

# NAUTILUS

*Magazine of New Thought*

*Edited by Elizabeth Towne  
and William E. Towne*



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OCTOBER 1927



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# NAUTILUS NEWS

BY THE EDITORS

*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."*

**NEW LESSONS ON "HOW THE TRUTH HEALS."**

his collars to his normal measurement, and facial blemishes wiped away, leaving 'that school-girl complexion' which the



the November number of *Nautilus*. Tell your friends about these lessons. Call them to the attention of such as you think might read and apply them to advantage. REMEMBER, THE TRUTH HEALING LESSONS BY GEORGE C. GOLDEN BEGIN IN NOVEMBER NAUTILUS.

**MR. LANDONE'S ARTICLES HELP DEAFNESS.**

and intoning God's call-tone. The voices I had tried to shut out no longer irritate, and listening attentively they are registering more and more clearly. No one can conceive of what it means to see lips move and hear no sound, and then gradually to hear sounds again. —*Nautilus* is truly a treasure trove.—H. F.

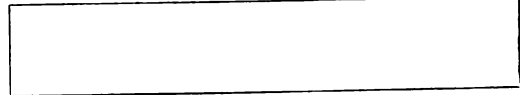
**THE \$10 PRIZE WINNERS.**

In July *Nautilus* we offered two \$10 prizes for short letters of suggestion and criticism relating to the magazine. Today (Sept. 1st) we have certainly had quite a time making our decisions. Many of the writers seemed to think it incumbent upon them to write commendations of the magazine and its editors. These were certainly mighty nice to read but did not fit in with the purpose of the contest. One of

"I MYSELF, have seen cancerous growths disappear, internal abscesses wither up and be destroyed, goitre vanish so the individual reduced the size of

the opening Lesson in a most practical series of lessons teaching "HOW THE TRUTH HEALS," by Rev. George C. Golden. They will prove a wonderful help by presenting in the plainest way the HOW of spiritual healing. Be sure to follow these Lessons, which will begin in

"I eagerly await Mr. Landone's articles on hearing, and am practicing and showing results. I am opening my ears to the sounds I love in Nature,



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the most treasured contributions is from the veteran New Thought teacher of Atlanta, Robert Bryan Harrison, who incidentally sends us a newspaper announcement of his latest good work, a free kindergarten of health for the children of Atlanta. We have finally awarded the prizes to Mrs. J. S. West, 426 McHenry St., Modesto, Calif., (for the best article on "What I Like Most in Nautilus") and to Mrs. Stella J. Wetherill, 326 Vine St., Staunton, Va., for the best letter of criticism. We have selected these prize winning letters for their constructive value. Both make suggestions very similar in nature, and as a proof that we consider the suggestions sound, we intend to adopt them and have already taken steps to put their ideas into practice.

#### FOR YOUR CONVENIENCE.

For the convenience of many friends of *Nautilus* who are helping to introduce the magazine to new homes where it may prove an inspiration, we enclose with each copy mailed a subscription order blank. This is for use in sending in new subscriptions. Its enclosure with your copy of *Nautilus* does not indicate that your own subscription has expired. Right here and now we want to thank you all for the many new subscriptions you have sent us. And don't forget to pass on your old copies of the magazine to some one who will read them. The following letter is from one *Nautilus* reader who has been made happy:

#### NAUTILUS HELPS A SUNDAY SCHOOL SUPERINTENDENT.

"I am enclosing check for \$1.00 to cover subscription to *Nautilus* for one year. The magazine is a never-ending source of hope and strength. Being superintendent of a Methodist Sunday School, with an enrollment of about 100, as well as secretary of the Church Board, I am making very good use of the principles you set forth. What I have learned from *Nautilus* has also helped me to widen my circle of trusted friends, and incidentally

my income is just twice what it was two years ago when I began reading *Nautilus*."—O. I.

#### \$25 FOR THE BEST TELEPATHY EXPERIENCE.

For the benefit of new readers we reprint the following offer which appeared in our August issue: 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 telepathy manifests.* For the best and most illuminating manuscript (it may be a very simple incident, provided it illustrates the PROCESS by which telepathy takes place) we will pay \$25. Some of the other manuscripts will be used and paid for, if they meet our requirements. Mark your Mss. "Telepathy" and send nothing else in the envelope with it. To give everyone plenty of time to conduct experiments of their own and accumulate material for these telepathy articles, we will hold the contest open until December 1, 1927.

## FREE TO THOSE WHO WANT BETTER HEALTH

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## Leading Articles In November Nautilus

"Prayer Heals Tuberculosis," by Mizanna Wolff. She had been ill for five years, and nothing in the way of treatment seemed to help her. New Thought methods healed her in a few months' time and she is now strong and healthy and active in the business world.

"How the Truth Heals," easy healing lessons for beginners in Truth study. Start at the foundation and make everything clear. Don't miss them.

"The Spiritual Basis of Your Prosperity and Abundance," by S. Vaidianathan. One of a series of splendid success articles. Presents the Truth from a new viewpoint and goes to the very innermost heart of the subject.

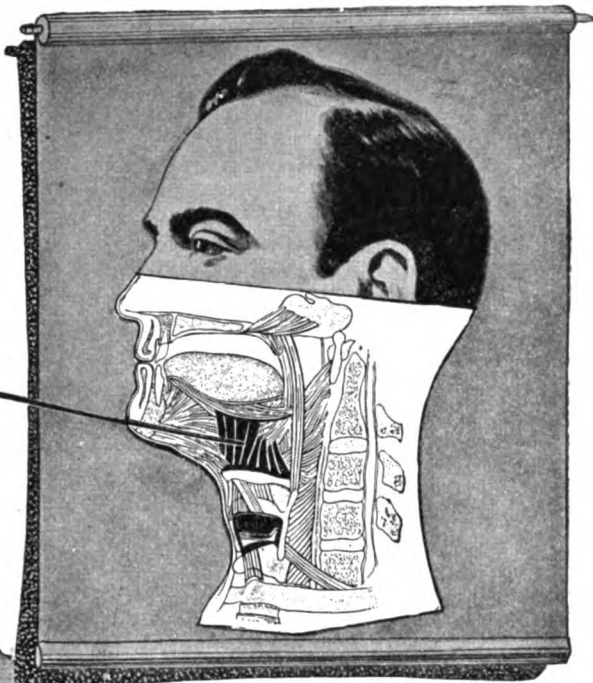
"Taking Your Place in the Divine Plan," by Gertrude A. Bradford, Ph. D. How to establish the Divine Rhythm between your desire and its realization.

"What Big Idol Worship Has Done to Mr. Milton's Face and Pocketbook," by Brown Landone. His skin was covered with sores and his business was running behind. And strange as it may seem, the same root cause was responsible for both. And when he quit worshipping his "big idol" both conditions were remedied. This is one of the most interesting articles Mr. Landone has ever written for *Nautilus*. Be sure to read it, even though you miss everything else in November *Nautilus*.



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the  
Way"**  
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## THE NAUTILUS

ELIZABETH TOWNE }  
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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. Tait. (M)
- ATLANTIC CITY, N. J.**—Truth Center, 1113 Boardwalk, Suite 6. Carl W. Hubert, Reader. 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 Alae 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 Ridgefield 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 (uptairs).
- CINCINNATI, Ohio.**—New Thought Temple of, McMillan at Grandview Ave., Dr. Harry Granison Hill, Leader.  
—(Inclinnati) 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 No. State St.  
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- CLEBURNE, Tex.**—Cleburne Truth Center, Mrs. Olive Routsonz, Leader.
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- COLORADO SPRINGS, Colo.**—Home of Truth, Suite 217, De Graff Bldg. Peter Kontek, Leader. (M)
- COLUMBUS, Ohio.**—Universal Truth Center, Room 609, 55 E. State St., Virginia S. Jones, Leader. (M)
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- MEXICO CITY.**—"Liberia Orientalista," Tacuba 53. Mr. Luis Leal. Sociedad Teosofica, Uruguay 88. (M)
- MIAMI, Fla.**—Truth Seeker's Home, Flora Noble, Leader. 153 N. E. 20 Terrace. (M)
- MIDDLEBURY, Vt.**—Nellie M. Forbes, Case St. Reading Room.
- MILWAUKEE, Wis.**—The First Unity Center of Milwaukee, Inc. 130½ E. Wells St. (M)
- MINNEAPOLIS, Minn.**—The New Life Fraternity, Dr. Amelia A. Randall, 2744 4th av., south. (M)
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- NEWARK, N. J.**—Roseville Truth Center, 87 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)
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# How I Banished My Catarrh!

*And how you can get quick, sure, permanent relief without drugs or medicine*

By ERNEST WILLIAMS

I HAD catarrh the worst way. Some days I could hardly breathe.

I was treated by seven different physicians—including three nose and throat specialists—and I tried every remedy that was advertised or recommended but received only temporary relief.

Then I had two operations to remove some of the bone and cartilage from my nose. These operations cost me \$300, caused me great suffering, and did not help the catarrhal condition a particle.

After all this expense and suffering without any satisfactory results, I had about made up my mind that nothing would free me from this disgusting disease.

## Learn This Secret

Then one day, while reading my favorite magazine I ran across an advertisement of a little book. The name of this book is "Curing Catarrh, Coughs and Colds," by R. L. Alsaker, M. D.

I sent for this book at once. It told of a simple, easy, pleasant remedy that didn't cost a cent. I followed instructions, and in one week my condition was wonderfully improved and in eight weeks I was absolutely free from the slightest symptom of the disease.

That was three years ago, and I have never been bothered with catarrh from that day to this.

Is it any wonder that I am grateful to the publishers of that book and am anxious to tell other sufferers about it?

## Don't Neglect Catarrh

It is a filthy, repulsive and dangerous malady.

Many people suffer from catarrh of the stomach and intestines.

Catarrh of the ear causes se-

vere headaches, head noises and general discomfort.

Catarrh of the liver is the forerunner of various diseases.

If you catch cold easily and have one cold after another, you will soon suffer from chronic catarrh, so don't ignore or neglect it. You can get rid of it just as I did.

## Other Diseases Flee

And in getting rid of your catarrh, you will get rid of a lot of other troubles. You will lose that bad taste in the mouth. Your coated tongue will clear up. That terrible tired feeling will vanish. That troublesome gas will stop forming in stomach and bowels. Pains in the back will take flight. Headaches will disappear. Rheumatism will be a thing of the past.

How to get rid of your catarrh—how to get well and stay well—is a simple secret that you can quickly learn and easily follow.

This little book—worth its weight in gold to every catarrh sufferer—is by Dr. R. L. Alsaker, one of the leading specialists of this country, who has cured thousands of the most terrible cases of catarrh after all other remedies have failed.

## Cure Yourself Now

Get this book now—don't put it off another day! It gives full, clear and simple instructions on the cause, prevention and cure of catarrh, asthma, hay fever, coughs, colds, swollen tonsils and adenoids. It sets forth—in plain, simple language—a natural, common-sense, proved-out and time-tested plan that is easy and pleasant to follow—a plan that enables you to get well and stay well.

Learn how to cure yourself—quickly and economically—just

as I did. Here is the way to do it:

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Don't keep putting it off!

If you want to get rid of your catarrh, you can do it—and do it now. There is nothing experimental about Dr. Alsaker's treatment. It has made good in thousands of cases. It includes no drugs, serums, sprays or salves. And it costs you nothing except the price of the book, while doctor's bills, prescriptions and patent remedies which do not cure use up a large part of any man's pay check.

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## Hidden Power

By ELIZABETH BELLAIRS

TRY the door, do not hesitate,  
 Tap the inexhaustible sources of nature,  
 The response is there,  
 Waiting for you to discover.

Riches, happiness, love in abundance,  
 And a beauty, radiant and rare,  
 Are yours; and all the marvelous power,  
 That supports the great earth,  
 Will rush to you then,  
 And at your command, those Almighty invisible arms.  
 Will protect you, lift you up,  
 Help you to LIVE again.



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## 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."

### *God's Understanding in All of Us.*

**T**HINKING God's thoughts after Him the best we can, and keeping at it, is the secret of realization of health, happiness and prosperity as taught and demonstrated by Jesus the Christ. Following is one of my statements of truth along this line. Use it as an affirmation, the first thing in the morning and the last thing at night and whenever you catch yourself thinking in the world instead of in the truth:

I am God's perfect idea, His perfect child. I am His perfect lover, and His perfect thinker. In short, I am the Perfect Expressor of God in His Perfect World.

God's nature is mine, and God is love. I am happy when I am loving. I am happy when I SEE GOOD. I am happy when, looking out on this, my Father's Perfect World, I think about this world as God my Father does.

After God had created this wonderful world, He looked upon it and pronounced it VERY GOOD. I now choose to think God's thoughts about the world, after Him: I now declare that this is God's Perfect World, very good. And I look to God's Spirit of loving kindness, and of perfect wisdom, to lead me step by step into the UNDERSTANDING of this world as God understands it.

God is all there is anywhere, all there ever was, and this is His Perfect World. If I understood it all as He does, I would glory in it and shine like the sun upon it! So my chief object in life is to think about this world exactly as God Himself thinks about it, and thinks to it! God's loving thoughts are *now* expressing through me. God's loving thoughts are NOW expressing through every human being in the world.

Every human being is *trying* to think God's thoughts after Him, and to express God's loving kindness to all the world. Just as I am.

Therefore I forgive everybody his short comings, and I look through his outer appearance to the soul of him, which is INFINITE GOOD, one with the Father, growing daily more and more at one with the Father, in loving thoughts about the world, and *to* the world.

Since God is all, there is no evil *except in my thoughts*, and in the thoughts of other people. My thoughts express themselves in outer conditions. If I spend my time reflecting these outer conditions, I simply fill my thoughts with them over and over again.

Therefore I turn my thoughts toward the Infinite Good which is God, the one power, life and wisdom. And thinking upon God, He creates in me a clean heart and a pure spirit, and my outer world expresses God's thoughts, instead of my old mistaken thoughts.

I reflect nothing but God, the one life and perfect self of me, and of all other human beings. I am His Perfect Reflector NOW! No matter how things look on the outside, the changes for better which come on the outside are coming as a *result of my dwelling with*

## EDITORIALS *by Elizabeth Towne*

*God's perfect thoughts of loving kindness toward all the world.*

▽ ▽ ▽

*Success is Potential in Every Man.*

FOR twenty years Woolworth was a failure. Yet when he did stumble on to the processes of success he became the greatest retail seller the world has ever known.

You see, no one is *born* successful. Every one has the latent principle of success within him, but he has to learn how to apply it, either by hard experience or by studying success processes.

Success capacity is capable of unlimited cultivation, is the verdict of modern science. But success is the result of growth. You cannot sit still or follow the same old day in and day out routine and still hope to build a great success.

If you accept the truth that success is latent within you, then it must follow that you ARE success now. The next step is to cultivate the success that is within you, and cultivate it every day.

Every day affords you numberless small opportunities for cultivating success. Any little job well done brings into expression its own measure of success.

To do the little duties of every day IN THE SPIRIT OF SUCCESS, is to cultivate and develop into expression a measure of that success which is latent within you.

"Whatsoever thy hand findeth to do, do it with thy might". So said Solomon some 4000 years ago. It states clearly the eternal truth about the process by which a great success is evolved. Note that infinite word "whatsoever". No limitation in that. And note that is whatsoever *thy HAND* findeth to do, do it with thy might. Not whatsoever thy mind findeth to do, but whatsoever *THY HAND* findeth to do, is to be done with "thy might".

What is thy might? Your might includes all the powers that you have: your hand, your entire muscular and nervous system concentrated upon the thing which your hand finds to do, plus all of your thought for the time being, all your love, your imagination, your good will—all focused together and put *into* that thing which your *HAND* finds to do.

Thus do you focus your INFINITE POWERS in that little one thing which your hand finds to do at the moment. To so focus your infinite powers upon the one thing which your hand finds to do, and to keep on repeating this process with whatsoever your hand finds to do, is to enlarge or grow day by day your ability to focus the infinite in the finite thing which you are doing with your hands.

Practice along this line makes perfect, and nothing else takes its place.

But, you will say, many a man has continued to do perfect work day by day and has never "got anywhere". True enough. *But the reason is that he never AIMED ANYWHERE, nor believed that he could get anywhere.* Where are you aiming? In other words, what is it you really desire to do or be? Whatsoever thing you desire, when you picture it to God and ask Him to give it to you, *picture also God giving it to you*, and you receiving it *HERE AND NOW*; and you *shall have it*, said Jesus Christ. And I know that He was right. I too know it, and I have proved it numberless times.

Have an aim in life, work for the thing you desire to work for; pray for it, believe that you receive it here and now from Spirit into mind and through mind and body into expression.

To this aim and this praying and believing, add the practice outlined above, and you too will prove the principle and the process of success.

▽ ▽ ▽

*Ambassador Herrick and Lindbergh's "We".*

HAVE you read Lindy's new book, "We"? I hope all the public libraries in our country will circulate Charles Lindbergh's new book, "We" to the limit, and that every family in America will purchase a copy and let all the young folks read it.

Especially those parents and other grown people who have been pessimistic about the youth of today, let them read this new book and take courage. There are more Lindies in the world today than any of us know of. Let us have faith in them, and let us circulate this book which will inspire young and old in the direction of splendid achievement.

"We" is not only an inspiration to splendid



## EDITORIALS *by Elizabeth Towne*

achievement for all young people, but it is a text book of the coming art, the art of aviation. And the young people who read it will get rid of the idea that "luck" wins in life. When they called him "Lucky" he said, "But luck isn't enough. It would be a reflection on my plane and my instruments to attribute the flight to luck".

The first part of the foreword of this new book "We" by Charles Lindbergh will do much to explain why Ambassador Herrick paid so much attention to Lindy. He is not afraid to acknowledge the religious element as the great factor in Lindy's achievement. This is what Ambassador Herrick has to say:

"When Joan of Arc crowned her King at Rheims she became immortal. When Lafayette risked his all to help the struggling Americans he wrote his memory forever across a mighty continent. Shepherd boy David in five minutes achieved with his sling a place in history which has defied all time.

"These three shining names represent the triumph of the idealism of youth, and we would not speak of them with such reverence today had their motives been less pure or had they ever for an instant thought of themselves or their place in history.

"So it was with Lindbergh, and all the praise awarded him, judged by the rigid standards of history and precedent, he has merited. He was the instrument of a great ideal and one need not be fanatically religious to see in his success the guiding hand of providence.

"For he was needed and he came at the moment which seemed exactly preordained. He was needed by France and needed by America, and had his arrival been merely the triumph of a great adventure the influence of his act would have gone no further than have other great sporting and commercial achievements.

"There have been moments here in France when all that my eye could reach or my intelligence fathom appeared dark and foreboding and yet, in spite of all, my soul would be warmed as by invisible sunshine. At such times when all human efforts had apparently failed, suddenly the affairs of nations seemed to be taken from out of the hands of men and directed by an unseen power on high.

"Just before the Battle of the Marne I was standing on the Seine embankment.

"A great harvest moon was rising over the

city near Notre Dame. It seemed to rest on the corner building. The French flag was blowing steadily across its face. In fleeting moments while this spectacle lasted people knelt on the quay in prayer. I inquired the meaning of these prayers. The answer was that there is a prophecy centuries old that the fate of France will finally be settled upon the field where Attila's horde was halted and driven back and where many battles in defence of France have been won. And pointing up the Seine to the French flag outlined across the moon people cried, 'See, see the sign in heaven. It means the victory of French arms. The prophecy of old is come true and France is once again to be saved on those chalky fields'.

"Now when this boy of ours came unheralded out of the air, and circling the Eiffel tower settled to rest as gently as a bird on the field at Le Bourget, I was seized with the same premonition as those French people on the quay that August night. I felt without knowing why, that his arrival was far more than a fine deed well accomplished, and there glowed within me the prescience of splendor yet to come. Lo! it did come and has gone on spreading its beneficence upon two sister nations which a now-conquered ocean joins.

"For I feel with every fibre of my being that Lindbergh's landing here marks one of the supreme moments in the history of America and France, and the faith we have in the deciding power of spiritual things is strengthened by every circumstance of his journey, by all his acts after landing, and by the electrical thrill which ran like some religious emotion through a whole vast population. 'The Spirit of St. Louis' was to the French people another sign come out of the sky—a sign which bore the promise that all would be well between them and us".

FORM a habit of putting yourself in God's place, and thinking about other people as you can picture that the One Loving Father would think about them. This one practice on my own part, has been the greatest factor in all of my growth and success, I believe.



# How One Spiritual Treatment Healed a Disease of Six Years' Standing

By Stella Whitstone Holmes

**A** LESION in the hip is one of the most painful troubles that I have ever experienced. Before I healed it, it would come and go rendering me past walking at times. Family and friends called it "rheumatism" when one leg was shorter than the other and my knee seemed to swing painfully about on a ball and socket joint or at times, on a hinge joint that worked the wrong way. A sister who was interested in Osteopathy called it a lesion in the hip, and gave it temporary relief through the osteopathic method of treatment which was very severe.

Even after I had experienced a number of healings through the use of New Thought, I could hardly believe that I could heal a lesion in my hip without going to an Osteopath for several months for daily treatments. During my success with New Thought, the lesion trouble returned. I could hardly walk through the day for there was a big knot on the outside of my knee, which ached persistently and shot pains down into the ankle bone. At night it was worse; I lay awake suffering until I was so exhausted that I fell asleep about midnight. For two weeks, I endured, and finally one night in bed as I was making a silent prayer and affirmations for the new day to come, I wondered, with a sense of shame, why I had not thought of using New Thought for my present misery.

I began, then, to reason it out, and concluded that there was no reason why God's Love could not put the bones and muscles of my hip and knee in position just as it had healed the other physical and spiritual miseries for myself, my family, and friends. As I reasoned my Faith grew in leaps and bounds.

I was conscious of a new exhilaration in mind and body even though my painful leg had been almost unendurable for two weeks. **THE DEEP REALIZATION THAT GOD LOVES US GIVES US THE POWER TO ACCOMPLISH ALL OUR NEEDS AND WISHES.** So I began my affirmations on this solid rock.

They were:—"God loves me. He is all about me—in others—in rocks and soil—in the sunshine—in the air I breathe. He is about me—and IN ME, giving me the power of a master mind—('by these signs ye shall know them')—**I AM GOD'S TEMPLE—I AM INDEED A GOD** through His power. There is no longer pain. My hip—knee—ankle—my entire leg is whole and well. I shall not suffer any more. There is no lesion in my hip—I decree it in the Name of the Father, who giveth all power to me—" I continued Affirmation of Power until I gradually fell asleep.

Next morning, I came to a sitting posture in bed without pain. I could scarcely realize the wonder of it when I could step out onto the floor in comfort. I examined the bone at the side of the knee joint. It had gone down, and there was **NO PAIN** whatever from pressure upon it. When I walked, I knew the hip joint was in normal position for the leg seemed a bit longer than the other in contrast to its former shortness. It is still well, this old infirmity of six years' standing, after one treatment. I had expected it to be easier and to need to continue affirmations unstintedly night after night. But I have not needed to, and I do not believe it will return. If it should in time, I shall never doubt that the application of God's love is all I will need to make it whole again.

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**T**HEY wish to be saved from the mischiefs of their vices, but not from their vices. Charity would be wasted on this poor waiting on the symptoms. A wise and hardy physician will say, "Come out of that," as the first condition of advice.—Emerson.

# Health, Courage and Riches Through Affirmations of Truth

By H. M. C.

## Build Up a New Consciousness by Affirmations

I CONSIDER myself a living example of what affirmations can do for one, for I have changed a sick consciousness, a timid consciousness and a poverty consciousness into health, courage and riches by the constant use of affirmations of Truth.

I, like many another person, inherited from the race and my family an idea of being "delicate". I was brought up with that idea being thrust upon me from my family and friends until it seemed to be my very nature. We come of old Puritan stock from the humanity inheritance and our family "tree-trunk" is of the best ever! We prided ourselves upon our intellectuality as well as upon our lack of wealth and our delicate constitutions! We belonged to that New England group who considered that poverty was a sure sign of godliness and so built up in our consciousness a disdain of gold almost as acute as the East Indian idea of the "filthy lucre". But one thing that was thoroughly ingrained into my mind was the eternal truth that all necessities—necessities, mark you!—were absolutely sure. So, you see, I had some consciousness to clean up!

### *How I Became Interested In New Thought.*

Strange to say, I was not drawn into New Thought because of illness or timidity or my limited money-consciousness. I became interested through trying to solve that eternal human query: "Who am I?", "Where did I come from?" and "Where am I going?". Being a great reader and an ardent seeker of the answer to these questions, I just naturally drifted from the philosophies of the past into the practical philosophy of what we generally call New Thought. *Nautilus* and *The Magazine of Mysteries* were being put out on the bookstalls and Christian Science was in its swaddling clothes. Being of a very practical nature, I commenced to put their philosophy

into practice and to remake myself physically and mentally. And there is no limit to its possibilities. It gave me another outlook on life; it made me positive instead of negative; it gave me courage to do things.

### *How I Made "The Supreme Test".*

Finally, I put it to the test under acute physical conditions and found that it really worked! Whenever an unpleasant experience confronted me I applied my Principle, I affirmed and re-affirmed the Truth of Being, and lo and behold! the application of Principle brought a sure result. The application of Principle compels a sure result! "But," I hear you say, "what is Principle?" And I reply:

Principle is God and God is Good.  
 Life is good. Love is good.  
 Intelligence is good. Substance is good.  
 Principle, God, Good, is Omnipresent,  
 Omnipotent and Omniscient.  
 I am. I am just as much as I know of  
 God-Good.  
 I am God-conditioned, God-sustained,  
 and God-controlled.  
 I am one with God for "I live and move  
 and have my being in God".  
 God is Life, There is only One Life there-  
 fore I am living that God-Life.  
 God is Love; I am, therefore, living in  
 Love. (Love is joy, harmony, peace,  
 etc.)  
 God is Intelligence, so I am intelligent  
 also for I live in Intelligence!  
 God is Substance. Then I must be sub-  
 stantial, eternal.  
 I am that I am. I am all that there is.  
 I was in the beginning with God. I  
 am now and ever shall be.

Affirmations of Truth clear the mind of un-  
 truth and as the mind is filled with Truth, by  
 stating Principle, the body responds and

builds up in the very flesh this eternal Truth of Being. So, by affirmations of Truth, can one show forth in the actual physical conditions a changed consciousness of health of mind, body and purse. Nothing is impossible and a few moments of consecrated affirmations of Truth each day will quickly bring into manifestation "the heart's desire".

#### *How Affirmations Work For You.*

Affirmations persistently made will remove false ideas and fill the mind with the activity of Truth. The result shows in the physical realm. The affirmation includes the denial. The very fact that we are affirming or making statements of truth is a denial of the opposite. Our lives, our physical body and environment, show forth our state of mind. Our lives show forth our habit of thought, the kind of thoughts we are thinking day by day. We are creatures of habit and our habitual thoughts rule us. When we continually and habitually have sick thoughts, we have sick bodies and sick (empty) purses. When we have healthy habits of thoughts, then the physical body and the environment show forth our dominant tendency.

A living soul is susceptible to impressions. Each impression is strengthened by repetition.

Repeated impressions become a tendency.

Persistent tendency becomes a habit.

Habit is involuntary repetition of thought.

Involuntary thought is back of every action.

Habit molds our lives.

Our lives show forth our habits.

The sages have said:—"Sow a thought and you reap an action; sow an action and you reap a habit; sow a habit and you reap a destiny."

Your destiny is in your own hands!

"Know the truth and the truth shall set you free".

"Knowing" the truth means to think according to the truth, to speak according to the truth and to act according to the truth. And what is the truth?

Truth is God—Truth is Good. Truth is Life. Truth is Love. Truth is Intelligence and Truth is Substance Itself. Truth is here, now and is the One and ONLY POWER.

#### *The Truth About Yourself.*

The truth is that you are a spiritual being here and now; that you are living Life; that you are loving Love; that you are substantial, eternal and intelligent; that you are Being; that you are health; that you are rich (the inheritor of the kingdom of heaven); that you are, indeed, a wonderful being. Have faith to think according to this thought of truth, dare to speak these words and have the courage to act according to the Truth. Rise up in the strength of your being and see the results. Stand up and see!

Get into the habit of thinking, speaking and acting TRUTH!

Of course you want perfect health; then think, speak and act health — I AM HEALTH!

Do you want wealth?—I AM WEALTH!  
Do you want strength? — I AM STRENGTH!

Do you want wisdom?—I AM WISDOM!  
I AM INTELLIGENCE!

You are not your body; you are not your purse; you are not your business; you are not anything, you are YOURSELF! The Self is I AM! Nevertheless, your body is yours, your purse is yours, your business is yours, etc. And body, purse and business respond and show forth the "I AM THAT I AM"!

Look to your habits of thoughts, words and actions!

Re-make yourself in the "image and likeness" of Good and not in the image and likeness of anything else!

Affirm the truth and the truth will set you free!

"All the Life there is,

All the Power there is,

All the Love there is,

All the Intelligence there is,

All the Good there is,

IS GOD, THE LIVING SPIRIT ALMIGHTY."

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UNDERNEATH the inharmonious and trivial particulars, is a musical perfection, the ideal journeying always with us, the heaven without rent or seam.—Emerson.

# Linking With Your Hidden Source of Power

How to Overcome Practically the Difficulty in Applying Truth to a Beginner

By S. Vaidianathan

**M**OST of the beginners in New Thought fail a number of times before they definitely accomplish something. This doesn't mean that they are total failures in the beginning because they achieve good results no doubt but the results are not exactly what they desired. Then there is another category of Truth—students who say that all their realization, visualization and affirmation have after all helped them partially. They say *that they have not succeeded in fulfilling or accomplishing their desires to their entire satisfaction*. Some who have followed the Truth instructions for many years, still think and say that they have not overcome their limitations; that they are not able to make progress just as they should.

Mere intellectual assimilation of the Truth lessons by your surface mind is useless, for that will not turn you out as a practical worker in the field of Truth. You do not attain Truth-knowledge by merely studying books, discussing Truth subjects and stuffing your brain with book-materials. Deep inquiry into the subjects that you want to learn is essential. That is exactly the process suggested for arousing your subconscious to vital activity so that your subconscious may assimilate for itself.

*Truth knowledge* must therefore come from within and then illumine your surface mind and not from what you study and commit to memory simply. It is then when the attainment of this knowledge of yourself becomes possible for you *that you are able to successfully practice the affirmations, the process of visualization and the other allied methods of spiritual realizations*. The Truth ideal must stick in your subconscious mind before you want to use it for materializing your desires. It is not sufficient therefore if you *will to do or achieve* something through your knowledge of Truth. You may use affirmations for health or success or prosperity or for attaining mental

peace without linking your subconscious with the hidden purpose of your action. Therein lies the difficulty.

## *Link Your Subconscious With the Hidden Purpose In Your Action.*

If you court success through your endeavors, then you should link up your subconscious with the hidden purpose in your action. This process is not established through the use of particular affirmations alone; neither by studying and practicing Truth-ideals from your own individual viewpoint. Of course, by studying and practicing New Thought from your own viewpoint along with affirmations you will indirectly help this linking up and realization process, but first the process itself should be established by *something else*.

Let me now explain and illustrate how this linking up of your subconscious with the underlying purpose of your action is to be worked out and established. Please read the following instructions carefully: Every Truth you know has a multitude of significances and every Truth can be applied to everyone *differently*. Since the cosmic creative power or God-self, as I would like to call it, is manifesting through every human channel *differently*, without any variations in the intensity of its manifestations through the human channels, **GOD'S LOVE RADIATES! GOD IS ETERNALLY VIBRANT WITHIN ME!** These are two great fundamental eternal truths founded on *one Truth*, that is, the power to manifest as *being* and *cosmic-consciousness* that is inherent in the DIVINE WILL.

Now the question that arises in this connection is with reference to the application of these two great truths to the individual life. (1) They can be applied *universally or generally without any specific significance* to every individual case. Partial satisfaction will result from this sort of application.

(2) They can be applied *specifically* and *differently* to every individual case with a view to fulfill a particular strong aspiration or wish. Thorough satisfaction must result from this latter method of application *because the desire is particularly defined and concentrated upon*; and this evidently causes your subconscious to link itself up with the Truth.

### *Fulfilling Your Own Desire.*

What is your heart's greatest desire or aspiration now? Determine it first before you go along with the process of Truth. Then make a strong mental picture of that particular desire of yours by collecting all the available details concerning it. This sort of prearrangement in your mind is very essential. Define your desire to yourself first. Is it freedom from some specific ailment? Or is it freedom from want and misery? Or is it success in any undertaking? Or do you want superb radiant health and mental vigor? In short just form up a strong mental picture of the type of individual you want to be. Please note that the creative power of God's love manifests in one case as health and healing; in another as abundance and prosperity; in another as harmonious peace of mind; in another as success and so on and on—God's Love is therefore the blending of all, i.e. *health, healing, abundance, prosperity, harmony, peace and success*. All these states can be manifested in your case, provided the necessary change is worked out in your consciousness.

This is all the difference between (1) generalizing your desires and (2) particularizing your desires and requirements.

Generalization always leads to failure. Here the process yields *maximum failure and minimum success*.

Particularization always leads to success. Here the process yields maximum success and minimum failure. This the beginner should understand clearly before he desires to apply the truth process to his individual case. If you are treating yourself for health, don't treat yourself for success at the same time; this is because your idea of some achievement must be centered on any one strong desire at a time. So take your desires one by one and carry the process as suggested:

"God's Creative Cosmic power manifests through me as perfect Radiant Health.

"God's Creative Cosmic power manifests

through me as perfect Radiant Peace and Harmony.

"God's Creative Cosmic power manifests through me as perfect success and prosperity, etc., etc., etc."

If you are a beginner, gentle reader, then read all available literature regarding New Thought philosophy. Study the views expressed by different New Thought writers from your own viewpoint and assimilate their instructions. Every writer *has a worthy message* and this message can be interpreted differently to everyone just as it would suit his requirements. All that you are requested to do is to study New Thought with some intuition and penetration, endeavoring to connect your subconscious with what you read. Let every thought work for you under the guidance of your subconscious. The subconscious will very soon *present you a definite, workable plan*.

### *Generalized Treatment Failed: Particularized Treatment Succeeded.*

Recently, I handled the case of a young man who was a thorough failure in life. I treated him for (1) Health and mental peace. (2) Success in his profession. (3) For spiritual development and literary qualifications. Till then he had not studied New Thought. So his subconscious refused to assimilate the essence of all my instructions to him, though no doubt his surface mind grasped everything that was told him. I found out the error in the application of truth underlying the course of treatment only after two months during which he practically made no progress in proportion to his efforts.

Of course he succeeded to some extent but the percentage of success was very poor! He lost confidence in himself. The usual realization methods conjointly with affirmation and visualization failed to benefit him. This was because I generalized the treatment for him which did not enable him to know *his own indwelling God-Self*. Then I reversed the process, asked him to study all available literature pertaining to New Thought, reflect upon the materials of truth-thoughts that he could glean out and mark out his own thoughts of those thoughts upon a piece of paper. This course he found to be very difficult for him at first because he had not till then exercised his mind along original lines of reflection. But I helped him and soon he succeeded in the endeavor. His latent power of originality was

manifested and then only he understood what his subconscious is. He found out the key to his progress himself and afterwards I had no difficulty with him. *Yes, even since he began to think about the truths differently from the writer's standpoint, he was a transformed man.*

I instructed him in the application of truth to a particular desire to the exclusion of others at a time. He carried out the process just as I suggested and treated himself for health for he was a prey to insomnia and occasional

headache. The usual realization process and affirmations centered on a particular desire or choice, by linking his subconscious with the letter, worked wonders within him. Within a fortnight he was free from all distressing symptoms and people who met him remarked invariably, "You look radiant and blooming. How thoroughly changed your features are!" This was all effected by his subconscious mind when the treatment was particularized in his case.

## Are You Unhappy or "Bothered to Death" About Something?

By Ada M. Warwick

A Practice Which Brings Amazing Power—Added Power Each Day

**A**RE YOU unhappy; bothered "to death" about something; tired out; asking yourself, "What's the use?"

What you need is to give out more of that something which in a magical way increases as it is spent.

**THAT THING IS LOVE.**

Don't give way to impatience at this point if you have grown a stranger to love—as I grew. This article has something in it for you.

*Love Works For You 24 Hours A Day.*

Tomorrow the beautiful thing will have been working twenty-four hours to satisfy your desires and bring the joy of living back into your life if today you can honestly send out love—a shoal of loving thoughts, big, warm-hearted thoughts, toward any human being. Love someone until your face is smiling with happiness. If you cannot flood your heart with love toward any human being, flood it with love toward any living thing, anything that is beautiful—music, the country-side, a memory . . . some forgotten ideal . . .

Tomorrow the change will be noticeable. *Things will go better with you.* But you must send out more loving thoughts. The more you send out, and the greater their warmth, the

more astonishing will be the changes in your life—all for the better—all in line with your beautiful desires.

It is the dearth of love that brings unhappiness, causes people to whine about being "bothered to death", to ask miserably, "What's the use?"

Love is power. Love is a great manufacturer. It brings into life all that we need, and should have.

*Beautiful Things Come True.*

You can, today, invite the most beautiful things to happen to you and know that the invitation will be accepted. They will immediately begin to arrive, and next week people will be asking each other what has happened to you.

This is true, for I have tried it.

One summer night after hearing a brilliant lecturer talk for an hour as I had listened to her and others many times before, the witchery of the twilight, the drooping green trees, the golden glow of the happy sunset, seemed to complete my tuning in to the fact that the greatest thing in the world is love. Something seemed to be going out from me to the quiet, green world, to those who strolled about at leisure after the hot day; and some-

thing was coming back. I knew intense happiness. I was in love with life. I loved everything—everybody, and I said aloud: "Why, it is the loving *attitude* that matters." I resolved to find out from that hour what loving thoughts could accomplish.

Doubts of those for whom I had a certain affection had crept into my heart to embitter it. I was everlastingly weighing their words and actions and placing miserable interpretations upon such words and actions.

### *I Was Working In An Office.*

When people snapped at me I was covering my annoyance with a frigidity toward them that must have been most repellent. I was working in an office, and when my employer was irritable and snarly I had been allowing it to affect my own attitude toward others. The treatment I received I passed on to the office boy.

I was assisting some elderly people with money to get them out of difficulties into which they most obviously need not have fallen, and secretly I grudged the help.

In my heart each day there surged up a feeling of resentment when others seemed to be preferred before me. I was a hard and faithful worker and I knew that I was not sufficiently appreciated.

My fellow boarders were uncongenial. No one ever talked at table about anything that "mattered." I saw as little of any of them as possible. They cared nothing for art or for good music, and no one read anything but the newspapers. Their talk was mainly about people in high positions who were falling down on their jobs; about ministers who were too well paid and not worth it, and ministers who were poorly paid and got all the hard work. It used to sicken me.

In stores, inattention or incivility made me instantly furious. Some cutting remark would immediately be forthcoming from me, and I would leave the clerk depressed, angry, or highly amused.

### *Yes, And I Was Critical.*

I was very critical of the girl who is just opening her eyes to life as it is, and not as she has dreamed it to be.

Briefly, those who walked not my own strenuous way were all wrong.

Wasn't that awful?

Yet, notwithstanding all that I have said

above I was not shunned by my fellow men. Actually some people there were who genuinely liked me. We all, of course, have our good points, and I suppose through all the unloveliness mine did crop out now and then.

I had read many times that beautiful little book of Henry Drummond's, "The Greatest Thing in the World," and acquiesced in what Drummond has so clearly expressed, but acquiescence was all. I suppose I believed that the greatest thing in the world is love, but I didn't attempt to make it the greatest thing in my life. And you have to. Later I read Eustace Miles' "Self Health as a Habit," and practiced for a time his deep breathing exercises, broadcasting loving thoughts with each exhalation to North, South, East and West. That gave me a new idea, but even then the truth was not accepted to any great extent.

It needed many lectures, a new friendship and a soft summer night, with the twittering of happy birds and all the peaceful sounds of a perfect June evening to bring realization.

### *This Practice Has Amazing Power.*

This practice of loving is more than an interesting experiment. It has amazing power—added power each day.

I began by stopping resentment when my employer was utterly unreasonable. At first nothing much came of it—apparently. But the day arrived when I found him observing me with thoughtful eyes. I had not dreamed till that moment that I had a duty to him beyond that of working faithfully for him. But that is why we are where we are, to exercise the truth we *know*, so that others may perceive it, too. He was curious. I had changed. What had changed me?

I checked my thoughts constantly. When they were running into the old destructive channels I changed them. I did it mostly by affirmations suggested in periodicals and by lecturers, altering them to suit what I thought my own particular needs at that time. My chief one became and remains for all those little moments of life when things are difficult and disappointments arrive: "God gives me love; He gives me wisdom; He gives me beauty; He gives me plenty." Immediately I say those words there is an easing of any tension, followed a while later with a quiet happiness, as though I am completely in charge of some great Power; that all I need do is to meet life fearlessly and keep going on into a world of *unexpected freedom*.



*Some of The Results.*

The result was that I became happier. It showed in my face. People who had liked me liked me more. Those who had loved me began to serve me in unexpected ways. People seemed far more interesting. I got along better with my fellow boarders; new, delightful ones replaced some of the old ones.

I became rather more interested in my appearance. I had always been neat and businesslike. I found myself striving after elegance. I hadn't altered the style of my hair for years; one day I did. One improvement followed another. A happy pride succeeded a feeling of inferiority. Love and beauty were already in my life.

Wisdom needs a paragraph to itself. Since I began the affirmation set out above I have had many plain truths told me. I am glad that after the first hurt, the first resentment, I recognized that this was the working out of my affirmation. How wise we would all grow if our friends could be persuaded to tell us the truth about ourselves. Some of my friends apparently needed no persuasion. They were *compelled* to point out some unpleasant facts in regard to me. Now this is very singular, for in years I do not think anyone has passed any open criticism on to me. It's painful, of course, but after the first smart is over, you do something about it, and soon the fruits of your new behavior begin to ripen, and you are thankful right down deep.

Plenty? Well, the other day I found myself saying to a friend that I had everything, and didn't want a thing! Right after I had said it it came to me that if I kept that attitude I was likely to be living in a boarding house with a radio set that only gets my city, forever. Actually when my affirmations started I was using someone's else's furniture, and I hadn't a radio set at my disposal. Also, I was poor in knowledge of my fellows. I didn't come close to the hearts of more than one or

two. All that has changed. Yes, I have plenty, in comparison, *but nothing is too good to come true.*

Now your difficulties may not be the same as mine, but most of us meet this particular bogey some time or other—the person with whom it is difficult to get along, and with whom we are thrown in daily contact. There is a most astonishingly easy way to get over this I find.

*What To Do When You Feel On Edge.*

Rest from whatever you are doing when you feel on edge, let go of all prejudice, rid your mind of all previous thoughts of this person, and send out a stream of harmonious-loving thoughts toward him or her. If this seems too hard at first, remember that God is in that person, just as He is in you, and ask the God in you to make contact with the God *you acknowledge to be in the other person.* Keep up this treatment at intervals. You will be amazed at results.

Practice love radiation. If you have given offense send out a stream of loving thoughts toward the one whom you have offended. Reconciliation will follow.

*Start each day anew.* Don't let yesterday sadden today. Send a thought of love to yesterday; thank it for its lesson; *forgive yourself* and start in again each morning with a store of love. Keep loving.

Don't forget that your body serves you. A little love won't hurt it, for it has been a long-suffering servant. Be considerate toward it; don't overwork and dishearten it by mad rushes to get this and that unimportant thing done. Acknowledge its efficiency and be proud of it.

Resolve that all your contacts with others will be happy ones, so that when their thoughts turn to you they will in effect be turning toward a sweet-scented garden where they have found enjoyment, and happiness and inspiration.

DISAPPOINTMENT and despondency are weeds

Which if allowed to grow  
Will choke the flowers of joy and love  
Faster than we can sow.

—France Hill Smith.

# What the Shepherd Psalm Means to Me

By Marion B. Shoen

**B**EFORE I was twelve years of age I committed nearly all of the Psalms to memory for my grandmother who raised me was very religious and she believed in starting young.

Now I can feel only a deep gratitude in my heart for the hours which I spent at her knee. For otherwise, I am certain that the scriptures would never have meant as much to me as they mean today. From an early age I began to translate the Bible to suit myself. I often used to argue with my grandparents until they shook their grey heads in dismay.

My grandfather once said to me, "There's folks and folks in this world. Some folks are born with a gold spoon in their mouths and some with a wishbone but you, child, were born with an argument in yours."

When very small I often imagined that the Lord was looking down gravely upon me from out the sky and thinking I had a lot of nerve. But I couldn't help it if he did. I just *had* to think things out for myself.

I began to teach a Sunday school class of very small boys when I was sixteen. At that time I understood the scriptures better than a great many adults ever do. But it was not until I combined my own Biblical inquisitiveness with the study of New Thought principles that I found the real light for which I had been constantly searching.

I became so interested in reading all the New Thought books which I could afford to buy, that for a time I lost all interest in the Bible. I thought it was a back number. It did not interest me.

Then, after six months or so, a new curiosity seemed to consume me. I began to wonder how the good book would sound with my heart and mind *filled with the Truth*.

I read the Bible through again and I was amazed at its sudden clarity. All the dark spots about which I had argued for so long a time, seemed to be suddenly clear to me. I knew then how St. Paul felt when he saw the vision.

I was especially delighted with the Psalms. While before they had seemed very beautiful, yet very *similar* to my mind, now they, *each one separately*, abounded with a charm all its very own.

The Psalms are like a book of short stories. Each one is complete in itself and yet all are marvelously related. Altogether they tell the story of King David's reign over Jerusalem far better than any of the other historians have ever accomplished it.

The Book of Psalms is like a great many people I have known. They do not appear to be interesting until you have known them for quite a while, then suddenly you discover that they can be mighty fascinating.

I lean back my head and close my eyes when I am tired and then the Psalms form an almost endless procession before me. My preference is the Shepherd Psalm.

This is what the 23rd Psalm says to me, translated into New Thought language:

1. I seek after goodness, ignoring all else, therefore I shall not want for any good thing.
2. My life is filled with abundance. My life is filled with Peace.
3. My consciousness is bathed in unseen beauty. Love causes me to do right for the joy of loving the right.
4. When death is near it cannot frighten me for I know that Love is stronger than Death.
5. Love places me upon a pinnacle of Faith in the presence of fear. Love multiplies my abundance until I have more than I can use.
6. I know that Love and Kindness shall follow me wherever I go and I shall dwell with the assurance of Security and Peace in my heart forever.

This is the reason why I do not see a man with a lamb in his arms when I repeat "The Lord is my Shepherd." Many people have told me in all honesty that that is what they see. But I see a simple picture of Marion seeking for the good in everything and every-

body, and ignoring all else. I try to keep similar pictures before my mind's eye at all times.

It is second nature to me to see these mental pictures very clearly. Their vividness often lands me back into the material world

with a bump as if I had fallen out of a parachute. But I'll not complain if I can continue to keep the vision of the "parachute moments" and keep my feet on solid ground at the same time.

The main thing is to keep the vision.

## Healing a Child, Born an Epileptic

By Bertha Grierson Cope

"Now Lyle is the Sturdiest, Rosiest-Checked, Brightest-Eyed Boy One Can Imagine—  
A REAL Boy"

I HAD known the family for years, and although I knew this child was not exactly normal, I did not know that he was an epileptic until the day the mother came to me for treatment for him. When I first saw him, which was a few days after he was born, I noticed a twitching of the right eye and that the eyeball was turned outward. As he grew older this eye became much larger than the other and there was a constant rolling of the eyeball. The twitching was gradually extending over the entire right side of his face and down into his neck and shoulder. There was a growth on the eyeball which was beginning to cover the pupil. He was such a pale, listless, timid little fellow that his trouble was perhaps more noticeable, as he shunned people when they came to the house and would hardly ever come near anyone.

### *The Physician Gave No Encouragement.*

From his mother I learned these facts regarding the epileptic fits: When just a few weeks old he began having what she thought were spasms. They always came on during sleep, she often finding him in one even in the daytime when he took a nap. When he was about three years old they became so hard and frequent that she called the doctor. He told her there was nothing that he could do for the child as they were epileptic fits. He told her to watch his eating carefully and keep him quiet, but gave her no encouragement whatever that he might be better.

At this time he was beginning to develop violent rages which would come on without the least warning, and at such times she said he would become almost insane with fury. Con-

sequently they never crossed him in the slightest way, as that always tended to bring on one of the rages. She said that he never played with the other children, but would wander off by himself in a listless, lifeless sort of way. His skin, she said, had such a peculiar "feel", cold and pithy like and there was not the slightest trace of color in his cheeks.

When he was four years old she said they took him to a chiropractor in the hope that she might help him. After taking 150 treatments he stopped having the fits for a time, but she said the twitching increased from that time on.

### *Lyle's Schooling Was A Problem.*

At the time she spoke to me about him, Lyle had been going to school for several months, but his mother said that every time he left the house she was filled with fear as she did not know what might happen to bring on one of the fits which at this time were becoming much harder and more frequent. She said that the matter of his schooling would soon be a problem as the teacher was already complaining that he made her so nervous she could hardly stand to have him in the room.

So the future did not look very bright for Lyle, but if subconsciously I had any fears about his healing, I did not let it be known. The mother was a believer in healing, but I could see that in Lyle's case there was a feeling of uncertainty in her mind, perhaps not so much a lack of faith in healing itself, as it was a subconscious belief that epilepsy was in a class by itself and might possibly be beyond healing of any kind.

I told her I would do everything I could for the little fellow, but I must confess that I went through every case of healing that I could find in my library in the hope that I might get some more specific light upon JUST HOW to treat this particular case. But my efforts were fruitless, and I had to follow my general knowledge of the laws of healing.

#### *How I Treated Lyle.*

That night I idealized Lyle's entire body, especially the brain and spinal column, one surging, living, pulsating mass of electronic energy, every cell filled with limitless life and strength. Then I idealized the harmonizing love flowing steadily along the nerves of his entire nervous system, giving special attention to the nerve centers, and spreading out over the right side of his face filling every cell of the affected part with currents of love. I took special pains to idealize the lower part of the brain which connects the brain and the spinal column, seeing this a living mass of INFINITE energy through which the blood was flowing freely and easily, no obstruction whatever—all perfect freedom and perfect, harmonious life. I then idealized Lyle in action doing the things that a normal and healthy child should do,—running, playing, laughing and shouting. — and doing them in a full fledged bovish way, his eyes bright and dancing with fun and his cheeks ruddy and plump.

#### *The First Result of Treatment.*

RESULT—The mother told me a few days later that the first evening I began treating him he had a very slight attack, but came out of it almost instantly. At the end of a month he had not had a fit, nor had he shown the slightest symptoms of any. She said he was sleeping soundly and quietly all night through; something he had never done since he was born. He was taking on flesh, too, and there was a tinge of color showing in his cheeks. She said that the rages of temper had ceased and that he was running and playing with other children; that in many ways he was practically normal.

BUT—although that part of his trouble seemed to be gone, the twitching of his face and the rolling of his eye was NOT any better. In fact I could not help but notice that the agitation seemed to be getting more pronounced in his nose. Just WHAT was the reason that I had not reached that trouble?

The more I treated the condition in the manner stated, the more I could see it was not having the least particle of effect. I could feel the mother's wavering faith which I know now came from a mother's despair that the agitation could not be healed. Although she did not say so in words, I could not help but feel this fear and also the feeling on her part that perhaps I was not taking the trouble seriously enough, or was not doing my best for him.

#### *Landone's "Increasing Life" Teaching Paved The Way to Complete Healing.*

At the end of the second month results were just the same. And how I did strive for light upon that particular phase of the inharmony. And then—light in the form of an article by Brown Landone in the August 1926 issue of *Nautilus* came to my aid. In that article Mr. Landone gave forth the principle of "increasing life" in healing. I do not know just why, but instantly the thought flashed through my mind to apply that principle to Lyle's case. I at once began idealizing the "increasing life" directly to the cells of the afflicted portion of his face. I idealized the new, young, HEALTHY, dancing, joyous, cells forming and multiplying and spreading through and through every cell of the muscles of that little face, eye, neck and shoulder. I kept this up faithfully once a day for perhaps a week at the end of which time I saw the mother and the first thing she said was, "Lyle's eye and face is not twitching nearly so much as it was, and his nose has entirely stopped jerking."

Again RESULTS—At the end of the third month every trace of the agitation was gone. The eye was very noticeably getting smaller and the rolling had stopped; it was also beginning to straighten to its right focus, and the growth on the pupil was disappearing. In another month there was not a sign of the old trouble of any kind, and today Lyle is the sturdiest, rosiest-cheeked, brightest-eyed BOY one can imagine,—a REAL boy. No boy in the neighborhood can kick higher, "holler" louder, run faster or laugh heartier than Lyle. And in his studies there is just as much change. His mother tells me that he has made better grades in his school this year than any of her children ever did. His whole bearing now is one of fearlessness and self possession, in vivid contrast to his timid, shrinking attitude of a year ago.

# George Stanton Now Knows the Meaning of God's Infinite Abundance

By Brown Landone

And As a Result He Has a Flourishing Business of His Own

IT WAS a case of love at first sight, and they were married within a week. She nineteen and he twenty-one—both college students, who left college to be married and start out in life for themselves.

This was fifteen years ago!

Mrs. Stanton came first to see me—she was then thirty-three, and he thirty-five. She came to find out what thought “to hold” to make Mr. Stanton’s weak heart stronger; and also to ask me to “treat” him to make him more successful. This was over a year ago.

She told me also of their married life, how congenial they were, how happy they had been. But financially, they seemed to stand still. Although they had tried very earnestly—in accord with Truth for more than seven years—to demonstrate abundance, yet they had no car and owned no home of their own.

In the old days, I could have said, “Certainly, I will treat Mr. Stanton for success, for you ARE both heirs of God and you have a right to His abundance.”

But, now I work differently—for I know that abundance is a *result* of attaining the kingdom of heaven, and that each soul’s kingdom is *within himself*.

So, I said, “No, my dear soul, I cannot ‘treat’ your husband for abundance and success, because *his* abundance is within *his* soul; but we can discover the *cause* of his lack of success, and why his heart palpitates so badly, and then, when we know the cause, *he* can remedy it and manifest both strength and abundance.”

The next week, he came to see me. He was a fine looking chap—not over-strong of body, but fine featured, and well proportioned. He had read many books on New Thought—and some of my own—but none of them had really helped him much. He had also studied many courses of Truth, but his heart was becoming weaker month by month.

So, when I learned that he had only \$647 in a savings bank—the result of nine years’

saving—I told him to buy his wife *five* new dresses that afternoon, to order a \$90 suit of clothes for himself, to purchase a \$740 auto within a week, and to buy a \$6000 or \$7000 home within a month!

That healed his palpitating heart!

Of course, it was not the advice which healed it. It was *his* activity in carrying out the advice. Moreover, it brought him a new position within sixty days; and later, started him in business for himself—*adding \$90,000 to his personal valuation within a year!*

Why did I give such advice?

He was only thirty-five, and—although both he and his wife had been in Truth for seven years—they were still living in a three room apartment, and were *beginning to lose hope* that their dreams of a little home of their own would ever come true.

He was an office assistant; his salary was \$47.50 a week. Each year he had been given a regular weekly raise of \$2.50—but there had been no real promotion, and he was *beginning to lose hope* of becoming any one of importance in the business world.

As he and his little wife had pinched and saved, they had curtailed entertainment, gradually shutting themselves off from friends, until they were *beginning to lose hope* of ever enjoying real social life.

He had worked and worried to secure promotion—worried so much, that he had felt less and less energetic, each year. Finally it had affected his heart. And, as it palpitated and fluttered worse each month he *began to give up hope* of being able to put forth any extra effort to succeed, even if an unexpected opportunity should come to him.

Beginning to lose hope, leads to *lack of daring*.

So, in spite of his use of Truth, he had become so resigned to his condition, that there seemed to be only the slightest resentment—for instance, when he told me that he lacked helpful friends, he added, “My brother-in-law

makes at least \$20,000 a year, but of late years, we seldom see each other."

I gave him the advice to buy dresses for his wife, a suit for himself, an auto, a home—because I knew that a *shockingly new thought* was necessary. He had used New Thought without any *new* thought of his own valuation or capacity.

So, before he had finished telling me of his brother-in-law, I said, "That's enough! That will do!"

For the moment, I said nothing more. I looked at him. I looked him up and I looked him down. I looked at his ears. I looked at his nose, and I looked at his feet; and then, looking him through and through I asked, "*What* Truth have you used to realize abundance?"

"All God's infinite abundance is within me," he replied.

"And, what *are* you worth?"

"Well," he said, "all we've got is \$647 in the bank."

"Don't you own any furniture?"

"Oh yes," he said, "it was valued at \$1000 by the insurance man three years ago; but it's not worth \$500 now."

"With \$647 in the bank and \$500 in furniture, you and your wife are worth \$1147. That's \$574 each. So, after nine years of saving and seven years of Truth, your wife's *infinite* abundance is \$574 and your infinite *abundance* is the same?"

"Well, we've done the best we could," he said.

"Yes, but you have been thinking the Truth of God's infinite abundance in a *general* way; now learn to particularize it in you by doing some *real vivid thinking*."

I shoved a piece of paper and a pencil toward him.

"Your weekly salary is \$47.50, is it not?"

"Yes."

"You are paid that amount every *week*. There are fifty-two weeks in a year. So, multiply \$47.50 by 52."

He did so.

"What is your yearly salary?"

"\$2470."

"*What* is that?"

"It's my yearly salary!"

"Yes, but *what* is it? Your employers do not pay you the *capital value* of the capacities

you use in your work. They pay you only for your use of the capital value of your capacities, just as I pay *interest* for the use of the capital value of the money I borrow at a bank.

"Your salary does *not* represent the capital value of your soul. It does not represent even the value of the capacities you are using in your work.

"It represents *only the interest on those capacities*. Your employers pay you \$2470 each year, as *interest* on the capacities which you are now using for them.

"The *capital value* of the capacities you are using is 100 per cent; but, this salary is only the yearly *interest* on that capital value. What then, is your capital value *now*?"

"Of course, some good investments bring 10 per cent, but let us be very conservative in estimating your value. Let us assume that your capacities are worth 6 per cent a year. That's not an over estimate, for you can be certain that your employers are so interested in their own profits, that they do not over-pay you. And, be certain also, that this is *no* theoretical value—for hard headed business men are willing to pay you \$2470 every year for the use of your capacities, just as they are willing to pay 6 per cent a year for the use of the money they borrow at the bank.

"Since \$2470 is 6 per cent of your capital value now in use, 1 per cent is one-sixth of \$2470. So, divide \$2470 by 6."

He did so.

"What then, is 1 per cent of your capital value in use now?"

"\$411.66," he replied.

"Since \$411.66 is *ONE* per cent, what is the *HUNDRED* per cent value of those capacities you are *now* using?"

"One hundred *TIMES* \$411.66."

"Yes, and how much is it?"

"Why, it's \$41,166!"

"But, only a moment ago, you told me that you were worth only \$574.

"Don't you see that each year you are drawing a 6 per cent interest on an *actual* value of \$41,166? And it *is* an actual value—not a theoretical value. It's the actual value of the soul capacities you are using now—so actual that business men are willing to pay you 6 per cent interest every year for its use. Be certain of this actual value—for no em-

ployer would pay you \$2470 a year as a salary, unless you were worth more than \$41,000 a year to him!

"Now, get a *glimpse* of the meaning of God's infinite abundance within you—if you had \$41,000 of good bonds, which you could carry around in a satchel every day—bonds so good that they yielded you 6 per cent each year—would you not feel very differently than you do now?"

"Certainly, I would!"

"Well, then feel that way now—for you *are* carrying around with you (all the time inside of yourself) more than \$40,000 worth of actual value—value on which real business men are actually paying you a salary of 6 per cent a year! Of course, you are worth much more than that, but the \$41,000 is the actual value of the capacities *you are now using*. This much is real, yet with all your *general* assertions of God's abundance within you, you have never realized it.

"Make your ideas of Truth *vivid!* Every morning, every night—when you go to work, when you come home from work—and during the day, whenever you think of yourself—*concretely* realize that you *are* carrying around within you, something worth more than \$41,000. Then, you will begin to get a real valuation of yourself; you won't feel so much like a slave; you will talk to your employers differently; you will feel equal to other men; they will begin to recognize your value in accord with your concrete recognition of the value you are using for them.

"Since you are worth \$41,160 now, plus \$647 in the bank, plus \$500 in furniture, you *are* worth \$42,313.

"A man worth \$42,000 has a right to a tailor made suit of clothes; his wife has a right to some new dresses; and they have a right to a small sedan, and a little home of their own.

"So, buy your wife five new dresses; order yourself a suit of clothes; make a first payment on the sedan you wish to buy; and then, begin to look around for the little home you wish—a home which can be bought with a small payment down."

"But, after buying the clothes and an auto, I'll not have enough left to make a payment on a home!"

"I did not say that you would. But, *begin* to carry out the Truth; *get* the dresses for your

wife, *order* the suit for yourself, and *make the first payment* on the automobile which you do need for your own self respect. Start *wisely*—don't splurge—but dare! The money for a home will *not* 'come' to you, but if you dare to be wisely abundant with yourself, you will *do* something 'to get' the money—to make the first payment on the home!"

Within two weeks, he wrote: "A miracle has happened. My wife bought the dresses as you advised. My suit was finished Friday, and the car had been delivered the day before. So on Saturday, we drove up to my brother-in-law's home. He was astounded to see us decked out in new clothes, and with a car.

"After dinner, when he and I were alone for a while, he said, 'What has happened?' And when he asked if someone had set off a stick of dynamite under me, I told him of my conference with you and what I was planning to do.

"And, what do you suppose—it came to me like a flash—and I *dared* to ask him to loan me \$2000 for a first payment on a home!

"And he said, 'I'll be glad to do so—you look as though you were awake at last—as though you intended to amount to something,'"

A month later, he wrote me again: "Things are changing at the office. The head of the firm is really taking notice of me. I presume I have acted differently toward him, because every hour since seeing you, I have been thinking that I *am* worth \$41,000 to my employer, otherwise he wouldn't pay me the salary he does. It is having its effect. I have just been given a \$10 raise. I figured it out for myself, the same way we figured out my value when I saw you, and it means that I am now worth \$49,800 to this company, instead of \$41,166. That is quite a boost in a month, isn't it?"

I did not hear from him again for eleven months. By that time his consciousness of himself had changed, so that others had recognized his true capacity and had established him in a business of his own. His personal valuation had increased to \$90,000! And, he said, "*Why it's silly to be poor, isn't it?*"

And, his heart had forgotten how to flutter!

All because he had learned *vividly* to visualize his real value—learned how to make general statements of God's abundance, definite and concrete in his own thought.

# Affirmation Overcomes Self-Consciousness

By S. W. Holmes

"This Treatment Has Succeeded for Me as Nothing Else Has that I Have Ever Tried," Writes the Author

**S**ELF-CONSCIOUSNESS, more than any other one factor of personality, militates against success of every kind. It is most unpleasant to become all "hands and feet", and be unable to forget oneself, beside enduring the resultant failures.

To tell the self-conscious person to forget himself and think of the other person is but cruel and mockery. He can't forget himself in a state of self-consciousness, and he may center his attention upon the other person without becoming sufficiently absorbed in him to forget himself.

The opposite of self-consciousness is self-confidence, which is the only antidote that will in anywise down the former ailment. We are told that self-consciousness is the result of some incident in early life that produced an inferiority complex. However, we may with time, perseverance and diligence, coupled with the right method, acquire self-confidence by artificial means without the aid of mental analysis to locate the original cause of the trouble.

Too many people are poverty-ridden, disease-ridden, self-conscious, and hard-ridden by every sort of existing misery that can keep them in one beaten track all their lives long, *because they think that the circumstances of life are just a certain way and cannot be changed.* If one may only fully comprehend the statement that "Nothing is so but that thinking makes it"—he will have made the first sound step toward remaking his life as he

dreams it. Many of these hard-ridden individuals discount the above statement but are able to grow into the acceptance of it when confronted by the further statement that differences of opinion are sufficient proof of it.

When we have fully grown into the knowledge of this great truth that we may change the entire circumstances of our lives by adopting this NEW thought, we are then ready to overthrow that worst enemy self-consciousness by the route of Affirmation.

While dressing for the party, quietly affirm, "I am God's perfect child!—I shall enjoy myself. They will LIKE me—LIKE me—LIKE me".

This same method of bringing 100 per cent success may be used in anticipation of all life's affairs. It builds one up in faith with the first demonstration of self-confidence that overthrows self-consciousness. You can thank God that you have conquered the world and can do so again.

With practice one can use Affirmation to overthrow self-consciousness IMMEDIATELY. One can appear well and be a success at a moment's notice through Affirmation. In meeting an important person, think, "You will like me; you will like me", while listening to his conversation. It is a miracle to feel the changes taking place in one's personality on a moment's notice when quietly affirming, "I shall appear well. I am like others. I shall succeed NOW. You will LIKE me for I am indeed God's perfect child."

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ONE moment a day,  
 A day at a time—  
 The way to be gay  
 In earth's golden clime!  
 —J. M. Stuart-Young.



# Fight Talk.

By Chester H. Struble

**D**O YOU fight your way through three meals a day?

Are you out with your in-laws, or does someone else with hair trigger temper keep you expectantly poised for battle or flight every minute you are at home?

Everyone's home is his castle but these days it is stormed more from within than from without its walls.

A lot of us feel that if we could just have peace at home we would chance getting along without "World Peace" for a while longer.

We know happy home life is a question of give and take, but there never seems to be anything given or taken but "a piece of someone's mind!"

The five inch human tongue, wickedly inclined, is the only slippery thing known that increases friction.

Too often temper disguised as temperament, is inflicted on the home folks.

Surely discord is the key log in the household jam.

But, at that it takes two to make a quarrel and only one to end it. The best place to end a quarrel is at the beginning!

Remember that peace precedes prosperity so it pays to scat the domestic discord demons.

Smile sweetly, speak softly, praise generously, criticize not at all for the folks at home are your folks and the salt of the earth. They would stick by you 'til death and then some. They are entitled to the best; see that they get it.



# Views and Reviews by William E Towne



## INTOLERANCE AND THE INFERIORITY COMPLEX.

THAT form of intolerance which manifests in a feeling of satisfaction on the part of the individual that he is "not as other men are," frequently takes its rise in an inferiority complex.

Deep down in his heart the Pharisee is conscious of a feeling of inferiority to others. By building up a sense of difference, a belief in his own superior "goodness" or "spirituality," he sets up a defence mechanism against his general consciousness of inferiority, which is a source of comfort to him. Not only is this defense mechanism soothing to his ego, but it serves a useful purpose, in many instances, by helping to sustain the individual's self-confidence and will to go on living and acting. Without some such form of self-deception he might become utterly discouraged and ineffective as a member of society. There are comparatively few who are strong enough to face the truth—all of the truth—about themselves.

The man who is inferior physically, the little man or the deformed, takes refuge in criticism of his fellows. He discounts the religious or political views of others. He joins some church or other organization with extreme or unusual views or customs (the Ku Klux Klan, for instance) and derives a certain sense of confidence and satisfaction from the fact that he "belongs" to something that is apart from the ordinary. Especially something that represents POWER—for the man with an inferiority complex develops an abnormal will to power.

The criticism of others is based largely upon envy and a sense of inferiority. We secretly envy that which we criticize in others. Criticism of weakness in others is a part of our own defense mechanism against similar weaknesses, a means of strengthening our own inhibitions.

Now these methods are negative methods of accomplishing the purpose. They are methods that have been unconsciously followed by the individual all up through the ages, but in the

light of present day knowledge of psychology, more constructive methods are possible. With a better understanding of our own psychology, we are better able to face the truth about ourselves. We can face and remedy some of our points of weakness or inferiority by constructive action instead of seeking to hide them from ourselves by criticism of others. Instead of evading the issue we see how it is possible to face it squarely and work out an intelligent solution or an intelligent adjustment, instead of hiding our heads in the sand like the ostrich and obscuring the truth by directing attention to the shortcomings of others.

We substitute *directed thinking* for undirected phantasying, and turn our faces toward TRUTH, regardless of our feelings in the matter. In this way we build upon a firmer foundation. We are able to strengthen our weak points instead of hiding them from ourselves and "kidding" ourselves into the belief that we do not possess them in abundance.

We grow to see clearly that to secretly desire to do something which our inhibitions prevent, and then to obscure the issue by criticizing or condemning others who do it, is to set up a battle of conflicting forces within our own unconscious which has a most destructive effect.

When Jesus said, "I give unto you a new commandment, that ye love one another," he proclaimed a new and constructive psychology of ACTION—of CONSTRUCTIVE action, to replace the old negative forms of denial. This is the principle that should apply today in dealing with the individual's problems of social adjustment. Where there is good will there is an absence of envy or a feeling of superiority.

## SUICIDE OF YOUNG PEOPLE.

I AM inclined to believe that lack of religious faith has little to do with suicide among the young, especially those in college. Of course faith is a powerful aid in meeting the obstacles of life. But unless faith is modi-



## VIEWS and REVIEWS by WILLIAM E. TOWNE



fied by science and reason, it lacks flexibility and is bound to be seriously challenged in the modern college course. Under such circumstances it may become a seriously disturbing factor in the student's life and even promote rather than hinder suicide, as has been the case in several instances where college girls have committed suicide.

The more common cause of suicide among college youths is, I believe, lack of ability to readily adapt to changed environment.

The Massachusetts Society for Mental Hygiene has been giving attention to the problems of young men in college who seem to be lacking in the ability to adapt to their environment, and who give indication of falling behind and yielding to discouragement. It is believed that the aid of mental hygiene, systematically given, in such cases, will do much to prevent suicide. There are doubtless many similar movements in other states.

The youth of today is often brought up without becoming accustomed to hard work. He drifts through school, through most of the adolescent period, and then enters college. There he is apt to find, unless he is an exceptional student, that the pace is swift and that great mental effort is required to adapt himself to his new surroundings. Often he has not developed that power of concentrated effort, the ability to apply himself steadily and overcome obstacles, that comes only from steady work over a considerable period of years. He lacks the physical and mental discipline which work gives and which develops the courage, the "sand," that enables one to "carry on" when there are obstacles ahead and work to be done. The youth who is well equipped physically, and poised mentally, rises to the occasion, though with far greater ease if he has been trained from early years in habits of work. The more poorly equipped physically and those who are lacking in mental poise, are the ones who falter or break under the strain.

The specialist in mental hygiene or applied psychology may do much to lift the burden from this latter class and help them to go forward more efficiently and with credit to themselves. But much of the difficulty would be

obviated if all children were trained to work regularly, at certain periods, from earliest youth. This develops their mental muscles, as well as the physical, and gives them the necessary poise and self-control to meet conditions that seem difficult, without being overwhelmed by discouragement.

In the absence of such training, the youth instinctively feels that life *ought* to be all ease and pleasure. When he finds that he is facing hard and continuous work, from which there seems no escape if he is to keep up with his classes, he just as instinctively feels that something is wrong. And the weaker seek for a way out at any cost. Such are illy equipped to face realities.

Parents should give consideration to the advice of Marie Winchell Walker, M. D., in April *Nautilus*, viz:

"Some parents follow the false method, that in order to fit their children to fight the battles of life, they must be kept from battle as long as possible. Of course I am not recommending excessive toil for children, but a moderate amount of real work links them up with their fellowmen, which is a very essential point in education. Hundreds of our high school pupils spend half their time jiggling, jazzing and joy-riding when they might better be getting acquainted with realities."

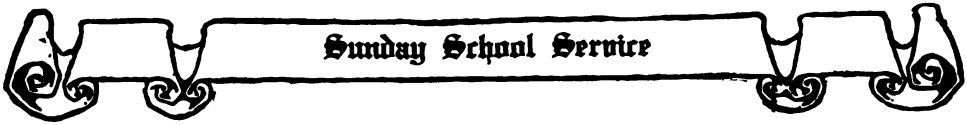
## Every Day Faith

By Judith Fox

YOU do not worry when the bright day fades,  
And in the twilight earth grows dark and chill;  
You do not worry when the midnight shades  
Hide in their gloom each pleasant glade and hill;  
You close in sleep your tired eyes, and say:  
"Tomorrow God will send another day."

You do not worry when your garden fair  
Beneath the winter snowdrifts lies entombed,  
You do not worry when the icy air  
Stirs but bare twigs where once the roses bloomed;  
You only say, content as one who knows:  
"God sends again the summer and the rose."

If you trust God in darkness for the light,  
If you trust Him in frost-time for the rose,  
Then why not trust Him with a faith as bright  
In all your daily frets and fears, and woes,  
And say to every anxious thought and pain,  
"Life's shadows pass, God sends the sun again."



## International Sunday School Lessons

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

### Class Work by Rev. GEORGE C. GOLDEN

October 16. ELIJAH IN NABOTH'S VINEYARD or POSSESSION THROUGH CRIME OR CREATION. 1 Kings 21.

*Bible Readings:* 1 Kings 21, Psalm 94.

**GOLDEN TEXT:** *Be sure your sin will find you out.* Numb. 32, 23.

**NEW THOUGHT GOLDEN TEXT:** *Whosoever ye would that men should do to you, do ye even so to them.* St. Matt. 7, 12.

**A**HAB, the king, looked out over his country and beheld Naboth's vineyard. It was a beautiful estate, designed for comfort and arranged for profit. It appealed to the refined tastes of the monarch. It delighted his eye and aroused his desire.

Regular attempts to negotiate its purchase failed and the childish, wilful monarch settled down in a sullen, sulky mood.

His wife, knowing the petulant, petty nature of her husband, realized that he would be disturbed until the vineyard was his. She scrupled not to bring false witnesses to testify against Naboth. Thus, by attaining the death of the owner of the land through his unjust condemnation as a traitor to established religion and law, she was enabled to give the delightful, coveted land to the king. But his possession was uneasy and short lived, for he was fated to receive the same doom as he had meted out to Naboth.

Ahab's fault was not in admiring and wishing to possess a vineyard. The desire to own is one of the most constructive factors in life. The monarch failed, however, to realize that if he could appreciate the appointments and improvements that Naboth had created, then he, Ahab, could create an estate that not only equalled that of his neighbor but surpassed it.

If one keeps check on himself, he will invariably find that desire for a larger field or more congenial surroundings has ever preceded the discovery of a new ability. If the individual considers this desire as a leading into temptation, he automatically shuts himself off from the preception of a new power that seeks to make itself known to him. If, however, he welcomes it as the angels telling him that God is bestowing a new talent upon him, then he is confident of the new truth he has perceived and bold to apply it to his honor and to the good of his fellow-men.

*Silent Affirmation.*

**Growing desires are the sign of increasing ability.**

October 23. THE CALL OF THE PROPHET or THE SOIL OF GENIUS. 1 Kings 19, 19-20, Amos 7, 10-5, Isaiah 6, 1-8.

*Bible Readings:* 1 Kings 19, Amos 7, Isaiah 6.

**GOLDEN TEXT:** *And I heard the voice of the Lord, saying: Whom shall I send and who will go for us. Then I said: Here am I, send me.* Isaiah 6, 8.

**NEW THOUGHT GOLDEN TEXT:** *Seek and ye shall find.* Matt. 7, 7.

**G**ENIUS is a flower that opens. We have expected it. We have watched for its unfolding, but it moved not with our eyes upon it. We have given it up. We have despaired of the place where we would be in our environment, the occupations where more of our talents would be used. Then suddenly, we stumbled into the nook "just made for us." We wondered how we had been so blind as not to see it before.

In this lesson we are given the accounts of genius unfolding for three prophets. Elisha discovered his vocation while he was following the plow, Amos was herding his flock and pruning sycamore trees and Isaiah received his illumination while wrapt in meditative reverie. To each the revelation came as a surprise. To each the flower bloomed when his mind was occupied with some other interest.

This proves what Prof. William James has written: "Our normal waking consciousness . . . is but one special type of consciousness, while all about it, parted from it by the filmiest of screens, there are potential forms of consciousness entirely different."

James Beebe recognizes this when he says: "Business men experience what they call hunches. Mathematicians solve hard problems in their dreams. And spiritually-minded men and women become sharply aware of God."

The question is: How shall we seek out this revelation? How can we become "sharply aware of God"? How can we break down that "filmiest of screens" which separates us from the "new thought" that will make us the masters of our environment, the real benefactors of our fellow-men?

The lesson from the illumination of the prophets is significant. It is not by making the mind a blank, it is not by waiting but by going about the business at hand that we develop an unselfconsciousness regarding our destiny that opens the door to that identical destiny.

We in this work of metaphysics have dozens of men and women coming to us for help to find

"the right field." After we have outlined the character of the work, the question is to contact the proper opening.

My advice to them is this: "Get busy. I don't care what it is—washing cars or polishing shoes, as long as you are occupied. Then in some way—I cannot tell the channel—the information will be brought to you."

*Silent Affirmation.*

**An occupied mind is the soil for the flower of genius.**

October 30. AMOS DENOUNCES SIN or THE SCIENCE OF LIFE. Amos 2, 4 to 3, 15. Bible Readings: Amos 3 and 4.

GOLDEN TEXT: *Seek good and not evil, that ye may live; and so Jehovah, the God of hosts, will be with you as you say.* Amos 5, 14.

NEW THOUGHT GOLDEN TEXT: *I have been young and now am I old, yet have I not seen the righteous forsaken.* Psalm 37, 25.

THE progress of the idea of sin and its punishment is very interesting as it unfolds through the Bible.

Very early man perceived that there was some relation between wrong doing and disaster. A man, having his heart full of hate and his mind seething with confusion, would walk into an open pit. The philosophers, studying the relation of the wrong doing and its disaster and believing in a personal God, deduced that two facts had taken place; first, the man sinned and, second, God lifted His hand to strike down the offender.

The early teachers also followed the history of punishment in families. Their conclusion was that God punished the sins of the fathers on the children even down to succeeding generations. With our understanding of the power of mind, we can see how a man who believed he was being punished for a crime committed by his grandfather would have fear in his consciousness.

A more modified teaching came with later prophets who declared that the children's teeth were not set on edge because their fathers had eaten sour grapes.

The highest teaching was mentioned in the Old Testament, but the Master developed it very fully. When men turn from wrong thinking and feeling, then they wipe out from their lives all the results of even their own mistakes.

In order that man might not only be free from sin but also free from fear of sin, the Master taught the doctrine of the non-existence of evil and the everpresence of the Good. By this means, He raised before the vision of His disciples the revelation of themselves as they exist in the Universal Mind and the good which they visualize, by the laws of mind, automatically demonstrates and proves itself in the external world.

*Silent Affirmation.*

**I am the creator of good.**

November 6. AMOS PLEADS FOR JUSTICE or SPIRITUAL BACKBONE. Amos 5 and 7.

Bible Readings: Amos 1 to 7.

GOLDEN TEXT: *Let justice roll down as*

*waters and righteousness as a mighty stream.* Amos 5, 24.

NEW THOUGHT GOLDEN TEXT: *Son of man, stand upon thy feet and I will speak unto thee.* Ezekiel 2, 1.

EVER since time began, the world has been composed of two classes of people; the upper and the lower, the masters and the slaves, those who oppressed and those who allowed themselves to be oppressed.

When we realize that the external world is but the reflection of our own consciousness, then we gain an insight into the technique by which we may be rid of unfavorable surroundings and unhealthy relationships.

To beg the party imposing is a rather uncertain method of relieving oppression. To inspire the enslaved to stand up for their own natural rights and to demand and take their own place is to effect the cure and assure progress.

There comes to my mind the thought of a man in a department store. His story was that his employers discriminated against him—he was literally persecuted, according to his representation of the facts. He had ideas for advertising, but he had never sought to utilize them, for everything he mentioned was laughed at and later brought forth by one of the higher officials as an original conception.

I saw immediately that the man's trouble lay in the fact that he expected to be imposed upon. He would have been surprised if he could not have carried home some story of an injustice he had endured. I built up his confidence and urged him to draft carefully an advertising campaign to take to the manager. He became so interested in his outlining that he forgot his expectation of rebuff and carried his suggestions to his superior with some self-confidence. His problem was solved. His days of being imposed upon were over.

In times of so-called "injustice," the suffering one should ask himself: What is it that I am not doing that makes people walk over me? What is it God is seeking to express in and through me that I'm ignoring? What is the divine creativeness that I'm missing?

*Silent Affirmation.*

**God lives, moves and has His being in me.**

## To Stop A Tear

By Elisabeth Dimick

WHEN things go wrong,  
And there doesn't seem much song  
Left in my life,—  
It makes me strong,  
It eases strife,  
In fact it takes away the curse,  
To come upon a little verse  
Of fun and cheer  
So—now and here  
Are lines—not very long,—  
I try to make them terse;  
Hoping they'll stop a tear,  
And help some other guy along!

## Parents And Children

Helps that  
will bring



them closer  
together

### The Healing of Roberta

By Mizanna Wolfe

A FRIEND, who lives 35 miles away, called me over long-distance and asked if I would come to see Roberta, who was very sick with what the doctor said was diphtheria, if she sent her car. The distance was so great that by the time the chauffeur had made the trip both ways about three hours had elapsed. During this time Roberta's mother had kept her just as quiet as she could and held a PEACE statement all the time, thus keeping her from choking so badly. But when I arrived she was in a terrible choking spell and her mother and father were working with her in a frenzy of fear.

I asked God to relieve the choking and make her well. I placed my hands on each side of her throat and prayed all the time for her to be at peace. In about five minutes she ceased to struggle and laid quite still and exhausted. I began to rub my hands down each side of her throat, saying as I did this: "ROBERTA, YOU ARE ONE OF GOD'S MOST PRECIOUS, PERFECT CHILDREN, AND HIS LOVE IS NOW MANIFESTING PERFECT HEALTH AND

PEACE IN YOU AND YOU ARE WELL AND STRONG IN HIS LOVE NOW, NOW, NOW!"

I prayed thus as I smoothed down the throat. Soon the noise she had made when breathing ceased. I kept right on and in about 30 minutes she asked for some milk and then she went to sleep. She had two more choking spells after I arrived, but each one was lighter than the preceding and didn't last long. I stayed with her for three days and she was up when I left, and she was not complaining of anything hurting her and she never did have one bit of trouble afterwards.

Three days later Mr. B—— called me and asked me to come again, saying that "Roberta was stricken with pneumonia." I hurried over, thinking it was Roberta the child, but it was her mother (Roberta being the mother's name, too). Roberta the child opened the door for me and informed me that she had been praying for her mamma all the time, but, she complained, "She hasn't got any better." The mother was in great pain and had a high fever. She didn't know that I was there, so she kept begging her husband to send for me. I began to massage her chest and the entire surface of her upper body, as I prayed to God to heal her, mind and body. As my hands took on the heat from her body, I would remove them for a moment and acted as if I threw the disease away, and that is exactly what I did. I prayed as I worked and I worked fast and hard. Suddenly something said: "QUIT PRAYING AND PRAISE." I said: "THANK GOD, THANK GOD, YOU ARE HEALED OF ALL YOUR SICKNESS, ROBERTA. THANK GOD, THANK GOD, YOU ARE HEALED, NOW."

She struggled as if she was trying to say something, but instead she soon began to breathe evenly in a child-like sleep. I sat by her bedside all night PRAISING GOD FOR HIS WONDERFUL KINDNESS TO HIS CHILDREN. Next morning I was lying on a couch in her room; she stirred in her bed and called for her husband, and I asked what she wanted. On seeing me, she said: "O, it wasn't a dream at all.

## 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.



you were here, then, and it was all real." Here she began to first cry and then laugh, saying, "O, but it was wonderful. I thought I was in a cold, dark place and I was afraid and sick. I was just falling in some dark river when I heard, 'ROBERTA, THANK GOD.' And I did thank Him. Then I saw you standing right by my side and you put your arm around me and held me so close and tight. And something within me told me I was well."

And again I THANKED GOD FOR A VICTORY, for she improved right along.

**MRS. CARTER'S ANSWERS TO QUESTIONS.**

E. F. W.—Since your leading doctors have pronounced your son in perfect health and the aggravating habit continues, the condition must be purely mental. If you will put out of your mind all thoughts of fear that the accident may occur again, the cause will no doubt be eliminated and the lad made free. Often, parents hold affirmations for their children, when they, themselves are the ones who need them. Just try believing with all your heart that Perfect Life is manifesting in every part of the child's body and picture it so in the so-called weak parts, and "it will come to pass."

F. B. S.—All children do not require the same amount of sleep. If Frank plays out of doors all day without becoming sleepy, there is no need to fret about it. And if he is restless for long periods when you put him to bed with his brother at 7.30, I should let him remain up and play awhile longer. More harm than good comes from putting children to bed before they are sleepy. They often form bad habits simply from being restless. Suppose that you try sitting by the child for a few moments after putting him to bed. Hold his hand and ask him to lie very still. Then you suggest to him in a low voice, "You are getting sleepy, Frank. Your eyes are very heavy and you can hardly keep them open. Your arms and legs are relaxed. Your breathing is easy and your nerves are quiet. You are going to sleep now, Sonny, and you will sleep soundly all through the night."

H. J. R.—You ask for a prayer for your little four-year old daughter suggesting that she is growing better every day. Try the following:

"I am growing better every day,  
I am very careful what I say,  
And how I eat, and dress and play,  
For God is with me all the way."

—A. M. C.

L. P.—Dear, dear, I never in all my life heard of so many operations in one family. No wonder you think of nothing else and worry and pray over how they will all be paid for and how you can have more. Since you are a new reader of New Thought, let me tell you that we do not need operations, because we believe that our God lives in every part of us. Why should we have a part of God operated on? See? Worry about losing your home is the very quickest way to have it pass from you. Most people who have had operations, love to talk about them, and that only invites conditions which are apt to cause more. The

thing for you to do is to stop talking about them and get some new ideas about God's wonderful love in your mind. Study New Thought literature until your mind is so full of it that you do not want to think of false conditions. That is what the Bible means by "Being transformed by the renewing of your mind." By all means teach your children to look upon God as their help in every need. It will require time and patience, but it is more than worth the effort.

J. J. H.—Explain to the little girl that every part of her body understands when she talks to it, and even before she speaks, because her hands will put food into her mouth without her telling them to (aloud). Place your hand gently over her body and say: "You are not going to want to be disturbed tonight. You are strong, you are perfectly formed and you are doing your work as the God Mind in you directs. God is your life. You are free."

Then say to your daughter: "Now you are going to sleep in God's loving care and you will sleep all through the night without wanting to get up. Thank you, God."

E. T.—Do not think of "putting your son away." Pray for him and believe that your prayer is answered. A lad of sixteen is neither a boy nor a man, but he is making a desperate effort to throw off childish ways and appear manly. In this manner, he naturally goes to extremes and people say that he is "smart" and "insolent," when he is really only self-conscious.

He does not want his mother to "boss" him as she did when he was a child. He is feeling his own metal and it irritates him when parents attempt to correct him. Now that you have "talked and talked and he stays out all hours of the night, and says and does as he pleases," I should cease scolding, talking and arguing. Remember who he is, not yours, but God's son. He is only loaned to you that you may enjoy him and lead him aright, not to worry about and find fault with. Forgive your past mistakes. Forgive him. Place your trust in God for His guidance.

Use this prayer for him: "I speak Divine Freedom for you, George. Freedom from false desires, Freedom from evil associates, Freedom from self-consciousness. You are the Son of God and you are inspired and directed by Him. I loose you and let you go."

Now, my dear mother, bridle your tongue. Instead of talking, bite your lips, if necessary, and repeat that prayer. Believe the boy is GOOD, and your prayers will be answered.

Praise him. He is hungry for praise after all the complaints. Ice cream is soothing after a hearty meal.

Mrs. W. F. R.—Your prayer for your daughter is very good with this exception, it is delegating the power to Eleanor instead of to God. Realize that "the healing current of life" passing through the various parts of her body, is powerful to overcome all ills.

There is already much "constructive thinking" in the public schools, but it is not timely to write an article as you suggest. Many teachers are students of New Thought and by their manner of living spread the gospel without offense.



## 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. 1095.

#### NEW THOUGHT HELPS TWO WOMEN TO DEVELOP PERSONALITY.

**Y**EARS ago how well I remember when my beautiful golden haired cousin visited us, how jealous I was when folks compared us. I was very plain and dark. Berthe was fair, with a doll-like complexion. After one of Berthe's visits I took an inventory of my good as well as bad qualities and was glad to add to the credit side a bit of common sense and stability. We were all aware of a bit of shallowness in my gay cousin's nature.

As we expected, Berthe married well and had the prospect of a brilliant future, as she had everything heart could wish. I just married a rising young man, poor but sure he would make the grade. Just think, a dear old lady with keen foresight gave me a two years' subscription to *Nautilus* for a wedding present. And, how I enjoyed it! So much so, I have never been without it since.

First, I changed my thoughts in regard to many things that previously had made me very unhappy and I found it worked out so good that I determined to change my plain looks, by controlling my thoughts and thinking good of everybody and everything. Smiling became habitual, and a smile, like a laugh, is worth its weight in gold. I dressed neatly and attractively, but not extravagantly. I chose my clothes well and becomingly. I dressed my hair after careful studying to the very best advantage. Through many little *Nautilus* hints I found I was learning the proper way to live and look pleasing to myself as well as others.

One day Berthe called and to my surprise made the remark, "Why, Marie, what has ever changed you! You look so different. You are really handsome. It seems as though your soul is shining through your eyes. I never saw anyone change so. Why, you have personality and your husband just adores you. And poor me—a divorced, deserted woman of thirty."

I felt sorry for Berthe. Her extravagance and love of gayety had lost all that life held worth while. She had no time for reading, it bored her. No need of trying to conserve her beauty, she thought it would last. She found out differently. Life is just what we make it.

Before closing I want to say that Berthe has changed. She has become interested in New Thought teachings and has studied your teachings and is practicing them. Dear Elizabeth Towne, I just wish you could see how much good you have sown in this case alone. Berthe now looks at life from a New Thought viewpoint and the progress in her case is just wonderful. Next month she will marry a splendid man and I'm sure this marriage will be a happy one, for Mr. S— has been a New Thought convert for years and we so enjoy discussing your splendid books.



So again, dear Elizabeth Towne, you have scored, and two more souls are happy through your teachings. All good be with you and yours always.—L. B. C.

Success Letter No. 1096.

#### HOW I WAS PROTECTED.

I'M SENDING you a little experience of mine, hoping you may be able to use it in *Nautilus*. A few years ago I had a very peculiar experience which made me feel as never before that we are closely watched and guarded by unseen powers.

We were having a seige of house-cleaning and redecorating, when one night I was aroused by a voice quietly saying, "There is someone trying to break into the house." Being unusually tired, I just roused myself enough to think that it was just a fancy and went to sleep again. Again the voice came in the same way. This time I sat up and tried harder to wake up. I heard two soft footfalls across the sidewalk but even then I laughed at myself as people were passing all hours of the day and night so I laid down and dropped asleep at once. Again, the third time, the voice spoke and I seemed to realize it was the third time and determined I'd hunt the house over before I went to sleep again. I didn't have far to go, for as I leaned out of the window near my bed I could plainly see a man trying to open a window below me. No noise could have aroused me—for after I was awakened the second time, he crossed the walk going by the house—I had time to arouse my family and call the police before the man knew he was detected.—M. H., Tex.

Success Letter No. 1097.

#### HOW FOLLOWING GOD'S LAW OF HEALING HELPED A DEAF CHILD TO HEAR AND BROUGHT BUSINESS SUCCESS.

I AM a firm believer and practitioner of New Thought. However, not until the past few months have I been so astonishingly successful (not I, but the Father within me).

So great was the increase in my husband's business that he received, besides a personal letter from the president of the company congratulating him on his extremely good work, a much higher rate of commission. The district manager under whom my husband works (and who has been in the business over twenty years), confessed he had never seen such a "run" produced by one individual.

In one week's time my husband rose from the bottom to second in line of production, and intends to keep that position.

Here is the process which we both applied, rather say *lived*, and continue to live.

Whenever my husband makes a sale, however small, we both give thanks to Divine Power, knowing full well and confident that everyone concerned is truthfully benefited by the transaction. The thrill of profound gratitude towards God is a beautiful experience, indeed, for the vibration keeps

us continually in touch with the Universal Source of supply.

So many, many things happen daily, convincing us that we have all power at our command. One especially repeats itself in my thoughts.

A little girl of thirteen visits me daily, who, at the age of three became totally deaf, the result of an accident. God, ever working through me, urges me to show the afflicted of His beautiful love. Through talking about God to the girl, she is convinced of His power to repair what He originally made. I make it a point to talk in an ordinary tone of voice, forming my words well.

We have a beautiful canary, and, like a child, tries to "show off" when strangers are around. The little girl could see the bird's bill quiver and his throat bulge with song, but heard nothing.

After several visits at our house she became attached to our bird. I requested her to listen with her ears, for God had made them for that purpose, and if she didn't try to use them they would never serve her.

The beatific look that was in the girl's eyes as she listened! For she actually heard the bird's song, faintly at first, then distinctly, but not loud. Tears of sincere thanks blurred my eyes, for my confidence in God was being proven and I believe her hearing will soon be completely restored.

This same girl was afflicted with spells of hic-cough after every meal, until five days ago, when, after partaking of a piece of cake I had given her she complained of the severity of the pain in her throat, chest and also her back.

With a silent prayer in my heart I requested her to relax. The performance seemed like white magic to the girl, for she has had no return of the dreaded attacks since.

What a beautiful heaven on earth it will be when we all become conscious of God's Power within us.—Mrs. M. L., Ind.

Success Letter No. 1098.

#### SORROW, NERVOUSNESS, INDIGESTION HEALED BY NEW THOUGHT.

AFTER an illness from which I did not seem to recover well, I suffered from nervous exhaustion and all its attendant ills. Fear, worry, and melancholy made my life almost unbearable, and I felt that I should never again be well.

I do not remember how a copy of *Nautilus* came to me, but I know that from the first it seemed to be just what I needed. I absorbed it as the dry earth absorbs the rain. I read every word, even the advertisements. I prayed unceasingly for health and strength. Greedily I read all the New Thought literature I could get, and began to attend the meetings of the New Thought Center in my city. Slowly, but surely, my nerves began to get better, my digestion improved, and those dreadful feelings in my head began to leave me.

I found that affirmations were most helpful to me, and I learned many as I went about my work. I pinned them up where I could see them while I was washing dishes, or ironing, or doing other work.

The affirmations that helped me most I will quote, trusting that they may help others who long

for strength and comfort. "I am one perfect, harmonious Life, Substance and Intelligence." "The healing, purifying, vitalizing power of the Holy Spirit is now upon me, in the name of Jesus Christ." "I am Spirit; and Spirit is wise, strong, rich and perfectly whole." "By the power of the Lord Jesus Christ I am made free and whole."

These affirmations should be repeated slowly and quietly, while trying to realize their perfect meaning. Let the love and power of them permeate your whole being. Today I consider myself a well woman, free from fear, pain and nervousness. What New Thought has done for me, it can also do for others.—E. M. B., Vt.

*Success Letter No. 1099.*

#### HOW NEW THOUGHT HELPS AN INSURANCE AGENT IN HIS WORK.

I'VE been a reader of *Nautilus* for several years now and am particularly interested in articles on the subconscious mind. To show what results I've derived therefrom, will state that the other night I wanted a certain letter the worst way in the world, but search as I would was unable to locate it. After I went to bed and got composed I asked my subconscious mind to locate the letter for me, and in a few minutes I had a clear vision of the envelope, and two places where it might be. Getting up, I went to the first place, but it was not there; on going to the second place I found it. The peculiar thing about it is that while I was searching for it my idea was that the letter was in a long envelope, while as a matter of fact when I concentrated on it and got it focused on my mind it appeared to me as a No. 6½ size, with an unusual return on it. Incidentally, I find that your magazine and a few of the books I've read, have increased my business of selling in my spare time, and the power of suggestion to prospects is working wonders in securing business.—W. H. J., Ills.

*Success Letter No. 1100.*

#### NEW THOUGHT SAVED ME WHEN DOCTOR THOUGHT I WAS SURE TO DIE.

I FEEL that I can truthfully say that New Thought, and the line of thought into which it led me, is responsible for my being alive today! This is the story, briefly stated, hoping that it will help others in their faith and understanding:

One night as I was preparing to go out, I fell almost unconscious with terrible pains in my head. I was soon totally unconscious. A doctor was called, who was unable to do more than "guess". Another came, and, although it was a matter of some speculation with him, he tried to help me. He did relieve the pain, which was similar to dynamite being constantly exploded inside the skull. If you can imagine such a feeling! Cloths dipped in boiling water, too hot for hands to touch, placed on my forehead and temples, also helped, although I complained that they were *cold*.

I was absolutely "burnt out," sometimes unconscious for hours. No strength and no recuperative power. The doctor who still came to see me, more as a friend than a doctor, as he was not really treating me in a medical way, remarked

that it was a wonder I was not dead, that only my constitution held up.

Then I lost a friend. One I cared much for. And this was the finishing touch. Desire for life was gone. But somehow I kept on, with my mother's help. Sometimes fairly strong, then a period on my back. A year from the time I was taken sick, I was unable to sleep at night, getting only snatches in the day when exhausted.

It was about this time I was introduced to *Nautilus*, as I was too indifferent before this to pay any attention to what my mother was trying to tell me about New Thought. Now I studied and read everything I could along the lines suggested. And, considering and analyzing what I read, I came to *believe*, then to *practice*.

I went into the Silence, my mother sitting quiet beside me, no doubt with a prayer in her heart. The messages I received! And the strength that was coming back, with an interest in life once more! Then the study of Theron Q. Dumont's book, "Mental Science", completed my restoration. Mind in every part of the body was subject to suggestion. God heals.

I went to see my doctor-friend, and he said it was remarkable; that if he had not seen it in me, he would have doubted, as he considered me a case of utter exhaustion, nerves and body, sure to die soon.

I must say that he was unconsciously a believer, as many good doctors are. He believes consciously now, leading his patients to the Truth.

So, due to New Thought, which is a revival of age-old truths with man-made theologies omitted, I am alive and well today, a strong believer. And something has been my guide and my helper ever since. Need I say I am thankful for such teachings and such help?

New Thought and the Truth, which manifests itself inwardly, have made my life fuller, richer and more understanding. Many are the rich experiences I have had, and I am happy to say I am gradually approaching serenity. Truly, I have not only life in the physical, but a real life in the spirit at well.—C. A. S., Colo.

**THE PRIZE WINNER** for September, 1927, *NAUTILUS* is P. L., Wis., who wrote Success Letter No. 1090. We will be glad to send the prize of three subscriptions wherever the winner directs.—C. H. S.

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—Elizabeth Towne.



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*"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.

W. K. B.—It is not possible to lay down any general rules in the matter you speak of, because individuals differ so largely. However, I should say your position was entirely reasonable and conservative. But you should take all possible steps to remove cause for worry.

Mrs. F. T.—That is exactly the place to get to, my dear woman, the place "where nothing matters." That means that you are through giving your troubles so much attention. Troubles, like plants, will die for lack of attention. You have been too concerned about that drinking husband of yours. Be alone in prayer and meditation until you can say what Paul said, "None of these things move me." Then use suggestion during sleep again and notice the difference in results. No case is impossible with God! "Cast not away, therefore, your confidence." Keep at it: God will not disappoint you if you remain faithful to Him.—G.

H. P. W.—Try to know that all of these things which you desire can come to you, but that they also come through you, through your work and effort, through your faith and practice. What God does for us He does through us. We must be willing to let Him use us in doing the work which is necessary. Possibly, you would be able to do some kind of work in your own home which would be the means of bringing additional money. Thousands of women are doing this today: working in cooperation with their husbands. They are proving their faith with works. They are "working out" the answer to their prayers themselves.—G.

UNCERTAIN—I think you would be warranted in requiring, as a condition of your continuing to care for your mother, that a will be made leaving the property to you. The will should be drawn by a competent lawyer, in whom you have confidence. Even then, your brother might try to break the will. Having secured this safeguard, the best thing you can do is to forget

the matter and get interested in making the very best you can of your life in your present environment. Happiness is a psychological attitude and if you take a constructive interest in solving the problems you have to meet, day by day, and keep active mentally and physically, you will find yourself much more contented. To maintain an attitude of resistance and criticism toward your mother and toward your environment will prove most destructive to your own health and happiness. Learn to depend upon *Your Own* source of happiness and power within yourself. If you cannot secure such a safeguard as I have suggested, I think you would be warranted in refusing to continue living at home—if you are satisfied that you really *want* to leave.

Mrs. H. C. M.—We must *desire* health above all else if we expect to be healed. Mere wishing is not enough: tell yourself over and over before retiring that you *want* above all else to be healthy, well and strong so that you can bless and serve your fellowmen. Believe in your healing as surely as you do that you will rise tomorrow morning. When you believe in your healing, you will really accept it in your mind, and what you accept there you will soon have in your world and in your body. Affirmations are merely special statements of your desires put in choice words and phrases, so that your mind gets a clear picture of what you want. What kind of "pictures" have you been giving your mind according to your every-day "words and phrases"?—G.

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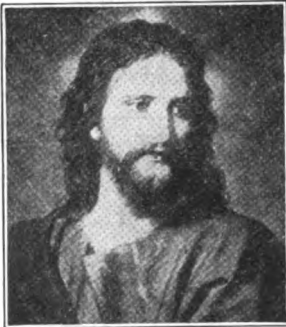


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In this department we notice as many cloth bound books as we can find room for. Lack of space forbids reviewing music. Publishers please give selling price and address when sending books for review. Reviews are written by William E. Towne unless otherwise signed.

—"Leonore Lends a Hand," by Louisa Skinner Worthington. A book for girls from fourteen up. Also for the women of all ages who wish to renew the school experiences of their youth. Leonore, daughter of an Admiral, is left all alone at a boarding school. Her many adventures, misunderstandings and interesting experiences make up the story. It is a clean, wholesome story that puts the highest ideals of conduct before the reader without seeming to point a moral. If you have a young daughter, or a girl relative, you could not find a better story to put in her hands. Price \$1.75. Lothrop, Lee & Shepard, Boston.

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—"The Mental Spark Plug," by F. D. Van Amburgh. A series of short aphorisms, maxims, similes, etc., grouped according to subjects, alphabetically arranged. Designed to help one in the art of expression in speaking, writing or correspondence. Hence the title, "The Mental Spark Plug." The book is cloth bound, 375 pages. Price not given. The Silent Partner, Inc., 200 Fifth Avenue, New York City.

(Continued on Page 44.)

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(Continued from Page 42.)

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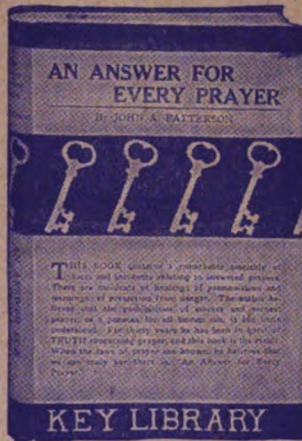
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