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# NAUTILUS

*Magazine of New Thought*

*Edited by Elizabeth Towne  
and William E. Towne*



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She Couldn't Make and Hold Friends  
Love Heals

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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."*

## This is What New Thought Teaches

Condensed from Declaration of  
Principles Adopted at Third  
International Congress

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

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

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

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

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

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

### MARKED COPIES OF NAUTILUS SAVED OUR HOME.

A "War Bride" from New York sends us an interesting manuscript, from which we quote as follows: "I can truthfully say that *Nautilus* saved our married life from going on the rocks. So you see I have a great deal to thank the magazine for, but especially the friend who sent me marked copies. Who will doubt that it will do some good to pass on our copies after we have read them?" And here is a letter from a War Widow, in which she says: "Since my husband was killed, the last year of the war, I have always felt sad and lonely, as I was all alone. But since reading *Nautilus* every day, I feel so much better in mind and health, look younger and feel that I have years of contentment ahead of me. I can never tell how much

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## Important Notice Nautilus Subscribers

If you find an expiration notice attached to this space it means that your subscription expires with this issue, UNLESS your renewal has crossed this notice in the mails. Please renew at once so as to avoid missing an issue and to save the expense of removing and replacing your name on our list. IF YOU WILL RETURN THE RENEWAL BLANK WITH YOUR REMITTANCE SO THAT IT REACHES US BY THE 20TH OF THE MONTH OF THIS ISSUE WE WILL CREDIT YOU WITH 13 MONTHS FOR \$1.00. We can afford to give you an extra month for prompt renewal.

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happiness I owe to *Nautilus*." Perhaps you will hand your copy of *Nautilus* to one you know will appreciate and read it.

#### GOSSIP ABOUT 1927.

I know you all enjoy looking into the future! So I am taking down my old box file, where I keep unpublished manuscripts, and am going to let you look within its sacred covers at a few of the splendid new features we are going to print in *Nautilus* in 1927.

"*How God's Power Helped Me to Abundance of Health*," by S. Vaidianathan, of India. Written from the viewpoint of the mystic East, the cradle of all ancient religions. This, we think, is one of the most interesting and original contributions we have ever been able to offer our readers.

"*Thought Radio, Man's Next Invention*." The experience of a group of college people who experimented with the Mind Telegraph, with interesting results. Written by one who was present. Shows how Telepathy is coming closer and closer to the field of science.

"*First Impressions, or Following Your Hunches*," by the well-known writer, Horatio Dresser. Contains many interesting instances from life showing how "hunches"—when followed—have given warning of danger or led to action which saved the life of the individual. Also, by the same author, "*Inner Guidance*." These two articles will give you a great deal of light upon the working of that mysterious faculty, intuition.

And now I must stop, for lack of space, although we've just got started in our sampling of what is coming in *Nautilus* during the present year.

Have you renewed your subscription?

#### THE NEW SUCCESS PROCESS.

We have just published another KEY LIBRARY book—Landone's new "SUCCESS PROCESS." This was originally published as a course of seven separate lessons. We found, however, that most of our readers prefer a single volume to a seven-lesson course, which must sell at a much higher price. So recently Mr. Landone has completely made over this course. It has been rewritten and condensed. The seven lessons has grown to fourteen, but the whole thing has been boiled down to go in a single 233-page book. You will find a page announcement of the book in this issue.

#### "NAUTILUS CHANGED MY LIFE."

"Enclosed is renewal for my subscription. The teachings of *Nautilus*, which I have practiced, have completely changed my life to something wonderful and I am thankful. I pass on my copies of *Nautilus* and would no more think of destroying one single copy than I would the family Bible."—M. V. L., Ariz. "I am a regular reader of *Nautilus* magazine and get a great deal of help from it."—From a U. S. Senator. And here is another appreciative reader from Colorado: "Enclosed find \$10 in appreciation of your magazine, which I frequently buy. Success to you all."—A. L. F., Colo. Perhaps you know someone who would read and be helped by this number of *Nautilus* after you have finished with it.

Your exercise on pages 20 and 21 of your unique Solar Plexus book, for dispersing "blues" is the best self-help suggestion I have found in a life-time search. I mean to urge very strongly the study of your book.—MRS. H. F. W.

## Coming In April Nautilus

"THE Hindu Method of Restful, Body Building Sleep." Life never leaves us without some problem to be solved or some plan to work out. Now the subconscious mind never sleeps. It goes right on working on the problem we last started it upon before going to sleep. All the time we say we are "asleep" our subconscious mind is working on that problem. This article will tell HOW to make your subconscious mind work for you while you sleep.

"THROW Away Your Glasses," by a man who did it after wearing them 40 years. A new principle that anyone can apply.

"THE First Requisite of Success," by J. A. Eichwaldt. Tells how a "Bum" learned and carried into practice the law of succeeding.



"IRONING Out Your Child's Complexes," by Marie Winchell Walker, M. D. Look for this in Parents' and Children's Department next month. Tells how to keep your child free from fear and nervousness; how mental conflicts arise in the child; how to preserve your child's initiative; how to free your child from the inferiority complex.

"MENTAL Direction of Motion Pictures," by P. W. Banning.

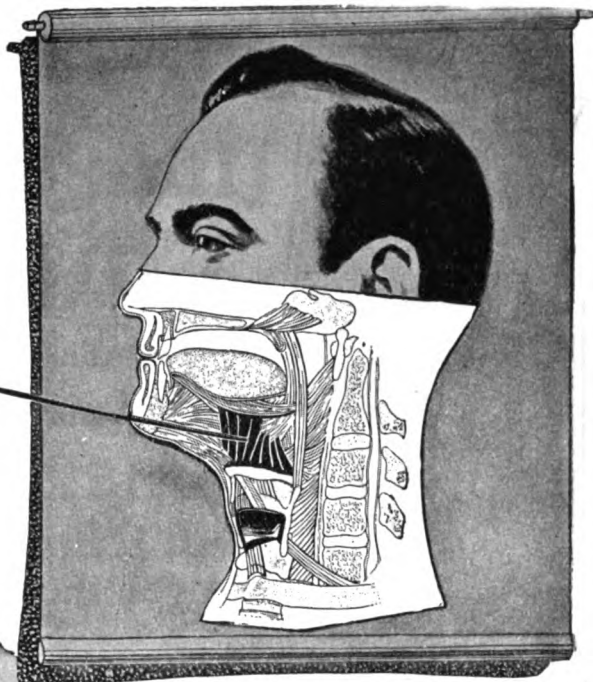
Some interesting incidents connected with filming "The Ten Commandments."

"A CHANGE in Mental Attitude Adjusted Mr. Starkweather's Income Tax," another of George C. Golden's True Stories. A worried business man found his income tax troubles smoothed out by New Thought.

### All the Above in April Nautilus

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will tell you how  
to get these things



**DO YOU** realize that you can have a good home, a nice car, a comfortable bank balance, and a real love relation to crown your life with supreme happiness? You can! Other people around you are enjoying these things. Why not you? If you have any idea that they are made of better stuff than you are made of, dismiss it from your mind; for it is cruelly false, and is cheating you and your loved ones of the things that would

## Make Life Really Worth Living

If you are a man or woman of average intelligence, you have within you as much real ability as the most successful man or woman you know, and as much power to get the things that would make you happy—not the *same kind* of ability and power, maybe, but *just as much*. You may not have the ability and power to do exactly the same thing that some other man or woman is doing, but you have the ability and power to be a real master at doing *something* which the world wants done, and for which it would pay you lavishly. If you have not already found out what that something is, you can find out and be abundantly happy and successful in doing it.

There is only a very slight margin between failure and success. The men and women who are successful and happy are just average men and women who have in some way—perhaps by accident—contacted a wonderful indwelling power which is in all of us, but which is never contacted by the majority of people; and by their methods of thought they are drawing upon it for the fulfillment of their desires. That same power is in you, and if you could only contact it and draw upon it, you could

### Be Anything You Want to Be

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**PUBLISHED  
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# NAUTILUS

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NEW THOUGHT

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## THE NAUTILUS

**ELIZABETH TOWNE**  
**WILLIAM E. TOWNE**

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**William A. McKeever, LL. D.**  
**Rev. George C. Golden**  
**Brown Landone**

} **These are  
Some of  
The Nautilus  
Contributors  
For 1927-1928  
Others  
Coming**

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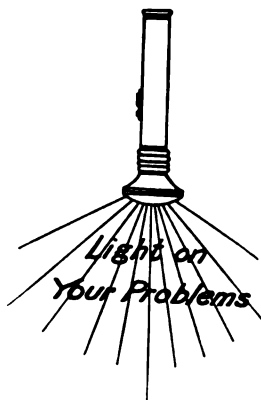
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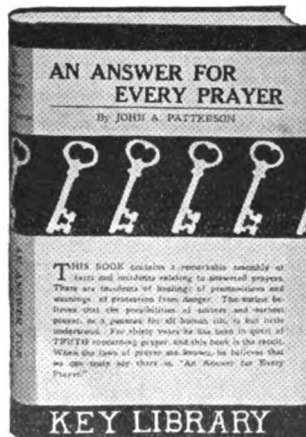
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By EDWIN MARKHAM

THE great is in the little, as the ocean  
Is in the drop with all its might and motion:  
If you knew anything, however small,  
You'd know the breathless wonder of the All.



## ENOUGH

By J. M. STUART-YOUNG

THE moonbeams on the meadow,  
The starlight on the sea;  
The sunshine after shadow—  
Enough for you and me!

The raindrops on the roses,  
The daises decked with dew;  
Sweet love in autumn closes—  
Enough for me and you!



## THE WILL OF GOD

By MARCHESA ALLI MACCARANI

ANY gift however precious  
We from God may freely claim,  
Be it love or be it beauty,  
Be it health or wealth or fame.  
That we should know any evil  
Any lack or any ill,  
Any cross or any sorrow  
Cannot be the Father's will.  
Nay He wills to give His children  
Only rapture, joy, delight,  
But the glory of the noontide  
Not the shadows of the night.





# NAUTILUS MAGAZINE

*Self-Help Through Self-Knowledge*

MONTHLY  
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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."

### *The Decision of God.*

**T**HE voice of *all* the people is the composite voice of God. The majority vote is the decision of God, for that time and that place.

And LOYALTY TO THAT DECISION, UNTIL A NEW DECISION HAS BEEN ARRIVED AT BY THE SAME PROCESSES, IS TO MY MIND THE HIGHEST VIRTUE IN THE MEMBERS OF A DEMOCRACY!

"Having done all, STAND!"

▽▽▽

*Affirm the Truth and Manifestation Will Follow.*

**A**LL things are possible to him who believes in God as his health, his power, his wisdom, his abundant supply of life and of the good things of life.

"Whatsoever thing you desire, *WHEN YOU PRAY BELIEVE* that you receive it *NOW* (in spirit and in truth), and you shall have it."

To believe, to grow belief or faith you only have to affirm the truth over and over again, until by and by you realize it. Take special periods for this the first thing in the morning

and the last thing at night, just before you go to sleep. Affirm the truth over and over, as I have just expressed it. Read this article each time you go into the Silence. Read it carefully, then close your eyes and remember that you are in the *middle of God* and that God is all, God is health, happiness and prosperity.

To restate the matter, it is like this:

1. Affirm and keep your affirmation endlessly, that God is *now* manifesting perfect health in and through you.

2. Make conditions in which the Spirit can easiest express.

Remember, you do not have to *feel* your powers—you only have to practice, *practice, practice*, until the manifestation is complete.

▽▽▽

### *To a Wife.*

**Y**ES, by all means follow your faith and your love. Let nothing come between you and your husband. And if you are of one mind about being together, then health, happiness, success and prosperity are yours. Provided you follow your heart, your faith in God and in your husband.

Let not your father and mother put asunder what God's love hath joined together.

If parents only realized what they were doing, they would never try to prevent such things. Why accept safety and stagnation with them instead of LIFE and love and progress with your husband?

It is the same problem that comes up to all of us every day: Whether we shall choose the easy and safe thing from a material standpoint; or whether we shall go forward with

## EDITORIALS *by Elizabeth Towne*

the love and hope and faith of our hearts. And as sure as we choose the easy thing from a material point of view, just so sure do we come to a place later where we can see the choice we made, and where we will bitterly regret having made it! For selfishness is a very poor principle to live by. Love impels us to sacrifice self and devote it to the service of others.

So I say unto you, follow your faith and not your fears; and go forward knowing that God works in you to will and to do of His good pleasure, *which is also your good pleasure and best good.*

▽ ▽ ▽

### *Powder, Rouge, Wrinkles.*

WHEN I was in my teens I considered powder on the face immoral. As for rouge, to me it was then an unspeakable thing. I had inherited these ideas from my mother and my grandmother. We all lived in Portland, Oregon.

In my early thirties I came to Holyoke to live. One day a lady came from New York City to call upon us. She was a very beautiful and dainty little person over fifty years of age, and she had the most beautiful fine skin.

"What do you do to keep your skin so like a rose leaf?" I asked.

Much to my amazement she answered, "I powder every day." And she added, "I have used pure French chalk ever since I can remember, and my mother used it on me from the time I was born; she and my aunts and my great aunts all used it in the same way, and they all had the finest rose leaf complexions; the use of French chalk to protect the skin against the outdoor air is a tradition in our family."

"Why, I wouldn't feel clean without it," she smiled.

"And I wouldn't feel clean *with* it!" I laughed.

A dozen years after this incident I began to use face powder, and still later I used a little rouge. There are many delightful face powders on the market. Use only the best and finest, put up by reputable and well known houses. For about ten years I have been using Hudnut's "Violet Superba."

When using powder and rouge see that you do it in the spirit of the artist. An artist does not daub his colors in thick blotches! If a real artist were "doing" your face, he would use his material so delicately nobody would guess that your rouge and powder were not the natural coloring of your own skin. I see no reason for using colored lip stick unless you are anaemic. How any man could want to kiss a woman or girl with a thick splotch of greasy carmine on her lips, is more than I can understand. And it is certainly not artistic.

▽

### *My New Discovery About That Wrinkle.*

I THINK I have made a NEW DISCOVERY about that wrinkle which is so apt to appear on one side of an elderly woman's face, from the mouth to the chin: I believe it comes because of the life-time habit of wiping one's face around, up one side and down the other. I made this discovery one day when I was noticing that wrinkle coming on the right side of my face, and suddenly it occurred to me to wonder how I dried my face, and whether the wrinkle could come from making those same movements every day from the time I was a child. I experimented a bit, and came to the conclusion that this round and round way of wiping the face is the cause of those wrinkles coming on one side more than on the other! For a year or more now (this is being dictated in January, 1927) I have been taking pains to dry my face by rubbing it up from chin to forehead on the left side, *and then from chin to forehead on the right side*, thus balancing the rubbing on the two sides of the face. And I am sure now that the on-coming wrinkle is disappearing. Try it for yourself. It is my nature to be thorough, so I give the right side of my face about twice as many rubs from the chin backward and upward to the forehead as I am in the habit of giving to the left side of my face.

There is another not very pleasing feature of many faces, perhaps everybody's more or less, which I believe is attributable to the same thing: the optimistic expression on one side of any human face, when accompanied by a *pessimistic* trend on the other side of the

## EDITORIALS by Elizabeth Towne

face, is to me attributable to this same circular motion which has been used all his life or hers, in wiping the face dry after washing. Just do some observing and experimenting on your own part, and especially look out for it in the case of little children. Do not let them get the habit of wiping their face around, instead of wiping it from chin to brow on each side separately.

This is my new discovery about why faces are not always symmetrical, and why a wrinkle from mouth to chin appears much more deeply on one side of a face than another!

To my way of thinking, it is necessary to wash the face in the morning with plenty of hot, hot water on a rough wash rag with lemon soap or Castile and to follow this use of hot water and soap, one should use plenty of cold water to close the pores. But on no account should the face ever be steamed with hot cloths! I tried that steaming treatment many years ago and found that it greatly enlarged the pores. To establish a good circulation one must use hot water followed by plenty of cold water to close the pores. Once in every day or two or three I use a very tiny bit of vanishing cream—the kind I am using now is “Creme Simone”—rubbed as thin as possible over the face and neck, and then rubbed off with a turkish or huckaback towel.—using upward motions only. Followed by a very little bit of natural-color powder, and sometimes a bit of a “grease rouge.”

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### Is It “New Thought” to Use Rouge and Powder?

**W**HETHER it is New Thought to use rouge or powder depends wholly upon whether you use it with New Thought, or with old thought. If you use it with the old thought of deceiving people in regard to your age or condition, then the use of rouge is certainly old thought. If you use it in the New Thought, the thought of the artist who expresses his love of beauty in each thing and every thing that he does, then the use of rouge, powder, etc., is New Thought. Nothing in itself is either good or ill, and there is no thing new under the sun. Egyptian women used rouge and powder, combs and

bath salts five thousand years ago. And I will venture to say that some of them used them in the old thought, and some of them used them in the New Thought, the thought of sheer love of beauty, of sheer artistry, which is the divine urge from within to express beauty according to the artist's own conception of beauty. Which reminds me of two lines from Alexander Pope:

“All nature is but art not understood!

All partial evil is but universal good.”

It is the NATURE of womankind to adorn herself, to express her artistic instinct in terms of clothes, hairdressing, rouge, powder, etc. The woman who puts all her heart into these things *when she* is doing them, and who tries to make the very best of her material, to express the most of her love and beautiful ideas in everything she does about her person, is living out the divine artistry which was planted within her from the foundation of the world.

(Next month Mrs. Towne will give a series on “The Five Principles of Artistic Dress”)

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**R**ELIGIOUS sects are made up of those who see things more nearly alike in essentials, and who for that reason like to congregate together in one church organization. Each church organization emphasizes some one or two particular aspects of religion, but all religions include the fundamentals of loving one another and dealing justly, of God the Father, expressing through the brotherhood of mankind.

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**T**HE action of God *moves* upon the face of creation to regenerate it according to His Good Pleasure, which is *my* Good Pleasure, and yours, and every soul's: our Pleasure-in-God, in God, in the Infinite behind and through all the cinema picture finities.

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**O**UR thoughts are boomerangs: we get what we give.



*It Affirms the*  
**UNITED NATIONS**  
*of the WORLD*





# Undue Arrogance.

BY CHESTER H. STRUBLE.

**T**HERE was once a Dutch housewife who was unduly arrogant about her clean floor.

One day she scrubbed right through the floor, and fell into the basement and broke her neck. Pride came before her fall!

The loudspeaker used in our own behalf fills the air with static for others. If we do a good job and someone catches us at it, they feel like Peary at the Pole. But if we do a good job and then cackle like a hen, folks are more riled by the racket than they are pleased with the product of our labor.

Even among hens the greatest cacklers are liars rather than layers. They start by cackling after laying, as all respectable hens should. Later they cackle before and after laying. Still later, they help other hens to cackle, and soon they are devoting their lives to cackling.

People who cheer for themselves are pretty apt to give way to the same temptation; that is, they soon warble rather than work.

A bird sings, but because you sing you are not necessarily a bird.

There is nothing so cheerless as a self-cheering companion whose true worth is scarcely less than half of nothing at all.

True worth is worth no less in sneakers.

To scrub floors right you must get on your hands and knees, which is a humble position, and a ridiculous one from which to indulge in loud talk.

# How to Make a New Start

By Clement White

Written Especially for Those Who are Obsessed by the Chimera of Failure

IN BALZAC'S introduction to his "*The Human Comedy*," we note the following graphic description of what may result from an idle fancy: "The idea of *The Human Comedy* was at first as a dream to me . . . a chimera that . . . forthwith spreads its wings and returns to a heavenly realm of phantasy. But this chimera, like many another, has become a reality; has its behest, its behests, its tyranny, which must be obeyed."

Briefly stated, a chimera is an idle fancy, although it is credited with being a fabulous, fire-spouting monster, with a lion's head, a serpent's tail, and a goat's body. Idle fancies are of paramount interest; for success has been delayed, and in some instances permanently wrecked, through fancies which took permanent abode in the minds of persons who started their careers with high hopes.

If your mind is obsessed with the chimera, failure, and you are thinking of "quitting cold," why not make a fresh start, and avoid the mistakes which delayed your success?

There was a reason for your present difficulties. See if you cannot locate this reason, then eliminate it. If you are afraid to make a fresh start because of an unlucky experience in the past, consider the new opportunities which are arriving daily. Among the manifold opportunities for profit and advancement is your chance for success. Don't allow mental depression, or some other factor, to prevent you from making a fresh start.

The fear of permanent failure is merely an idle fancy. Classify it as such, and its former over-powering significance vanishes in thin air. There is no reason why you should obey the tyranny of this obsession. The wisest policy is to make a fresh start, then work with such vigor that your mind will be permanently cleared of the idle fancy, failure.

Breadth of vision is a great asset for building success. It is the person of limited vision who is most apt to decide he is a failure, and may as well admit the fact. It is encouraging to note, however, that limited vision isn't a permanent handicap. Experi-

ence is a great help for developing breadth of mind (or vision). Reading and study are two other valuable aids. A narrow viewpoint cannot prove a stumbling block for any great length of time, where a conscientious effort is made to develop breadth of vision.

As a narrow view point vanishes, one is confronted with the fact that he is in good company when he joins the ranks of persons who are making a fresh start. Much of the world's work is accomplished by men and women, who, at some period of their careers were discouraged, and confronted by the chimera, failure. If these men and women had decided it wouldn't pay to make a fresh start, the world would miss their services. Moreover, they would not enjoy life as they are enjoying it today. The decision to make a fresh start is usually the most salient factor in bridging the chasm between possible failure and assured success. This doesn't mean that all who make a fresh start will become financial wizards, or acquire national fame. It does mean they will win the degree of success which permits them to be useful citizens. The man who makes a fresh start, with the determination to win, appreciates success when it arrives. Shaking hands with failure gives one an excellent opportunity to gauge the blessings of even a moderate success.

If you have reached the decision that you are destined to fail, consider the fact that your mind is composed of forty-two separate faculties. These faculties were designed for use. Wake them up, and encourage them to work in harmony, and note the beneficial results secured from an efficient mind. You have as many faculties as any man. You cannot profit from them while they are idle, or working at cross purposes. A trained mind is the greatest asset for winning success, because it accomplishes maximum results with the expenditure of a minimum amount of energy. The despondent man is usually tired, because his abnormal mental condition burns up his energy at a rapid rate. And this energy is wasted. Isn't it logical that worth

while results are assured when energy which has been consumed in "vain repinings," is suddenly directed to accomplishing a specific and useful purpose? This is exactly what happens when the despondent person "braces up," and makes a fresh start. He acquires the right mental condition for making rapid progress in his career.

It isn't essential to choose a new line of work in order to make a fresh start; but frequently it is advisable to do so. This is especially true if you have been doing uncongenial work. There is a *right place* for your particular talents and when you engage in your favorite line of work, you can make rapid progress.

Winning success after getting started in the right direction isn't nearly so difficult as reaching the decision to make a fresh start. At first thought it would seem that every one should be able to cast aside the chimera, failure. This isn't always the case. The obsession of failure quickly assumes the proportions of a permanent tyrant, unless the discouraged person casts it aside through right living, orderly thinking, and *industry*. Idleness is apt to result in the condition of mind which is receptive to an onslaught by the chimera, failure. Idleness causes one's faculties to "sleep at their posts." They become rusty through disuse, and refuse to work smoothly in an emergency. This doesn't mean that one should be "on the move" throughout his waking hours. When the body is resting, the mind is receptive to new ideas and fresh, helpful information of all kinds. When you are storing helpful information in your mental faculties, you aren't idle. You will not become a slave to discouragement as long as you keep your optimistic faculties strengthened through right living, right thinking, and regular *use*.

One who has been a victim of discouragement for a long period of time may experience difficulty in banishing the tyrant, owing to the fact that discouragement now considers

itself a permanent occupant of the mind, and won't give up its lease without a struggle. In a case of this kind, despondency is certain to endeavor to play a return engagement, and can be eliminated only through persistent effort. Each defeat leaves the enemy weaker, and eventually the battle will be permanently won.

There are extreme cases where the chimera, failure, clings to its victims like the Old Man of The Sea, and the causes of this chronic despondency may be so complex as to baffle diagnosis. The main essential is to keep in mind the fact that, strictly speaking, there is no such thing as failure. The word is an anachronism. Failure isn't an actuality. It is a *condition of mind*. And the tyrant can readily be eliminated by *developing* an optimistic mental attitude toward life. There are plenty of opportunities awaiting you if you have the sagacity to grasp them, together with the energy to succeed in your undertakings.

Failure doesn't necessarily imply lack of ability. It usually means one's talents and energies are either dormant, or are directed haphazardly. The chimera, failure, likes to bluff its victims into thinking it has permanently ruined their careers. All failure can do is to bluff. This chimera hasn't the ability to fight back when its victim decides to make a fresh start, and sets out determined to win. Failure is experiencing more and more difficulty in bluffing its victims into believing they are permanently out of the race for success. We are learning that reverses do not imply permanent defeat. We are cognizant of the fact that a *new* opportunity may prove so desirable and profitable that it will quickly erase memories of past reverses. The logical way to meet success, and win its permanent attendance, is to shake hands with the chimera, failure, *laugh at it*, and bid it an *emphatic* farewell.

(Read "The First Requisite of Success" in April NAUTILUS.)

## Suddenly I Found Myself Face to Face With the Biggest Worry I Had Ever Met

Read this Amazing Article  
In April NAUTILUS



# She Couldn't Make and Hold Friends

By George C. Golden

No. 9 of The True Stories

"I WANT to be able to make friends—among people that are worth while."

The pathetic little face of Miss Stengel glowed with a desire that was more lamentable than inspiring. I did not need her statement to give me the conviction that she had no ties among "people that were worth while." Her whole demeanor bespoke depression. Her very atmosphere chilled. Her voice lacked life. Her aura loomed colorless.

One could easily picture the manner of her existing. She would have only pity to trade on. They who considered her at all would be moved to their action because they "felt sorry for that poor woman." It would indeed be an unfortunate soul who would seek out Miss Stengel to make the day brighter or to coax the hours into skipping more merrily.

There was about her a certain dogged persistence. She was not wanting in stick-to-it-iveness. But it was the down-pulling tenacity of the octopus—the deadly urge of one who endeavors to establish equality by immersing her fellows in her own dark, limited, hopeless ocean of mortal mind.

"I have been very unfortunate in my friends," she explained, her eyes heavy with self-pity. "I just have not been thrown among the right set."

"For instance!" I prompted as the metaphysician despises generalities knowing they are poor working material.

"Well, there is Ella Joyce," she responded readily, eager to demonstrate to me that she wanted no evidence to justify her misfortune. "I had her over to the house night after night. Some weeks she was at our place as often as five times. I knew that she would be lonesome and I just insisted on her coming. But suddenly, she began declining my invitations and it is more than a month since she has been around. I might be dead and buried," she sighed, "for all that Ella cares about me!"

"It does look as though she was rather ungrateful," I asserted, wondering what would be Ella's story. "Let's go into it a little further. What did you and Ella do to occupy yourselves?"

"We generally sat around and told each other about our experiences and talked of what we would like to do," she responded.

The very thought of the gaiety of those evenings was over-powering.

"After the two of you had been together, you both felt that you had a better understanding of your mutual friends," I dared, trusting her own self-engrossment might lead her into the betrayal of her chronic weakness.

"You'd be surprised at the things Ella told me about people!" she enthused, innocent of my probing and feeling the security of much-trod ground. "When we got together and compared notes, I found that lots of my suspicions had been right."

It was, according to her, convincing testimony that she was not in the "right set." What was there we could do about it?

"The other day," I began, "a man from the Emporium was sent up to an apartment to make an invoice of furniture that had been turned back to the store."

She looked at me in amazement. I was breaking away from the subject she had come to consider.

"In the living-room," I went on, "the clerk found a bottle of brandy that the defaulting tenants had overlooked. Later, when the solicitor's supervisor arrived to see how the invoicing was progressing, he found the man reclining heavily on the couch with only one article listed on his pad. What do you think it was that he had written?"

"I don't know," she responded listlessly. She was "serious." She had big problems of her own. She patently resented my levity in telling stories on "her time."

"The man had written, 'One revolving living-room set,' I answered for her."

She smiled faintly. We sat silently looking at each other.

"To return to my problem"—she began.

"We must do it via my story," I asserted. "Think about it a minute. There is a psychological principle I want you to realize in that anecdote. Was there any revolving furniture in the room?"

"Of course not," she impatiently replied to my childish question. "The man was drunk—he imagined it."

"But he was as positive, as sure, as convinced and as fully authorized to say there was a revolving table as you are to believe there is a set that is the 'wrong set,'" I declared. "The man was drunk with bad bootleg. You are sick with bad reasoning."

"How do you explain that," she demanded. "I have proof for every statement I made."

"The proof only of mortal mind, physical evidence—which is most unreliable, worthy of no trust," I affirmed. "It creates in you the mood of limitation, censure, judgment and self-pity and what you see is the reflection of that mood."

"A crazy man sees a world at sixes and sevens," I continued. "A man who is rushing beholds a world where 'art is long and time is fleeting.' A sick man asks himself 'why should the spirit of mortal be proud?' The reformer, hot on the scent of sin, finds everywhere proof that man is vile."

"Have you never remarked these things from your experience?" I asked. "Have you ever endeavored to convince a drunken person that the side-walk is not doing the Charleston?"

"He wouldn't believe if you told him that," she responded.

"You see with these people, I insisted, 'that the faults they believe external are only the reflection of their mood. Now I am going to ask you to carry this same principle over to your own case and intelligently face your own problem. You have seen a world of disloyalty and limitation because you could behold no other looking through the mood of criticism and self-restriction.'"

"What can I do about it?" she asked, after she had given several minutes to thinking over what I had told her. "I can't change my mood at once."

"I am not so sure of that," I answered, greatly relieved at the ease with which she had allowed her better self to silently cor-

roborate the diagnosis I had given her. "History is full of evidences to prove that one moment of revelation can change a whole life."

"How can I get my revelation?" she cried. "That is what I want."

"Sit back in that chair and make yourself comfortable," I directed. "Now imagine that you have just as much means as you desire; that you are able to choose a play that interests you greatly, that you have collected in a box the friends you want and that your friends are holding just the right kind of conversation between the acts."

I stopped talking to let the picture I had suggested speak for itself.

"Now," I enquired, when I perceived that the thoughts in her mind had written some suggestion of self-reliance and external interest on her face, "you have a pretty good idea of the feeling that you would be entertaining under such a condition, have you not?"

She nodded assent.

"You have been thinking that to have those feelings, that to entertain that mood of livingness, you have to have certain material conditions. You are wrong. Much that you imagined yourself as doing, you are capable of doing now—provided that you make the great resignation of the material and the grand assumption of the true. That is the revelation that makes all things new—to you."

We discussed the subject a little more and then I told her:

"I wish you'd come to the phone and call up your friend. I want you, in your present mood, under the feeling-knowledge that there is nothing but Good, to make a date with Ella for tonight."

"But she won't . . ." Miss Stengel started to protest.

"None of that mortal mind is to enter into your mood," I commanded. "There is nothing but Good and you have no earthly business thinking otherwise."

She called up her friend and they chatted until central unceremoniously but justifiably disconnected them.

"You thought she wouldn't give you a decent reception and you found that she immediately reflected your good thought of her." I could not renounce the right of the teacher to draw "the moral."

"Maintain your mood and you live in the new world for the spirit that is in you is new," I told her in conclusion. "Happiness, prosper-

ity and health are not attributes and qualities of the human body—they are the reflection of the proper moods held in the human mind. You have had one lesson in dissolv-

ing limitation. Practice the art and, with experience, your ability will increase."

(The next True Story: "A Change in Mental Attitude Adjusts Mr. Starkweather's Income Tax.")

## Being Healed and Keeping Healed

By Mizanna Wolff

**Three Physicians and a Surgeon Said I Must Go to the Hospital for Four Operations, But God's Power Healed Me and Kept Me Healed**

**I**T IS a marvelous thing to receive the blessing of healing. But it is just as marvelous to be able to keep the healing; for many err after being healed.

Some people seem to think that they can go on in the same old mistaken ways and still keep free from all sickness. This is a rare thing indeed. For error, sometime in life, is the cause of all the sickness and sorrow that the world has to contend with today.

To be healed and to stay healed one must live a life that is free from error. We then find that being healed is just half the thing sought after. We must be careful never to disobey any of the laws of the Father of Love. Then we will be healed to stay healed and not until then.

I remember once early in my life when I was quite inexperienced with Truth, I was healed. But I was ashamed to say much about it for I feared criticism both from my family and friends. So I kept my healing as any other thing that I considered a private affair. Well, I was fine at first and then small ailments began to creep in and I began to doubt the healing. I would say to myself, "If I am healed of all my sickness, why does it come back?" And in the meantime the family began to say that I was failing. Small wonder that amidst the doubts and fears my old sickness did actually come back to me, and in quite a violent form.

My folks sent for the family physician and he in turn consulted two others and also a surgeon. After a half an hour of consultation it was decided to take me to the hospital for four different operations. They said that was my only chance for recovery and that it

was doubtful if even that would save my life.

The family stood tearfully by while I refused to go, and asked instead for a New Thought Practitioner, a friend of mine, to be sent for. The practitioner came and asked the family to let me stay at home until the afternoon saying, "If she isn't any better by that time you can send her to the hospital." To this my family consented for they dreaded to have me go to the hospital.

At the end of *thirty minutes*, my pain was gone and I was lying very calm.

My friend then went out of the room for a few minutes. While she was gone I heard my name spoken, very plainly, so plainly that I thought at first it was my friend who had returned. The voice addressed me, not by my first name only, but gave my whole and complete name, "MIZANNA WOLFF."

I answered, "Yes."

Then the voice said, "Get up and read the 107th Psalm."

Somehow, I had the idea in my mind that there were only 100 Psalms, so I answered, without turning my head to see whence the voice came, "There is no 107th Psalm."

After a lapse of about a minute the same voice spoke again, calling my name just as it had done before. I answered in the same way and again the voice told me to read the 107th Psalm, and again I replied that there was no such psalm.

There was another lapse of about the same length of time and then the voice spoke, calling my name as before only much louder, saying this time, "MIZANNA WOLFF, DO YOU HEAR?"

I then answered in a real loud voice my-

self (for I was provoked at being bothered when I wanted to go to sleep) **YES, I HEAR. WHAT DO YOU WANT?"**

Then the message came to me clear and loud, "Read the 107th Psalm *now*."

At that I raised myself on my elbow and looked around the room to see who was asking me to read that Psalm, which I was sure did not exist. When I found that I was completely alone in the room, and had been for quite a few minutes, I realized the message was of a divine order, and I straightway looked for the 107th Psalm and lo! and behold, I found it.

And in this psalm I found the cause for all of my sickness and disorder. I was shown plainly that it came because I was ashamed to confess my healing to others. That God had healed me and that I should give praise to the Divine Healer for having made me every whit whole. In that 107th Psalm I was shown four different times where my error was. I was shown in these words: "O, that men would praise the Lord for His goodness

and for His wonderful works to the children of God."

And I assure you that I started in to praise God right then and my healing was complete, and I am still well and still praising God always thus; "I thank thee, O God, that thou hast healed me and that in thy love I am healed to stay healed."

So don't let yourselves be caught as I was but praise and give thanks for his goodness and his loving works to his children.

When the physician came with the ambulance to take me to the hospital, he could hardly believe that it was possible that I could be so much better. He told my folks that I was in a very dangerous condition and that they had better send me anyway, as I was apt to pass out at any minute to the great beyond. But my folks said that if I showed signs of failing the next morning, they would let him take me. But thanks be to God the Father I did not have to go, for I was healed.

(In April NAUTILUS read: "Throw Away Your Glasses," by one who has done it.)

## How Do You Pray?

By Mabel Dill

### Why Thousands of People are Unnecessarily Ill, Disappointed, Poor and Unhappy

**O**UR grandfathers and grandmothers used to say that when our prayers remained unanswered, it was because "God knew best." In those days they talked a great deal about "the will of God," associating it rather exclusively with afflictions—disappointment, illness, poverty, sorrow, etc.

Nowadays we do not believe that God's will is ever that we shall suffer and be poor and ill and frustrated. We believe that his will for us is health, joy, fulfilment and prosperity. For we believe that God is the great principle of Creative Life within everything, pressing from within us outward toward an ever fuller and more glorious manifestation.

Then why does not this glorious and full expression of health and joy, harmony, power and abundance, come true in the lives of every one of us, especially when we so long for it?

I think first of all it is because we do just

that—we merely long for it, and do not really believe we can have it, and get busy. I think often we do not really pray. What I mean is that while we pray we also worry or feel resentful over the illness or poverty or unhappiness in our lives. And how can God answer prayers that are made with a divided mind—part of the mind praying, say, for health, while the rest is harboring feelings of injury or worry? We must not only know what we want but we must concentrate on the idea.

Often prayers are not answered because there is not enough faith in them. Conviction—the *feeling* of faith—is necessary—a feeling of knowing absolutely that your prayer will be answered. God cannot answer a prayer if doubt or fear is stronger than faith. Which ever is the stronger—the fears or the faith—will win. A powerful feeling of faith acts like a charge of dynamite on doubts and

fears—breaks them up and hurls them away and then the way is cleared for the answering of your prayer. This feeling-faith can be developed if one will form the habit of meditating upon what he believes "in his head," and act as if he believed. It is a good idea to write down what one believes, in the most powerful words at one's command; and read over this statement many times a day, pondering into the meaning of it, saying to oneself, "This is TRUE! This is GLORIOUSLY TRUE!"

If you knew that your prayers for health were surely going to be answered, you would not go around looking doleful. You would not talk about your pains and aches all the time. Not only could you easily bear them for the time being, but you would pay very little attention to them. Instead, you would rejoice over the freedom which would soon be yours. You would gloat over it! It is our actions which show whether or not we have faith, and with these as the test it is plain that many of us have little real faith. Is it any wonder, then, that our prayers are not answered? It is just as if we said to God, by word of mouth, "Oh, God, please make me well!" and added by our actions of depression or worry, "But I am pretty sure, God, you can't do it!"

Then I think certain of our prayers remain unanswered because we do not show ourselves to be sufficiently in earnest. For a while we pray fervently, then if the desired blessing does not come at once, the edge of our enthusiasm wears off. Perhaps we stop praying entirely, or at best, pray spasmodically or in a lukewarm way. Much of our praying is of this haphazard, lukewarm variety. If you will permit me to say it rather informally, it seems to me God must know we mean business!

And on certain prayers we must not expect God to do it all. Sometimes, of course, we must cease from our strenuous efforts, take our hand from the wheel and let God manage the whole affair. But on the other hand, many a prayer is not now answered and never can be, because the way that particular prayer has to be answered is through our own activity, through our use of the power God has placed within us.

I have had sick people say to me, "I am leaving it all to God. I have the faith that He can cure me!" while they refused to do

the least thing to help themselves. Did God cure them? No, he couldn't until they did their part. And I believe thousands of people are today ill or unhappy or poor because of this very thing. There are prayers God cannot answer by the exercise of his power from without us, because we are meant to answer them by the use of his power within us, by the use of God's laws of reason, common-sense, etc. Oh, what pitiful blindness to call upon the power of God to deliver us from distress and not see that his great and mighty power with which we can surely be delivered is there within us all the time if we will but take hold upon it and use it!

Then, too, let us remember that God cannot answer our prayers fully while at the time we pray we hug to our hearts some bitter resentment or anger or hate. Before we pray we need to make clean our hearts with love. Gratitude, also, as well as faith and love, helps to open the channel whereby God's gifts flow our way. Many of you know that the prayer of communion and thanksgiving often goes much farther in bringing us blessings than the prayer of mere petition. For when we merge ourselves with God and become one with Him in our thought, His power is freed in us and flows through us to outward manifestation. And if we can pray in Joy, the answer, I think, must then be the surest of all! Says an old hymn, "Sometimes a light surprises the Christian when he sings." The heart singing for joy of its faith in God must, I think, often be surprised by blessings which have not been asked for at all.

It is true that prayer is sometimes answered in the most miraculous-seeming way. It is true that sometimes prayers are answered with no effort whatsoever on our part. It is true that prayers are sometimes answered in spite of our hateful hearts. But also there are prayers that God finds it hard, if not impossible, to answer—prayers made with only a part of us, lukewarm prayers, indefinite prayers, prayers blocked by doubt or fear or unlovingness. Not "Is God doing His part?" but "Am I doing mine?" is the question we should ask when our prayers do not seem to be answered. For there are some prayers God cannot answer because we will not let him!

(Next month, in *Children and Parents' Department*: "Ironing Out Your Child's Complexes," by Marie Winchell Walker, M. D.)



# Do You Want More Energy, Radiant Life, Health, Wealth and Happiness

By A Canadian Rancher

**T**Ry this over on your Mental Piano each morning as the sun rises in the East.

Rise at five o'clock in the Summer and at six o'clock in the Winter months.

Now for five minutes rub your body from head to foot briskly with a dry flesh brush. Then have a quick shower, or better still, a sponge bath, and finish off with cold water and a brisk rub.

Now when you are physically pepped up, and all aglow with each cell of your outer skin radiating above the average amount of radiant life, contacting more abundant life, make yourself comfortable in a straight-backed chair.

Now for ten minutes go over the many good and unexpected things God has given to you in the past.

Fill your mind with the Positive, Constructive Sunshine of Your Thoughts, praising the *Kingdom, Power and Glory* of the Source of all Life. The Father Principle of all *Love and Life*, and all *Understanding*, within each one of us, that we call *God*.

Will that this Divine Source of all Knowledge shall direct your *Thoughts and Words and Deeds*.

Realize that your every Thought and Word and Deed is really a Prayer to the Divine Source of all Life, and is always establishing your exact position in the Universe, and showing your relation and unfoldment to Divine Guidance.

And now when you have raised your mental and physical and Spiritual rates of Vibrating, Radiant Life, and by willing that you shall be guided by your Inner Voice have put yourself in tune with the Infinite—*Now* put your Mental Thoughts in order for the Day by going over every detail of the work you are to do and are now planning out in a positive, constructive way.

Plan out your work directed by Divine Understanding from within, ever conscious of that "*Wee, Small Voice*"—"The Oracle of God"—that will guide your daily work in

harmony with Nature's Laws of Life, when you are "In Tune with the Infinite."

This Divine Power within is unlimited in *Love, Wisdom and Understanding*, and is always anxious to give you everything you are willing to trust this Power to give.

Be confidential with God within, put all *Fear, Worry and Doubt* out of your heart.

Make the mental picture of your day's work as you wish it to be, and realize what you give to life, life will in turn give back to you; for life attracts like throughout the Universe.

Now go to your breakfast and daily work, doing each task in hand a little better than you did the day before.

Eat your breakfast and live your working day in this wonderful constructive Radiant Understanding of the abundant supply of Life that is all around you, and is a part of you, all guided by Divine Unfoldment.

Be Natural, Be Sincere, but do not become a religious fanatic.

Live each hour with a strong desire to be Kind to your horses and cattle that you feed and care for.

To the wonderful perfect grain that Sunshine, Rain and Divine Understanding has given you from the productive Soil of your Western Ranch.

Scatter Sunshine and Love as you go, to *mankind, to your family, and to all life*, with which you come in contact.

*See and Feel* the constructive love that all Life gives to you.

How your Cattle and Horses trust you and want to be where you are.

How your Saddle Horse will follow you about, ever anxious to do your bidding.

Truly you have Dominion over all Life with which you are in contact.

Then are you living a constructive life that will produce *Health, Wealth and Happiness* for you.

And now before you go to sleep at night,

make a positive, constructive Demand to your Inner Self, to the Source of all life within you.

"I desire to do God's will, to be directed by Divine Guidance, to Radiate more sunshine, and love, each day. To do my work better and more in harmony with Nature's Laws, and to be a Man amongst Men, loved by all with

whom I come in contact, by the Animals I serve and care for."

"I realize that God's Kingdom within me is the source of all my supply of *Health, Wealth and Happiness.*"

Try this and see how wonderful is the reward of living a constructive, Spiritual Life in tune with the Infinite.

## Lack of Hearing Cured by God's Calling-Tone

By Brown Landone

### Article II

**F**OR every lack, there is a cause.

For every cause, there is a remedy.

For your problem—no matter what it may be—there is a remedy, *if* you will pay the price.

The price cannot be counted out in pieces of silver, nor in nuggets of gold!

The price must be paid by spirit, and in three installments: first, by acceptance of the Truth; second by use of the Truth; and third, by the continued use of Truth.

Most cases of lack of hearing, as I revealed in my article of two months ago, begin with a mental resentment—that is, with some desire *not* to hear a certain voice which continually finds fault, or whines, or complains.

But, this is not the only cause of lack of hearing. The second cause is spiritual laziness, due to repression. When the soul has repressed an activity for a long time, it becomes lazy. And when the soul becomes lazy, it fails to use the organs in which activity has been repressed. Then the tissues of those organs become unclean.

This is what happens in many a case of lack of hearing. The tissues, not only of the ear itself, but of the bone structure surrounding the ear, and extending down into the face and even to the nose, become unclean.

In such a case, the patient says he has catarrhal deafness, and that his catarrh causes his deafness. In the first, he may be correct, for he may have catarrhal deafness. In the

second, he is mistaken—for the catarrh does not cause the deafness. Soul laziness causes the catarrh, and soul laziness causes the lack of hearing. Both are results of the same laziness.

It comes about in this way: when one tries not to hear certain voices, one represses sound energy. When it is pressed back away from the hearing centers, it backs up in the bone structure in which tone normally vibrates. When it is thus pushed back, it blocks up the tissues of those bony structures.

Sound vibrates in the bony structure of the face and head more than it does in any other bodily tissues, excepting only the nerves of the ear itself. When tones no longer vibrate through the bones of the upper face and the ear, the result is phlegm-soaked bone. This is lack of cleanliness. It is due to soul laziness. For soul activity—producing tone and hearing it—will cleanse any such structure.

I have never yet known a case of severe catarrh which could not be cured by the soul activity of hearing tones produced by the individual having the catarrh. For, there is nothing more powerful to cleanse the bone structure of the nose, the head, and the face, than the vibration of normal tone.

Hearing pure tone produced by the self is the only spiritual treatment of Truth which will remedy lack of hearing which is accompanied by catarrh.

What is lack of hearing? It is lack of hearing tones.

What is the remedy? To hear tones! It sounds very simple, yet since all cure is from within, the tones which cure lack of hearing must be produced from within!

Since all people with lack of hearing try to hear tones, what is the reason so many cases go uncured? The truth is simple; it is because the individual seeks to hear only those tones which come from outside of himself. Whenever he makes an *effort* to hear the voices of others, his mind suggests, "You do not hear well, otherwise it would not be necessary to make an effort to hear." Such a suggestion does not cure.

But, when he understands that all cure comes from within, and when he begins to use Truth to produce tones from within himself, and when he begins to listen to the tones which he himself produces—then, the structure comes back into activity.

Each thing works after its own kind.

Since you want to hear tone, you must use tone.

In remedying lack of hearing, word statements of Truth are sometimes of little value, because a word stands for an idea. If you lack hearing, it is the *sound* of the word which you desire to hear, not the *idea* of the word, for you can get the idea from the printed word.

So, if you work in accord with God's first law—everything creates after its kind—you use true spiritual treatment—that is, consciousness of tone from within to produce consciousness of tone from without. Produce tone from the God within yourself and vibrate it *outward* through your hearing structure, instead of always trying to *pull* it into your consciousness from the outside—and you'll work the change.

In one article alone, I cannot give you a complete outline of all the different tones to use as you progress, but you can make the start, and if you do so, and trust the spirit within you, it will lead you to choose such other tones as you may need from time to time, to bring your divine consciousness of all tone back into activity, and thus cleanse the structure.

Tone is one expression of God. Light is another expression. Electricity is another. Heat another. Mind another. Love another. Each has its own nature and its own use, producing miracles, each after its own kind.

Tone is the divine expression of God, which *calls* to you; it is God's voice speaking in you.

Do not try to affect a cure of lack of hearing, merely by thinking Truth statements in "words." You can recognize words in print, even though you cannot hear. So, for lack of hearing, it is not word-Truth you need, but tone-Truth.

Treat yourself by the use of the divine voice of God! Begin with His *mind-tone*—the tone which divinely *calls* from Him to you.

If you have a piano near you, step to it, and strike firmly and strongly the "E" above middle "C". Then hum the tone of "E". It is the *divine calling-tone*! It says, "Hear Ye! Hear Ye!"

Hum "E" upward. Hum it up through the bone structure of the roof of the mouth, up through the upper nose, until you feel it near the eyes. If it seems to clog anywhere, there is uncleanness. Keep at it day by day, and each time you hum "E," know that you are humming the divine *calling-tone* of God.

God's call penetrates. It reaches to all corners of the universe. It will reach through all the structure, no matter how phlegm-soaked and water-logged, and cleanse it.

Day by day hum this "E" tone for a few minutes in the morning, for a few minutes at noon, and a few minutes at night. Each time send it farther and farther up towards your ears, and as its vibrations reach the ears themselves, the ears will respond to God's call!

About fourteen years ago, I was astounded one day to discover that I could scarcely hear with my left ear. How the condition had come about I did not know. It surprised me and astounded me, for I was then in Paris analyzing tone and remedying causes of lack in tone, for pupils of de Reszke and other great masters. Yet, there was the fact—as I put my hand over my right ear, I could scarcely hear with the left ear.

Later, I realized that I had been lazy. For hours a day I had listened intently with my right ear—for it is more natural to use the right ear when listening intently to another's voice to discover the lack and propose the remedy. So, I had lazily stopped using the left ear.

I knew that God is all in all. I knew that God is within me. I knew that each thing produces after its own kind. So, I recognized that I must begin to use the Truth of God's divine consciousness of tone to produce consciousness of tone. I began, and for only three minutes in the morning, three minutes

at noon, and three minutes at night, I covered the right ear, and compelled my left ear to hear the calling-tone of God, which I hummed from deep within me. I began with "E" above middle "C" on the piano, just as I advise you to do.

I hummed God's pure calling-tone, the "E" above middle "C," until the glory of its activity rang up through the bone structure to the left ear, and the left ear was changed!

And, when you think of it, it was compelled to change—for God, Himself, manifesting as tone was purifying the structure, cleansing and singing, "I am the God within; I call to you; I *am* God; I have a right to what I *produce*. I produce tone, and hence hear it!"

Within three months my left ear had regained its hearing, and I heard as well by it, as I did by the right ear.

In regaining your hearing, do not give all of your attention to trying to hear the tones produced by others, but first, *produce* the tones you wish to hear from within—the God-tones. Begin with the "E" above middle "C." It will *call* to you as the voice of God calls. And, when you heed it, all the tissues will respond, and you will regain that which you seem to lack.

*(In the next article, Mr. Landone will take up the third and last cause of lack of hearing. It is lack of joyous activity—more particularly, it is lack of joyous dancing.)*

## Mind Over Matter

By Pierson Worrall Banning

Part 10 of "The Power of Mind" Series

**I**N THIS series of articles on the power of the mind, examples have been given of results obtained through different methods of utilizing its forces. This article deals with methods taught by one of the largest schools of mental and spiritual healing, and is representative of what thousands of their members are doing in all parts of the world.

In the English weekly, *Active Service*, Major O. S. Fisher, of the British Forces in India, has become known as a most remarkable demonstrator of these higher powers, as is shown by the following letter recently written by him:

A few months ago I broke my collar-bone. After jumping a ditch onto some broken ground my mare got her fetlock into a deep groove and fell. I found myself thrown hard on the flat of my left shoulder, and distinctly felt my collar-bone break. I got up and shouted, "It's a lie! I'm not going to have it." Then the words came: "No harm shall happen to the righteous." I shouted into space: "Is that true, or is it a leg-pull?" Back came the voice: "It is true, and I will redeem it."

Then I saw my poor little mare lying as if her back were broken. I denied this lie

into nothing. Then people began to come to pick up the pieces! I squinted at my nose to see if I was looking white, or, as I felt—quite all right. Yes, there it was, its natural color. Good business! Keep on! I felt no pain at all, in fact I never did, even at the moment of the smash.

Then wrong thoughts began crowding me from all sides, suggesting that the mare really had broken her back and that it was just as well to admit it and treat for my collar-bone only. I denied this into nothingness. That finished it. So before the people arrived I said to her: "All right, dear heart; Love is the only power. Love alone governs. There is nothing to fear." Then the people arrived. "Do you want a revolver?" "No," said I, realizing that a spiritual idea never can be shot. "Are you hurt?" "No." All I had to do was to keep the wrong thoughts from touching either Mimpsi or myself. So I just stood there not accepting the thoughts which kept trying to come. I blinked them all out. I was then beginning to feel happy and at peace. People were busy "helping." When they had pulled Mimpsi out of the position she was in, she got up quite easily, but was

lame in front, having bruised her knee in the fall. I turned this out, but was so thankful that the broken back thoughts had been destroyed, that I didn't bother much about the knee. (It got all right in due course without any veterinary treatment, much to the astonishment of one of my officers who said, "You've destroyed all our illusions by doing nothing to that knee.") Before I led the mare away I lifted the saddle and put it on, using my left arm (the broken collar-bone side) quite easily. This surprised me somewhat.

The next question was, what was I going to do about the broken collar-bone? Should I say anything about it? If I didn't people would say: "Why aren't you riding?" a difficult question to answer when one is accustomed to being seen riding every day or even several times a day. I knew how harmful it was to suppress a false belief from others and to try to treat against it as well. Under such conditions it can't be got rid of. It must be got out somehow. While walking along the road to where a car was standing I kept waiting on the divine Mind, to know what I should do. I happened to feel my collar-bone and found a broken end sagging down. I just gave it a push up, and it stayed there quite comfortably. I kept my thoughts off the collar-bone all the time knowing that the action of the divine Mind is all that can take place. Before getting to the car I knew what to do. I was to go to the hospital, just as an officer should do. I was to know with Whom I was dealing when I got there. I knew just what to say and what to do. So I told the friend who was driving me home that I thought I had broken my collar-bone.

On arrival at the hospital in Peshawar and on saying, "I think I have broken my collar-bone," I found the following atmosphere. "Ha, ha, my lad! After many years! Now we've at last got you here." Then one of the nursing sisters said, "You'll have to come into the hospital." I looked straight through her into infinity, and realizing Omnipresence said, "I shall be delighted to do whatever YOU think best for all concerned." That finished that.

Then all the doctors crowded around and began to prod my collar-bone, "Does that hurt?" "No." "Do you feel pain now?" "No." "H'm, funny thing." They all prodded and poked and h'mmed! Then they asked me if I could put my arm behind my head, behind my back, and hold it high up. All of these I did easily. Then they looked at

each other in astonishment. Then they returned to their prodding and poking and h'mming. One of the doctors, standing behind the prodders and pokers, was a Scientist. I winked at him, and he laughed. The others intercepted the wink, and said smilingly, "Great triumph of mind over matter!" Then I explained my way of thinking to them. They were much interested, and one of them said: "Yes, I know, I know, I know." They did nothing to the collar-bone, but just gave me a bandage to keep my arm in a sling and close to my side. Then one said, "You had better come into the hospital for a few days." I replied, looking through him into God: "I shall be delighted to do whatever you think best, but if it is all the same to YOU, I would sooner be loose." So he said, "Oh, that's all right. Just come here every day to have it looked at." Then he asked me if I would help a high civil official who had melancholia, as they could do nothing with him. This official was a friend of mine; I had a pleasant talk with him, and at the end he looked himself again, instead of like a hunted animal. I was intensely happy all day and saw Love everywhere. I carried on doing my duty, although I had my arm in a sling.

Next day, I was x-rayed, and there was no doubt about the break. The doctors said it was in a good position for healing.

As soon as it was known in Peshawar that I had broken my collar-bone, the fun began. People asked: "Why did he break it?" "What about Christian Science now?" Doctors rang up Scientists on the telephone or wrote to them to know why I had broken my collar-bone. The difference between Christian Science and Christian Scientists was explained to them. Husbands, who were supposed to be antagonistic to it, said to their wives: "NOW then, HOW about it? What about your Christian Science now? Mr. Rawson has passed on, you have been ill, and Major Fisher has broken his collar-bone. What are you going to do NOW?"

The doctors talked about it everywhere, so I was told. Not one of them denied that Science had done the work; in fact, they were so impressed that they could not argue; they could not argue against what they had seen with their own eyes and felt with their own fingers. I was told that at dinner parties they talked a great deal about it, and said that it was supposed to be an utter impossibility for a person with a broken collar-



bone to lift his arm up as I had done. Also one of them had seen me lift the saddle up with my left arm and put it on the mare. The fact that I had never had any pain also impressed them very much.

One day, about ten to fourteen days after the event, I was sitting in a canvas chair on the verandah. The canvas broke, and I fell on the ground jarring my left shoulder and arm. I thought: "There, the thing has gone again!" "It's a lie! It isn't a thing. It's one of God's ideas and is spiritual and can't be broken." There was no break and the jarred feeling went off in a few minutes. Then I saw how complete the healing was. I had no fear of using my arm after that. As far as I know the callous on the joint formed all of a sudden, and seemed complete about the second or third day after I broke the bone, but I did not pay much attention to that at the time. I gave no regular treatments for myself as regards that particular thing, but just kept my thought right about it, and kept my thoughts off the bone as much as it was possible to do, relying on the harmonious action of Mind as all that can take place. I was very soon riding about as usual, the doctors laughing and shaking their fists at me and ordering me to go home. They said I had "put up a very good show."

One day, when I was in the General Staff Office, the Assistant Director of Medical Service came in. He said: "Hello, how's the shoulder? A bit dropped, I hear." I said: "No, it's all right now. Who told you it had dropped?" "Someone who ought to know. Ah,

yes, it's the right one," he replied. The Staff and I laughed at him, and I showed him the left bone, now mended. "Well," he said, "I think you ought to go home and see Sir ———, the great bonesetter. You would be able to teach him something. If you can show him your way of setting bones, he'll learn something."

The great lesson to learn from all this, is not to suppress it from others when a false belief attacks you. I do not mean by this that one should stop people on the street and tell them one has got a gumboil. But I have seen such distressing conditions arise from people trying to prevent others from knowing that they, their families, horses, dogs, cats, etc., have anything wrong with them, while holding in themselves the fear of the false belief being seen by others and trying to treat against it. That is an impossible situation. One must get the wrong thought out at all costs. If it is obvious to others that one is suffering from something or other, and if he is asked about it, he should reply in terms understood as true by the other, explaining that he is giving himself, or having Science treatments, and then reverse the thought, holding in himself the true idea. Then relief is felt and healing is often instantaneous.

The "inside of the platter" must be kept clean as well as the outer, in sickness as well as in sin.

(Next article, "The Mental Direction of Mental Pictures"—the most interesting in the whole series.)

## Love Heals

By Hazel Neal

**Following this Wonderful Thing Creeping Through Me, Soul and Body, I Realized the Chills and Fever Were Gone. I Was Well**

YESTERDAY morning I sat in a fine class of women who are the mothers of young children and I listened intently to an interesting discussion of the lesson, which was on healing. One little woman remarked she could not understand why so many people who loved God were not well in their bodies as well as their souls, yet they believed in the power of God to heal every sickness. She

referred to a certain church in the East where she had formerly worshipped, telling us of several believers in that particular church who were constant sufferers. They well knew the promise, "What things soever ye desire, when ye pray, believe that ye receive them, and ye shall have them."

"But I noticed," the speaker divulged, "that many of these same people were morose, cyn-

ical, narrow-minded and critical of others, of the church and life itself. They were sensitive, touchy. Some of them veritable grumblers. May—maybe that has something to do with it," she suggested thoughtfully.

"Perhaps that is just the reason why many of the children of God are not healed—do not receive answers to their prayers," I agreed. "For you know the Good Book says, 'faith worketh by love.' I continued. "God is Love, and when we have God within we have His love. Then faith positively operates. If faith works only by love, then it is the only true way to get answers from God."

"So we see," I went on, "it is Love that heals.

"It is only when our hearts are purged of cynicism, hatred, unkind thoughts, bitterness and fear that faith can work out in our lives its wonderful blessings."

I remember several years ago when I was in a Missionary Training School, a dear, aged woman whom I knew and loved passed on. I planned to attend her funeral, but when the day came for the funeral, I was quite ill with the flu or gripe as we called it then. The superintendent, his wife and all the workers went, and I only remained. I was left alone in that big house. At first I resented the situation and almost hated myself for being ill.

As I lay there now feverish, then chilling, I pondered indulgently over my loneliness and affliction when suddenly it came to me that I spend the time praying for friends and loved ones. I was quite pleased with the idea. With closed eyes I began. It was so easy, so relaxing to pray. I began with my loved ones, my parents, then my brothers and sisters. Next, I prayed for my closest friends and for those of the school who were away at the funeral. My prayers were short. On and on, I prayed as the hours went by. I prayed for everybody I could think of—prayed until I was too tired to pray anymore. But as I prayed I was aware of something filling my heart to overflowing. A strange, soothing, peculiarly sweet and comforting sensation

seemed to be spreading over my being. It circulated through my veins. I was possessed with ecstatic joy. It was love—God's love that had filled me as I prayed! Then it seemed that I loved the whole world as never before. I loved everybody—everybody! Following this wonderful thing creeping through me, soul and body, I realized the chills and fever were gone and I was well.

Next time you are ill and sick at heart just remember to pray. Pray for those who are in need and see it bring to you the same healing power that was brought to me that day. The reaction of love is faith, victory, health and success.

The body thrives by love. Watch the glow on the cheeks of the young woman who is in love. See her elastic step. Look at the light in her eye. But let that girl's lover disappoint her. What a change! The drooping lids, the dull, listless eye, the pale cheeks, tell us there is something wrong. So it is with the Master's love in our hearts. We are vibrant, forceful, happy, healthful when we experience the power of his love working in and through us, but when we are filled with evil thoughts, fears and complainings, life loses its elasticity, its force, its resistance, its strength and beauty. Upon the reactionary influence of love hang health, happiness to a great degree. No wonder the Master was never ill. He loved as no other loved. Love was his theme—his work.

Love stimulates, it energizes our beings. Hate, fear, envy, cynicism wears out the tissues, depletes, but faith working by love, builds, repairs and restores. Love lifts. Love rejuvenates. Love influences the functions of the body, inducing normalcy. The soul unmoved by the Master's love is like the lazy waters; it stagnates and corrupts. It shatters.

When we come to accept the fact that divine love surging through our hearts and minds like a mighty river is the greatest healing force in the world, the great miracle worker, then we shall of a surety know the true secret of victory over life's ills. Then we shall know less and less of pain, fevers, maladies as well as heartaches and griefs.

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I LOVED a certain person ardently and my love  
 was not return'd,  
 Yet out of that I have written these songs.

—Whitman.



# Views and Reviews

## by William E Towne



### THE INFERIORITY COMPLEX.

**D**R. ALFRED Adler, quoted in a recent interview, says that the inferiority feeling is common to every child, but that it becomes a complex only when repressed.

In the course of the child's growth, if it takes place under normal conditions, he gradually gains in self-confidence and self-reliance. But if the parents are unduly harsh, if they continually criticise him and refuse to allow him to act as other children act, his feeling of inferiority grows stronger and stronger within himself until it breaks forth in rebellion against his parents, or against society. Such children often become criminals when they are grown. If they possess a talent for leadership, they may become political tyrants or dictators.

Nothing more quickly and surely develops an inferiority complex in a child than the feeling that his parents are not interested in him or that they have deserted him. I once had the opportunity to look into the inner life of an expert safe cracker who had served terms in half a dozen penitentiaries. He was born of well-to-do parents. From his earliest remembrance he was left to the care of servants and governesses. Ethical training and the normal love of parents being lacking, he soon developed the idea that it was smart to outwit his "keepers," for that is what they seemed to his infantile understanding. Feeling himself deserted by the powers to whom he naturally looked for support and encouragement, it was but a natural evolution that he should later transfer the same feeling to society. In the absence of normal training, he found no constructive outlet for the feeling of inferiority. His whole view of life, and of his relation to society, became sadly warped and out of proportion. It was hardly strange that he, in his bewildered groping, should turn to a life of crime. Just as he had pitted his infantile shrewdness against his governesses, so he now pitted his mature intelligence against society. His parents had ignored him in childhood so that he felt that he owed them

nothing, and the same feeling was now carried over to society, which stood, in his thought, in the place of his parents, after he had broken away from his home. And his success in crime relieved the feeling of inferiority which normally should have found relief in constructive activities, under the loving guidance of his parents. He took pride in being a successful criminal. Under more favorable conditions he would just as easily have found compensation for the inferiority feeling by seeking success in a profession or in commercial activity. The same faculties that made him a success in the underworld would have carried him to success in legitimate fields of effort.

Dr. Adler also sounds a note of warning against too much coddling, too much kindness, for that, too, tends to "intensify the feeling of inferiority." The child, under such circumstances, never develops the self-reliance necessary to support him when he comes in contact with the world. "The golden mean," neither too harsh nor too kind, is best for the future welfare of the child.

### MAKE YOUR OWN DECISIONS BUT FACE THE FACTS.

**I**F YOU depend upon the advice of others, you never develop your own judgment.

When one asks for advice it usually means one of two things: Either the individual is lacking in self-confidence and shrinks from making his own decisions, or (second) he is trying to get another to back him up in what he has already decided to do. In such instances if the advice he gets runs counter to the decision he has already made, he resents it as a personal affront. An illustration of this peculiarity of human nature recently came to our attention. A lady wrote to a certain magazine saying that several years before she had read an advertisement, which she described, in that magazine, that it was located on a certain page and she felt sure it appeared within a specified period of years, and she would like very much to get the name and ad-



## VIEWS and REVIEWS by WILLIAM E. TOWNE



dress of the advertiser. The publishers felt certain no such advertisement had ever been published in their magazine, their records showed no such name, and a search failed to locate it. But the lady was not satisfied. She still insisted she had read the advertisement in that particular magazine, and she insisted upon a further search through a period of years which she named. This was finally arranged for, the lady agreeing to pay for the cost of making a detailed search, in spite of the fact that the publisher advised her that in his judgment the advertisement never appeared there and would not be found as a result of the search. A systematic search was made through the issues specified by the lady, but the advertisement was not found. Whereupon the lady was quite indignant and fell back upon her assertion that the advertisement *was there*, in spite of the fact that it could not be located.

Now it is obvious that in this case the lady was not really looking for, and did not want to face, the truth. She wanted the facts to coincide with her own judgment, whether they would or not!

But we should not be critical in considering such an incident, for if we analyze our actions carefully we shall find that scarcely a day passes that we do not assume just such a foolish attitude toward truth. Over and over we shape our judgments according to our own desires, ignoring the plain indications of the facts.

And this carries us away from the straight path to efficiency and accomplishment. Successful action is based upon an unprejudiced consideration of all the factors and facts connected with it. Only the strong and poised

individual can give such consideration to his important actions. If you would become strong and poised, learn to depend upon your own judgments and to *face the facts*. The weak man asks for advice because he dislikes to face the facts. He likes to feel that he is putting at least part of the responsibility elsewhere. Often it is a matter of laziness—he does not like to take the trouble to dig into the matter and accumulate sufficient data for making an intelligent decision or judgment. So he kids himself into believing that some one else will do a better job at deciding than he can do himself. He is usually living in a fool's paradise! Unless it is a matter of technical knowledge or skill, which of course often makes advice necessary and helpful. But general advice costs nothing and is usually worth just that!

To succeed in any work or business you must make yourself, to some extent, a leader; and the first requisite of a leader is that he must make decisions. The president of a great manufacturing company said in a recent magazine article: "Advice and counsel are all well and good and at times necessary; but in the end the head of any business or department of a business, must proceed on his own, accepting the full responsibility for his acts." And to give point to his statements he describes the most momentous decision of his life. It was in 1895 and his business was shut down for lack of orders. The decision he made at that time was to the effect that he would henceforth make his own decisions and run the business himself, regardless of the advice of others, taking the full responsibility himself. And from that time to the present his business has prospered.

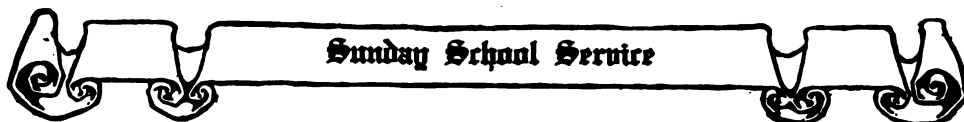
## THE HINDU METHOD

Of Restful, Body-Building Sleep

*Tells you how to make your subconscious work for you while you sleep*

*See April NAUTILUS*





## International Sunday School Lessons

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

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

March 13. MAKING THE WORLD CHRISTIAN or DIVINE RECLAMATION. St. Matt. 28, 16-20, Acts 16, 6-15.

*Bible Readings:* St. Matt. 28, Acts 15.

**GOLDEN TEXT:** *Go ye therefore and make disciples of all nations.* St. Matt. 28, 19.

**NEW THOUGHT GOLDEN TEXT:** *Where there is no vision the people perish but he that keepeth the law, happy is he.* Prov. 29, 18.

**T**HE missionary movement would be futile if it were not founded on the fundamental principle of universal harmony. The universe is a unity just as is the body. Nations play the same relationship to each other as do the various members of the body. When they obey the law of their own being they are happy, for they are in harmony with all life. Their understanding of their place is the result of vision or loving intuition.

The same truth applies to all life. If we are true to ourselves (not talked into endeavoring to be someone else instead of ourselves through high wages, etc.), there would be a sufficient number of bookkeepers, ditch-diggers, architects, engineers, singers, writers, etc. Labor troubles would then be a thing of the past and unemployment would be as extinct as the salamander.

New Thought has taught us the value of holding the proper attitude. It has shown us that we may enrich people even more with our respect than with our cash, more with our realization of their importance than with unlimited banking accounts. To "sense" others as in their rightful place is to enable them to discover and be themselves.

If we are seeing great mal-adjustment in the external world, it is because our vision has not revealed to us the definite need that we have of these "useless" individuals.

I utilized this truth to restore harmony to the life of a school-teacher. She was bewailing "the duty of having to spend Christmas with my folks whom I have outgrown." When she saw that she really needed her folks, that a visit at Christmas was in reality a selfish thing for she herself was on a voyage of discovery, she bought her ticket with enthusiasm and at home discerned virtues and resources in the family that she had been blinding herself to for years.

The world reclaimed for truth is just the same old world that we have today, but we will be seeing it as it is. By the casting out of prejudice and hate, by the welcoming of vision and love,

we create all things new the only place they can be created—in our consciousness.

*Silent Affirmation.*

**I sense each individual as self-supporting, self-expressing and harmony creating.**

March 20. THE CHRISTIAN'S HOPE, or IMMORTALITY. St. John 14, 1-3, 2 Cor. 5, 1-10, 1 John 3, 2-3.

*Bible Readings:* St. John 14, 1 Cor. 15.

**GOLDEN TEXT:** *In my Father's house are many mansions, if it were not so, I would have told you for I go to prepare a place for you.* St. John 14, 2.

**NEW THOUGHT GOLDEN TEXT:** *Before Abraham was, I am.* St. John 8, 58.

**T**HROUGH consciousness we discover reality.

If I have a thousand dollars in the bank and am not conscious of it but falsely believe I have overdrawn, then as far as I am concerned (in my business dealings) I am very short of money, while the truth is I have sufficient for my day's purchase. I have created my own limitation.

The Master shows us that in the same way we have been falsely thinking sin, disease and death and by our thinking have created them for ourselves in the world. It is His advice that if we wish both to prolong our days and increase our enjoyment, we shall know the truth; that we are spiritual beings in a spiritual world; that our real existence no more began at our so-called birth than does it end with the dream picture of the "last sad rites." He Himself demonstrated not only the fact that He lived after so-called death but that the "departed" Christ was in close personal touch with His friends.

We cannot fail to realize the comfort there is in this for them that mourn, the joy there is in knowing that some day the dark glass shall be clear and that they will realize how utterly ridiculous it is to say we have "lost" a friend.

If we then are eternal creatures, we may begin to act as though we have infinite years to master the fine art of living.

If you move into a house intending to stay there only a week, you will feel it is not worth while to fix the gate and paint the roof. Your stay is short, therefore the broken hinge and the warped shingles will "do." So the individual, impressed with his mortality, feeling keenly the petty duration of his life, considers his poor knowledge, inadequate and unsatisfactory as it may be, as "good enough for the time being."



However, if you are going to stay in that house "forever and a day," no detail is too small to come under repairs. Likewise the person who believes that he is a citizen of eternity will be an earnest and thorough student of life that he may have as much mastery over his body, mind and estate as he can cultivate. He is too busy to think of death, therefore too occupied in creating activity to give form to death.

*Silent Affirmation.*

**I build for myself abler bodies through my unfolding knowledge of my own infinite being.**

March 27. REVIEW: STUDIES IN THE CHRISTIAN LIFE or THE FOOTPATH OF THE IMMORTALS.

*Bible Readings:* Gospel of St. Mark.

**GOLDEN TEXT:** *If ye love Me, you will keep My commandments.* St. John 14, 16.

**NEW THOUGHT GOLDEN TEXT:** *And God said, Have dominion.* Gen. 1, 28.

"A CLEARLY unified instruction runs in almost verbatim language through all the sacred books of the world. It is the living wire insulated by absurd dogmas and ungodly imaginations. It is the footpath of the immortals. Whoever can read its supernal laws is in the way of salvation. It concerns that swift, subtle faculty possessed by us all, whereby we look whithersoever we will; to the Diety beholding us or to the dust beneath."—Mrs. E. C. Hopkins.

This footpath of the immortals is trod by the world's super-men. It is the avenue frequented by immortals no longer deceived by the dream of mortality. They know no relation to their fellow-men but that of brothers. They implicitly trust their understanding, for they are aware that they are inspired by the Almighty. They fear not for their body, for they have long ago cast aside all terror lest anything might do them hurt. They are, moreover, men of great authority who never doubt the right of their own dominion.

What gives them their power?

We can perhaps discern the answer if we ask ourselves what our experience has shown to be the cause of depression and drought of spirit. Thought of inability creates the prisoner's mood. Then the opposite—the knowledge of dominion—creates the attitude of the immortals.

Speaking of this, William James says: "Under certain conditions, there is an influx of a higher order of consciousness; something from above takes hold of the lower part of itself, quickening it with new vitality, often utterly recreating the outer man."

Man longs for dominion. He feels it is his natural and divine right. When he discovers the Truth, through his "doing the works," he is astounded at the mastery he has over every detail of his life, from the simplest to the greatest.

*Silent Affirmation.*

**To think and act as competent and successful is to be so.**

April 3. PETER BECOMES A DISCIPLE OF JESUS or VOCATIONAL ADJUSTMENT. St. Mark 1, 14-31.

*Bible Readings:* St. Mark 1 St. John 3.

**GOLDEN TEXT:** *Come ye after Me and I will make you to become fishers of men.* Mark 1, 17.

**NEW THOUGHT GOLDEN TEXT:** *He left not Himself without witness.* Acts 14, 17.

ST. PETER had been a fisherman. He became illustrious as an Apostle of Christianity. Through his discovery of the Master and listening to His words, when he accepted as truth, he found himself and gave the world the benefit of a more efficient, a more influential and a more inspiring life.

The real Self, the Christ, in us is our career. Silently at times and urgently insistent at others, the Ego is pointing out to us the way in which we may walk to fulfil ourselves. They who assume these revelations and intuitions and intimations of world service and self-realization to be true are the men and women who attain to that power and brilliance of living that we all desire.

The critical step is the bold, unwavering, unhesitating stand of assumption. The only reason that Beethoven became a composer and another boy with equal ability failed is because the former assumed that what he desired was true and acted as though he were what he wished to be. The other boy felt the longing and heard the prompting of the Holy Ghost, but he waited and waited for still more assurance. Success woos the bold, but the timid are far from her path.

The question may arise: "How shall I know my real place?" The Self has not left itself without its witness. The Master read the voice of the witness when, as a child of twelve, the one place in Jerusalem that drew Him was the temple. The boyhood of Raleigh was spent—as much as his parents could not prevent—talking with the "old salts" on the docks.

The "witness" generally takes the form of an attempt. A famous teacher of painting would take no pupils as students who hadn't yielded to his urge by "dabbling" from childhood.

In these days of high-powered advertisements from correspondents schools, we are in danger of being hypnotized by the promises of wealth and fame held out. The very presence of wealth and fame as dominating factors in our desire prove that we are on the wrong track. It is the work that we would sooner do than anything else in the world that is the "line" in which we can best express the Divine Servant in us.

*Silent Affirmation.*

**I devote my mind steadily to that which I desire to be.**

GOD OF the world of love I'd know,  
How Thou wouldst have my soul to grow?  
Touch me in ways that teach me;  
Teach me so I will know  
Where Infinite Good would lead me;  
Where God would have me go.

—IRENE W. LORD.

## Parents And Children

Helps that  
will bring



them closer  
together

### While They Sleep

By Agatha R. McGivern

I HAVE three children, who are now going to school. Many times they come home with poems to memorize, spelling to learn, and the kinds of memory work that is necessary in the schools.

I have always made it a practice, since they have been old enough, to read to them while they are getting ready for bed. I found that reading quieted them if they had been romping and it kept them quiet if they were inclined to romp. I always finished up with a poem or story after they were tucked in bed.

After they started to school we spent the time just before going to bed in getting their lessons. Many times I gave them their spelling while they were getting their bath and if they had memorizing to do, we worked on it while they were getting ready.

I had no reason for doing their work at this time, except that it was convenient and economized on time for me. I had to be with them while they were getting ready for bed, getting

out their clothes for morning and giving them their good-night story.

After a while I noticed, if we had worked on a poem in the evening, after they had gotten quiet and were ready for sleep, that the first thing in the morning they would come to my bed and say "Mother, I know my piece." And they would recite it right through from memory. Usually this happened as soon as they were up—before they had even time to look at the book.

This had happened, I suppose, many times before I even noticed it. After I did notice that they always seemed to know the work so much better in the morning, I checked up on them, to make sure that it wasn't imagination.

I began to wonder about it. About the same time, I made several other discoveries which puzzled me. I began thinking more and more about the "why" of all this.

Since then I have studied some about the mind. I realize the wonderful value of the subconscious mind, and I use it constantly now in my work.

I still take advantage of it in helping the children with their work.

When I have mastered it to the extent that Robert L. Stevenson used it, I will have conquered my subconscious.

## 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.



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

H. S.—Begin at once to help that lad overcome his shyness. Ask his teacher to insist upon his playing with the other children. After he is forced out of his seat a few times and into games, he will enjoy them. Refrain from speaking of his timidity before him in the presence of others. He must be led lovingly, but firmly. Study him. Find out the pleasures and interests he responds to spontaneously.

Do not let him become conscious of this, or he will crawl more deeply into himself. You must draw him out. Play games with him where he will be in the limelight.

Encourage him to dramatize the stories you read to him. Invite other children in and have weekly dramatization of stories. It will require

tact, but you will be greatly repaid for your efforts. Suggest to him when asleep:—"You are fearless. You are courageous. You are capable of great accomplishments."

R.S.—"How shall I teach my little boy respect for his body?"

I have always been grateful that my first book in Physiology was called, "The House I Live In." In my childish mind, I felt, somehow, that the real "I" of me was apart from my body and simply walking about in it and dwelling there.

Teach the lad that his body house is changing day by day. That it is built from within by what he thinks and eats. That every part of that body is beautiful and created by God. As man takes pride in keeping his home beautiful, so one should keep his body clean, neat and in good form.

Since Jesus dignified the body by the name of "The temple of the Living God," we should try in every way to make it perfect and beautiful.

Just talk to the child quietly about this, then bless him and the health, cleanliness and perfection of his body and mind.

MRS. C.—You say that your four year old son has "a hard-boiled, selfish attitude which you believe due to his playing with an older boy who is the biggest bully in the neighborhood?"

Yes, reading good literature to him at night will help, but the best thing you can do is to move away from that neighborhood AT ONCE. Now is the formative period of your son's future qualities, and you must guard him well and guide him in his thinking and actions. Why, all of your teaching could be easily cast out by his admiration of the so-called bully.

It is just human to want to strut and do smart things. Children are forever dramatizing what is in their minds. Do not sacrifice the character of your son just because it will put you to the inconvenience of moving.

You can go to your city library and find many good books and magazines for little children. The library also has a story hour, when competent teachers tell the children good stories. Take your son to the children's department of the library and let him cultivate a desire for better associates. I would suggest that you enter him in a kindergarten very early. And by all means, visit that kindergarten often and be a great friend of the teacher. There is no greater or more forceful cooperation to stimulate good work in school, than the friendly confidences between mothers and teachers.

M. G.—"I am large, robust, in perfect health, but wild with anxiety and fear lest my little girl pass out."

Well, my dear, you are sucking out her very life blood with that attitude of mind. You overshadow her like a vulture its prey, when you could turn your great bodily strength into such wonderful power for good for the child.

I would suggest that you repeat over and over the Twenty-Third or Ninety-First Psalm or the Lord's Prayer, until your mind is quiet and free from fear. Then, keeping in mind always that you are both the children of God and that Perfect Health is constantly flowing through you, place

the tips of your fingers at the back of her head (where the head joins the neck), and press gently, all the while speaking "Perfect Life" to the entire body.

"We know definitely and positively that there is a magnetic flux of vibrant energy going from the healthy to the sick."—P. M. Lovell, N. D.

Be thankful for your own physical strength and know that according to the race mind, children are greatly like unto their mothers. But far more than that, recognize in the child her indwelling Christ, the great physician who is constantly readjusting and perfecting her mind and body according to the divine plan.

The following is the experience of a mother who has a very wonderful little daughter: "When people ask me how I account for E—her mentality, her personality, her rapid advancement, her real goodness as a daughter—I am at a loss as to how to reply. My part in the making of her sums up very simply. I just loved her with all my heart, recognized from the first her right to be a person, not a child puppet, dancing to my whims; did all for her physically that books and common sense could teach me; made her obey implicitly every command I had a right to give—and almost all of those commands were for the sake of her health; tried to make myself a mother whom she could be reasonably proud of; made myself her friend and her confidante from the time she could talk; and—taught her to rely upon herself."

F. K.—Now that you have tried out every medical remedy and they have failed, let your faith in God's healing be tremendously increased. Make your home carry the sweet atmosphere of harmony, so that even a stranger entering will feel it. Of course, two growing boys do make a lot of noise and muss up things. But if you will be on guard, refuse to find fault and criticize them, praise their efforts in every way; you will soon see a great improvement. Fear of your opinion, of what you may say of them, will tend to make them anxious and nervous. And this will effect a reaction in their sleep, for the subconscious holds the memory of the day's happenings.

Go into their room and close the door. Place your hands upon their bed and bless it. Cover it with a prayer for cleanliness and purity for the minds and the bodies of the boys. Tell it that the "accidents" will not happen again.

Say to the boys before retiring: "There is a Mind in you, lads, that never sleeps. That Mind will watch over you tonight. It will be in every part of your body. It won't let you wet the bed tonight. You are now strong and free. Believe this, and make Mother and me very happy in the morning."

And don't forget to PRAISE the boys for the overcoming.

Do not be discouraged if it does not stop at once. It took me four nights to correct one case, but the parents were not aware that I was doing it. Persevere and you will win.

THE narrower our love the more pain we suffer from it.—Tolstoy.



## 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 8 years. Or, 8 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. 1070.

**HOW I HELPED MY BOY TO GET 100% MARKS WHEN HE WAS FOUR WEEKS BEHIND AND FAILING IN EVERY STUDY.**

AT THE beginning of the present school year, I was confronted with the fact that my son, who had hitherto been just my baby, was eight years of age, and although precocious from travel and association with grown-ups, had no credential from the public school for any grade. Then I remembered that he had been taken from the school room the previous March to go with me upon a trip, before he had been promoted to high second.

Awakened to the situation, I went to the principal of the grade school and succeeded in overcoming her reluctance at permitting him to enter a grade higher than he had ever studied. She gave us a probation period in the "low third" of four weeks. For some days I helped him (as I thought) strenuously, then other matters claimed my attention, and my boy was left to drift along with studies entirely foreign to his experience and for which he had not been prepared.

At the end of four weeks his teacher sent me a

card saying that my boy was failing generally and would have to return to the second grade. My pride was hurt. I blamed the public school system and let my error thoughts run riot for a few moments, and was about resolved (in bitterness) to take him from the public school and put him in a private one where he would be coddled along and given a promotion anyway, when all the mother-interest which knows no selfishness came to the rescue. I decided that my boy was going to stay in THAT SCHOOL, and IN THAT GRADE. He was old enough, he had mentality to do it, he WOULD do it.

Calling him to my side, I explained about the card, but the import of my statements was lost on him. I shook him: "Son, this piece of cardboard says my boy is FAILING. Mother SAYS HE IS NOT."

"Well, mother, I missed ten of my words in the spelling test today," he said.

"How many words were there?" I asked.

"Fifteen."

The next morning I wrote his teacher a note asking her to give us one more week before putting him back. I pledged all sorts of cooperation. Later in the day I devoted my entire silence period to focusing success thoughts on my son. I pictured him as he sat in school with his book before him, and said: "Son, way inside of you there is something that knows all about your lessons. If you will listen to that something, it will show you how to get them right. You know how to study, you know your words, your sums, you understand it all; then let it express, show your teacher that you can do the work she gives you."

Each day of that week I devoted my silence period to my boy, and at night as I tucked him into bed I whispered that we would send his soul mind out to work for him while he slept; that it would tell his other little mind how to do his lessons.

As if to jeopardize our pledge, that week his teacher sent home work to be done, such as subtraction wherein he had to "borrow and pay back,"

and then sums in multiplication with "carrying" to be done. It was as Greek and Latin to his former experience, but before he slept each night he did the work, mastering the principle involved, getting his pages of examples ready with PROVEN answers.

Each day and night with tranquility I spoke to his subconscious self, telling him that his mind lacked nothing that he needed to make good that grade. And day by day he became more able to do his own thinking. I was surprised at my own lack of anxiety as the days of that week went by, the week in which we were to prove ourselves to the skeptical teacher and principal. Still, when it was over, nothing was said one way or the other, and we worked on as we had started. At length I saw that my son was reading the comic sections of the newspaper for himself. He also read poetry and manifested an interest in music, going ahead with the lessons in which I had vainly tried to arouse his interest. Never a signboard or bill poster escaped his full reading of it when out in the car. His mind was working beautifully without conscious effort on his part, and he was enjoying it fully.

Finally came the day of his quarterly report, the one thing that I had been anxious to see. He got the highest mark for effort, self-confidence, respect for the rights of others, and for his text studies he got a mark indicating that it was "superior to that done by the majority of the class!"

*This meant that he had made up the lost four weeks of trial, and still excelled.*

He still progresses, bringing an almost unbelievable number of 100% marks in red pencil from his teacher, who tells him to show them to me. New worlds have unfolded to him and to me. We meet upon an entirely different plane than of yore, the comradeship and understanding that has sprung up between us pays us both for having to yield up the "baby" idea.

Best of all, I know that my boy has learned to think for himself, has contacted and knows that he has his subconscious self, and the unlimited. It will be so easy now for us to go on together, whereas before we were so far apart, although so near physically.

True help consists of helping one to help himself.—E. T. B.

*Success Letter No. 1071.*

## AN ARGENTINE FARMER PRAYS AND THE STORM IS STILLED.

I WOULD like to tell you about some happy experiences which perhaps may help other people. Being a farmer, I shall have to talk some farming to you first.

We are, at least in this part of Argentina, expecting an unusually good crop of wheat. Hailstorms at this time of the year, with harvest time only three weeks off, are of course fatal, and it is not an unheard-of thing that a whole year's work and expense has been destroyed by half an hour's hailstorm.

Yesterday afternoon, while a neighbor and his family were here for tea, it started to rain, and worse still, the peculiar woolly clouds promised

hail. Tiny little lumps of ice started to fall, then increasing quickly both in quantity and size till they were as big as hen's eggs. Never in my life have I seen hailstones as big as that.

My wife disappeared in one direction and I in another. I knew we left the guests alone, but in that moment it was of no importance to me. My wife later told me she was praying: "I thank Thee, Father, for this quiet rain." I was standing at my bedroom window repeating: "In the name of Jesus Christ, peace be still! peace be still!"

In two minutes the hailstones stopped falling and it was only a quiet rain, which didn't last very long either.

I have influenced the elements so often before, that there was nothing but faith in my thoughts. *I knew I could do it.* My wife, having helped me with this frequently, with success, possessed the same faith.

My blacksmith told me, smilingly, this morning: "Do you know, that silly Russian (one of the farm laborers) believes he stopped the hailstorm yesterday."

Asking how he had managed to do that, the blacksmith told me he (the Russian) had been sticking two knives in the earth, forming a cross. Well do I know that even this primitive man helped us, because behind his action was an unwavering faith.

What a power this is! The elements are easily influenced by it. I couldn't believe it in the beginning, and my wife was skeptical about it. I have proved it, however, so often that lately she has joined me in prayers.

We had the same thing over again this morning, and we stilled the storm and quieted the rain. When I came in for breakfast my wife asked me if I had noticed quite a sudden change in the wind after which the rain fell quietly. "Yes," I answered her, "but you were not the only one working with it, because at that moment I had a wonderful sensation of oneness with the Father." I prayed: "In the name of the Father, in the name of the Son, peace be still!" A feeling took hold of me that He was the Father and I the Son, and that He gave me this power over the elements.

Just when I was full of joy, the violent wind and rain ceased. *Nautilus* gave me originally this idea. I read about a person calming the sea on Hudson Bay.—A. T., Argentina, So. America.

*Success Letter No. 1072.*

## EYEGLASSES DISCARDED AFTER EIGHT YEARS' USE.

I HAVE been reading *Nautilus* since November, 1924. At first it required the whole month with many repeated readings to acquire much understanding of the truths taught. The August, 1926 issue I read at two sittings, thus my prayer: "God grant me wisdom and understanding," repeated daily, is being answered.

"How Should We Pray?" gave me much light. I felt I didn't pray as I ought but didn't know wherein I failed until I read pages 22 to 24.

In January, 1925, I took off my glasses, after wearing them eight years. Every morning

for three months I moistened my eyes, looked in the mirror, and said mentally: "By thy faith ye are healed."

Then I forgot I ever wore glasses, until March, 1926, (after my son was born) my eyes were hazy occasionally, so I repeated the treatment. I now see perfectly.

I pray for my son according to my understanding of New Thought teachings. It has helped so much.

I am hungry, hungry for more knowledge. It is a plant of slow growth. I have applied New Thought to myself and son for constipation.

I had a small, mean soul, allowing jealousy, hatred, selfishness and mental laziness to keep it warped and cold.

New Thought is winning and I have conquered jealousy and hatred.

I have had many little successes in New Thought demonstrations.—G. F. M., Conn.

Success Letter No. 1073.

## ADVANCEMENT AND TRAVEL.

SINCE taking up New Thought I have applied it to one particular line of work that came to me unsolicited and undesired. I *unreservedly turned it all over to the Spirit*, agreeing to do my part as best I could and refusing to worry about any part of the work in any way.

Since the beginning of this work, in 1918, I have been advanced from District to State and to National. This summer I had two trips East, with expenses paid, which made it possible for me to take my son East for his first trip. I have never sought position or advancement; all has come easily and unexpectedly. The work has been a delight and a success, for I claimed success in the work, since I believed it was given me to do by the Father. Much of the work has been difficult, but *accomplished* with a joy and harmony that has been an inspiration.—Mrs. L. E., Calif.

**THE PRIZE WINNER** for February, 1927, *NAUTILUS* is E. H., Texas, who wrote Success Letter No. 1067. We shall be glad to send the prize of three subscriptions wherever the winner directs.—C. H. S.

## FOR WORLD PEACE

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

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

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

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

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

We believe in these things.

We pray for them.

We talk them.

We vote to this end.

—Elizabeth Towne.



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

*"Oh wad some power the gifts gie us,  
To see ourselves as others see us,  
It wad frae many 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* omit, hence the charge for queries 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.

**PHILOMEL**—Your letter is so weird that it reads like a piece of fiction. However, if it be indeed founded on truth, this is our reply: Your experience has made you fully conscious of your power to secure reactions of a certain type from men—anti-social reactions. This same power can be used by you in getting reactions from both men and women which are *not* anti-social, which are *not* contrary to the accepted standards of society and the general welfare of society as a whole. The first step, and probably the most difficult, is to establish a new mental attitude in your own mind. You need to sever all connection in your thought with your past life, and the undesirable conditions which you now seek to leave behind. You have played the game heretofore in an anti-social way. Henceforth you are going to play it in a way which will not be contrary to the interests of established society. Heretofore you have used your great natural powers in a destructive way toward your fellow men—or toward a portion of them, at least. Now you are going to use your powers in a *constructive* way. You are going to build up instead of tear down. You are going to earn what you get by giving a real service in return. In order to do this successfully, you must take the second step in your thinking. *You must establish mental connection with the new condition, the new circumstances and things which you desire.* You must keep your mind centered on the NEW life toward which you are going. You must keep your thought space filled with mental pictures which relate to that NEW life, and crowd out those thoughts and mental images which have to do with your old life. The best way in which to bring about this mental connection with the NEW LIFE is through the Law of Love. Love that condition which you wish to bring into realization. I foresee that your comment, at this point, will be that your power of love is dead, that you are incapable of emotion. I assure you



that your emotion is simply side-tracked. You had to side-track it, in your old life, as a matter of self-protection. In the NEW life toward which you are going you will learn to free your emotion into creative channels. You will learn to love that which you are trying to bring into realization, just as soon as you substitute a social for an anti-social aim in life. This you have already started to do. The work began in your own thought life (as such transformations always do) and it is finished, so far as your decision is concerned. You have definitely broken with the old. You could not do otherwise. The circumstances which brought about this change should prove to you that your power of love is *not* dead but simply dormant. And that power will carry you forward in your new life, if you give it a chance; if you will learn to use it constructively to bring you the things you desire in a legitimate way. Now there is another all-important factor in your success in this new life. You have been trained from childhood to use your powers in an anti-social way. This training has become a part of your subconscious mind. You act in certain ways almost automatically. You automatically appeal in a certain way to those you meet, to the men with whom you come in contact. Your task now is to build into your subconscious a NEW MENTAL PATTERN which will govern your conduct with other people. You must have a more normal pattern of conduct in your relations with other people. This may be the most difficult feature of your new undertaking. It will require great patience. Remember that you have a lifetime of training to be reversed. But you are more fortunate than most others who undertake what you are undertaking. You have education and the power of concentration which it brings. You have a fine mind and power of imagination. You have self-control. You have many of the qualities of a successful actress which will help you immeasurably in establishing the new mental pattern. Your task is great, but your equipment is equal to it. You will meet with many rebuffs and disappointments, but you will also find friends, if you persist in your course, who will aid you. Remember that time works on your side. A year will put your past further away. Each succeeding year will make it more remote in its power over you, if you rely upon yourself and realize that the real source of your power is WITHIN and not outside of you. I should think your chances for the present would be best in the smaller cities. If you could find employment along the lines of the hotel position you mention as having held for a time, it would give you a chance to get on your feet and allow time to get in its work in your behalf. If you are careful, and watch yourself, you should be able to keep such a place, unless your past comes up to upset you. That is something you must face and provide for in your thinking. You have the ability, I should think, to write. Cultivate this ability. But if you attempt this field, make your work worthy of your ability. Above all else, do not blame yourself for the past. You needed the experiences through which you lived or they would not have come to you. In some way they were necessary

for your understanding and development. We often learn more from our errors than from our successes. And everyone blunders into mistaken actions. Life would be indeed stale, if we made no errors. Errors are but OPPORTUNITIES to greater progress, if we understand them aright. So put your past *completely* behind you, except in so far as you can make use of its lessons for your progress in your NEW life. The future is yours to shape into something that will be a source of satisfaction to you. You have within yourself the power to make it so.

R. A. L.—I am so glad that you mentioned the desire to have the right attitude toward your husband when it comes to his financial success. Your attitude, as a wife, has everything to do with his success. He advances by serving more good-willingly and efficiently where he is. Your "mental pictures" of the same kind help him. He feels and sees your good attitude. As this improvement continues in both of you *within*, it will take place in the outer in due time. Always allow for the "unexpected" GOOD.—G.

E. R.—There is absolutely no question in my mind but that you can "come back". That is all you can do. You are "coming back" to your Real Divine Self which you have probably never *expressed* entirely before. Your life was made up of personal efforts and struggles. That is why it was so *hard*. Learn to work in a consciousness of the great Creative Life of all "playing" through you. Learn to be a "passage to its beams," as Emerson says. God loves to express Himself through those who work with loving, willing hearts. You never know what you can do until you *try*. Trying is doing and the compensation for doing is the practical answer to your problem, while the art of EXPRESSION is the first principle of health and happiness.—G.

Mrs. J. B.—Don't hold on to your grief. You pay the best tribute to your husband by trying to be happy, trying to understand others, and by keeping yourself active in useful expression. Time is a great healer. These experiences bring the deeper and more meaningful things into your life. "Weeping may endure for a night, but joy cometh in the morning." You will learn to ENJOY that Common Heart of all humanity. You will realize the Unity of that ONE LIFE.—G.

Mrs. G. D. P.—Real healing comes about by a very definite inward knowledge that you cannot be sick; not by merely reading and trying to follow certain rules and then insisting that they work for you. The Bible says, "He that believeth shall not make haste". Your very anxiety is proof that you do not thoroughly believe that God can heal you. If you did, you could go about, quietly, confidently, with a grateful heart *feeling* and knowing that you were improving moment by moment. Do not be concerned about the results of others, unless it be that you rejoice and be grateful with them.—G.



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When I was sixty-eight years old, I had indigestion, constipation, hemorrhoids, rheumatism, sciatica, Bright's disease of the kidneys, palpitation of the heart, deaf in my left ear, catarrh, bronchitis, ossification of the liver, and I did not feel very well myself!

August 15th, 1908, I stopped drinking liquor. Immediately I began to improve. Three years later, I stopped chewing tobacco. Immediately more improvement. Two years later, I stopped smoking tobacco. Immediately more improvement. Two years later, I stopped drinking tea and coffee. Immediately more improvement.

I then continued to improve up to December, 1918. When Emile Coué, the great French psychologist, came to New York, I became interested in his teachings. I also became interested in New Thought as taught by The Elizabeth Towne Company. In January, 1922, I commenced practicing these teachings, using the Coué formula: "Every day in every way," etc. Within four months my health and physical condition was declared perfect by three physicians.

At the same time, January, 1922, I commenced to eat to live instead of living to eat. I do not eat anything made of refined white wheat flour. No meat or condiments of any kind. No devitalized, demineralized or denatured food. I eat all kinds of natural food, all kinds of fruit, all kinds of vegetables, all kinds of cereals that have not been denatured by too much cooking, or over-refined by too much milling.

I eat boiled whole wheat for breakfast and at noon. Whole wheat is a perfect food, containing the same sixteen elements that the human body is made of.

April 22nd, 1926,, I was eighty-five years old. I claim to be "one" of the healthiest men living. I do not miss a night's rest nor a meal of victuals. I have not an ache, pain, stiff joint or a disease of any kind.

If you eat right, you will never get sick, barring accidents and epidemics. You cannot violate the laws of nature without paying for it. I am perfectly satisfied in my own mind, that if I had to cure myself of these same diseases again, I could do it within one year.—J. H. H., Cortland, N. Y.

*(Continued on Page 42.)*

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I will tell you of some of the beauties I see, where before it looked like a hideous nightmare. The meadow larks awaken us, the radio at the bunkhouse, fifty feet away, tells us the story of the outside world. This is "out where the wide spaces are." Here one can look and wonder what might be beyond the distant hills: here, where the cowpunchers have held sway for so many years, with nothing to disturb them until this oil boom began. One can see drilling wells on every hand and thousands of little houses, like our own. I am in love with it! Thanks to the peace of mind that has come to me from reading dear old *Nautilus*.

The first copy came to me from a lady on a train while going East. She told me that she hoped I would become sufficiently interested in it to take up the work. I am now passing my copies to others who need it as badly, no doubt, as I did.—Mrs. A. T. Kansas.

\* \* \*

## Nautilus Heals Asthma.

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