington—the one great business hen. It will also give you full and complete price list of our guaranteed settings from pure-bred stock. No matter if you are not quite ready to start a pure-bred flock—investigate; write for our booklet now. We have a proposition that will interest you. Address HICKORY FARM OFFICE, 5 Madison Ave., Springfield, Mass.

*We get more good out of your Nautilus than out of any paper we take. It was through you I got a new grip on life.*—H. C. MALTRY, Williamsport, Pa.



*(Nautilus News Continued.)*

complete set of Shakespeare's works, in four volumes? To get them separately you need to send twelve subscriptions to *The Nautilus* at \$1.00 each. But if you will send us eleven new subscriptions at one time, at \$1.00 each, at least ten of them to go to addresses new to our records, you shall have both the big \$8.00 Dictionary and the \$6.00 set of Shakespeare—AND one copy each of "Thought Force for Success" and the February *Helper*!

**The Garden City Movement.**

The special feature in the May Number will be the Garden City Movement, originated at Worcester, Mass., the interesting story of which will be told by the founder himself, Rev. R. J. Floody, D. D.—who says he served in the ministry a great many years until he discovered that there were more people outside the church than in it, so he withdrew from the church and entered the real ministry! This Garden City idea has beautified Worcester at least 25%, reduced crime by 10% on an average, and by over 50% in certain localities. It is a new idea in conservation of child energy, that combines several old ones. There will be a number of illustrations along with the story, and there will be a long editorial about the work, and several other interesting things.

**The Dim Millions and More.**

And there will be more splendid New Thought things than ever. For instance: There will be "The Dim Millions," in which Cora Linn Daniels gives a refreshing view of life and incites you to a new way of making hard things easy.

Then you will find satisfaction for the credulous in "Limitless Receptivity," by Fred G. Kaessman, and an eye-opener on the power of suggestion, in "The Effects of Religious Ideas on the Mind and Body," by Walter De Voe.

There will be the second one of the series of articles by Mariella Ladd, "The Meal and the Man," which gives you a straight tip and a lot of recipes for circumventing the beef trust.

There is also some Asiatic wisdom from our friend Swami Vyavananda, who has written for us before—a continuation of his series on "The Oriental Religions and What They Can Teach Us." This number deals with "Yogiism, the Religion of Discipline." After I read it I understood more about Yogi than I had after reading several thick volumes on the subject.

And in the May number you shall have an article about a certain millionaire whose duties as a second Ward McAllister of the New York 400 do not prevent him from having some radical ideas on socialism and world uplift.

And there will be the closing chapter of "As a Grain of Mustard Seed," by Wallace D. Wattles, with the long promised suggestion for a brief sequel. I told you something about this in last month's "Nautilus News," and I

made the mistake of saying that the closing instalment of the story would appear in the April number. You will find it in the May number, and when you read it you will understand why I couldn't tell you in advance any more about the sequel that we are offering the \$10 prize for.

**About Wallace Wattles.**

Many inquiries have reached us in regard to the death of Wallace D. Wattles, whose going away will be doubly

regretted by our readers.

He died at Ruskin, Tennessee, where he had gone for his health, and the Southern doctors pronounced his ailment hookworm. We were greatly shocked and grieved to hear of his death.

To satisfy the many inquiries in regard to Mr. Wattles' death, I am publishing a beautiful letter which came to us from his daughter, Florence Wattles, who with her brother, Russell, will continue the good work which their father began in Elwood, Indiana.

Read her letter and read the letter from Eugene V. Debs, which follows it, and you will realize that your reverence for the man Wallace D. Wattles and the splendid articles which he has been giving us, was not in the least misplaced.

His own daughter and Mr. Debs have given him a better eulogy than any which I could put into words.

I knew Mr. Wattles only by correspondence, but in the years of our long distance acquaintance I found him a great man in every way, a man who lived his teachings to the full. I hate to acknowledge that a hookworm was stronger than he, but I surmise that his new philosophy had not been in practice long enough to free him from the ravages of such a foe.

*I have been taking Nautilus since January, and have obtained much good from reading it. I read a great many magazines, and must say yours is the best of all. If Success is worth \$1.00 per year, and if The Business Philosopher is worth \$2.00, then yours is worth \$10.00.—*  
CHALMERS S. HENDERSON, Mt. Carmel, Pa.

**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 **Free 62-Page Book** showing how you may earn \$5,000 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 **Free 62-Page Book, absolutely free.** Write today.

**International Realty Corp., 817 Manhattan Bldg., Chicago**  
Successors to The Cross Co. and H. W. Cross & Co.



# SUCCESS-POWERS

FOR YOU IN

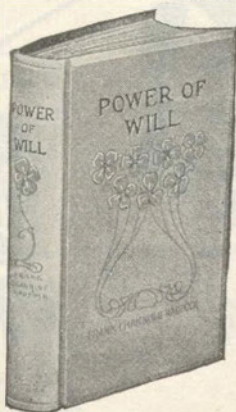
## "Power of Will" tells you

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 Will is 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 remain 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.



## 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 expectation, 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. 111 on foods which do not congest the liver and which nourish 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.

APRIL, 1911.

No. 6.

## CONTENTS:

Editorials, . . . . .	Elizabeth Towne, . . . . .	11 to 18
Earth is Enough, (New Poem), . . . . .	Edwin Markham, . . . . .	19
My World: With Whom Shall I People It, . . . . .	A. A. Lindsay, M. D., . . . . .	20
The Powerful Life, . . . . .	Wallace D. Wattles, . . . . .	22
Sermons of a Scientist, . . . . .	W. R. C. Latson, M. D., . . . . .	25
Serving Morals in Plays, . . . . .	S. Jay Kaufman, . . . . .	28
As a Grain of Mustard Seed, (Continued Story), . . . . .	Wallace D. Wattles, . . . . .	30
The World Owes Me A Living, (Poem), . . . . .	Florens Folsom, . . . . .	35
The Meal and The Man, . . . . .	Mariella John Ladd, . . . . .	36
A Symposium on Social Uplift, . . . . .	. . . . .	39
Views and Reviews, . . . . .	William E. Towne, . . . . .	47
Things That Make for Success, . . . . .	. . . . .	51
Family Counsel, . . . . .	. . . . .	54
The Way the Wind Blows, . . . . .	. . . . .	56
Little Visits, . . . . .	. . . . .	57
Anent Books and Things, . . . . .	. . . . .	62
Nautilus News, . . . . .	. . . . .	1

YEARLY SUBSCRIPTION, \$1.00.

SINGLE COPIES, 10 CENTS.

Copyright, January, 1911, by Elizabeth Towne.

Published Monthly.

Holyoke, Massachusetts.

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  
Mariella Ladd  
Sinclair Lewis  
James Henry Larson, Ph. B.  
W. R. C. Latson, M. D.  
S. Jay Kaufman  
Thomas Dreier  
Adelaide Keen

Editors

These are  
Nautilus  
Contributors  
for 1911-12.  
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 11.

### ADVERTISEMENTS.

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



# 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 Twing.

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.

## THE SCIENCE OF BEING GREAT.

Uniform with the above. Price, \$1.00.

## NEW SCIENCE OF LIVING AND HEALING.

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

## MAKING THE MAN WHO CAN.

Bound in finest laid paper, 47 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.

### PSYCHICOM, 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.

## RESTO "The Feet's Friend"

An antiseptic toilet foot tablet, absolutely harmless.

Dissolved in the foot bath.

### Resto Foot Tablets

Draw out inflammation and soreness and instantly relieve Tired, Aching, Tender, Swollen, Burning, Nervous and Perspiring feet. Takes the sting out of Corns and Bunions. Postpaid 25c per box.

Your money back if not satisfactory.

The Resto Co., Dept. M, Battle Creek, Mich.



YOU JUST PULL AND LET GO.

No knots to tie or untie. The SAMPSON grip holds the clothes lines tight; no props required. A moment's work, and so easy, for any woman to put a line up TIGHT, or take it down. Every home needs them. Send for sample set, 25c. A MONEY-MAKER FOR AGENTS. OLIVER ELECTRIC CO., INC., 203 Hale Bldg., Philadelphia.



# **\$18 A WEEK TO START**

We need more good operators—will pay \$18.00 to \$25.00 a week to start—good chance for advancement. We get letters like this every day. The demand for good help is much greater than the supply. There are 600 shops in the United States using the Marinello System. We have to keep these supplied with expert operators. Never in the past five years have we seen the time that we could get enough help. In fact, calls for help have become so great that we have been compelled to enlarge our school four times in the past three years. Over 700 people have graduated from the Marinello School. Every one, without a single exception, is today making big money. Many operate their own shops. Some work from their home. Some prefer to work for others. The Marinello is the most practical and thoroughly equipped beauty culture school in America. We teach Special Facial Treatment—Electrolysis—Hair Dressing—Shampooing—Scalp Treatment—Manicuring—in fact every branch of Beauty Culture. You can take one or all of the courses, as you choose. When you leave this school, you will be in position to make from \$18.00 a week to

## **\$5,000 A YEAR**

It all depends upon how hard you want to work. Women who never earned a dollar in their lives before they took our course are today independent. We have made them prosperous—happy—independent. Taught them to have confidence in themselves. They all have pleasant—profitable—clean—dignified work. Some are 16 years of age, some are 60. It makes no difference where you live, or what you have been doing in the past. If you want to earn money—be in a clean, profitable business, if you desire to make something of yourself, you should fill out the coupon and mail it to us today. Let us tell you more about what we can do for you. Remember we guarantee to secure a position for any pupil who qualifies. We have the brightest, cleanest and most thoroughly equipped school in America. Our faculty consists of the world's best known specialist—teachers that are experts. Our classes are limited. We can only take on a few students at a time, as we give each pupil ample opportunity for practice. The school is under the direction of Emily Lloyd, the world's authority. George A. Ward, M. D., Cosmetic Surgeon, conducts clinics in treatments of obstinate skin and scalp troubles. Your own defects treated free while taking the course. Fill out the coupon and mail it today. Our handsome illustrated booklet tells all about our school. The book is free. Send for it now. You risk nothing, but gain much.

**MARINELLO CO.**

**A57 WASHINGTON STREET**

**CHICAGO, ILL.**

**A**  
Marinello  
Company, 57  
Washington St.,  
Chicago, Ill.

Please send me, free of all charge, your illustrated book showing how I can earn from \$18.00 to \$100.00 a week.

Name .....

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





Henry Dickson

America's foremost authority on Memory Training, Public Speaking, Self Expression, and Principal of the Dickson Memory School, Auditorium Building, Chicago.

## More About Remembering

### ARTICLE II.

(IF YOU DID NOT READ ARTICLE I, SEE LAST MONTH'S NAUTILUS.)

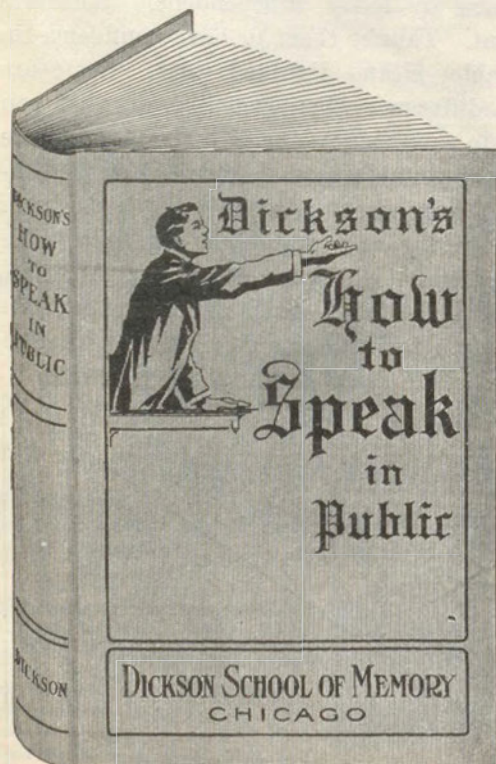
**L**AST MONTH **ELBERT HUBBARD** told the readers of **NAUTILUS** something about my School of Memory. **HUBBARD** knows that the men I am helping most are you Managers, Secretaries, Teachers—men and women in business who need the Quick Thought, Accurate Judgment, Unhesitating Decision—in short, the Responsive Memory which presents Facts to you when Facts are needed. **HUBBARD** recommended my System to you because he knows that hundreds of readers of **NAUTILUS** have already raised their standard of efficiency by taking my method. Now I am addressing you personally. Increased efficiency, greater abilities, higher standards are all for you, my booklet will explain. Simply cut out and mail coupon below. Accuracy of Memory is not all that is covered by my method. Remember the man who was called upon to speak—He arose, stammered, sucked air, gurgled ice-water—forgot—and sat down in the kindly silence. Memory in Relation to Public Speaking was what he required. That is one of the many subjects in my Method. It is very

simple; you do not realize the capacity of your own brain until you have put it through a few easy exercises. Ability is latent within you, simply it needs developing. You will be surprised to note how quickly and accurately a *trained* faculty responds.

### A TRAINED MEMORY IS MAN'S GREATEST ASSET

#### Dickson's How to Speak in Public

De luxe edition, handsomely illustrated, richly bound. Is full of carefully selected material exactly suited to meet the needs of the man or woman who desires to be a successful public speaker.



**Success** in Life depends on what you say and how you say it. This book of mine on Public Speaking and Self Expression is based on my 30 years of success as an instructor in Public Speaking in Chicago University, University of Notre Dame and other well-known schools. Taken in connection with my memory training, you can obtain a far better and more useful education than is afforded by many of the best universities. The price of this 1911 de luxe edition is \$2.00. I will, however, present a copy absolutely free to every student who enrolls for my course of memory training within ten days after reading this offer.

*The ability to think on your feet, to focus your mind instantly and voice your thoughts unhesitatingly, interestingly, makes you a leader of men—and it's worth while.*

#### You Can Have This Training

No matter where you live, what your vocation, or what your age, my course will make you infinitely more successful. Only ten minutes a day—no tedious lessons, only a simple method which teaches you—

How to remember names and faces of people you meet. How to focus your mind instantly on the points of a business proposition. How to commit a speech or toast to memory quickly, and deliver it unhesitatingly. How to converse at social gatherings in a natural, interesting way that wins friends. How to overcome self-consciousness, bashfulness. How to control your mind. How to memorize for studies, examinations, etc.

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

The fame of this unique and successful system has spread over the entire country, and its successful graduates fill every walk in business, political and professional activity. While the weakest memories can be strengthened—many of the most intellectual men of the day have availed themselves of memory training.

#### Fill Out and Mail Coupon Today If You Would Be Successful.

Prof. Henry Dickson, Principal, Dickson Memory School  
888 Auditorium Building, Chicago, Ill.

Send me free booklet "How to Remember," also full particulars how to obtain a free copy of "Dickson's How to Speak in Public."

NAME.....

STREET.....

CITY.....STATE.....

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



# Four In One House Dress

## MEETING WITH WONDERFUL SUCCESS



Elizabeth Towne's Predictions Have Come True!

Hundreds of NAUTILUS Readers Using It.

As Mrs. Towne predicted The Baldwin "Four-in-one House Dress," first advertised in NAUTILUS a few months ago, is having a tremendous sale.

Many hundreds of NAUTILUS folk are happy possessors of this convenient dress. Housewives, nurses, and artists find it indispensable.

If the front of your dress is soiled when the door bell rings, you unfasten the belt, whisk over the duplicate front, and there you are in a spick and span clean dress, ready for visitors!

The garment combines a shirtwaist, skirt and two aprons.

Think of it! Designed to be worn as a dress, but delightfully comfortable worn over your good gown when you go into the kitchen. From the back it looks like a shirt-waist and skirt. In the front it folds over on the lines of the Russian Blouse, so much in vogue at present. It fastens up neatly at the neck and looks as trim as heart could wish.

Read what one of the largest department stores in New York says. Surely their opinion counts for something.

"The garment, from the very first, has been accepted as practical and useful. It has in every way met our expectations. We bespeak for the double service house dress a tremendous success."

We have added a new feature to our No. 326, square neck, as shown in cut above. By detaching a belt the dress is changed from a belt-line effect to a princess; either on one side or both. It can be drawn tighter, raised or lowered to suit the wearer without the usual fuss or work as with the ordinary dress. We have had a very strong approval of this new number, and know you will be interested.

And it is the easiest dress to wash and iron! The entire garment opens out flat, with no buttons or "frills" to bother. It has no hooks and eyes or buttons. Two large snaps at the belt hold the garment in place.

Made in high-grade percale, thoroughly washable, in gray and white nurses' stripe, black and white shepherd's check; white ground, with stripes and checks in black; also light and dark blue chambray.

Square Neck, Piped.....\$2.15  
Round, turn-down collar.....\$2.00

SEND YOUR BUST MEASURE ONLY.

Further information on request.

Money back if you are not satisfied.

Address THE BALDWIN GARMENT CO., Inc.,  
Dept. 16, 283 High St., Holyoke, Mass.

### REMARKABLE AGENTS' PROPOSITION.

Sells on sight. Dozens of agents are now earning big sums weekly by selling the Baldwin garment. You can easily earn \$25 or more weekly by selling them to your friends during your spare time.

Write Today for Our Special Agents' Offer.

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



# Special Announcement!

## of Great Interest to Students of Psychology and Suggestive-Therapeutics

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

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

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

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

We have begun building, and expect to be fully installed in our new quarters before September 1st, 1911.

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

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

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

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

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

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

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

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

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

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

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

### USE THE COUPON BELOW

**WELTMER INSTITUTE OF SUGGESTIVE THERAPEUTICS COMPANY.**  
Nevada, Missouri.

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

Yours truly,

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

140

DO IT NOW

140

Please mention NAUTILUS when answering advertisements. See guarantee, page 4.



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

# THE NAUTILUS.

*Self-Help Through Self-Knowledge.*

MONTHLY  
 One Dollar a Year.

APRIL, 1911.

VOL XIII  
 No. 6



## Your Thought Tribes.

It is said to be a scientific fact that every atom in one's body is renewed once in seven years

at the outside; and there are scientists who claim and seem to prove that most bodies are changed entirely *every three months*.

Remember that all the little cells of your body are the incarnations of your thoughts. Your body is settled up by little thought people just as the country is settled up by people. All your little thought people live in houses called cells. They "keep house" there, are born and live and die there; and they clean house once in a while. Some of them are good housekeepers and some of them are dirty housekeepers. Your *hanging-on* ideas incarnate in little people that live in little cell houses with the attics and cellars and closets and corners full of old rubbish and dirt!—things they are hanging on to.

All your little cell people get *their life* from your thoughts and emotions, just as you get your life from your thought and love, just as you get your life from God's thought and love. As you think, so is your body.

## How to Grow Young.

We don't grow old because our cell people grow old, but because *we hang on* to things

until our bodies are cluttered up with waste and refuse; with thoughts that should be eliminated. We get our nerves and muscles on a strain and keep them there till our little thought people are tired. We give our little thought people long hours of work on these strains and worries so they don't have time to go home and clean up their houses and enjoy life and get refreshed and recuperated for another day's work. In fact we treat the little thought people of which our bodies are composed in just exactly the way that the world is treating us! The individual's life is an epitome of the race life. This is not mere fanciful analogy.

You will keep on growing old unless you become as a little child, and do it every day! A child hangs on to nothing. A child fills his little cell people with joy. He exercises his body enough to make the blood run warm and fast and carry off the impurities and carry back to every cell plenty of good oxygen and good food. A child keeps nothing "on





# EDITORIALS

BY ELIZABETH

his mind," to weigh down and clutter up his body—which is the storehouse of his mind.

### Three Causes of Old Age.

Old age is the result of these things:

1st. Carrying things "on your mind"—which

means in your body.

2d. Striving and straining and hustling, which keeps your little thought people working overtime.

3rd. Taking less exercise than is necessary to keep your blood running warm and clean, carry fresh blood and good cheer to the cells, carry sewage away and out through the eliminative organs and the lungs and pores.

The cure is to "become as a little child"—full of interest, free of thought and desire, responsive to every good influence, full of faith and wonder toward every new experience.

### First Aid to Social Uplift.

The most important thing in Social Uplift is right opportunity for the children. If everybody

realized the immense importance of conserving our boy-resources and girl-resources through public playgrounds in summer and boys' clubs and girls' clubs in winter, these institutions would be the best supported ones in every city.

Did you every stop to think that one generation of children properly trained, head, hand and heart, would do away with all need of institutions for criminals and defectives?

Inheritance is not a drop in the bucket compared with right educational environment for the first ten years of a

child's life. All public schools do their best to supply one-third of this right environment, the part for the head. Advanced schools in many cities are now recognizing and meeting the necessity for supplying the right opportunity for the training of the children's hands.

But in all these schools there is scarcely a shadow of an attempt to grant opportunity for the right expression of the heart of the child.

And how many homes supply it? How many homes give the right loving environment to the children, so that the children grow up with their hearts true to the training of the parents, a training so beautiful that it need never be repudiated by either parent or child?

Right training of the emotional and social and ethical nature of the child may be lacking in any home, rich or poor, but it is lacking in a large proportion of the homes of the very poor. The scramble for bare existence is too strenuous to admit of the parents' living the ideal and loving and advancing life with which all children must be surrounded if their natures are to be developed in right directions. We are already waking up to the fact that if we would have a good city we must take care that our neighbors' children have the right opportunities as well as our own. The boys' clubs and the public playgrounds and other movements of this sort are doing their best to supply the right ethical and social impetus to the children of the poor as well as to those of the well-to-do.

These children of the poor are *your* children and mine, if we but knew it. There are invisible nerves and arteries which bind them to us in such a way





# EDITORIALS

BY ELIZABETH

that we ourselves cannot be wholly happy or useful unless they, too, are happy and useful. To neglect the children of the poor is to permit our cities to grow the weeds of lawlessness and vandalism that choke our own front dooryards and poison the very air within our homes.

When our store is robbed or the flowers in our garden are destroyed, we get a dim inkling of the connection between ourselves and the children of others.

*Do we stop to think that we are responsible for the conditions which make such actions possible?*

It is for every one of us to do our part in helping along these splendid movements for providing for all children equal opportunities for all round development of head, hand and heart, with our loving interest and our money and our time.

## Character.

A reputation may be blasted, but a character never. Character grows in wisdom through experimenting with life. It is never any stronger than its weakest place, and it often takes bitter and blasting and searing experiences to strengthen the weak places.

We must accept things just as we find them.

But what are we going to do with them after we accept them? That is the question. Are we going to accept life and then sit down and cry with it? Or are we going to accept it and set about turning things to beautiful results?

## Desire and Work.

The statement that brings into realization all material desires is this: I AM what I desire.

Believe that you receive *now*, and you shall have it.

In other words, if you believe in the *now*, that very belief sets in motion the occult forces that materialize the thing desired.

To know yourself as one with God, your nature pure desire or love, your word the creative tool, is the secret.

To *imagine* in exact detail the thing desired, and to affirm it as yours, rejoicing in it *now*, is the way, the truth and the life of it.

But every bit of thought and emotion wasted in impatience or discouragement because the desired thing is not *now* manifested, means a possible postponement of its realization.

## A Woman's Play House.

I know a woman who is the very successful manager of a nine-story hotel, which she calls her "play house." For several years she has thought she could manage a much larger hotel, and she has promised herself that "some day" she will do it.

The other day, out of a clear sky, without one word from her, came an invitation for her to assist in the management of one of the largest and most magnificent hotels in the whole world.

She pictured such a hotel in her mind, beside which her nine-story hotel was to her a "play house;" and she told herself she could manage such an one, and that "some day" she would.

In the meantime she made the most of her "play house," which was to her the college preparation for the great opportunity to come "some day."

When she was offered the new work,





# EDITORIALS

BY ELIZABETH

she exclaimed, "Why, how do those people know anything about me or my work! I never even met one of them!"

"Oh, they know all about you," replied the man who first approached her on the subject, "they have been watching you for a long time; and one of them has dined at your place as my guest, and looked the hotel over from top to bottom."

Suppose this woman manager had run her "play house" on the principle that it was only a play house and she needn't exert herself until she got hold of the great big hotel she had promised herself.

Suppose she had spent more energy in longing for the big hotel and in scheming to get it.

Would she have stood the scrutiny of those millionaires who were looking for the right woman?

## The Pinch.

That is the pinch with most of us—we fret away our energy on our desires, instead of pouring mind and soul into doing our level best with the "play house" at our command.

*Our desires and ideals are to be believed and affirmed*, while our energies of mind and body are to be turned full upon the work that lies before us.

Some men and women are born to their work, others achieve work, others have work thrust upon them. It is my experience that Life thrusts upon us the work we need to do well as the next step toward things desired; and that the more we try to *slide out* of that work the harder and oftener it is thrust upon us; until at last we accept it and do our

best with it; whereupon we find the way out, and into the next class in line for our desires.

To gaze and strain after our desires is to turn our backs on the means of *working* them out.

Affirm and believe in your desires, and do good work.

## A Law of Desire.

Desire is like any other energy—the more territory it covers the shallower and less forceful it is. There is always danger of spreading your desire over so much territory that it gets lost, like water spread over a flat surface causing a swamp.

Look out that your desires don't get swamped for lack of intelligent direction of your energies; thought energies as well as physical energies.

You can work for several desires at one time, in exactly the same way that you work in school for proficiency in several studies at the same time. In other words you can take time every day for special concentration upon each specific desire. You can concentrate on your special desires *in turn*. In this way they will develop side by side and each will come to pass in due time.

## Expect Good.

And you can help all desires to come to pass, by cultivating the attitude of **EXPECTING GOOD** in everything and through everything. Remind yourself whenever you think of it that God is working in and through you to manifest the things you desire; that your desires are *God's desires*; that your brain and





# EDITORIALS



—BY ELIZABETH—

hands are God's brain and hands; that every good impulse of your heart is the impulse of God; that all things in the invisible world and in the visible world *are working together to manifest the good that you desire*—that God desires *through* you.

Keep reminding yourself of these truths of being until the attitude becomes habitual. You will soon be surprised to see how things do really work for good to you; how the information you need comes to you at unexpected times, and from unlikely quarters; how ideas crop up in your mind in answer to questions you have been asking yourself; how books you need come into reach; how people you need are drawn to you; how you are drawn to places where you can learn more on the lines of your desire. You will be surprised to see how inspirations flow to you from all directions, seen and unseen.

**Knowledge.** Suppose you desire to be a great artist. Two things you must have in order to manifest the desired proficiency. These two things are (1st) knowledge, and (2d) wisdom to use your knowledge.

Knowledge comes to you through the five senses, through the faculty of observation, mental and material. A dictionary is a compendium of knowledge. Your brain is a record of knowledge stored up within you since the time you came into this life.

You got it from books; from experience; from listening to teachers and friends; from doing things and knowing how to do them and what the results are. Your progress from the cradle to the

present time has been one journey of knowledge-gaining through the avenues of the five senses.

**And Wisdom.** But wisdom is an entirely different matter. Wisdom comes only from

God, and it is that wonderful spiritual essence or faculty which holds knowledge in solution so that it may be directed to the accomplishment of great things.

Your knowledge is your storage of tools.

Your wisdom is the spiritual power that uses those tools.

Your desires are the patterns given you in the mount, the patterns by which you are to create by the use of your wisdom-directed knowledge. Wisdom is the spiritual medium through which knowledge passes into the higher forms after the "pattern given unto you in the mount."

**Nature of Desire.** Wisdom and desire are the two sides of the one power which we call God; wisdom and desire at the point of poise, manifest as LOVE.

Love is God and God is love

The nature of desire is will.

The pattern of wisdom is The Ideal. Wisdom and will married bring forth The Ideal.

Get knowledge, and with all thy getting pray the Spirit for wisdom which *understands knowledge*, and directs it.

**Pray God and Go to School.** In other words, pray God for wisdom *and go to school*.

Go to the public schools until you





# EDITORIALS

BY ELIZABETH

have mastered what they can teach you.

Go to college if you can.

Go to technical schools and industrial schools.

Go to Y. M. C. A. classes.

Go to correspondence schools.

Go to school to the bright and wise people you are able to meet.

Go to school to good books.

Go to school to biology, geology, astronomy, anthropology, sociology, history, arts and crafts, get all the knowledge you can get.

Learn something about everything on earth.

*And learn everything possible about some one thing on earth.*

And with all the getting pray to God for wisdom to understand, to correlate, to co-ordinate, to *direct* this knowledge into channels of useful work for the advancement of the world.

The world advances only by extra achievement of the individual *who understands*.

YOU are the individual.

## Solomon.

Once upon a time there lived a young man named Solomon. And God appeared to him and asked him what he would rather have than anything else on earth. And Solomon answered him that he would rather have wisdom, *an understanding heart*, than to have anything else on earth. And God granted his prayer and gave him wisdom.

And God told him that he had asked the one thing which would enable him to use to good advantage everything on earth. Therefore he should have everything, because the wisdom he had asked

would enable him to use it to the best advantage.

## Servants.

Aren't you rather critical and ungrateful about your maid?

If your household is as unorganized as you lead me to understand, I don't wonder that your servant withholds from you some measure of service. She would be obliged to do it in self-protection—otherwise she would work her nails to the bone at all hours of the day and night. It looks to me as if you have things so unorganized that there would never be any end to the work for you nor for her!

Heaven's first law is order, and the home should be a little heaven.

Nobody can work his best in an unorganized home.

And no woman can get better soul stuff to work up into wisdom and soul-satisfaction than by taking the time and thought to organize her own home.

Go thou and do it—do it as you would do a new play or a new game!

Quit fretting and *play* at housekeeping.

*You can do it!*

## A Great Woman's Work.

Mary Baker G. Eddy is dead, but her works live. The world owes her a greater debt than it will realize for fifty

years to come. No matter who "discovered" Christian Science, Mrs. Eddy organized it and advertised it, and created with it a church which for practical religion, true helpfulness, and business ef-





# EDITORIALS

BY ELIZABETH

iciency leaves all other churches behind; the one church which really does what other churches aim to do, and in addition makes a million satisfactions grow where twice that many grouches grew before. So much has she done for her million or so followers.

For the world at large her work and church have helped wake up preachers to New Thought and the Emmanuel Movement, and have compelled medicos to dig for mental causes and substitute optimistic suggestion for pills palliative.

As practical religious reformer, Mrs. Eddy has made a world record. Her Christian Science statement of New Thought already tinctures the life and literature of the world.

As to her mistakes, time will fade them to nothing—as it will yours and mine—leaving her faith and works a splendid monument to the great spiritual New Thought movement of the age, and to herself, its most powerful exponent.

## Auto-Suggestion.

Self-Suggestion means suggesting things to your Self. In other words, you talk to your Self.

You know you do it anyway—everybody does at times.

You merely take advantage of that power to talk to your Self, and you tell your Self the sort of things you want your Self to really believe and act upon.

That is the entire meaning of self-suggestion. You can suggest to your Self exactly as you would suggest to your brother or to your child. Only your Self is much more obedient at taking your suggestions than other people

would be. Keep on repeating your suggestions and by and by your Self will act upon them.

And remember that your Self is a very much greater, more beautiful, more powerful and wise Being than your conscious self has any idea of. Suggest all sorts of beautiful things to your Self, believe in them, and you will find them coming true.

Oh tommyrot!—  
**"Lost in Sin."** everybody on earth has "sinned." To sin is to fall short of the mark of perfection and Jesus of Nazareth explained that it was just about as bad for you to think evil as to do evil. Read the "Sermon on the Mount."

He likewise bade people to forgive to seventy times seven. Do you suppose after that God is going to hold a thing against you eternally? You are not so important in the scheme of the universe—God will forgive and forget your faults just as easily as you can forgive and forget the faults of your neighbor—exactly. *Forgive as ye would be forgiven.*

Sin is a falling short of the mark of perfection and everybody does it more or less. And when he grows big enough and wise enough he forgives himself as well as everybody else.

When he gets to the point of forgiving himself, he knows that God not only "forgives" him but that God never held anything against him for a minute.

Troubles come to us because we get onto the wrong track, not because God is unforgiving. God gives us a hint to





# EDITORIALS

BY ELIZABETH

get over into the right road and if we don't take the hint we get a few kicks, harder and harder ones. By and bye we wake up, live right, and find freedom from the unpleasant consequences of living wrong.

We don't get good things because we "deserve" them, but *because God is love and all good is free.*

As long as you think you get only what you deserve, you will get mighty little.

*You and God are one and God is Love.*

Be still and realize this, let God work in you to will and to do, forgive yourself *and everybody else*, and you will find peace.

Out of peace grows every good thing.

It is never too late to mend! There is not only hope for everybody but there is absolute certainty of progression and salvation through their own thoughts and efforts. Be still and know.

## Feeling and Intellect. By William Towne.

The history of human progress is a history of constant warfare between the expression of love or feeling and its

suppression by the intellect.

Right at the head of the procession of progress marches the man who is possessed of feeling. He is always the pioneer. He is the man of imagination. He is the one who with tireless energy reaches out into the unexplored country. He discovers new continents. He invents new and greatly improved machinery. He harnesses the lightning. He sails the farthest seas. He trades in the most distant lands. He plans new

and ideal governments. He creates new schools of art, literature, music and drama.

The men of feeling are the ones who make their times famous in history.

Where feeling or love is suppressed by tyranny in government, or the narrow intellectual conventions of a decadent society, the expression of the individual languishes and national interest in art, commerce, literature, religion (of the vital sort), stands still or retrogrades.

A race rises and advances only when it grants to the individual the fullest freedom to express feeling. When intellectual formalism is uppermost, the race is already going back to oblivion.

The story of the rise and fall of nations is the story of the rise and fall of the freedom to express feeling.

That nation is strong whose individual units have vital messages to express to the world, and who are given the fullest freedom to express them. Where the creative force finds full freedom of expression in literature and art, the nation is always rising.

The infinite rises into expression where feeling is paramount. But when intellect alone rules, infinity recedes and only distorted reflections of the Living Principle of life remain.

Intellect is the letter of life.

Love is its spirit.

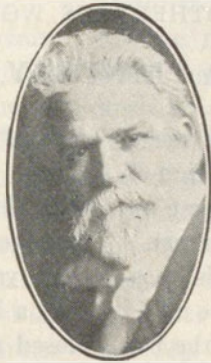
Walt Whitman summed up the truth pretty well when he wrote, "He who walks a furlong without sympathy goes to his own funeral dressed in a shroud."

*In all God's creation there is no place appointed for the idle man.—Gladstone.*



## Earth Is Enough

By EDWIN MARKHAM



We men of Earth have here the stuff  
Of Paradise—we have enough!  
We need no other thing to build  
The stairs into the Unfulfilled—  
No other ivory for the doors—  
No other marble for the floors—  
No other cedar for the beam  
And dome of man's immortal dream.

Here on the paths of every-day—  
Here on the common human way  
Is all the stuff the gods would take  
To build a Heaven, to mold and make  
New Edens. Ours the stuff sublime  
To build Eternity in time!

*Written for The Nautilus.*



# My World: With Whom Shall I People It?

ONE'S REAL WORLD—IT'S LAWS—THE MOST PERSISTENT FACT PERTAINING TO THE HUMAN BEING—WHAT CONSTITUTES INDIVIDUALITY—HOW FAMILIES MAY LIVE IN HARMONY—EACH GRANTS TO THE OTHER "HIS WORLD."

By A. A. LINDSAY, M. D.



inner-self those who have no fitness to be citizens thereof. One has his objective world in which he serves daily in his business, social and domestic contacts.

Simply policy, convenience or any other basis of interest may afford the terms of people passing into each other's objective worlds.

One's real world or what I term "*My World*" has very different laws of entrance and has no door of exit. Where these laws are understood one sees how useless it is to try to force the way into the place which is worthy of the title, the holy of holies. That is what every one's innermost world is to him. That is his one sacred domain into which even the force of his own will cannot pass another.

Recently I stood amazed, looking at the

door of the vault of the Peoples Savings Bank. It has no way of entrance except through the one doorway. The manager told me the door weighs fifteen tons, yet swings on its hinges so easily that a baby hand could move it. When closed no known chemical, electrical or mechanical force can open it. Time alone solves that problem. Given time, no power could keep it from opening so terrific is its force of spontaneity. Man's inner world is like that vault with its richest treasures and ponderous door, and there is that one law of entrance that has perfect parallelism with Time, that provides admission to the vault of the most valued material things. It is to disclose that law that I write this essay of consolation.

The fiction author creates a world and chooses his people to fill it. He conceives the part each character is to play and then proceeds to fill the life of each character with thoughts and acts consistent with such a person or animal or thing. This in its general way stands for the objective world of his fiction creation. But in every instance a real artist as a fiction writer will give description of or expression to his own inner world.

It may be the hero of his story, or it



may be only a retired individual who seldom appears, that is the embodiment of the world not created by objective fancy. In this, man's worlds are represented for the many characters chosen and appointed by the author to their various purposes in executive life, and that other part which is the outlet of his inner self is like the spontaneous world which answers according to its laws, so different from the laws of our politic life.

Now the most persistent fact pertaining to the human being is his individuality. Individuality is not something of the intellect, nor a thing of the body, therefore, is of the Soul—it has its nativity in the individual's own world.

Soul has quality, since it is the source of individuality. Individual quality manifests itself in the manner in which the person expresses himself; manner that permeates and characterizes his kindness or unkindness, his love or his hate, his good or his evil.

Then I am warranted in saying that the only basis upon which an individual's world can be entered is upon individual fitness. Maybe we can best call this adaptation, individual to individual. Now, where this does not exist a lifetime of grief and an ocean of tears cannot place individuals into the same kingdom. Where it does exist it is as though they were born into the same world, a world that had no outlet. Onslaught of jealousy, falsehood, slander, scandal, no powers terrestrial or celestial can separate that which in the very nature of things is united.

This may mean that in a family of three children, two of them on the basis of soul quality are in each other's real worlds, while the other has adaptation so different as to make blending impossible. A common situation is where father or mother, but not both, is ad-

mitted into the child's real world. It often means that father and mother are not inhabitants of each other's worlds. It is in constant evidence that those who have every reason to be friends cannot be other than associates in an objective world. It also means that those who have been absolute strangers in the objective world recognize each other instantly as citizens of "*My World*."

At casual glance one may think how awful if certain members of the family can be native to each other's worlds, while another is not; or how terrible if husband and wife can be in the same objective world, but not the same soul world, and how grievous it is that those who choose to be friend cannot be in this perfect nearness. And possibly the most shocking thing to show scientifically is that there could be present and part in "*My World*" those who have not grown into it, or have entered through objective selection. This is only a superficial view, for the fact is that all the differences and more terrible horrors exist than I describe, and because people are ignorant of these laws, lifetime conflicts and griefs result.

Because convenience or preference or being born of the same parents or being married seems from the objective standpoint to make it so highly desirable that there be this subjective blending, all sorts of contentions and inharmonies arise.

The moment one grants "*My World*" for each, he ceases to criticise, contend or to force the impossible unions. He realizes that he can retire to his own inner self, there to commune with his own and grants the other the same privilege undisturbed. The sister who has grieved because she cannot feel toward one brother and get as near to him as to the other, ceases to feel that way about it. As soon as they recognize each



other's rights, having different natures, strife ends, and they co-operate, being as near together as individuality permits. This ends many jealousies. Many a mother has neglected the son or daughter, or at least has not enjoyed the child as she could the one born into her world, forcing a larger attention upon another though just as much in her love, condemning herself always that she could not feel the same toward both, and therefore giving a partial treatment to the one who was not of her blending.

This does not make anyone an outcast. It gives to everyone his own and it does provide for a harmonious laboring together in the objective way, too.

Many married couples have discovered the utter impossibility of their ever being members of the same real world, and

then have gone on in great inharmony, each blaming the other, living a life of contention because each thinks the other ought to change so subjective union could take place. Such situations can be made the best of through the principles set forth herein, and the moment their understanding and their standards change they get into harmony, realizing they can fulfill the marriage and parental appointments, simply being together in the objective world.

They realize that all that is involved in marriages may be fulfilled though foreigners to each other's real worlds. They also realize that each may have his or her companion in "*My World*" without fulfilling any of the situations of marriage that exist in one's objective world.

## The Powerful Life.

By WALLACE D. WATTLES.

### II.

#### WHENCE COMES THE POWER?



THAT there is a powerful life; that it may be lived here; that it may be lived by any one, we are obliged to concede; and having conceded this we cannot fail to wish to live this life for rightly lived,

it means health, wealth, power and happiness. Those who read this series of lessons are going to learn how to live

it, and they need first to understand a little as to what the power is and whence it comes. We are just passing from the physical, animal or material stage of development to the mental and spiritual stage. We are ceasing to be physical men and women and becoming mental and spiritual men and women. To make this change is sometimes a matter of considerable difficulty. The great majority of people are not as yet making it at all. They are still entirely material in their beliefs and thought. They do not see the world of Spirit; they put their faith in houses and lands and money and so on, and because they believe in these things they are subject to them. The only powerful life of which they conceive is a life of physical power.

New Thought people, they whose



spiritual eyes are becoming opened; who begin to see the inner and finer world penetrating the false appearances of the world of matter; who begin to see Spirit as the cause of matter and of what are called natural phenomena, these are they to whom Jesus referred in speaking to Nicodemus; they have been born of the Spirit and they begin to see the Kingdom of God. They get glimpses of a powerful life which may be lived in the flesh and here on earth; occasionally they enter upon it and live it for a time, but their great difficulty is lack of understanding as to what the power is and how the life must be lived. This we are going to find out.

The first step is to learn the great truth about the universe which is that all is one. All things are forms of one Substance; that Substance is conscious and intelligent; it is Spirit. In former articles and in my books I have referred to this Original Substance under various names, as the supreme, the Thinking Stuff, God, All-Mind and so on; but throughout these lessons I shall use the one word, Spirit. Substance is Spirit; everything is Spirit; there isn't anything but Spirit. Before you can fully believe this great truth you will have to learn to disbelieve much that your senses tell you, and it is easy to do this when you understand how unreliable the senses are. The physical man depends upon the senses for everything. To him seeing is believing, and he accepts as real the appearances around him; but in reality he is grossly deceived; he lives in an unreal world, his whole universe is a deception, and not what it seems to him at all.

This man must believe that he lives on a flat world under a solid blue arch; the sun and moon travel over him and his earth is stationary and the stars are small points of light. These are the ap-

pearances of the physical world as given us by the senses, yet no civilized person now really believes in them; we know that the earth is round, that the sky is not solid, that the stars are very much larger than the earth, and that the earth goes round the sun. No well informed person believes what he sees as to these things; he looks through appearances to the reality.

Take another illustration. Nothing appears more real than color and one can hardly doubt that the objects around us are really of the hue they appear; that the grass is green and the robin's breast is red and so on. But there is no color except in consciousness. When an object appears to us to be of a given color, as red, it is not really so. The "red" object reflects or refuses to absorb and receive the red in the ray of light which strikes it and throws it back to the eye; we see the color it rejects and not the color it is. Where there is no eye to receive the reflection color has no existence. So it does not do to believe appearances to be true; we must look through them and see the only reality and the only reality of all things is Spirit. The first step to be taken by those who would lead the Powerful Life is to cease to be misled by appearances, and to perceive truth; to cease to believe in what seems to be and to have faith in what is. They must get to the heart of things, and instead of trying to reason from appearances to realities they must believe realities and disregard appearances.

Spirit is Substance and all Substance is Spirit. There cannot be two Substances. The moment we admit that there are two Substances as Spirit and matter we are absolutely lost. If matter is something distinct from Spirit then it has powers and potentialities of its own and may affect us for good or



ill. So, if we believe this, we shall become more and more tied down to matter which we can see and have less and less faith in Spirit which we cannot see or can only feel; and the Powerful Life will become impossible to us. We must see that Spirit is Substance and that it is the only Substance. Nothing exists but Spirit.

Next we must come to understand that Spirit is life, and that it is all the life there is. Nothing lives but Spirit. Every thought of man, every volition of any animal, every unfoldment of leaf or blossom is Spirit, acting in the thing that moves. Spirit lives in the grass and flowers and trees; in flesh and insect; in animals and men. There is *no* life but the life of Spirit. "He giveth life to all." "In Him we live and move and have our being." Nothing has individual life or life of its own. It is all the life of Spirit.

Again, all power is spirit. Every movement in nature or art from the flutter of a leaf to the rushing of the giant current through the dynamo formed by man is Spirit. And in it all and through it all Spirit is working intelligently to some great purpose or purposes of His own. That there is intelligence through the power of nature is shown for one thing among many by continuity. Everything works under the same laws, yesterday, today and forever. But suppose one day the water

pipes ran water and the next day gasoline; one day you weighed one hundred and ten pounds and the next day half a ton, the laws of gravity and chemistry working in contrary fashion; then you might suspect that there were two forces in nature or that the one force was an unintelligent one. If you want to live the Powerful Life of Samson, Napoleon, or of the evangelist,—and you do, you are reaching out for more power. That is what we are all seeking. Whether we want merely to become rich or whether we wish to excel in society or to rear our children well or to become benefactors of humanity, the only thing we require is power and ability to lead the Powerful Life. At the close of this second chapter I bring you to this fact, which if you grasp it fully, will give you the foundation on which you must stand in leading the life, and if you go on with the succeeding lessons will certainly enable you to lead it.

We live and move and have our being in the limitless ocean of intelligent Spirit from whom we draw our life and power, physical, mental and spiritual. All power is in this Spirit. And we may learn to so unify ourselves with Spirit that more and more power shall be ours, in fact we may have all the power that He can trust us with, and it is only then, a matter of making ourselves trustworthy.

---

*The man of forty must not think himself old. He is only beginning really to live. A man's usefulness is gone only when he ceases to grow. Age is not a matter of increasing years so much as of waning enthusiasm.*

—*Milwaukee Journal.*

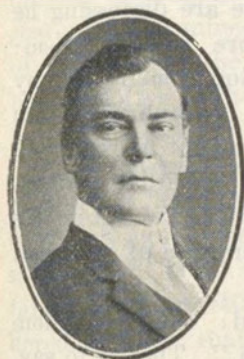


# Sermons of A Scientist.

THE INNER LIFE—DIFFICULTIES IN WRITING OF IT  
—THE PLACE OF PEACE, WISDOM AND SPIRITUAL  
POWERS—THE ONE WAY TO GAIN SPIRITUAL  
POWER AND WISDOM—THE MARVELS OF SPECIFIC  
MEMORY—MOTIVES ONLY ARE REAL, NOT ACTS.

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

## NO. 4. THE KINGDOM WITHIN.



*Behold the Kingdom of God is within you.—Luke 17, 21.*

*As he thinketh in his heart, so is he.—Proverbs 23, 7.*

One great difficulty, perhaps the greatest, which hampers the man who would study or meditate or expound philosophical or metaphysical matters is the poverty of ordinary language in words and phrases suitable for his uses.

If I wish to describe the mechanism of an auto car, or write the specifications for a Dreadnaught, I shall have at my disposal a superb vocabulary covering every detail of materials, plan, construction, armament and finish.

If, however, I desire to discuss some question relating to the moral, pschical or spiritual nature of man, I shall find myself in a very few moments groping despairingly in search of a verbal equivalent to my thought. In the language of the early times, notably Sanscrit and Hebrew, we have a full equipment of words and phrases expressive

of those deeper, broader generalizations, of those more delicate refinements of thought and feeling, which are the distinctive characteristics of the highly developed mind and spirit.

MODERN WORDS PRACTICAL, NOT METAPHYSICAL.

Were I to attempt to write the specifications for a Dreadnaught in Sanscrit, I should find no words corresponding to a thousand verbal needs—no words for steel, cannon, engine, boiler, propeller, and so on, and so on.

And just so when I attempt to reflect on any spiritual or metaphysical question, I find that the modern words to which I am accustomed and which I am prone to use as an equivalent for my thought are rendering my thinking uncertain and confused and my deductions illogical and futile.

This linguistic deficiency in the terminology of modern times is a limitation and an embarrassment to the student of metaphysics in two ways: First, because it prevents clear thinking, and secondly, because it renders intelligent and intelligible explication quite impossible.

Under the circumstances the student, trained in the use of modern words, and desiring to make himself intelligible to others also so trained, may coin words,



distorting them out of their traditional and accepted meaning, as did Compté, Browning, Henry James, George Meredith, and others; or he may, as did Jesus of Nazareth, boldly employ a selected word or phrase to which he gratuitously imputes an entirely new, unwarranted and arbitrary signification.

The constant use by Jesus of the word "Father," to designate what the Brahmins and the Buddhists call the "Sat," or "Atman," (the higher, impersonal, unconditioned and immortal Self) is an instance of this rhetorical device of the Prophet of Nazareth, in order to present a conception which had no place in Hebrew thought or language.

Instances of the kind might be multiplied ad lib. Among other such assumptive terms may be mentioned "The Holy Ghost," "The Comforter," "The Kingdom of Heaven," The Kingdom of God."

#### A STATE OF PEACE, WISDOM AND SPIRITUAL POWERS.

Now, "the Kingdom of Heaven," or "The Kingdom of God," as Jesus uses the phrase embodies much the same idea as the Sanscrit words Samadhi, paravidya, prajna and prajnajyoti, words meaning respectively freedom from error, sin and appetitism; highest wisdom, profound knowledge, leading to realization to the nature of God; and wisdom gained by supersensuous experiences.

The Kingdom of God, the Kingdom of Heaven, in the sense in which Jesus uses the terms seems to combine something of each of the above Sanscrit words—freedom, wisdom, devotion and faith, the gift of spiritual power, of prophecy.

The men to whom the Sage of Nazareth spoke the words which supply our text were the Pharisees. Now, the word Pharisee is derived from a Syriac word,

pherishai, and signifies a class secreted from or exalted above others. The Pharisees professed extreme sanctity and were fanatically exact in the observance of the Mosaic law. This caused the common people to regard them with the highest respect and veneration.

#### THE RIGHTEOUS INDIGNATION OF JESUS.

The sanctimonious pose of the Pharisees did not, however, impress the Master. His clear spiritual vision pierced through their veneer of austerity, sensed their meanness and hypocrisy, and realized the evil ideals and motives in the depths of their minds.

On the occasion we are discussing he had a moment before said to them: "The Kingdom of God cometh not by observation;" which paraphrased into more modern phrase might be rendered, "The attainment of spiritual development which you profess is not to be achieved by the observance of rites and ceremonials."

And then he added: "The Kingdom of God is within you." That is to say, "The attainment of spiritual power is to be gained by studying yourself and by conquering yourself; for all wisdom, all power, are latent in yourself. What you actually are—good or evil, strong or weak, potent or insignificant—depends upon what you think, and feel, and aspire, and purpose, in the depths of your nature. As a man thinketh in his heart, so is he."

#### JESUS ABOMINATED OSTENTATION.

On another occasion Jesus expressed his opinion of the Pharisees with a bitterness which was evidently quite foreign to his usually placid and gentle temper: "Woe unto you, Scribes and Pharisees, hypocrites. For ye pay tithe \* \* \* and have omitted the weightier mandates of the law, judgment, mercy and faith. \* \* \* Ye are like white



sepulchres, which indeed appear beautiful outwardly, but are within full of dead men's bones, and of all uncleanness. Even so ye outwardly appear righteous unto men, but within ye are full of hypocrisy and iniquity." (Matthew, 23, 23-28.)

#### WONDERS OF "VICARIOUS MEMORY."

Now, in this as in all his observations, Jesus showed himself the Seer; for today, in the light of our present knowledge of psychology and heredity, we can confirm in the most prosaic and matter of fact spirit, the statement that all power comes from within; and also that the real, essential nature of any act whatsoever is determined, not by the nature of the act (for the act is external) but by the motive of the act (which is internal, within us).

Scientific researches in the phenomena of heredity have demonstrated that not only physical peculiarities, not only mental and moral traits, not only certain definite appetites and impulses are hereditary, but that, in persons of a superfine nervous organization, there is actually a hereditary memory—that is, a recollection of events which occurred in the life of the parent, perhaps before the person himself was born, events of which he has never heard, and of which he could have no knowledge, save through a vicarious memory—a memory of events which happened to his parents.

In his celebrated work, "Diseases of Memory," Th. Ribot, the French psychologist, gives to this faculty the name, "specific memory." It is not unlikely that, latent within the subliminal consciousness of each of us, is the recollec-

tion of all that has befallen our parents, grandparents and their anterior forbears back and back through the infinite deeps of time.

Be this as it may (I present it only as a conjecture)—be this as it may, one thing is certain: The highest degree of wisdom, of self-knowledge, innocence, God Knowledge and spiritual perception—is within you.

But there is another sense in which the statement we are discussing is true. And that is as regards the relation between action and motive. Most people, most established religions and, of course, the law, jurisprudence, regard as real only the act. Their only question is: "What did he do?" not "Why did he do it?" And on a basis of what he did, the people will lynch him or crown him; the church will grill him alive or endow him with sainthood; the law will acquit him or electrocute him.

#### NOT ACTIONS, BUT ONLY MOTIVES, ARE REAL.

But the act is not the reality; the motives leading to the act only are real. No act in itself has any color, no act in itself is either good or bad. In the strictest philosophic sense no act is a reality at all. Only the motive is real. And if we subject our motives to strict scrutiny, analysis and selection, fostering those which are impersonal and noble, sternly eliminating those which are selfish, weak, pusillanimous—then as we think in our hearts so shall we be. Then shall we find the spiritual growing up through the commonplace. Then shall we achieve the Kingdom of God which is within us.

*Every man should keep a fair-sized cemetery in which to bury the faults of his friends.*

—Henry Ward Beecher.



# Serving Morals in Plays.

By S. JAY KAUFMAN.



Art, as I understand it, is putting a thing to its right use. I understand also that this "art" idea is a sadly misunderstood, mistaken and misused one. A thing beautiful in itself may or may not be artistic, al-

though the *hoi palloi* seem to assume otherwise. Thus, poetry is intended to sing a song. The true poet is always a songster, singing right out of his heart. Poetry which attempts to teach first and sing afterwards does neither. It is a moral in rhyme and serves no purpose. Then as to music? It is intended to convey melody—a pleasing succession of sounds. Technique is melody of ideas for the technician, not one of sound for the music-lover. Wagner's music, called in his day, "the music of the future," is still called "music-drama," and "no-music" by a great host of people, who except only the Wagner excerpts that are known as "popular."

I write of these by way of preface. It is of the artistic use of the drama that I shall write at length. A great number of plays of the past few years contained a very strong element of thought force. Some called it a moral. During the current year this moral has been

lessened in its *apparent* use, and there has come a greater tendency for lighter amusement. This lessening of the moral strengthens the amusement and is as it should be.

There is a moral in everything. But morals should be incidental, or secondary. To have true drama the amusement must be primary. True drama is true art. And true art is *supposed* to be the mission of the drama. If you have great amusement there is no objection to the strength of your moral. And indeed, the moral will of itself be far greater and more incisive if you eliminate the blatant, "Here, audience, is the moral. Now be sure you get it." This season has shown just that.

The very first conception of a play was to amuse. The early "strollers" brought their troupes to the rear of village inns. From crude platforms or their wagons they performed solely to amuse the guests who sat in the windows and the town folk who gathered upon the green. The theater developed from that. Its methods have changed, but not its purpose.

The current year has had many notable successes. The unusually great number of plays produced makes the successes seem fewer than they really are. These successes have genuine artistic merit. The subject matter was made less important than the handling, which by the way was the admirable and marked feature of the season's efforts.



And after all what is finer than an evening of delightful entertainment? The notion that enjoyment is wrong has been buried for years. The theater was in the shadow too long, and is coming into its own with doubled force. If you admit that you are opposed to the theater, you place yourself in the class that serves in only one good way, which is, as a sort of ballast for the going upward and forward of progress. But it is far more gratifying to be *in* the progress!

For the serious there have been several things which they are certain to find as sterling as the oldtime tragedies in which the "old folks" revelled. "The Gamblers" is Charles Klein's best effort. It has every requisite for superiority. It is an anti-muckraking play and drives home its idea in a way that makes you sympathize with the hero-villain.

"The Bluebird" is already on your "seeing" list. I wrote you of it at length in *Nautilus* some months ago.

"The Thunderbolt," a word about which Mr. Towne gave you in his "Views and Reviews," in *Nautilus*, was all that he said of it and more. It is a blow at smugness that, while British in the play, is so applicable to every community that it cannot but be convincing. Pinero has written nothing that is as exact as "The Thunderbolt."

"The Havoc" should be seen by every young married woman and her husband. It is new treatment of an old idea and is faulty only in the "speechiness" of its lines. Henry Miller remains likeable to every generation. In this play he is minus his yesterday's mannerisms.

If you are semi-serious—or want semi-serious plays—"The Country Boy" and "Rebecca of Sunnybrook Farm," are a pair that you must see if they come your way. Each offers much for you and

your young people. Each has a few tears, and each has many laughs.

Laughter is this, that, and much else. It is all you can say of it, and then you haven't said a thousandth part of its wondrous worth. There is all too little of it in this prosy old world. Some man says everyone can laugh but few people can smile. I think that is sheer nonsense. When you laugh you cannot sneer—when you smile you may. So when laughter happens along, just you rope and hog-tie it and set on it. Perhaps the reason old Doc Nature scatters it so sparingly is that he has no finer remedy for all ills. So he knows its value. Animals differ from humans in only one respect. Humans laugh.

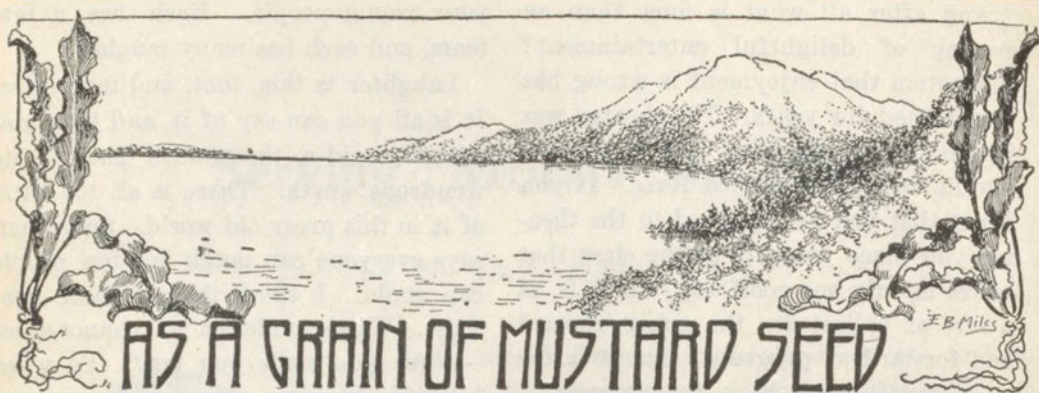
If you are out of sorts and want this panacea for all ills—laughter—I shall prescribe liberal doses (that's the wrong word, I know) of any or all of the following: "The Concert," "Get Rich Quick Wallingford," "Nobody's Widow," "Baby Mine," "Pomander Walk," "Excuse Me," "The Nest Egg," "Over Night;" and May Irwin and Willie Collier. I seldom write plots and I am glad that I do not have to burden you with them here. I fancy I have not led you astray—theatrically—heretofore, and I am reasonably certain you will be as pleased with these as are the crowds that are flocking to see them now.

Did I hear you say, "And musical-ly?" Why, "The Spring Maid," of course. It is *the* musical piece of the year and is delightful plus. The popular things are "Mme. Sherry," "Naughty Marietta," and "The Slim Princess." That all of the musical affairs of the season are a decided improvement over the hodgepodges of last year, it is very pleasant to report.

*Nothing is secure but life, transition, the energizing spirit.*

—Emerson.





## AS A GRAIN OF MUSTARD SEED

By WALLACE D. WATTLES.

### CHAPTER XVI.—CONTINUED.

"I quite agree with you," said he, and I propose to set to work to unite her mind to mine before I ask her to marry me. Did you ever run across Swendenborg's definition of marriage, Mrs. Stewart?"

"I do not remember it, if I have."

"He says that those people are really married who are united interiorly by marriage love as well as exteriorly by law. I think that is a good definition, covering the whole matter. Now, if I can unite Nellie to me interiorly by marriage love, it would be right to unite her to me exteriorly by law, would it not? And indeed, it would be wrong not to do so?"

"I believe that it would."

"Exactly. Now, marriage love is created by the process called courtship; and courtship consists in so impressing the mind of another with one's personality as to bring the response of love. Marriage love is the response of a woman's soul to the impression made by a man's personality; and of a man's soul to the impression made by the personality of a woman. Do you agree with me?"

"Yes, sir; perfectly."

"I am going into all this, Mrs. Stewart, because I wish you to exactly un-

derstand my position in the matter. Marriage love cannot be given at will, nor because of obligation. A woman cannot love her husband merely because he is her husband, or because she promised to do so at the altar. If she loved him, it must be because he wins her love; and if she continues to love him, it must be because he continues to win her love. Right here is where many married couples fail; they cease, after the ceremony to try to win love, relying on obligation; each feels that the other "ought" to continue to love, whether the love is won or not. But it is a fact that the man who has won a woman's heart can retain full possession of it only by continuing to win it, to the end of the chapter; and vice versa. And this can be done only by continuous self-development; by continually going forward. There is no limit to the possibility of unfoldment; we can so live that those around us can find more in us every day that is lovable. An appreciation of this fact would make most marriages happy."

"You are certainly right."

"Now, Mrs. Stewart, I have no doubt that Nellie loves Mr. Gaylor very much; but since she is not definitely engaged to him, I have a perfect right to try to make her love me more. I shall try to win



her; and in that, as I have said, I ask only your good wishes."

"You certainly have them, Mr. Langham. Aside from the disparity in your ages—and that is a very small matter—I know of no man to who I would rather give my daughter."

He thanked her and went away; and as she watched him going up the street, brisk, erect, confident, she thought again of Packett, and his possible action.

"It would be wrong for Nellie to marry him, when her heart is Gaylor's," she said aloud, "and God does not require us to do wrong. He will provide; and my darling shall be left free to make her own choice."

#### CHAPTER XVII.

##### JASON PACKETT.

Billy brought Esther Jayne home with him that night; and the mother received her son's betrothed wife with open arms. The two women understood each other from the first, and Nellie was completely captivated by the splendid personality of the actress. None of the four displayed any uneasiness or perturbation over the near approach of the momentous tenth of April. During the next three days Billy worked quietly on his new play, which was being especially planned to give full scope to the wonderful talents of the woman he loved; he declared that her presence in the cottage gave him new inspiration, and that in those few days the best of all his work was accomplished. Nellie went every day to her work in Langham's store; and Mrs. Stewart and Esther passed the time most pleasantly in each other's society, each being a new revelation of faith and power to the other; and in spending these hours together, the bond of sympathy and affection between them grew very strong indeed.

It was on the afternoon of Tuesday,

the ninth of April; Billy was in his "workshop" and Nellie at the store, while Esther and Mrs. Stewart sat together in the pleasant sitting room; they heard the gate latch click, and looking from the window, saw Mr. Jason Packett coming to the door. Esther, not knowing who he was, slipped upstairs to Billy; and Mrs. Stewart, remembering the note she had received months before, and divining the object of his visit, admitted the banker and after courteously relieving him of his hat and coat, gave him a chair. She sat down before him, and after some inconsequential remarks about the weather, awaited a statement of his business. Mr. Packett was a spare man, of light complexion, with reddish hair and mutton-chop whiskers; in looking at him, one invariably thought of foxes. He was always neatly dressed, and spoke in a quiet way; rarely, indeed, was he betrayed into loud or angry speech. He seemed a little at a loss now to know just how to begin what he had come to say, but at last he came straight to the point.

"Has Nellie made any progress," he asked, "toward raising the money to pay back what she took from me?" The question was brutally direct, but the widow smiled, looking him steadily in the face.

"Yes," she said, "she has made great progress." He was evidently somewhat taken aback; he hesitated, coughed, and then asked drily:

"How much?"

"She has five thousand dollars ready to pay you."

He was greatly astonished, for he had not thought it possible for the family to raise so large a sum. Billy had taken no one into his confidence, and no one in Linton knew that he had written a play; and had they known it, the knowledge would have meant little to the townspeople.



ple, most of whom had no very exalted conception of the value of dramatic literature. Packett had been watching quietly, wondering what the young man might be doing; he had thought that he might be offered a few hundred dollars, but the statement that half the entire amount was ready for him, taken in connection with the calm and assured manner of the mother, staggered him.

"Five thousand dollars!" said he, after a moment's silence. "But that is only half, you know; she took ten thousand. What about the other half Marcia?" He did not often call her "Mrs. Stewart;" they had gone to school together.

"It will be ready for you tomorrow, if it is required to save Nellie from prison." He stared.

"It will be ready?" he said incredulously, "how do you know? Where is it coming from?"

"I do not know. I did not know where the first five thousand dollars was coming from, but it came; and I know that whatever we need will come."

"Might I ask you where the first five thousand did come from?"

"There is no reason why I should not tell you. Half of it Billy received as royalties upon a play he has written; and the other half was loaned him by a friend."

Packett's face cleared; he began to see his way clearly.

"So, then," said he, "\$2,500 is really all that you have gained of the amount, and that was by a lucky fluke; Billy might work a long time before he would produce another play which would pay so well, if what I have been told about such things is true. And you have really no definite prospect of getting any more money. Marcia, I gave Nellie a year's time because you and I went to school together, and I wanted to do the best I could for all of you. It was compound-

ing a felony, and I've laid myself liable to a criminal prosecution in doing it; I can't do it again. The matter must be settled tomorrow."

"It will be settled, Jason," she answered quietly.

"Oh, come!" said he, "I hope you are not going to put your trust in the possibility of a miracle? Five thousand dollars are not going to drop into your lap through the ceiling, Marcia; and this is a pretty serious business. Think what it means to Nellie, if it is made public; everlasting disgrace, and a long term in the penitentiary."

"All will be well with Nellie," said the mother. "No harm can come to her. Divine love will surround my child and keep her safe."

"Divine love may be all right as far as it goes," answered he, "but in case of need, Marcia, I have found bank-notes more trustworthy. I am not making light of your religion, but this is a case in which a very large sum of money must be secured, and in a few hours; and you don't mean to tell me that you seriously expect five thousand dollars to come to you from nowhere in particular before tomorrow noon?"

"We have until closing time for your bank—three o'clock," she reminded him. "Yes, Jason, I know that whatever is necessary to us will come."

"Well, that's another matter. Whatever is necessary may come, but the money won't. And one of two things must be done; either the money must be raised or you and I must come to some terms. Now, if I should make you a proposition, how would you know but that it might be Divine Love offering you a way out? Couldn't it be possible that Divine Wisdom sees a better settlement for all this than by paying the cash?"

"It might be possible," she admitted.



"I do not insist that the money will come, but that whatever is necessary to save Nellie from unmerited suffering will come; and I feel that she has suffered, and will suffer enough without publicity and imprisonment. Yes, the way might lie through a proposition from you." She waited, having a premonition of what his offer was to be.

"Exactly," said he. "Well, I wrote you my proposition months ago; I wanted to give you time to consider it well. I'm fifty years old, Marcia, and a well-preserved and healthy man; I've lived alone all my life because I never had time to think of getting married, or of anything else but making money. But I've got enough now, and I'm getting tired and lonely; I want to quit business and enjoy life a little. You're a handsome woman, Marcia, and a capable one; we could get along well together. Now, you marry me tomorrow, and we'll burn Nellie's confession; Billy may keep the money he has, and the whole thing will be settled."

#### CHAPTER XVIII.

##### THE TRIAL OF FAITH.

As Packett spoke, the widow lifted her eyes to the portrait of her dead husband, which hung upon the wall; and now they dropped to the sharp countenance before her, lined and seamed by years of avarice and money cunning; and a great wave of repulsion swept over her. Seeing that she was about to speak, he checked her, holding up his hand.

"Wait till I get through," he said. "I want you to hear all the arguments before you decide. I've never been a ladies' man, Marcia, and I know you don't care for me in a marrying way. I care for you, though, and I've had my eye on you for a long time; I would have asked you thirty years ago if George"—he lifted his eyes in turn, to the picture

—"hadn't got ahead of me. Since he died, I've been thinking about it; but I knew it was no use until this thing happened, and then I saw my chance, and I took advantage of it on the instant." She comprehended now that he had meant from the first to force her into a marriage with him, and the disgust she felt was visible in her face; but he was oblivious to it.

"I want you," he went on. "I don't know much about this new religion you've got, but from what I do know, it strikes me favorably. There is something about you that lifts me up, and makes me want to get on a different plane; to do more, and to be more; and you can help me. I want to be like you, if I can, and to have what I see in you; and you know me well enough to know that I will keep my word when I say that if you marry me, I will do my very best to raise myself to your level. You've got something that's more than money; and I want it. It may be this Divine Love you trust in that's moving me, but whatever it is that you have which sets you so above the rest of us, I want it. And I put it to you, apart from all other considerations, whether you ought not to help me?"

"Do you think, Jason," she said gently, "that the first step toward getting on a higher plane should be to force a woman to marry you who does not love you?"

"Well, now," he replied, "as to that, how many people at our time of life marry for love, and how many for convenience—for money, for a home, for congenial companionship? Isn't it a fact that people around us marry for various economic reasons every day? Nothing wrong in it, is there?"

"It does not seem right to me," she said, "and suppose I reject your proposition, Jason."



"Well," said he, "if you don't care enough for Nellie yourself to go out of your way to save her, you cannot expect me to go out of my way to do it. If you refuse me, Marcia, I shall give the confession to the prosecuting attorney, and let the law take its course."

"Do you think the mercy you show my daughter should induce me to marry you?"

"Well, now, it isn't me that's showing or denying mercy; it's you. If you want to put it that way, you can show mercy to yourself and send Nellie to prison, or you can show mercy to Nellie and me, and make the sacrifice yourself. Honestly, Marcia, I'll try to make it pleasant for you, if you take me. And if you don't, the law must have its way. If the ten thousand dollars are not in my hands at three o'clock tomorrow, Nellie will be arrested before sundown." Looking into his eyes, she did not doubt that he meant exactly what he said; and for an instant her faith wavered, and she hesitated. Again, an unspeakable loathing filled her soul at the thought of marriage with the man before her, and she rose to her feet and faced him steadily.

"Jason Packett," said she, "may God forgive me; for I hoped never to come so near to hating any of his creatures as I am now to hating you. Much as I abhor the thought of it, I would marry you if I believed that God required such a sacrifice of me to save my daughter; or if I thought He required it for your own sake. But I do not believe it. Divine Love will not require me to pollute myself to save Nellie; nor is it required in order that you may become a better man. It would not be right for me to marry you, and I will not; I trust in God! Go back to your bank; the money will be ready for you tomorrow." His face turned pale

with anger, for he saw that she spoke with final decision.

"Well, you leave it with God," said he through his shut teeth, "and if God don't send the money, I shall take it that He wants the girl to go to jail."

He took his light overcoat from the wall where she had hung it, and pressing his hat savagely down upon his head, went out, slamming the door behind him. She stood for an instant looking after him, with a pale and agitated face; and then, hearing the door of Billy's work room close, she turned and hurried to her own bedroom, and locked herself in; for as Packett left the house a great horror of doubt had come upon her, and she felt that she must be alone. She threw herself upon the bed, burying her face in the pillow; and for the first time since her husband's death burst into bitter weeping.

"Oh, God!" she gasped, "what if it should fail? What if it is all a mistake? How do I know what God requires? Am I selfishly dooming my child to save myself? Oh, God, guide me right!" she sobbed aloud, and lay with clenched hands in an agony of doubt and fear. She thought of Nellie, her gentle and winsome daughter, and tried to picture her among the horrors she had heard of as existing in the prison; and the thought was agony unspeakable. She knew beyond a doubt that Packett would carry out his threat and give the confession to the prosecutor if the full amount was not in his hands at the time he had set; and she had rejected the certainty of safety and trusted all to a power which now, in the sudden agony of her loving fear, seemed strangely mystical and unreal. Would the Supreme fail her? She had trusted; she had believed, she had done her best; but would it answer in her hour of need? A wild impulse to spring up; to run after Packett and ac-



cept his offer came to her with almost overpowering force; and so for hours, she lay, going through the very valley of the shadow of death in the faltering of the faith which had been her staff for years. Once Billy came and rapped upon the door, but she bade him in a muffled voice to leave her alone for a little while; and he went away, wondering greatly what could have happened to her. Night was falling before she recovered her self-control; and then she began to repeat the affirmations of truth which were part of her daily mental work, and upon which she based her faith. Nellie, coming home from work, crept to the bedroom door to listen, and after a moment slipped noiselessly away; for she heard her mother repeating over and

over in low tones, but with passionate earnestness:

"There is one Mind, and I am that Mind.

"That Mind is the source of all power, and cannot know doubt nor fear; I am that Mind, and I am peace and power.

"All things, created and uncreated are in that Mind; I am that Mind, and I can know no lack."

Nellie and Esther prepared supper, and when it was ready Mrs Stewart came forth from her room, a little paler than usual, but serene and calm; her faith had won the victory. They passed the evening in pleasant conversation upon general topics, and went early to bed.

*(To be Continued.)*

## "The World Owes Me A Living."

BY FLORENS FOLSOM.

"The World owes me a living"—That's true!

You are here; you belong here; your due

You will certainly get.

Let's review.

Your "Services-rendered" account

'Gainst the World; and compute the amount

It owes you, from out its Source-Fount.

You are weak; you are lazy; you're mean;

A sort of betwixt-and-between

Vice and Nothingness.

Little's your lien

On Life's assets. Cold; hand-outs; a shack

Are what you'll find issuing back

From your Pay-on-Demand, False-and-Slack.

You are strong; you are kind; you are true;—

Now this is what's coming to you:

A mate; happy children; skies blue.

Not blind, Justice is. And her scales

Are exact and precise; no one fails

Who has not failed.

He wastes him, who rails.



# The Meal and The Man.

WHAT DIGESTION DEPENDS UPON—THE PSYCHIC JUICES AND WHAT STARTS THEM FLOWING—THE SCIENTIFIC WAY TO EAT—DIGESTION REQUIRES THE SERVICE OF THE BLOOD—AVOID EXCITEMENT DURING DIGESTION—SOME VALUABLE RECIPES.

By MARIELLA JOHN LADD.

## No. 2.

To prepare the man for the meal is as important in its way as preparing the meal for the man. It is useful to keep in mind the following easily forgotten facts:

1. Digestion depends upon certain juices secreted by the body. These juices require plenty of water as well as some salts and proteids. A good drink of water half an hour before a meal may make a world of difference in one's ability to digest, especially in hot weather when quantities of water are thrown off through the skin.

2. The psychic juices which begin the digestion of food are the result of appetite pure and simple. If a man eats without having his psychic juices aroused either by hunger or by an appetizer, he is trying to make bricks without straw, as the unscientific people say, his efforts can only end in burdening his body with food that he cannot digest or get rid of.

3. Digestion is a process that requires the service of the blood. During digestion nothing exciting should be allowed to draw the blood away from the stomach. Quiet, cheerful conversation and pleasant surroundings during meal times aid digestion very materially.

4. Slow eating is an excellent habit if it is acquired in youth. It should be encouraged but do not allow it to be talked about at table. It may be carried too far and prove a nuisance. Fairly thorough mastication with hunger sauce will be better than the most perfect mastication without it.

So much for the preparation of the man. Now for the preparation of the meal.

Olives, salted almonds or peanuts, fruit, especially of a favorite kind, and vegetable aspics are good appetizers, especially when they are daintily served. If soup is liked, it is a fine appetizer, and when made of vegetables, is also cleansing. It also supplies water in a pleasant form.

## CANTALoupES ON ICE.

Chill the cantaloupes, halve them and remove the seeds, being careful not to scrape out the delicate pulp nearest the seeds. Serve on cracked ice instead of putting ice in the hollow of the melon, which rather destroys the flavor.

## GRAPE FRUIT.

Six hours before you intend to serve it, halve the fruit and take out the seeds. In the hollow left by the core put a teaspoonful of white sugar, and set in a



cool place to stand. When you are ready to serve it, scrape the pulp into a sherbet glass and stand it in an outer bowl filled with cracked ice.

#### VEGETABLE ASPIC.

Dissolve seven-eighths of an ounce of gelatin in a pint of clear soup, add to it six tablespoonfuls of tomato puree, a pinch of carbonate of soda, a teaspoonful of white sugar, a tablespoonful of tarragon vinegar, a few grains of cayenne pepper and a little celery salt. Strain and pour into small molds to set. In the molds should be arranged shredded celery, small peas and pretty bits of bright colored vegetables, including asparagus tips.

#### FRUIT SOUP.

Take one cup of apricots or prunes, two cups of dried apples and six cups of water. Wash the fruit and soak it over night in the water (cold). In the morning add a cup of raisins, a pinch of cinnamon and a tablespoonful of fine sago with a quart of water. Simmer till the fruit and sago are tender. Season to taste.

#### CHERRY SOUP.

Pit and crush a pound of cherries and simmer them for thirty minutes in a pint of water with the juice of a lemon, a little sugar and a dessertspoon of tapioca. Rub smooth through a sieve and re-heat, adding one tablespoon of red currant syrup and a pinch of salt. Cool and stand on ice before serving. Add a few whole cherries at the last moment.

#### CLEAR VEGETABLE STOCK.

Wash and scrub thoroughly, but do not peel a large turnip, a small carrot, a small parsnip, a head of celery, or a few celery seeds, a large onion, a leek and a red pepper. Remove carefully any decaying or objectionable parts. Cut the vegetables into large chunks and put them into a large stewpan with two

quarts of cold, soft or distilled water. Add a little thin lemon rind, two teaspoonfuls of salt, a few black peppers, a blade of mace, a pinch of dried marjoram, savory and thyme, a spray of parsley and three large bay leaves. Bring to the boil quickly and skim. Reduce the heat and boil gently until the vegetables are soft but not mealy. Strain through a fine muslin into a clean bowl. When cold strain again, leaving sediment in bowl. Repeat this process till the soup is quite clear.

If this stock is to be used for cream soups, blanch the colored vegetables and peel the turnips, etc., using white pepper instead of black.

#### BARLEY CREAM SOUP.

Boil two tablespoonfuls of pearl barley in a pint of white vegetable stock until it is reduced to half a pint, and the barley is quite soft. Add half a pint of new milk and strain the soup through a sieve, forcing the barley through after the liquid. Add a tablespoonful of hot cream if it is desired rich.

#### POTATO AND MUSHROOM SOUP.

Brown a tablespoon of butter in a thick stewpan, but be careful it does not burn. Stir into it a large onion and a dozen mushrooms or their equivalent in mushroom trimmings all chopped fine. Sprinkle with flour and fry until all is brown. Add a dozen large potatoes peeled and thinly sliced with two quarts of vegetable stock brought to boiling point. Boil steadily over a moderate flame until there is only a pint and a half of liquor left. Strain and add a little hot cream if you want it to be rich. Season with red pepper and celery; salt to taste.

#### BROWN BEANS AND TOMATO SOUP.

Soak half a cupful of brown beans in cold, soft or distilled water for twenty-four hours. Then brown in a thick stew-



pan two tablespoonfuls of butter. Add two large onions cut into rings, a large spray of parsley chopped, and eight tomatoes cut into eighths. Add three heaping tablespoonfuls of flour and stir all together until well mixed and browned. Then put in the beans, add two quarts of water stock and boil gently for forty minutes. Put through the sieve, add a little red pepper and castor sugar with a pinch of celery salt and serve hot.

#### PEA AND CELERY SOUP.

Brown two ounces of vegetable butter in a thick stewpan. Add two large onions and a head of celery chopped fine. Stir in enough flour to take up the superfluous butter and let all brown together. Add gradually a quart of ordinary stock and stir occasionally until boiling point is reached; then throw in a cupful of split peas previously picked and dry cleaned. Add a spray of parsley, a few leaves of mint, celery salt and red pepper to taste. Simmer for about two hours. Rub through a sieve and add hot milk or cream to taste.

In making all these soups, a fireless cooker will be found most useful. If the soup is boiled for a short time and packed into the cooker for an hour, its

flavor will be fine and there will be no fear of burning.

#### GREEN PEA SOUP.

Shell half a peck of green peas, wash the pods and boil them in four quarts of slightly salted water for about an hour and a half or until the liquor is reduced to two quarts. Strain the pods and put the shelled peas into the liquor with a spray or two of parsley, a little fresh mint and two small onions cut into quarters. Boil again until the peas are soft and the liquor is reduced to a pint and a half. Strain the peas, keep out a few whole ones and mash the rest in a potato masher, adding gradually the water they were boiled in. Stir in a pint of new milk and substitute part cream for the milk if you wish the soup to be rich.

#### CHESTNUT SOUP.

Bake a quart of chestnuts until they are tender. Remove the skins, keep a few whole and put the rest through a nut mill. Brown a tablespoonful of butter in a stewpan, stir into it a heaping tablespoonful of flour, add a quart of stock, gradually stirring all the time. Add some tomato sauce and the whole nuts before serving.

## Discontent.

BY JOHN E. DOLSEN.

Formed of the elemental fierce unrest  
That seethes forever in the human breast,  
Coeval with the race of Man am I.  
I seem a Curse from which he fain would  
fly;

And in his efforts to escape from me  
He pits his might against Immensity,  
And bends the laws of Nature to his will;  
Yet I shall goad him ever on until  
He solve the problem of Infinity  
And read the meaning of life's mystery.  
Then when he rests on heights as yet un-  
trod,

And learns that he himself is part of God,  
He'll know that I first taught him to  
aspire—

That I, the Curse, impelled him from the  
mire.





## A Symposium on Social Uplift.

THE MOST ORIGINAL AND EFFECTIVE  
MOVEMENT OR METHODS I KNOW  
OF FOR SOCIAL UPLIFT.

By Leon Mead.

The great ultimate hope of our race is the ethical consciousness of the average man and woman. How is it to be realized? That really is my thesis.

Even while many of us Americans believe that our form of government is the best in the world, may we not all agree with Montesquieu, that a proximately ideal government can be made possible only by a proximately ideal humanity? In pondering over that premise, however, we perceive that such a humanity can never be attained through politics. The French Revolution, given its start and impetus by political agitation, failed to get at the roots of the evils it sought to destroy. It tore down old institutions, it convulsed society, but it did not regenerate Frenchmen; nor did it secure itself against Bourbon reaction or against the revival of political abuses.

The keynote of the Neo-Malthusian system, as it has been styled by certain writers, is to check by some intelligent mode of restraint the natural fertility of mankind and his tendency to unlimited and promiscuous increase. The reasons for this restraint now radically differ from those advanced a hundred years ago by Malthus, who feared a teeming increase of population that would exceed the means of sustenance to be derived from an overcrowded earth—a doctrine altogether false in its econ-

omic aspects. The newer cult is founded on a scientific basis, and looks to the spiritual welfare of the race, not merely to its food supply. It recognizes the laws of heredity; it realizes the need of reform in sex relations; it goes into the mysteries of biological ethics, and much else.

We sometimes hear it said that our institutions are as good as our people, and that individual improvement must be the basis of better social relations. If there is much of the Old Adam in us all, there is also a fair field for those who contend that the way to work it out is by improving the human species through the exercise of more sense in marriage and parentage, and a better endowment of coming generations in order that they may be fit for an ideal social state. This claim for the universal right of children to be born under the most favorable conditions is supported by the young science of Eugenics—from *Eugenesis*—*eu*, good, and *genesis*, origin, source: "The quality of breeding well or freely; the production of young by the union of individuals of different species or stocks."

Under the glamour of so-called Civilization we overlook the decadence that threatens us in the near future. Says Dr. G. Stanley Hall: "All posterity now slumbers in our bodies, as we did in those of our ancestors. They demand of us the supreme right and blessing not only of being born, but of being well born, and they will have only curses for us if they awaken into life handicapped by our errors." And Professor J. Arthur Thomson tells us that





"at present we can only indicate that the future of our race depends on *Eugenics* (in some form or other), combined with the simultaneous evolution of *Eutechnics* and *Eutopias*. 'Brave words,' of course; but surely not 'Utopian'!" Elsewhere in his book on *Heredity*, the same author admits that we know very little as to deliberate preferential mating on a eugenic basis. But we do know that good breeding depends on the mating of the best general constitutions; that the second rule forbids the pairing of an extremely good and an extremely bad constitution—"disregard of which means wanton wastage"; and that "a person exhibiting a bias toward a specific disease should not marry another with the same bias. . . . In other words, every possible care should be taken of a relatively sound stock. The careless tainting of good stock is a social crime."

If progressive sterility means national decline, some kinds of race fecundity mean something even more appalling; for the mere reproduction of blockheads and louts would not save any nation. Race suicide is not a nice thing to think of; but neither is a posterity of diseased weaklings and criminals. Truly has it been said that race regulation is not race suicide. Witness the riotous waste throughout all nature. To get a perfect rose, tens of thousands of roses, stunted and dwarfed by the needless profusion, are clipped in their flawed budhood. Thus, if the first principle of flower culture is to check the recklessness of nature, is there any essentially different principle for race culture?

In her able book, *The American Idea*, Mrs. Lydia Kingsmill Commander pleads for fewer and better children, and that ought to be the cry of many mothers. Men are now studying the long neglected and almost forgotten laws of applied heredity, as set forth forty-odd years ago by an Austrian monk named Gregor Mendel. His theory of dominant, recessive and hybrid types has removed the problem of heredity from the speculative to the experimental stage, whence are certain to issue more wonderful discoveries. It is for society to profit by them.

Professor Lankester, the great English scientist, has cleverly observed that "we know much of the breeding of all animals except man." We never shall get proximately perfect institutions, to say nothing of the joy of brotherhood, until we have a race of high-class human beings in the breeding of whom there shall be as much interest as there is now in the breeding of high-class horses and dogs. Thomson points out that if for the absurdest reasons possible marriages are every day prohibited or refrained from, why should they "not be prohibited or refrained from for the best of reasons—the welfare of our race? For the average man, instinctive 'falling in love' will probably remain a safer guide than any scientific eugenic counsels, but there is no reason to doubt that eugenic considerations will in the course of time enter sub-consciously into the prolegomena of that mysterious process."

These matters of course are debatable, and no one should pretend to be delphic in regard to them. Among many students of *societology*, to use the late Professor Sumner's expressive word, the subject gets small welcome and is looked upon as a bugbear. Only a few thinkers have seen far enough ahead to know that even if man could be made safe and comfortable by a more sensible adjustment of his social relations, the highest possible state of society on this earth might be easily disarranged, or utterly ruined, by mobs of undesirable citizens, such as may be seen among the many frowsy immigrants who still manage to squeeze through Ellis Island and other American ports.

In Robert Herrick's recent novel entitled *Together*, Isabella Price, his heroine, is represented as loving the man she married, but she becomes a mother without a single emotion of maternity, and at the cost of her own health. This gives Mr. Herrick a pretext to thunder his anathemas. "Great God!" he exclaims, "I had rather those broad-hipped Italian women of Calabria with solid red-brown flesh, bred bastards for the country than have these thin, anæmic, nervous, sexless creatures, with their 'souls' and their 'charm,' marry and become mothers! What have they done to the race? The race of blonde giants from the forests of





the north? Watch the avenue in New York!"

It takes an American woman to answer Mr. Herrick's singularly unwise attack on her sex; and a granddaughter of Horace Greeley has done so without the least false step in logic or in fact. She rejoins that to be fastidious, to be unwilling to bear offspring as inconsequently as a cat, and with no more mind and heart than an oyster, is not to be sexless; wherefore the American woman should be the object of praise rather than of condemnation. "So long as maternity must be an immolation and paternity remains a pastime the enlightened woman will claim the right of voluntary motherhood. The day when she was the stupid instrument of the blind forces of creation—often creating only to destroy—has passed. To bear a child is a matter of nine months. To rear it to efficient, noble manhood or womanhood takes twenty years. It is the latter task which makes motherhood glorious and differentiates it from the breeding of the brute.

"One child, well born, well reared, with a chance for honorable success in life is worth to any country a dozen starvelings bred by 'the broad-hipped peasant women of Calabria,' whom Mr. Herrick exalts at our expense. For what can broad hips avail against the straightened forehead of the fool, the knife of the assassin, the bomb of the Anarchist—all products of indiscriminate child bearing in defiance of economic conditions?"

Will racial fusions wholly solve the baffling problem of an ideal humanity? "Carmen Sylva," the pen name of the beloved Queen of Roumania, who is very fond of her feline pets and has made a close study of them, declares that common cats and Angoras will pair, but that the hybrids thus produced—and they are beautiful kittens—grow into barren maturity and bear no offspring. "All my life long," she says, "I have ridiculed the so-called equality of birth, and I now clearly see that even among animals there are some of higher and others of lower quality that do not go well together; and while I have always advocated the greatest possible mingling of races, I now discover that this also has its limits, and that if the diversity of races be too great, an obvious weakness and

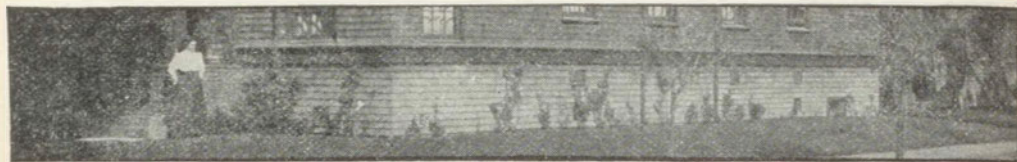
lack of procreative power result from intermixture."

From an unexpected source, no other than Paderewski, the renowned pianist and composer, has come a notable comment as to the harm being done to the American nation by immigration. "All this foreign blood is not wanted there. You see, it is like mixing old wine with new in your glass. You have a glass of the best mellowed red wine, and drop by drop you pour in some of a younger, coarser vintage. The color remains the same, for when you hold it up to the light you see no difference. But put it to your lips and you find the flavor is spoiled; the bouquet has gone. So it will be with my friends the Americans. They are spoiling their pure, rich, Anglo-Saxon strain with a new vintage that comes from the waste products of the Old World. The Anglo-Saxon race is one of the finest the world has ever seen, and the more they dilute it the worse it will become. It is the only race that is distinctively developed. It is only on reaching England that you find individuality. On the Continent, all the nations are more or less alike to you. Some have dirtier hands and dirtier clothes than others, and there their individuality ends. Not so with the Anglo-Saxons. They are a magnificent race, and the Americans ought to guard themselves against this inrush of non-Anglo-Saxon elements."

Buckle aptly says that the best legislation ever achieved in the world has consisted in the repeal of obnoxious laws. But the fact remains that, whatever the laws may be, if you turn political rascals out of office this year, they are sure to elbow themselves back into the public crib at no distant day. True, good public men fight the demagogues, but they can do next to nothing to clarify dirty politics; for dirty politics are the selfish and sordid evolutions of human nature itself. As the latter still exists, no reform or combination of reforms can be made permanent so long as political bosses and their parasites are allowed to devastate them. The betterment of the race, the moral and physical health of the people—that is the nub of the whole matter.

If, a thousand years hence, we could "revisit





the glimpses of the moon," we might find here a new human race, evolved on the scientific principles of Eugenics—a race brought to its highest reach of efficiency and all-round development, living in a beautiful world and not obliged to die in order to know the ineffable joy of the spirit—a race of which each man may be a Superman and each woman a Superwoman.

Is it not worth the while of the living to join heart and soul in this supreme national movement, not stopping to quibble whether we shall ever live to reap any of its benefits? As the Fathers of our Republic labored and struggled for its great future, so should we labor and struggle for the generations yet to be.

#### CENSORING THE PICTURES IN SAN FRANCISCO.

By Harry C. Green.

When I graduated from Stanford University I joined the staff of the Daily News in San Francisco. One day the Managing Editor called me to his desk and said, "We are going after the immoral moving pictures in this city. They are scattered all over town and are doing great harm. How would you like to take hold of the task? Visit several of the show places and then give us some special articles."

I visited the shows, and handed in the following story. That afternoon I was agreeably surprised to see it printed in heavy type, double column on the front page.

#### CENSOR THE PICTURES.

The moving picture show places are becoming moral plague spots throughout the city. Like the leper's spots they are infecting the morals of the boys and girls who are permitted by their parents to visit such places. What a horrible influence is brought to bear upon the immature, impressionable, plastic minds of these children by the pictures of VICE AND SHAME that are nightly thrown upon the canvas.

An officer of the Juvenile Court states that a great many of the boys who are committed by the court as delinquents for violation of the

eight o'clock ordinance are victims of the allurements of the nickelodeons. As a moth, attracted by the glare and glitter of the street light, falls to the gutter, destroyed by its own folly, so the boy and girl in the formative period of life is led to his or her own downfall by the enchantment of the vivid, realistic tragedies of human life reflected upon the screen.

A wonderful lesson may be gained by the frightful, yet convincing contrast between two types of moving picture shows visited Sunday night. One type was found on Fillmore street, where in such scenes as "The Guilty Guardian," an old vulture of a man tries to get possession of the money of his ward. When he learns she is about to elope he shoots her in cold blooded fashion. A moment later she returns in shadow as a Nemesis to haunt his vision, and he scatters his own brains broadcast by a shot from the same murderous weapon.

A fantastic parody on human degeneration was portrayed in the "Man Monkey." This disgusting and demoralizing film pictures a man, already a type of the underworld, evolving into a dehumanized creature with monkey features, which caused a little girl in the audience to cry out in terror to her mamma. In still another scene the villain seeks revenge by stabbing an innocent girl with a massive dagger and dragging her down a flight of stairs into a den of iniquity inhabited by the outcasts of society.

The second moving picture show was found at the Boys' Aid Society which cares for a number of these same delinquent lads from the Juvenile Court of the city. In an effort to undo the wrongs committed against these boys by the negligence of society, the pictures were designed to teach kindness to animals. The work of the Society for Prevention of Cruelty to Animals was illustrated. Views of George Wharton James, the great lover of birds, with the tiny creatures flitting about his hand, delighted the children. Nor was the pathetic side of life neglected in the scene of the little babe left an orphan by the recent death of its mother, kneeling in prayer by the side of a large shaggy dog, which in its silent way felt



the loneliness and helplessness of its tiny master.

Which type of picture will instill into the mind of the boy or girl correct ideals of life? Which will prevent him from becoming a delinquent, or will restore him to his place in society, and start him again on the road to decent civilization?

The people usually get what they want. If we want pictures of vice and crime for the boys and girls to feed their minds upon, there are men who will furnish them. If we demand a better, a cleaner class of entertainment, we can have it—if we take proper action.

The nickelodeon is the poor man's theater and as such should be encouraged. But it is fast becoming the cause of the children's destruction. One good wholesome evening of moral entertainment, though it costs more, is far better than seven nights of maudlin feasting upon the terrible tragedies of vice, crime and shame.

There should be a strict censorship upon all the pictures before any child is allowed to pass beyond the doorway of these nickelodeons. The vile and vicious pictures should be eliminated at once.

There are two remedies for the evil: The Supervisors can pass an ordinance requiring a censor for all pictures, or the Police Commission can revoke the licenses of all places showing objectionable and crime breeding pictures.

The first shot in the campaign was fired. Other articles followed depicting the horrors of films shown in various parts of the city. Nickelodeon managers invited the News to send a representative to their shows on certain nights, and the invitations were accepted. On these specific nights clean shows were given. On the following night, however, when I went unbidden and unknown to the manager, the same old story of crime and immorality was enacted.

Interviews were secured from the Superintendent of the Boys' Aid, who said among many other telling things: "The nickelodeons, with few exceptions, display a class of moving pictures which are suggestive of evil and tend to foster wrong and incorrect views of life. The Boys' Aid, caring as it does for between 150 and 200 boys each year, is in a position to see the evil effects upon the boys of our city. The fight against these demoralizing pictures, once commenced, should be maintained until there is a strong public opinion demanding the closing of all places of a low moral plane."

A former Chief Probation Officer, an authority on boys' work and the director of a boys' home at the time, told me, "The work I am now engaged in is designed to keep boys OUT of the Juvenile Court, rather than to try to save them after they have been IN the court. Preventive work is what is needed in our city, and the nickelodeon is one of our greatest foes."

The State Superintendent of the Children's Home Society told me specific instances of boys going to the penitentiary as a result of the crime breeding pictures. The Director of the Columbia Park Boys' Club gave a startling account of the effects upon many of the four thousand boys who had come under his direction. The boys themselves have become disgusted and are often heard to say: "Oh, they are fierce; they are rotten." The shows are catering to that cheap melodramatic spirit of old San Francisco, in the cheap theaters where truant officers always went to look for bad boys and where they usually found them.

All these interviews and others were printed. The public did become aroused. The managers of the shows also became aroused and alarmed. When a proposed ordinance regulating nickelodeons was being discussed, about fifty managers held a protest meeting and I was asked to tell why I was telling the public so many things about their business. I went to the meeting with the Chief of Police. The general consensus of opinion of the managers was that they were being discriminated against in favor of the regular vaudeville theaters. They overlooked the fact that these regular houses showing immoral pictures would come in under the ordinance, and that the only point involved was the prevention of pictures showing crime and vice.

The next step was to line up the Supervisors on the proposed ordinance. Here is a sample, also printed as a news item in the News:

"Supervisor C—— said most emphatically today that he was in favor of putting a stop to the displaying of any and all pictures that depict crime. He said: 'I am in favor of the resolution introduced by Supervisor M—— to prohibit the showing of any pictures which are suggestive or have a tendency to produce a bad effect on the minds of children. When the matter comes up before the board for action I will certainly be one of its supporters.'"

The opening wedge gave other Supervisors an opportunity to state their views. When the subject did come up before the board for final action, a large number of citizens were on hand



to lend moral support. The result was that the ordinance providing a heavy fine for showing immoral pictures was passed practically unanimously, carrying with it a provision for a board of censors. When I left the city not long ago the ordinance was still on the municipal statute books and was being enforced. The nickelodeon managers had not reported any decrease in their seat sales.

#### FOR THE SOCIAL UPLIFT.

By Kathryn Monroney Ray, M. A.

That there is something rotten in Denmark has been the verdict of many an honest Hamlet in every land and in every period. How to improve conditions and thereby uplift society is the problem that should concern every thinking man and woman. We are swinging like a pendulum in the orbit whose limits are individualism and communism. Must the millions of striving beings be sacrificed that the one may be brought to perfection or hand in hand, more slowly, must the human race evolve into future perfection?

Give us a stronger centralized government with unlimited power, more prisons for the criminals, a larger army to enforce our decrees and quickly will we convert America into a modern Utopia, say our modern Solons.

"Away with government; let each man be a law unto himself if we wish to develop to our uttermost," is the slogan of others.

I like Hartmann's basis for created life which is self-preservation, preservation of the species and the ennoblement of the species. It seems to me that no thinking person can object to that idea of the meaning of life.

How bitter has been the conflict between the Omars and the Ascetics; those who preach and practice self-indulgence and those who for the sake of other worldliness practice self-denial! But now, we are awakening to the idea of the godliness of health, the value of the body as the Temple of the Holy Ghost. How potent has been New Thought to lift us out of the Slough Despondency and place us upon the Mount of perfect health and its correlative perfect thought. Nor can we destroy ourselves, inch by inch, or at one fell stroke, without disturbing the equilibrium of the universe, so nicely poised are all the parts of this stupendous whole.

With the laws of New Thought better known and practiced, the problem of criminal life would solve itself. In other words, their own

vibrations would prove fatal to themselves and they could not stand the society of good people. Look at the recent exposures of fraud and notice how many have fallen, victims of their own evil vibrations.

I would have our learned physicians and surgeons be mental healers or doctors of psychotherapy. It might cause a revolution in medical circles, but what Dr. DuBois in Switzerland has accomplished might be duplicated in America. Thus after a short time each individual would learn the lesson of self-preservation.

And for instruction in the second division, the preservation of the species, I would not attempt to cage all the wild animals, be they men of the cities or beasts of the jungle. This would naturally fall to the care of the lawyers whose services should consist in preventing mankind from preying upon each other, instead of punishing after a crime has been committed. Nor can the species be preserved if race suicide, divorces, trusts, grafts, murders and all the social evils which infest society do not like the Arab, silently fold their tents and as silently pass away.

What a great field of labor the modern lawyer as a civic teacher, would have. I do not think that any change of thought has ever been produced by violent revolutions. These changes should evolve with no coercion but a quiet appeal to reason. The last division, the perfection and ennoblement of the race, should fall to the care of our modern teachers and preachers and the educational books and magazines. We cannot hope for advancement, however, until we become more freely united upon our basis of life and its meaning.

Denver, the city beautiful, has much whereof to boast. As I write this article, I look towards the west and see the lofty range of the Rocky Mountains with Pike's Peak afar off, guarding this great city of the cloudlands. Her turquoise skies and fleecy clouds and sun-kissed hills make an ideal situation for an ideal city.

We have a mayor who is public spirited and far-sighted. We have a fine public spirited people, also, who have erected the great Auditorium, which seats fifteen thousand people. Every Sunday afternoon this building is packed with people who come to enjoy the free concerts given by Bellstadt's band and to see the moving pictures, which are always educational and instructive. The concerts consist oftentimes of classical selections such as Beethoven's Moonlight Sonata, and the moving pic-



tures show scenes from other lands and countries. And all this without the cost of one penny to those who attend. The school children of the city avail themselves of this opportunity. Can you not see that their lives will be made richer by having these privileges?

### THE BEST THING OUR CITY HAS DONE TOWARD IMPROVING CONDITIONS.

By Amanda Garver.

A city of 35,000 inhabitants started a campaign to raise \$150,000 in ten days for the purpose of building a new Y. M. C. A., the old building being no longer adequate for the needs of the growing city.

It was agreed that if the amount was obtained, the old building should be given to the Y. W. This of course gave an added interest to the scheme, and everybody, men, women, and children entered into the spirit of the thing with unbounded enthusiasm.

At first thought, it seemed to some people an almost impossible feat to raise \$150,000 in ten days, but the leaders of the movement knew no such word as fail, so with "We are going to win" for their slogan they started out. The campaign started with a banquet at the men's club. Ten committees were appointed, who in turn appointed 100 workers. Each of the ten committees were assigned a place at the tables so that they could sit in groups and confer together.

After the campaign began, dinner was served at headquarters every day to the 100 workers who met and compared notes, and cheered each other with their reports of success. This dinner was given and served by the women; and such a dinner!—all home cooking, as the men said, "Just like mother used to cook, and the kind one reads about in books."

The first contribution was \$10,000 cabled from over the sea by one of our wealthy manufacturers who was sojourning in Europe. This was immediately duplicated by another from one of our most enterprising and progressive citizens, and this was followed by many more generous sums from benevolent persons. Not only were the wealthier classes the donors, but those in moderate circumstances gave according to their ability, and those in the lowly walks of life added their mites also.

Lists of names were given to the committee-men from which to choose their "victims," and it was an interesting sight to see them selecting the names.

The fight was indeed on and growing

warmer. Speeches were made. "Do it for the good of the city," they said. "Do it for rising young manhood." "It will raise a higher standard of youth." "It will create a healthier manhood, inspire with lofty ambitions, make patriotic, honest, and better citizens." "We must not fail, we will not fail, we are going to win." With inspiring words like these they encouraged and spurred each other on.

One of the most interesting features of this campaign was the unique and inspiring cartoons and headlines of the daily newspapers. The head lines nearly always read, "We are going to win." Sometimes it would be, "Come across quick," and again, "Will you do your share?" and other similar enthusing declarations. The first cartoons represented the young workman laying the foundation of the building with the dollar sign on every brick, and then the young athlete starting out in the race, while the people were cheering him on, and then in a race with old Father Time and his scythe, and the inscription above, "Give him a boost."

And now the end of the allotted time was drawing near, and many thousands yet to be gathered in. Interest grew intense, enthusiasm ran high. Not once did they falter or lose hope. Now only a few hours remained and some thousands yet to be contributed. Excitement grew to a white heat, but suppressed, and now a pause,—momentary—and then as the hands of the great clock indicated a quarter of twelve—the hour for closing the race—the chairmen of the different committees arose, and guaranteed the different amounts until the whole sum was made up.

Now the hands pointed to twelve, the clock began to strike the hour of midnight. Then there arose such a shout as had never been heard on the streets of our city before, and there ended one of the most wonderful campaigns we had ever known. The whistles blew, the bells rang, and pandemonium reigned. After the general shout died down, some wept, some laughed, some threw their hats in the air, the workers shook hands and gradually the crowds dispersed.

The workers who had been in the heat of the race for ten toilsome days, now wended their homeward way with "tired steps and slow," and pale, haggard faces, with hollow, sleepy eyes, but with a hidden light in them, "a light which never was on sea or land."

We had "made good" by holding on to, and carrying out the affirmation which we made from the beginning: "We are going to win."



## METHODS FOR SOCIAL UPLIFT.

By E. B. Selden.

This subject is so full of promise, for every man, woman and child can help. What appears only a tiny uplift can grow into a mighty stream, as it dances merrily along doing its duty in its own appointed way, so let no one think his efforts do not count for much, for God has appointed each his work to do, and none other can do it for him. It matters not whether it is in a humble walk of life, or as a "leader" in Great things. It is all just as necessary in God's plans.

So much can be accomplished in commencing with the children. Teach them to value the small things, have them understand that they are real soldiers in the battle of life, not to destroy life but to save it, let them have a kind word for their pets, and not a kick as is sometimes noticed.

Teach them to appreciate the joy of feeling an ownership in their place of residence, and in keeping it clean, not throwing papers, banana and orange skins anywhere and everywhere.

What uplifts children more than a Nature trip with a wise teacher at the "Head" to explain as they journey on. Too long vacations with nothing but play does a great deal of harm. Children as well as "grown-ups" must feel that they are useful.

If they show a liking for country life, let them have their own little garden, and sell what they raise, doing all the business themselves, and above all make them understand that earning their own way in the world is the noblest of all.

Few realize how much a child can do towards the "Social Uplift." They always admire and imitate each other, and you will see the "little leaders" here as well as among their elders, and they figure later on in all the walks

of life whether great or small. They are certainly being prepared in their young days, for the important places they must fill in the Future if they live.

They also exert a great influence in what their parents do for the "Social Uplift." Many a man and woman would not strive for prominence and distinction in social life if they did not wish by so doing to see their children benefited. This does not mean only what is styled "best society," but anything that tends to better the condition of all. If one cares for the small things of life they will see at a glance what would be for the benefit and improvement of all. They will see out of "each other's eyes" so to speak. One word if rightly spoken is a "little missionary" for good. The great trouble has been that each has thought that since he could do so little he would leave that little for some one else.

There may not be so many original ways to help, but each one can give a word in the right direction, even if his time does not belong to himself; and the giving may do more uplifting than he ever dreamed possible.

To make country life more enjoyable would do more than anything else towards keeping the children on the farms. Give them the pleasures they seek in the city, and they would perhaps love to linger "at home" and prefer the green fields to the hot pavements. Free libraries are greatly appreciated in the country, and how often one hears the remark, "How I wish I lived where I could get books from a free library."

Children should have a special librarian, one who has time to explain many things to them; this would give a taste for "better reading," and not so much time wasted over books that give many a wrong impression to a child.

This subject of social uplift can not have justice done it in one short article—one can only live it, and have charity.


## Dis-ease and Health.

By SHELDON CLARK.


The day was dark, I suffered pain;  
I seemed a rover in the night;  
The tangled chime-ropes of my fane  
Gave back no answer of delight.

I borrowed light from a brother's fire:—  
Unsnarled the ropes that lead above,  
And found the Path where thoughts inspire  
The strength to Work and power to Love.





## VIEWS AND REVIEWS



—BY—

WILLIAM E. TOWNE

*Mental Reactions.*

The mind grows by what it is concentrated upon.

Pleasant, attractive pictures formed in the mind draw and hold the attention and create a nucleus around which the mind forces are concentrated.

Things which seem unpleasant to the mind at first, may become attractive through contemplation.

One picture being more attractive than another may displace it.

*Every thought, every idea, every mental picture re-acts upon the whole being.*

This process of the reaction of thoughts and the ideas suggested by environment, goes on constantly. Every hour of every day we are coming in contact with new experiences, or a variation of old experiences, and new impressions are being formed which by their re-action upon the mind affect us for good or its opposite.

If we read a newspaper, magazine or book, the printed ideas react upon us. This reaction may be either constructive or destructive. All depends upon our motive in selecting the book or paper, and the spirit and state of mind in which we approach it.

LET ALL YOUR READING BE CHOSEN WITH A CONSTRUCTIVE IDEAL IN MIND. Select for your reading only that which you admire, and which harmonizes with your ideals. In short, admit to your mind through the medium of the printed word only such

ideas and mental pictures *as you desire to become manifested*. Form A CONSTRUCTIVE HABIT OF MIND.

Teach yourself to REMEMBER that every idea you entertain reacts upon your conscious mind. Remember to PASS BY that which is not related to you and which does not represent *that which you really desire to become like*.

A railroad telegraph operator who fears that he will make mistakes in sending messages regarding the despatching of trains, who dwells upon the subject and is overcome by fear while at his key, is almost sure, sooner or later, to make some fatal error, due solely to his own lack of nerve control. You do not desire to grow into the habit of fault-finding. Do not, then, seek the society of fault-finding people, except it be with some good purpose in view. At any rate, do not allow your mind to be driven into the same mental currents as those which surround and radiate from the regular fault-finder.

The mind that idly drifts, allowing itself to be attracted here and there and everywhere, with no definite object in view, draws to itself a mass of rubbish. It becomes filled with a conglomeration of undesirable mental pictures, and many of these crystalize into unpleasant experiences.

No matter how unpleasant and distasteful your present environment, you can, in degree, keep your mind away from its unpleasant features and fixed upon that which is best in your work.





## VIEWS AND REVIEWS

By WILLIAM E. TOWNE



John Bunyan, alone, deserted and in prison, instead of being bowed down with the sordid barrenness of his surroundings, lifted his mind up to the highest levels of spiritual insight and wrote "The Pilgrim's Progress"—a work which has proved a light and inspiration to the world for several centuries.

We cannot all be like the author of "The Pilgrim's Progress." Few of us can afford to indulge beautiful dreams. But it is within our power to keep our minds occupied with the BEST in our work and environment. It is within our power to WATCH for the next step; to do our BEST work for today and hold a higher ideal for tomorrow.

You can never mold your environment into something better so long as you waste time and energy in repining, worrying, fretting, denouncing, hating, rebelling against your surroundings and envying some one else whom you think is more fortunate.

Such thinking is not CONSTRUCTIVE. If you have been indulging in it, break up the habit and start in to USE YOUR MIND IN A CREATIVE WAY TO CREATE THE CONDITIONS YOU DESIRE.

Above all, let your life be frank and open. The most unfavorable re-action comes from unkind thoughts concealed. If you wish ill to anyone it is better to give the thought expression than to brood upon it.

One of the interesting facts brought out by the famous scientists who are studying psycho-therapy is that a severe mental jolt of an unpleasant nature may eventuate in functional disease months and even years after the men-

tal shock took place, and long after the remembrance of it has passed from mind.

The reaction in such instances works slowly but surely in the sub-conscious portion of the mind. When there is unusual exhaustion of the bodily powers the MENTAL POISON gets in its work.

The operator in psycho-therapy by a system of clever questioning and mental analysis carries the mind of the patient back to the event where the disease had its origin and removes the unpleasant impression by suggestion. The disease then disappears. The reaction ceases as soon as the unpleasant mental picture is displaced.

In a similar way we can each one apply the same principle for ourselves.

The mind that grovels in fits of temper or fault-finding will cause a reaction which is bound to produce weakness, vacillation and inharmony.

If we replace such mental pictures with ideas of poise, self-control, the desire to help and benefit those whom we may deem the cause of our troubles, the reaction will bring lightness of heart, self-confidence and other "fruits of the Spirit."

A great wave of interest in this subject is now sweeping the country. In the home of wealth, on the quiet farm, in the humble abode of the laborer and among those who from the nature of their employment must go without homes, men and women are beginning to think and act CONSTRUCTIVELY. They are beginning to BUILD UP where formerly they tore down. They are working with a high ideal of self-development in view.

And the more people who take up





## VIEWS AND REVIEWS

By WILLIAM E. TOWNE



firmly this work of self-improvement, who watch their thoughts and use them so that the reaction shall be for good, for health, for happiness, for success, the easier it becomes for others to do the same and the better results are secured by all.

Begin NOW to re-educate YOUR mind.

*Self-Healing.*

The person who is seeking true spiritual knowledge should aim not merely to reach the point where he can heal his own ills, but to acquire such poise and harmony with Nature's laws that he will never have any disease to be cured.

A given cause will always produce a corresponding effect; and so if the cause of a certain ill is not removed, a mere alleviation of its effects will produce no permanent benefit.

Permanent freedom from all disease and inharmony can only be attained by becoming so at-one with Universal Law or God that you render instinctive obedience to all natural laws and create for yourself no inharmonious vibrations.

This objective point of complete union with the Creative Power has been sought earnestly by the true mystics in all ages. The wise men of all nations have ever taught, by symbols in many instances, that this was the true way to salvation from all that was undesirable, and the true path to eternal peace and joy.

This spiritual attainment, of course, includes the healing of all bodily ills, but the healing becomes incidental as your unfoldment proceeds rather than an object to be strenuously sought for on its own account. Of course I am not seeking to belittle good health in any de-

gree. Without good health your effectiveness as a world's worker is greatly curtailed. But I am trying to impress upon your mind that good health is only an adjunct of spiritual power, and not an end in itself.

True health means much more than mere animal strength and vigor. An animal man or woman who is full of material vigor is always the first to succumb when a condition of disease has been established. They have no consciousness of the Eternal Soul to fall back upon. All they can depend upon is material remedies whose chemical action may so affect their minds and thus temporarily affect their bodies in some cases as to enable Nature to effect a cure. But this has nothing to do with true healing.

Real healing, healing that is permanent, is based upon a perception (sometime subconscious) of Eternal Principle. Before such healing can take place, the veil of materiality which surrounds most people must, for a time at least, be drawn aside until they catch sight of the eternal laws of existence, and perceive that their ills are but shadows caused by their own ignorant and distorted views of the truth of being.

Dis-ease has no foundation in principle. It is simply a non-recognition of truth, a denial of health. Suppose a man was to go out into the bright sunshine, hold his hand in front of his eyes and resolutely declare that there was no sunshine. That is precisely what we all do in case of dis-ease, only we are not conscious of it as a rule.

Health is eternal; but we get to wandering around in the shadows of materiality until we think that a certain dis-





## VIEWS AND REVIEWS

By WILLIAM E. TOWNE



eased condition is real when it is only our inverted perception of health. Our fear gives power to dis-ease, and while we believe it to be real of course it affects us exactly as if it were a reality. The effect of a white sheet draped over a chair may be the same upon the imaginative mind of a child as a real ghost, and yet the ghost has no reality in existence.

Dis-ease is a real condition, but we misinterpret its nature and cause. If we remove the mask from dis-ease we shall only find eternal health back of it.

Dis-ease, like sin, is a falling short of the mark. In the course of our journey through life we wander into some by-path, we violate some natural law, make a wrong combination in the laboratory of Nature, and then when Nature seeks to restore us to the right path we call the restorative process dis-ease because it interferes, as we think, with our personal comfort.

Dis-ease would never harm us if it were not for our resistance. And non-resistance to Nature's processes is the first step toward all permanent healing.

Before we can realize fully the ephemeral character of dis-ease we shall have to get rid of our materialism sufficiently to see that spirit is always the molder of matter; that whenever there is a material effect there is always an unseen spiritual cause.

Rest in the consciousness of the Spirit and it will sustain you under all circumstances. Trust the processes of Nature and you will find them always beneficent.

In proportion as you trust your intuitive faculties and perceiving the unity of all things, cease to look upon life as

a struggle in which certain persons and things are your enemies, in that proportion you will begin to come into the consciousness of Divine Principles where perfect health abides.

Back of all material manifestations works the One Intelligence, the One Spirit of the universe. And in this Spirit we live and move and have our being. This Spirit is an inexhaustible storehouse of all the health and happiness we are prepared to make manifest. If you turn away from the source and fix your attention on material agencies for gaining health and happiness you will meet with but indifferent results and sooner or later you will be driven to return to the Source of being or die the physical death.

The intelligence, wisdom and power of a creator is always greater than that which is created or made manifest. Therefore, if you would have perfect health and happiness and wisdom, seek oneness with the Eternal Spirit of the universe in which the principles of health, happiness and wisdom eternally abide.

The bed-rock, eternal principle of health must be received from the Source and made manifest in your life. Before this can come about there must be entire and complete willingness on your part to make this at-one-ment. Your personal feelings and desires must be completely given over to Divine guidance. You must be ready to follow the Divine leading at all times in preference to your selfish, personal, mortal *feelings*.

This is the true self-healing—the healing that endures. It is the coming forth into manifestation of the Divine Self.



# 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. 313.*

I was a country teacher commencing a new school. Jamie was the anaemic and only son of doting parents, a good boy, not brilliant. The school was ungraded. Jamie told me where he "left off" in arithmetic, and I assigned a lesson in fractions. The recitation proved his inadequacy. I made explanations and awaited next day's developments. No improvement. Probing for the difficulty I learned that Jamie could neither subtract nor divide correctly. Clearly a review was indicated. But Jamie was sensitive and set. As tactfully as possible I explained both necessity and advantage. Jamie appeared unconvinced. Next morning he bore triumph on his face and a note in his hand.

The doting parents informed me that their son was an unusually bright scholar; to that his former teachers could testify. It was plain that I did not understand Jamie. I was not interested. I was doing him great injustice in "putting him back." It was not to be borne. If I persisted in my unjust course they would be obliged to take Jamie out of school and teach him themselves.

A long talk with Jamie, in which I warmed his clammy soul in the sunlight of my goodwill, partially convinced him of my interest and good intentions, also of his inability to do fractions without a knowledge of subtraction.

Next a note to the parents. My pen flowed honey. After stating my view-point clearly,

I wrapped frail Jamie in a warm blanket of special interest and loving attention.

Jamie's face next morning carried a flag of truce, but bore the inscription: "You are still under suspicion."

Then followed days and weeks of careful, painstaking work with easily-discouraged Jamie, who found even subtraction abstruse and soon ceased to sigh for fractions.

Slowly the ice melted and Jamie was won. And when, a few weeks later, opportunity came to me to take a better position, Jamie's fond father went to the "committee" to protest, and vowed he would burn the school house down if I left.

I stayed, and the school house still stands.—  
JESSIE L. BRONSON, Syracuse, N. Y.

## *Success Letter No. 314.*

I have just had my piano tuned by the "blind musician," as we call him. Aside from doing a thoroughly good piece of work, he impressed me with his perfect serenity. Blind from his birth and without money or influence, he has supported himself and wife and adopted son, by the work of his own hands. Always busy, either tuning pianos, playing the violin in the orchestra for dances or entertainments, or weaving brooms, besides taking care of his horse and cow and all sorts of odd jobs—both for himself and the neighbors, and all without one word of complaint.

He is one of the most optimistic men I ever met. Always ready with a joke and a smile, looking for the best in everybody and everything.

To this I attribute his success.

Readiness to do whatever presents itself, in the best possible way and most cheerful manner, contentment with his lot, and anticipation only of the good things in life.

I doubt whether he has ever heard of New Thought, but this I believe—he lives it every day of his life.—B. BLODGETT.

## *Success Letter No. 315.*

I believe that the truest and most enduring success is in finding some pearl of great price



in the ocean of Truth and giving it to others. For "only that is important which is eternal," and Truth is eternal.

The pearl I would offer here was given me by a woman who has known crushing sorrow, and the white-hot brand of family disgrace through her children, but whose strangely troubled life it has made beautiful and serene as a June twilight. And it is simply this: *Trust in the Lord.*

Not new? No. Centuries ago the olden prophets and David the Psalmist found this great Truth and gave it to mankind for all time, and in many settings. "Trust in the Lord with all thine heart, and lean not unto thine own understanding." "I will trust in the Lord at all times." "Commit thy way unto the Lord and he will direct thy paths," etc. Notice that it must be "*with all thine heart,*"—unmixed with doubt or fear, or any desire to dictate the manner or method of the Divine leading.

And how many hard places it has helped me over! Seemingly at times I have come up against a stone wall of obstacles and things that fret. Then I just say over and over again, "Trust in the Lord," and help comes, and the way opens in a wonderful manner. "Seek and ye shall find," said the Great Master; "knock and it shall be opened unto you"—and this is the golden key. With every such experience faith grows stronger. Never a day passes that I do not repeat it many times when difficulties, little or great, arise. Never has it failed me yet. And it keeps constant, sweet and pure the daily intercourse with Infinite Love.

It is the "open sesame" to every difficulty, the fulfillment of all right desire, the sure path to the green pastures and still waters of peace and plenty. Many times have I come to a crossroads with no finger-post to guide my choice. What then? "Commit thy way unto the Lord and He will direct thy paths." Never has it failed to be the best way, though sometimes it has taken me months to recognize this fact.

I know a woman of such exalted faith that while her only son was apparently headed on the downward path of the drunkard, so mighty was her trust in the Lord it never even worried her. "Though thou make thy bed in hell, even there will my right hand guide thee"—then was not God with him even in the saloon? He was—and that mother's deathless faith was the magnet that drew the son's feet

away from the paths of destruction, and he became a tireless worker with her among the outcasts of a great city.

And now, good friend Elizabeth, if I might express one wish in regard to *The Nautilus* (shining light of optimism and hope as it is) it is that the space given to the "success letters" and "little visits" might be doubled, yes, trebled, for so many writers give us priceless bits of their own life experiences, and these are to theories as diamonds to glass. Perhaps some day you may compile a book of the best of these letters. If so I predict it will be a "hot cakes" seller.—A. F. B.

#### *Success Letter No. 316.*

The "Key Note" and "Key Stone" to success is SELF-KNOWLEDGE. Form a reasonably intelligent idea of your capabilities, and what you really want and can be happy with, then strive EARNESTLY, HONESTLY and CLEANLY for the attainment of that which you desire. You will succeed, *if you will to succeed.*

You can attain that which will make you happy, and it merely depends on your mental attitude.

I can be happy living as Thoreau lived. So can you. Why not? I can also be happy living in a "brown stone," owning a limousine. So can you. Why not? The main thing is the mental attitude. BE HAPPY.—CONDE' R. HOSKINS, Gonzales, Texas.

#### *Success Letter No. 317.*

Success in life depends entirely upon the realization and acceptance of the truth as given by Jesus Christ. That truth must be seen and thoroughly studied and understood to the extent that it enters into one's subconscious mind which becomes the real I am. This acceptance brings one into at-onement with the universe in accordance with one's age in life. The earlier in life the more perfectly one will be moulded into the Christ character and perfection. This surely would be success.—W. H. PENFIELD, Gotebo, Okla.

#### *Success Letter No. 318.*

Success depends upon what we have to give in exchange for it. All that we get must come to us from others. If you sit and picture yourself surrounded by wealth and luxury you simply bring conditions into your life whereby some one gives you the thing you desire; your thought does not form the money or the home or the business you wish, and conse-



quently if you have nothing to give in exchange for the good you desire you rob someone of these things when you picture yourself possessing them.

We are all part of one great whole, one race, one people; what one lacks the other has; and if we realized this truth and made it the basis of our daily life the millenium would be here.

In the present-day conditions, the one who seeks an honest success must realize that for all he gets he must give full value in return. He must *fit* himself to fill a place commanding a high salary, or he must possess knowledge of such high order, and be able to present it in practical form to others, so that what they pay for his services is honestly earned.

It profits no one to picture themselves possessing that to which they have no right, or for which they give no adequate return, for if they acquire anything in that way, they will soon lose it, and they will continue losing until they learn the principles governing life.

Any one of use to his fellowmen and with ability to make his knowledge of practical value will never want. Anyone taking from another, time, service or help of any kind, for which he does not give honest pay in return, is robbing his fellowman.—R. M. WARD.

*Success Letter No. 319.*

The one who is praying and working and loving his way upwards towards his ideal, who never loses sight of that ideal, who takes the light as it is given him and uses it, who always goes forward after every setback, who uses his brain to solve his problems, who accepts no beliefs at second-hand, but who is ever open to the truth in whatever form it may be presented to him, who sifts all the grains of thought which enter his consciousness, accepts the wheat and rejects the chaff, who is ever living up to his best, although that best may not be *my* best or *your* best or anybody's else's best,—that man is a success. He is working out the great purpose for which he was sent to this earth, and he has the approval of his God. Success is not in the attainment but in the striving, not in the result but in the mighty efforts that were exerted to achieve that result.

No one can reach a pinnacle and then sit quietly and passively thereon, and say with any truth "I am Success."

Success is growth, and the moment one stops growing he stops being successful. God

himself grows through us, and *our* growth is *His* success.—A. S. M.

*Success Letter No. 320.*

As I think of a rule for Success I recall the story of the country schoolmaster who deemed it unwise to ever say, "I do not know." Pursuing this policy, when shown the phrase, "E pluribus unum" on a silver dollar and asked its meaning, he replied at once that it signified "more where that came from." A rather clever guess, wasn't it? And scientific, too. If each of us would make all necessary expenditures in that spirit, in full faith that there *are* plenty more where that came from, the money problem would soon be solved.

And Ingersoll, you know, said: "If you have to spend a dollar, spend it like a lord," and there is our success rule in other terms.

So, here's the hope that to each of us may come the realization that of health, wealth, happiness and all good things there is "E pluribus unum."—MARGERY, Idaho.

*Success Letter No. 321.*

*"Whatsoever thy hand findeth to do, do it with thy might."*

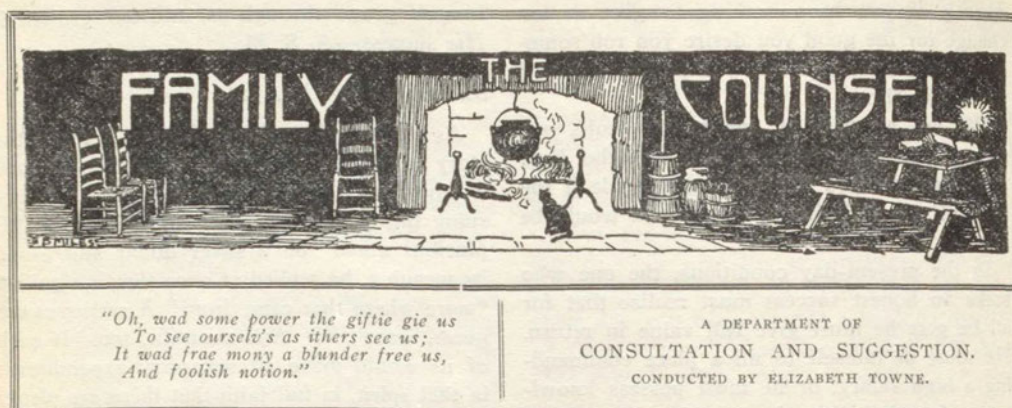
I believe that this text, followed sincerely, will bring success. It may not be the thing we now think will bring most perfect happiness. If not, be sure it will be much better.

Sometimes our longings are as ridiculous as the childish longing to join the circus, which most men and women have experienced. Instead of joining the circus we were compelled to do the duties that lay before us. We attended school, grew into men and women and, when the time came, and we were free to join the circus, we saw the folly of our desire.

We did not bring ourselves into this world. We are here and in certain positions with duties all about us. Let us do these cheerfully and as perfectly as we know how. As we work let us look up and lift up, and, in time, when we have learned the lessons that were meant for us to learn, if our desire still possess us, a way will be made for us to enter into the life we crave.—LYDIA E. GUTHRIE, Lehigh, Iowa.

**THE PRIZE WINNER** in March was letter No. 309, signed E. P. C. No. 309 had the others "beaten to a frazzle." Anything in the nature of personal experience always catches and holds the interest. Will E. P. C. write us where to send the two *Nautilus* subscriptions?





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 subscription 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.

A. S. S.—Judas is supposed to have sat at the Last Supper with Jesus. He is so pictured in the great paintings, and in all literature. I fancy Judas was a very suspicious sort of person, who began to think Jesus was an impostor. I fancy he reasoned himself into believing that he was perfectly justified in turning Jesus over to the authorities. And later, after the deed was done, he doubted his judgment and went out and killed himself. He was probably a victim of his own suspicious nature!

E. J. C.—What I said about character in that editorial on page 10 of the October 1909 *Nautilus* is not so much at variance with astrology and theosophy as you imagine. You evidently did not get the drift of it. Read that series of editorials over several times, and meditate upon them. I went further than either theosophy or astrology—that was all. I described how character is formed. You quote "Character is destiny." It is. But what has that to do with the way character is formed? You are forming character every day of your life. If you are again reincarnated you will take with you the character you have formed in this incarnation, added to that which you have formed in perhaps countless other incarnations. To distinguish between character in the forming, and character that has been formed, I called the latter by the term "nature."

J. C. H.—Oh, my dear girl, you are only fooling yourself! The things which come into your life come by your own fault, not by the faults of others. You get from those around you the treatment which you attract. As long as you are wasting your energy in wishing to have other people punished you are punishing yourself. You are laying up retribution which

will certainly descend upon your own head and heart. Some of it has already been descending upon you! "Break off thy sins by rightness," said a very old sage. In other words, cut the whole thing out of your thought and be your own sweet radiant self, and your environment and the treatment accorded you by other people will gradually change to fit. And it is none of your business what other people do anyhow—your one duty is to live straight with your own conscience and with God. Be a sun, not a moon to be darkened by the reflections of other people. Send your brightest and best thoughts after your mother—*she is not beyond the reach of your thinking*. Live sweet and straight for her sake if not for your own.

O. E.—The first principle of getting rid of the blushing habit is to go with the blushes. When a blush would have you go with it a mile, go two miles and laugh with it! Make up your mind that you don't care anything about whether you blush or not. When you feel a blush coming see that you make it becoming by smiling sweetly! Even a "purple" blush is becoming when worn with a sparkling smile. Let your eyes glisten and keep on smiling until the blush is all gone. Cultivate blushes and smiles in your looking glass until you get used to them. A blush taken seriously is not becoming to anybody, but smiling eyes and a glint of white, well kept teeth put an altogether different aspect upon it. Cultivate your blushes till everybody exclaims over their becomingness. Make light of them! About the time you become really satisfied with your blushes, you will probably cease to blush—this is the irony of fate. To resist a blush only deepens your color. Go with the blush, smile through it, and breathe deep! You were a very foolish girl to quit school because of your blushes. It is no disgrace to blush but it is a disgrace to let blushes or any other unpleasant thing keep you from doing what you set out to do, the thing that is right. Don't let blushes keep you from any other good thing in life!

S. S.—Nobody can do anything for the woman you mention except herself. If she chooses to continue her present life, she will probably end as she predicts—in the lunatic asylum. All she needs is some good useful



work to do. If she is a wise woman she will get interested in orphans or boys' clubs, or school matters, or something, and use her energies for the good of the world. This will bring her peace as well as health and happiness. Or, if the urge to go on the stage is very strong within her, she would better do it. She should *ask herself* what useful work to do, and then she should do it. It is not only foolish but suicidal to let relatives or friends run her into their mold. She must live according to the urge within her, not according to the conventions and wishes of those outside of her. Only in self-expression can she find happiness, and *only self-expression for the good of those around her* can bring her health and happiness. Why doesn't she turn her works of art to good use for the public—for poor people, for Y. W. C. A. girls, or something like that? Tell her to give receptions or entertainments and exhibitions for the Y. W. C. A.—with little bright lectures on art and new thought. If she lets other people enjoy her works of art she will begin to enjoy them again. It is because they are held selfishly that she has lost her taste for them. To use her energies and possessions for the good of others will satisfy her—nothing else will.

A. A.—I certainly *do* believe that *many* girls "find their affinity in men younger than themselves." Age has nothing whatever to do with it, and congeniality and oneness of purpose is everything. In some of the happiest marriages I know of, the wife is older than the husband. Lots of people are old for their age, and lots of others are always young for theirs, and every one of us is as old as eternity, so what is the difference? If I were in your place, I would put all my old-fashioned maiden modesty aside and tell that young man frankly how I feel, and that I am ready to pick up things where I cut them off long ago, if he wants to; and if he doesn't want to, he "needn't come around"—or words to that effect. I would have the courage of my convictions. He will not any more than tell the truth about it, and if you are frank and self-respecting in your statement he will certainly not respect you less than he does at present. You are not a child, that *dare* not be frank. As you have known him so long and as you think so highly of him, he must surely be the sort of man who wouldn't go out and tattle to the next girl his experience with you and if he did, what of it? The world is not now filled with the clinging vine sort of girl who is too namby-pamby to do anything but hang her flower face and wait to be picked. There is today a great deal more frankness between man and woman than ever before in the world's history, thank goodness. And don't forget that *queens always ask the man!* Be a queen on occasion! You refused the man before, and he is still coming. Pride or lack of self-confidence may keep him from speaking again. All nonsense to let the pride of either keep you apart, if he should happen to be still thinking of you as the only girl. Out with the truth, and abide by the consequences. At least you will know the worst which is sometimes the best.

## 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

*Toward you all, in America's name,  
I raise high the perpendicular hand, I make the signal,  
To remain after me in sight forever,  
For all the haunts and homes of men.*

—Walt Whitman.





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.

Everybody will be interested in "The Principles of Scientific Management" as elucidated by the discoverer, Frederick W. Taylor, in *The American for March*. Along with it is an interesting story of the life and work of Mr. Taylor, by Ray Stannard Baker. Read "The Dawn of the World's Peace," by Hamilton Holt in *World's Work for March*. Every mother and every young girl should read "Girls I Have Known," a psychological study of the effects of companionships with different types of girls, which has been running in a half dozen or more numbers of *The Ladies' Home Journal*. If you want a good serial story, read "The Iron Woman," by Margaret Deland, now running in *Harper's Magazine*.—E. T.

Of special interest to every progressive person in the United States—irrespective of party affiliations—is a bill recently introduced into the Senate by Senator Beveridge of Indiana, the purpose of which is to provide severe punishment for bribe givers and bribe takers. The measure—which has been referred to the committee on judiciary—is of a sweeping character, its title stating that it is for "the prevention of corrupt practices in elections to any office under the constitution and laws of the United States." If the bill becomes a law it, therefore, will cover all cases of bribery and corruption effecting the elections of president, United States senators and of representatives in Congress. While many states have corrupt practices acts on their statute books, it is a curious fact that the federal laws are completely lacking in provisions for dealing with crimes of this kind.—*Opportunity*.

But now, according to news dispatches, Mr. Herbert Gore, a chemist in the United States department of agriculture, has discovered a process whereby the sting may be drawn from the persimmon long before frost falls. Of just what this process consists, we are not informed, though it is said to have to do with grafting and to have been adapted from Japan, where the persimmon tree flourishes. By this new method of culture, the fruit is not only rendered puckerless, but is also increased to the size of an orange and is made as firm as a banana. The persimmon has a greater food

value than apples, plums or peaches and, as every southerner knows, is exceeded only by 'possum in its rare and luscious flavor. Heretofore it has been open to the same objection as a fruit that the fretful porcupine is as a pet. But when this new process for removing the pucker becomes generally known, we should not be surprised to see the persimmon cultivated on many acres and brought into the popularity which it deserves.—*Atlanta Paper*.

The Atlanta Art Association is proving its value on broadly educative lines. The people in Atlanta are so ardently doing so much for so many people and things, and are opening our hearts and pocket books so generously that it comes as a surprise to have something offered to us free. We have barely recovered from the shock of having beautiful Sunday concerts given us by the Music Festival Association, when Mrs. Sam Inman and her art association come to the front and offer us free talks on art in the public schools, once a month. The talks on art, with illustrative slides, are sent by the American Federation of Arts, in Washington, D. C. This is our national art body, and is composed of art societies, art schools and artists all over the United States. Under an excellent governing body, with Charles L. Hutchinson, well known everywhere in the business, religious and cultural world, as president, this organization is doing much to promote the growth and appreciation of art in the United States.—*Exchange*.

The recent announcement of a new \$10,000,000 gift by Andrew Carnegie for the Carnegie Institute at Washington is of tremendous importance to the world of science, and has served to call attention again to the work being accomplished by the institution. Of even greater interest, however, was the announcement of the discovery of 60,000 new worlds by Prof. George E. Hale of the Mount Wilson, Cal., observatory. This observatory was established by the Carnegie Institute and has already become world famous for its astronomical discoveries. The institution, Mr. Carnegie declares, has discovered a young genius in Professor Hale, who adopted entirely new processes in his research work. The innovations of Professor Hale included the use of photography, and his first test plate—made about a year ago—revealed 16,000 new worlds, to which have been added the 60,000 planets recently discovered. Some of these new worlds, never before seen by man, are declared by Professor Hale to be ten times larger than the sun. Even greater strides are assured, however, by the construction of a new telescope for the Mount Wilson observatory, which—Mr. Carnegie says—will be far and away the most powerful instrument ever made by man. A new lens, 100 inches in diameter, is being prepared for the new telescope—a lens three times more powerful than any yet made. This latest gift by Mr. Carnegie makes a total of \$25,000,000 appropriated by him for the use of the institution, which he founded January 23, 1902.—*Opportunity*.



## Little Visits

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

### About Suffragism:—

But "The Voice of One Crying In a Wilderness"—that is Suffragism. It's a good subject, because alas! it catches new fancies. That it would but catch new activities as well! And it will help—the future calls for it and the past shows the necessity. It must needs come slow if it would be sure, for unlike Minerva, it cannot spring full-armed and fleet-footed from the Jovian Swaddlebands of Custom. Have you thought of it? If woman lost us Eden, she it is who must find it again.—G. B. FREDERICKS, Chicago.

### The Divinity in Man:—

I noticed particularly in the editorials in the November issue of *Nautilus* your articles on Mahatmas, etc. Now may I ask a question or two?

Maybe I am wrong but it seemed to me that you placed us as a human on a par with Jesus Christ, a Divine being? Am I right? In that case it looks to me as though you were denying the Divinity of Jesus Christ and were placing Him on the plane of a leader or teacher only.

I have become interested in New Thought and am trying to get down to the bottom of it, although it is new to me so I did not just exactly understand your articles. With best of wishes for your continued success.—B. NELSON WOODSON, Oklahoma City, Okla.

### To Myself and Others:—

Conscious I am of being Health, Strength, Energy, Power,—also Wealth, Wisdom, Peace and Love are me; moreover, withal I possess Courageousness, Goodness, Happiness and Successfulness.

Yesterday being gone and tomorrow never coming, I know only the present,—the today.

Of the past I remember nothing save pleasure, firmly holding the future in faith, that it awaits me full of joy; and, with the realization now that sufficient unto the day is the good thereof,—I, in this environment live.

Furthermore, as the days pass I meditate upon all of this and thereby over materiality have dominion; that control which cometh only with harmony,—the acme of human achievement.—MOSLOF.

### An Idea from a Poet:—

Why don't you write an article around the idea of much better being in store for us than we could plan or arrange or predict for ourselves? Call it, say, God's Surprise Party. If we suspected that a neighbor, or a dear intimate friend was fixing to give us a surprise party, with refreshments and entertainment provided, we wouldn't most likely, set

to contriving our own idea of a good time for that occasion. We'd be sure that the friend would do better by us than we would do for ourselves. And I think another restful thought is in the Latin word, LICET—Let It Be So. Some time I'm going to have a room, all white, with nothing on the walls but that one word, somewhere. Licet—Let It Be So.

For back of all the worries and strains and troubles are reasons, and better things are in store for us than we could plan for ourselves.—FLORENS FOLSOM, Little Falls, N. Y.

Good idea! Perhaps some of our readers of the "Little Visits" Department can write good letters on this very subject. We shall be glad to hear from them.—E. T.

### Heard About Our Big Fire:—

I just saw a line in your March *Nautilus* that gave me the idea that you had met with a loss by fire. If such is the case why not let your readers take up a collection to help you out? I am sure they would all drop a dollar in the collection box. If your readers appreciate your work as I do they won't miss that dollar, and they will be glad to help. My dollar is ready if you say the word—and I would make it more only I have five grandchildren, and I want to help their father to give them a college education.

Don't brood over your loss; just think of it as God's helping hand, and remember that we are his servants performing his work. Don't get discouraged—be as happy as you can and wait and see what good will come out of this experience.

I have always been considered by the He-brews a mascot—just be happy and try me!—S. S. CONN.

Bless your heart for the suggestion to take up a collection for us! But I wonder if you saw the February *Nautilus*, and read my editorials about the fire. You would know then that we are not brooding at all, and that the business didn't even limp a minute, let alone become crippled. We lost just three business days before getting to work again. And we are comfortably settled now and are just closing our plans for a big new home that will give us nearly three times the space we had in the former one—a home that will have two totally fireproof floors! Just watch *The Nautilus*, and you will see some pictures of it later.

But I'll tell you something you and everybody else can do that will help us tremendously—SEND US IN SOME NEW SUBSCRIBERS. An increase in our subscription list is the most urgent need of the present time. On that depends the pushing of several splendid plans which we have in mind. Can't you help us in this way instead of chipping in a dollar? Just go and ask some of your friends to subscribe. Our March Number is splendid to begin a subscription with—it is the Just-How Number, full of all sorts of very practical articles. I shall be most happy to have you for a mascot. Here's hoping you can take up a nice collection of subscriptions for us!—E. T.

(Continued on Page 58.)



*He Disagrees With Fred:—*

Will you allow a kid in the primer division to bawl an opinion at one of the star scholars in the finishing touches department? If so, I want to talk to you a moment about Mr. Fred Kaessmann, in January *Nautilus*, where he speaks about "Your Selection."

First, he said to the Enquiring Lady, "No, I don't know anything about reincarnation, because I keep so eternally busy trying to be good on this earth that I haven't any time to bother about what's going to become of me on the next." Then he clinches his remarks by advising people not to read anything which doesn't interest them. "Never quarrel with your taste," he says, "for the mind derives benefit only from what it relishes. Colonel Roosevelt and I can tell at a glance whether an article has anything in it which we don't already know, and if it hasn't, we don't read it. I can go through a magazine in two minutes and pick out all that will be of use to me."

Great Head! But he shouldn't take it for granted that everyone else can do that. I cannot; and I mistrust there are others who cannot. I have read paragraphs and articles and magazines and, yes, books, which at first did not interest me, which really required an effort to read; but I read them to educate myself, to find the good which I felt must be there somewhere, or they would not be rated in the class they were, and in almost every case before I finished, I got something out of it of value to me. Perhaps, after a little, I would catch the idea, and gradually the meaning would unfold, until the whole thing was of absorbing interest.

Thus, and only thus do we grow. We must work for it. That is the Law. And it doesn't lie within the capacity of us ordinary mortals to see only the beneficial points in an article, or book, sticking up conspicuously, like oases in a desert, and be able to sweep over and gather them in without trouble or hesitation.

I suppose Mr. K. would say that if your taste is for Laura J. Libby, don't quarrel with it; read it and let other things go. If you are interested mostly in Beadles' Dime Novels, don't try to read anything else. No, I'm sorry, but I can't agree with him.

Selection is all right, of course. We should select the kind of books and magazines and articles which will stir up our mental powers and make us think, which will, mayhap, give us a new point of view about things we now think we know. We shouldn't be too cock sure that we have received the final word about things which we think we know all about.

We should read and study the things in advance of us. No matter if they are not interesting at first. When we have grown a little more, when we have built in the proper kind of brain cells, they *will* interest us. We must grow in knowledge, for that is the end and aim and purpose of life; and we can only do it in this way.

If you know nothing of reincarnation, and

you need a dictionary to tell you what the word means, then you had better get some book which tells about it, and study it. No matter whether you believe it or not, or whether it appeals to you or not, it will do you good to know about it. It will widen your vision if you study it. Make the mental effort. That's what you have to do. And if you find it so hard to be good now, that you have no time for these things, just *take* time, and you will find that you can be good easier when you know something of reincarnation.

Don't be misled. Don't be discouraged. Keep trying, and bye and bye, as understanding comes to you, as it surely will, you will *have* interest, and the things which did not attract you once, will be as enticing as a fairy tale, at last.—LARRY MCTIM.

*Big Fire Experiences:—*

I received Madge's dear little letter telling me all about the fire. I haven't written before because I thought you would have your hands full. Madge said you were living your New Thought, so I know you don't ask nor want sympathy. From my heart I am glad that you all escaped. You might have died in your beds. If you haven't already said it you will in a little while, your own epigrammatic, "It is the best thing that ever happened." The business had outgrown its quarters, and when it is built up it will be bigger and better than ever. You were fortunate to save the office records and subscription lists. I can well imagine you were the first to think of those and to direct the firemen.

Most people lose their heads completely at a fire. I never can think of a fire without thinking of the experiences of a couple of Greenfield girls at a fire in Northampton when they went down there to attend the theater. We used to have a theater here in Greenfield, or rather an apology for one, until they condemned our shabby old town hall. They never could give very good plays because the stage was so small. I remember a performance of "Uncle Terry" I attended. The stage was so small they had to lap the scenery and in the lighthouse scene one part of the waves were two feet above the other part and did look so funny when the calcium was thrown on. But *that* isn't what I started to tell!

My girl friends got so hungry to see a play that they went to Northampton, although there was no theater train at that time and they had to stay at a hotel after the play. They had just gotten to sleep when the bell boy pounded on their door and yelled fire. They couldn't find matches to light the gas and mislaid their clothes in the dark. Lena, a girl who is modest and diffident ordinarily, lost her head completely, and running out into the corridor with nothing on but her union suit—she is painfully thin and in a union suit is a distressing sight—she rushed up to the first person she saw, a fat man who had nothing on but his shirt and was carrying a suit case in either hand. She shook her finger in his face and said in a very pathetic voice: "Oh, mister, won't you please come into my room and help me to dress?"



The fat man looked her over and said pityingly: "I'm sorry, Miss, I can't help you, but I can't find my own clothes."

By that time the other girl, who is usually clear headed, got hold of Lena and yanked her back into their room. But even Nellie got a little rattled, for she looked everywhere for her voile skirt and found afterward that she had it on under her petticoat!

Now about those books—when can I expect them? I would just love to get hold of some real deep ones, as I feel brighter than I have felt for a long time. Mentally, I mean. Physically I am progressing slowly. I can sit up and scribble and that is about all. I have written three stories and some household "stuff." This last I sold to a woman's magazine. I sold one story, one came back so quick it made my head swim, and the other I haven't heard from. That is the extent of my labors. So the reading of the books will be a godsend. I am trying your hot water cure with a little modification. Clear hot water seems just a little insipid so I put in a little milk to give it some taste. There was a farmer up in Colrain once who said the hardest drinker he ever knew was a man who used to get up on a cold morning, go down to a cold spring, sit on a cold stone, and drink cold water. He called that *hard drinking*. I think the same might be said of hot water if there wasn't a little something in it. But it is doing me a lot of good. My complexion has cleared considerably and I feel better every way. The doctors wanted to cut my stomach open and I'm glad now I didn't let them. I wish I had tried the hot water before. It might have kept me from getting into this state.

There now! I'm not going to tell any more stories for fear you will think the Ethiopian and his skin, the leopard and his spots, and Abe Lincoln and me are all in the same box together! Worst of it is Abe's stories always hit the mark while mine are like Sancho Panza's proverbs, just lugged in by the head and ears whether they fit or not. Hoping to receive the books soon, and with love and best wishes, I am.—DORA E. NELSON, Greenfield, Mass.

#### *The Story of Wallace D. Wattles:—*

My Dear Mrs. Towne:—Your letter of the 14th received. I asked Mr. Strickland—an old friend of father's—to write to you because I did not think I could say the right thing. I am enclosing the Elwood *Call-Leader* reports of the death and funeral and also a letter from Eugene V. Debs which I would like to have returned. I do not know exactly how to tell you about it. Perhaps a little later I can write the romantic story of his life and make it really worth while.

You knew, didn't you, that he lost a good position in the Methodist Church because of his "heresy"? He met George D. Herron at a convention of reformers in Chicago in 1896 and caught Herron's social vision. I shall never forget the morning he came home. It was Christmas. Mother had put her last dollar into a cuff box and we had placed it beneath

## 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.

an evergreen branch which served for our Christmas tree and which we had illuminated with tallow candles and strung with popcorn. Finally father came. With that beautiful smile he praised the tree, said the cuff box was just what he had been wanting—although mother might have known he would never use it—and took us all in his arms to tell us of the wonderful social message of Jesus, the message which he later embodied in "A New Christ." From that day until his death he worked unceasingly to realize the glorious vision of human brotherhood, "the vision that the prophets saw—the Comrade Kingdom builded in their dream." "The call of Christ," he used to say, "has ever been to bear the burdens of an oppressed and disinherited humanity; to join your lives to those of the poor; to feel their pain, to share their suffering, to live for their deliverance—to bow beneath their sorrows in dark Gethsemane; to walk thorn-crowned, with staggering steps up the steep way to Calvary; sustained because beyond the cross we see the riven sepulcher and through it shines the glory of a resurrected humanity."

This is the story of his life. He couldn't stand the cry of pain; the suffering of his fellows. It wrung his heart and drove him into the Socialist movement to plead with men, with passionate eloquence, to cease to prolong the world's suffering and heart-break by extending the existence of an industrial system which God had decreed must go. He was never very strong physically and his passionate devotion to the cause of the working class left him little time to think of himself. He didn't care. The master passion of his life was the establishment of just relations among men. He did the best he knew. It never occurred to him that he was killing himself or that he was trying to move the world forward faster than the force of evolution wanted it to go. I can remember when he thought that surely by 1910 we would have the Co-operative Commonwealth—the new

(Continued on Page 60.)



## Editor Brown

### Of The Rockford Morning Star.

"About seven years ago I ceased drinking coffee to give your Postum a trial.

"I had suffered acutely from various forms of indigestion and my stomach had become so disordered as to repel almost every sort of substantial food. My general health was bad. At close intervals I would suffer severe attacks which confined me in bed for a week or more. Soon after changing from coffee to Postum the indigestion abated, and in a short time ceased entirely. I have continued the daily use of your excellent Food Drink and assure you most cordially that I am indebted to you for the relief it has brought me.

"Wishing you a continued success, I am

Yours very truly,

J. Stanley Browne,

Managing Editor."

Of course, when a man's health shows he can stand coffee without trouble, let him drink it, but most highly organized brain-workers simply cannot.

The drugs natural to the coffee berry affect the stomach and other organs and thence to the complex nervous system, throwing it out of balance and producing disorders in various parts of the body. Keep up this daily poisoning and serious disease generally supervenes. So when man or woman finds that coffee is a smooth but deadly enemy and health is of any value at all, there is but one road—quit.

It is easy to find out if coffee be the cause of the troubles, for if left off 10 days and Postum be used in its place and the sick and diseased conditions begin to disappear, the proof is unanswerable.

Postum is not good if made by short boiling. It must be boiled full 15 minutes after boiling begins, when the crisp flavor and the food elements are brought out of the grains and the beverage is ready to fulfill its mission of palatable comfort and renewing the cells and nerve centres broken down by coffee.

"There's a Reason."

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

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

(Continued from Page 59.)

society founded upon the love of man for man. He was always the "tender dreamer of a generous dream" and he paid the price for trying to build his dream society before evolution was ready for the building.

For years his life was cursed by poverty and the fear of poverty. He was always scheming and planning to get for his family those things which make the abundant life possible. In the first chapter of "The Science of Getting Rich" he says: "Man's highest happiness is found in the bestowal of benefits on those he loves." This was always his greatest happiness and it used to cut him to the heart because he couldn't do it. But the supreme faith of the man never wavered. Never for a moment did he lose confidence in the power of a master Intelligence to right every wrong and to give to every man and woman his or her share of the good things of life.

When we came to Elwood three years ago we were in debt and we had to borrow money to move on. The only house we could find was in the factory district which isn't an exactly healthy place. Elwood has a very cosmopolitan population. It is a working class town. We have here the first big tin mill brought to America and a large number of our working people are Welch. Some of them are not as clean as they might be in their personal habits. Father began a Sunday night lectureship in Indianapolis. This was our only source of income. Later he began to write for *Nautilus* and to work out his own philosophy. He wrote almost constantly. He had written short stories and articles before but they usually came back. He couldn't understand why, and he used to say: "They are far better than those which are published."

*Then it was that he formed his mental picture.* He saw himself as a successful writer, a personality of power, an advancing man, and he began to work toward the realization of this vision. He saw the absurdity of trying to move society faster than the evolutionary process could go, and he determined to make the very most of himself and of his opportunities. He says in "The Science of Getting Rich": "What God wants is that you should make the most of yourself, for yourself, and for others; and you can *help others more by making the most of yourself than in any other way.*" It wasn't that he had lost his social vision or that his devotion to the cause of the workers was any the less sincere, it was rather that *his vision had broadened.* He saw that social systems can be changed *only* by the advance of life. In "Making the Man Who Can" he says: "If the wage system stands in the way of the workers' advancement it will be changed. Their demand for more life will be all that is required to change it. Life cannot be advanced by changing systems, but systems may be changed by the advance of life." He saw that the sanest thing the individual can do is to make the very most of himself—working meanwhile with the evolutionary force which is always moving toward more life, and doing what he can to secure for *all men* the same privileges and opportunities he asks for himself.

His books are the result of twenty years' hard work. What he knew about health he had to learn to save himself; what he knew about the science of wealth-getting he worked out to keep his family from starving to death,

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



and what he knew about greatness he found within himself. He *lived* every page of "The Science of Being Great." He *was* a personality of power and all who knew him loved him.

I am sending you Dodge's letter. The hook worm is practically unknown in this section of the country. We did not know until he reached Ruskin exactly what was the matter. The physicians here said, "Bright's Disease" and we knew it wasn't because he did not suffer at all. He did not have a single pain and his physical condition baffled every physician who examined him. He was always slender but after we came to Elwood he began to waste away. We did everything. He was an ardent physical culturist and took his exercise regularly. He was always careful about his eating, never ate too much and fletcherized his food thoroughly. He could not understand why his food did not assimilate. That he had some kind of intestinal trouble he knew, yet why it should exist he couldn't understand for his habits of life were as nearly perfect as possible. When he died he was a skeleton. He was always *so* hungry. "Oh, Florence," he would say, "you don't know what it means to starve to death." To see him gradually wasting away, slowly starving to death, and wanting to live, fighting for life with all the will power he possessed, was extremely trying. He was so gentle, so patient, and never once did he lose faith in his ability to cure himself. "I am going to get well," he would say, "I must get well." His will to live and his determination to demonstrate kept him alive for months. Other men would have given up. To the very last he fought for life. Never once did he even hint to mother or to us that he thought he was playing a losing game, and I do not think he thought so until the very end when he raised himself and took mother's face in his hands. "Oh, mamma," he said, and smiled that beautifully sweet smile—then he died. He was mentally clear until the last. The day he died he attended to all of his business in the same strong, characteristic way.

His death is one of the tragedies of our modern civilization. We were compelled to live in a God-forsaken factory district and the thing which took his life very probably found its way into his system there. I presume it was brought to Elwood by the workers. We know of no other explanation. Had we known something about it his life might have been saved—but we didn't know.

In the last three years he made lots of money, he had good health except for his extreme frailty, and he was the best beloved man in Elwood. The entire city mourns his death. The working people have lost their leader, the business men have lost a good friend and comrade. There is only one element that feared and despised him—The Beast in The Jungle—whose claws he saw in the municipal election two years ago. Five hundred more votes were cast than there were voters in the city. "It had to be done" they afterwards admitted "to beat Wattles." In the last campaign he was ill. They knew he was practically "out of the game" and felt sure that with Wattles out of the way at least half of the

## A Food Story.

Makes a Woman of 70 "One in 10,000."

The widow of one of Ohio's most distinguished newspaper editors and a famous leader in politics in his day, says she is 70 years old and a "stronger woman than you will find in ten thousand," and she credits her fine physical condition to the use of Grape-Nuts:

"Many years ago I had a terrible fall which permanently injured my stomach. For years I lived on a preparation of corn starch and milk, but it grew so repugnant to me that I had to give it up. Then I tried, one after another, a dozen different kinds of cereals, but the process of digestion gave me great pain.

"It was not until I began to use Grape-Nuts food three years ago that I found relief. It has proved, with the dear Lord's blessing, a great boon to me. It brought me health and vigor such as I never expected to again enjoy, and in gratitude I never fail to sound its praises." Name given by Postum Co., Battle Creek, Mich.

"There's a Reason."

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

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

seven hundred Socialists in Elwood could be won over. Father was so near death then that I did not dare worry him with their petty political schemes so I went into it myself. We distributed thirty-five thousand pieces of literature and held big meetings. Every man did his work and did it well, and when the ballots were counted we found that in spite of the fact that we had lost one hundred and fifty men through the Amalgamated strike we had made a small gain in our vote over the municipal election. Yesterday a member of the democratic committee came to one of our men. "What are you going to do *now*?" he asked. "You have lost your leader." "We are going to fight like h—l," the man replied—and they will. The work which Wattles began must be finished, and we are going to finish it. Did you ever hear the story of the woman who had the small pox? She belonged to the working class. She was a scrub woman—for it was the only thing she knew how to do well—and the pressure of economic necessity sent her out in search for work. She went to a certain woman and asked for something to do. "What church do you belong to?" she was asked. The scrub woman told her. "Well, you don't belong to my church and we have all we can do right now to look after our own poor," and the door was closed. The workingwoman went to a second place and asked for work. She was

(Continued on Page 62.)



met with the same question and again was turned away because of a difference in religious opinion. She went to six different women. Each time she was turned away. She wasn't their sister. She didn't belong to their church. A few days later she came down with the small pox, and shortly afterward the six women were quarantined with the same disease. She *was* their sister after all. You can catch things from people who don't belong to your church. The story belongs to Carlyle but it illustrates exactly what happened to father. The tragedy of it all is that *he belonged to their church*. He was one of them. If it had been anyone else I would have said that it was the justice of God for certainly none of us is safe as long as a single little child is infected with a loathsome disease. I suppose that after all it *is* the justice of God. Our own neglect in permitting such conditions to exist has cost us the life of the gentlest among us. *It is the price we pay for our inhumanity to men.*

I think I have told you the whole story. Do with it as you please. We are going right on with the business. We have practically managed it during the last year anyway. I have written this hurriedly but I think it will give you an idea of the life struggle of a great man—his failure and his success. His life was truly **THE POWERFUL LIFE** and surely we can say, at least in Elwood, "The name of him who loved his fellow men led all the rest."

With all good wishes, I am, very sincerely,  
—FLORENCE A. WATTLES.

*Following is the letter from Eugene V. Debs to Miss Wattles, in regard to the death of her father:—*

Miss Florence Wattles,  
Elwood, Ind.

My Dear Comrade:—I have just learned through Mrs. Strickland of the death of your beloved father, and beg to offer these few words of loving sympathy in your great bereavement. I was never more painfully surprised than to hear of your father's untimely death, and I feel as if I had lost not only a comrade beloved, but a very brother in flesh and blood and spirit. Your father was indeed one to win and hold the love of all who ever touched his hand and looked into his gentle, sympathetic, soulful eyes. He was sweet-natured, perfectly poised, great-hearted, and gifted with an unusually clear vision, and his loving service will bear fruit that is truly golden and preserve his name for all time. I never knew a man to consecrate himself more freely to a cause than did your father to the Socialist movement, and I lovingly pay to him in the hour of his passing this humble tribute to his noble life and his beautiful memory.

I beg of you to tender my profound sympathy to the venerable mother, to the sorrowing wife, and to all of the stricken household. There should be no hopeless grief in the home made sweet and white and beautiful for all time by our beloved Comrade Wattles.

With love and devotion to you all, I remain,

Faternally yours,

(Signed) Eugene V. Debs.



*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 William E. Towne unless otherwise signed.*

—"The Destiny of Desire" is a dainty little book written and published by Ruby Archer Doud and Frank Newland Doud, M. D. The Parsifal Press, Granada Park, Los Angeles, Cal. Price, 15c.—D. E. N.

—A book of poems, "The Quest of the Christ in New York City," and others gives food for serious thought. Published by Broadway Publishing Company, 835 Broadway, New York City. Attractively bound in cloth; 93 pages. No price given.—D. E. N.

—The C. M. Clark Publishing Company, of Boston, has just issued a new book which deals with the subject of Spiritualism. The title is "All That Man Should Be Unto Woman," and it is written by Susie C. Clark. It will open up quite a few lines of thought for those who read it. Price, \$1.50.—C. S. T.

—Two little books, "Healing Through the Power of Mind," and "Victory Over Disease and Old Age," by Mary Ries Melendy, M. D., contain much helpful information on mental healing. Price, 25c each. Published by Mary R. Melendy, M. D., 3751 Ellis Ave., Chicago, Ill.—D. E. N.

In April, Annie Rix Militz will go to the following towns in Southern California to carry the message of Truth: Santa Anna, Anaheim, Orange, Redlands, Riverside, San Bernardino, Pomona, and perhaps some others. Those who desire to know the dates and places of her lectures can communicate with her at the Home of Truth, 1327 Georgia street, Los Angeles.

—In "The Cause and Cure of Colds," William S. Sadler, M. D., tells why colds are so common, their origin, effects and gives some sensible advice as to how to avoid colds and how to treat them if, in spite of all precautions, they are contracted. Cloth, 147 pages, A. C. McClurg & Co., New York. Price, \$1, postpaid.—D. E. N.

—Alfred Tomson is doing a fine New Thought work at the Lyric Theater, in Omaha, Nebraska. You can read about the growth of the Fellowship work instituted by him in Vol. I, No. 1, of his new little *Fellowship Messenger*, which begins modestly and therefore evinces the first promise of a long life of usefulness and good. Here's success to the Fellowship Center and the new *Messenger*.—E. T.

(Continued on Page 74.)





## —“And you must take Sanatogen regularly for several weeks”

**T**HIS urgent advice is given by physicians day by day in every civilized land—wherever sufferers from starved nerves and poor digestion seek relief. There is a reason for this. Physicians know that Sanatogen is a substance capable of supplying the real needs of a starved, overwrought nervous system—that it is a scientific combination of albumen and organic phosphorus—a compound eagerly absorbed by the hungry tissues and possessing unique tonic and reconstructive qualities. They also know from their *own observation* what Sanatogen has done for others. They have watched its revivifying action upon persons whose nervous strength had been undermined by overwork, worry or disease, they have observed how it has infused renewed energy, life and elasticity into starved nerves, how it has regenerated the appetite, digestion, in short, how wonderfully it has helped to make the human machinery fit to perform its functions in the most perfect manner.

There are on file with the owners of Sanatogen no less than 15,000 letters from practising physicians praising, endorsing Sanatogen. Truly a magnificent monument to the value of this food-tonic.

But no less impressive is the enthusiastic testimony of patients themselves. Men and women in the forefront of human endeavor, statesmen, prelates, authors, lawyers, have written above their own signatures of the wonderful benefits received from Sanatogen.

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, and 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 Building, Union Sq.,  
NEW YORK

### JOHN BURROUGHS

The distinguished naturalist and author, writes:

“I think the Sanatogen did me much good—it gave me much strength, steadied my nerves and greatly improved my sleep. It comes the nearest to being a remedy for old age I have yet struck, and I want to thank you for suggesting it.”

### GEO. C. PERKINS,

U. S. Senator, Former Gov. of Cal., writes:

“I have found Sanatogen to be a very pleasant nutrient and tonic, and extremely healthful in conditions of nervousness and poor digestion.”

### MME. SARAH GRAND,

Author of the “Heavenly Twins,” writes:

“I began to take Sanatogen after nearly four years’ enforced idleness from extreme debility, and felt the benefit almost immediately. And now, after taking it steadily three times a day for twelve weeks, I find myself able to enjoy both work and play again and also am able to do as much of both as I ever did.”





## We Want to Send You Our New Catalog

and Style Book Will Save You Nearly  $\frac{1}{2}$

on Groceries, Clothing, Furniture, Shoes and Other Household Supplies

Contains 100 pages of money saving items. Write a postal for it today and see how you can get our Guaranteed Groceries at a saving of one-half. For instance: Laundry Soap at  $2\frac{1}{2}$ ¢ a bar; Baking Powder,  $12\frac{1}{2}$ ¢ a can; Toilet Soap (3 bar box),  $12\frac{1}{2}$ ¢; Starch, 5¢ a box—everything at  $\frac{1}{2}$  usual cost.

### 1500 Premiums Given

with orders for these Guaranteed Products. Thirty days trial—no money in advance—money back if not satisfied. Write for Catalog and learn how to furnish your home throughout without a cent of extra cost on our money saving Factory-to-Home Plan.

**CROFTS & REED CO., Dept. B301, Chicago**



Given Free with \$10 worth of Products.

## ENTERPRISE TENT COT



In lower corner of cut shows how it appears when folded.

Weight 30 Pounds.

If you have Lung Trouble sleep in an **Enterprise Tent Cot**—on your porch, veranda, roof or lawn—protected from storms in winter and mosquitos and flies in summer. Get the pure air which is the only cure for weak or diseased lungs. It is also the best house for children in warm weather. Indispensable for campers. Dept R.

**ENTERPRISE BED COMPANY,**

**Hammond, Ind.**

## "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**

## MY NEW CAT-

alog of best books on self-help is now ready.

In my catalog you will find described and illustrated the best works on **Mental and Spiritual Healing, Suggestion, Personal Development, Science of Success, Development of Personal Magnetism, Character Reading from the Human Features, Meaning of Names and Numbers, Hindu Philosophy, Dreams and Their Meanings, Letter Writing, Conversation, Etiquette, Etc., Etc.** Order from this catalog and you will

### SAVE 10% ON YOUR BOOKS

under my Rebate Coupon plan. Just send a postal now. The catalog is just published and it is **FREE.**

**WILLIAM E. TOWNE, DEPT. 1, HOLYOKE, MASS.**

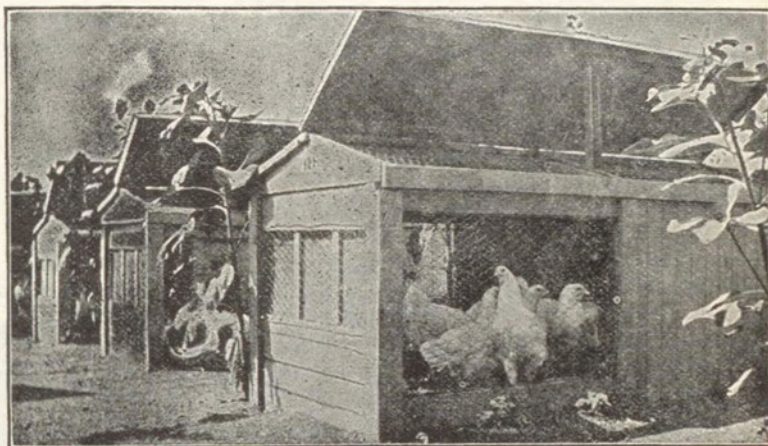




# A LIVING FROM POULTRY

**\$1,500.00 from 60 Hens in Ten Months on a City Lot 40 Feet Square**

**T**O the average poultry-man that would seem impossible, and when we tell you that we have actually done a \$1,500 poultry business with 60 hens on a corner in the city garden 40 feet wide by 40 feet long, we are simply stating facts. It would not be possible to get such returns by any one of the systems of poultry keeping recommended and practiced by the American people, still it can be accomplished by the



NOTE THE CONDITION OF THESE THREE-MONTHS-OLD PULLETS. THESE PULLETS AND THEIR ANCESTORS FOR SEVEN GENERATIONS HAVE NEVER BEEN ALLOWED TO RUN OUTSIDE THE COOPS.

## PHILO SYSTEM

### THE PHILO SYSTEM IS UNLIKE ALL OTHER WAYS OF KEEPING POULTRY

and in many respects just the reverse, accomplishing things in poultry work that have always been considered impossible, and getting unheard-of results that are hard to believe without seeing.

### THE NEW SYSTEM COVERS ALL BRANCHES OF THE WORK NECESSARY FOR SUCCESS

from selecting the breeders to marketing the product. It tells how to get eggs that will hatch, how to hatch nearly every egg and how to raise nearly all the chicks hatched. It gives complete plans in detail how to make everything necessary to run the business and at less than half the cost required to handle the poultry business in any other manner.

**TWO-POUND BROILERS IN EIGHT WEEKS** are raised in a space of less than a square foot to the broiler, and the broilers are of the very best quality, bringing here 3 cents a pound above the highest market price.

### OUR SIX-MONTHS-OLD PULLETS ARE LAYING AT THE RATE OF 24 EGGS EACH PER MONTH

in a space of two square feet for each bird. No green cut bone of any description is fed, and the food used is inexpensive as compared with food others are using.

Our new book, *The Philo System of Poultry Keeping*, gives full particulars regarding these wonderful discoveries, with simple, easy-to-understand directions that are right to the point, and 15 pages of illustrations showing all branches of the work from start to finish.

### DON'T LET THE CHICKS DIE IN THE SHELL.

One of the secrets of success is to save all the chickens that are fully developed at hatching time, whether they can crack the shell or not. It is a simple trick, and believed to be the secret of the ancient Egyptian and Chinese which enabled them to sell the chicks at 10 cents a dozen.

### CHICKEN FEED AT FIFTEEN CENTS A BUSHEL.

Our book tells how to make the best green food with but little trouble and have a good supply any day in the year, winter or summer. It is just as impossible to get a large egg yield without green food as it is to keep a cow without hay or fodder.

### OUR NEW BROODER SAVES 2 CENTS ON EACH CHICKEN.

No lamp required. No danger of chilling, over-heating or burning up the chickens as with brooders using lamps or any kind of fire. They also keep the lice off the chickens automatically or kill any that may be on them when placed in the brooder. Our book gives full plans and the right to make and use them. One can easily be made in an hour at a cost of 25 to 50 cents.

### TESTIMONIALS.

My dear Mr. Philo:—

Valley Falls, N. Y., Oct. 1, 1910.

After another year's work with your System of Poultry Keeping (making three years in all) I am thoroughly convinced of its practicability. I raised all my chicks in your Brooder Coops containing your Fireless Brooders, and kept them there until they were nearly matured, decreasing the number in each coop, however, as they grew in size. Those who have visited my plant have been unanimous in their praise of my birds raised by this System.

Sincerely yours, (Rev.) E. B. Templer.

Mr. E. R. Philo, Elmira, N. Y.

Elmira, N. Y., Oct. 30, 1909.

Dear Sir:—No doubt you will be interested to learn of our success in keeping poultry by the Philo System. Our first year's work is now nearly completed. It has given us an income of over \$500.00 from six pedigree hens and one cockerel. Had we understood the work as well as we do now after a year's experience, we could easily have made over \$1,000.00 from the six hens. In addition to the profits from the sale of pedigree chicks we have cleared over \$960.00, running our Hatchery plant, consisting of 56 Cycle Hatchers. We are pleased with the results, and expect to do better the coming year. With best wishes, we are,

Very truly yours, (Mrs.) C. P. Goodrich.

Mr. E. R. Philo, Elmira, N. Y.

So. Britain, Conn., Apr. 19, 1909.

Dear Sir:—I have followed your System as close as I could; the result is a complete success. If there can be any improvement on nature, your brooder is it. The first experience I had with your System was last December. I hatched 17 chicks under two hens, put them as soon as hatched in one of your brooders out of doors, and at the age of three months I sold them at 35c a pound. They then averaged 2½ lbs. each, and the man I sold them to said they were the finest he ever saw, and he wants all I can spare this season.

Yours truly, A. E. Nelson.

**SPECIAL OFFER—Send \$1.00 for one year's subscription to the Poultry Review, a monthly magazine devoted to progressive methods of poultry keeping, and we will include, without charge, a copy of the latest revised edition of the Philo System Book.**

**E. R. PHILO, Publisher**

2014 Lake Street,

Elmira, N. Y.

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



## GOOD

For every recipe that calls for flavoring.

# MAPLEINE

The Flavor De Luxe

Never yet has there been a flavoring so popular for cake frostings and fillings, milk puddings, pudding sauces, ices, candies, bon-bons, fudges and other delectable dainties.

Its flavor is incomparably rich and delicious—and for

### MAKING HOME-MADE SYRUP

you will find Mapleine both economical and good. Simply dissolve white sugar in water and add some Mapleine—make any quantity any time. Full directions on every bottle.

Our Recipe Book "Mapleine Dainties" Sent FREE on Request.

Grocers sell Mapleine, 35c (in Canada, 50c) for a 2-oz. bottle. If not, write

DEPT. G,  
CRESCENT MFG. CO., SEATTLE.



## 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

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

## BEAUTIFUL WOMEN USE

# Mme. LeMay's Beauty System



Have you an imperfect nose or any other imperfection? If so write me what it is. I have beautified some of the world's most famous beauties, and can do the same for you.

Write for a jar of my Perfect Greaseless Massage Cream enclosing 10c. to pay the postage. This is a Greaseless Cream and will not grow hair on the face. I also present you with my booklet "Assemblage of Graces," a delightful booklet on beauty, illustrating Physical Development, Wrinkle Removing, Perfecting Imperfect Noses, and Beautifying the Face and Form in General.

Address, Mme. LeMay, 602 Sibley Bldg., Rochester, N. Y.

## Anyone Can Enjoy This Delightful Turkish Bath Right At Home—Cost 2 Cents

Every Benefit, Every Luxury of Vapor Bathing Within Reach of All—The "Robinson" Thermal Bath Cabinet Going Into Countless Homes

You no longer need to go to an expensive hotel or public Turkish Bath when you want to get a fine hot vapor bath, rid the pores of accumulated waste and feel fresh and fit instead of dull and "stale." Just get a "Robinson" Thermal Bath Cabinet. A bath takes only 15 minutes of your time and will cost you only 2 cents. This is a ridiculously small expense as compared with what you have to pay for ordinary Turkish Baths. This "Robinson" bath is fully equal in all respects to any Turkish Bath and far more convenient. Pursued systematically, this home cabinet bath will accomplish wonders in the treatment of La Grippe, Fever, Hard Colds, and Rheumatism. Beware of imitations. OUR \$2.00 BOOK SENT FREE. It represents the best work of some of our greatest minds on a subject of vital welfare to all human beings. "The Philosophy of Health and Beauty" was prepared under the supervision of Prof. Robinson. This offer is for a limited period only. Send today.

**ROBINSON MFG. COMPANY**  
208 Snowflake Bldg. Toledo, Ohio



Sent on Approval. Send No Money. \$2 HAIR SWITCH.

WE WILL TRUST YOU TEN DAYS.

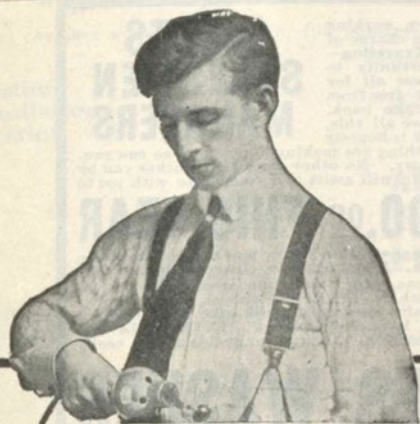
Choice of Natural wavy or straight hair. Send a lock of your hair, and we will mail a \$2 inch short atom fine human hair switch to match. If you find it a big bargain, remit \$2.00 in ten days, or sell 3 and GET YOUR SWITCH FREE. Extra shades a little more. Inclose 5c postage. Free beauty book showing latest style of hair dressing—also high grade switches, pompadours, wigs, puffs, etc. ANNA AYERS, Dept. 899

19 Quincy Street, Chicago



*I do not wish to expiate but to live. My life is not an apology, but a life.—Emerson.*





## Vibrate Your Body And Make It Well

You have no **right** to be sick. No matter what ails you—even if others have told you your case was **incurable** **DON'T GIVE UP HOPE.** The great natural forces, **Vibration and Electricity**, are relieving hundreds of people who have found no satisfaction in drugs.

### The White Cross Electric Vibrator

gives you your choice of Vibration, Faradic and Galvanic Electricity, either separately or in combination, just as you wish. It relieves pain and brings grateful letters from happy patients.

The White Cross Electric Vibrator gets at the cause of disease. It sends the rich blood leaping and coursing through your veins and arteries straight to where the disease begins. It tones up your nerves, muscles and every vital organ. It makes your **fairly tingle with the joy of living.**

### FREE Book "Health and Beauty"

Send **TODAY** for the magnificent free book, "Health and Beauty." This valuable

work tells you all about the human body in health and disease. It tells you how you can get well and keep well, no matter what your trouble is. Besides, this book tells you all about the wonderful White Cross Electric Vibrator—It tells you about the very special offers which we are making for just a short time, and how you can get a White Cross Electric Vibrator on a genuine free trial. Your name and address brings this intensely interesting book by return mail. Sign the coupon and mail it to us at once.

## Send coupon today for Free Book

**DON'T DELAY A MINUTE.** Whether you are sick or well, you should send for this book **anyway.** Learn how you can save on drug bills and treat yourself right at home without expense.

**Send No Money,** just your name and address on the coupon. **But write today.**

**LINDSTROM, SMITH CO.**  
253 La Salle St.,  
Dept. 2984,  
CHICAGO

Without obligation on me, please send free, prepaid, your book "Health and Beauty" on treatment of disease by Vibration and Electricity. Also Free trial offer.

NAME .....  
ADDRESS .....

LINDSTROM, SMITH CO., 253 La Salle St., Dept. 2984, CHICAGO

## You Can Weigh

Exactly what  
You Should  
Weigh



You can be Strong—  
Vigorous—  
full of Life and Energy.

You can be free from Chronic Ailments—every organ of your body strong as nature intended.

You can have a Good Figure—as good as any woman.

You can have a Clear Skin.

I no longer need to say what "I can do" but what "I HAVE DONE." I have helped 49,000 of the most cultured, intelligent women of America to arise to their very best—why not you?

### NO DRUGS—NO MEDICINES

My pupils simply comply with Nature's laws.

#### What My Pupils Say:

Every one notices the change in my complexion, it has lost that yellow color."

"Just think what you have done for me! Last year I weighed 215 pounds, this year 146, and have not gained an ounce back. I am not wrinkled either. I feel so young and strong, no rheumatism, or sluggish liver, and I can breathe now. It is surprising how easily I did it. I feel 15 years younger."

"Just think! I have not had a pill or a cathartic since I began and I used to take one every night."

"My weight has increased 30 pounds. I don't know what indigestion is any more, and my nerves are so rested! I sleep like a baby."

"Miss Cocroft, I have taken off my glasses and my catarrh is so much better. Isn't that good?"

"I feel as if I could look every man, woman and child in the face with the feeling that I am growing—spiritually, physically and mentally. Really I am a stronger, better woman. I don't know how to tell you or to thank you."

Reports like these come to me every day. Do you wonder I want to help every woman to vibrant health and happiness. Write me your faults of health or figure. Your correspondence is held in strict confidence. If I cannot help you I will tell you what will.

My free book tells how to stand and walk correctly and contains other information of vital interest to women. Every woman is welcome to it. Write for it. If you do not need me, you may be able to help a dear friend. I have had a wonderful experience and I'd like to tell you about it.

**Susanna Cocroft**

Dept. 63-K 246 Michigan Avenue Chicago

Miss Cocroft is the best authority in America upon the regaining of woman's health and figure through Natural, Scientific means.



# LISTEN

We want Men and Women, working all or spare time to take charge of territory. At Home or Traveling—this is a glorious opportunity to establish a big business all for yourself. Be independent—free from worry—have money in the bank. Enjoy Life. You can have all this, position, free. All we ask is honesty and willingness to work. Men who have never sold anything are making big money—so can you. NEW INVENTION—never has been worked in your territory. No other Agents to bother you by cutting prices and profits. No charge for territory. We will assist and co-operate with you to make a big success of this new business. Everybody wild with success. Theo. Schott, Ills., says "works fine." Orders dozen quick. G. W. Bryant, Cal., writes, "most interesting demonstration I ever made, can I have one more county?" Write letters like this yourself—you can. A Morris, Ohio, cleared \$25 one day. C. F. Norton, Kansas, says "make me spot cash price on 100 machines quick." W. H. Barnhouse, Iowa, reports, "machines unusually successful, will take this county." W. H. Nance, Mo., writes, "will take this county while I have the chance." INVESTIGATE—don't stop until you know all about this amazing proposition. You can make this money, easily selling the

## AGENTS SALESMEN MANAGERS

YOU CAN MAKE \$5,000.00 THIS YEAR

### EXPERIENCE NOT NECESSARY

SEND NO MONEY—simply write your name, address and county on a postal card and mail at once. Time means money to you, so act today.

## VACUUM CLOTHES WASHER



A new invention—nothing else like it. OPERATES ON NEW PRINCIPLE. Washes clothes automatically, without work or power. Takes place of high priced washing machines. No rubbing—no chemicals. Will not harm finest fabrics. You can be doing other work while clothes are washing. Made of genuine burnished copper, consequently cannot rust or spoil clothes—never wear out. No wheels, knobs or handles—nothing to get out of order. Cleanest, most sanitary way to wash clothes. Each machine guaranteed. Every woman wants one of these machines—can you imagine a quicker way to make money than to supply this enormous demand? We want a thousand AGENTS, SALESMEN and MANAGERS—hurry and you can secure one of these positions.

SEND NO MONEY—simply write your name, address and county on a postal card and mail at once. Time means money to you, so act today.

METALLIC MFG. CO. 226 Hyatt Bldg., Toledo, Ohio

Reference: National Bank of Commerce Resources over \$9,000,000.00.

## "The Most Important Discoveries Ever Made for Humanity"

HOW Vital Energy is produced from a single food element—Organic Carbon,—instead of Protieds, exposing the greatest fallacy of Modern Medicine, and reveals the scientific CAUSE of Disease as Non-Usable food elements. Energetic Health now easily obtainable. Discoveries described in a new magazine. Send 10 cents for sample copies. DR. B. W. CHILD, Dept. E, 507 N. Madison Ave., Pasadena, Cal.



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.

## TO LIVE FIVE HUNDRED YEARS

GET THIS BOOKLET

## The Law of Life

Its Continuance in the Body

The Perpetuation of Physical Life, Health, and Youthfulness

TRUTH whereby the writer is now younger than he was TEN YEARS ago, and growing younger every day—the Truth by which you can do the same. Send today for this 11,000-word booklet of TRUTH. Price, 15 cents; coin only. Address, PROF. CONRAD, 202, Springfield, Ill.

## OPERA STORIES

A Book  
Everyone  
Should Have

Tells in brief the complete stories of more than one hundred leading operas and 20 full-page photographs of the best-known artists, including Caruso, Farrar, Garden, Cavaleri and others. Octavo size, beautifully printed and durably bound. For sale by leading music stores or mailed, postpaid, on receipt of 50c, to H. L. MASON, 188 Bay State Road, Boston, Mass.

## More Brain Power

"The Mind and The Brain or the Art of Mind Building" is a wonderful little book by Prof. Elmer Gates, of the Smithsonian Institute, Washington, D. C. It shows how scientific thinking develops new brain cells and greater powers. How the emotions affect the body. How to regulate the digestive process and cure dyspepsia. How to practice the art of original thinking. Price, 25c (stamps). Send NOW. WILLIAM E. TOWNE, Dept. 1, Holyoke, Mass.

## TO ALL THE WORLD, GREETING!!



It is high time we were all NEWTIANS and NEWOLOGISTS. Send 10 cents for sample copy of THE NEWLIFE MONTHLY. Also Circular and Press Notices of THE NEWLIFE SCIENCE (now taught by correspondence), by DR. J. F. NEW, LEADER.

THE NEWLIFE MOVEMENT, the Greatest Reformation of Time. KEEP POSTED OF THE NEWLIFE SEE (The Seat of Sovereign Power). Teachers and Doctors of Newology wanted to organize Newlife Churches and to practice the NEWLIFE Healing. Address all letters to J. F. New, Pres., The NEWLIFE Textbook Publishers, National Headquarters, Takoma Park, Wash., D. C.

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



# Foods Cure--Drugs Destroy

You can have a clear, keen brain, full possession of your faculties, and all your Youthful Vigor unimpaired.

Here's the Key—study it.

Digestion  
Assimilation  
Excretion

depend upon

Selection  
Combination  
Proportion

**ABSOLUTELY  
PERFECT  
HEALTH**

Nutrition  
Oxidation  
Exercise

regulated by

Age  
Climate  
Occupation

90 per cent of all human ills are caused by errors in eating—Ignorance of selecting, combining and proportioning your food.

Nature did her work RIGHT in the BEGINNING. IF YOU have thwarted her, you are suffering. It's MY business to set you right, and give Nature a chance to restore you to normal. I do this without deprivation in eating. **FOOD SCIENCE IS MY LIFE WORK.**

I KNOW what the normal human body requires. I can give you the results of exhaustive scientific research on two continents, in a Simple, Comprehensive and Effective manner.

## I CAN TEACH YOU HOW TO CURE

Stomach trouble,  
Constipation,  
Fermentation,  
Intestinal gas,

Rheumatism,  
Nervousness,  
Catarrh,  
Abnormal appetite,

Obesity,  
Emaciation,  
No appetite,  
Mental depression,

Kidney, Liver and Heart trouble

by telling you how to select, combine and proportion your food.

My terms are right. Send me your name and receive a lot of good stuff, showing you how food cures. Do IT NOW.

**EUGENE CHRISTIAN, Food Scientist**

4 Times Building

New York City



## 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. George  
English

## PERSONAL MAGNETISM BRINGS SUCCESS

A full home course of applied Metaphysics for \$25.00. Single lessons, \$2.35. Publishers of the two famous booklets, "Science of Soul Power" and the "Forty Mystic Degrees in God and Love." Nothing else like them ever published. The only incorporated school in Chicago. Address, **PAYNE'S SCHOOL OF METAPHYSICS, 1316 West Congress St., Chicago, Ill.**

## SEXUAL LAW

AND THE

## PHILOSOPHY OF PERFECT HEALTH

Has helped thousands to better health and will show you how

**YOU MAY HAVE PERFECT HEALTH.**

Sent postpaid to any address for 10 cents. Address:

**C. W. CLOSE, PH. D.**

DEPARTMENT 8, BANGOR, MAINE

## Live Agents Wanted

Hustlers to handle our attractive combination packages of soap and toilet articles with valuable premiums. One Michigan agent made \$65 in 47 hrs., another \$21 in 8 hrs., another \$22.50 in 10 hrs. Write today. DAVIS SOAP WORKS, 333 Davis Bldg., 1431 Carroll Ave., Chicago

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

## 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



## "I Made \$20 Today"

Sold 48 This Week, (profit \$88.80,) writes M. G. Clark, Mont.

### "WOMEN BUY AT SIGHT"

"Started yesterday; sold 10, and today 12 more. It's a gold mine. Rush 50 more," writes J. H. Hodson, N. Y. Hundreds of men and women making

### \$50 TO \$100 A WEEK.

Actually making a week's wages every day. They're banking money, buying homes, automobiles. New discovery makes it easy for them—should do the same for you. Tremendous sale of the

### "HOME COMFORT"

#### SCRUBBING MACHINE

breaks all records. New, popular, irresistible—double your money every sale. Every housewife a customer. World's greatest labor-saving invention. No more back-breaking, floor-scrubbing days. New, marvelous machine replaces hands, brushes, rags, buckets, for scrubbing. **Vibration does the work.** Scrubs, attacks dirt, dust, grease—works like magic. A God-send to women. **Self-Feeding, Self-Sudsing.**

Turns scrubbing drudgery into neat, easy, quick, pleasant task. Child can do it the Home Comfort way. Weighs 5 lbs. Sells for \$3.25—last for years. Not sold in stores. Home Comfort is

VIBRATION DOES THE WORK



**\$3.25**

truly a never ending household boon. Pleases, astonishes all. Customers wonder how they ever got along without it. Mrs. Harris, Ill. writes: "Home Comfort has been a God-send. It's so easy to scrub and clean. Really wonderful how quick it works." Mrs. H. Cole, N. Y. writes: "I am simply delighted. Robs scrubbing of all its hard work and takes so little time. Can scrub dirtiest floors with scarcely any effort." C. Barnes, S. C. writes: "No other invention means so much to the home. I am booking orders like lightning. It takes every woman by storm." What woman hasn't been eagerly waiting for the Scrubbing Machine. It's here—perfected—selling like wildfire. Sells for \$3.25—banishes forever woman's worst torture. Could anything be more appreciated, popular, irresistible? Don't delay—seize this live opportunity. Be first—get exclusive territory—make a fortune. Send today for agency, free sample and credit terms.

**SANITARY SUPPLY CO., Box 263 Sta. F, Toledo, Ohio**

## Ideals and Conduct

**TEACHES THE WAY TO HEALTH, TRANQUILITY AND JOY.** It will light the spark of genius, hidden in the untrained mind, and transfigure it into the soul's purest flame. All that you aspire to, all that you hope for may be attained. You are all that you think. You are all that you dream and desire.

### CHAPTERS OF THE BOOK:

The Inner Life—Visioned Beauty—Guiding Principles—Controlling the Past—Unfoldment—The Quest of Happiness.

Daintily bound in yellow silk, with gold lettering. A delightful book to read.

Price, 50 cents, postpaid. **URIEL BUCHANAN, P. O. Box 210, Chicago, Ill.**



## HOW TO CULTIVATE THE VOICE

for Singing and Speaking. Carl Young's Lessons by Correspondence teaching tone-production through correct mental concepts and scientific principles. 10-Lesson Set, \$10.00. Singly, \$1.50. Phonograph Record-Demonstrations, \$2.50 each. Book, Voice Placing, \$1.00. Send 2c for Application Blank and Testimonials, Specimen Report.

**A. W. COWLEY, Sec'y Correspondence Co., 1540 E. 65th Pl., Chicago, Ill.**

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

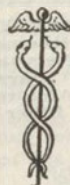
## THE MILK CURE

**Correctly Taken** A MILK diet, being **uric-acid-free**, will cure any curable disease and will build up an ill-nourished body and make weak nerves strong, quicker than anything else. It **won't** give you the complexion of a child; you couldn't expect that; but it **will** (if my instructions are followed) give you a clear skin and a healthy color and increase your weight by  $\frac{1}{2}$  a pound or more daily. **Anyone** can take MILK if they know the "how and when," and herein lies the whole trouble. **Full instructions**, including advice when returning to ordinary food. One dollar.

**HOWARD HILL, Box 294, Glens Falls, N. Y.**

N. B. These instructions bear no resemblance to the so called "original." They are thoroughly up-to-date and the result of personal experience under the founder of the MILK CURE system (an able German M. D.) by whose method the advertiser gained 55 pounds in weight.

## LIFE OR DEATH?



Which are YOU choosing? Read "Immortality or Eternal Death," a pamphlet that explains much of the mystery of life and death. This book is for all who would LIVE. It is written in plain, open style, easy to comprehend. It takes the reader back to the oldest teachings in the world concerning the philosophy of life—the teachings of ancient Egypt. It explains much regarding Karma and Reincarnation. It gives a common meeting ground for New Thoughtists, Spiritualists, Theosophists and all advanced thinkers, and all who desire good for the world. 45 pages. Price only 10c if you send now. Address **EGYPTIAN PUBLISHING CO., Richland Center, Pa.**

## Build Up A Subscription Business

Men and women are wanted in every community to handle magazine subscriptions under an entirely new plan, which means larger profits and a steady income. A chance to build up a mail order business of your own. For full particulars address **THE ASSOCIATED PUBLISHERS, Room 1, 39 E 42d St., New York City.**

## DEAD

Or not dead? That is the question. Whether you believe in Spiritualism or not depends on how much or how little you know about it. We carry an immense stock of practical books on all Occult subjects—Astrology, New Psychology, Healing, etc. Send for our **NEW** descriptive **FREE** catalogue today and put in 25c for Walrond's "PRACTICAL GUIDE" to Astrology, Spiritualism, etc. You will be pleased with it. **WALROND'S OCCULT PUBLISHING CO., DEPT. GS, ROCHESTER, NEW YORK.**



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.

250 page catalog free. Write today.

**THE HOME CORRESPONDENCE SCHOOL**  
DEPT. 139, SPRINGFIELD, MASS.

*Only the improvement of the individual can improve the race.*

—Elizabeth Gibson.





## "The BODY BEAUTIFUL"

my latest book should be read by every woman. I will send it *free*. It has been declared by thousands to be the most original, unique and fascinating book ever written upon a subject of the deepest and most vital concern to every woman. It explodes the fallacy that a woman cannot avoid her lack of beauty or of health, and points out many other truths in reference to building health, vitality and all-around physical perfection. In this book I have explained how and why every woman should be **VIGOROUS and HEALTHY** and why she can and *should* be **BEAUTIFUL**.

Ill health is not merely a misfortune; it is a *result*. The same is true of ugliness. Beauty like health, is not a matter of good luck; it is a *result*. It is a matter of cause and effect, and I want to teach **YOU** why and how you can have exuberant health, a smooth, clear complexion, a charming personality and an exquisite personal beauty.

### WHAT I HAVE DONE FOR MYSELF I CAN ALSO DO FOR YOU

It is not a matter of birth, for I was weak, puny and sadly deformed in childhood. I have overcome all of my weaknesses and deformities by my own natural, drugless methods. Millions of people have personally seen just what I have accomplished; they have seen in me a living demonstration of my unique system of health culture and body building. If you are weak, nervous, fat, thin, unshapely, tired, lacking vitality, or in any other respect not at your very best, then I can be of service to you.

### My Guarantee

With my book, "The Body Beautiful," which I will send to anyone free of charge 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. Enclose 4c for postage.

**Annette Kellermann**

ROOM 704.

1133 BROADWAY,

NEW YORK.

## Don't Look for Opportunity Through a Telescope



**Opportunity is right at your hand.  
The whole secret is in recognizing and grasping it.**

Do you wish real success? Have you a little of the "I Can" and "I Will" spirit? Do you want your chance? Then, if you are a "doer" and not merely a "wisher," we want to talk to **YOU**.

### We Are Manufacturers' Representatives

We handle high class specialties. We want **real salesmen** to represent us in our extensive territory; not mere order takers and time wasters but men who know their business from the bottom up; men whom **we have trained** and who can get orders that the ordinary salesman could never touch; the ones who earn big incomes and who **get them**.

**We must have trained men.** Only the trained man, who knows "how and why" can hope to win. **Success is within your reach.** It is but a question of knowing and following the exact laws which govern it. We will explain them to you fully. **You cannot fail if you apply them.**

### We Want 500 Men Right Now

If you are one of the men having a little red blood, back-bone and a desire to become a real factor in the world's work, then **we want you for our own sales force.** We will train you in Scientific Salesmanship; revealing to you all the secrets and the **short cuts to Success.** When you have learned our methods, and understand our policy, a splendid position with us is then yours.

Our offer means thorough instruction in the Science of Practical Salesmanship; the increase of your earning power. It puts you in line for wealth, position and sterling character; to be a "winner"—the man who can "deliver the goods." We want you as our **own salesman** where you can earn a splendid income.

### You Do Not Need Previous Experience

All we ask is that you can read and write and are willing to try. We don't care if you have tried and failed a dozen times if you haven't lost your "nerve" and are willing to try again. We turn a failure into a winner and make a good salesman a better one. We know how and **we show you.** You don't have to leave your present position until we prove to you in actual **dollars and cents** that you can make more money by being one of our salesmen than you can anywhere else.

Ask us today to send you, without expense or obligation, our book "Wanted—Practical Salesmen" which tells you all about this great "100 per cent on the square" opportunity. You want to know all about it—it is something new **for you.**

### STACE, BURROUGHS AND COMPANY

(Manufacturers' Representatives)

309-311 Michigan Ave., Offices 530, Chicago, Ill.

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



# \$4000 A YEAR TO AGENTS

**100 good honest agents—salesmen—managers wanted at once.** No experience required. Positions pay from \$50 a week to \$4000 a year. McGough, O., made \$160 in one week. Boy of 14 sold six in one afternoon. E. J. Durr, Mich., cleared \$22.50 in one day. Needed in every home, office, factory, public building. **150 per cent profit in each sale.** Profits count up fast. Sale after sale is made in short time. 100 appointments in fine territory will be made at once. If you hurry you can get one of them. Don't waste time. Write us today. Agents recently appointed report startling records of sales. We are introducing one of the most marvelous and useful mechanical and chemical inventions of the age.

## A WONDERFUL FIRE EXTINGUISHER

Puts fire out like magic—has created great sensation. Acts instantly—harmless to everything but fire. Cuts cost of fire insurance. Everybody is in mortal fear of fire, live in dread of it. Gasoline—oil—gas stoves explode every day—children play with matches—lamps tip over. Fires start in hundreds of unexpected ways. Before help arrives homes are ruined—property destroyed—lives lost. Just a little blaze starts it. U. S. Fire Extinguisher prevents all this. **DEATH TO FIRE!** no matter how started. When fire breaks out, grab Extinguisher, throw contents into center of blaze. Presto!—fire out—property—home—lives saved. Write quick. Get in your application. Try for this big money. Honesty and hustle all that is required—address

**UNITED MFG. CO.,** 1539 Mill Street, Leipsic, Ohio.  
Reference, Bank of Leipsic, Capital \$1,000,000.00.



## THE ELOIST MINISTRY A CORRESPONDENCE CHURCH

We worship in Temples not made with hands. John, 4.23. We do not bind anyone. 2 cor. 3.17. We unite the good in the old thought with the truth in the New Thought. We teach the **cause and cure** of physical disease, mental weakness and soul inharmony. We believe in saving body, mind and soul from sin, suffering and disease. We reveal immortality and progression for all. We believe in Healing, in Suggestion, in Prayer, in Divine Providence, in the Mediating Christ, and in individual soul communion with the Father. We can help you into the Way of Life, Peace and Prosperity. Drop a dime into our Contribution Box and tell us of your need. **THE ELOIST MINISTRY, 2057 East 60th St., Cleveland, O.**



## 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.

## A Pleasing Personality

Some facts not generally known; a system that develops vital and mental magnetism, based on natural laws and eternal truths. It gives a pleasing consciousness of power and a dominant magnetic personality. Your money's worth many times. Concise and to the point. \$1.00 for complete treatise (April only). Satisfaction assured. **A. BISHOP, Box 754, Kalamazoo, Mich.**

### 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 stamp for free literature.

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

## 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.



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



# Drink Dole's Pure Hawaiian Pineapple Juice

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.

## 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, over-powering and successful.

EGYPTIAN PUBLISHING COMPANY  
Richland Center, Pa.

SWITCHES, PUFFS, CURLS or Cluster Puffs, any style, \$1.25 to \$2.00, made of your combings or cut hair. Finest hair goods made to order. Send sample of hair and description or picture of article wanted, for price. Cut hair and combings bought. C. R. MOMENT, 1631 S. Trumbull Ave., Chicago, Ill.

## The Teleelectron

A new, scientific, electro-therapeutic appliance, demonstrating a principle which has been fruitlessly sought after by thousands of previous investigators.

By the use of the TELEELECTRON, concentration of thought is attained and the cure of disease made certain.

The TELEELECTRON Treatment is especially indicated in those obscure, but none the less serious, neurotic conditions which cause worry, restlessness and irritability, and of diseases such as constipation, insomnia and periodic neuralgia which follow.

The Mind is Master. Each one of the millions of living cells in the body is connected with the brain and receives its stimulus therefrom.

The many-sided activities of modern life tend toward neurasthenia and its inevitable reactions. The TELEELECTRON restores the normal co-ordination of the brain-cells, resulting in the reconstruction of the normal functions of the body-cells.

The TELEELECTRON performs no miracles but commends itself to all intelligent people. Do you wish for abundant health and success? Write at once for particulars and be convinced.

The Teleelectron Company, Ltd.,  
Ottawa, Canada



## RIGGS DISEASE

(Pyorrhea)

SAVE YOUR TEETH! Many people have Riggs Disease and do not realize this is why their gums are sore, discharge pus and bleed easily, and the teeth become loose and sensitive. The only known cure for this disease is Call's Anti-Riggs, a safe, pleasant and economical treatment. Use this and save your teeth, sound and white for a life-time.

Send \$1.00 for 8 oz. bottle or 65c. for 4 oz. bottle, express prepaid in U. S., with guarantee of satisfaction or money back. Write for free circular A with reliable testimonials.

CALL'S ANTI-RIGGS CO.,  
Dept. 64, Elmira, N. Y.

## Voices Made Beautiful

Inferior, harsh, tuneless voices take high notes with ease, sweetness, power. Book, complete, \$1. MME. GIRARD, 518 E 51st St.

A SOURCE OF KNOWLEDGE

## DR. FOOTE'S "WONDER" BOOK

ON HEALTH - DISEASES - FREAKS -

MARRIAGE - PARENTAGE - HUMAN NATURE

1001 curious (mostly untold) facts about

## HUMAN NATURE

A peep into the Mysteries of the Inner-Man. This remarkable book is a thought-awakener, and is as interesting and easy to read as a novel. It contains more truths, common-sense, vital facts, valuable advice and information than your doctor would give you for \$10. It answers in plain language questions that occur to the minds of men and women young and old. It's positively worth sending for.

In 2 sections—240 pages, fully illustrated.

Send for it to-day! It's a Thought-awakener  
PRICE 10c BY MAIL

MURRAY HILL BOOK CO., 123 East 28th St., N. Y. City

## Genuine Ostrich Plume \$1.95 16-inch French Curl



BLACK OR WHITE ONLY

This beautiful plume sent prepaid for \$1.95, or sell 5 and get yours Free. Sold under our guarantee to be just as represented or money refunded. Feather will be sent C. O. D., subject to examination if so desired, 17 inch, \$3.75; 18 inch, \$5.00. We dye, clean and curl your old feathers or make them into willows. Prices reasonable. Free catalog of better grade feathers & hair goods. The Betz Co. Div. 409, 59 E. Van Buren St., Chicago

## FREEDOM TALKS

by Julia Seton Sears, M. D., founder New Thought Church and School. New edition just out. "One of the most inspiring books ever written." "Have received untold benefits from it." "God bless you for the help it has given me." These are only a few of the many favorable expressions received from its readers. Heavy paper, \$1.05; cloth, \$1.30; postpaid anywhere. Send for catalogue. NEW THOUGHT PUBLISHERS, 110 W. 34th St., New York.

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



## Get This Nobby Suit



Write  
today—  
a Postal  
card  
will do.

All of your friends wear clothing; why not make them buy their suits from you? You can save money for them and double your income. Don't say you can't. Send us an order for a suit for yourself. Wear the suit—that is all you have to do. You will be surprised how easy it is to take orders when you prove to your friends that you can furnish them with clothing "made to measure" for less money than they are now paying for ready made, out-of-date clothing. They must buy from you in order to get our exclusive styles, weaves and fabrics—the swellest, finest suits ever made. Take two or three orders and your profit will pay for your own suit. Easy to take measures with our instructions. We furnish a portfolio containing 60 handsome samples and show 30 different styles of coats, and all necessary stationery and information that will start you at once in a profitable, pleasant business. We guarantee to give you a perfect fit. You run no risk. We ship on approval, subject to 24 hours' examination. Your customers must be satisfied with style, fit and quality before paying. And don't forget—

We Pay the Express on Everything.

Send us your application today if you want to represent us. Don't delay or someone else will take advantage of this great opportunity.

PARAGON TAILORING CO., Dept. 35, CHICAGO

## LEARN MUSIC QUICKLY

If you want to play the piano, organ, violin, mandolin or guitar by note without practicing forever, write us today, and we will send you our book FREE that will convince you that we can save you time, money, patience, and teach you more music and better than any teacher living. Write us TO-DAY, stating the instrument, and we will prove it. Fine Arts and Music School, 349 Fourth St., Sedalia, Mo

(Continued from Page 62.)

—A most interesting account of an exciting period in American history is told by H. Addington Bruce in "Daniel Boone and the Wilderness Road." The book is a life of Boone from his birth in a log cabin down to his death, and shows his hatred for the shams and conventions of civilized life and his love for the wild woods and the mountains. An interesting sidelight is thrown on the men who were interested with Boone in establishing settlements in Kentucky. Notable among these is the brave Simon Kenton, an ancestor of the writer of this review. Published by the McMillan Company, 66 Fifth Ave., New York City. Cloth, 349 pages. Price, \$1.58, postpaid. —D. E. N.

(Continued on Page 78.)



## I WILL MAKE YOU PROSPEROUS

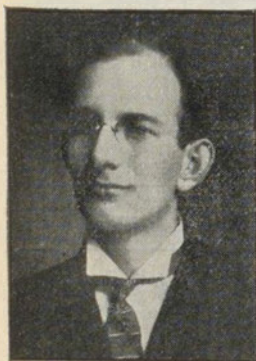
If you are honest and ambitious write me today. No matter where you live or what your occupation, I will teach you the Real Estate business by mail; appoint you Special Representative of my Company in your town; start you in a profitable business of your own, and help you make big money at once.

Unusual opportunity for men without capital to become independent for life. Valuable Book and full particulars Free. Write today.

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

A. H. Harden, Pres.

# WALLACE D. WATTLES



RUSSELL H. WATTLES.

died February 6th, 1911. His work is unfinished and my brother and myself wish to carry it on to completion. We have managed his business for years and have followed him through every step of his mental evolution. We are both perfectly familiar with his philosophy and intend to carry on the work exactly as it was done before his death.

The courses of the Correspondence School will be systematized and improved according to plans outlined by Mr. Wattles. The new course on Greatness is now ready. I shall continue the publication of the **Science Teacher**, which will add greatly to the interest of the work.

Send for our new circulars and ask for information concerning the work of the School. I shall be glad to answer all questions. Address

FLORENCE A. WATTLES,  
Elwood, Indiana.



FLORENCE A. WATTLES.

## THE MAN WHO CAN

Do you want to be a **Personality of Power**? Wallace D. Wattles was one of the world's gentlemen; there never lived a man so well beloved by those who knew him best. He was an advancing man, a commanding personality; and he made himself **FELT** in the community in which he lived. If you want to really **COUNT** for something send 50c for **Making the Man Who Can**, which will tell you **EXACTLY HOW** to be what you want to **BECOME**, and to do what you want to do.

Do you want to know the secret of success? **How to Get What You Want** is a plain, clear, common sense statement of New Thought applied to business. Very attractively bound in yellow—but not too yellow. Send ten cents at once, for we have only a limited supply.

Do you know that the best thing Wallace D. Wattles ever wrote is the little book, "A New Christ?" It is a masterful presentation of the philosophy of the gentle Nazarene from an altogether **NEW** point of view. Nothing commonplace about it. A really great piece of work. It is a handsome little book and does credit to our press. Price, 25c.

Write for circulars describing our other publications. We solicit your orders for these smaller books, as we have only a few of them left. Address,

RUSSELL H. WATTLES,  
Elwood, Indiana.

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



## 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.,**

**252-4th St., Jamestown, N.Y.**



## 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 MAHDZOON in Armenian) to be the world's one remedy for stomach and intestinal troubles. Europe is afire over the wonderful results obtained from its use in hospitals. It is simple to make and extremely cheap. Complete particulars, plainly stated, sent on request. Address: **THE MAHDZOON LABORATORIES (Importing and Manufacturing), 58 Griswold St., Detroit, Mich.**

## Wonderful Revitalizer "The Osteopath"

New Discovery Has Produced Amazing Results In Cases Pronounced Incurable By Physicians.

THE "Osteopath" is a remarkable invention going to basis of human ills. It revitalizes by eliminating nerve-interference, by natural mechanical stimulation, allowing maximum blood supply to reach affected parts, internal organs etc.

### Get The Free Book

and learn why the "Osteopath" is a marvelous improvement over manual osteopathy. Feel its quick results on Stomach, Kidney or Liver Trouble, Nervous Prostration, Brain Fag, Insomnia, Lung and Throat

Diseases, Catarrh, Bright's Disease, Rheumatism, Dropsy, Chronic Constipation, etc. Send name and address for Free Book. **OSTEO CO., 201 Handel Hall, Chicago, Ill.** Osteopaths and laymen increase their income representing us. Write for exclusive field.



### 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.

## "A Mental Method of Beauty Culture"

**How To Be Beautiful in Face and Form Through the Development of Consciousness.**

BY A BEAUTY CULTURIST.

The truth contained in this book is so great that words emphatic enough can hardly be found to give here an adequate notion of it. It will be a revelation to everyone who is interested in Beauty Culture. No greater secret concerning beauty and its attainment, has ever before been put into a book, as this method may be said to be a new and original discovery.

### TESTIMONIAL.

"A veritable treasure; vivid and forceful in constructive thought, and readily worth many times the price. Indeed, this is one of the biggest-little books it has been my pleasure to review. 'Oneness of element, body and soul,' are unified in the Principle of Consciousness. Exquisitely ethical and idealistic."—THE BALANCE, Denver.

Paper, postpaid, 50 cents. Address **MIND CULTURE PUBLISHING CO., 663 Bowen Ave., Chicago, Ill.**

## YOUR FINANCES

Let me 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.**

## BARGAINS!

To secure a valuable sales-agency we **must** turn into cash within several months a stock of books. Therefore the following splendid bargains:

- "Health-Wealth" Method, 27 powerful lessons on health-culture, 40,000 words, only..... 12c
  - "The Cure of Consumption, Coughs and Colds".... 4c
  - 1 dozen "The Cure of Consumption, Coughs and Colds"..... 36c
  - "My Creed," a beautiful hanger..... 5c
  - "Practical Manual for Reading Character from Handwriting," by Beauchamp, special..... 28c
  - "Practice of the Art," a "peach" of a book on salesmanship, by Fred G. Kaessmann—only..... 10c
- Many other bargains. Everything postpaid. Order today. Money back if not delighted. **"HEALTH-WEALTH" PUB. HOUSE, 79 Bennington St., Lawrence, Mass.**

## 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





## HOW TO SPEAK IN PUBLIC

Give **Grenville Kleiser**, (formerly of Yale Faculty), fifteen minutes of your time daily at home and he will teach you how to make after-dinner speeches, propose toasts, tell stories, make political speeches, address board meetings. His Mail Course will help salesmen sell more goods, develop power and personality, improve memory, increase vocabulary, give poise and self-confidence; it will help a man earn more, achieve more. "Your course has been of great service to me in my business, and I commend it to others in the highest terms," says **JOSEPH P. DAY**, New York's foremost auctioneer.

If you'll write to-day, we'll tell you all about it by mail.

**FUNK & WAGNALLS COMPANY**, Dept. 166, New York



## Learn Nursing and Earn \$15 to \$30 per Week

Our Thorough, Practical Lecture Course by Mail enables you to become a Recognized Graduate Nurse. No other field offers such great possibilities for women. Nellie Webster, Spooner, Wis., our graduate, earned \$800 on first case we gave her. We secured a position for another for one year at \$75 per month. Our Faculty and Allied Hospitals are of the highest standard. Our Diplomas are recognized everywhere. Write today for our large illustrated catalog. It contains

large list of our graduates whose average earnings have been increased from \$1 per week to \$25 per week. Easy terms.  
**AMERICAN TRAINING SCHOOL FOR NURSES**,  
Room 9 1555 LaSalle Avenue Chicago, Ill.  
Only School of its kind in the World.



**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.

## Do You Wish Success?

Your Face and the Other Fellow's

**15  
CENTS**

Daoud's illustrated study of character from the face enables you to know men and women in their true light, and thus enhances your business and social success. Send 15 cents in coin or stamps for complete study. **Padgett & Daavid**, Dept. A, 1731 Oregon Ave., Washington, D. C.



## "Burnt Again!"

She left it for a few minutes—the water boiled away—and the meat was badly scorched. But it will never happen, if you use a

**GEM KETTLE BOTTOM** 25¢  
(With Handle) Postpaid, Only

Absolutely prevents, meat, vegetables, etc., burning and being ruined, and the house filled with that terrible odor. Helps meat cook just right, and keeps potatoes dry and mealy. Don't have to stay in kitchen to watch. Also used as Toaster, Egg Boiler, Berry Washer, Cake and Pie Cooler, Meat Broiler, etc. No home should be without one.

**Agents Wanted** Catalog 300 other fast sellers, FREE.  
**O. Edgren Mfg. Co., Milwaukee, Wis.**

## LADIES' KID GLOVES

**ORDER** your gloves direct and save money. Made of best material and workmanship. New spring shades just out.

**No. L 650**—2 clasp french kid glove with the new raised embroidery, 95 cents, usually retailed at \$1.50.

**No. L 661**—2 clasp, best make, kid glove with the new Paris Point Embroidery \$1.25, usually retailed at \$1.75.

Sizes 5½ to 8 (quarter sizes) in colors, tan, brown, gray, white, black, pearl, red, green, mode, navy-blue.

If in want of any special shade, send sample and we will match.

Send stamps or money Order. Gloves mailed postpaid.  
**United Glove Co., 2 Broadway, New York City**

Descriptive booklet about all grades of short and long gloves, in kid, lisle, chamois or silk, mailed upon request.



## Start Your Life Anew

Make \$50 weekly, by Using, Teaching, Healing through your Mental and Magnetic, Telepathic and Prophetic powers. Complete Monochrome for intensifying vibrations. Codes for Telepathy and Prophecy. Develops in you a new personality of brilliant power. Method inexpensive, effective, can be used at once. Write: **DR. DELMER**, Grove Hall, Boston, Mass.

## Occultism is the Hand of Destiny

Is your life on the right track? Let us help you to get what you want. The Occult Laws when rightly operated never fail; let us synchronize you with the Cosmic Forces. Our order 9,000 years old, with membership throughout the world, holds the Keys to Occult Cosmic Power. Write us how you want your life and affairs transposed and for testimonials from members of wonderful Development, Power, Experiences, Success and Happiness through our assistance. We can certainly help you. Address **THE ALBA OCCULT SOCIETY, CARTHAGE, Mo.**

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

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

**PHYSICAL CULTURE MAGAZINE**

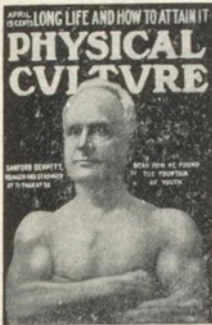
we're going to give, absolutely without cost, a complete course of lessons in physical culture. These have been written by Mr. Macfadden personally, and represent the most effective body-building course ever compiled and reflect the knowledge gained in the treatment of Patients at his immense Healthatorium, 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 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 treatment for keeping in good health.

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.

**PHYSICAL CULTURE PUBLISHING CO., 935 Flatiron Bldg., NEW YORK CITY.**

**Bright, Business Women**

Capable of earning big money, wanted as district managers to appoint local agents for high-grade corsets, not sold in stores; excellent opportunity; permanent; no big capital required; experienced corsetiers preferred. **WADE CORSET CO., Dept. D, Station L, New York.**

**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**

**LESSONS IN LIVING**

A Complete Statement of New Thought Principles and Practice.

By **ELIZABETH TOWNE**



What New Thought is, and how to use New Thought to help on your own development and progress is the subject of this book. The original material of the book consisted of Seven Lessons delivered once to Students in Los Angeles. Since then each statement has been thought over, slept upon and **BURBANKED** by the author, and lo! Here are the "Seventeen Lessons in Living." Following is a partial table of contents:

1. **INTRODUCTION.**—What a Narrow Mind Looks Like.
2. **THE FOUNDATION OF LIFE.**
3. **THE SEVEN PRINCIPLES OF CREATION.**
4. **NATURE'S DEVIL.**—The Law of Attraction, What Is Is and How It Works.
5. **TRANSMUTATION OF EVIL.**—After the Devil—Personal Love and Universal.
6. **THE NEW THOUGHT PLATFORM.**
7. **EVOLUTION AND THE ABSOLUTE AND PERPETUAL LIFE.**
8. **COSMIC CONSCIOUSNESS.**—How Attained—A Bit of History and Prophecy.
9. **HOW TO BECOME COSMO-CONSCIOUS.**
10. **TELEPATHY, A NEW VIEW.**
11. **MENTAL IMMIGRATION.**—Where Our Thoughts Come From and How They Are Stored.
12. **ACTION AND REST.**
13. **THE PRACTICE OF PROSPERITY.**
14. **THE PRINCIPLES AND PRACTICE OF HEALTH.**
15. **INTERACTION OF MIND AND BODY.**
16. **HOW TO LIVE A PERFECT DAY.**—How to Go to Sleep—A Treatment for Health, Happiness and Success—Retrospection—Where It Will Do the Most Good—How to Cure Insomnia—On Waking—A New Day—How to Plan for the Day—Gratitude and Progress.
17. **THE SONG OF YOURSELF.**—Lords and Mahatmas—What a Teacher Can Do—How to Grow in Consciousness and Power.

The book contains 185 pages, printed in beautiful, plain type on clean laid paper, with a new half-tone portrait of the author, bound in green silk cloth, stamped with a special design made by Emma Bell Miles. **Price, \$1.00, postpaid.** A copy given **FREE** for two NEW subscriptions to *Nautilus* at \$1.00 each; or for one NEW subscription and 60-cents extra. (Canadian Postage, 24c extra; Foreign, 50c extra.) Address all orders to the publisher, **ELIZABETH TOWNE, Holyoke, Mass.**

*Let man then learn the revelation of all nature and all thought to his heart; this namely; that the highest dwells with him; that the sources of nature are in his own mind, if the sentiment of duty is there.*

—Emerson.

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 3 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.,**  
101 Laflin Street, Chicago, Ill.

## Wear This Stylish Suit!

"Clothes Make the Man!"

The man who is admired is the well-dressed man whose clothes are fashionable, and are 1911 styles. You will be that man in your neighborhood! 1911 styles are just in. Get this suit—the swiftest, closest, snappiest style we ever created—and better your appearance! **THIS IS OUR IDEA:** We want one man as our representative in your neighborhood. You've got a lot of friends. They wear clothes. It is the easiest thing in the world to get them to order their clothes from you. Prices, \$7.50 and up. Those orders mean a big business that more than doubles your salary, and the work is the easiest, cleanest, nicest occupation in the world. New representatives make \$5 to \$10 a day. You simply take the order and measurements and mail them to us. We make the clothes, ship them on approval to your friend and hand you the profit money. A Regular Clutch! That's the beauty of being in business for yourself. Sit right down now; write us a postal or a letter for the free outfit to representatives. And you get the swiftest suit of fashionable, tailor-made, all-wool, 1911 clothes ever worn in your neighborhood. If your personal appearance and a big business is worth a postal or a 2-cent stamp to you, then act now—write us today. Address

(15) **AMERICAN WOOLEN MILLS CO., Dept. 515, Chicago**

## 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.

**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.



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

(Continued from Page 74.)

—An attractive book in paper covers is "Temperamental Harmony in Health." Published by A. O. Horne, Pittsburg, Pa., 99 pages. No price mentioned.—D. E. N.

—"A Trip to the Unknown" is a book of poems by E. L. Love. 59 pages, daintily bound in dark red cloth, gold stamped. No price given. Cochrane Publishing Company, Tribune Building, New York—D. E. N.

—An instructive little work on Theosophy by William W. Hicks bears title of "The Sanctuary." 120 pages, cloth. Price, \$1.00, prepaid. On sale at the Theosophical Book Rooms, Kensington Building, Boston, Mass.—D. E. N.

—"Letters From The Teacher" are in answer to questions asked by pupils, and cover a wide field of subjects. They fill a long-felt want in occult literature, as they deal in a common sense way with the perplexing problems of every-day life. The work is a continuation of that started by Madame Blavatsky under the name of the Theosophical Society. The movement is designed to help all to find the vital truths common to all religions, thus preparing for the Universal Brotherhood which is to come upon the earth. Cloth, 162 pages. The Curtis Book Co., Denver, Col. No price mentioned.—D. E. N.

## "The Horrors OF Vaccination"

A compilation of the views of eminent physicians in this and foreign countries of a practice denounced by some as a "curse to Humanity," a "disgrace to Civilization," the "most monstrous delusion of the age," a "horrid medical superstition" to which may be traced cancer, tuberculosis, scrofula, syphilis, lockjaw, in fact nearly every ill flesh is heir to. Also containing an infallible preventive and positive remedy of smallpox, which has cured thousands without leaving a mark, and the ingredients of which are kept in every household.

These books also contain two chapters on

## Temperance vs. Prohibition

showing by incontestable government statistics that Prohibition is a total failure, even the majority of women in states where the elective franchise has been granted them, voting against it—the best argument yet for female suffrage. How to suppress the excessive use of intoxicants is also discussed therein, besides producing evidence that a great combination of Millionaire Soft-Drink Manufacturers are "back" of the Prohibition movement from purely selfish motives, and that these are responsible for the Newark, Ohio, lynching affair of last July. Sent prepaid to any address on receipt of 15 cents in stamps or silver, or 2 for 25 cents.

**Wettstein Publishing Company**

412-414 Main Street,

Fitzgerald, Georgia



## GENUINE BUCKLEY SEWING MACHINE

Latest model, with perfect silver finished attachments, ball bearing stand, drop head and patent lift, may now be yours at rock-bottom DIRECT-FROM-FACTORY PRICE. Saves you \$25 to \$35. Easiest possible payments, to suit your convenience. The Buckley is GUARANTEED FOR 25 YEARS! Shipped prepaid for 30 day

**FREE TRIAL**—Get this famous old reliable Buckley Sewing Machine in golden oak finish. USE IT 30 DAYS FREE IN YOUR OWN HOME. Put it to every conceivable test. The Buckley is the one perfect machine.

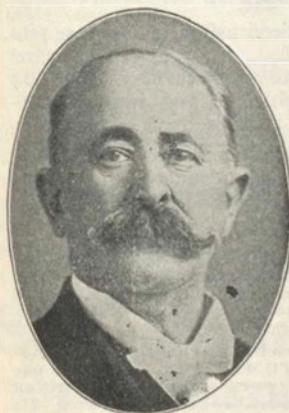
**I PAY THE FREIGHT**—Let me send you a machine. Prove to your own satisfaction that you can't buy a better one at double the price. Then, after 30 days, if you find you can't get along without the Buckley, merely send us \$2 a month. No interest on payments.

**GET MY FREE BOOK**—Send a postal today. I will forward my catalog and special free proposition without expense or obligation.

M. W. Buckley, Pres., Dep L-1 26 Van Buren St. Chicago



## 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.



## EYES THAT DAZZLE

with superb beauty are invariably accompanied by long, thick, sweeping lashes and perfect brows. Thin lashes and scraggy brows irremediably mar an otherwise attractive face. My

## LASHGROW TREATMENT

positively grows full, luxuriant lashes and shapely brows, making the plainest eyes lovely and enhancing the entire appearance of the face. Its use is simple, absolutely harmless to eye or sight, and produces a marked improvement within a few days. Hundreds of women have eloquently testified to its miraculous powers.

Write for Literature—

Hulda Thomas'

## FACIAL TREATMENT

helps restore through natural causes the healthy complexion of youth, making sagging muscles firm and removing discolorations, wrinkles and other signs of old age. Write now for

Test Sample, 25c. Larger size (3 applications) 50c.

Hulda Thomas'

Pre-digested Combination

## Skin Food and Tissue Builder

Unlike so-called "skin foods," it is "pre-digested," or prepared for local conditions. Wrinkled, haggard and old skin quickly absorbs it, especially adapted for thin, lean and hungry looking faces. Marvelously improves face and neck. Send 4c to cover postage of free sample and proofs.

HULDA THOMAS,

Dept. 7-N, 522 West 37th St., New York.

AT HER STUDIO ADDRESS, 2131 BROADWAY, NEW YORK (near 74th St.) HULDA THOMAS grants personal consultation without charge. Ladies are cordially invited to interview her any day between 2 and 5 p. m., Saturdays and Sundays excepted.

## 500 Questions Ans'ed Free

by W. R. C. LATSON, M. D., in the CATECHISM OF HEALTH, containing more than 500 questions and answers relating to health, causes of disease, and the home treatment without drugs. The greatest health book ever written. If you want to know about Indigestion—

Constipation—Dyspepsia—Tuberculosis—Kidney Trouble—Lung Disorders—Heart Trouble—Liver Complaints—Stomach Troubles—Nervousness—Neurasthenia—Neuralgia—Diabetes—Appendicitis—Cancer—Catarrh—Colds—Anemia—Asthma—Erysipelas—Bad Breath—Eczema—Gallstones—Goitre—Hemorrhoids—Adenoids—Varicose Veins—Tape Worm—Rheumatism—Boils and Pimples—Headache—Malaria—Insomnia—Eye Troubles—Throat Troubles—Coated Tongue—Poor Circulation—Diet—Raw Food—Salt—Sugar—Honey—Milk and Eggs—Fruit—Nuts—Cigars and Coffee—Beer—Drugs—Best Food—Best Underwear—Water Drinking—Buttermilk—Exercise—Bathing—Breathing—Sleep—Massage—Complexion—Corns—Coughs—Hair—Teeth—Perspiration—Athletics—Children—No Breakfast Plan—Over-feeding—Sickness—Soft Drinks—The Philosophy of Disease and its Treatment. These are only a few of the many topics treated of. Is a health library in itself by the best writer on healthful living. Price bound in cloth \$1.00. Will be given in Leatherette, 50c, with Dr. Latson's magazine Health-Culture (\$1.00 a year) both for \$1.00. Address THE HEALTH CULTURE CO., 548 St. James Bldg., New York.

HEALTH-CULTURE CO.,  
548 St. James Bldg., New York.

Enclosed find \$1.00 for Health-Culture and a Catechism of Health. Money to be returned if not satisfied.

ADDRESS:

Name .....

DR. LATSON



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



**NO MONEY DOWN****30  
DAYS  
FREE TRIAL****\$2<sup>00</sup>  
A MONTH****THE  
KING**

Take this King machine into your own home; try it 30 days free; nothing down; if you do not wish to keep it, return it, and we will pay the freight charges both ways. Which is less than other

**\$2.00 A MONTH** high-grade machines rent for. Discount for cash. This machine has the newest drop head automatic lift; quartered oak cabinet; is ball bearing, and was given the highest award gold medal at the Alaska-Yukon Exposition for being the "World's Best Vibrating-Shuttle Lock-Stitch Sewing Machine." It was formerly sold through agents and dealers for \$65.00. We have hundreds of testimonials from customers who paid the retailer's price. You may buy it direct from the factory for less than half the prices charged by agents and

**SAVE \$30 TO \$40.** We have cut off our only sewing-machine manufacturers in the world who sell high-grade sewing machines direct from factory to family, saving our customers the profits and expenses of the wholesalers, retailers, jobbers, and agents.

**OUR 20-YEAR GUARANTEE** means that if your machine (or attachments) prove defective in material or workmanship any time within twenty years we will replace it, or return your money. Among the operations it performs are Adjustable Hemming, Hemming and Sewing on Lace, the French Seam, Frilling, Tucking, Binding, the French Fold, Braiding, Darning, Quilting, Ruffling, Plaiting, Ruffling between Two Bands, Edge Stitching, and Piping and Shirring. We guarantee that this marvelous variety and perfection of work cannot be duplicated by any other family sewing machine attachments in the world. Write to-day for handsomely illustrated 64-page catalog.

**KING SEWING MACHINE CO.**  
812 RANO STREET, BUFFALO, N. Y.

## The Eye and Its Disease

**PROF. WILSON'S TREATISE ON EYE DISEASES SHOULD BE READ BY EVERY PERSON WITH IMPAIRED EYESIGHT. THE BOOK IS FREE.**

**EYEGLASSES NOT NECESSARY.**

Every reader afflicted with any impairment of eyesight should not fail to send for this book. It contains 64 pages and cover and describes in language so plain and interesting the various forms of diseases of the eye and sure and safe methods of treatment that any reader of ordinary intelligence may fully comprehend every word.



The author of this Book is the inventor of "Actina," an instrument that is attracting the attention of people in all parts of the world owing to the wonderful results obtained from its use.

In the treatment of Eye disease the author says: "Nine out of ten persons wearing glasses might better be without them. Eye Glasses Do Not Cure. The defects that make them necessary can be removed in most cases by proper treatment. There is also no need for cutting or drugging the Eye for most forms of disease—for the cause can be removed by a newer and more humane method."

The book also goes into full detail of the causes and effects of disease in general. It advocates a method in the treatment of disease that is based upon a humane and common sense principle. It contains the recommendations of hundreds of intelligent persons in every walk of life who have been cured. A free trial of the "Actina" is offered in every case.

If the reader is interested, write for a copy of this book. It is absolutely free; a postal will bring it. Address **ACTINA APPLIANCE CO., Dept. 124 E. 811 Walnut St., Kansas City, Mo.**

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

# Save Money!

## A Self Filling Fountain Pen

**FOR ONLY \$1.25**

It is almost as easy to fill the AUTOMAT Pen as to dip an ordinary pen in ink. One-fourth minute is all you need ever spend to clean or fill it.

A simple pressure of the bulb shown in center of holder fills the pen. This bulb is concealed when pen is in use.

I have been using one of these pens for months. It writes with velvet smoothness and has never given the least trouble in any way, notwithstanding I have never cleaned it. Pen is 14k gold, tipped with iridium.

### Just Read These!

(Lots more in my files.)

"I herewith enclose \$1.25 for another AUTOMAT. The other three that I purchased from you are all doing good service."—MRS. JENNIE JAMISON, Salem, Ore.

"I herewith enclose \$1.25 for another AUTOMAT Pen. Like the one you sent very much; am writing with it now."—RUTH N. SMITH, 575 Ocean Ave., Patchogue, N. Y.

"It works like a charm."—E. M. AVERY, 1199 Flatbush Ave., Brooklyn, N. Y.

"Pen is a dandy."—M. F. HOWARD, Westboro, Mass.

"I received the pen, liked it and gave it away to a friend for a X-mas present, so would like to get another."—GEORGE GRUBER, Box 163, Flint, Mich.

"Please send me another of those lovely fountain pens, medium point. \$1.25 enclosed."—AMELIA RIEHL, Evergreen Heights, Alton, Ill.

### MY IRONCLAD GUARANTY.

Compare this pen IN USE with those costing 1-2 or 1-3 more, then if you are not satisfied with it, return to me within 10 days and your money will be refunded.

In ordering specify fine, medium or stub point, Price NOW only \$1.25. Send \$1.25 today and you will soon have this beautiful pen in your hands.

### SIGN AND DETACH.

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

I send \$1.25 for your Automat Fountain Pen on 10 days' trial. I prefer a.....point.

Name and .....

Full address .....





## 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.**

### HUMAN ELECTRICITY

How to generate it in the body at any time, thereby regain and maintain perfect health. You can understand and get beneficial results at once. Complete instructions, 50c. **WINSLOW W. CHASE, 66 S St., N. W., Washington, D. C.**

## FOR THE HAIR LY-O-DURK THE CRUDE-OIL TONIC

is a petroleum product, therefore a natural hair grower.

**LY-O-DURK** is a fragrant, quick-drying and refreshing **LIQUID**. Not a stain or dye, and without grease or alcohol. Guaranteed to stop the loss of hair, promote its growth and cure dandruff. The price, \$1 a bottle, gladly refunded if these results are not obtained. Sent prepaid in plain package.

**CRUDE OIL PRODUCTS CO.**  
Dept. N, PITTSBURG, PA.



## OCCULT FORCES

A Key to Mental and Physical Power. A wonderful, magical power

that invests the owner with a sense of perfect confidence, 146 pages, 30c. "The Power of Personal Influence." Your latent forces and how to use them. Make the most of life and its possibilities. Over 100 pgs. 25c. Catalogue of Occult and Scientific Books free. Science Inst., Dept. J. N., 27 Randolph St., Chicago.

## "THE MOST BEAUTIFUL CANNED FRUITS I EVER SAW"

That is what Elizabeth Towne said when she opened a box of assorted canned fruits that came from Miss M. E. LAVERY, 113 University Avenue., Avon, N. Y., who makes home made fancy preserves of many kinds. She has just moved into a beautiful new preserving kitchen, where she has every modern convenience for doing the work. You can send to her for a price list. Her specialties are sweet orange marmalade, grape fruit marmalade, and California white sage honey. And she puts up 57 varieties of other things which are just as good as her specialties. Try them and see! Address, Miss M. E. Lavery, in her new kitchen at Avon, N. Y.

# See What 20 Cents Will Do

By ELIZABETH TOWNE

AMERICAN NEW LIFE

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

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

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."

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



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 special March number. Read "How to be Wealthy," by Elizabeth Towne; "The Reaction of Memories Upon Health," by William E. Towne, etc., etc.

### SPECIAL OFFER

New Subscribers Only.

Send only **20 cents NOW** for a year's subscription to **American New Life**, a copy of the book described in next column, "Thought Force for Success," and a copy of my beautiful Emerson Calendar for 1911. Use coupon at left. **Fill in now.**

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

I enclose **20 cents** for **American New Life** one year, a copy of "Thought Force for Success," by Elizabeth Towne, and your beautiful calendar, as per your offer in *Nautilus*.

Name.....

Address.....

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



# 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**

**E**VERY 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.



# FREE TO THIN FOLKS

## Send To-day for Free 50c Box

New Discovery Which Was Awarded Gold Medal at Brussels



The Mirror Shows Plainer Than Words What a Wonderful Improvement May Be Realized by a Gain of Even 10 or 12 Pounds.

Lean, lank, skinny, scrawny men and women should take advantage of this ten-day Free offer before it expires.

Nothing is more embarrassing than extreme thinness. It is the plump, well-developed man who "cuts the melons" and has the fun socially.

Scrawny, skinny women are seldom popular. We all admire fine figures. No dressmaker can hide a bony, skinny form.

Here is a chance to test free the one guaranteed reliable treatment which has "made good" for years in this country, which has taken England by storm and which has just been awarded a gold medal and diploma of honor at Brussels, Belgium.

Nothing in history has ever approached the marvelous success of this new treatment, which has made more thin folks plump than all the "tonics" and ineffective medicines for fifty years.

There is a reason. Plump, well-formed men and women assimilate what they eat. Thin, scrawny ones do not.

This new discovery supplies the one thing which thin folks lack; that is the power to assimilate food.

It renews the vigor, re-establishes the normal, all in nature's own way.

It is not a lash to jaded nerves, but a generous up-builder.

This new discovery puts on firm, solid flesh at the rate of ten to thirty pounds a month in many cases.

Best of all—the flesh "stays put."

The treatment is furnished in concentrated tablet form. A week's supply can be carried in the vest pocket.

No one need know what you are doing until your gain in weight causes complimentary comment.

Here is the special offer for the purpose of convincing thin people in this community that these tablets will do just exactly what is claimed for them. It has been arranged to distribute for the next ten days for the coupon below, a free 50-cent package of Sargol.

This large 50-cent free package will be sent you in a private and perfectly plain wrapper, so that no one but yourself will know the contents. Accompanying this package will be full and complete data and directions, letters of testimony and a special letter of expert advice that in itself is well worth your time reading.

If you want to add ten, twenty, or even thirty pounds of good, solid flesh to your bones, do not delay; send at once for a free 50c package of Sargol.

All that you have to do is to cut out the coupon below and send it with your name, address and ten cents to pay for distribution expenses to the Sargol Co., 45-D, Herald Bldg., Binghamton, N. Y.

### FREE COUPON.

To the Sargol Company, 45-D, Herald Bldg., Binghamton, N. Y.

Gentlemen—I am a reader of The Nautilus and desire a Free 50c package of Sargol, in accordance with your generous offer. I enclose 10c to help defray expenses.

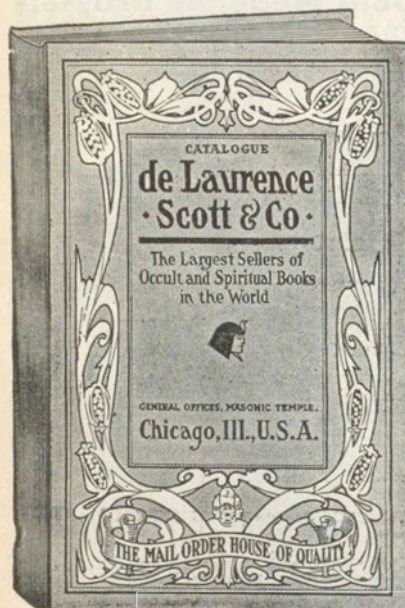
**PIN THIS TO YOUR LETTER.**

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





# OCCULT BOOKS



*The Largest, Handsomest and Most Elaborate Catalogue Ever Published.*

**GET THIS NEW CATALOGUE**



**The LARGEST CATALOGUE  
OF OCCULT AND SPIRITUAL  
BOOKS PUBLISHED**

This Catalogue contains the most complete list of new and imported OCCULT, SPIRITUAL AND HYPNOTIC books ever published; containing 450 pages, with fine half-toned illustrations in Red and Gold, showing the greatest line of Silk and Gold Bound Books on OCCULTISM, SPIRITISM, CLAIRVOYANCE, MEDIUMSHIP, HEALING, HYPNOTISM, MIND-READING, EAST INDIAN OCCULTISM, PALMISTRY, NEW THOUGHT, MENTAL TELEPATHY, THEOLOGY, METAPHYSICAL, THEOSOPHICAL, ASTROLOGICAL AND RARE IMPORTED BOOKS PUBLISHED.

## THIS LARGE HANDSOME CATALOGUE



Also contains that wonderful book entitled "THE GENESIS OF THE HINDU ADEPTS, MASTER LAMAS AND YOGHEES OF CENTRAL AND NORTHERN INDIA." This marvelous book is an "Encyclopedia of Hindu Occult Wonders."

## How to Obtain This Catalogue

Send 15 cents in stamps to pay postage and we will mail you this great Catalogue, which is almost one inch thick, put your name on our mailing list, and allow you a credit of 50 cents on your first purchase amounting to \$2.00 or over of us from this Catalogue.

Get your name on our mailing list and you will receive notice of all important books, as we mail thousands of dollars' worth of fine, free literature yearly describing new publications, being THE LARGEST SELLERS OF OCCULT AND SPIRITUAL BOOKS, TEMPLE INCENSE, ETC., IN THE WORLD. Stamps from all foreign countries accepted.

In other words, if you want this great Catalogue, which it cost just \$1.00 to make, send 15 cents in stamps or silver, and a copy will be sent; then when you send your first order amounting to \$2.00, or over, deduct 50 cents from the amount you are sending as you will have 50 cents to your credit, on your first order as stated above.

This really gives you this wonderful Catalogue for nothing and puts 35 cents in your pocket just as soon as you send your first order.

## de LAURENCE, SCOTT & COMPANY

Importers, Exporters, Manufacturers, Publishers and Largest Sellers of Occult and Spiritual Books in the World.

GENERAL OFFICES:

Suites 602-603-604-605 Morton Building, 356 Dearborn St.  
CHICAGO, ILL., U. S. A.

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





# PSYCHCOMA

(Or Soul Sleep)

BY HELEN RHODES.



HELEN RHODES.

This book teaches new ways in self-development and the cultivation of unused forces of mind. It is really a short cut to one's own latent capacity and powers.

"Psychcoma" was written out of a two-years' experience of Mrs. Rhodes' which was most remarkable, an experience when she seemed actually to be "living outside the physical," so great was the new view of life, and so full the power to accomplish and to command events and enjoy.

THE INWARD BREATH is a strong feature of the book. THE INWARD BREATH is an aid in unifying the physical forces, equalizing the circulation, and expelling disease from the system.

Helen Rhodes is particularly fitted for such teaching as this. Educated at Columbia and Chicago Universities. Six years studying the various advanced religious cults. Traveled everywhere. She witnessed the "High Ceremonies of Isis" in the home of a Parisian Count. She studied with Anagarika Dharmapala, the great teacher of Buddhism. She is said to be the highest-priced Chautauqua lecturer in America.

## PARTIAL SYNOPSIS.

How to Use Psychcoma (Elizabeth Towne)—Psychcoma or Soul Sleep—The Key Note of Existence—Birth and Death—Astral, Physical, Spiritual Life—During Our Waking Period We are Dreaming Out Loud—Obsession—Subliminal Self—Transmutation of Instinct—Cosmic Consciousness—Transmutation—Sex—Law of Vibration—Control of the Breath with Liberating Exercises—Law of Meditation and Concentration—The Inward Breath Used by Adepts—Awakening the Subconscious Mind—The Law of Suggestion—Concentration, Meditation—The Silence—Sleep as the Great Opportunity for Development—Purpose of Sleep Not Merely to Rest the Body—Mastership—Cosmic Consciousness—Pragmatism—Special Keys—Happiness—Dominion—Realization—Healing.

## READ THIS:

"Psychcoma is wonderful. I read all yesterday evening and got up early to finish. It will and has helped me upward and forward and I must read it again. For a long time I conquered my desire to underlive, then I began, but the greater part needs it."—GUDRUN HOLM, M. D. (Instructor in the six largest hospitals in New York City and director of her own school of Swedish Medical Gymnastics and Massage).

"As a literary achievement it is a gem, scintillant with glowing truths, lighting the reader's way into the very Holy of Holies of the secret place of the 'Most High.' Each reading affords a distinct revelation of heretofore unknown depths. The idea of the 'inward breath,' harmonizing and rounding out the physical and spiritual into a perfect whole is indeed splendid."—EVA C. G. FOLGER, E. Haven, Conn.

PSYCHCOMA is printed in large, clear type, 158 pages, with portrait and signature of the author. An artistic volume, bound in silk cloth. Price, \$1.00, post-paid.

SPECIAL: A copy of PSYCHCOMA FREE for two NEW subscriptions to Nautilus at \$1.00 each; or for one NEW subscription and 60 cents extra. (Canadian postage, 24c extra), (foreign, 50c extra.) Send now. Address: ELIZABETH TOWNE, Holyoke, Mass.

# Health, Strength and Beauty



secured by using ROBINSON'S ALFALFA-NUTRIENT (the New Century Food Discovery). The Ideal Food Medicine for Brain-Workers, the busy Business Man or the careworn, nervous woman.

## ALFALFA-NUTRIENT

makes thin people plump, rich, red blood that is life itself—the kind of life that gives the bright eye—the ruddy cheek and the elastic step of youth.

Why is Alfalfa such a blood, flesh and strength-maker? because it counteracts the acidity of the stomach, aiding the digestion of the sugars, fats and starchy foods—the constituents for making blood and flesh.

The Human System is composed of fourteen elements, and when any of these elements are lacking in the system, Disease sets in, and the only Natural Law of Cure is to supply the deficiency and restore health.

Robinson's Alfalfa is Nature's Own Remedy, contains the Identical Elements of which the tissues, blood, nerve and brain of the system are composed and with which they must be supplied if Life, Health and Strength are to be maintained.

Sarsaparilla and most tonics thin the blood and make weak nerves. ALFALFA enriches the blood, makes strong nerves and is the greatest Reconstructive Curative Agent yet produced. More than a tonic—a builder—a revitalizer and rejuvenator of the entire system. Unequaled in the world of medicine for shattered nerves, and a run-down debilitated condition.

There is no experimentalism with ROBINSON'S ALFALFA. Contains no Drugs, Opiates, or Poisons—simply supplies lacking elements and always acts the same—as much a specific for the disease as food is for hunger.

Cures where doctors with their Drugs and Opiates fail—Anemia, Indigestion, Constipation, Catarrh, Loss of Appetite, Weak Circulation, Sleeplessness, Nerve Depressions, all Stomach, Liver and Kidney Troubles, Malaria, Rheumatism, Locomotor Ataxia and all blood and nerve diseases.

Sent postpaid \$1.00 per box (1 month's treatment); 6 boxes \$5.00. **TEN DAYS' TRIAL TREATMENT FREE.** A 35-cent package in plain wrapper with interesting 56-page Scientific Booklet, sent free for 4 cents postage.

First-class lady and gentlemen agents wanted. **ALFALFA CHEMICAL CO.,** 799 Unity Building, Chicago, Ill.

# Hotel Cumberland

NEW YORK CITY

Broadway at  
54th Street

A Real Home  
Luxurious  
Comfortable

Absolutely Fireproof



Hardwood floors throughout, covered with genuine Oriental rugs, is a feature of the Cumberland which indicates the character of the entire establishment. Rare attention to homelike details eliminates the usual hotel atmosphere. Yet there is retained all the charm of hotel life—provision for every want immediately at hand. And at prices within the limits of the average income.

## The Cumberland is within:

- A few steps of surface cars, elevated and subway.
- Eight minutes' ride of the best shopping districts.
- Ten minutes' walk of twenty theatres.

"Broadway" cars from Grand Central Depot pass the door.

Rooms with bath, \$2.50 per day, upwards

Write for Booklet Today.

HARRY P. STIMSON, Manager



# Train Your Mind For Efficiency

You possess a certain amount of mental and physical energy.

*This energy is so much capital with which you do your work in life.*

You add to this capital or take from it by the action of your mind.

The trained mind will conserve this energy. The trained mind is concentrated, and goes directly after what it desires.

The untrained mind wastes and scatters force, often faster than Nature can replace it.

The great secret of success is to wisely direct your thought force.

For it is through the mind that you think, feel, know, plan, execute and perform physical labor.

It is the part of wisdom, then, to use this force of thought in a constructive way—in a way that will always tend to attract and build the things you desire.

Study yourself and see if you do not think YOUR mental forces might be more efficiently directed in the way of success and the things you desire.

## 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 prepared 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

questions upon the lesson, which he answers and returns before proceeding with the next lesson.

A competent, conscientious instructor goes over the answers carefully and then dictates such corrections and suggestions to the student as seem necessary.

During the term of his study of the lessons the student is at liberty to ask any questions he may desire regarding the application of the principles taught to his own everyday life. These questions will be promptly and carefully answered by our instructor.

### WHAT STUDENTS SAY OF THE COURSE.

"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.....



### 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.



### 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.





## 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 .....

## 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.

## Your Investments

Would you like to know about them?

"The Financial World's" Advice Service

Over 11,000 investors kept themselves informed last year regarding securities of all kinds through this unbiased and absolutely independent bureau conducted by THE FINANCIAL WORLD for the exclusive benefit of its subscribers. It is a safeguard against all financial frauds, an invaluable aid to the selection of sound securities.

### Our Unusual Offer

If you will mention NAUTILUS and enclose postage to cover our reply we will express our opinion on one and only one investment in which you are interested, and also send a specimen copy of our paper. You can then judge whether it is to your advantage to become an annual subscriber and receive the same benefits that more than 50,000 investors have received in the last six years. Address

## The Financial World

18 Broadway

New York





## 50 Beautiful Reproductions World Famous Paintings

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

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

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

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

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

### **YOU WILL BE SURPRISED**

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

### **THIS MEANS YOU!**

This is your opportunity to acquire these fine reproductions of famous works of art at an expenditure of only a few cents.

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

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

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

### **VERY SPECIAL LIMITED OFFER**

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

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

### **USE COUPON.**

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

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

Name and.....

Address .....

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



## Extra Special 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 ATTRACTION"** is a booklet by W. J. Colville. It explains how to get what you want; how to master difficulties; how to make yourself what you would be. It is concise, interesting and practical.

**SPECIAL OFFER** "Mystic Light Library Bulletin" 3 months and a copy of "The Law of Attraction"

**BOTH FOR 10 CENTS!!!**

Mystic Light Library Bulletin, Dept. 14,  
49 John St., New York.

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

Name .....

Address .....



Bruce MacLelland

# "WORTH \$1,000"

## Prosperity Through Thought Force

A Success Book by **BRUCE MacLELLAND**

**BRUCE MacLELLAND**, really lived the philosophy of the book. He climbed from a modest fortune—all in three years' time. Then he decided to let others know how he used thought force in business and

**A THRILLING**, powerful, practical success book is the result. No pet theories—no advice, excepting as the entire book is sound reason of a man who has done and tells you how to do the same. After you read it, you will see how health, wealth and happiness can be made of troubles—and you will want your best friends to

**READ IT** and see how New Thought transforms life from drudgery and poverty to joy and opulence. The tale is a simple one, the methods are easily understood and followed.

### PARTIAL SYNOPSIS.

How the "Idea" Was Born—From Debt to Modest Fortune in Less Than Three Years—The Kind of Men Who Succeed—Why the Others Fail—Where the Mental Forces Come in—The Condition of the Mind Attracts All Things—How Mind Attracts Success—The Law of Vibration and How It Works—Personality—Auto-Suggestion—How to Use It—How to Do Things Without Faith—When the Author Blacked Boots—Thirty Years Lost by Talking—The One Thing That Can Hinder You—Mind and Body Passions—Aura—Sub-conscious Mind the Target—Will, Affection, Emotion, Division of Love—When Others Avoid or Mistreat You—To Make the Right Kind of Friends—Attraction, What It Does and How to Use It—Etc., Etc.

**ELLA WHEELER WILCOX** devoted nearly a page in the New York American to "Prosperity Through Thought Force." "Every word is true," she said. "Every word has been proven true by hundreds of people living today."

Mrs. Frank Beach of Fort Collins, Col., writes:—"I have ordered MacLelland's 'Prosperity Through Thought Force' for my husband for Christmas. He says it has already been worth \$1,000 to him. He has read it through three times, and reads at least one paragraph from it each day."

**"PROSPERITY THROUGH THOUGHT FORCE"** is a beautiful volume, 160 pages, printed on antique laid paper, artistic initial letters for chapter heads, handsome title page, half-tone of the author, all bound in finest silk cloth. A delight to handle it. Price, \$1.00, postpaid.

**SPECIAL:** A copy of "PROSPERITY THROUGH THOUGHT FORCE" free for two new subscribers to Nautilus at \$1.00 each. Or, for \$1.60 we will send a copy of "PROSPERITY THROUGH THOUGHT FORCE" and a year's subscription to Nautilus, TO NEW SUBSCRIBERS ONLY. (Canadian postage, 24c extra—foreign, 50c extra.) Send now. Address: **ELIZABETH TOWNE, Holyoke, Mass.**





## ..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.

"LOVERS' SECRETS," an invaluable book on Love, Courtship and Marriage. Contains 210 large pages of winning advice, 50c. "Occult Forces," a key to personal magnetism, 146 pages, 30c. "How to Win Success," 362 pages (illustrated), \$2. "The Power of Personal Influence, Your Latent Forces and How to Use Them," 128 pages, 25c. All for \$8. Catalogue free. A. W. Martens, Pub., N. A. E., Burlington, Iowa.

SEXUAL HYGIENE AND CONTINENCE by the Hindoo Seer, Pramatha Dey. Read the Hindoo view of Sex education. Endorsed by Presidents of leading universities. The book is fascinating. Send 25c for copy to the author, Pramatha Dey, Ohio State University, Columbus, O.

SWEDENBORG'S GREAT WORKS CHEAP. Post-paid, twenty cents each. "Divine Love and Wisdom," "Heaven and Hell," "Divine Providence." Stamps taken. Pastor Landenberger, Windsor Place, St. Louis, Mo.

"SECRETS AND WONDERS of Human Magnetism," a presentation of startling facts you ought to know. Sent free by The New Man Publishing Co., Dept. 4, Omaha, Neb.

PLENTY, the best little New Thought magazine you ever saw. Subscription, 50c. Truth to the core. Matthews Dawson, Editor, Box 81, Washington, D. C.

600 WAYS to Get Rich, shows you how to start a profitable business of your own with or without capital. Price, \$1.00. Send your order today. E. T. Matlock & Co., 68 Maury street, Nashville, Tenn.

BILLY, BILLY BUSTER, who speaks first? I have a spare copy of Helen Wilmans' "Home Course in Mental Science." Price, \$10. M. E. Bowes, 459 Marshall St., Milwaukee, Wis.

NINE-DEGREE COURSE in Hypnotism, Personal Magnetism, and Magnetic Healing—originally \$5—prepaid with year's subscription to Wheel of Life, 25c. Life Pub. Co., St. Louis.

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

"STRANGE PSYCHIC EXPERIENCES" and "The Mystery of The Swamp," by John Hale, 40 Merrimack street, Haverhill, Mass. Either by mail, 25c.

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.

"HOW TO ENTER THE SILENCE." Valuable lesson on subject, and 3 issues "Plenty," the fine little New helped hundreds. Only 10c. Box 81, Washington, D. C.

HIGHER SCIENCE Magazine, one year, with a beautiful cut and polished Turquoise from my own mine, both for \$1.00. This gem is not less than one carat, most of them larger, and worth from \$2.50 to \$8.00 per carat. Franklin Heald, 473 Ulysses Ave., Los Angeles, Cal.

### REMEDIES, ETC.

NEW SCIENTIFIC BASIC DISCOVERIES of energy production, mind initiation and nerve action. Revealing scientific universal Cause of Disease and simple means of prevention and cure. Discoveries described in a new magazine. Send 10 cents for sample copies. Dr. B. W. Child, Dept. F, Pasadena, California.

ARE YOU NERVOUS? Does your food distress? I can tell you how to regain health and life. No drugs. No interference with business. Send for booklet, "Food the Foundation of Health." Hannah W. Lyon, 1530 College Ave., Topeka, Kan.

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.

PHYSICAL CULTURE. Get my system if you want permanent health and well-developed form. No apparatus. Few minutes in room daily. 25c, silver. Rufus O. Cavanah, Mechanotherapist, 400½ Upper 2d, Evansville, Ind.

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, Rose-land, La.

CONSTIPATION CURED by simple home treatment—appendicitis prevented—wonderful results—greatest health promoting agent known. Write now. Dr. Due, 674 Hunterdon St., Newark, N. J.

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.

BEAUTIFY YOUR COMPLEXION. Newhall's Peerless Face Powder gives the skin that velvety softness of youth. Write for booklet. E. R. Newhall, 1300 Carroll Ave., Los Angeles, Cal.

GREY HAIR AND BALDNESS remedies. Simple, harmless, inexpensive, 25c (silver), each formula. Two, 40c. Effective wrinkle remedy, 30c. Mrs. E. B. Sherman, Hyde Park, Mass.

LOUISE FRANKLIN MINER, nerve specialist, occult scientist and magnetic healer. Nine years in Norwich. Correct diagnosis by mail, one dollar. Suite 1, Breed Bldg., Norwich, Conn.

"PAINLESS CHILDBIRTH." Concise, plain, practical, typewritten instructions to that end. One dollar, post-paid. Dr. De Mork, Bridgeport, Conn.

A SIMPLE CATARRH REMEDY. Quick relief for cold in head, asthma, croup, hay fever, sent free. Simply address Nostriola Balm Co., No. 3, Wheeling, W. Va.

BEAUTY MILK BATH leaves skin velvety. Clears complexion. Bath bags, 5 dimes. Send today. Money order. Needra Supply Co., 1 Grants Private St., Atlanta, Ga.

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



**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.

**NEW IDEA EXERCISER.** Very latest and simplest Physical Culture appliance. Full directions, boxed and prepaid (mail), \$1.25. Address, New Idea, Lock Box 283, Columbus, O.

**SAVE YOUR HAIR!** Grow new hair! Thin, dry, falling hair, dandruff, general baldness, treated by correspondence. Satisfaction guaranteed. Descriptive circulars free. David Speer, Box 97, Rockford, Ill.

**OSTINE** for teething babies. Prepared by New Thought physician for her own child. Mention *Nautilus* references. Ostine Company, 3751 Ellis Ave., Chicago.

### 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, 1544, Marden Bldg., Washington, D. C.

**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 A870. No obligation. Earl Hopkins, Washington, D. C.

**WHY BE A FAILURE?** Why stay behind when you can get for 10 cents, coin or stamps, a six-months' trial subscription to our Weekly Bulletin telling you how to borrow best books on self-help, business and domestic success, health, occultism, etc. H. N. Stokes, Librarian 188, Washington, D. C.

**WANTED.** Typist-secretary. Beginner would do. Steady or for summer at Oscawana New Thought School. Position open now. Write W. Frederic Keeler, 17 West 63d Street, New York City.

**WANTED.** A homespun nurse about 50 years old, for a married man. Family of four, all grown. 110 miles west of Chicago, in the country. Enquirer, Nautilus.

### BUSINESS CHANCES, ETC.

**SOUTH FLORIDA Colony** established. New Thought dominant. Large settlement. Individual deeds. Co-operative price. Town site profits for improvements. Additions open. Industrial College. Ruskin College, Ruskin, Florida.

**ANY WOMAN** can make a good, honest living at home all the year around by my simple working plan. Can be used by anyone anywhere. Full directions and starter, 25c, silver. Money back if not as represented. Mrs. N. Bausch, 152 Miller Ave., Brooklyn, N. Y.

**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.

**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.

**FOR SALE** at bargain, farm and house in Virginia; all advantages of soil, climate and location. But few left like it. L. Averill, Howardsville, Va.

### INSTRUCTION BY MAIL.

**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.

**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.

**BEAUTIFUL HAND-WRITING** is acquired by my correspondence system. Send specimen and \$1.00 for criticism and trial lesson. Mary H. Booth, Author, Instructor, and Lecturer, 3730 N. Lydenham Street, Philadelphia, Pa.

**SUCCESS.** Get my series of 20 lessons, \$1.00. They will help you and blaze the trail to abundance. Have helped hundreds. Matthews Dawson, Washington, D. C.

### MISCELLANEOUS.

**FOR SALE.** One Lambert Snyder Health Vibrator, new. One Linen Mesh Supporter, washable, new. One Chas. A. Tyrrell, M. D., J. B. L. Cascade with all attachments, cures constipation without drugs. For further information write Mrs. J. G. Baldwin, Alvin, Texas.

**SAVELARD** is better than lard; easily made at home for 9c per pound. Vegetable base, pure and nutritious. Full information for making upon receipt of 50c. Mrs. Estella Knorr, 338 N. Fulton St., Allentown, Pa.

**25 BOOKS, 4 mail courses,** New Thought, Occult and Scientific. Value, \$30. Will exchange for small machinery, tools, etc. Write B. W. Snyder, Box 291 St. John, Kan.

**HELP WANTED.** A widow with a home and small income desires a lady with small income to live with her. Mrs. N. E. Arnold, Hardwick, Vt.

**5c A WORD** gets your ad. in entire list of 100 magazines covering the U. S. like a blanket. List free. Crescent Syndicate, St. Louis, Mo.

**OLD RUGS** made to look like new by our famous cleaner. 25c a package. M. & P., 1578 Olivewood Ave., Lakewood, Ohio.

### OLD COINS, POST CARDS, ETC.

**OLD COINS,** \$7.75 paid for rare date 1853 quarters, \$20 for 3/4. 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.

**VOLTA, THE WORLD'S GREATEST OCCULT JOURNAL,** will distribute \$1,000,000 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

**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.**

**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.**

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



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.

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

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

**CHARLES G. HUNT**, Box 104, Crafton, Pa. Mental Healer and Teacher. Treatments given for health and success. Each patient given special attention. Correspondence solicited.

**OLIVIA KINGSLAND, F. T. S.**, Mental Healer and Helper. Ten years' practice. Consultation and initial treatment, \$1. Hours, 10 to 12 a. m. 48 Portola St., San Francisco, 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.

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

## Be A Human Search-Light

Your Body is a Dynamo; your Brain a Power House; your Soul a Flame. Increase your Electrical Current to Tremendous Force. Teaching guaranteed. Seven Lesson Books, \$1.00. **A. R. MacARTHUR TAFT, 498 Blue Hill Ave., Grove Hall, Boston, Mass.**



## 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.



## Dr. Geo. C. Pitzer's

books teach how to cure yourself of Diseases, Habits or poverty. Splendid opportunity to help yourself or others by the Drugless Method of healing, "Suggestion." Seventh edition. Price, \$1.00. Suggestion Applied, a book of 12 lessons. Price, \$5.00. Address **MRS. GEO. C. PITZER, 1045 South Union Ave., Los Angeles, Cal.**

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

**LEARN  
BOOKKEEPING  
IN TEN  
LESSONS**

**EARN \$75 TO \$150 PER MONTH**

Short Hours, Pleasant Work. Learn at home by mail, in spare time. Few hours each week completes the course. Diplomas given. Free Scholarship to one student in each town who will represent our school. Send for booklet "Key to Success."

LINCOLN COMMERCIAL SCHOOL  
626 Naaby Building, Toledo, Ohio.

## 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.

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.**

## TIZ-For Sore Feet

Tired, Aching, Swollen, Smelly, Sweaty Feet?  
Corns, Callouses or Bunions? Use TIZ.  
It's Sure, Quick And Certain.

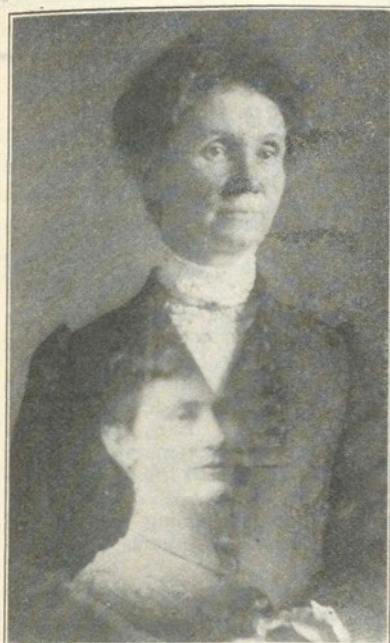


You Will Enjoy Using TIZ. The Most Pleasant Remedy You Ever Tried and Moreover It Works.

At last here is instant relief and a lasting permanent remedy for sore feet. No more tired feet. No more aching feet. No more swollen, bad smelling, sweaty feet. No more corns. No more bunions. No more callouses. No matter what ails your feet or what under the sun you've tried without getting relief, just use TIZ.

TIZ is totally unlike anything else for the purpose you ever heard of. It's the only foot remedy ever made which acts on the principle of drawing out all the poisonous exudations which cause sore feet. Powders and other remedies merely clog up the pores. TIZ cleanses them out and keeps them clean. It works right off. You will feel better the very first time its used. Use it a week and you can forget you ever had sore feet. There is nothing on earth than can compare with it. TIZ is for sale at all druggists, 25 cents per box, or direct if you wish, from Walter Luther Dodge & Co., Chicago, Ill.





SPIRIT PHOTOGRAPH.

Bound in cloth, 303 large pages. Price, \$1.10, postpaid. Send for our catalogue of Occult Books.  
**THE OCCULT PUBLISHING COMPANY, 59 State St., Chicago, Ill.**

NOW READY THE WONDERFUL BOOK  
**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 are two well-known investigators of London, England. Both of them are very successful clairvoyants and their seances have been pronounced wonderful by the foremost scientists of the world. They are two of the few mediums that have not been accused of fraud. They have always encouraged the closest investigation of their work and never once has anyone doubted their honesty.

This is by far the most complete and instructive book on this subject that has ever been written. Most of the writers that have written on this subject were not clairvoyants themselves and therefore they could not give their actual knowledge. These authors are clairvoyants and give in this book what they have learned from twenty-five years' study. They developed their own mediumistic powers and have assisted a great many others to develop theirs. With this book you can develop yourself. Everything is explained so thoroughly that you do not need a teacher. If you follow the instructions given in this book you will be surprised at the results. They also teach you how to protect yourselves at all times so you will not injure yourself, and how to keep others from injuring you. The following are only a few of the subjects that it explains:

**What is Mediumship—How to Develop Mediumship—Psychical Powers: How to Cultivate Them—Psychometry, Clairvoyance and Healing—Mystical, Occult and Magical Powers—How to Converse With Spirit Friends—Obsession: Its Cause and Cure—Spirit Circles: How to Form and Conduct Them.**

## Brain Building for Health

A great psychologist says: "In curing a bad habit I would, for every evil tendency, image, or craving existing create a greater number of the opposite kind of memories and keep them active a greater number of times each day until the old structures had disappeared and new ones had been formed."

Read the book, "HEALTH AND WEALTH FROM WITHIN" and it will help you **BUILD YOUR BRAIN FOR HEALTH AND SUCCESS.** It is practical psychology applied to self-development.

### TABLE OF CONTENTS

1. **HEALTH FROM WITHIN.**—The Right Mental Attitude in Which to Seek Health.
2. **THE AWAKENING OF THE SOUL.**—Cosmic Consciousness—The Awakening of the Mind as from a Hypnotic Sleep.
3. **WILL, LOVE AND WORK.**—How to Get Best Results from Work.
4. **OBSESSED BY AN IDEA.**—Undesirable Mental Visitors—How to Get Rid of Them.
5. **LIVE WILLS AND DEAD WILLS.**—Real Will Power—How Gained.
6. **THE VOICE OF LIFE.**
7. **NON-ATTACHMENT.**—First Lesson the Occult Student Learns.
8. **THE WOMAN—THE MAN.**—Marriage and Its By-Products.
9. **HARMONY IN THE HOUSE.**—Love is Creative—Harmony Should be Guarded and Developed—How Husband and Wife May Live in Harmony.
10. **WORDS AND HEALTH.**
11. **ENVIRONMENT.**
12. **HOW TO ESTABLISH HEALTH AND HARMONY.**
13. **THE SUPREME RULER.**
14. **HOW NEW THOUGHT HELPS ONE.**—No Magical Processes in Nature—Working With Nature Produces Wonderful Results—Acquire Poise.
15. **THE POWER OF IMAGINATION.**
16. **HEALTH, HAPPINESS AND BUSY HANDS.**
17. **TO MAKE YOURSELF VALUABLE.**
18. **PRACTICAL SELF-HEALING.**—Your Own Healer—Speak the Word of Health for Yourself.
19. **THE WAY TO GAIN RESULTS.**
20. **ONE OF THE SECRETS OF MIND AND BODY VIGOR.**
21. **TO LENGTHEN LIFE.**
22. **TO MAKE LIFE BRIGHTER.**

"HEALTH AND WEALTH FROM WITHIN" is printed from large, clear type, beautiful initial letters at beginning of chapters, on extra antique paper, 160 pages, half-tone portrait of the author, silk cloth binding. Very artistic and dainty. Price, \$1.00.

**SPECIAL.**—A copy of "HEALTH AND WEALTH" free for two new subscriptions, to *Nautilus*; or, for one new subscription and 60 cents additional. (Canadian Postage, 24c extra), (foreign, 50c extra.) Address: **ELIZABETH TOWNE, Holyoke, Mass.**

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



# The Life Power

## AND HOW TO USE IT



A Book by Elizabeth Towne, Telling How to Develop Your Own Wonderful, Latent Powers for Health and Happiness.

If you are interested in learning about that great Life Force which makes for health and success, which under right conditions builds up, regenerates and renews the body and mind, then do not fail to read every word of this book.

"THE LIFE POWER" covers a wide range of topics, but each article relates to the one great subject of *self-unfoldment, self-building for the best in life, for health, for happiness, for freedom from want.*

The whole aim of this book is to help men and women to build themselves into effective, happy beings. It will help develop strength of character, increase efficiency and self-confidence. Each article is very practical. The book is filled with incidents and experiences drawn from life—drawn from the author's own personal demonstrations and experiences.

Many of the chapters deal directly with the subject of auto-mental healing and will tell the reader how to use mental healing for his own benefit and the benefit of others. Read carefully the following partial synopsis of chapters.

Methuselah and the Sun—Secret of the Great Age of Adam and Methuselah—A Novel Theory—Destroying Rays and Building Rays from the Sun—Childhood of the Human Race—Unity.

Threefold Being—Objective Mind—Sub-Conscious Mind—Super-Conscious Mind—The Point of Contact Between This and Previous States of Existence—The Center of Life—The Divine Self of All Creation.

Soul, Mind and Body—The Astral Body—Reincarnation—What the Soul Seems to the Author to be—Power of the Organizing, Building Spirit.

How to Aim.

The Substance of Things—Concentration—How to Use the Unseen Forces in a Practical Way—How to Realize Love, Joy, Peace, Faith, etc.—The Bible Method of Gaining What You Desire.

To Get at the Substance—The Author's Strange Experience—Going Into the Silence—How Others Have Found What They Desired.

The Spirit and the Individual—How Intuition Saved Flora P. Howard from a Fearful Railroad Accident—How Reason is Enlightened by Intuition—Magnetic Attraction.

By Crooked Paths—A True Instance of a Remarkable Answer to Prayer—Elizabeth Towne's Experiences.

Spirit the Breath of Life.

Affirmation and Wheels—True Method of Using Affirmation to Gain Success.

Your Forces and How to Manage Them—How Not to Overdo Affirmation and Suggestion—How to Avoid Worry.

Duty and Love—How to be Happy in Your Work.

Well Done—The Sponger—Pride and Character.

What Has He Done—Some Discover the Principle of Life Unconsciously, Others Consciously.

Will and Wills—An Old Thought Woman's Opinion About the Use of Will—What Will Is—The All Pervading Will—Universal Wisdom—Individual Wills—The Author's Personal Experience in the Development and Use of Will—The Obstacles She Encountered, the

"THE LIFE POWER" contains 176 pages, printed from plain, clean type on antique laid paper, handsomely bound in vellum. Has as a Frontispiece a splendid autograph picture of the author. PRICE OF BOOK, \$1.00. A copy given free for two NEW subscriptions to Nautilus; or for one new subscription and 60 cents.

Order of ELIZABETH TOWNE, Holyoke, Mass.

Mistakes She Made and How She Finally Found Peace.

Concerning Vibration—What Vibration Is. The I Was and the I Am—Why Death Comes.

Immortal Thought—The Body an Organization of Thought—To Be Immortal—The Meaning of Eternal Change—The Cause of Old Age and Somatic Death—How to Avoid It.

God in Person—The Real Body of God. How to Reach Heaven—The Emotional Self—Storehouse of Personal Power—Cause of Blues—Secret of Real Enjoyment—Cause and Cure of Impulsiveness and Nervousness—How Power is Realized—Vital Energy.

A Look at Heredity—How Fathers Inherit. Critic and Criticised—Solomon's Prayer.

The Nobility—How to Change Your Environment—The True Nobility—How to Belong To It.

"It is an earnest, weighty, brilliant study of the self, the ego, the person. It rises high above most such studies, and brings us face to face, not with details, shadows or seemings, but with the supreme, essential abiding human reality. It is a work which demands, commands, and rewards repeated study."—Rev. G. Duncan, D. D., in *The Gentleman's Journal*, England.

"The 'sweet reasonableness' of Mrs. Towne's philosophy in matters of every day experience is well presented in this volume. She strikes at once at the heart of our every day problems which lose their vexing quality in the cheerful, wholesome atmosphere of love and faith, in which she invites us to view them."—*Public*, Chicago, Ill.

"From Elizabeth's substantially inspiring portrait as a frontis to L'Envoi this book is a 'character builder.' If your channels of well-being are full, if your inner consciousness gives you a glad 'well done,' if your real self is pleased, if, in short, you have built your character and would not change a single piece in the structure you do not need this book; all others do. There are twenty-three of Elizabeth's charming essays on success, worth a dollar apiece, in this book."—*The Good Health Clinic*, N. Y.

"The teachings of the book in regard to the proper use of the will and the management and development of man's controllable forces constitute a most interesting story."—*Albany Journal*, Albany, N. Y.



# How to Increase Your Weight!

Improve Your Health, Gain Strength, Brain Power, Tranquil Nerves and Become Cheerful

Are you thin? Nervous? Weak? Do you suffer from "all tired out" feeling? Is your health not up to standard? Then get a TRIAL BOX OF KADA-YAGA at once. It is the drugless remedy, so safe, harmless and good that it can be given to everybody, from infancy to old age. It is the true proteid nutritive; indorsed by leading physicians. Wonderful in action. Agreeable to taste; acceptable to the weakest stomach. Begins its health-building work immediately. Many patrons say they feel the excellent effect the first day.



Before

J. T. Hellery, Columbus, Ohio, writes:—"Am 9 pounds heavier; feeling fine." J. E. Randall, Summit, Miss., writes:—"I have taken Kada-Yaga and in 11 days I gained 10 pounds. I feel so much better." Mrs. M. E. Bailey, Tucson, Ariz., writes:—"Since taking the sample and one box I have gained 6½ pounds; I feel better than I ever felt before." A. J. Mason, Panama, writes:—"Kada-Yaga has worked almost a miracle on me. My aches and pains are all gone, my flesh surprisingly increased. My weight which was 115 pounds is now 155½. My friends are all amazed."

Kada-Yaga is one of the most important products of modern science. Kada-Yaga is a wonderful producer of pure, healthy flesh and blood. It alters the condition from weakness to strength. It is the best and truest drugless tonic for children, growing boys and girls; young, middle-aged and very aged men and women.

## One Thousand Dollar Guarantee

We, the Kada-Yaga Co., hereby offer a reward of \$1,000 to any person who will show that Kada-Yaga contains alcohol, quinine, arsenic, or any other harmful drug.

We want YOU to prove the great value of Kada-Yaga for yourself. We will send you a week's supply—a box full of Kada-Yaga—so that you can have the opportunity to see what it will do for YOU. We will mail you this box postpaid, on only 10 or stamps, honestly,

does not pay actual cost, but we delighted that you will order a find you are increasing in health, you will recommend



What Kada-Yaga Does for Thin, Nervous Men



After

We tell you, that this expect you to be so surprised and larger box and that, when you steadily in weight and improving Kada-Yaga to your friends.

KADA-YAGA COMPANY, 649 W. 43d ST., Dept. 823

NEW YORK, N. Y.

## 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, 16½x14 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.



## 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 ½-carat Mexican Diamond, \$4.95; 1-carat, \$7.75. Gent's Round Belcher Ring, ½-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 FN2, LAS CRUCES, NEW MEXICO

Exclusive Controllers of the Mexican Diamond.

## DON'T WEAR A TRUSS



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

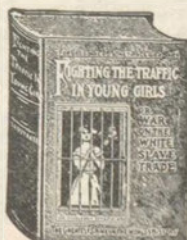
TRIAL OF PLAPAO PLAPAO LABORATORIES, B'k 39 St. Louis, Mo.

Name, .....

Address, .....

Return mail will bring Free trial Plapao.....

## Fighting the White Slave Traffic!



This great book has answered the cry for help that has gone up from a mighty nation and its people—a cry for aid in its war on the Damnable traffic in young girls! This book is written by Ernest A. Bell, U. S. District Attorney Sims, and others. It has the endorsement of press and pulpit; it is the most powerful weapon ever placed in the hands of opponents of the White Slave Traffic.

Succinctly and plainly it tells how young girls are lured from home; how they are sold into lives of shame. Stories of Victims are given. The Cincinnati Enquirer says: "Of all the books of the Season 'Fighting the White Slave Traffic' is the most helpful; it should be read by every man, woman and child." Agents are clearing ten dollars daily. Profusely illustrated—Sent postpaid to any address on receipt of \$1.00. Best terms to agents. Write today for full particulars. G. B. Fredericks, Mgr., 79 Dearborn St., Dept 1, Chicago.



## 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.**

## ARE YOU CONSTIPATED

After having constipation over 12 years, a physician friend told me how to cure myself. I tried it. From that day have not taken a pill or laxative medicine, and am never constipated; "regular as clock work." Have gained flesh. Nerves are steadier. The treatment costs nothing, causes no trouble or change in habits or food. If you want to treat yourself the same way, send 25c and I'll tell you how. Money refunded if not satisfied. Address, **A. S. WELLS, Laurel Springs, N. J.**

## 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 Magazines.	Regular Price per Year.	Special Price with NAUTILUS.	Foreign Subscription Price.
American .....	\$1.50	\$2.00	\$3.50
American Boy .....	1.00	1.75	3.11
American Suburbs .....	1.50	2.00	3.36
Business Philosopher .....	2.00	2.50	3.36
Cosmopolitan .....	1.00	1.75	3.11
Definitor .....	1.00	1.90	3.11
Good Housekeeping .....	1.25	2.00	3.36
Good Health .....	1.50	2.00	3.00
Health .....	1.00	1.50	2.36
Health Culture .....	1.00	1.50	2.36
Harper's Bazar .....	1.00	1.75	3.11
Philistine .....	1.00	1.50	2.26
Physical Culture .....	1.50	2.15	3.15
Success .....	1.00	1.75	3.11
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.**

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

### Good For \$1.00

Sign and mail this coupon to Magic Foot Draft Co., Dept 439R, Jackson, Mich.

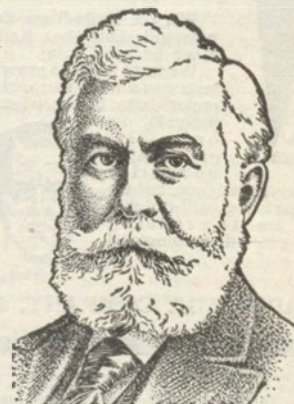
Name .....

Address .....

By return mail you'll get a \$1 pair of Magic Drafts To Try Free, as explained below.

IF YOU HAVE

## RHEUMATISM



FREDERICK DYER, Corresponding Secretary.

write your name and address plainly on the above coupon and mail to us. Return post will bring you, prepaid, a regular \$1 pair of Magic Foot Drafts, the great Michigan External Cure for Rheumatism of every kind—chronic or acute—muscular, sciatic, lumbago or gout. Then after you try them, 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.

Magic Foot Drafts are curing old chronic cases of 30 and 40 years standing, after everything else had failed, as well as all the milder stages. We have the evidence to prove all our claims. It must be plain that we couldn't send the Drafts out everywhere as we do on approval if they didn't cure. We want every sufferer to try them, so send us your full address on the coupon today. Our valuable illustrated Book on Rheumatism comes free with the trial Drafts. Send no money—only the coupon.



### "OPHTHALMIN"

For Cataract Blindness, Smoky vision. Choice and comprehensive literature ready now, and free. **THE C. SHERWOOD CO., 314 Reid Block, Elmira, N. Y.**



# 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*.

"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*.

## CONTENTS:

Principle of Health—The Principle of Life—Foundations of Faith—Faith Personally Applied Cures—Life and Its Organisms—What to Think—Faith—To Quicken 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.

"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.

Order of ELIZABETH TOWNE, Holyoke, Mass.

# THROUGH SILENCE TO REALIZATION

IS REALIZATION YOUR DESIRE?

THEN DON'T YOU THINK THE  
METHODS OF SELF-DEVELOPMENT  
USED BY PROFESSOR ELMER GATES,  
FLOYD B. WILSON, ELIZABETH TOWNE AND MANY  
OTHER SUCCESSFUL PEOPLE SHOULD INTEREST YOU?

This book contains practical instruction for the use of thought force. It will help set your energies in a new line—toward creative power. The chapters, "If Thine Eye be Single" and "Reward," will straighten your tangles. They explain reward and compensation and why some succeed and others seem to fail. Does the meaning of color interest you? If it does you will be pleased with the chapter, "Color in Life." For the sake of your family, friends and yourself, read "Admiration, a Herald of Hope," and "Hope, a Vibration of the Subconscious."

Floyd B. Wilson is a personal friend of Elmer Gates, and this book contains the result of much experimenting by these two men. Mr. Wilson gives a concise and logical basis for thought and action.

## HERE IS A PARTIAL SYNOPSIS:

What Is Thought?—The Silence—The Dawning of Light—Men-

tal Images—Reward—Color in Life—Overcoming—Joy, Always Joy—The Dominant Ego—Like Produces Like—Spiritual Knowledge—The Goal—Shakespeare's Pluck Considered Metaphysically—Destiny—Admiration, the Herald of Hope—Hope, a Vibration of the Subconscious—Realization, Hope's Master Creation.

## A REMARKABLE RECOMMENDATION!!!

One of the biggest business men of the West advised one of the biggest editors in the West to read it. Here is what the editor says: "Mr. P. S. Harris, of The Harris-Gore Co., Kansas City, recommended the book to me. I have been reading it with much profit."—E. E. FAVILLE, Editor Successful Farming.

"THROUGH SILENCE TO REALIZATION" is printed on fine antique paper, bound in silk cloth and contains about 200 pages. Uniform in style and binding with the author's other two books. Price, only \$1.00 per copy, postpaid.

SPECIAL: A copy of "THROUGH SILENCE TO REALIZATION" free, for two new subscribers to Nautilus at \$1.00 each, or for one new subscription and 60 cents extra. (Canadian postage, 24c extra—foreign, 50c extra.) Send now! Address: ELIZABETH TOWNE, Holyoke, Mass.

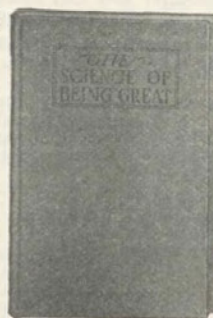


# MIND IS THE PATH

To The Goal Of All Possibilities

—Prof. Elmer Gates, Psychologist.

**Ambitious,  
Aspiring  
Men and Women  
Should Read**



**"The Science  
of  
Being Great"**

**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 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.

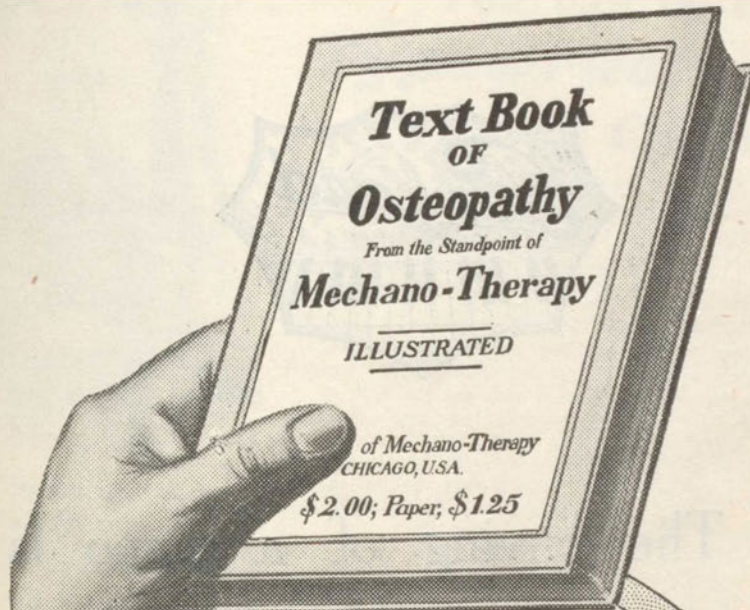
18. **A MENTAL EXERCISE**—How to Think for Greatness—How to Make Thoughts Your Own—Exercises for Thinking Correctly of Yourself—An Exercise for View Point—Exercises for Consecration, Identification, Idealization and Realization.

19. **SUMMARY OF THE SCIENCE OF BEING GREAT.**

"THE SCIENCE OF BEING GREAT" contains 158 pages, silk cloth binding, initial letters at beginning of chapters. Price, \$1.00. Send NOW to

**ELIZABETH TOWNE, HOLYOKE, MASS.**





## 100 Page Book on Drugless Healing—FREE

You are asked to write in and request this authoritative book on the Science of Drugless Healing. Just 100 pages (profusely illustrated) describing in plain, easily understandable English, the complete theory and practice of Osteopathy; showing the splendid opportunity offered men and women to practice the Science of Drugless Healing (Mechano-Therapy) and how to establish themselves in this highly paid and honorable profession; showing how a few spare hours, devoted to study **by mail at home** or in class, makes you proficient and enables you to earn \$10 to \$30 per day; showing how any person with an ordinary school education can assume a position among the leaders of men; showing how the services of a practitioner in the Science of Drugless Healing are constantly in demand; showing how twenty millions of people in the United States call in a Drugless Healer when they are sick.

It is an interesting book—one that will set you to thinking. **We are glad to present it Free** in return for the coupon below and two 2 cent stamps to cover postage.

Kindly write your name on the little coupon below **now**. It will surely open up to you "the door of opportunity." It will be the means of establishing you in a highly paid profession, whereby you may earn the honor and respect of all men—everywhere. Send the coupon and two 2 cent stamps at once and the big volume will be mailed, all free. Address the

**American College of Mechano-Therapy**  
Dept. 458, 120-122 Randolph St., Chicago.

### COUPON

American College of Mechano-Therapy, Dept. 458 Chicago

To the Dean:—Please send me, with your compliments, your large Text Book on "Drugless Healing," together with complete information regarding your course in the same, from the standpoint of a Mechano-Therapist.

My Name Is.....

My Address Is.....

City.....

State.....





¶ The buying of a piano is one of the most important transactions of a life-time. You'll make the mistake of a life-time if you buy a piano without first considering---thoroughly---thoughtfully---the Packard

Packard pianos---and piano players---are sold by the better dealers everywhere---or direct by the Packard Company, Fort Wayne, Indiana. Send for Catalogue KK---and our liberal payment plan---today





### The Typewriter King of Mexico

Some fifteen years ago, a long, lank Kentucky youth struck out to seek his fortune.

The bicycle fever was at its height and William A. Parker—for that's the name of the "hero" of this little business story—secured a position as agent for one of the large bicycle manufacturers.

His firm sent Parker to the City of Mexico, and he was soon selling bicycles in Spanish at a rate that astonished the natives.

One day an official of the Wells-Fargo Express Company came down to the City of Mexico with an Oliver Typewriter. Parker saw the machine. It was a case of love at first sight. He gave up the bicycle business and secured the Local Agency for The Oliver Typewriter.

Parker started out to convert a nation to a machine that up to that time had scarcely been heard of in Mexico.

It was a stupendous job and meant years of striving against overwhelming odds.

To make a long story short, William A. Parker is today the Typewriter King of Mexico. He controls the sale of The Oliver Typewriter in the entire republic.

He has many branch offices, heads an army of agents, and the Mexican Government reports show that more Oliver Typewriters are imported into Mexico every year than all other makes of typewriters combined.

Mr. Parker is an important figure in Mexican commercial affairs, stands high with the Government and is rapidly accumulating the fortune he started out to seek.

## You can be the Typewriter King in YOUR Community!

What would you give to hold an Exclusive Agency Contract, direct from The Oliver Typewriter Company—a document giving you absolute control of all sales of The New Oliver Typewriter—the latest model—the great No. 5—in your community during the entire life of the arrangement?

—The same scepter of power that has enabled Wm. A. Parker to dominate the typewriter situation in Mexico.

—A Contract that carries with it attractive possibilities of Profit and the personal Prestige that comes from being actively associated with one of the foremost industries of modern times. We offer to one man in every city, town and village—THE MAN OF MASTERFUL PURPOSE—this remarkable business opportunity.

### A Public-Utility Franchise

The typewriter is today a recognized Public Utility, ranking in commercial importance with those twin agencies of civilization, the Telegraph and the Telephone. Millions are spent annually for typewriters.

Think of being able to secure for yourself a Franchise giving you the Exclusive Control in your locality of one of the greatest Public Utilities, so that every new Oliver Typewriter sold therein pays profit-tribute to you!

## The OLIVER Typewriter

### The Standard Visible Writer.

The Local Agency for The Oliver Typewriter admits you to an International Sales Organization that is widely famed for the wonderful sales records it has made.

### No Limits Set to Earnings

We ask for loyal service, yet demand no more of your time than you choose to give to the work. Whether you work one hour or ten hours a day, is left to your own discretion. The rewards are in direct proportion to the time and effort expended. We set no limit on your earnings.

### The Famous "17 Cents a Day" Plan

This plan sweeps aside the objection—"I can't afford The Oliver Typewriter." The Local Agent is authorized to sell The Oliver Typewriter for 17 Cents a Day! He collects and sends in the small first payment, then we attend to the details.

The liberality and convenience of the Penny Purchase Plan is adding thousands to the list of Oliver Typewriter owners.

### Promptness Wins! Write at Once

Wherever you live and whatever your present work, this proposition should command your immediate attention. Prompt, decisive action wins the prize. The mail is none too fast to speed your application for the Agency. We do not pay telegraph tolls on messages of inquiry, but if you are intensely interested in securing the agency for your locality, you will not hesitate to use the wires for a prepaid telegram.

Write for "Opportunity Book" and full information without delay. Address Agency Department.

**The Oliver Typewriter Co. 274 Oliver Typewriter Building, CHICAGO**





Guide to

# Autology

## Reads Like a Novel

"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 man who has lived for a thousand years."—ELBERT HUBBARD.



"We consider AUTOLOGY one of the most wonderful books ever written."—Physical Culture Magazine.

### "Please Accept Our Thanks

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

MRS. DROZ, Torrington, Conn.

"Autology is the Nearest to Being the Guide to Perpetual Youth of anything I ever saw in print. I have carefully read, and will continue reading and digesting your instructions. 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. Anyone who reads Autology will know more about curing their ills and keeping well than could be learned by reading all the medical books ever published."

PROF. E. B. DENHAM,  
New Bedford, Mass.

"No money could buy my copy."

MISS M. L. SMITH,  
513 Grand Ave., Milwaukee, Wis.

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

—, Hudson, N. Y.

### "One Year Ago Today

I began to be an Autologist. Last evening I was telling a friend about it, and she asked me if I would go back to the old way of living, and I answered her, 'No, not for all that is in this world.' I have not had a cold since last August, and not a hint of asthma since last December. I am often asked if I am not afraid it will return, and I say most decidedly, 'No.' I now know what perfectly good health is, and I expect to live one hundred years at least. I wanted to let you know that I have outwitted the doctors who told me that I could never be any better. God bless Autology and its noble author."

(MISS) ADDIE M. BROWN,  
New Woodstock, N. Y.

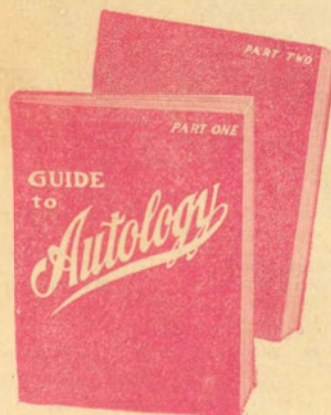
"I would not take \$100 for your book."  
D. B. ROGERS, Fredonia, N. Y.

## Well or Sick, You Need AUTOLOGY

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

It makes health and disease an open book, as clear as day

to your own mind, divested of all mystery and dread. Without it you are bound to sicken or suffer or die when you shouldn't. With it there need be no such thing as pain or sickness in your life. Do you realize what that means? That you may see and know for yourself I will send you my



## "Guide to Autology"

Valuable books of priceless information that everybody needs  
**EVERY CHAPTER IS A GEM**

The editor of Health Magazine published in New York, whose opinion is eagerly sought by thinking people all over the world, has this to say on the Chapter on Digestion: "It is a veritable gem, and will prove a blessing to untold thousands." There are over thirty such gems as fine as you ever want to read. So valuable are they that you'll refuse to lend the "Guide" to even your nearest relative for fear of not getting another.

Write your name and address plainly in the coupon on the right, or on your own letter paper, and enclose 10c (a dime or five 2c 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

Cut Off Here and Mail Today

E. R. MORAS, M. D. Dept. 901, Highland Park, Ill.  
Dear Doctor: I am interested in your offer. I enclose 10 cents for which please send me your "Guide to Autology."

Name.....

Address.....

E. R. MORAS, M. D., Dept. 901, 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.

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

TRANSCRIPT HOLYOKE, MASS.