

# THE NAUTILUS.

A Journal of Practical Ideality. The Organ of no School, bound by no Creed. "Consistency" and "Conformity" clipped from its vocabulary. Growth and usefulness, Good and Joy of all, its object.

Learn of the little nautilus  
how to sail.—POPE.

Build thee more stately mansions, oh, my soul,  
As the swift seasons roll. Leave thy low-vaulted past.  
Let each new mansion, 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 Nautilus."

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{ 555 Yamhill Street, Portland, Oregon. }

## SUCCESS IS WITHIN YOU,

Ready to spring up and bear fruit, like any other seed. It must be watered and nourished by

### THE WORD.

Send one dollar for a month's treatment for business success. I WILL speak THE WORD for you until your success bursts its shell and comes into view, as it certainly will in due time. First month's treatment, and the Nautilus for one year, for one dollar.

"Truth is within ourselves; it takes no rise  
From outward things whate'er you may believe.  
There is an inmost centre in us all,  
Where truth abides in fulness; and to know  
Rather consists in opening out a way  
Whence the imprisoned splendor may escape  
Than in effecting entry for a light  
Supposed to be without. Watch narrowly  
The demonstration of truth, its birth,  
And you trace back the influence to its spring  
And source within us, where broods a radiance  
vast.

To be elicited ray by ray as chances shall favor."  
—Robert Browning.

### THE CONSTITUTION OF MAN.

Lesson X.

#### A DESIRABLE TEXT.

"The opening article on 'Desire,' comes home to me the more strongly because all my life, from boyhood up, (and I am now forty-eight), I have been a martyr to a full, large New England conscience—my inheritance from my father in particular. My life has been a struggle to be guided and governed by MORAL LAW rather than by mere desire. \* \* \* \* Don't, under the impulse of a woman's love nature reaching out to help others, teach the being led by desire rather than the moral law of God or Good. The race is largely so attuned to the moral law now that it is "written on their hearts," as the Bible puts it, or has become a fixture in their "instinctive minds," as you express it—their involuntary, unconscious, subliminal self. Don't write to UNSETTLE this by appealing to their reason along contrary lines."

This extract from a letter written by a New York subscriber affords me a good text for the closing chapter upon Desire.

Let me sum up my teaching regarding Desire:

1. Desire is the Law of Attraction, BECOME CONSCIOUS through recognition.

2. Desire is the WILL of the sub-self, the conscious attraction of REALIZED truth for MORE, MORE. It is the APPETITE, the hunger of the sub-self for what it NEEDS.

3. Every realized truth made its entrance to the sub-mind by WAY OF THE REASON, the objective, surface mind. Not until REASON PROVES, does the instinct mind, the sub-mind ACCEPT.

4. Once accepted by the sub-self a truth is there for eternity. It is "written on the heart," and is therefore INSTINCTIVE, i. e., functions sub-consciously. It is "habit."

5. Reason, dealing ever with new experiences, cannot have ALL the premises from which to draw a conclusion until the experiences are PAST. Hence reason is a fallible guide, an uncertain prophet.

6. Desire is the voice of that 95% sub-self of DEMONSTRATED truth. Hence it calls for the RIGHT THING ALWAYS; i. e., it ATTRACTS the experiences, "good" or "bad," from which REASON shall PROVE AND ACCEPT NEW TRUTH; to find, in turn, its place in the sub-mind.

It was written centuries ago, "I will put my law in their inward parts, and write it in their hearts; and will be their God, and they shall be my people. And they shall teach no more every man his neighbor, and every man his brother, saying, Know the Lord; for they shall all KNOW me."

The sub-self, the instinct mind, is the "inward part," the "heart," upon which the law of Good shall be written. EXPERIENCE is to us EXACTLY what pictures, bits of cardboard, toothpicks, etc., are to the kindergarteners. As with them, REASON, objective mind, PROVES some things as good, some as "bad," i. e., unserviceable, useless. REASON ACCEPTS ONLY THE GOOD FINALLY; and that good becomes instinctive.

This fact is corroborated by Thomson Jay Hudson's conclusions, based upon his very extensive psychic research, and announced in his grand work, "Law of Psychic Phenomena." By the way, that book is a liberal education in itself. Every thinker on these new lines should read it.

Hudson is supported by many more learned scientists in his assertion that no man can be compelled or wheedled into doing, even when

hypnotized, what is AGAINST HIS PRINCIPLES; i. e., his "nature," as expressed in "subjective mind," the sub-mind. Hudson's conclusion is that a man's principles are INSTINCTIVE. I do not know that he understands how they become instinctive.

"As a man thinketh so IS he." Caution and conscience are near akin, and next door neighbors within the cranium. Both are born of a belief in good AND evil, God AND devil. BOTH result entirely from IGNORANCE of the fact that there is only ONE energy, ONE quality of experience, ONE LAW, the Law of Attraction, whose consciousness is Desire, in all the Uni-verse. To be a "martyr to a full, large, New England conscience," or a conscience of any other nativity, is a confession of IGNORANCE.

Nevertheless, conscience and caution are both GOOD. They prod us up and stick pins in us to keep us from going sound asleep in our ignorance. They keep us thinking and working until we finally PROVE to ourselves that all is REALLY good. I have a large, number six conscience myself, and I've been a martyr to it. I paid it so much attention for years that it repaid me as a child repays the parent who fears it and pampers its every whim. My conscience, and my caution, were a spoiled pair. They kicked at nothing and would NOT be satisfied. By and by I rebelled at such tyranny and literally "gave them a piece of my mind"—the ALL GOOD piece. They are now as docile as Mary's famous little lamb. They have learned that I AM GOD and could not be bad if I tried, for the LAW OF LOVE, God, is "written on my heart."

There is no danger of "unsettling" people by teaching the goodness of Desire, because NOBODY CAN FOLLOW DESIRE UNTIL HE REALIZES THAT IT IS GOOD, until REASON is convinced.

If he accepts this teaching simply as an excuse to gratify "evil" desire he will gain experience, it is true, but it will be a kind that he will not care to repeat. ONLY he "who hath ears" can "hear" or receive ANY teaching. The Law of Attraction governs in all knowledge. Just remember the hard times you have had trying to hammer mental science, or any other new idea, into people's heads, and you will realize that only those who "have ears" can "hear." Everybody is just as well-intentioned as you or I. They simply have not yet grown ears for our particular kind of truth. Speak the truth as you see it, and let them hear or not as they can. Speak the truth when it is ASKED of you—"cast not your pearls before swine." YOU are not required to prevail upon people to see truth. TRUTH, which is MIGHTY, shall prevail.

What IS "moral law?" A matter of education pure and simple. Moral law in India requires the drowning of the very "spiritual"



mother's girl baby in the sacred Ganges, and her number six Indian conscience lashes her to despair if she obeys not the "moral law."

Moses promulgated a more complex "moral law," to whose vibrations the Jewish world is gradually responding.

Jesus of Nazareth announced the height of "moral law," the ONLY immutable law of the Uni-verse, the Law of Love, or ATTRACTION, or Desire. "Do unto others as ye would—DESIRE—they should do unto you."

The Universe IS ATTUNED (NOT is BEING attuned), to the vibrations of Love. Its tones are swelling in divine harmonies NOW. The "music of the spheres" is REALITY—not simply poetic fancy.

Whatever belief man may hold, not in ACCORD with the Law of Love or Desire, is doomed to the bottomless pit of oblivion. EXPERIENCE is teaching him that HAPPINESS, the one aim and end of creation, cannot be attained EXCEPT by living, i. e., THINKING, according to the law of his being, the Law of Love or Desire. RECOGNITION of Love is JOY, LIFE. Recognition of NOT-Love is pain, death. "As a man THINKETH, so IS he." To THINK love is to BE love, and to BE love is JOY.

The "moral law" is variable, the result of MAN'S REASON; and depends for its nature upon HOW MUCH LOVE its promulgator has REALIZED. Jesus realized PERFECT love—"perfect as your Father in heaven," the Law itself, is perfect. Therefore, his "moral law" will never be improved upon, though the perfect APPLICATION of that Law will occupy eternity and infinity.

"A woman's love nature," says my correspondent. If God is Love, what TRUER impulse could any human being have than his "love nature?" Love NEVER ERRS. It is NOT-love impulse that "sins"—fails to hit the mark of truth.

My correspondent has PATCHES of the truth which in the fullness of time will BY LOVE, or God, be pieced together into one harmonious whole—a sort of love-quilt which "covereth all things."

"Appealing to reason along contrary lines." Sweetheart, there are no "contrary lines." ALL THINGS FIT; EVERYTHING works for good; and each thing is NEEDED, and in its place. We have not yet pieced them together in our own minds. But we are learning.

#### I AM THE SUN OF GOD.

Oh, Sweetheart, do you desire above all things to live a serene, useful, successful life? Do you want to get out of the petty limitations of conventionality? Out of pain and sin and sickness? Away from the small hurts of everyday living? Do you really WANT to get away from them? Are you WILLING to WORK out the salvation that is in you?

Or would you rather sit still and grumble at the universe in general and everybody in particular? Do you DESIRE health and prosperity, happiness and a wider usefulness enough to work EVERY DAY and all day for them, as a man works who DESIRES to be a great musician, or artist, or scholar? Or do you simply weakly WISH that somebody would carry you bodily "on flowery beds of ease," to a heaven of happiness and prosperity? Are you RESOLVED to have health, happiness and material prosperity, and to be more widely useful, no matter WHAT it costs nor how long it takes?

Then you will have them. You will, without the shadow of a doubt, get there. You could

not fail if you tried. And I AM with you all the way and at the same time I AM already there, and I will tell you something that was an immense help to me in getting there. It was the sun. Shelton says the sun is God. I should not be surprised if he is right. But I am not sure he is.

However, the sun helped me to a realization of my SELF, my all-wise, all-loving, all-powerful, serenely happy SELF. YOUR Self is just JUST as grand as my self, and you are DEAD CERTAIN to find your self, Sweetheart, when once you set about it.

The reason you have not already found it is that you have put in most of your time watching the self of other people. You have been impolite to YOUR Self. You have consulted every Tom, Dick and Harry before your Self. And you have called your Self all sorts of names. No wonder he has crawled into his shell and pulled the hole in after him! No wonder you think he don't know much!

But he does, and he will do anything for you if you just be even half way civil to him! Be polite and respectful to your Self. Tell him he is a pretty good fellow after all—the best friend you have. Ask his advice, and USE it. And let him do things for you. All he wants is RECOGNITION, and he will do anything you want done, and do it better than anybody else can do it for you.

The sun helped me to make a close acquaintance with MY Self. He will also help you. Did you ever think how much alike are Son and Sun? Jesus was the Son of God. I studied the life of that Son for years, trying to be like him. My success was indifferent.

But one day it suddenly flashed across my mind that I AM the SUN of God! That was to me a glorious IDEA that took possession of me and literally transformed me by the renewal of my mind.

That is a little trick IDEAS have—give them a lodging and they will make a whole new house for you, a "house not made with hands."

"I AM the SUN of God" made me all over in no time.

I will tell you some of the changes it made in me. I used to be very "sensitive," so much so that I didn't know my own mind more than half the time; and I was always getting my feelings hurt; though I was generally too proud to show it.

I tried desperately to conquer my feelings and keep from being hurt, but success did not crown my efforts nor even perch upon my banner.

At last I grew tired of coddling my feelings and I told them, with considerable righteous indignation, to keep on feeling hurt till they got tired and quit—they would receive no more attention from me! They did get tired and quit. The sun warmed up my feelings and happified them for good and all.

This is the way of it: I said to myself, "If I AM the SUN of Good, then my one reason for being is simply to RADIATE—to shine—to SEND OUT GOOD THOUGHT."

Now, you see that is just where I had been making a vital mistake. I had always tried to be a Moon instead of a Sun. The moon is cold, dark, sterile, RECEPTIVE, only shedding REFLECTED LIGHT. I had been all the time RECEIVING everything—other people's ideas and opinions and even all kinds of hurts from them! And as if this was not enough receiving, I daily besought God to give, give, GIVE, me the Holy Ghost not to mention the hundred and one other favors I begged!—of Him and other folks.

And all this time I was really a SUN, THE Sun of God, made for the one purpose of SENDING OUT, instead of receiving. I had "life in MYSELF," as "the Father hath life in himself."

In order to outgrow entirely all that sensitiveness I had simply to remember, when my feelings were injured, that I Am a Sun made to SHINE, instead of a Moon made to attract hurts from without.

Every human being is literally a Sun of Good, made to RADIATE. If he will attend strictly to the business of sending out Good Will, as the sun radiates beams, he will soon find his feelings under his control.

Suppose every time somebody on this planet grumbled at Old Sol, he were to curl up within himself and fail to send forth his rays. If he were "sensitive" like most people that is what he would do. But Sol is too wise a God for that. He attends strictly to his own business of SHINING. So positively does he shine and so fully is he absorbed in doing his best, that he shines upon not only the "just" who appreciate his shine, but he shines joyously upon the "unjust," who only grumble in return. So POSITIVE is that blessed old Sol that he never feels a grumble! His shine just meets the grumble and TRANSMUTES it before it touches him!

The reason we get hurt by the unkind words of those about us is that we forget to shine.

There is a REAL sun center in us, the Solar (or Sun) Plexus. This is a great nerve center situated back of the stomach. When this central Sun, from which all the nerves of the body radiate, is in its normal condition, it STEADILY radiates a REAL energy, just as the sun does. This energy vibrates through the nerve highways and byways of the body out toward the surface of the body in all directions (the mucous membranous surface, as well as the outer skin), and is THROWN OFF in a real halo or atmosphere which always envelopes the body. If this radiation from the Solar Plexus is POSITIVE enough, the influence of another person cannot disturb its steady, harmonious vibration in the least.

And a person who is thus positively radiant wields an immense power for good to those less positive than himself. His presence alone, without a spoken word or even a definitely directed thought, stills the troubled minds with whom he comes in contact.

In all human beings who have not yet learned the law of being, the Solar Plexus is in a cramped condition that prevents the steady flow of LIFE, or "nerve ether," to all parts of the body. From this cause comes EVERY disease of the human race, mental, physical or environmental.

ALL one's "feelings" are due to the action or inaction of this Sun-center. GOOD feelings are due to free action, ill-feelings to CONTRACTION. Pleasant sensations are caused by the OUTFLOW of "nerve ether," energy, Life; unpleasant sensations by an INTERRUPTION OF THE STEADY OUTFLOW.

In every human being there is a steady radiation of Life, or Love, or Good Will, from the Solar Plexus, except when the individual HIMSELF interrupts the radiation—when he CONTRACTS the Solar Plexus, thus diminishing the outflow or interrupting it altogether, as in death.

A continued contraction of the nerves results in a chronic state of nervous collapse. The nerves literally collapse, as does a soft tube from which fluid is withdrawn.

The nerves are tubes for the conveyance of Life to all parts of the body. Contract the



Solar Plexus and you withdraw Life from the body.

The Solar Plexus is the point where LIFE IS BORN—where the Uncreate becomes Create; the unorganized becomes organized; the unconscious becomes conscious; the invisible appears; that which is dimensionless becomes measurable.

THERE IS POSITIVELY NO LIMIT TO THE AMOUNT OF LIFE THIS SOLAR CENTER IN THE INDIVIDUAL IS ABLE TO GENERATE, and no limit to the rapidity with which it may be generated.

But this omnipotent sun-center is a generator of blind energy, all-mighty but unintelligent in any high sense.

The Solar Plexus is a SERVANT to the brain. No more Life is generated, (i. e., made visible), than THE BRAIN, the "God in the HIGHEST," dictates. Every minute contraction and expansion of the sun-center of Life is in OBEDIENCE to the brain. No lightest fancy of the brain but is responded to instantaneously by the Solar Plexus.

Do you perceive why and how it is that "OF EVERY idle word shall ye give account?" And HOW ye shall be "rewarded according to the deeds done in the flesh?"

What you sow in imagination you will surely reap in the body. What you HAVE sown in thought you ARE reaping now.

Conscious thought is master of the sun-center, from which flows the life of your body; and the quality of your body, including the brain determines the quality of your environment. You are your own lord and master, the arbiter of your own destiny.

Now do you see why a "sensitive" person gets "hurt" continually? He thinks he is a Moon instead of a Sun; he RECEIVES from others words or tones or acts which displease him; he CONTRACTS the Sun-center of himself, stopping his RADIATION of Good Will.

IT IS THE STOPPAGE OF HIS OWN RADIATION OF LIFE, OR GOOD WILL, THAT HURTS HIM, NOT the thing that was said or done. And he alone is the Lord of that Sun-radiator; therefore HE HURT HIMSELF. I made this discovery by actual experience, and have DEMONSTRATED the fact that NOBODY on earth has the power to "hurt my feelings." By studying the action of the real sun and remembering that I AM THE SUN OF GOD, I quickly learned the art and acquired the HABIT of shining. "What I do ye may do also."

This is one of the things the sun helped me to do. I will tell you more next time.

#### INGERSOLL-ISMS.

"The greatest poet is the one who selects the best, the most appropriate symbols to convey the best, the highest, the sublimest thoughts. Each man occupies a world of his own. He is the only citizen of his world. He is subject and sovereign, and the best he can do is to give the facts concerning the world in which he lives, to the citizens of other worlds."

"Everything is right that tends to the happiness of mankind, and everything is wrong that increases the sum of human misery. What can increase the happiness of this world more than to do away with every form of slavery, and with all war? What increase the misery of mankind more than to increase wars and put chains upon more human limbs? What is conscience? If a man were incapable of

suffering—if man could not feel pain—the word "conscience" never would have passed his lips."

"Fear paralyzes the brain. Progress is born of courage. Fear believes, courage doubts. Fear falls upon the earth and prays, courage stands erect and thinks. Fear retreats, courage advances. Fear is barbarism, courage is civilization. Fear believes in witchcraft, in devils and in ghosts. Fear is religion; courage is science."

"I do not see how it is possible for a man to die worth millions of dollars in a city full of pain, where every day he sees the withered hand of want and the white lips of famine! I do not see how he can do it, any more than he could keep a pile of lumber on the shore where hundreds and thousands were drowning in the sea."

"I am a believer in fashion. It is the duty of every woman to make herself as beautiful and attractive as she possibly can. "Handsome is as handsome does;" but she is much handsomer if well dressed. Every man should look his very best. I am a believer in good clothes. The time never ought to come in this country when you can tell a farmer's daughter simply by the garments she wears. I say to every girl and woman, no matter what the material of your dress may be, no matter how cheap and coarse it is, cut it and make it in the fashion. O daughters and wives, if you would be loved, adorn yourselves—if you would be adored be beautiful."

#### SUCCESS TREATMENT.

Every human being has within himself the seed of success which will grow up for him, just as any other seed will grow, if given the proper conditions. The seed of individual success must, if it is ever to bear fruit, be nourished by the WORD. I AM devoting many hours each day to speaking this Word for thousands of persons. Real opulence of thought and environment is INCREASING daily for all who come into conjunction with my thought. This is no ephemeral thing. There is no "luck" about it, no mystery and no happen-so. It is scientific demonstration of a law of "nature."

Success may be cultivated and grown as naturally and with as little chance as corn or wheat may be grown. Hundreds, yes, thousands are demonstrating this law, which in a few years will be as well known and as commonly applied as any other natural law.

It is becoming more evident to me daily that treatment for the development of personal success is more necessary than any other kind. PERSONAL SUCCESS INCLUDES HEALTH AND HAPPINESS. Real success develops every power of the individual. And the natural exercise of every faculty means harmony, or health. Where did you ever see a really successful man who was not healthy? A man who PUTS HIMSELF into anything, even to sordid money-grabbing, DEVELOPES what is within himself. And this means health.

Treatment for success means simply treatment to awaken the dormant powers of the individual to healthy activity. It means FREEING the individual to a NATURAL expression of himself, freeing him from fear and distrust of his own power to BE WHAT HE WILLS TO BE.

"I am a great deal better. Getting well fast. I am very thankful for what you have done for me. I feel very much better, mind and body. You may use my name if you like."

William G. Mahon, Joseph, Ore.

—SUCCESS is THE WORD. Speak it Sweetheart.

—Oh, Luck, thy name is STICK-TO-IT.

—There is nothing impossible to you if you will just stick to it.

—"Without THE WORD was not anything made that was made."

—The WORD is a real, living entity, the creator of all things that are or have ever been.

—Money has no love for a hypocrite. The man who affects to despise money always carries a lean purse.

—"The joy of the Lord (Love) is thy strength;" i. e., that which holds thee together in health, or wholeness.

—Oh, bother your feelings! If you don't like them, drop them out of mind. Set your mind on something else and you will soon have a new set of feelings.

—"I do believe that your influence is taking hold of my husband, who has such a terribly quick temper. He seems to be so much better in the last few weeks."

—"I am better. It is quite unaccountable. Is it your faith or my works, that is producing an effect upon my pneumo-gastric nerve?" \* \* \* It is my Word.

—Treatment for health, harmony, self-development or any other desirable thing, from one to ten dollars a month according to your financial ability. Of that you are the judge.

—"The easiest way to get rich is to treat others for poverty," says Lucy A. Mallory. And the surest way to get well is to forget your own troubles and treat others for health and success.

—The love of money is the root of all GOOD. Evil is NOTHING and HAS no root. Get UNDERSTANDING, Sweetheart, and you will LOVE money and be free from the bondage of poverty.

—Please do not send stamps unless absolutely necessary. Then send ones instead of twos. Silver and bills reach me safely. My own comes to me, even when you forget to seal the envelope!

—"Think I wrote to you July 8. Know that you received my letter, for I have been helped right along. Digestion improved, not yet perfect. Nearer to Christ than ever I've been before. Continue. Stir up every power in me."

—We are in no danger of OVER-rating either ourselves or others. The farther away we get from worm-of-the-dust consciousness the more quickly we shall cease to crawl. We ARE what we THINK, and what we think has a lot to do with what other people are.

—By a typographical error M. L. Arvold's address given in his ad. in August Nautilus was made to read 36 instead of 308 West Ohio Street, Chicago. That is why your letter may be returned to you via the dead letter office. Write again to him at 308 West Ohio St.

—"Osman's Palmistry Instructor" is really, as its author claims for it, an "easy method of reading hands." "To the Lovers of Truth and Science, this Little Book is affectionately dedicated." Address; Leo S. Osman, 170 W. 23d St., New York City, enclosing 25 cents.

—I AM Elizabeth Lois Struble, D.M.A.—Doctor of Mental Agriculture. I sow the finest of mental seeds in the right spot. Then I cultivate daily with THE WORD. Results, a fine crop of all sorts of GOOD things. Seed scientifically sown produces a hundred or a thousand fold.

—COUNT upon success, for it is CERTAIN. It is WITHIN you, and awaits development, like any other faculty, by EXERCISE. When you are THINKING limitation and failure you



are not EXERCISING success. THINK SUCCESS. Go in to win and stick to it, no matter HOW long it takes.

—We mental scientists will have to look to our laurels. The M. D's are getting interested. You ought to see the Nautilus subscription list! You would think, by the number of M. D's, that I am publishing a medical journal! By the way, the only profession that is poorly represented upon that list is the ministerial. Step lively gentlemen—the procession is leaving you a-way behind.

—And you want "to be free," do you? Sweetheart, I'll tell you a solemn truth: you ARE free. There is not the least little string on you ANYWHERE—not one. You are as free as the wind, that "bloweth whither it listeth." You really ARE. The only difference between you and the wind is that the wind does something and you don't. You sit still and lament your imaginary bonds; the wind gets up and dusts and proves its freedom.

—August number of Free Man contains the opening chapter of "One of the Blue Hen's Chickens," by Virginia D. Young, which bids fair to prove most interesting. The Free Man is one of the finest of new thought journals. If you have not already subscribed send 25 cents in silver or thirty one cent stamps for three months trial subscription and a copy each of "Business Success Through Mental Attraction," and "Sexual Law and Philosophy of Perfect Health," two splendid booklets by Dr. Close. Address, C. W. Close, 124 Birch, Bangor, Maine.

—And so you think it a "sin" to charge for treatment, do you? Well, don't you do it then. Poverty will probably pinch you though, until you wake up to the fact that there is no "sin." When will you learn that the individual is FREE to do as HE sees it? I have a perfect right to charge \$1000 for treatment if I choose. You have a perfect right to pay it—if you want to. And you have the SAME right to grumble and condemn. It won't hurt me and it may amuse you. When you know a little more you will not care for that kind of amusement. You will want to make money or some other useful thing.

—"Your welcome letter was forwarded me Saturday, and I KNOW I am being helped. Last Sunday we were compelled to pawn our watches to pay our board, business had been so poor. But the following week we made enough to redeem them and had money over. I am feeling so positive for this week's work. Am growing in confidence and strength. Of course I know they are the same."—H.

"Yes, indeed I am feeling decidedly better and am surprised at myself—I am so well at present. I did not worry as I knew you would help me and take care of me even if I did not write promptly."

—Here is an extract of a letter that came all the way from Central America to Shelton. He sent it, with the writer's subscription money to me. This is the extract: "If The Nautilus is really the other half of Christian I should like to have it. The editor must enjoy that inward peace and satisfaction that I so much crave and fail to experience. To be your better-half she must be away up in the very same vibrations of realization you seem to enjoy so much." \* \* \* Thanks. Glad to hear that I am the BETTER-half. That sets me away up in the vibrations and widens my seraphic smile into a broad grin.

—"GOOD HABITS ALONE ARE PERMANENT," says W. J. Colville, in a fine article on "How to Cultivate the Power of Concentration,"—an article I wish I could reprint entire. You can find it in the July Occult Review of

Reviews, Cleveland, Ohio. "GOOD HABITS ALONE ARE PERMANENT." What a solid comfort it is to know that all our bad habits of thought are to be outgrown. No need to regret and lament them. We are daily acquiring good habits; and DESIRE IS CREATIVE. We shall ALWAYS desire good habits because WE ARE GOOD. That is the reason that GOOD habits alone are permanent.

—You are RIGHT. I HAVE unlimited confidence in Her Majesty myself. I have a right to that confidence for I've done wonders in conquering self and environment. And I shall work still greater wonders, for there is NOTHING I cannot be and do. Why, I AM GOD! Why should I not have unbounded faith in myself? My faith in myself is only equalled by my faith in you, Sweetheart. I know you better than you do yourself and I know that what I can do you also can do. Not only do I know that you CAN do it, but I know that you WILL; that you are doing it. And your self-trust is growing.

—I wish every reader of the Nautilus would send twenty-five cents to Hugh O. Pentecost, 76 Elm St., New York, for a years subscription to the daintiest little monthly published. You will like it. It's little, but, oh, my! Every paragraph is a sort of silvery slug that hits the mark. I wish Ida Gatling Pentecost would publish the other half of that paper and mail it between times. When you send for Positive Thought send five cents extra for a silver slug on "Righteousness," by Hugh Pentecost. It will open your eyes if they are not already open, and if they are, you will enjoy it all the better.

—"The secret of healing lies in the proper direction of thought force. We must fix our attention—not on the sickness, pain or sin we wish to rid ourselves of—but absolutely away from them. Smile in the face of your sickness, sorrows, worries and fears—join a laughing society; mingle with vigorous, hearty, happy and healthy people. Imbibe their spirits. Constantly and persistently attempt to show them how to be well and happy, and through all these efforts disease, worry, sorrow and fear will take their departure in disgust, ashamed and chagrined at the treatment they received at your hands. Non-recognition of all your troubles and diseases sickens them and they die and are forgotten, as the ostracized society bud."—Robt. Sheerin, M. D., in "Suggester and Thinker."

—"To insure immortality must not the desire be in concord with fact as inhering in immutable law? Do not the laws of being obtain as inherent properties of life itself, existing because of Being itself, with no possibility of their being violated or annulled by voluntary or involuntary act of God, man or devil? Is not truth the product of true reasoning, taught by experience? Mental science is seeming to me to have fragments of great truth with much of it inverted, and I am trying to distinguish wheat from chaff. I desire success in this."

There is no immutable law but the LAW OF ATTRACTION. Whatever ye DESIRE, believe that ye receive and ye shall have. Whatever reason ACCEPTS we believe. Reason is growing daily. In due time it will ACCEPT ALL DESIRE as ATTAINABLE. Which will make it attainable. There are NO limits except as an undeveloped reason creates them.

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Subscribed and sworn to before me this 1st day of March 1896, at Daytona, Florida. C. M. BINGHAM, Jr., Notary Public.

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