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Magazine of New Thought

*Edited by Elizabeth Towne
and William E. Towne*



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NAUTILUS makes plain the Truth that frees, heals and prospers you. It opposes no race, sect or religion. Rather it supports the basic Truth in all religions. "Ye shall know the TRUTH and the TRUTH shall make you free."

This is What New Thought Teaches

Condensed from Declaration of Principles
Adopted at Third International Congress

THE essence of the New Thought is Truth, and each individual must be loyal to the truth he sees. The windows of the soul must be kept open at each moment for the higher light, and his mind must be always hospitable to each new inspiration.

We affirm the Good. This is supreme, universal and everlasting. Man is made in the image of the Good, and evil and pain are but the tests and correctives that appear when his thought does not reflect the full glory of this image.

We affirm health, which is man's divine inheritance. Man's body is his holy temple. Every function of it, every cell of it, is intelligent, and is shaped, ruled, repaired and controlled by mind.

Spiritual healing has existed among all races, in all times. It has now become a part of the science and art of living the life more abundant. We affirm that the universe is spiritual and we are spiritual beings.

We affirm the new thought of God as Universal Love. Life, Truth, Joy, in whom we live, move and have our being, and by whom we are held together, that His Mind is our mind now, that realizing our oneness with Him means love, truth, peace, health and plenty, not only in our own lives, but in the giving out of these fruits of the Spirit to others.

We affirm these things, not as a profession, but practice, not once a day of the week, but in every hour and minute of every day.

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against me in everything. Now he loves and adores me, reads *Nautilus* and is interested in New Thought. He cannot do enough for me. So my home and husband and all were saved."—G. M. (Why not pass on your copy of *Nautilus* to a home that needs it?)

WE WILL PAY \$25.

We want those who have experimented in sending telepathic messages, or who have had experiences in thought transference, to send us an account of their most interesting experiment or experience. *What we especially want is anything that will throw light upon the conditions under which*

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For September



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By Mizanna Wolf

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THESE IN SEPTEMBER NAUTILUS

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Lindbergh did not have one single advantage—except his courage and will to win. Roosevelt began life as a sickly, weak boy. Napoleon was an unknown soldier. So was Mussolini. In spite of all, they fought their way to the top. You, too, can advance yourself. Your present conditions cannot bar your progress—if you have the will-to-win.

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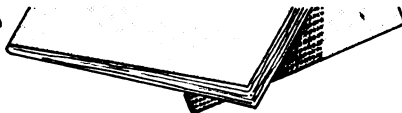
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PUBLISHED
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NAUTILUS

MAGAZINE OF
NEW THOUGHT

SUBSCRIPTION
\$1.00 A Year
20c A Copy

Vol. XXIX

AUGUST, 1927.

No. 10.

CONTENTS

I Have So Many Things To Make Me Glad (Page Poem)	Helen Tyson Woods	12
Editorials	Elizabeth Towne	13 to 15
A Measure of Merit	Chester H. Struble	16
Inner Guidance	Horatio W. Dresser	17
In One Hour I Was Healed. In a Month's Time I Was a Different Person	Emma M. Henderson	19
How to Work Out Your Personal Problems by Linking Your Subconscious With the Chain of Truth	S. Valdanathan	21
Think Yourself Thin	Agatha P. McGivern	24
For Hay-Fevered Noses and Asthmatic Gasps	Brown Landone	25
Cashing In On the Increase in Your Ideas	William A. McKeever	29
Spiritual Healing: Soul Contact	Pierson W. Banning	30
Views and Reviews	William E. Towne	32
Sunday School Service Department	Rev. George C. Golden	34
Neither Do I Condemn Thee	Elsie Lang	35
Parents' and Children's Department: How New Thought Healed the After Effects of Scarlet Fever	Mrs. F. C. W.	36
Mrs. Carter's Answers to Questions		37
Things That Make For Success		38
Family Counsel		40
Little Visits		41
Anent Books and Things		42
NAUTILUS NEWS		1

Published by THE ELIZABETH TOWNE CO., Inc., Holyoke, Mass.

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Entered at the Post Office at Holyoke as second class matter.

THE NAUTILUS

ELIZABETH TOWNE }
WILLIAM E. TOWNE } The Editors

CHESTER HOLT STRUBLE, Managing Editor

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ADELAIDE, So. Australia.—New Thought Society, Mrs. Lillian Nicholls, Darling Bldg., Franklin St.

ANDERSON, Ind.—Anderson Truth Center, 421 W. 11th st. Glen M. Tail. (M)

ATLANTIC CITY, N. J.—Truth Center, 1113 Boardwalk, Suite 6. Carl W. Hubert, Leader. Reading Room. (M)

BAKERSFIELD, Cal.—Studio of Applied Psychology and New Thought Reading Room. Mrs. Frieda Fechtner, Leader, 1809 2nd St. (M)

BALTIMORE, Md.—New Thought Center and reading room, 603 N. Paca St. Rev. Grace A. M. Bratcher. (Col.)
—Ida Mae Waters, 609 Cathedral st. (M)

BELLINGHAM, Wash.—Metaphysical Library New Thought Center, 314 Champion St. Applied Psychology. (M)

BOSTON, Mass.—Mrs. Mary E. T. Chapin, 158 Newbury st. Mid-week meeting. (M)
—The Metaphysical Club, 234 Boylston st., Fri. 3 p. m., Sun. 11 a. m. and 8 p. m. (M)

BOURNEMOUTH, England.—Mrs. Helen Rhodes-Wallace, Leader, 7 Cecil Hill, Queen's Park. (M)

BRIDGEPORT, Conn.—The Unity Psychology Club, 446 Bridgefield Ave. Miss M. L. Munich, Sec.

BROOKLYN, N. Y.—Radiant Center, 950 Greene Avenue, Mrs. T. Shondy, Leader. (M)
—Anna A. Preiss, School of Practical Psychology—41 Downing St.

BUFFALO, N. Y.—League for the Larger Life, 152 Elmwood av. Meetings Wed. & Sun. 8 p. m. Lending Library.

CEDAR FALLS, Ia.—Business Women's Class. Mrs. Chas. H. Bailey, Leader, 1113 Walnut St. (M)

CENTRALIA, Ill.—Metaphysical Library and Reading Room. 200½ E. Broadway, R. 6 (upstairs).

CINCINNATI, Ohio.—New Thought Temple of McMillan at Grandview Ave., Dr. Harry Granison Hill, Leader.
—Cincinnati Unity Center, Frederick Elias Andrews. Burnett House, 309 Vine. Daily 12 and 2. (M)
—New Thought Universal Truth Center, 11 W. McMicken Ave. near Vine st. Leader, Wilhelmina Bickett.

CHICAGO, Ill.—First Unity Society of Practical Christianity, 159 N. State St.
—Mr. H. W. Tiers, 234 South Michigan Ave.
—Seekers of Truth, R. E. Hamann, Sec'y., 7008 N. Clark St. (M)

CLEBURNE, Tex.—Cleburne Truth Center, Mrs. Olive Routzong, Leader.

CLEVELAND, Ohio.—The First Church of Divine Science of Cleveland, Ohio, 337 Truman Bldg., 1030 Euclid Ave.

COLLISON, Ill.—Truth Center. Mrs. Mary Fritz.

COLORADO SPRINGS, Colo.—Home of Truth, Suite 217, Leo Groff Bldg. Peter Kontek, Leader.

COLUMBUS, Ohio.—Universal Truth Center, Room 609, 55 E. State St., Virginia S. Jones, Leader. (M)

DALLAS, Tex.—Unity Self Help Circle, 1631 Pine St. Mrs. George W. Keely, Secretary. (M)
—Joseph H. Higdon Center, 4055 Tuttle ave.

DAVENPORT, Iowa.—Davenport School of Divine Science, Rev. John Doerlich, D.S.D., Principal, McCullough Bldg.

DAYTON, Ohio.—Metaphysical Center and Book Shop. Dr. W. V. Nicum, Leader, 302-309 Loe Bldg.

DENVER, Colo.—The Colorado College of Divine Science, 1819 E. 14th Ave. Rev. Nona L. Brooks, Pres. (M)
—Emma Lee, School of Spiritual Science, 701 27th st. (M)

DES MOINES, Iowa.—Nautilus New Thought Center, Miss Juanita M. Meyer, 409 Brown Hotel, 5:30 to 8:00 evenings.

DETROIT, Mich.—Inspirational Center and Health Studio, 4134 Mitchell St. Mrs. C. M. Olmstead, Leader.

INDIANAPOLIS, Ind.—Unity Truth Center, 417 Kresge Building. Muriel G. Powell, Leader. (M)

JACKSONVILLE, Fla.—Unity Center, Seneca Hotel, Lois M. Albriston. (M)

KANSAS CITY, Mo.—Bondurant's Nautilus Center, 5745 Prospect St.

LAS VEGAS, Nev.—The Book Room, Mrs. Hazel Hefner, 210 S. 2nd St.

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—The Rally Rondo, 28 Denmark St., W. C. 2.

LONG BEACH, Calif.—Metaphysical Library, 121 Chestnut Ave.

LOS ANGELES, Calif.—The Brotherhood of Light, 818 Union League Bldg. (M)
—Divine Science Fellowship, Walter W. Raymond, Leader, 421 South Broadway
—The Higher Thought Center, W. Frederic Keeler, Leader, 301-304 Broadway, Arcade Bldg., 542 South Broadway. (M)
—Unity Truth Center, 422-35 Music Arts Bldg., 233 So. Broadway. Mrs. Catherine F. Taylor, Leader.

MELBOURNE, Australia.—The Melbourne New Thought Centre, 243 Little Collins St. 6th Floor, McEwan House.

MEXICO CITY.—"Liberia Orientalista" Tacuba 53. Mr. Luis Leal. Sociedad Teosofica, Uruguay 88. (M)

MIAMI, Fla.—Truth Seeker's Home, Flora Noble, Leader, 152 N. E. 20 Terrace. (M)

MIDDLEBURY, Vt.—Nellie M. Forbes, Case St. Reading Rooms.

MILWAUKEE, Wis.—First Unity Center of Milwaukee, 130 Onida st. (M)

MINNEAPOLIS, Minn.—The New Life Fraternity, Dr. Amelia A. Randall, 2744 4th av., south. (M)

MONTREAL, Canada.—Divine Psychology Center, Leader, Mrs. Evelyn LeMoigne Bruneau, 3544 Park av. (M)

NEVADA, Mo.—Weimer School and Sanitarium, 206 South Ash st. Free Library. (M)

NEWARK, N. J.—Roseville Truth Center, 97 S. 10th St. Mrs. M. Virginia Stringer, Thursday 8 p. m. (M)
—Truth Society, 435 Fourth Ave., near Roseville Ave. Thursdays and Sundays, 3 p. m. (M)

NEW YORK CITY.—Applied Psychology Association, Anna C. Kolla, speaker, Sunday mornings at 11. Guild Hall in Steinway Bldg., 113 W. 57th St. (M)
—Mrs. Mary E. T. Chapin, Hotel Commodore. Sun. Service. Commodore Ballroom 11:15. (M) Interviews and Classes.
—The Goodyear Metaphysical Book Shop, Inc., Suite 719-22, 500 Fifth Ave. (at 42nd St.) (M)
—Sears Philosophy Library, 828 Seventh Av., (near 54th St.)
—Unity Society of Scientific Christianity, 37 West 39th St. Rooms 302-305. Dr. Richard Lynch, Leader. (M)

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OAKLAND, Cal.—Metaphysical Library, Odd Fellows' Bldg., 11th near Franklin St. (M)
—Truth Center, 1450 B. Alice St. Mrs. Letitia A. Andrews.
—Fruitvale Truth Center, 2021 24th Ave. Anna A. Goss, Leader.

PHILADELPHIA, Pa.—Unity Center of Truth, Unity Bldg., 236 So. 13th st.

PIEDMONT, Cal.—California College of Divine Science. Rev. Ida B. Elliott, Pres. 45 Jerome ave.

PORTLAND, Me.—Miss Elinor S. Moody, 42 Deering St. Reading classes and library.

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PROVIDENCE, R. I.—New Thought Center, 72 Weybosset st. Room 307. (M)
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SALINA, Kan.—Radiant Truth Center, 706 Prescott St. Mrs. W. T. Drake, Leader.

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—New Thought Center of Direct Self-Help, Lightbearer's Hall, 1518 Second Ave., Ilae Tierney, Leader.

SPOKANE, Wash.—Metaphysical Library, 308 Norfolk Bldg. Free Reading Room. (M)

SPRINGFIELD, Ill.—The Lawrence Centre of Constructive Thought, Library and Bookshop, 327 East Lawrence Ave.

SPRINGFIELD, Mass.—Unity Center of New Thought, 21 Besse Place. Rooms 214-215. Mrs. Mary Dunn, Pres. (M)

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ST. LOUIS, Mo.—New Thought League Headquarters, 509 North Newstead ave. Phone Delmar 1928. (M)
—North Side Society of Practical Christianity, 4003-08 Gano ave. Chas. Schlar, Pastor. (M)
—St. Louis Truth Center, 4030 Lindell Blvd. Rev. Emil C. Hartmann, Leader. (M)
—Laura C. Pinckard's Center, 401 North Taylor Ave. Services Wed. 8 p. m. and Sun. 11 a. m. and 4:30 p. m.

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WALTHAM, Mass.—Waltham Truth Center, Katherine Powers Stetson, Leader, 36 Spruce St. (M)

WASHINGTON, D. C.—Metaphysical Library, 1628 K St., N. W. Universal.

WORCESTER, Mass.—Worcester Metaphysical New Thought Center, 316 Day Bldg., 306 Main st. (M)

YERINGTON, Nev.—Unity New Thought Center. Mrs. C. S. Durand, Box 67. (M)

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By L. C. CLARKE
(Address furnished on request)

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And I don't feel that I have done anything wonderful—anything the other fellow can't do if he will, I simply got into the right kind of a business—a business of big opportunities—a business where big money is made.

You—who are reading these words—can do what I have done if you have a mind to. You don't need education, experience, capital or influence. I didn't have any of those things.

I had to leave school when I was thirteen, so I had mighty little education. I had no real estate experience. I never earned more than just enough to keep out of the poor-house, so I had no capital. And, as for influence, where would a \$50-a-month brakeman get any!

And you don't have to go to a big town to succeed. I am located in a little New York State town of only 3,000 population.

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low that put in twelve long years of hard work as a railroad brakeman.

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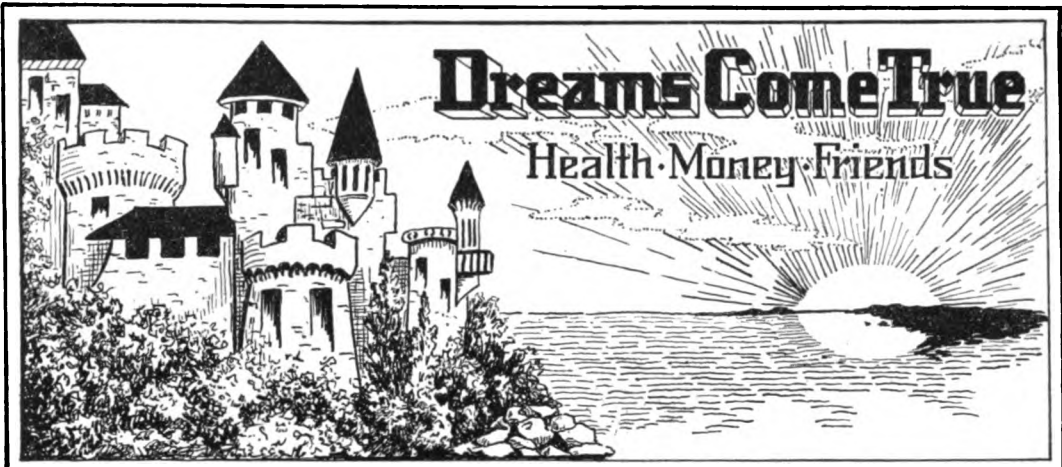
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By Helen Tyson Woods

I HAVE so many things
 To make me glad—
 Sunshine and beating rain,
 And firelight glow
 On winter nights;
 And long remembered springs
 When birds came back
 To sing their roundelays,
 In apple-blossomed Mays.
 The comradeships I've had,
 And Love which having brings
 Eternal joy—
 I have so many things
 To make me glad!



NAUTILUS MAGAZINE

Self-Help Through Self-Knowledge



MONTHLY
\$1.00 a Year

AUGUST, 1927

Vol. XXIX
No. 10

EDITORIALS

by Elizabeth Towne

*"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,
'Til thou at length art free,
Leaving thine outgrown shell by Life's unresting
sea."
—Holmes' "The Chambered Nautilus."*

Great Success and How It Is Achieved.

A GREAT success is a goal achieved. The little successes of every hour in every day are the steps by which you reach the goal of great success.

Even the little failures of a day do not interfere with the stride toward the goal, provided one learns the lesson from each little failure and does not repeat it the next day and the next.

Charles Lindbergh's *HABIT* of thoroughness kept him safe above the waters of the Atlantic. His thoroughness showed in every little thing about his calculations and his care of the "Spirit of St. Louis." It was his day-by-day little successes that finally winged him to the goal of the Great Success. A little hurry-worry, a little loose thinking, a little loose screw, a little too many sandwiches and a bit of sleep—and where would he have landed?

The jinx of failure is chased away
By Little Successes made every day
In all of the things we do and say.

▽ ▽ ▽

The Heaven Within and the Heaven at Hand.

JESUS went up into the mount in order to get rid of the consciousness of the world. He stayed there desiring continually to become conscious of the heaven within Him, and

of the Father who makes the heaven within and abides there as the Moving Spirit. It took Him forty days and forty nights of fasting from the world and all of its benefits, before His consciousness of Himself as the Son of God, eternally with the Father in the heaven within, became His abiding consciousness.

When Jesus went up into the mountain He was already conscious that the Kingdom of Heaven is within. When He came down from the mountain He immediately began to preach that the Kingdom of Heaven is *AT HAND*. He had not only found Himself one with the source of all power, the original Speaker of the Word as the I AM of Himself: He came down from the mountain conscious also of the fact that His business in life was not to remain on the mountain top, in realization of His own godship; it was to go about *EX-PRESSING* the Kingdom of Heaven—literally *giving it* out of His Divine Consciousness, through His own hand to all of the world with whom He came into contact.

The heaven within is the source, and the hand is the expressor of that power which is in the source.

Jesus later put it also another way: He said, "If ye *DO* the will of the Father (within) ye shall *KNOW* of the doctrine." So He went about *doing* good as directed from within. He went about being perfect as His Father in heaven is perfect.

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Act Out Heaven At Hand: Practice Makes Perfect.

UP TO about three years ago my mind kept wondering over the statement of Jesus that, "The Kingdom of Heaven is *AT*

EDITORIALS by Elizabeth Towne

HAND." This did not *seem* to be true two thousand years ago, even if it might be considered a little nearer true today. Had Jesus made a mistake about heaven being at hand?

And then one day when I was wondering about it, it suddenly flashed on my mind that Jesus did not make a mistake when He came down out of the mount and announced that the Kingdom of Heaven is *AT HAND*. The Kingdom of Heaven *was* at His hand as well as in His inner consciousness, and He expressed it in His every word and act. The Kingdom of Heaven literally was *AT HAND*, and He *proved it*. It was in *the doing* of the divine wisdom-will.

And then I saw that the Kingdom of Heaven is *AT HAND* universally and eternally, the same yesterday, today and forever! There never was a time nor place on earth when the Kingdom of Heaven was not within every soul, and also *AT THE HAND* of every soul. And today heaven is within All of Us because God put it there from the very beginning, the same identical heaven in every one of us; and today the Kingdom of Heaven is at our hand, in what we *do* to each other and to All of Us in the world.

Every member of our family, every friend, every one with whom we come in contact, every soul in the world, every situation and experience in life, offers us unlimited opportunity for expressing the Kingdom of Heaven *AT OUR HAND*. Every little act in life is our opportunity to *do* the will of the Father in the heaven within us.

All doing begins in *thinking*: every moment of our lives is an opportunity for thinking of the Kingdom of Heaven within all human beings, and of giving the Kingdom of Heaven at our hand, as opportunity affords.



What Was The Father Doing?

I AND the Father are one. Of myself as separate from the Father I can do nothing. In my consciousness of the Father, I do all things whatsoever I see the Father doing; and the works that I do ye shall do also, and greater works than these shall ye do because I go to the Father and you will no longer try to follow me, but you will follow *THE FATHER* in His heaven within you. You will know

the Father directly, you will live in His heaven within, and you will give His heaven *AT HAND*, in ever new and more and more ineffable ways: This is what Jesus taught, and what His whole life expressed, in practically His own words.

And perhaps you will ask, "What did the Son Jesus see the Father doing?" He saw Him *giving Himself*, just as the sun in the heaven gives itself, without variableness or shadow turning.

And what did Jesus see the prince of the powers of the world *doing*? He saw him going about *getting* things out of the world for himself, and He saw that there was no end to the lust for *getting the things of the world*, and that the more one gets the more one lusts for more!

In other words He saw that God is love and love is *GIVING* from within itself; while the one who is conscious only of the outer world and its "needs" or desires is eternally *pinching its own self by reaching out of itself to GET* those things which it at the moment desires.

And Jesus saw that the whole world really needed one thing: to seek the Kingdom of Heaven within and to be right with that, and to *give it* at hand to each other and to all the world.

So He said, "Quit trying to get power or things from other people, and give power, love, blessings, all good, from within yourself where the Infinite Source of every good thing sits eternal in His heaven."

And Jesus saw that to give service is to have all the good things of the world added unto you without any *going out after* them.

Everybody gives service, gives Heaven *AT HAND*, innumerable times in his life, and all the really enjoyable things of life that come to him come as surprises and give great joy. To learn this as a principle and then to practice moment by moment, day by day, is to be right with the Kingdom of Heaven and to have all *things* added unto us.

Witness, Charles Lindbergh. He gave everything, gave himself thoroughly, wholly, unreservedly to his work day by day from the time he was a child, and when he was ready for his God-inspired mission his faith in the Inner Power leaped the gap between himself and his St. Louis backers, and the money sup-

EDITORIALS *by Elizabeth Towne*

ply was added as needed. Faithfully—full of faith in all that he did—Charles Lindbergh kept on giving the spirit of God to his own ideal, to the world. And now *ALL* the things of the world are added unto him.

Jesus understood this Law of Life or God, to be the Kingdom of Heaven within, and He gave it at hand in all He did.

And the whole world is seeking this KINGDOM OF HEAVEN WITHIN and practicing the fine art of *giving it AT HAND*. And every day in every way the whole world is doing a better and better job of it! Glory hallelujah.

Thine, oh God, is the kingdom, and the power, and the glory forever.

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The 14th Annual Congress of the International New Thought Alliance Makes More History.

OUR 14th Annual Congress, held at Hotel Claypool in Indianapolis, June 19 to 26 inclusive, was made notable by several New Departures.

The most notable New Departure was a sort of "Lindy" achievement—the election of a New Man to the presidency for the coming year: Dr. Harry Granison Hill, leader of the New Thought Temple at Cincinnati, and founder of the Temple in Indianapolis. Dr. Hill has attended only one previous Congress, at Buffalo, and is very prominent and widely known in the middle west. A splendid man who will serve us well. His election marks a new liberation of the Alliance from the old idea that nobody is fit for the presidency except the very oldest and most experienced of our leaders. Also it marks a new spirit in the Alliance, a new will to the one year rotation in office, with rotation of men and women. This democratic principle seems to be written on our hearts now, so that practically nobody questions it. Glory hallelujah.

Dr. Hill has been serving as Treasurer of the Alliance, and he was chairman of publicity on the Local Congress Committee of which Rev. Murrel Powell was the general chairman. One year rotation applies to all vice-presidents, so Dr. Grier was elected to take the place of Dr. Hill as Treasurer. Miss Harriet Hale Rix was elected first vice-president, Mr. Lorenzo B. Elliott, 2nd vice-president,

Mrs. Mary E. T. Chapin, 3rd vice-president. Mrs. Kenton Warne of Philadelphia, is the one new member added to the board, Mrs. Towne being re-elected to serve until 1930.

And Mrs. Mary E. T. Chapin, the out-going president, to whom be all glory for the good work she has done in the last year, was elected Honorary President, along with Mrs. Elizabeth Towne. This gives our I. N. T. A. three honorary presidents, Mr. Edgerton, Mrs. Towne and Mrs. Chapin. Probably we shall be wanting to add another one every year! What we are to do with the growing list of honoraries is one of the questions to be considered in the future! Perhaps we shall get together in a little club and do some special good work or good deed for the I. N. T. A. In the meantime, we three Honorary Presidents also are members of the Board, members of the House of Schools, and International Field Lecturers as well as national ones, for the Alliance. Big opportunities for service.

A new school was recognized by the 14th Annual Congress, increasing our representatives of schools to eight, instead of seven. Miss Eleanor Mel, Mr. Richard Lynch and Rev. Eleanor Graham were re-elected to the House of Schools, to serve until 1930.

The Cincinnati Temple of New Thought has organized its teaching work into the Cincinnati College, with Dr. Hill as its president. Dr. Hill will live in Cincinnati hereafter going to Washington every month after September. Of course, our own Lucy McDonald was re-elected Secretary, and Miss Edna Coon continues as editorial assistant and stenographer, so our Headquarters will initiate the New President into the work of his office.

(Make sure of receiving the August I. N. T. A. Bulletin, by sending your membership or renewal immediately to I. N. T. A. Headquarters, 311-12 Ouray Bldg., Washington, D. C.)

I was delighted with the entire Congress and so happy to have Dr. Hill as our New President.

Our next Congress is to be held in Cincinnati, and it looks as if our sails are set for Chicago for the 1929 Congress.

(Continued on Page 41.)



A Measure of Merit

By Chester H. Struble

IT HAS taken over six thousand years to develop the modern watch. Generations have worked on the watch problem and contributed their bit in turn.

Time is an almost unfailing measure of merit. Very few of the great were ten-second men. The fast seldom go far. The sprint is spectacular, but the marathon still covers the miles.

Inspiration is instantaneous, but reality rolls round reluctantly.

You must work a while for the worth while thing. Yes, we know they find pearls, but not on the surface of the sea, nor in every oyster opened.

You dig a lot of dirt to get a little gold.

Fast steamers shrink the seas, but those who made the steamers did not shrink from time-taking work.

Figuratively, panting as well as painting went into the making of Mona Lisa!

It took time to make your watch and it will take time to make your niche among the notables.

Inner Guidance

By Horatio W. Dresser, Ph. D.

THE question is often asked: How shall I know guidance from personal inclination? Many of us have had first impressions about character, premonitions about events of vital import. Is it possible to advance from what is first-hand to a kind of system, with a method for obtaining guidances?

Certainly, by observing the differences in the quality of impressions, noting the types and results, and the various tests of guidance. Had there been no standard, we would never had the Quaker doctrine of the inward light as the "light of Christ in the soul," or Emerson's wise admonitions, with the promise that "there is guidance for each one of us, and by lowly listening we shall hear the right word."

This "lowly listening" suggests a volume to us in these days of interest in silence or spiritual meditation. Lowly listening is needed because guidance is intuitive and comes to us under its own conditions, as when we walk alone in the woods, on the beach, or under the starry sky. This intuition is very interior. It involves contrast. We need a certain measure of isolation from our fellows, particularly if we are uncommonly sensitive. The person who is acutely sensitive to guiding impressions is sure to be sensitive also to a great many deterring things, such as noises, chattering people, and the rush and whirl of traffic. Then too, lowliness has an ideal meaning for us, if we do not confuse it with self-righteous humility.

How To Know When You Are Receiving Inner Guidance.

Again, we note what we may call the positive test. When we have what appears to be a favoring impression with respect to a plan of action, we may make a start, and observe results. If the results come readily, if no adverse impressions arise, we may take the accompanying satisfaction to be the clue. There might of course be obstacles to master, for guidance does not absolve us from the need for winning victories. But if we are interiorly at peace, it matters less and less what difficulties we have to surmount. The

feeling that one is doing right is a decided help.

Another test is temporal. We have an idea which we hope to carry out, such as a journey to another state, where a spiritual opportunity awaits us; but we do not know the right time to start. So we wait for awhile. Then the impetus comes. With the impetus things begin to unfold. If we begin the series of experiences with an impression concerning the start, we are likely to have a favorable temporal sequence from first to last. A friend of mine, accustomed to waiting for the right moment in this way, said he was surprised if he did not find people, things, and conveyances waiting for him—given the guidance "when" to begin.

Guidance Concerning A Journey.

Thus another friend, who was contemplating a journey to Virginia, in a region where modes of conveyance were available only two or three times a week, waited for her initial impression. The guidance came, and she announced that her departure from a Western state would be on a given day, which would bring her to the point of departure for rural Virginia on a Thursday. Her husband, more "practical," as we unthinkingly say, looked up time-cards, studied the matter out, and assured her she was wrong; for she would then have a day to waste in Washington. No, ruled the wife: she would follow her impression. She did so, found that the steamer left on the day of her arrival, noted an error in her husband's calculations, and moved on to success in her journeyings.

So too one may have an impression concerning the right day to go house-hunting, and may find the right place on the first day, instead of spending a week or two in a random quest. I remember when in my teens waiting for a week or two without helping the family in a long process of house-hunting. Then one evening I announced that I was going out to "find the place we were to live in." Going directly into the region where we did indeed settle, I saw a sign, "Apartment to Let," entered the hotel, went to the vacant

suite, saw, literally *saw* the leaders of the household carrying on their work there, and returned to make my report. I was met with a measure of scepticism, but after a week of further explorations, that apartment was selected. Twice since that time, I have followed a much longer sequence than that and found the guiding impressions leading to the house I chose for a home on the first day of my quest.

Negative Guidance—The Daemon of Socrates.

A third test is negative. The famous inner guide of Socrates, his "daemon" was like that. When Socrates felt an impeding or restraining impression, he did not push on. His guidance told him *what not to do*. So, too, some of us have had restraining impressions, when starting amiss, one deterrent after another until, finally, we have given up the project. The deterrent may be an external event which arises as a sort of "sign." Or it may be an interior impression. A friend may come with what, by later interpretation, we take to be a guidance *not to do* what we plan. The friend may not know he is speaking in behalf of guidance. Again, the event may be exceedingly trivial, as in the experience of a friend who made a short journey on a bicycle toward another person's house, urged by a member of the family to start on the given undertaking. This friend "went against something," as he put it, from the first. Finally, when wheeling his bicycle down the steep driveway to the house in question, he fell over his bicycle. "This," said he, "is enough." For, on inquiry, he found that even the beginning of that project would have been a serious mistake. It might seem superstitious to believe in "signs." So it would be if one took them as material events simply. But an external occurrence inwardly interpreted may be deeply significant. When about to post a fateful letter, if a deterring impression comes, pause and consider. When about to go on a railway or steamship journey, if a negative impression arises, find out what this means. Do not be disturbed because somebody will call you a believer in signs.

On the other hand, you might have negative impressions, one after another, and yet also a favoring impression to push ahead. For example, once when I was about to leave the house to take a street car, and later a train, to travel four hours to meet a Sunday evening

lecture engagement, the first impression was negative. Then the car was late, it was overcrowded; and I left it part way in town, to hurry by way of a short cut, in order to catch my train at another stop, a mile from the main station. The train was delayed on the way, and I finally considered whether I should continue my journey. "Yes," came my inner answer. But, arrived at my destination, I found no one to meet me at the station, and I had no idea of the location of the hall where I was to speak. By chance I thought of a janitor in another building who might know where I could find the hall, although he did not know of my engagement. Following up the clue, I entered the hall to find another man speaking in my place! The chairman who had invited me had made a mistake in the date. But in the hall were three special friends to whom I had written about my engagement, the meeting with these friends was uncommonly auspicious, out of it came productive plans; and so the conviction that I had done right in keeping on with my journey was verified.

When The Whole Self Speaks.

A fourth test is by appeal to the whole self. Here is a young woman, for instance, who finds herself most unhappily married. When about to go through the marriage ceremony, her whole self rebelled against the experience, so she has admitted: she pushed on because her parents wanted her to marry that man. So, too, another woman said her "whole soul cried out" for a change, after a very sorrowful experience. Instead, she kept steadily on with her work in the same surroundings; but eventually found it necessary to take a rest of several years. When the whole self speaks it is from the interior or larger selfhood, whose intuitions are far-reaching. Bergson assures us that intuition speaks when the self is most "free." Hence the advice put into one of his characters by Shakespeare: "To thine own self be true." He who is, "cannot be false to any man."

Make These Tests of the Inner Guidance.

Thus a wise mother admonished her son concerning marriage: "You may think you are in love many times, but when you are you will know it." What we thus "know" we grasp with an insight which permits of no doubt. This leads us to note that doubt is a fifth test. Sometimes when we question a

thing, our doubt is superficial. Or it may properly belong under scepticism, as an intellectual affair. But when you doubt concerning interior matters, do not be deterred by the old-time assumption that doubt is "sin." Question to the last item any article of faith which you at first doubt. Push to the limit any doubt that may arise even when a dear friend urges you to do a thing. If a person seems insincere, dishonest, hypocrit-

ical, note your doubts and wait. Do not confuse doubts implying lack of faith in spiritual principles with doubts which are indirect clues to guidance. Doubt was "sin" when liberal thought meant departure from priestcraft.

Try out these tests, then, and when one test seems to fail, try another. Every one who knows guidance from personal inclination has learned the difference by trying.

(In September NAUTILUS read "The Mystery and Power of Colors," by Myrtis Hodges.)

In One Hour I Was Healed, in a Month's Time I Was a Different Person

By Emma M. Henderson

My Friends Hardly Knew Me. My Ill Health was Gone. So Were My Discouragement and Unhappiness

TEN years ago I had a "fortune" given to me. In fact, I might say it was urged upon me almost against my will.

I have an aunt who had been studying New Thought at that time for over twenty years, and when she moved to my city and saw that I was sick all the time, was so poverty stricken we could not buy the common necessities of life, and that our home was an unhappy one, she knew that what we needed was Truth. So she set about trying to make us a present of it!

I had been taught that this aunt had "gone into" a fanatic religion and I was, therefore, very prejudiced against her and her faith. When she first came to see me, however, I was surprised; for instead of looking and acting like a fanatic, she was beautiful and had about her a SHINE that I had never seen any one else have. This shine bothered me, for my Spirit recognized that it was the light of God. Just to be in her presence seemed to lift the clouds for me and it was not long until I loved her dearly.

My aunt let fall from her lips many grains of Truth that my hungry soul accepted readily, but when she tried to talk New Thought to me I closed up like a clam. She saw my

need was so great, however, that she just couldn't give me up, so she kept on in the most tactful way she knew, trying to force it upon me. At last I got frightened, fearing she might get me into it, and in desperation I cried out to her one day: "Please don't try to talk that New Thought to me any more. I am satisfied with my religion and I just hate that stuff; it's dangerous and I would rather have you never come to see me again than for you to lead me off into it."

"Well, dear, if you ask me not to talk it to you, I won't. But I think I will just have to quit coming very much because when I see anyone needing a thing as much as you do this Truth and can't even try to give it to you, I just couldn't bear to see you suffering so and be able to refrain from trying to give you the remedy." And she did not come very often after that.

I Was Afraid of New Thought.

It seemed as if the sun had suddenly gone down and I was left in almost utter darkness. I longed so to call her to me but I was afraid that if I listened to her I would lose God and my hope of a Heaven if I died. No one knows the struggle I passed through wonder-

ing why the God I was trying to be so true to was sending me so much suffering and unhappiness.

When I drove my aunt away, she was willing to treat me silently in her own home if I were willing, but I was afraid of that and told her not to. Steadily I grew worse until it looked like I was really going to die very soon.

One night, in desperation, I told my husband that next morning he could go for my aunt as she felt sure she could help me and all the doctors and medicines had proved that they could not. I had only a ray of confidence in my aunt being able to heal me, as I knew she believed she could, but I longed for her sweet, cheerful presence.

In Less Than One Hour I Was Gloriously Healed.

She came and in less than an hour's time I had a glorious healing. She gave me a book to read when she first came, and I was so discouraged that I was willing to do anything she told me and she went about cleaning up my house while I read the book. Of course, she was treating me with every breath, silently.

When I saw what my aunt and God had done for me, I was so grateful that I threw aside all my old fears and dislikes and began to earnestly seek what the religion of my aunt had to give me. The reading of the book opened my eyes to where I saw that there were several things in the world that I had not yet learned. Eagerly I read every book that I could get my hands on that would give me a little light whereby I might live my life a little better. In one month's time I was a different person. My friends hardly knew me. My ill-health was gone; so were my discouragement and unhappiness. Then the urge came to me to try to help others as I had been helped. To my unbounded joy and sur-

prise, glorious healings began to follow my efforts.

At the age of twelve years I realized that I wanted to be a writer, and when I took up the study of Truth I was just beginning to market my things, but this wonderful new study so overwhelmed me that I seemed to lose interest in anything but trying to learn and use more of its glorious truths. Recently I met an acquaintance I had not seen for several years and she asked me if I had kept up my writing. I told her that I had found something that meant so much more than the writing that I had neglected it almost entirely for the past ten years. She was disappointed and said I surely did not mean to say that I would not rather have the money, fame and success that I most surely would have won if I had kept on. Earnestly I informed her that if I could trade what I had learned through these ten years of study and practice for a million dollars and the name of the greatest writer in the world that it would be like offering a man in deep water a fortune if he would promise not to swim another stroke the rest of his life. No, what would it profit me to have all the money and fame in the world when my child became overcome with sickness; when my friend lay at death's door or when the lie of Error tried to overcome me? My aunt gave me without money and without price the key to a priceless fortune and in turn I have given the same to hundreds of others, and am happy to say we have both been only the richer by the giving.

But as God told Solomon when he chose wisdom that he should have the other precious gifts also, so recently my mind has begun to want to express itself again with the written word and I am having more success selling my things than I ever have had before and feel assured that my heavenly Father is going to give me success in my writing as well as the Truth that has set me free.

(Next month: "How a Physician Was Healed of a Cancerous Growth.")

The Sure Key To Your Success

By Gertrude A. Bradford, Ph. D.

Explains The Psychological Law of REALIZATION. Read it in September Issue of
NAUTILUS MAGAZINE

How to Work Out Your Personal Problems by Linking Your Subconscious With the Chain of Truth

By S. Vaidianathan

NOW the truth of all truths, *as I will put it in*, is that the human mind is not restricted in its scope of manifestation and activity. The human mind, simply through the harmonious cooperation with the Divine Intelligence, or Will, finds satisfactory solutions for *all* its problems. This is because the principle of human intelligence is a product of divine consciousness manifesting through a specific medium on a limited plane of human experience and action.

This is the foundation to start with. When this is grasped, then the process involving the application of truth to meet individual requirements and to finding solutions for all problems will of course become very easy. Then most of the difficulties that stand in the aspirant's way to mastery and achievement will be overcome.

The creative power is the human soul's greatest and highest inheritance in this plane. It is the power which measures the individual ability to adjust to right environment in life and to overcome all negative, oppressive forces. Again, it is the power to fulfil all righteous and ennobling desires throbbing within you through cooperation with the "all supply" within and around you. What is this "creative power" and how is it linked up with the "all-supply?"

How does it function through your limited surface consciousness as you tackle up your personal problems? Here first before you try to investigate into your dormant "creative power" you should know its essential correlations and *how these correlations are established in the beginningless and endless chain of cosmic consciousness or, in other words, Truth-Consciousness*. So now you need a clearer and more comprehensive definition of *truth* to establish your individual relation to the chain of consciousness.

Truth is whole, not partial. Truth is *ever-active, all embracing, all absorbing, all per-*

meating and all vitalizing cosmic consciousness, without limitations and restraints. Again cosmic consciousness is *released God-Energy* manifesting through you and through the whole infinite universe. So you see you are functioning, thinking, feeling, acting and feeling your contact with different environments only in the universe of Truth for there in reality exists nothing but Truth or God and His manifested energy. If you will just penetrate into this argument then you will know for yourself that you have always an infinite God-foundation in the universe and that you have only to tackle up your problems, let them relate to anything and then seek solutions for them from your God-foundation.

Now one difficulty arises. Some readers may think or deduce from the arguments I have just advanced that what I call "Cosmic Consciousness" is God or God-Consciousness. Evidently this is an error though not of a serious type.

An Explanation of Cosmic Consciousness.

The vital difference existing between God and Cosmic-Consciousness must first be clearly analyzed and understood, because the latter is the product of the former. God is the Supreme Controller of all. Everyone knows that. When God's spirit moves, that is radiation,—radiation of God's own infinite potentiality conserved by and subservient to *His own Dynamic nature or will*. God releases his own energy for the benefit of His countless creations and children. This is an eternal process; no beginning and no end. Therefore, what is called "the cosmic consciousness" is the product of God's will,—an eternal adjustment worked out and established by God Himself. For the benefit of His innumerable creations He has caused the universe to manifest itself, saturated with His own dynamic energy. This is all the difference between

God and cosmic consciousness, i. e., cosmic consciousness is the *created* and *God, the creator*. The created is the released energy of the Creator, manifesting through the universe and through the endless varieties of creations in the universe itself. So what I mean when I say that you should always attune yourself to the vibrant divine self within you for peace, power, prosperity or success in any line of endeavor is simply this, my dear reader, i. e., by *causing your subliminal mind to remain always enrapt with the root spring of cosmic power and consciousness, that is the Creator, you can release the created within you*. In other words, when you know and feel that you are lovingly cooperating with God, without feeling any restraint within you, then you feel your contact with His power manifesting in the universe and *release more and more to your infinite advantage, His own released energy functioning within you*.

The Process That Leads to a Solution of Your Problems.

When you commune with the universal intelligence, with a view to find out the solutions for your own problems, you are then said to cause your subconscious to harmonize with the released God-energy always functioning through you. The method involved in this process is *releasing the released God-power within you*. Please commit this to memory and just assimilate the essential truth implied in it.

Let me now analyze the process for you: *Releasing the released God-power within you* (1) *The Universal God-Power is Cosmic Consciousness, is the infinite energy of God released through His will and choice.* (2) You are saturated with this energy. (3) This cosmic consciousness of your wonderful heritage in the universe is deep,—deep within you and you will reach it very soon, providing you take the necessary pains to probe into your deeper self or the subliminal area of the mind (1) by strengthening your vital belief in your unlimited power to fulfil your desires through the divine guidance (2) by keeping your surface consciousness always charged with vigorous, upbuilding and elevating ideals of progress, success and noble achievement in any line of chosen endeavor (3) by knowing and intensely feeling within your deepest self that you are an individualised God-centre in the infinite ocean of cosmic energy, with all pow-

ers at your command (4) by cultivating more and more a prospective outlook on your cosmic life: this will be possible for you if you will know that the subconscious is the seat of inspiration. The subconscious is always linked up with the God-Consciousness. You can stimulate the subconscious and tremendously energize and arouse the inspirational powers of the subconscious by persistently using at repeated intervals every day for some time positive dynamic suggestions. These dynamic suggestions and affirmations persistently carried on for some time with positive good faith and enthusiasm, will generate buoyancy within you and also cause the energies lying deep within you, to come to your surface consciousness.

How Affirmation and Visualization Release Energy.

They also produce a wholesome and exhilarating reaction upon you and your surroundings. (4) *Affirmation with a corresponding visualization* will release the God-energy within you and also intensify your success emotions, provided of course you start with the right preparation and with an inner assurance that you will reach the goal of success.

The very definition of Truth or Truth-Consciousness is infinite and *all comprehending*, since truth is not limited or restricted by anything. You can study and appropriate Truth and your knowledge of Truth from different viewpoints agreeably to your inclinations, choices, acquired propensities and special requirements. You can use your knowledge of Truth or of Cosmic One Life just in the way you think it would lead to your achieving that something which you desire. Study Truth from your cultural and professional standpoint always. Think and feel during every moment in your life, that you are doing your business as a truth student; because a truth student studies truth with special reference to his own individual and particular requirements. So your definition and conception of truth may not be the same as another man's. *Still all different conceptions of truth must in essence reconcile with one another and represent one fundamental conception of cosmic consciousness.* This is because Truth has one infinite basis and all are constantly evolving on the plane of Truth-consciousness. Cosmic-consciousness is one and

one alone,—one all permeating Truth-consciousness. If you will just ponder over this thought and drive it deep down into your consciousness, then it will hold you forever and you can very easily formulate the affirmations that are appropriate to your needs.

Cosmic Consciousness and Creative Energy.

The channels through which God's energy, power, strength, love and harmony flow in this infinite universe are *unlimited and infinite*. Cosmic consciousness is God's creative energy or potential resource manifesting through this universe and flowing through every conceivable human or other channel, as *all light, all peace, all perfection and all every thing*. This is the key thought for affirmation. Every human is therefore a channel and a creative God-center, centered in the ocean of creative consciousness. All that you are to realize in this vital connection is that you are a God-center within and that the cosmic power is always surging through you; then you should know that your subconscious is always linked with that indwelling power. You get into that awareness of the vital relation of your subconscious to your infinite God source within through the practical assimilation of the truths enunciated in this paper. You should therefore meditate upon the truths presented here with a constructive outlook to back you up in all your endeavors. Don't be a mere visionary; speculative idealism, unless turned to your practical advantage, is vapid. Your creative energy is always at your command, being stored up in the infinite *subliminal area*. You should simply direct it to your work, knowing that it is God *who is actively employing His own resources upon your work for your greatest advantage*.

Another important point that I want you to bear in mind in this connection is *this*: you should *never narrow your vision of God and Cosmic One Life*, never under any circumstance. Evidently there is a great mental obstacle within you, which you must get over before you call to your aid God's released cosmic energy locked up within you. This mental obstacle I refer to, is incidental to your wrong habit of thinking that God's power manifests through every one in the same manner. Such a mental attitude cultivated in harmony with this thought is not blamable but *it will not serve your specific purposes*. So a change in the application of the truth-ideal to your particular case is inevitable.

Narrow vision of God and one life is the result of intolerance. This intolerance stands in the way of blending all differences *in the infinite whole*. You want that others should hold a particular mental attitude toward God or that others should think of God in the light in which you think from your own individual standpoint, ignoring that your case is quite different from others. Thereby you set up limitations to the powers of God and impose undesirable restrictions upon your own consciousness. The reaction of such an attitude is *negative*.

The Change to be Worked out in Your Consciousness.

The change to be worked out in your consciousness constitutes the following ideas bearing on the formula *that all changes, all different attitudes toward God built on a positive basis, all differences in the conceptions of one cosmic life held by different individuals endeavoring to know Truth from their individual standpoints, represent a WHOLE!*

God is One but manifests differently. Cosmic life is one throughout but manifests differently through the channels. All differences are only formal. God is using every human being as a channel to radiate the best in Him in *accordance with the specific requirements and qualifications of the individual*. So there should be differences in the manifestations of God throughout. Every one releases and uses the creative-energy with which God has blessed him just in the manner it would best serve his mission and purpose in the scheme of cosmic adjustment.

The great cosmic urge which is incidental to the mighty divine creative purpose in the universe is *this simply*: God is shaping everyone to his best destiny in the universe, *individually*. So the creative processes as manifested through the individuals of varying mental qualifications and attributes are different. This is especially fixed on the scale of evolution in thinking, feeling and acting in harmony with the one cosmic source, which an individual has reached.

The fundamental truth I want you to assimilate with your subconscious mind here is this. I am sure that this will permanently solve your problems and give you a definite basis to work out your ideal of progress.

(1) Cosmic one life is constantly flowing through all, but every human being is a dif-

ferent channel, radiating abundance, peace, power, prosperity and love. Every one is a different God-center, with different God-given powers and facilities.

(2) There are vital variations in the one manifestation of God-power through all, though the energy is the same throughout because God is individually shaping up every

one in harmony with His constructive scheme in the universe.

(3) The selves in all are one in essence with the cosmic self, but with different avocations and pursuits in the infinite chain of cosmic life and fulfilling the universal creative purpose *differently*; because every self *knows, feels and realizes* its contact with God *differently*.

(Mr. Vaidianathan's next article will be "How to Develop Attention and Concentration Through Control of Your Subconscious Mind." In September NAUTILUS.)

Think Yourself Thin

By Agatha R. McGivern

How I Regained My Normal Weight After Being 25 to 30 Pounds Overweight for Eight or Nine Years

FOR a long time psychology has been teaching us to think ourselves well if we are ill. Again and again it has been proven that it can be done. I, myself, have done it. For years I endured a fistula and finally had an operation for it. I was only out of the hospital a few months until it returned. I doctored almost two years trying to cure it. Finally I had another operation. This time it did not return for more than a year. When I began having that intense pain in my back again, when my legs ached so that I could hardly walk up and down stairs, when I became tired and listless, I knew the old trouble was there to struggle with again.

I had almost made up my mind that I would have to go to the hospital once more when I read a set of books on practical psychology. I sincerely believed in psychology. I made up my mind that I would cure myself this time. Overnight the pain in my back disappeared. Very quickly all the other symptoms followed. I was well. Now I have no pain anywhere. I have plenty of pep. I never get tired. Do not think it was easy to bring about this change. It was very hard to keep myself thinking well thoughts. To lose all my doubts and fears. It was a great effort to visualize myself well.

Just How I Healed Myself.

I laid down several times a day, relaxed, and then concentrated my thoughts on the

particular spot in which I knew the trouble was. I thought how it would feel when it was well. I visualized it, and myself, well. I faithfully, firmly, believed I could cure myself; that is the reason I succeeded.

I have a verse from the Bible pasted on the front of my desk where I can see it as I work. "Therefore, I say unto you, what things soever ye desire, when ye pray, believe that ye receive them and ye shall have them." I think it is the easiest understood, the most encouraging verse one could remember.

I Was 25 to 30 Pounds Overweight.

Now, if I could cure myself of illness by my faith and desire alone, why could I not get thin the same way? I had been about twenty-five or thirty pounds overweight for a period of eight or nine years. I had tried desperately to reduce, for I am not tall and all excess weight is very noticeable. I said I had tried to reduce. I had. I had eaten Wallace bread, had gone on a vegetable diet, had starved myself, only to lose a pound or two, and immediately regain it again if I went on a normal diet.

I had struggled on that way for years, never eating a bite of food without thinking, "This will make me fat." I was always hungry and I craved food of various kinds. I was always thinking about my meals, and the more I thought the hungrier I became. I could think of so many delectable foods, which

I dared not eat because they would add to my weight. I visioned fat growing on me, and how I would soon look.

After my bodily pain disappeared, one day, I thought, why not use the same principle on this fat of mine? It seemed reasonable. I tried it. Today I am normal weight. I did not starve and I did not diet and worry about my food.

How I Grew Thin.

After I made up my mind, I compelled myself to think thin thoughts. Instead of the fat ones I had been thinking for years, I started thinking myself slender, dreamed myself slender. I ate what I wanted of any kind of food. I did not allow myself to think it would make me fat. Instead, I said, over and over to myself, "I have just eaten a normal amount, I am thinner today than I was

yesterday." I continued to think that earnestly, sincerely. I really began to get thin. Not all at once, but gradually. Each week I lost at least a pound. In a month's time I was normal weight.

The wonderful part about it all was and still is, I do not crave food as I did previously. When I eat, I have a satisfied feeling for a normal length of time. Taking my thoughts off food, forgetting it except at meal time, and then eating without a thought as to whether it will make me fat or not, has killed that terrible, longing, hungry, feeling. The strange thing about it all is, I do eat less than I did when I tried so hard to do without food, when I thought so much about it. I am satisfied and contented.

The secret is, my attitude of mind has changed. I now am thinking thin thoughts.

("Are You Ever Lonely?"—read it in September NAUTILUS.)

For Hay-Fevered Noses and Asthmatic Gasps

By Brown Landone

The Psychic Cause and Cure of Hay Fever and Asthma

THE hay-fevered nose which feels like a dripping beet peppered and boiled in hot oil and the smothering asthmatic cough, are troubles, the spiritual cause of which was a mystery to me for years. And still more years passed before I knew *why* Truth seems of little avail in such cases—for hundreds of people, who have accomplished miracles in other demonstrations, seemingly fail to help themselves when the trouble is asthma or hay fever. I knew there must be some petty *hidden* cause because it "held on" so persistently. I knew it must be "*petty*" because no soul persists in holding to any great error; it holds on doggedly only to little things. So, led by spirit, I searched for an insignificant cause.

She Couldn't Stand the Odor of Fresh Paint.

For instance, there was my very dear friend the artist, whose one greatest joy was to

beautify everything in the home. And yet, whenever we talked of repainting this piece of furniture or that, she always said, "I'd just love to do it, but the *smell of any old paint just makes me so sick, I can't do it.*"

And she had asthma—and for ten years!

And another friend, who thought that lillies of the valley were the daintiest of all flowers, always refrained from wearing them, because "*the odor is so sickening.*" And *she* also had asthma—and for seventeen years!

And, a man I knew, coming into my Studio one day, said, "I like the idea of incense; I like to see smoke floating up from the brazier—there's something suggestive of a campfire, something symbolizing an alter fire; yet, I hope you will not mind if I set your burner out in the other room, for *the odor of any incense gives me a headache.*" And he had asthma, and he had it for twenty-two years!

Moreover, each of these friends was a student of Truth; and not only a student, but a teacher, a healer, and a practitioner.

The Cause of Asthma.

In every case of asthma—at least in every one of which I have known—the cause is a petty dislike of some tiny phase of smelling, such that the person fails to use the infinite capacities of the soul to enjoy the multitude of enchanting odors with which God has surrounded us. It's thinking so much of your toenail, that you forget your soul.

The "general" Truth is this: "Too much attention to any *part*—whether a like or a dislike of the part—may so obscure appreciation of the value of the *whole*, that the soul may fail to *use* the whole." But this general truth is so general, that I am going to make it concrete by use of a business problem—for the very attitude which causes asthma and hay fever often causes a person to fail in the business world. The *soul cause* is often the same.

In 1923, a young man came from a small town in Pennsylvania to New York City. He took a position in a stockroom, boxing up materials to be shipped. He started at the bottom, receiving only \$24 a week.

He was earnest; he planned for the future; he went to night school to study stenography, and soon he had a position with the company as a stenographer. Then he carried on night studies in bookkeeping and accounting.

The company was a large one, and increased salaries of exceptionally good workers \$5 a week twice a year. This young fellow was more than exceptional, and his salary was increased not only twice the first year, but an extra \$4 was added—so that, thirteen months after beginning with the company, he was earning \$38 a week.

He was then twenty-three years of age. A year went by and he was head accountant of one of the bookkeeping departments with salary increased from \$38 to \$48 a week; Then, when he was 24, he had sense enough—praise the Lord—to get married, instead of waiting ten years that he might have a larger income before doing so.

He had saved some money, and bought a little \$6,000 home, paid \$1,000 down, and arranged to pay the balance in monthly installments of \$30 a month. It was a good buy. Working peoples' homes in that district were increasing in value. The little wife had

saved before marriage and used her savings for furnishings. They were happy, but that year he stopped stock-still in business. There were no more salary raises; and it was *not* the fault of marriage!

He had relied on Truth before he came to the city in 1923. He believed that Truth had been a great factor in his progress in the city. But—even though he kept on using Truth just as faithfully as before, there was no more progress, and he came to me to know *why*.

Hay Fever and Financial Trouble Often Have the Same Cause.

(Since the *cause* of his trouble is the same as that which prevents the cure of asthma or hay fever, watch out for that cause.)

After marriage, he became conscious that he owned a toenail. And he thought so much of the value of the toenail, that he stopped thinking of the infinite worth of his soul. He thought too much of the very small part of his worth, so much that he estimated his whole worth by the value of that part. Consequently, others thought of him as he thought of himself, and he no longer progressed.

When he was preparing himself for promotion from shipping clerk to stenographer, and when he was a stenographer preparing to be an accountant, he was *thinking ahead of the value of himself*. But, after he had purchased a home, he thought more of how much *it* was worth, and how much he had to pay on it each month, than he did of the future value of his own soul. In his case, that dear little home was his toenail, and he was thinking too much of the toenail and not enough about the infinite capacities of his soul and the *use* he could make of them.

Day by day, he continued affirming, "My soul is infinite. I am made in God's likeness; God is infinite abundance; I am infinite abundance!"

Still there were no more increases of salary.

To him, I said: "Those statements *are* true, but they are so 'general' that you repeat them without even thinking what they mean! When you affirm that you are infinite abundance, what do you mean? Do you mean that you have a million dollars in the bank now?"

"Why no—of course not!"

"What then do you mean? Bring spirit to earth as Christ did. Honestly now, what *are* you worth?"

"Well, I paid \$1,000 down on the home; I've paid \$510 in monthly payments since

then; and I've got about \$140 in the bank. That's about \$1,650! I guess that's all I am actually worth, when you put it in dollars and cents."

The Value of the Soul vs. the Value of Wood and Plaster.

"That's just what I thought," I said, "two years ago you were studying and preparing yourself to increase the *value* of your *soul* and the *use* you could make of *its* capacities; but now you're thinking mainly of the value of a house made of lumber and plaster!

"Of course, it was your value which produced the money which secured the house, but the value of the house and the money you have in the bank are only a very small *part* of your whole worth. Yet, since you have been subconsciously thinking that that part is your whole worth, you have been misjudging your infinite value.

"Moreover, when you assert that you have infinite abundance, because you are made in God's likeness, you have no idea at all of what you mean.

"Now, there *is* a way by which you can get a proper valuation of yourself—one which will so inspire you that others will recognize your real value.

"Follow me closely, and I'll give it to you now:

"In 1922, you were earning \$24 a week, so that your income for that year was \$1,248. But, what *was* that \$1,248?"

"It was my salary, my income for the year."

"It was the *yearly interest* on that part of your 'infinite abundance' which you were using in 1922! It was the interest only on the soul capacities which you were then *using*. An ordinary investment brings an income of 6 per cent. So that \$1,248 was 6 per cent of the value of these capacities of your soul which you were using in 1922. Since \$1,248 was 6 per cent, then 1 per cent was one-sixth of \$1,248. One-sixth of \$1,248 is \$208. Since \$208 was *one* per cent of the soul value you then used, the 100 per cent of your soul capital in use was then worth 100 times \$208, or \$20,800!

How To Estimate Your Soul Income.

"Now, take the next step: sixteen months later you were drawing a salary of \$38 a week. That was \$1,976 a year. It was the yearly 6 per cent income of the soul capital

which you were then using. You were then worth \$32,933.

"And since, in 1925, your salary had been increased to \$48 a week, you were earning \$2,496 a year. Since it represents a 6 per cent income of your soul value in use at that time, you were then worth \$41,600.

"Since you are still drawing that same salary, you are *now* worth \$41,600, plus the \$1,000 paid down on your home, plus the \$510 you have made in payments, plus about \$600 increase in value of the home. That makes \$43,710. That is your *actual* worth now. I am not talking about nobility of soul—of course, you're worth a million to your little wife—but I'm estimating only what you are worth economically, *so that you will get a true spiritual basis for your valuation of yourself in relation to the abundance you desire.*

"When you came into this studio a half hour ago, you thought you were worth only about \$1,650. Now you *know* that you are worth \$43,710!

"When you thought you were worth only \$1,650, you subconsciously thought of that sum as your soul capital. If it were your capital, it would represent the 100 per cent of your value, and your salary would be 6 per cent of it, or *only about \$99 a year!* Since that's the way you have been thinking of yourself lately, why should anyone think of increasing your salary?"

"On the other hand, when you were hourly preparing *yourself* for new work, you thought in terms of future soul values; and in three years your worth increased from \$20,880 to \$43,710. Consequently, your soul value in use increased 109 per cent in three years. Anything which grows in value 109 per cent in three years is worth something!

"You've only begun to grow in value. So now, in addition to affirming that you 'have all abundance within you,' actually figure out your value every morning before you go to work. Then, think of it whenever you have a spare moment during the day.

"As you think *more* of your soul value, others will begin to recognize your increased consciousness of value—for what you feel in yourself, others will feel. The law is this: think less of the value of the *thing* you own, and more of the value of the *soul* capacities you can use, and all things will be added unto you."

The Change Jumped His Salary From \$48 to \$75 a Week.

Although the company for which he worked is a large one—and although its officials are not supposed to know much about any one individual employee—yet, someone recognized such a remarkable change in this young man that shortly a new position needing such a person was open, and it was given to him at a salary of \$75 a week!

So long as he thought he was limited, he limited himself; so long as he gave attention mainly to his toenail *worth* in things, he depreciated his soul valuation so much that others did the same. When he recognized the capital of the useable value of his soul, his salary in three months jumped from \$48 to \$75 a week!

Now, let us return to the subject of asthma. There is a closer relationship, than you dream, between breathing and sensing odors. In every case I have ever known, the cause has been so much attention given to some little dislike of some one little odor, that the soul has failed to *use* its infinite joy in sensing the multitude of odors it could enjoy. And, in each case, the petty dislike of some one odor started with some long forgotten experience, which has been treasured by resentment to keep it alive.

Take for instance, the case of the man who disliked the smell of incense so much that it always gave him a headache. Of course, he could not have a headache, unless his *soul* itself were conscious of such an ache, and it's rather silly to think that one little smell of incense—or the smell of a little onion, or of a hyacinth can *make* a divine soul ache!

Why He Had Suffered With Asthma For Years.

It took nearly a month to find out *what* the Hidden Cause was in the case of this man—*why* he had suffered asthma for years, why he had continued to afflict himself with it—for he was not only a student of Truth, but a practitioner and a healer of others!

Finally, I discovered the cause: as a boy he had caught cold camping with other boys, and had sneezed and sneezed one night when they—as a joke—had sprinkled pepper on the camp fire. He had the cold; he wasn't

feeling agreeable anyway; and the pepper made him sneeze so much, that he was annoyed and angry—so much so that, the next morning, he picked up his things and went home.

His feeling of dislike and petty annoyance had been tied up with an idea of an odor in his mind—the odor of burning pepper. Consequently, whenever anything irritated his nostrils a little, it brought back his old feeling of annoyance, so much so that there was no harmony in his consciousness; and whenever there is lack of harmony in the soul, there is lack of harmony in the body.

He, himself had produced asthma for himself; and hay fever also, every season for twenty-two years!

And he had failed to *use* the infinite capacities of his soul to enjoy the multitude of odors God has given us. Odors "meant little to him," he said; and I was forced to smile as I thought of myself—almost sillily—carrying a rosebud, or spray of arbutus, or a leaf of rosemary—around with me all day, smelling of it almost every five minutes—almost *eating* its delightful odor!

Since his petty annoyance over one little smell had limited his soul's use of its infinite capacities—infinite even in enjoying odors, I asked him to stop *fearing to use his nostrils*, and to use those soul capacities he had shut off from use—to learn to *scent* all the wonderful odors, the fragrant odors, the enchanting odors—of field, flower, and woodland; and to learn to *enjoy* them!

The next summer he was free of hay fever. Five years have passed, and he has not had a return of it; and he's free of asthma also!

The Great Truth.

The Great Truth is this: when you shut off the use of your soul—its enjoyment of the gamut of delightful odors—because of some petty annoyance hitched to some one little experience with one odor—you twist all consciousness of Truth related to it.

Stop thinking of the importance of a toenail, and think of the *infinity* of your soul—even its glorious capacity of enjoying all the delightful odors of earth—and then, in addition, learn to *enjoy* them—and there can be no asthma.

Cashing In On the Increase In Your Ideas

By William A. McKeever, A. M., LL. D.

How One Young Man Secured the Best Appointment of His Life

IF YOU can think, you are inclined to be happy and very well contented. People who come to me with their tale of despair almost invariably complain of not being able "to get anywhere." They run in mental ruts till their ideas become stale. They lack in that fresh and vigorous type of thinking which issues in action. They fear and shudder before an imagined obstacle of some kind till they become weak and hopeless. And, "with hope lost, all is lost."

Learn to think for two general purposes, namely to increase your flow of ideas and to bring about definite results. Become both a dreamer and a doer. When you have located the seat of your problem or your trouble, when you have planted a seed thought in your sub-consciousness for the purpose of taking care of the difficulty, be sure to follow the process through and obtain the practical results desired. That is, when you have caused a dozen good ideas to spring up where only a poor one or two were wont to grow, you will discover the great value and significance of this splendid crop. There will be at least one idea among them that you can use to remarkable advantage, and perhaps more than one.

What Is The Method?

In order to render clear the method of gathering a good crop of ideas I will relate in outline an actual case of healing and transformation, as follows:

One year ago a young business man of 34 came to me with the typical story of disaster. He had been employed in a very good position and at a very satisfactory salary, but gradually matters went wrong. He got into a wrangle with the management, and after a long running fight, he had been thrown out. Wounded in pride, discouraged to the point of mental and physical sickness, he was thinking of doing something desperate, he knew not where to turn for another position, and he felt little like trying for one.

Now, the one "bad idea" being produced by the broken-spirited man was the tendency to try to get relief by pouring out in detail the story of his trouble and to blame everyone but himself for his plight. My first step was to shut off all this negative stuff and to request him to desist from all thinking about the ill side of things. Then, to his surprise I requested him to bow his head and to become relaxed and as indifferent as possible to everything in the outside world. After that initial act was accomplished I recited aloud, in the first person, but requesting him to imagine it was himself speaking:

The Treatment Used.

"If any among you lack wisdom, let him ask of God, who giveth to all plentifully and upbraideth not, and it shall be given him. Oh, Eternal Father, I approach Thy Throne of Grace on the basis of this promise, and I come claiming Thy guidance and Thy bounty. I have lost my way. I have lacked wisdom to hold my place in the business world. Now, where shall I find my true occupation, and whither shall I turn for the right connections?"

"Let him ask of God? I AM asking of Thee, Most Holy One, and I am waiting patiently for Thy Law to be fulfilled in me. Tomorrow, next day, or very soon, I shall have a sign; that is, I shall receive out of Thy bounty from within and through my sub-consciousness, a crop of ideas—suggestions, opinions, opportunities and convictions—which shall finally lead me to the place of business where I belong. Thanks be to God, who giveth me the victory."

The method brought remarkable results. After the patient had relaxed and given up the tenseness which had been for weeks shutting off his best thought about himself, a splendid crop of ideas came forth out of the soil of his sub-consciousness, and he soon had the best appointment of his life. Not only this one, but several other good openings

were presented to him within a period of less than a week.

It is needless to say that I am using this method of preparing the soil, of planting the well-selected seed, and of harvesting a crop of ideas, not only in business matters, but for the solution of practically every problem which baffles the human intelligence. The results are most pleasing.

It is rather remarkable, too, how many supposedly good Christians abandon God and

his laws whenever they get into difficulties, and "lean on their own understanding." They attempt to grab some temporal advantage. They try to fight their way out. They try to beat down some imagined foe or other interference by means of an ugly and determined attack—and they nearly always make matters worse.

"In quietness and confidence shall be your strength."

("How New Thought Is Making My Boy 100 Per Cent Perfect," in Parents' and Children's Department, September NAUTILUS.)

Spiritual Healing: Soul Contact

By Pierson Worrall Banning

How a Severe Hemorrhage was Healed by Absent Treatment

SO MANY unusual and out of the ordinary things come to the attention of the investigator of psychic phenomena and allied fields, that one or another incident merely adds to the vast accumulation of evidence already available.

During the early days of the work of the healer I have previously referred to, before she was as familiar with its manifestations as she now is, a young woman friend expressed considerable interest in her work. This resulted in her friend doing more or less studying and attempting to make use of the ideas she was learning about. Her health was none too good.

One day while alone at home with her baby, she suddenly was overcome with a very serious hemorrhage that caused her to lose consciousness. When her husband returned home that evening he found her on the floor unconscious, and so far gone from the loss of blood that the doctor and nurse considered her recovery very doubtful.

About nine that evening the husband phoned the healer, explaining matters and asking immediate treatment be given. This was done and in due course the healer retired and slept soundly.

About three minutes before midnight the healer was suddenly awakened from her sound

sleep, with the definite conviction or knowledge that this woman was dying at that moment.

She was so startled by this awakening and the finding of herself sitting up in bed, that instantly she began to treat for the young woman, and continued to do so for some time. Finally she felt within herself, all was well. Soon she was again asleep, and only when awake in the morning, did she remember what had happened to her at midnight.

Hardly had she dressed before the phone rang, and the husband told her of the serious condition and the crisis his wife had passed through at midnight, and requested she call about nine that morning.

The nurse received the healer, whom she expected, though she knew nothing of her being a healer, or of the healer helping in the matter. She took her aside when asked how the young woman was doing, and told her that about five minutes of twelve she suddenly noticed the young woman was dying. She sat down at her side, took her watch out and felt for her pulse to decide the moment of death.

Back From the Very Jaws of Death.

Suddenly, just before midnight, something strange took place. The young woman whose heart had stopped beating and whose pulse

had ceased, suddenly aroused herself, opened her eyes and began to improve at once, gaining strength very fast. This continued for about half an hour, when she was out of danger, and at the time was now so far on the road to recovery that she wanted to see the healer and had asked her husband to phone for her to come.

Going in to the sick room the young woman greeted the healer with a smile of appreciation, knowing only that through her efforts had she been saved. The nurse was asked to leave the room for a little while and the patient confirmed the facts as outlined.

She also said that as she was dying just before midnight, she had thought of the healer with all her strength, hoping she would make a final effort to save her. Likewise she stated that neither the doctor nor nurse knew what the real reason was for this seemingly marvelous recovery as both of them called it.

Within a short time the young woman was herself again, and fully convinced of what the Law is and does, when applied intelligently for one.

How Was The Healing Accomplished.

Let us look a little into this case. First, we all know that at time of so called death, it is not uncommon for a living person at a distance to receive a premonition or "hunch," that the other person is dying. Many of us have experienced that very phenomena.

In this case the young woman approached the state of death so rapidly, that her last conscious thought was an appeal to the healer for help. We may say that the life element, the mind, the spirit or etheric body, came to or contacted with the same element of spirit, or etheric body of the healer, and conveyed to her a full consciousness of the true condition she was then in.

Instantly the awakened healer began to declare Truth and apply the principles and the Law. The visiting etheric body, the life element or consciousness that was leaving the young woman and had come to the healer, returned again to its home in the material body of the young woman the nurse was just declaring dead.

The continued treatment and declaration of Truth by the healer, by the time the treatment ceased, had so firmly re-established the life element again within the body of the young woman, that her recovery was merely

a matter of time. The startling thing to the nurse and the doctor, was the fact the young woman who had lost so much blood and who was unconscious for so long a time, could possibly revive in the way she had done.

It may be of interest to see the skeletonized treatment used by the woman healer in this case. It may be divided into two parts. The first had to do with stopping the hemorrhage, while the second at midnight had to do with the return of the life element to the body, from which it was then departing.

The Treatments Now Follow.

"There is no loss of blood. All is spiritual and perfect. The blood is the joy flowing right throughout the consciousness. Love is the power that causes it to flow, harmoniously and divinely.

"It can not be lost, for God's ideas are always in the right place in mind, in God, governed by the principles of Infinite Life.

"The blood vessels never are severed, or flow of blood disturbed. All is perfect ideas of God. The blood is the power of moving from idea to idea, always complete and intact in mind.

"There is no severing or loss of any of God's ideas. All is spiritual and perfect and governed by God."

The following treatment is the one given at midnight when the patient was at the point of death:

"There is no death. All is Infinite Life, eternal and unending, the same yesterday, today and forever.

"There is only one life, and that is God. That is man's life.

"Death is a false belief of mortal mind, having no reality in Truth.

"Man can not die. Man is an Immortal idea, living, moving, and having his being in God, unchanging and eternal life, in Mind."

Those who have possibly lagged by the wayside because of seeming failure to secure results, take courage. Remember that it is probably unconsciousness of selfishness on your part that you must first eliminate before the true expressions of Infinite Love can begin to manifest through you. Try to manifest Love right now, beginning with one of the things you have been holding a feeling of resentment or jealousy against. Try it just one week, and see what a different person you will become.

("Truth Healing for Heart Trouble," in September NAUTILUS.)



Views and Reviews

By William E Towne



NO ONE LIKES TO BE PUT IN THE WRONG.

A WOMAN who works side by side with her husband in business writes: "My besetting sin is that I do not like to be told that I am wrong."

This is because deep down within yourself you have a sneaking suspicion that perhaps you *are* wrong. Your resentment is a means of self-protection against loss of self-confidence. The larger one's inferiority complex the stronger is apt to be his resentment of criticism.

The man who is really *sure* that he is right, cares very little about adverse criticism.

Further on in her letter, this woman gives a hint of the specific cause of her resentment: "He is fussy about trifles and I am careless and I guess that's the whole trouble." She is conscious of her husband's power of accuracy to such an extent that her own self-confidence suffers. She feels the need of bolstering it up. Instinctively she expresses resentment, which is largely an attempt to put the other fellow in the wrong. Resentment is a very natural expedient, but psychologically it is very childish. It is a refusal to play the game out to the end and an excuse for not doing one's best. It is frequently inspired by the fear of competition. Or again, it is a protest against environment.

To the individual it seems to come as a natural impulse, and he does not reason about it. In reality it serves its purpose in helping him to preserve his poise and his confidence in his own ability to meet the problems of life.

But it is a negative method of meeting the individual's need. It is a makeshift expedient of the mind.

In the case of the woman referred to, the positive way to meet the situation would be to concentrate upon developing accuracy until she could "make good" to an equal extent with her husband. To concentrate upon the work—the *thing in hand*—and ignore her feelings of resentment. To turn these feel-

ings into *productive effort* that would help to remedy her carelessness. If she will systematically try to encourage this mental attitude toward the problem, she will soon find herself making progress in the desired direction and that progress will give her the needed courage and self-confidence to ignore the unpleasant situations which give rise to her resentment. When she is really conscious, *within herself*, that she is making progress toward greater accuracy, unjust criticism on this point won't hurt her very much.

But there are instances, of course, where one faces unreasonable criticism. And it may be that this is almost a daily or hourly occurrence in one's life. The problem then becomes one of adjustment. Resentment will not permanently help to make things easier. It will only interfere with the individual's own normal self-expression and help to make him negative and unhappy. But he has the power to choose the way in which he will meet these criticisms. He has the power to crowd out his feelings of resentment by concentrating upon his own activities, his own means of self-expression. The sources of his happiness are *within*, not outside, himself. So long as he is meeting with a fair degree of efficiency the problems of his life he need not be unduly influenced by the criticism of others. If he allows himself to be unhappy because of such criticism, it is because of his own mental attitude. He welcomes unpleasant reactions instead of ignoring them. His energies are turned back upon himself instead of being expressed normally in effective action upon the outer world. He becomes less capable of dealing efficiently with his daily work and the problems of living. His energies become "blocked" and he falls back upon phantasy instead of action. He refuses to face the situations which daily confront him.

Giving way to resentment, to the feeling of inferiority, means regression—going backward in the processes of life.

Constructive activity along the lines of efficient self-expression, ignoring unjust criti-



VIEWS and REVIEWS by WILLIAM E. TOWNE



cism and with faith in God acting in and through YOU, will carry you forward in a life worth while.

"ALL LIFE IS ONE."

MANY readers of *Nautilus* expressed interest in Mr. Davidson's reference (in May *Nautilus*) to the scientific experiments of Sir Jagadis Chunder Bose.

By the use of instruments of great sensitiveness, Sir Jagadis has demonstrated that the reactions of plants and of steel in response to the stimulus of poisons and of electricity, are very similar to the reactions of animals to the same stimulus.

The Macmillan Co. (New York) have just published a remarkable book by Sir Jagadis, "Plant Autographs and Their Revelations," which describes some of the more recent experiments of this great scientist.

Some of his most interesting experiments were those conducted with a "detector" of his own invention, an instrument for receiving electric waves and wireless signals. He found that the sensitiveness of this instrument disappeared under continuous stimulation from the oncoming electric waves. And that on giving the instrument a period of rest, its power was fully restored. Its action was precisely similar to the action of animal tissue which recovers its activity after a period of rest.

But this was not all. To quote the author's own words: "I further found that the application of certain stimulating drugs rendered my receiver extraordinarily sensitive so that it could record extremely feeble wireless messages, which it had failed to detect before. Other drugs depressed the sensitiveness, or abolished it altogether."

By the use of his own instruments for recording the life processes of plants, Sir Jagadis opened up a new and fascinating field of experiment. These instruments, by their automatic records (many of which are illustrated in the book) proved that plants react in precisely the same way as animals to the stimulus of powerful poisons. Certain degrees of poison produced excitation, a speeding up of the life processes comparable to

the increased heart action of the animal, under similar circumstances. A larger dose of the poison produced depression, a slowing down of the life processes, and last of all, death.

To quote again from the author: "We have examined the autographic records of the living and non-living. How similar are the writings! So similar indeed that we cannot tell one from the other. We have watched the responsive pulses wax and wane, in the one as in the other. We have seen response sinking under fatigue, becoming exalted under stimulants, and being abolished by poisons, in the non-living as in the living.

"Among such phenomena, how can we draw a line of demarcation and say, 'Here the physical process ends, and there the physiological begins?' Such a line can hardly be drawn.

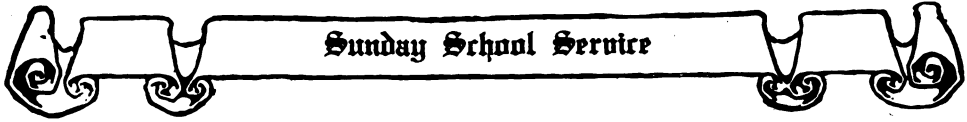
"We shall henceforth turn with renewed courage to the investigation of mysteries which have long eluded us. For every step of science has been made by the inclusion of what seemed contradictory or capricious into a new and harmonious simplicity. Her advances have always been towards a clearer perception of underlying unity in apparent diversity.

"It was when I came upon the mute witness of these self-made records and perceived in them one phase of an all-pervading unity that bears within it all things—the mote that quivers in ripples of light, the teeming life upon our earth, and the radiant suns that shine above us—it was then that I understood for the first time a little of the message proclaimed by my ancestors on the banks of the Ganges thirty centuries ago:

They who see but one, in all the changing manifoldness of his universe, unto them belongs eternal Truth—unto none else, unto none else."

AS Faith can take a mountain and remove it
to the sea;
As Hope can strike a fountain in the sands
of memory
So Love can take the firmest stone and to it
warmth impart,
Until it runs a living stream and molds a hu-
man heart.

—Robert Elliott Brown.



International Sunday School Lessons

Interpreted for Ministers, Teachers, Students and Others who Study the International Bible Lessons

Class Work by Rev. GEORGE C. GOLDEN

August 14. DAVID BRINGS THE ARK TO JERUSALEM or PEACE. 2 Sam. 2, 1-4, 5, 1-5.

Bible Readings: 2 Sam. Chaps. 2 to 5.

GOLDEN TEXT: *We shall be satisfied with the goodness of thy house, thy holy temple.* Psalm 65, 4.

NEW THOUGHT GOLDEN TEXT: *The God of peace shall be with you.* 2 Cor. 13, 11.

TO THE Jews, the ark was the outward and visible sign of the presence of the God of peace and power. Their trip across the desert was prospered because the ark went with them. In war, their discouraged soldiers revived to victory when the word was passed around among them, "The ark is come."

With this background, it was only natural that when David established himself at Jerusalem, one of his first steps should be to bring up the ark to the capitol and fittingly instal it in the tabernacle on Zion's hill.

The ark, then, is the symbol of the presence of God. Some of us, like David, carry our ark with us. We know that we have it and that nothing can separate us from it. Others refuse to see their own ark (right beside them); they imagine an ark in the distance and set out for it, but it vanishes like the pot of gold said to be at the foot of the rainbow.

A mother came into the office the other day. She was worried over her boy in college. She wanted him to go through for law, but he was neglecting his studies to "tinker with a machine." Talking with her, I found out that although he was given plenty of spending money, he had engaged himself for evenings and Saturdays in a garage. I eventually showed her that her boy's ark was mechanics and that the lawyer's career was but a mirage ark that he could never really take with him, for there was in truth, for him, no such ark. Since then she has been finding a peace that she never knew before. No more nagging. He is finding himself.

The ark then is the symbol of your own consciousness of the I AM. It is your realization that you are, as Kant expresses it, a spiritual being in a spiritual world, eternally harmonious.

Silent Affirmation.

I seek to be more truly myself.

August 21. GOD'S PROMISE TO DAVID or POWER. 1 Chron. 17.

Bible Readings: 1 Chr. 17, Heb. 1.

GOLDEN TEXT: *Thy throne, O God, is forever and forever, and a sceptre of uprightness is the sceptre of thy kingdom.* Heb. 1, 8.

NEW THOUGHT GOLDEN TEXT: *The Gospel is the power of God for salvation.* Rom. 1, 16.

"**M**AN is hopelessly religious," is a statement made by some keen observer who has studied the human mind. It is true. It is especially true of the successful, of the important and of the powerful. Their religion, like David's, however, is a creed of success, a belief in their own divinity and a tenet that states their own God-given dominion.

The individual who has arrived at illumination through freedom has known three steps in his development. He first conceived a personal God who bent a great, white beard over a book entering merits and demerits. Later he pictures a personal God who went before him, straightening out his path and whispering the right answer to his questions. This was very dramatic, but the trouble was that sometimes he caught the right answer but generally he failed. Later he came to hold the idea of God as principle of life and he found that he had success just in the direct proportion in which he utilized and applied this principle.

This is the great discovery that we call illumination. Man finds out that he himself entitles himself to his benefits and he himself does the depriving when the dark clouds lower.

A young clerk came seeking aid—a serious-minded young man who was endeavoring to make himself over into a modern Atlas to carry the burden of the whole material world. He had as much initiative as a poet. He wanted some of the good life had for him. He said his responsibilities were heavy and he did not have money to spend. He specified, for instance, that he would like to go to a good show occasionally, but it would cost six dollars if he took a friend. I informed him that men were not shot for going to the theater alone nor imprisoned for sitting in the gallery. I showed him how, by a little management, he could entitle himself to more life than he was getting and advised him to do it for six months. At the end of that time, his salary was doubled. He was worth more. By claiming more life for himself, he had increased his spirit—that is, his intelligence.

Silent Affirmation.

I decree my happiness for today.

August 28. NATHAN LEADS DAVID TO REPENTANCE or SIN. 2 Sam. 11, 1 to 12, 25.

Bible Readings: 2 Sam. 11 and 12, Psalm 103.

GOLDEN TEXT: *A broken and contrite heart, O God, thou wilt not despise.* Ps. 51, 17.

NEW THOUGHT GOLDEN TEXT: *The Lord hath put away thy sin.* 2 Sam. 12, 13.

THERE are plenty of Nathans in the world. They are the men who are rapturously delighted when they succeed in proving another man a sinner. However, they are not satisfied with that. In their zeal, they even do further and, as the author of "Rain" has shown us, they make sin. They leave in their wake men who are useless through self-condemnation and converts who, through fear, only sin more than they ever did.

Over against the Nathans, stands the sublime, all-wise Master who boldly declares, "Neither hath this man nor his father sinned." He substituted the words, "brother" and "lover," for "sinner." He believed in man. He trusted in human goodness rather than feared mortal sin.

We do not know that David's son died from the result of his father's sin. The chances are that he died from belief in impure water or malnourishment. Nathan only unnecessarily made cruel the tragedy of the death of the child. The soul of the monarch had already given him a sufficient knowledge that his dealings with the child's mother were unworthy of himself.

None of us has gone very far in life without doing much that we would give a great deal to change. What can we do about it?

David was saved for future service because he reasoned that he would later go to his child, that his sin wouldn't keep him from spending eternity with the lad. So he continued his career, serving his people and his God, trusting and believing that his sin was entirely destroyed.

If we are inclined to dwell on our past mistakes, we need this message. The past is done. In the laws of cosmic dispensation, our sins are blotted out and there is no more remembrance of them.

Silent Affirmation.

My past is not, only my infinite now is real.

September 4. SOLOMON'S WISE CHOICE or VISION. 1 Kings 3, 4-15.

Bible Readings: 1 Kings, 2 to 5.

GOLDEN TEXT: *Happy is the man that findeth wisdom and the man that getteth understanding.* Prov. 3, 13.

NEW THOUGHT GOLDEN TEXT: *Where there is no vision the people perish.* Prov. 29, 18.

THE parable of Solomon is that the Lord told him He would give the monarch whatever he asked. The king requested wisdom. Then God said, "You have asked a very sensible thing, therefore I will add to you riches and a long life."

The point of the parable is this: True wisdom, like real righteousness, is efficient, constructive, original, unique and intelligent. It is the sagacity of the man who catches a new idea and is able to see further than his nose.

Is this wisdom a unique gift or a faculty that

all have which only a few are fortunate enough to develop? We believe the latter.

Professor William James says: "It is now seen that life and action are deeper than logical processes, that there is nothing deeper than the fundamental needs, interests and instincts of the mind."

Wisdom comes then from accepting these "fundamental needs, interests and instincts" as cosmic consciousness in us, as the angels of the Universal pointing out to us the way to harmony and individual achievement.

I had this brought home to me very emphatically during a death-bed scene I once witnessed when I was doing regular parish work. A man in his forties was passing on. The cause of his breakdown was due to the fact that he had spent his life in strenuous, monotonous business over a desk when he "was built for country activity." His wife asked him if he had never wanted to live in the country and he confessed that it had been his desire but, knowing her love for metropolitan life, he had kept his ambition a secret. "Isn't that too bad," she wept; "I always preferred rural life to living in town, but I didn't tell you, for I thought you disliked the country." I sincerely believe that if I had known as much about metaphysics then as I do now, we could have revived him by showing him that it wasn't too late to establish himself as he wished and the new hope would have been as wine to his enervated constitution.

Silent Affirmation.

My choice and desire are my wisdom.

Neither Do I Condemn Thee

By Elsie Long

YOU plant your ivy by the garden wall,
And it grows and grows;
And nobody knows *how* it grows,
And clings to the garden wall.
But take that vine *from* the garden wall,
It will fall and fall;
And nobody, great or small,
Can make it stand without the wall.

I plant an acorn in a field alone,
Where it snows and blows;
And that acorn grows:
And nobody knows *how* it grows;
But great is the oak that weathers the snows.

Condemn not the vine as it clings and clings;
For as it leans and grows it sings
From the music within.
Praise not the oak as it expands with a shout
Through the same voice within and without;
For the God of the oak
And the God of the vine
Is the same. There is only One.

Parents And Children

Helps that
will bring



them closer
together

How New Thought Healed the After Effects of Scarlet Fever

By Mrs. F. C. W.

I THREW myself down wearily on the nursery bed to read a little before dinner time. The voices of the children came up happily from the yard below. By and by I heard a pair of little feet trudging slowly up the stairs and my three-year old baby came to my side.

"May I lie down beside you on the bed, mamma?" she asked. I was surprised that she wanted to leave the merry group below, but made room for her, cuddled on my arm. She almost immediately fell asleep, looking the picture of health as she lay there, her cheeks glowing like roses from the cold winter air, I supposed. But her breathing seemed rapid and heavy and the sleep unnaturally sound. By dinner time I took her temperature and again an hour later. I found it was rising rapidly and telephoned for the doctor.

When he arrived and had examined her, he said that he thought it was scarlet fever, but would make an analysis and let me know in the morning. His diagnosis proved correct. I knew very well what situation was facing me, for I had already

nursed three children through the same disease. They had all lived, but had suffered after effects which are almost universal and one of the worst features of the disease. The first child had chronic tonsillitis, the second kidney disease, and the third erysipelas, as the germs of the two diseases travel together. I determined that if possible this beautiful baby of mine should be saved, and saved whole.

We prepared for the season of quarantine in a sunny south nursery, without rugs or drapery but always bright with toys, flowers and pictures. I cared for her with all the accumulated wisdom from my other cases. But when thoughts of death, blindness, crippled condition, deafness and the many other terrible effects of this disease came to my mind I dismissed them at once and replaced them with thoughts of health and her future happy, perfect childhood.

At night as I lay awake by her side I constantly drew from the great Unseen, surrounding me, strength and power to grapple with the terrible enemy which had seized my baby. Hour after hour, night after night I would lie in the solemn darkness, on the bed beside her little crib, holding the hot, feverish baby hand in mine, and draw from my higher center of consciousness the power of health, joy and peace. Sometimes I would speak these thoughts aloud to the child, especially when she was partly awake. I felt that I was not alone but that unseen forces were always near, inspiring and helping me.

Little Mary looked forward to the visits of the doctor as one of the day's pleasures, and he told me he had never seen a sick child so good and happy. She was always perfectly contented, when he came, brightly smiling and quite obedient throughout all the six weeks.

"Is she always so good?" he asked; "she has a wonderfully happy disposition." I could truthfully reply that she was.

The child looks back now to "the time when she had scarlet fever" with pleasure. The result of my constant affirmations of health was, that she came through with a light case and at first with no after effects at all. Many months passed and the child seemed perfectly well. I dismissed all possibility of danger and all positive affirma-

Questions Answered

On Child Problems

We have arranged with Mrs. Carter to answer (through this Department) questions from parents and teachers regarding problems of the conduct, training, teaching, etc., of children. We will donate at least a page in each issue of *Nautilus* to these answers. No charge whatever. Write a separate letter for your question and address Mrs. Alberta M. Carter, c/o *Nautilus Magazine*, Holyoke, Mass.



tion, and gave my attention to neglected household matters.

More than a year later a gland on the neck suddenly swelled to dangerous size and others gave some trouble. The doctor examined her and gulped as he said: "Too bad! too bad! It is the scarlet fever poison undoubtedly, and I thought this was to be a case without after effects." However, he did not treat the matter very seriously, but began doctoring her. I left the matter in his hands trustfully enough, and followed his directions without special mental efforts, thinking she would soon be all right. At first came immediate improvement and then the lump on the neck remained the same size, although we went to the doctor for a change of medicine about every two months. She seemed fairly well, so I was startled when one day he told me that she was in a bad glandular condition all over, that the tonsils were much enlarged and that it might be necessary to remove them.

That minute I determined that it should not be necessary. I have never taken her again to the doctor. Every night when ready to retire I went to the crib where she lay sleeping. I would close the little lips and say: "Mary can breathe through her nose perfectly well. She always breathes through her nose. Keep your mouth shut all night, Mary. You can breathe all right. Your nose and throat are clear." In a few weeks I found, when I went to her crib, that she was already breathing through her nose, but snoring a little. After a few more weeks of affirmation this, too, ceased. Whenever I looked at her I would say to myself: "The lump is getting smaller. It is almost gone. No one would notice it now. Her neck is all right."

It is more than a year since our last visit to the doctor. The swelling on the neck has disappeared. The child is perfectly well, saved by New Thought from the after effects of scarlet fever as well as from the disease itself.

MRS. CARTER'S ANSWERS TO QUESTIONS.

S. R.—Refuse as much as possible to see the selfishness in your son. Affirm the unselfishness of the God mind in him until it comes into manifestation. And please do not look into yourself for a fault you see in him. That only magnifies your own. Treat yourself for a cleansing and a purifying of your thoughts and let go of the past. Live today. If we continually think of our past mistakes, we will never have time to grow better. You are better than you know. For cogent reasons, you had better take up some difficult, enjoyable study that will relieve you of thinking too much of yourself and the children. Play more.

N. R.—Yes, I have known what appeared to be "physical" mothers, only. They acted toward their little babies just as I have seen old hens do when they heartlessly stepped on their chicks. Perhaps it was because the mothers were so young that they resented the care that kept them from having good times. But those same mothers, I have seen become amazingly loving and interested in their children when they become older. So don't despair. Get out and play a lit-

tle now. You will love your baby more. Play games with her. Get a copy of Froebel's Mother Play and practice it.

Love and interest in anything will grow by desire, attention and training. Do not dwarf that spirit given into your keeping.

J. G.—"What can I do to make my fourteen-year-old daughter mind and keep her from going to the shows so much?"

I would be a chum to that girl instead of trying to "make her mind and do my way." And I would go to a show with her and find out what interests her. Talk to her and get her confidence instead of commanding her. You see, my dear, since she is your only child and your heart is so close to her life, it is pretty hard for you to let her live her own life. And she is demanding her independence and it is right for her to live her own life. As a teacher, I like to see children independent. Not saucy or rebellious, but able to depend upon themselves. Your daughter probably feels that you should not command her so much, while you feel your responsibility for her terribly. I wonder sometimes, if we should make such a point of making children mind? Surely, we should guide and direct them and show them the way, but when it comes to saying, "Now you do my way or you'll catch it." I wonder what God would think about such discipline.

Suppose you say to yourself when you are fearful for her, "I will place you in God's care, dear, and will trust Him to express His will through you." Pick out good shows. This is a different age from the one you grew up in; renew your mind and your life by getting in touch with life as it is now. Captain Charles Lindbergh's mother is a fine example of a mother who educates her child but lets him live his life as the inner spirit directs.

F. S. G.—It is strange that one twin should be loving, the other selfish and hard to manage. Mothers are quite given to being a bit partial to boy babies. Perhaps the little girl feels this, especially if you hold the boy up as an example. Do not tell your friends about her imperfections, that only advertises them and makes them greater. And instead of worrying about her sucking her lip, encourage her to blow soap-bubbles. Laugh with her and tell her that she is such a loving, unselfish little girl. Tell yourself that over and over, when you feel that she is the reverse.

MRS. K.—Be sure not to overstimulate the lad's nerves. Be very slow and patient with him. Have him read to you very slowly. During his vacation, make games of reading and speaking slowly and perfectly. Picture him to yourself as being perfect in articulation and affirm it. Say to yourself, "God speaks perfectly through you, my boy."

C. C.—It would seem most undesirable to have another operation for adenoids and tonsils when your son is eighteen, after he had the same thing done when six. That bad breath is from indigestion and his blood needs purifying, if his face is covered with pimples. Do not give him such rich food for a while. I would advise having him given treatment.



Things That Make For Success

And for the advancement of the individual in all ways. This is a correspondence department of success ways and means, conducted by the Editors and contributed to by NAUTILUS readers everywhere

To Correspondents

Prizes for the Best Letters to This Department

Have you discovered something that makes for success?

Tell us about it and perhaps you will win a prize. To the writer of the most helpful success letter published in this department each month we will send NAUTILUS for 3 years. Or 3 yearly subscriptions to separate addresses if preferred.

To the writer of the most helpful letter printed in each six months' period, we will send \$5 in cash, in addition to the subscriptions. Prize winners announced each month for the preceding month.

Letters should be concise, plainly written on one side of paper only, and not mixed with other matters of any sort.

—THE EDITORS.

Success Letter No. 1088.

HOW NEW THOUGHT SAVED MY MARRIED LIFE FROM GOING ON THE ROCKS AND HELPED TO HEAL MY ARM OF BLOOD POISONING.

I CAME to this country eight years ago, a war bride. After a very short time the novelty of my surroundings wore off, and I was fearfully homesick.

In the little flat we rented we had only the bare necessities. My husband worked two or three days a week only, and what money he got his mother spent for us, buying all. I never, for many months, saw one cent of his money.

You see, my husband never talked to me of his work or his plans, and I would not ask. I hadn't much to do but think, though our baby was born in England and was five months old when we came here. She was my only comfort.

I did not make friends with my neighbors, because my mother-in-law lived next door to us, and they were all her friends. She did not like me, while I was a little afraid of her.

All of that first winter I did not go out at all.

The baby was sick and the weather too severe. It was during that time I met the best friend I have. She was a welfare worker, had given her services to the soldiers, and was attached to the local Red Cross center. She was interested in the soldiers' wives.

When one is in such bitter poverty it goes against the grain to make it known, but this friend understood. Then came another baby. My husband would come in to meals, then I saw no more of him until all hours of the night. I didn't do anything right to please my husband's mother. She never missed an opportunity to tell me what she had done for us. Of course, I would not bicker and argue with her. I just couldn't. But there were times when I felt as if I could stand no more and I would take my babies and go to my friend.

I asked her one time if I could take my babies and go back home, and she told me my husband could prevent me from taking the children. So I gave up that idea.

It was then I began to receive copies of *Nautilus Magazine* from my friend. It was just what I needed. Comfort and assurance that no one can give but God. Several copies were marked. One, I remember, was about an inferiority complex. And the very next time his mother railed at me, I frankly told her my side. She was astonished. After that I was not afraid of her any more.

I convinced my husband he was tied to his mother's apron strings and we would have to move or I would get a separation. He was willing to move, but we didn't have to. His mother moved instead, and we were saved that expense.

I can truthfully say that *Nautilus* saved our married life from going on the rocks.

Then in March of 1925 I scratched the thumb of my right hand on a rusty nail, while putting wood in the stove. It was a short, sharp nail and scratched deep. It bled and I put on a little iodine. The next morning it was swollen and

very much inflamed and, of course, quite painful. I soaked it in very hot water and put poultices on. By supper time, instead of getting better, it was worse. I went to our doctor. He said it was poisoned by a very vicious germ, and that I must go into a hospital at once. I went and in less than 24 hours the poison had spread up above my elbow. Then came three doctors to see it. It looked very bad, my hand swollen to twice its size, with a red mark on the inside of my arm reaching close to the armpit. The doctor then turned to the nurse with instructions that I was not to have breakfast the next morning. Then he told me if it had not improved by morning I would have to lose my hand. I knew he did not expect it to be any better by morning and I knew, too, that not only the hand but my arm, too, would have to go.

Suddenly I sat up in bed as I realized just what it meant. For a few moments, I think, I was crazy. Then I thought of several passages I had read in *Nautilus*, but they were all affirmations and I thrust them from me. It wasn't a week hence or even one day I needed help; it was *right then and there*. What could I do? Where could I turn? I was bewildered. Then it came like a ray of light: "What things soever ye desire, when ye pray, believe that ye receive them, and ye shall have them." It was God's Word. I lay back in bed, strangely comforted.

From that instant my arm began to get better. When the doctor saw it the next morning, he exclaimed, "Why, it's a miracle."

Then in August of this past year the youngest, a boy of three, was suddenly taken ill with infantile paralysis. We had an epidemic at the time and 40 or more had died of it. He had lain in a coma all the morning. Would wake for a little while, then go into convulsions. When the doctor could not move his chin, they gave him serum. One knee was bent and stiff. Then he was put in an isolation room and I was allowed to stay with him. He was unconscious then and the doctor told me it was as well to know how serious it was. "Of course," he said, "the baby has a chance, but it's quite possible he will not regain consciousness. If you want, you may call your priest. He's a *very sick baby*."

I was left alone with the baby. My husband had been with me for a time, but had been so affected and dashed around so frantically he was not allowed to stay in the hospital. What mother does not know what I felt? The baby lay there like one dead, his little face blue grey. He was more precious than ever. I couldn't give him up. I held his little hands, limp and clammy, in mine, and begged him not to leave me, to wake up, saying as I had done once before, "Father in Heaven, Thou hast said, 'Ask and ye shall receive, knock and it shall be opened unto you.' I ask Thee to let me keep my baby that he may grow up here on earth to the glorification of Thy Holy Name." I did not for a moment hold the thought that he would die, or be crippled.

That night our priest came. He prayed with me and comforted me. I told him of the passages I had read in *Nautilus* and he said: "Child, it is simply a matter of faith. With faith in our Lord, all things are possible."

Our baby regained consciousness the following day. He knew me, and, though his left knee was a little stiff, it could be moved up and down.

Today he is running around, strong and very healthy. So, you see, I have a great deal to thank *Nautilus* for, but especially my friend who made it possible by sending me those magazines. Who can doubt it will do some good to pass on our magazines after we have read them?—Mrs. A. F., N. Y.

Success Letter No. 1089.

MY BUSINESS NOW SHOWS A NICE INCREASE EACH WEEK AND I HAVE BEEN RECOMMENDED FOR A BETTER AND HIGHER POSITION.

WHEN I FIRST started to study New Thought I did not even have a job. But I believed when I prayed that I would get one and I did. I thank God for it and I know that He has a better one for me. Improvement becomes more wonderful each day. I am the manager of one of the Telegraph Companies in this city. When I came, the competing company was getting most of the business. I asked for divine guidance and wisdom for ways to get my portion of the business. Each night I send out the love waves to the people in this place. I look in to the "small voice broadcasting wisdom" and I receive leads that bring me business. I am showing a nice increase each week. On several occasions I have sent in to the Superintendent ideas of how to secure more business. He has sent to the General Manager and has recommended me for a better and higher position. I give God all the credit. He is just working through me. I have overcome the karma wave that had enveloped me.—Mrs. N. A. W., Wyo.

THE PRIZE WINNER for July, 1927, NAUTILUS, is F. A. J., Miss, who wrote Success Letter No. 1087. We shall be glad to send the prize of three subscriptions wherever the winner directs.—C. H. S.

THE \$5.00 PRIZE for the best Success Letter appearing in NAUTILUS MAGAZINE from January, 1927, to June, 1927, inclusive, goes to D. S., Ariz., who wrote Success Letter No. 1074, which appeared in the April, 1927, issue.

We shall be glad to send our check for \$5.00 as soon as we hear from the winner.—C. H. S.

FOR WORLD PEACE

WE, the Rising Generation, demand a United States of the World.

We want our idle vessels and ships to be used in times of peace for a Public University of Travel, a white fleet that shall tour the world every year.

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

We want the students selected according to all-around merit from the graduates of public High Schools and Industrial, Vocational and Technical Schools of all the States.

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

We believe in these things.

We pray for them.

We talk them.

We vote to this end.

—Elizabeth Towne.



A DEPARTMENT OF
CONSULTATION AND SUGGESTION
CONDUCTED BY ELIZABETH TOWNE
AND WILLIAM E. TOWNE

*"Oh wad some power the giftie gie us,
To see ourselves as thers see us,
It wad frae mony a blunder free us
And foolish notion."*

We answer in this department the 1001 personal problems that are put to us—as far as space and time hold out. And we make one answer do for more than one questioner when possible. Correspondents desiring a personal reply by mail are referred to our ELTO SERVICE, which includes a service fee of \$5. We would answer every letter gratis if it were humanly possible. We MUST curtail, hence the charge for querists who feel they cannot await their answers in these columns. To insure careful attention in our office write "Family Counsel" at head of sheet, and write your subscription order or other business on a separate sheet.—THE EDITORS.

E. S. K.—Arguments hurt, you can accomplish much more in helping your husband to advance by using Suggestion and by training your imagination to picture the advancement for him which you desire. Do not try to force him to growth, but inspire him to it by love, appreciation, gratitude for his daily efforts and one of these days he will pick up the right article or book which will cause him to assert himself of his own accord. Let God accomplish this through him for God has infinite ways and "works in mysterious ways his wonders to perform". None of the obstacles which you imply, such as age, timidity, position, mean anything when God puts a new impelling motive in the heart of a person. Glorify your husband in your imagination and stop magnifying his limitations. He has none for God knows none. Believe, live and act accordingly.—G.

F. C.—I think you are trying a bit too hard. When we pray too much, that in itself proves that we are doubting and do not believe. The Bible says, "They that believe shall not make haste". If you put your whole life and energy in this coming experience, then you are not living fully and completely now, are you? I think that is what the Master meant when He advised us to "seek first" and "all things will be added". We get much indirectly, sometimes when we least expect it (because in reality we are so assured of it). Try to develop this state of consciousness.—G.

MRS. G. A.—No use scolding your only boy. It is hard to reason with him, but you can reason with yourself, which is most important. His slackness and failure in school is probably due to what is usually the cause where there is but one child in the family: too much love, attention and service on the part of parents. You did everything for him. Now he finds the adjustment to hard study beyond him. He wishes somebody else could do it for him. Use suggestion during sleep as used successfully by so many Nautilus readers, tactfully and diplomatically encourage

him to do more things of his own accord. He will become more self-reliant: his only need. In athletics and play he is ACTIVE with others, while in study he must be self-directing, which seems hard in the light of his early childhood training. You can do much for him. Picture him vividly in your imagination according to his true successful nature. Put your faith in what you desire and not in what you do not want. The law works both ways. Remove concern and anxiety by faith and trust in God who also lives in your boy, guiding and directing him.—G.

D. R.—Ask yourself whether the amount of money due you is worth the worry, the criticism, the resentment you feel toward this young man. Furthermore, suing would not make him feel any kinder to you, in spite of the good you have done. You really value his friendship, so why take any chance of losing it? Wait a bit and one of these days he will go through some experience which will remind him of your kindness. (Read the article beginning on page 17 of February, 1927, Nautilus.) Never look for the return of your good from the channel through which you gave it. It rarely is returned in that way and is rarely returned at all when it is given in the thought of return. All we owe to anyone is love and kindness. Rest assured that if that money is not returned to you that an equal measure of good has already been returned or will be. But we rarely are able to see how. We should have more the attitude of "casting our bread upon the waters," knowing that in due time it will return, but let us not say when or from whom. The same worry and concern about this money, if directed positively, would have already earned for you a greater amount of money than the amount due you and your sense of self-reliance and value would have increased many times.—G.

MRS. K.—The best plan is to work out a scheme of family finance together, wherever possible. There are cases, however, where wife is a better financial manager than husband and the reverse is also true. In such cases wise married individuals give the better manager the freedom to work things out. Often, this freedom is lacking, as seems to be true in your case. If your husband is absolutely unwilling to give you an opportunity to prove your managerial ability, then let him assume the entire responsibility as a lesson. At present, he has the money and you foolishly assume the responsibility when he spends it unwisely. Send the bill collectors to him and some night just forget to make dinner when the funds do not provide the way. One such a lesson may get him to see the point. Then let him know that he will get better dinners than ever if he gives you a chance to manage. You see, at present the responsibilities never reach him, yet he apparently creates them. Do all of this in a friendly spirit, and if your real inner feeling is one of mutual benefit, believe me, he will get that feeling and bless you for it.

In his younger days he was probably taught to spend unwisely through ill training. You got the opposite kind of training. Get together, balance your training; that is what you came together for—to help each other and the world.—G.



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

"The Strong Box": How It Cured Me of the Blues.

THE FIRST seven years of my life were one ray of sunshine, as near as I can remember. But when I was seven years old my father died and left such an ache in my heart that I still feel the twinges.

I often used to stand near the mill dam and think how nice it would be to feel the cool waters swirl over me, and never again be told to "get out of the way." There is nothing more solitary in the world than a misunderstood child.

I was my father's favorite and my sister was the apple of my mother's eye. She was pretty and sweet with golden curls and a rosebud face, everything which I was not. I had a disposition all my own and the more they scolded me, the worse I acted. Why not? It was the only way I could make them notice me.

Then at fourteen I entered high school. I had emerged from a "crazy-headed child" into a shy, gangling girl of uncertain proportions. Many of my experiences were happy ones. To my surprise, the boys liked me and I never was lonesome again. But I shudder when I think of some of the experiences I had with the girls. They used to call me "Mary Ann, tin pan, Long-legged Mary Ann," and many other horrid names. Only they don't seem horrid now, they are too funny for that!

After graduating from Training Class, I became a war-bride. When I was twenty-one my first baby was laid in my arms, and nothing could have had the power to mar the joy of that moment.

Finally the second little boy arrived and anyone in their right senses would have been perfectly happy. But I had periodical blue spells, and I didn't know why I should cry. I couldn't give any reason myself, but about every two weeks I would cry until I was positively ill. I used to ask my husband to just let me alone and I would be all right when I got over it. Nothing was the trouble. I just had to cry to get rid of my surplus energy.

I don't remember just when it came to me that the reason for my blue spells was this: I was subconsciously grieving over the disappointments of my childhood. I was re-living the moments when, as a child, I hid out in the orchard and cried because nobody loved me. And here I was, woman grown, with a happy home, the best kind

of a husband and two children, everything any sane woman could desire from life, and I was behaving like a child, I was still clinging to my unhappy memories, like a silly grown-up girl clinging to a battered rag doll.

It was quite a long while ago, oh, maybe five years ago, that I turned my back upon the child I used to be and tried to become the woman I ought to be. *Nautilus* came into my range of vision about that time, and set me upon the right path, like a helping hand in the darkness.

My people were terribly religious, but they didn't behave like Christians, so I did not have a very good opinion of religion in general. After reading *Nautilus*, I began to grasp the New Faith, which in reality is as old as the hills. It is the same faith that Christ taught when He was here upon earth, and I like to think of Christ's teachings as the fountain where we may all drink freely of the water of life, but if we try to carry water to someone else it grows stale. Each one must go to the fountain and interpret the gospel as his own soul sees it.

In training myself to conquer the "cry-habit," I memorized the following poem and it helped me more than anything else. I do not know of the author.)

THE STRONG BOX.

Build for yourself a strong box,
Fashion each part with care;
Fit it with clasp and padlock,
Put all your troubles there,
Place therein all your heartaches,
And each bitter cup you quaff;
Fasten the top down securely,
Then—sit on the lid and laugh.

Tell no one of its contents,
Never its secrets share;
Place therein all your worries,
Lock them forever there;
Hide them from sight so completely
The world will never dream half;
Fasten the top down securely,
Then—sit on the lid and laugh.

And if you ask me, this is a good recipe to cure all the ills of mankind. I would rather see a person laugh than to hear him pray.

If anything hurts me now, I just put it away in my strong box and laugh it off. And would you believe it if I told you that my strong box is almost empty now, for things don't hurt me as they used to do?—M. B. S.

(Continued from Page 15.)

On Monday morning I had a little talk with Dr. Hill, and almost his first words were these: "Now who is our outstanding woman who will follow me as president next year?" We have many eligibles: which will be the one that the Spirit will have ready for us to elect at Cincinnati, the last week of next June?

So far in our history of rotation in office, JUST ONE PERSON HAS BEEN READY each time to accept the call of the Congress to the office of president. Following Mr. Edgerton, I was the only one who was READY in the Spirit. Mrs.

(Continued on Page 42.)



HAVE YOU A Problem?

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Have you never wished for wisdom so that you might avoid suffering in the future? Do you wonder WHY you have not made your demonstrations?

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(Continued from Page 41.)

Chapin was the only one READY, in her turn. Dr. Hill was the only man READY this time. It looks as if the Spirit not only calls the New President, but gets him or her ready beforehand to accept the call. Our Dr. Grier has been called three times, but not once has he been READY to accept the call without too great personal sacrifice. Otherwise he would have been elected at Los Angeles; or on the resignation of Mr. Lesch. As it was, he showed us that it would be too great a sacrifice to do it, and he declined the nomination. His turn may come again some time in the future, when the Spirit will have made him READY to accept. All our leaders are eligible. Next year there will be ONE WOMAN READY, the one called by the Spirit in All of Us. Who is she?

Our Alliance acknowledges but one leader, Christ in All of Us, through All of Us, to All of Us and all the world. We are the LIVING ORGANISM of the Kingdom of Heaven AT HAND—at the hand of each of us toward each other and all of us and toward all the world. Glory to God in All of Us unfolding His Kingdom of Heaven AT HAND.

I wish everybody in the world could have sat in and watched the way we worked out our election problem on the last Friday morning! It was glorious, and proved our Kingdom of Heaven AT HAND. By the way, Dr. William A. McKeever of Topeka, Kansas, NAUTILUS contributor, was there. This was his first Congress. On July 1st he wrote me a little letter of congratulations on the whole Congress, and his view of an "outsider," confirms my view of the Congress from the inside. This is what he says: "I very much appreciated the way in which the Congress handled that election problem. Everything was so frank and outspoken, and the net results were so pleasing."



In this department we notice as many cloth bound books 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 Face of Silence," by Dhan Gopal Mukerji. This is an interesting collection of incidents relating to the work and to the teachings and, above all, to the remarkable personality of Rama Krishna, a holy man of India, born only a generation ago. Rama Krishna was considered by many of his followers an incarnation of God. In many respects he was more modern than most of the religious teachers of India with which we of the West come into contact. He served as a link between the ancient mysticism of the East and the objective minded of practical West. The gist of his whole life and teaching was expressed in

(Continued on Page 44.)

Buy you see it in NAUTILUS. See guarantee, page 5.



From the painting "Truth" by Lefebvre.

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To Guide You,
Up-Lift You,
Bring You to
Happiness.

Those who are down-hearted because they can see no bright outlook for themselves are the ones who need the guiding power of TRUTH most of all. Those whose lives are filled with mediocrity, lack of means, failure and distress, they are the ones who, from the very depths of their souls call out for the wonderful Truth that will make them able to satisfy all their desires; and—they are the ones who continually buy costly books and courses which are supposed to contain marvellous secrets of success and prosperity, but which in the end bring bitter disappointment.

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I want to show you how you can use your mighty SUBCONSCIOUS POWER to give yourself a mastery MIND! It is a winner of affection, A SPELL OF LOVE! It is an agency of SUCCESS and POSITION, WEALTH and FAME! Not to know the use of such a helpful Power is criminal negligence. It is a force which WILL TURN FAILURE INTO SUCCESS!

I WILL TELL YOU HOW

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(Continued from Page 42.)

these words, spoken by one of his followers: "He wanted everyone of us to find not a religion, but to be religion." He always put the emphasis upon being, holding that "all else" would follow after one had become one in essence with God. Another of his followers said: "What have places or creeds to do with the purity of that Being that men pour into this world through the realization of their Inner Life?" Rama Krishna made an exhaustive study of Christianity, Buddhism and the religion of Mahomet and then announced that they each and all would, if faithfully followed, lead direct to God. He ignored caste, and among his followers were some of the most able and influential social reformers in India. His attitude toward money was more in accord with the view of the Western world than one would expect it to be. He said, "To neglect money, or not to give any account of it, is just as erroneous as to hoard it like a miser." And, "As with wealth so with every other of life's problems he held, and taught his disciples that one must rise above the 'opposites'—two aspects of the same thing." He warned his followers not to attempt to found a religion upon his teachings, saying that the world did not need creeds or the emphasis of differences, but to put all the emphasis upon being that which is good, or God. "Wherever a few of the servants of Truth dwell, Being precipitates itself. And where there is Being, life grows. All that you see here is a reflection of Being," said one of his followers. When asked what special message Rama Krishna had for the West, one of his disciples said: "The West must realize God more. Realization is what Rama Krishna symbolized. Religion is the record of our experience of God, and not a theory of our belief in God. To the West his message is the same as to the East: Find God." In harmony with his emphasis upon Being, was the following principle: "Only the God that is in us can bring out the God that is in others." One of his followers summed up the purpose of his life in these words: "He has verified all the religions by his living, and bound them together by their common aim: realization of God." Back of all creations his intellect pierced to the Creator. "The Face of Silence" is published by E. P. Dutton & Co., New York. Price, \$3.00.

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