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Magazine of New Thought

*Edited by Elizabeth Towne
and William E. Towne*



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- Healing Blues, Sickness and Empty Pocketbook
- Thought Radio Man's Next Invention
- A Better Crop of Ideas
- A Help for Indigestion and Headache

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MAY 1927

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The Friendly Hunch

By Virginia Lind Buquo

"The hunches were invariably correct."—Chap. II.

Miss Buquo finds in the hunch a wise counselor, a good business adviser, a power that warns of danger and often forecasts the future. She believes the hunch can solve problems, lead the way to right decisions, to victory and business success. Her book contains more than forty strange and interesting incidents, showing where the hunch has done all these things. After reading the book you will agree that the hunch does some most astonishing things. Compare your own experiences with those given in the book. Read how the prediction of an event of great importance was received several months in advance, and the exact date given. How the life of a Confederate soldier was saved in a most strange and mysterious manner by a hunch. See the contents below:



Virginia Lind Buquo

THE BOOK CONTAINS:

PSYCHOLOGY OF THE HUNCH—The Hunch a Wise Counselor and an Able Business Adviser—A Great Theatrical Producer's Experience With the Hunch—How His Life Was Saved By His Mother's Hunch—How Charles Frohman Was Warned Not to Go on the Lusitania—Well Known Authors Who Had Hunches—The Psychology of the Hunch—Lincoln's Intuition—The Wonderful Instinct of Animals—Socrates and His "Inner Voice."

FORESHADOWING THE FUTURE—An Incident When Intuition Warned of Danger—Premonitions May Avert Disaster—Hunches Regarding the Future—When I Have Been "Subject to The Future"—A Dream That Came True—When Astrology Foreshadowed Coming Events.

THE HUNCH AND PROSPERITY—How Intuition Can Help in the Financial and Economic Problems That Relate to Our Daily Life—How a Business Man Was Saved From Failure Through Following a Hunch—\$50,000 Received in the Nick of Time Through Following a Hunch—Following Subconscious Intuition—How a Newspaper Woman Used the Hunch—Intuition Succeeds With a Heating Plant—The Hunch As a Vocational Guide—How a Young Man Turned Swamp Land Into Money as a Result of a Hunch—Intuition as a Means of Finding One's Place in Life—The Business Girl Who Receives a Hunch to Cancel All

Her Engagements and How It Works Out Greatly to Her Benefit—The Hunch in Salesmanship—The Woman Printer Who Takes Orders According to Her Hunches—The Experience of a Woman Canvasser in Following the Hunch, who Made More Money in One Week Than in Any Two or Three of Her Best Weeks Put Together—Two Incidents When the Author Was Led to Success by the Hunch—How a Dilemma Was Solved by the Subconscious Mind with the Result That She Was Led to a Town Where There Was a Large Amount of Business Awaiting Her—The Subconscious Knows—How the Author Followed Her Hunch Not to Leave a Certain Town and Sold Over a Hundred Dollars Worth of Goods That Day, Besides Making Sure That She Received a Second Bonus Check Which She Would Otherwise Have Missed.

THE HUNCH AND SAFETY FIRST—A Southern Planter Whose Life Was Repeatedly Saved Through Hunches—Lost in the Woods at Night, There Came an Imperious "Move On"—The Story of the Confederate Soldier Whose Life Was Saved While He Was on Picket Duty Through Following a Strange Hunch—The Hunch Protects From a Burglar—The Hunch Warns of an Open Gas Cook—The Woman Who Received a Hunch to Leave Her Hotel But Failed to Follow the Warning With Disastrous Results—The Hunch Seldom Gives Reasons—How Anne's

Life Was Saved by a Hunch Received By Her Mother—Two Homes Saved From Burning Through Hunches—The Hunch in Time of Crisis—The Inner Voice Often Shows the Way Out—How a Hunch Showed the Author a Way Out of Her Difficulty When She Lost Two Positions in a Short Time—The Fore-shadowing of an Exact Date Several Months in Advance of the Event—When the Hunch Concerning March the 13th Brought Good Luck.

THE HUNCH IN LITTLE THINGS AND HOW TO FOLLOW YOUR HUNCHES—How to Make Sure That You Really Have a Hunch—Following Intuition in Your Judgment of People—One Infallible Way For Testing the Hunch—One of the Author's Own Experiences—The Time I Followed My Hunch When There Seemed to Be No Reason For It—Later I Found That There Was a Very Good and Satisfactory Reason For Having Followed the Hunch—Intuition Every Day—The Hunch in the Purchase of a Dress—The Time When a Hunch Fulfilled My Mental Picture of a Remodeled Fur Coat—A Hunch Concerning Two Friends Who Owed Me Money.

SUMMARY AND ADDENDUM—How the Nautilus Home Might have been saved from Robbery if a Hunch Had Been Followed—Summing up of Method of Following One's Hunches—The Attitude to assume Toward the Inner Self when seeking its Guidance.

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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."

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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.

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H. W. DRESSER.

"MR. CASARI Was Healed When the Subconscious Cause of His Trouble Was Removed," by Brown Landone. A study in hidden causes of sickness. Deep within the subconscious mind of this little tailor was a cause of sickness which worked while he slept. Yet he had the power to wipe out that cause, only he did not even know it existed! When he found out the TRUTH, he became well and he gained twice as many customers in a short time. The lesson of this great article is that "ALL POWER TO CHANGE IS WITHIN THE SOUL." Read it in June *Nautilus*.

"ICURED My Little Boy of Water on the Knee." How a mother found a few copies of *Nautilus* in a vacant house into which she was moving, read them and applied New Thought to help her little boy, whom the doctors had failed to cure. "In four months his leg was almost like the other, and he was one of the children, always playing happily."

"GOD'S Power Helped Me to Abundance of Health," by S. Vaidianathan. This article was written by an educated East Indian, who practices New Thought successfully in that far-off land.

Look For These In June Nautilus

"FIRST Impressions: Following Your Hunches," by Horatio W. Dresser, Ph.D. A railroad train was dashing through the darkness of night when the engineer got a hunch that said "STOP." He obeyed and when he walked a little way ahead of his engine there was AN OPEN DRAWBRIDGE, with no lights or signals displayed to warn of the danger. This is only one of several interesting incidents related in this article. Several incidents relate to COMING EVENTS. Mr. Dresser also explains the psychology of the hunch and how it works. Be sure to look for this in June *Nautilus*.

"PROBLEMS of Telepathy and Dreams," by Lillian L. Trott. How grandmother found a lost thimble by means of a dream. Gives interesting instances of thought transference as distinguished from telepathy.

"WHY My Income Last Year Was Larger Than My Banker's," by C. C. Overeem. The method one man used in applying New Thought to the question of finances, and the pleasing and delightful results obtained.

"A BETTER Crop of Ideas: Sowing the Thought Seed in the Subconscious." This is the second of the new series on success, by William A. McKeever, LL. D.



P. W. BANNING.

"TRUTH Healing: How a Fistula Was Cured After Operations Had Failed to Relieve." This is No. 1 of a new series on healing, by Pierston W. Banning. It deals with an interesting case of healing treatment given without the patient's knowledge. Yet the cure was very plainly the result of the treatment. Read the article and see. In June *Nautilus*.

All of These in June Nautilus

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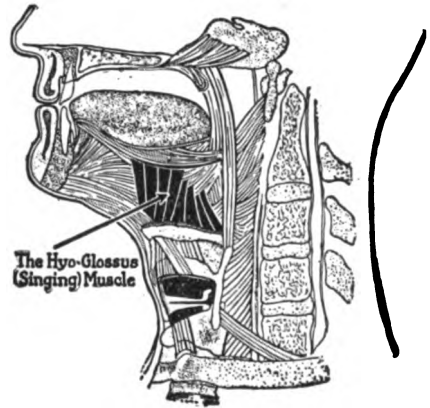
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THE NAUTILUS

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- ABERDEEN, Scotland, N. B.**—First Harmony New Thought Center, Joseph Taylor, Secretary, 43 John st. (M)
- ADELAIDE, So. Australia.**—New Thought Society, Mrs. Lillian Nicholls, Darling Bldg., Franklin St. (M)
- ANDERSON, Ind.**—Anderson Truth Center, 421 W. 11th st. Glen M. Tall. (M)
- ATLANTIC CITY, N. J.**—Truth Center, 1113 Boardwalk, Suite 6. Carl W. Hubert, Leader. Reading Room. (M)
- BAKERSFIELD, Cal.**—Studio of Applied Psychology and New Thought Reading Room. Mrs. Frieda Fechtner, Leader, 1809 2nd St. (M)
- BALTIMORE, Md.**—New Thought Center and reading room, 603 N. Paca St. Rev. Grace A. M. Bratcher. (Col.)
—Ida Mae Waters, 609 Cathedral st. (M)
- BELLINGHAM, Wash.**—Metaphysical Library New Thought Center, 314 Champion St. Applied Psychology. (M)
- BOSTON, Mass.**—Mrs. Mary E. T. Chapin, 158 Newbury st. Mid-week meeting. (M)
—The Metaphysical Club, 234 Boylston st., Fri. 3 p. m., Sun. 11 a. m. and 8 p. m. (M)
- BOURNEMOUTH, England.**—Mrs. Helen Rhodes-Wallace, Leader, 7 Cecil Hill, Queen's Park. (M)
- BRIDGEPORT, Conn.**—The Unity Psychology Club, 446 Ridgefield Ave. Miss M. L. Munich, Sec.
- BROOKLYN, N. Y.**—Radiant Center, 950 Greene Avenue, Mrs. T. Shondy, Leader. (M)
- BUFFALO, N. Y.**—League for the Larger Life, 152 Elmwood av. Meetings Wed. & Sun. 8 p. m. Lending Library.
- CEDAR FALLS, Ia.**—Business Women's Class. Mrs. Chas. H. Bailey, Leader, 113 Walnut St. (M)
- CENTRALIA, Ill.**—Metaphysical Library and Reading Room. 200 1/2 E. Broadway, R. 6 (upstairs).
- CINCINNATI, Ohio.**—New Thought Temple, 1216 Mercantile Lbr. Bldg. Rev. James H. Pateman, Pastor. (M)
—Cincinnati Unity Center, Frederick Elias Andrews. Burnett House, 309 Vine. Daily 12 and 2. (M)
- CHICAGO, Ill.**—Mr. H. W. Tiers, 224 South Michigan Ave. near Vine st. Leader, Wilhelmina Bickett.
- CHICAGO, Ill.**—Seekers of Truth, R. E. Hamann, Sec'y., 7008 N. Clark St. (M)
- CLEBURNE, Tex.**—Cleburne Truth Center, Mrs. Olive Routzong, Leader.
- CLEVELAND, Ohio.**—The First Church of Divine Science of Cleveland, Ohio, 337 Truman Bldg., 1030 Euclid Ave.
- COLLISON, Ill.**—Truth Center. Mrs. Mary Fritz.
- COLORADO SPRINGS, Colo.**—Home of Truth, 317 North Tejon St., William Symmonds, Leader. (M)
- COLUMBUS, Ohio.**—Universal Truth Center, Room 609, 55 E. State St., Virginia S. Jones, Leader. (M)
- DALLAS, Tex.**—Unity Self Help Circle, 1831 Pine St. Mrs. George W. Keeley, Secretary. (M)
—Joseph H. Higdon Center, 4055 Tuttle ave.
- DAVENPORT, Iowa.**—Davenport School of Divine Science, Rev. John Doerschler, D.S.D., Principal, McCullough Bldg.
- DAYTON, Ohio.**—Metaphysical Center and Book Shop. Dr. W. Y. Nicum, Leader, 302-309 Lowe Bldg.
- DENVER, Colo.**—The Colorado College of Divine Science, 1819 E. 14th Ave. Rev. Nona L. Brooks, Pres. (M)
—Emma Lee, School of Spiritual Science, 701 27th st. (M)
- DES MOINES, Iowa.**—Nautilus New Thought Center, Miss Juanita M. Meyer, 409 Brown Hotel, 5:30 to 8:00 evenings.
- DETROIT, Mich.**—Inspirational Center and Health Studio, 4134 Mitchell St. Mrs. C. M. Olmstead, Leader.
- INDIANAPOLIS, Ind.**—Unity Truth Center, 417 Kresge Building. Muriel G. Powell, Leader. (M)
- JACKSONVILLE, Fla.**—Unity Center, Seneca Hotel, Lois M. Albertson. (M)
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- LONDON, England.**—Mr. Charles Wase (Pres. Brit. Sec. I. N. T. A.) The Studios, Chesham Gardens, W. 8.
—The Rally Rendo, 28 Denmark St., W. C. 2.
- LOS ANGELES, Calif.**—The Brotherhood of Light, 818 Union League Bldg. (M)
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—Unity Truth Center, 432-35 Music Arts Bldg., 233 So. Broadway. Mrs. Catherine F. Taylor, Leader.
- MELBOURNE, Australia.**—The Melbourne New Thought Centre, 313 Little Collins St., 6th Floor, McEwan House.
- MEXICO CITY.**—"Liberia Orientalista" Tacuba 53. Mr. Luis Leal. Sociedad Teosofica, Cruzamay 83. (M)
- MIAMI, Fla.**—Truth Seeker's Home, Flora Noble, Leader, 152 N. E. 20 Terrace. (M)
- MILWAUKEE, Wis.**—First Unity Center of Milwaukee, 130 Oneida st. (M)
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- NEVADA, Mo.**—Waltmer School and Sanitarium, 206 South Ash st. Free Library. (M)
- NEWARK, N. J.**—Roseville Truth Center, 97 S. 10th St. Mrs. M. Virginia Stringer, Thursday 8 p. m. (M)
—Truth Society, 435 Fourth Ave., near Roseville Ave. Thursdays and Sundays, 3 p. m. (M)
- NEW YORK CITY.**—Applied Psychology Association, Anna C. Nolle, speaker. Sunday mornings at 11. Guild Hall in Steinway Bldg., 113 W. 54th St. (M)
—Mrs. Mary E. T. Chapin, Hotel Commodore, Sun. Service. Commodore Ballroom 11:15. (M) Interviews and Classes.
—The Goodyear Metaphysical Book Shop, Inc., Suite 419-22, 500 Fifth Ave. (at 42nd St.) (M)
—Sears Philosophy Library, 828 Seventh Av., (near 54th St.)
—Unity Society of Scientific Christianity, 37 West 39th St. Rooms 302-303. Dr. Richard Lynch, Leader. (M)
- NO. WINDHAM, Maine.**—World's Helpers of Humanity.
- OAKLAND, Cal.**—Metaphysical Library, Old Fellows' Bldg., 11th near Franklin St. (M)
—Truth Center, 1450 B. Alice St. Mrs. Letitia A. Andrews.
—Fruitvale Truth Center, 2021 24th Ave. Anna A. Goss, Leader.
- PHILADELPHIA, Pa.**—Unity Center of Truth, Unity Bldg., 238 So. 10th st.
- PIEDMONT, Cal.**—California College of Divine Science. Rev. Ida B. Elliott, Pres. 45 Jerome ave.
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- PORTLAND, Ore.**—Metaphysical Library, 212 Central Bldg., 10th and Adler. Nettie Taylor Kioh. (M)
- PROVIDENCE, R. I.**—New Thought Center, 72 Weybosset st. Room 307. (M)
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- SEATTLE, Wash.**—Raymer's Old Book Store, 1330 Pike st. (M)
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- SPOKANE, Wash.**—Metaphysical Library, 308 Norfolk Bldg. Free Reading Room. (M)
- SPRINGFIELD, Ill.**—The Lawrence Centre of Constructive Thought, Library and Bookshop, 327 East Lawrence Ave.
- SPRINGFIELD, Mass.**—Unity Center of New Thought, 21 Besse Place. Rooms 214-215. Mrs. Maude Robbins King, Pres. (M)
- ST. PAUL, Minn.**—Unity Truth Center, Mrs. A. C. Marcules, Sec., 446 A. Wabasha st.
- ST. LOUIS, Mo.**—New Thought League Headquarters, 509 North Newstead ave. Phone Delmar 1936. (M)
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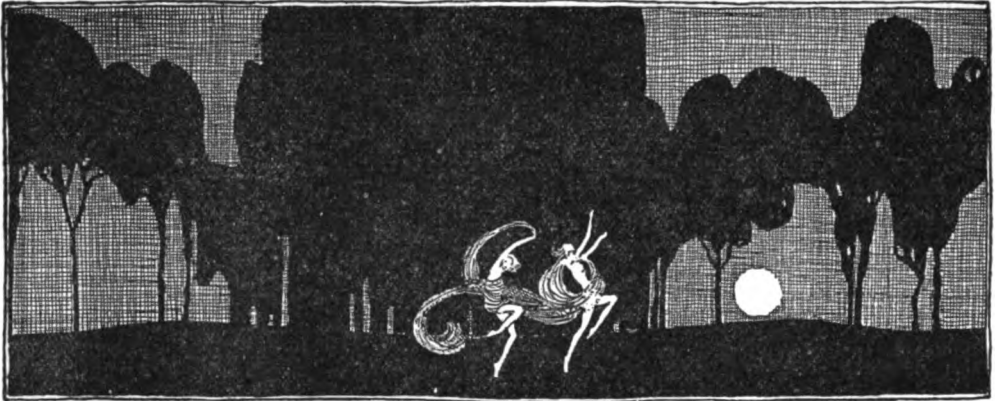
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 Of winds that have been intimate with flowers--
 To take communion in some sylvan place
 With rainy wine distilled from misty showers--
 To lend my ears to choirs of warbling birds
 Whose music blends with songs of summer seas
 Until the brimming heart can snare no words
 To voice the rapture of its litanies--
 To dream at midnight on the dewy sod
 And gage the silent majesty of stars
 That tread the threshold of the house of God,
 Until the spirit breaks the finite bars--
 These things far nearer to the Presence find me
 Than ever human argument could bind me.



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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."

History Repeats Itself Until We Learn Its Lessons.

A PPLY your truth in all of the relationships of life.

Those who claim to teach only "pure metaphysics" are apt to revert to the old attitude of ignoring or denying the expression side of life.

The old metaphysics taught that "All is good" *except* what you don't like and that is non-existent! I never could see it that way: to me, ALL is good, even to the outermost rim of expression.

The errors in our thinking are what bring us the unhappy experiences, and these experiences make us dig into Spirit until we find the still deeper truth and apply it to that *particular* thing which is so abhorrent to us.

We learn by our mistakes, just as we do by our lucky hits at the truth. Therefore our mistakes themselves are good because they bring us to the truth. We do not like the good when it gives us pain, but the pain is just what keeps us thinking until we find out THE TRUTH in its application to that particular experience.

Unpleasant experiences repeat themselves in our life until we see them in truth—in

their relation to the whole of life, the outer as well as the inner.

To absolve ourself for our failure is to invite a repeat.

To bless our failure as our wise teacher whose lessons we humbly learn and immediately act upon is to build *solid* tomorrow's success.

▽ ▽ ▽

To The New Thought Mother Whose Husband Sends for the Doctor.

L ET the doctors and the nurses help to make the conditions for healing, according to divine intelligence moving to expression through them. According to their experience and their divine concentration on this particular sort of job.

Work *with* them, not against them or in fear of them.

Is your God so puny that doctors or nurses can hinder His healing power in your son? Of course not.

Is not God the *only* healing power? Is He not working in and through doctors and nurses, patient, parents and others to one divine purpose of manifesting His Health? "*Be still, and KNOW that I-Am-God*" in all of you *working together*.

Glorify God *in all* and enjoy Him in all His *CO-OPERATORS* for health.

Know that God's Spirit is working through them, rejoice in it, bless them and thank them. Oppose nothing. *See God in everything*. "*Acknowledge GOD in all thy ways (and their ways) and HE SHALL DIRECT.*" Let Him.

You may depend, that as fast as your son's perfect health shows forth, they will recog-

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nize it. Bless them in all they do, cooperate with them, knowing that DIVINE SPIRIT IS THE HEALER IN AND THROUGH ALL OF YOU, and that it takes All of Us to make the right conditions for Divine Spirit to express itself.

Express your viewpoints to the doctors and to the nurses, regarding all the material things that are done for your son, and help to arrive at a point of agreement about them—they are all just as anxious as you are to do what is best for your son, and they are all just as close to God as you are, and just as much led by Divine Spirit.

▽

The Breath of Lives.

TAKE the breathing exercises as an instance: I note that you ask me if I “think such a person should breathe deeply.” I agree with your doctor, that your son should **NOT BREATHE TOO DEEPLY**. Read my little Solar Plexus book carefully and you will find it very carefully and repeatedly states that every breath is to be *moderately, comfortably* full, and no more.

I do think it is unwise to give the patient the idea that he must not breathe often. But he should breathe *easily, moderately*, following out the instructions in my little Solar Plexus book and he should **KNOW THAT HE IS BREATHING GOD'S LIFE**—he is breathing God's breath of lives, spoken of in the second chapter of Genesis.

Without breathing there is no life. If you are *afraid* of breathing, you are afraid of that which causes you to generate more and more life. But you are to “**OBSERVE MODERATION IN ALL THINGS**,” and you are to ask the Spirit within you how deeply you can breathe *with perfect ease*. You are to let the Spirit guide.

In other words, your son should **EXPERIMENT** in breathing the breath of God and His life, to see how he can do it the *easiest*, and keep at it without fatigue. He will quickly discover that he not only is not fatigued by the right kind of balanced or rhythmic breathing, but he will feel very much better after each spell of it. I would follow the practice of balanced breathing, keep at it, little short periods of it many times a day, be-

ginning with only a few balanced breaths—a slow inhalation, holding an instant, and then exhaling just as slowly as he inhaled. Beginning with say ten balanced breaths at each period, and *gradually* increasing. All in the spirit of God, as indicated in the little book.

I wish I could line up before you the number of healthy, happy, vital and prosperous human beings who have been cured by following this practice: including hundreds of T. B. cases. Some of them quite hopeless before they took up this practice.

As to tuberculin treatment, or gland treatment, etc., I know that if I were in your place or his, I would try it. I am a great experimenter!

I *know* that divine wisdom is working through All of Us, on this problem of doing away with sickness and death. So I am ready to try almost anything that anybody discovers, in the way of treatments!—knowing always that **GOD IS THE ONLY HEALER IN ALL HEALING**, no matter what the treatment or method—which can only help to make conditions for Him to express.

God Himself is working through All of Us to help All of Us to realize that happiness and prosperity which God in every one of us means for every one of us.

▽

Health Springs Forth From Within.

THE whole problem in healing is to “**release the imprisoned splendor**” from within, that God's health or wholeness may spring forth into **CONSCIOUSNESS**.

To find a way in which the imprisoned splendor may escape from the infinite within us, into the finite expression of the outer world, is the whole thing. All kinds of treatments, including suggestions and statements of truth, are merely *making ways* by which that imprisoned health may escape into consciousness, into outer expression.

Rhythmic breathing with truth statements constitutes one of the surest ways I know of by which that imprisoned splendor of God's health may escape into consciousness.

In this connection there comes to my mind an interesting article which I have just read in “Psychology” magazine for March, 1927: “**Make a Gay Change—Wake Up Your**

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Glands—And Find a New Life," written by Victor H. Lindlahr, M. D. Many years ago I myself applied that principle in my own life, with splendid success. And since then I have known scores of other women to do the same thing. The joy of living is what "wakes up your glands," hence Dr. Lindlahr's injunction to make a gay change in your living. "Even a new necktie," says Dr. Lindlahr, "will stimulate your adrenal glands and may set you on the way to the development of a new **PERSONALITY**—and so to the attainment of new health and new success."

All kinds of methods, treatments and changes simmer down to this one principle: To change your health for the better, **BEGIN WITH A NEW THOUGHT** and let it express in all that you do and all with which you surround yourself. See to it that everything within your mind, and all methods of treatment of body and environment reflect that potent affirmation bequeathed to us by the late Dr. Emile Coue:

"Every day, in every way, *I am thinking and doing better and better!*"

Thus shall the imprisoned splendor of God's wholeness from within be released better and better every day in every way.

Instantaneous healing is done on exactly the same principle, by finding a **DIVINE IDEA** that brings a sudden tremendous release of that imprisoned splendor which is God.

There is no limit to what can flow forth from that eternal well of life within thee "if thou wilt ever dig" new ideas, new ways, new treatments, new faith, **NEW ACKNOWLEDGMENTS OF GOD WITHIN YOU**, pressing to expression.

"I am God's perfect child in His perfect world, expressing His perfect health **HERE AND NOW**"—no matter what the outer appearance may be at the present moment. His splendor **NOW** escapes into my consciousness. Better and better every day in every way I acknowledge and realize Him in all my ways.

And remember that you cannot acknowledge Him in all your ways, without acknowledging Him in all the ways of all the people in the world.

God the Father plays no favorites in this world.

Acknowledge Him in all the ways of thy

neighbor as well as thyself, and He shall direct thy paths in peace, happiness, cooperation, success with thy neighbor.

Now universalize that statement: *I acknowledge GOD in all the ways of all his two billion people in the world, and He SHALL DIRECT the paths of All of Us in peace, cooperation and prosperity to all.*

All our troubles and fears come from looking upon other people and denying that their ways are the ways of God for them, at that particular time and place.

For an individual to "dwell in the secret place of the most high" (see 91st Psalm) is of little avail to himself so far as his health and happiness are concerned, until he can see that not only he, but all of the other two billions of people in the world are **NOW** "dwelling in the secret place of the most high" where no evil can befall them.

You see, not even death is an evil—all things, all ways, all peoples and persons are now **WORKING TOGETHER** for good, for God's Kingdom of Heaven **AT HAND**.

Those who realize this are now dwelling in the Kingdom of Heaven **AT HAND**, their souls are at peace with God and man, they enjoy God and man together, and increasingly "their ways are ways of pleasantness and all their paths are peace."

IT is our privilege to reflect **OUR TRUE BEING**, which is God's Infinite and Abundant Supply of every desire and need and wish of our heart.

If we identify ourselves with God, God's infinite powers within us are liberated to reflect and express upon this earth. If we keep reflecting upon the things of earth, *identifying ourselves with them*, then in our consciousness we are limited to the earthly conditions which we repeat in consciousness.

YOUR mind and your will are given to you to *command yourself* to do the intelligent thing.



Affirms the
UNITED NATIONS
of the **WORLD**



Thrift

By CHESTER H. STRUBLE



FRUGAL grandfather founded the present fortune of his granddaughter.

His advice to her was "never buy anything until you have looked in the ten-cent store."

This was carrying the idea of saving a little too far perhaps, but the modern tendency seems to be not to save at all.

Today we order by telephone and take what the store sends us. Naturally the dealer is there to represent himself in the transaction and he works off his oldest stock in filling telephone orders, saving the fresh stuff for his cash and carry customers whose eyes are their market. Thus the telephone saves time but it is prodigal in wasting quality, honest weight and the fair price which only "shopping round" can secure.

Also, we fall into the habit of trading at one department store. "I always buy of Fair & Square," we say. Yes, and it costs us far more to do so than we realize. A woman I know has for years been in the habit of paying \$75 to \$150 for her dresses from an exclusive shop. She particularly admired a dress that a friend had on, but was amazed to find that it cost less than \$40. The material was as good as she bought for \$75, the style also, but the dress was not purchased in a so-called ex-

clusive shop where they show you every courtesy and see that you pay for it.

It seems to me thrift is a part of New Thought. We cannot affirm for wealth and expect to get it if we make bad use of what money we have. It is the difference between what we put into the bank and what we take out of it that builds up a reserve. If you are just a clearing house for cash, your debits and credits remain equal and you get exactly nowhere.

Let us add to our affirmation for wealth a second affirmation for economy. Let's work hard at accumulation and equally hard at the reduction of distribution.

This does not mean that we should become mean and niggardly about expenditures. It means that there are "5 and 10 cent sides" to every business street, and that by affirming that we will step across to the "5 cent side" to shop *and do it we can* often save much money without any sacrifice of quality. That's what I call affirming co-operatively with Dame Fortune.

Don't say "yes, but my time is worth more than the money saved." That makes me think of the Chinese Ambassador who was met at the train by American officials, who instructed the driver to go around a certain way because they would save two minutes. The wiley Oriental wanted to know what they would do with the two minutes they were saving!

(Next Month: "How Habit Helps or Hinders.")

How You Can Become the Radiant Center of Life, Light and Happiness You Were Intended to Be

By D. F. Davidson

The New Knowledge: A Complete Philosophy of Living

Here is a most unique contribution. It comes from a ranchman in Alberta and is like a refreshing breeze from his own far-off western prairies. We reprint the manuscript without changing the peculiar construction. You will observe that it reads, in places, like a prose poem. And we suggest that you go over it again and again. It contains a complete philosophy of life—a wonderfully practical program by which to live.

THERE IS a GREAT TRUTH—new to us but older than many civilizations—which is now coming to the attention of the world once more.

What is this Truth?

How does it affect Mankind?

This Great Truth is The Understanding of the Laws of Nature, and how man can work in Harmony with Nature's Laws and The Constructive Forces of Life.

This is The New Knowledge.

This is the Truth which must be obeyed by man if "The Peace that passeth all Understanding," Love, Happiness, Success and Health, are to be part of man's daily life here on Earth, and in the Great Unseen Life that is to be, which we now call Death.

For, according to the way in which we live in harmony with Nature's Laws, will the True Contentment of Life be Ours.

Every human life is made up of a constant working out of Thoughts, Desires and Deeds, in Harmony, or out of Harmony with Nature's Laws and Life.

And when we allow the balance of our Thoughts, Words and Deeds to become destructive—out of Harmony with Nature's Laws—then do we bring upon ourselves our Troubles and Tribulations, our Sickness and Disease.

The Constructive Forces of Nature and Life do not Punish or Reward Man. Man simply lives in Harmony or out of Harmony with Nature's Laws of Life. And man's Happiness or Sorrow, Health or Disease, Pros-

perity or Poverty, is simply the working out of the Law of Cause and Effect in perfect harmony with Nature's Laws.

That is why we are told to "Seek first The Kingdom of Heaven," and a True Understanding of Nature's Laws, in order that All Things May Be Ours As Our Need Demands.

For all that Was, Is, or Ever Can Be, in Form and Shape, is but the Constructive Spirit Force of Nature expressing Life, Light, and Beauty in the Crystallized form of Whirling Ether Vibrations of Life Around us, Through us, and Throughout the Universe.

For there is a Universal Source of all Life, and All Life Is One. This vibrating, pulsating life principle Is Within Us and About Us and Beyond Us.

All is Life, All One Life.

The Source of our bodily energy is not the food we eat. Food only supplies the body with a certain amount of heat and replaces broken down tissues.

It merely repairs the body through which life energy flows.

The body is recharged during Sleep and Rest, with Cosmic Life Energy from Without and Within.

This Unlimited Supply of Radiant Life Energy is stored in great electro-magnetic fields and currents of pulsating, vibrating, living Ether, that Is Around Us and Through Us and Throughout the Universe. And when we are in harmony with the rhythm and vi-

brating life of Nature's Constructive Ether Forces, then are we Healthy, Happy and at Peace with the World and all Mankind.

"For all is Life." "One Life."

This is as True Today as it was Thousands of years ago.

If we grope blindly about in the dust, Stinging and Biting those we come in contact with, with Hate, Greed, Fear, Jealousy and Anger, (All Man-Made Destructive Forces), then are we conditioning ourselves to a Condition Here on Earth, and in the Life to Come, that we would not care to wish even unto our worst enemy.

And we are always our own worst enemy.

And what of Death?

There Is No Death, for Man, only a changing of Form and Surroundings, and a working out of the Conditions we have Conditioned Ourselves to in our Daily Life, and in our past Reincarnation, in our Thinking, Working, Eating and Sleeping, in our every act for Good or Evil; for all that we do builds around us that Condition of Existence and Attracts To Us in Vibrating Life Form the Crystallized Ether Forces of Nature with which we are Vibrating in Harmony.

Do You Want to be Loved, with The True Love of Understanding?

Then You Must Love and Understand.

Do You Want Friends?

Then Must You be a Friend.

If We are Critical, and Full of Hate and Jealousy, Fear and Greed, then so will We Ourselves be Judged.

For One of the Great Laws of Nature, and of Life, is that We must first give before we Can Receive.

And according to the way We Give will the way We Receive be Governed Unto Us.

Give Freely of Love, Health, Work and Money, When There Is Need.

But do not let your Right Hand know what your Left Hand Giveth, lest there be False Pride in the Giving.

If by the Choice of our Own Free Will, or by Neglect, or Indifference, we allow Ourselves to become a Destructive Center of Life Energy, radiating from our Spiritual, Mental and Physical Condition, Worry, Fear, Jealousy, Anger, Hatred and Greed, (all Man-Made Destructive Forces which are out of Harmony with Nature's Laws), Then are we Conditioning Ourselves to a Condition in Life so out of Harmony with Nature's Laws and

Life that We are Actually Beginning to Die On Our Feet, as we move from Place to Place in Our Daily Work, for We, by our own Free Will and Destructive Desire, are using the Constructive Forces of Nature in a Destructive Way.

We are turning the Life Force within us into a Repelling, Destructive, Death Center, that will in turn destroy our Mental and Physical Poise and our Life.

Sickness could not exist today, there could be no Wars or Destructive Conditions of Life for Man, if Man were living in Harmony with Nature's Laws and Life.

But if, on the other hand, we are a Radiant Sun Center of Life, Light, and Happiness, producing wherever we are the Constructive Conditions of Radiant Life, then are we Living and Working in Harmony with Nature's laws and in Harmony with the Constructive Forces of Nature that are Radiating Life, Light and Beauty All Around Us.

Each of Us is either Master or Servant—of Our Own Free Will.

To Which Class do You Belong?

The important part that the Will of Man and his Desires play in life when used for Good or Evil, Life and Death, Health and Disease, is consciously understood by only a few Men and Women today.

To Know, To Will, To Dare, and to be Silent. That is the Key to Spiritual and Mental Unfoldment.

All that is necessary for Man's Unfoldment is for man to make up his mind to Accept the Laws of God—of Nature—and simply "To Will To Do The Will of God." Sin is man's Wilful Transgression against the Laws of Nature, and of God.

The present New Age of man's existence, now starting on a new circle of Unfoldment, and the advancement of our Present Civilization, Is Here.

The Wonderful Inventions that have so recently been worked out by Man, The Steamboats, Trains, Aeroplanes, Automobiles, and Wonderful New Machinery of All Kinds, the new Inventions that Are Soon To Be along the lines of Electricity and Wireless, are but the working out of the Start of this Great New Age of Advancement of Man that Will soon be part of our daily life.

And whether these new Inventions shall be used for Life or Death, for Peace or War, must be decided by the Will of Man and the

Condition he has Conditioned Himself to in his present daily life.

Many of the nations have been conditioning themselves for the Next Great War. Fear, Hate, Greed and Jealousy are the Dominating Mental Destructive Forces that have been working Day and Night in the Minds of many Statesmen.

And yet, if this same Mental and Spiritual Energy—now Destructive—were used Constructively in Paths of Love and Peace, the World could Advance and Unfold to a Wonderful new Constructive Civilization of friendly Good Will, a Civilization such as has not been even dreamed of by Man under his present day Destructive Living Conditions. Then would Peace, Plenty and Happiness be for All, instead of Misery, Hunger and Death, as we have it in many parts of the world today.

Then would the Swords of Europe and Asia be beaten into Plowshares and All Thoughts be Thoughts of Good Will and Peace.

And yet Nothing Happens by Chance. All is Law and Order.

We Have Brought These Conditions Upon Ourselves and We Alone Can Change Them.

God Does not Choose What Man Shall Do, or How He Shall Do It.

This Choice is Man's Alone.

God Does Not Punish or Reward Man.

Man Creates the Condition of His Own Punishment or Reward.

From the Smallest Atom, or Crystal, to the Greatest Planet or Sun, All Is Law and Order.

Nothing Happens by Chance.

And it is this same Law of Nature, the Perfect Law of Cause and Effect, that Governs the Life of Man.

Affects every Breath Man Breathes, Every Thought Man Thinks, and All the Works of Man.

For it is only when the Will of Man is consciously used Out of Harmony with Nature's Laws that the so-called Destructive Forces of Nature are turned loose Around and Within Us. And Man always works Destructively from choice of his Own Free Will.

For if Man were but Natural He would always work for Good and Destructive Thoughts could not then possibly be recorded by Man's Brain.

There is No Evil, but only The Will of Man using Life Energy out of Harmony with Nature's Laws.

All that Is, Is Good, if used Constructively to produce Life, Light and Beauty.

How can we unfold to a Conscious Understanding of Nature's Laws?

How can We Work in Harmony with Nature?

"Be Natural."

Worship not the Idols of Pride, Wealth for Show and Desire of Pomp and False Standards of Life.

Ask and Receive all that of which You have need, but do not ask for that which You Crave to Satisfy Selfish Desires only.

"Be Natural."

Let Your light so shine before Men, that They may see Your good works. Will To Do The Will of God, of Nature.

Love Your Enemies.

Do not Consider Yourself First.

Do Not Humiliate Your Neighbors.

Help the Poor.

Sustain the Feeble.

Do Evil to No One.

Do not Covet that which you do not Possess, but which is Possessed by Others.

"Be Natural."

And consciously watch Your Unfoldment to the Understanding of Nature's Laws and the Constructive Forces of Life, Light and Beauty, that are Constantly Radiating Life Through You and Around You.

"Think no Evil."

"Hear no Evil."

"Speak no Evil."

Be that which You Desire and it is Yours. Seek and Ye shall find.

Knock and It shall be opened unto You.

How little do we really understand these Great Truths, and Many Others like them, that have always been Before Us, yes and Within Us.

For the Consciousness of Unfoldment must come from Within, as comes all Peace and Happiness and All Understanding.

And yet I can hear You say, "These Laws of Ancient Times would not work in the Present Day Worry and Strife of Our Business World."

Are You sure of that?

Have You tried them?

These Laws are still the Laws that today must be used by Man, if Success, Happiness and Love, are to be our Daily Companions.

Try and Purchase Love with Cash.

Try and Buy Health with Gold.

Without Obeying Nature's Laws.

And see what Your results will be.

Nature has not changed.

All Is Still Law and Order.

All Is Life, One Life. Everything is Alive.

Put more Good Will and Constructive Understanding into your every Thought, Word and Deed and Watch the Results.

Watch Your Health, Improve your Vitality, Become Stronger.

Watch Your Family and Loved Ones become more anxious to be where Mother and Father are, when more Love and Quiet Understanding of Nature's Laws and the Constructive Forces of Life are given forth in Word and Thought and Deed by Father and Mother.

Watch Your Friends Unfold to Your New Thoughts and Deeds of Love and Friendship.

The World today is Hungry for Good Will, for Light and Understanding, for true Friendship and Peace Within.

It is the Desire Working in Man for the "New Knowledge." For the Understanding of The Voice Within.

And when we consciously realize That There Is but One Life—

That the life in a Fly and in an Elephant, in a Plant and in a Crystal, in our Every Thought, in Every Drop of Water, and in the Rays of the Sun, Is The Same Life Manifested in Different Forms of Unfoldment, and that All This Is but Life that Can be Consciously Directed by The Will of Man—

Then do We begin to realize something of the Responsibility of Man, and Man's Work Here on Earth.

For Our every Thought and Word and Deed is Alive and is Vibrating Life.

And all that We Think and Do and Are, Affects All Life Around Us, for Good or Evil, Life and Death, and will produce Happiness or Sorrow.

Science is beginning to realize today that "All Life is One," and that "Everything that Exists is Alive."

Out of the Mystic East has come again "A Wise Man" who Understands Life.

Consider the new Inventions and Scientific work of Sir Jazardis Chandra Bose from India, now lecturing in London and Paris. This Hindu Scientist whose research into the Nerves of Plants has startled all Europe. After 30 years of quiet work, during which the West has been inclined to make light of his experiments as the speculations of a Dreamer, Bose has proved that his theories are correct and "That All Life Is One." By actual experiments and inventions he has shown that Steel Can Feel, that Plants and Flowers Have Emotions, even as You and I, and that everything Created is Living, Struggling, Dying, with a spasm which is the same in kind (but not in degree) in a Flower, or Plant, as it is in a Man.

Bose has made instruments to measure the nerve action of Plants—Inventions so sensitive that the Crawl of a Snail is Magnified to the pace of a Rifle Bullet.

Such men as Professor Einstein claim that the new discoveries of Bose, who has been able to accurately record his visions to the millionth of an inch, will revolutionize the scientific understanding of Life and that "All Life is One."

That is why No Man can live unto Himself Alone.

For to Live is to speed up or slow down the Life Forms that are all around Us.

For All Thoughts Are Alive, are Radiant Vibrating Life, are part of Ourselves projected into space in Radiant Ether Ripples for Good or Evil.

For All is Life, from the Smallest Atom to the Greatest Planet, All One Life.

If these few words can awaken within You that conscious understanding of Your responsibility to Man and God; to Yourself and The Great Laws of Nature with which You must work in Harmony if You are to be the Radiant Sun Center of Life, Light, and Happiness You were intended to be, then have You gained a slight Understanding of The "New Knowledge" of "The Laws of Nature and of Life."

(Next month read "God's Power Helped Me to an Abundance of Health," by a Hindu.)

I BELIEVE in God, whom I understand as Spirit, as Love, as the Source of all.

—Tolstoy

Thought Radio Man's Next Invention

By Viola Gertrude Rich

The Fascinating Record of Experiments in Telepathy, Thought Reading and Other
Psychic Phenomena

VOICE radio is no longer a thrilling subject. We know all about radios. We have sets in our homes. We attend church services sitting comfortably in an easy chair in our own living rooms.

We all admit that the ether is literally filled with words that any little receiving set can bring to our ear. It seems logical to suppose that thought also would broadcast, could man but contrive so delicate a machinery.

Thought must travel on the waves of ether much the same as spoken words do. This explains to some extent the sixth sense which man is slowly but surely developing, for it is now generally conceded that man has a sixth sense.

So far, there has been little written on the development and practical use of this power of the mind. Man's mind is a broadcasting station of thought, also a receiving station of thought, therefore we have mental telepathy and mental telegraphy.

Five Years of Experimenting With Psychic Phenomena.

A group of persons interested in the scientific value of this interesting subject began an investigation of the possible development of the sixth sense, the object being to discover the laws governing this unusual faculty in man's mind. The following is a delineation of the experiences of that body, experiences and investigations extending over a period of five years. Not one of the group possessed remarkable or unusual mental powers, but each one was a firm believer in the powers of the mind and its possible development.

The self-appointed committee consisted of Prof. William Artis and his wife; Miss Marguerite Perry, an interested student of the Professor James school of psychology; Leo Ray, a young college graduate and radio fan; and myself, in the capacity of recording secretary.

Mrs. Artis's father, Dr. Gray, whose pro-

fessional experiences had excited his interest in the study of the human mind, had agreed to assist us in our tests of mental telepathy and mental telegraphy. Dr. Gray lived in an eastern city two thousand miles away, and had recently moved into a new home in an entirely different part of the city to that known to his daughter, Mrs. Artis.

At the first meeting of the little group, each member took a small piece of paper and wrote on it a single thought; then the paper was folded tightly, and dropped into a pasteboard box over which a handkerchief was spread. Then each one in turn reached into the box, and drew out a paper which was kept held tightly in the hand, while with closed eyes each person waited to sense the nature of the question and to identify the author.

To our surprise three answers out of five were found to be right. It was also interesting to note that the two ladies got results more quickly than the men. It then occurred to us to try taking one of the group out of the room, blindfolding him, and leading him back, with the understanding that he was to make his mind receptive to the thoughts of the other members of the group, and that he was to perform whatever action we told him. Again we were surprised to find out how often the blindfolded one would go directly to the object of our thought, and perform exactly the acts that we had mentally declared that he should.

Finding Hidden Articles.

It then occurred to us to try hiding various articles about the house, meanwhile trying to keep our thoughts from telling the operator where we had hidden them. This proved a more difficult feat, but imagine our delight when one of the party succeeded in finding a common dress pin placed in the back of the hem of a lace curtain! Our meetings had now become regular Wednesday evening af-

fairs, and we had been in session only two months when Mrs. Artis performed this remarkable feat of finding the concealed pin.

We then decided to bring our daily mail unopened to our next meeting, and to take turns trying to sense the contents. We found that we could tell the mood of the writer, and the nature of the contents, whether business or social.

But the outstanding fact shown by these various experiments, was that the letters revealing deep emotion were far more easily read than those which were not charged with deep feeling.

One of the letters contained the news of the illness and death of a dear relative. Each member of the group sensed this fact, while some were able to give the exact date of the death, and the personal names contained in the letter.

The Mind Like An X-Ray Searchlight.

Mrs. Artis, whose development far out-reached that of the other members of the group, declared that the mind to her seemed to be very much like an X-Ray searchlight. She found that by concentrating her mind on any given object, far or near, the most minute details could be ascertained.

About this time the tests with Mrs. Artis's father, Dr. Gray, became very interesting. On one occasion Mrs. Artis had arranged with her father to hide some article in his home on Saturday at a given hour. It was further agreed that the father and the daughter were to write each other a letter on the following Sunday morning at the same hour, and to post the letter at once so that the letters would pass on the way.

Dr. Gray's letter read as follows: "I have placed in the bottom drawer of my dresser a photograph of a man unknown to you. It would seem remarkable if you should be able to describe the photograph."

Mrs. Artis's letter, written at the same hour, two thousand miles away read thus: "You have placed in the bottom drawer of your dresser the photograph of a man, an elderly gentleman whose head is quite bald. The head is next to the end of the dresser drawer to the left. You lifted up the paper that covers the bottom of the drawer and slipped the photograph underneath. Last night as you sat by the grate fire you asked this question: 'I wonder if she will be able to reveal to me the hiding place?' I saw you with my

mind's eye, your hand was behind your head, and you were leaning backward in your arm-chair. Seeing you thus may be due to what I know of your habits while resting."

It happened one evening that a cousin of Professor Artis dropped in on us. This gentleman prided himself on being a hard-headed business man, and boastfully declared that he was not at all like his cousin Professor Artis; that he, Mr. Reid, believed only what he could see and knew to be a fact.

This statement disturbed Professor Artis not at all, and he assured us that this was a rare opportunity, for we could now investigate a mind that did not believe in telepathy, and was not in sympathy with the subject of the mind.

Describing A Hidden Pencil.

Professor Artis prevailed upon Mr. Reid to lend his aid to some sort of test. Reluctantly Mr. Reid consented. Drawing back his coat to expose his breast pocket, which contained several pencils, he said, "I shall hide one of these and see if you can locate it." This remark was made as he was leaving.

At our next meeting Mrs. Artis volunteered this information: "Mr. Reid did not hide one of the pencils he had in his pocket. He hid a new unsharpened pencil. He entered the house by the front door; going up a flight of stairs, he turned to the right, stepped up on something long that seemed about two feet high, reached up over head, lifted a covering which seemed to be in the ceiling, and placed the pencil east and west with the printing on the pencil downward."

Mr. Reid, arriving later, related his story of the hiding: "After leaving here I decided to use a new pencil I had in my brief case. We had just moved into a new location and I entered the house by the front door. This house is a two story building. At the top of the stairs I turned to my right, stepped into the bathroom, climbed up on the bathtub, and lifted the covering up from the scuttle and laid the pencil in, ends east and west."

"Was there printing on the pencil?" some one asked. "I do not think so," replied Mr. Reid. "I'm sure there is!" Mrs. Artis said. Later the pencil was brought to us and we found the name of the firm stamped in the wood on the side of the pencil.

By this time we had all made this discovery: Thinking creates thought-forms! They are seen by the mind's eye, and we often

could tell the nature of a sealed message by the thought-forms that would come before our minds as we held the envelopes in our hand.

For instance, this question was written: "Have you read the book entitled 'The Man that Nobody Knew.'" These questions were written at home, sealed, and brought to the meeting and placed in the box. While holding this envelope in hand with closed eyes there came before the mind's eye a book, with

a faint indistinct picture of Christ which caused the operator to exclaim, "But I don't know him very well."

What a field for investigation and invention. Let us have thought radios! Let us have mental photography! And above all, let us cultivate the latent powers of the mind and put them to practical use in our everyday life.

(Next month read "Truth Healing: How a Fistula Was Cured After Operations Failed.")

A Subconscious Memory Method that Never Fails to Work for Me

By Agatha R. McGivern

WHAT is memory? Its most general meaning is the conscious revival of past mental experiences. In order to bring back a mental experience, that mental impression must be stored away somewhere in the mind.

When we remember, we bring that mental impression up from somewhere to consciousness. That "somewhere" is just back of consciousness, hovering there in the realm of the subconscious. That part of the subconscious mind is the "storehouse of memory." We can forget objects or events but they are stored up in our subconscious mind, and they can be brought back to the plane of consciousness if the right trend of thought is started. These impressions are in the subconscious mind and even though we are not conscious of them, they are there helping to mould our subsequent thoughts and actions.

People in delirium often speak a language they had apparently forgotten since childhood. It is there in the mind only to be brought to the surface. People rescued from drowning have said that things from their earliest childhood and on through their life had flashed before their mind with utmost clearness in lightning-like rapidity.

How often in the course of conversation, does the name of some place or thing slip off somewhere. I have often had the feeling of mentally searching here and there for that lost word, and feeling that it was just evading me, and finally would have to give up altogether. Then out of nowhere, seemingly,

when I would be doing and thinking about something else, that word would come back to me. It was there all the time but it had dropped down to a subconscious plane of mind and I had "forgotten." And so with incidents and actions. They slip back, down to the subconscious plane, and we forget. But there is never anything forgotten that at some time or other can not be brought to consciousness.

Before I had ever read anything about the subconscious mind and the way it acts, I had worked out a system that never failed me in regard to things I had put away and could not find.

After hunting until I would be discouraged and disgusted, I would put it out of my mind altogether, and do the first thing I could think of. Sometimes it would seem a foolish thing to do, but invariably what I had been hunting just seemed to "turn up." Since then I have been able to figure out a reason for it. I am just beginning to see the miracles of the subconscious mind and the wonders it will work if we only let it.

It has been said, "Every single effort of the mind is a creation which can never go back again into non-entity. It may slumber in the depths of forgetfulness as light and heat slumber in the coal seams, but there it is, ready at the bidding of some appropriate stimulus to come out of the darkness into the light of consciousness."

Then memory, or remembering, is just calling up to the surface again the mental impression that was originally made.

Healing Blues, Sickness and An Empty Pocketbook

By Brown Landone

MR. VARNON was sick! And everything about him was sick.

His *soul* was sick with the blues, and they had become chronic.

His *stomach* was sick—"nothing seemed to digest," and the doctors said he had nervous indigestion.

His *business* had rheumatism. It was so stiff it could hardly move, and when it did move, it was painful.

His *bank balance* was anemic—so lacking in cash corpuscles that the last monthly bank statement had made it clear that the bank desired it carried away for fear it would die on their hands.

And his *pocketbook* had lost so much weight, and was so thin, that two thicknesses of tissue paper would have made it feel fat.

Not only was Mr. Varnon sick, but he was not young in years, and the business in which he had been engaged for twenty-seven years—photographic business in a small town—was said to be one of the "dying businesses."

As I began to study his problems, my first thought was, "With what can I start—to make this man realize that *all* these conditions which he has listed as causes of his ill health and soul-dependency are *not* causes at all, but results?"

And then I realized that he had been so concerned in listing all his troubles, and lamenting about them, that he had not revealed the basic cause.

He had asked me to help him to *health*—to help him discover the cause of the nervous indigestion. But, when I found that he was eating rationally, I knew that his indigestion could not be due to lack of wisdom—that is, lack of wise use of food, and I realized that it must be due to worry, which in turn was probably due to his financial condition, which in turn must be due to some mistaken idea hidden from his conscious mind.

So, I wrote him that his problem was not a health problem at all, but a success problem, and that I must find out just what was

the *cause* of his seeming failure in business.

To this, he replied:

"The cause is something that cannot be changed. I am a photographer in a small town of 15,000. The photographic business is changing. In small towns, it is a "dying business." All high priced work is done by a few great experts in the big cities. I live near one of those cities, and anyone who wishes a good photograph goes to one of the well advertised studios—a studio with a reputation."

"My business is a dying business, which you can't change; but, since I am not fitted to do anything else, I shall have to stick to it, and I suppose—die with it!"

"I don't like the work—there is no art in it! Those who come to me for work, always want their pictures to look as 'pretty' as possible. And, I've got very tired, trying to make ugly faces look beautiful."

"Moreover, the *auto* has ruined the business. Everybody is going crazily into debt to buy autos; it's ruining everything! Everyone goes motoring on Saturday and Sunday. They used to come and have their pictures taken on those days. In a small community, whole families would come together. Saturday and Sunday used to be our best days. Three fourths of our week's business was done those two days. Now, almost no one comes!"

"Photography in a small town is a dying business, and that's all there is to it. And, if my health depends on making this business a success—I might as well die now, for it cannot be done!"

Mr. Varnon did not live far from my study, and so I asked him to come to see me. His shoulders drooped; his knees sagged; he was down in the mouth—not figuratively, but actually. His clothes were worn and shiny. He not only looked like a broken man, he was one!

"And why did you write me in the first place?" I asked.

"Well, I thought you might give me an affirmation to heal my indigestion, and to keep

the business going. Of course, I know the business can't be made good, because it's a dying business. But, it's the only thing I know how to do, and I've got to eat."

"But, do you really dislike your business?"

"I do!"

"Are you certain of it?"

"Well, how could I like it, when I can't make enough to pay my rent and buy food?"

"Why did you go into it in the first place? Why, when you were a young man, did you prepare yourself for photographic work?"

"Oh, I wanted to be an artist! But there was no money in that, so I took up photography as the next best thing."

"So you wanted to be an artist?"

"Yes."

"How long have you been in the photographic business?"

"Twenty-seven years."

"And all these years you have repressed your desire to be an artist?"

"What else could I have done?"

"You could have been an artist—for photography gives you one of the greatest chances of being an artist!"

"I can't see how."

"You can do almost anything with a photograph, can't you? You can paint in a part here; or wash out a part there, can't you?"

"Oh, yes!"

"Do you own an auto?"

"What's that got to do with it?"

"Do you own one?"

"No, and I don't want one!"

"Have you ever owned one?"

"No, never had enough money ahead to get one."

"You asked me for an affirmation to heal your indigestion and keep your business going; but you don't need one. What you do need is to discover *what* soul attitude *within* yourself is ruining your business and making you ill!"

"Now, tell me, what is it you hate?"

"I don't think I really hate anything."

"Oh, yes you do! And it is your hate which makes your body ill with indigestion; it has made you nervous; it has given your business rheumatism; it has made your bank balance anemic and it's now making your soul sick and despondent. Nothing but hate has caused these conditions, and you can change them if you stop the hate!"

"What do I hate?"

"Why, you hate *change*, and particularly

the one *thing* which seems to have changed the prosperous photographic business of a few years ago, into what you think is a dying business today. You blame the auto, resent the change it has made, and hence you actually hate it."

"The only two reasons why you hate the auto are: (1) you've never had money enough to buy one for yourself; and (2) you have not been awake enough to realize that people's auto trips on Saturday and Sunday could double your business.

"Your trouble is not due to the change in the Saturday and Sunday business. It is not due to the auto. It is not due to the lack of the artistic possibilities in your work. The trouble is with you."

"Why don't you change? If you will love change, instead of hating it; if you will love the auto, instead of hating it—you will discover that the auto itself will become the means of making your business a great success."

"Remember that Christ taught us to love our enemies. You think the auto is the enemy of your business. Love it, and a miracle will be wrought."

"Can you not imagine some way by which you can make use of the very thing you now dislike, make use of the autos which carry tens of thousands of people away into the country each Saturday and Sunday?"

"More kodak pictures are taken on Saturday and Sunday than during all the rest of the week. They are taken by people on auto trips. Would not those people like some of those snapshots enlarged, made beautiful with some change of the background, so that they could be framed and hung in their homes as real artistic pictures?"

"The only 'dying condition' of your business is yourself! You are near death, with dead thoughts of dying businesses. There is no such thing as a dying business. Lamps displaced candles, and electric bulbs displaced gas. Yet, more candles and lamps are sold today than ever before. I know a journalist and business expert who has searched for years for a story of a dying business, and one cannot be found."

That started his mind on a *new* thought, and so we worked on the possibilities of building up his business in an entirely new way—a business of enlarging, beautifying, even painting in certain features on kodak pictures, so that they would become real works of

art—giving him a chance to use his artistic nature.

“Don’t you know of anyone in your town who has come into prominence?”

“Oh, yes, but they don’t want me to take their pictures any more!”

“But *do* you know someone of prominence?”

“Yes, I know McCulloch. He’s mayor now, but he never comes to my studio any more.”

“Never mind that; telephone him in the morning. Tell him that you are working out a *new* process, and that you would like some little snapshot—something taken of him when he was out on an auto trip somewhere. Then, when you get it, enlarge it, work it over, make it as beautiful as you can. If you need to put in a tree here or there, put it in. If you need to take out something, wash it out. Use the art of your soul to change the scene, so that it will be beautiful and artistic!”

He did so. The little snapshot of the mayor

was one taken with a State Senator. When the picture was returned, it was so well done that the mayor sent it to the leading local paper—because he wanted to have his picture appear in the paper *with* that of the State Senator!

It created comment! No one had ever before seen such an *artistic* kodak picture!

Others wanted snapshots of themselves made into artistic pictures, and a new art was created, and an old business was given new life!

The blues are gone!

The indigestion has disappeared!

There’s a good bank balance!

And Mr. Varnon has a car!

Love your enemies and they will bless you—even if they are only the autos you do not own!

(Mr. Landone’s article for June will be: “Mr. Casari Was Healed When the Subconscious Cause of His Trouble Was Removed.”)

A Better Crop of Ideas: How to Prepare the Soil

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

AMONG all those who come to me for help—whether it be a case of ill health, twisted human relations or business distress—I almost invariably discover one kind of lack; that is, a poverty of ideas. The mind is the greatest instrument of achievement that God ever gave to man. If that fails everything fails; if that produces a poor crop of ideas, the individual is likely to flounder in some respect.

Your thoughts make you; they conserve your heaven-born powers; they release your finest energies of achievement. When you fail in health, you fail in ideas. When you fail to get along harmoniously with some one, you fail in ideas. When you fail to receive a just and fair income, as you believe you deserve, you fail in ideas. I have always held that there are about half a dozen good ways out of every difficulty, and I am still confirmed to this belief.

Patient Preparation.

You think, not only with your brain, but with your entire nervous system. The pains and pleasures reported to your mind from the remote parts of your anatomy enter into and re-direct your stream of thought. You are likely to be deceived by these reports, also. You may imagine your mate is mean to you when, as a matter of fact, the real origin of your ill feeling is a severe bunion on your left foot. You may imagine that the whole world has gone back on you when it is your digestive apparatus temporarily stalled by an over-load of food.

Now, you understand me when I say that you think with your body as well as with your mind. Your body, your stomach, your entire nervous system—these are positively factors in the movement of your mind and the stream of ideas which constitute your thinking. No matter how spiritual you are, no mat-

ter how bright and brainy you may be, your thinking is dependent upon the conditions and the functions of your whole body. I do not say that you cannot think straight when you have a sore toe. I do not say that your thought may lack clearness and brilliancy when your stomach is on a strike. But I do say most emphatically that you can think easier, clearer and straighter when in a state of perfect physical well-being than when pained or deranged physically.

Above all else do I maintain at this point, that about the first substantial thing to do in the act of getting out of your error or trouble is to cultivate a better crop of ideas; and the best way to prepare for a good crop of ideas is to wake up physically. Do not miss the point. Mental trouble invariably means physical trouble of some kind. I have never known an effective spiritual thinker or healer, but that he was either consciously or unconsciously taking the same scrupulous care of his body as he did of his mind. "Know ye not that your body is the temple of the Holy Ghost?"

Stir Up The Soil.

Keep in thought the main thesis, which is this: You can get out of your present difficulty with ease in proportion as you have an abundant flow of fresh ideas as to what to do and how to do it; and you can greatly increase this stream of ideas by improving the conditions and the functions of all parts of your physique. As a practical farmer in my native Kansas I learned that the soil must be properly stirred before one might hope to produce a full crop of grain. The stirring opened the way for circulation of air, water and sunlight and soil elements, and seemed to impart life to the loosened earth.

The figure is not far-fetched. Stir up the inner conditions of your body. Let in water, air and light. Balance your program of physical living, and so open the way for a more abundant crop of ideas—a crop, the sur-

plus of which will pay your way out of almost any ordinary difficulty. It is not, however, your mere decision to live more sanely in order to think more nobly, but it is your quiet affirmation so to do, that brings sure results. So, if you should come to me with your serious mental problem, I should look at once for the physical derangement accompanying it, and then, I should most probably go after the trouble with something like the following:

"I realize that my mind and my body are different aspects of the same unity and that God is the Author of both these manifestations of myself. Therefore, I am learning to treat my body and my mind with equal respect. I am learning to impose on them only a reasonable amount of work and to depend on them to function perfectly whenever I accord them perfect treatment.

"My body is the temple of the Lord. I am done with defiling this temple. I am done with gluttony, with irregular living, with dissipation, with mistreatment of any part of my organism. I am learning to eat moderately, to sleep peacefully, to rest adequately, and to direct my emotions properly. I am giving my mind the benefit of a clean blood stream, a poised nervous system, a deepened respiration, a perfected food assimilation, an active system of elimination, a vibrant, radiant physique.

"Thus I prepare the physical soil for an abundant crop of ideas. I know that Heavenly Wisdom has placed within me the power to think, the power to overcome my difficulties, the power to move on toward the highest goal of earthly existence, for 'The Spirit of God hath made me, and the Breath of The Almighty giveth me life.' As a reward of this careful preparation, this sane care of my body, I anticipate at length a complete mental and spiritual redemption. 'I shall be satisfied when I awake in Thy likeness.'"

(The next article by Dr. McKeever: "Sowing the Thought Seed in the Subconscious.")

How My Income Last Year Came to be Larger Than My Banker's

A PROFESSIONAL man applies New Thought principles with the above result. Read his experience in next month's issue of

NAUTILUS MAGAZINE

Mind Healing and Bones

By Rev. George C. Golden

Being No. 11 of the True Stories

“YOU makee short bones longee?” It was my Chinese laundry-man. Ever since I first told him the difference between the practice of medicine and the practice of metaphysics, he had been keenly interested in the patients he saw in my office. Frequently I had pointed out certain cases to him and let him, with his keen, slanting, black eyes, watch the improvement.

“Why do you ask, Wong?” I enquired.

“Big Italian boy go to schoolee with my girlee,” he replied. “He have bad accident long, long timee. One leg muchee shortee. You helpee him?”

“Has he any brains?” I wanted to know.

“Heapee muchee brains,” Wong assured me. “Father muchee brains, too. I tellee them about you. They wantee come. You likee?”

Because I assured Wong that “I likee,” one morning Tito Campi limped into my office, followed by his father who proved to be a man of considerable information in other lines even than his own profession which was that of law.

Tito was a handsome boy of seventeen, with great, large, intelligent and soulful eyes and the fact that he possessed a body that would make a god envious only added to the tragedy of his lameness. About four years before he had been struck on the back with a falling packing-case and although he suffered much in the first year following the accident, the only effect he still carried was a left limb that had to be supported with a sole considerably over an inch thicker than the other.

His father seemed to be under the impression that “metaphysical cures” were effected through a systematic practice of inducing the patient into a self-deception which, if continued long enough, might be successful.

“You think then, Mr. Campi,” I asked, “that if I can induce Tito to ‘kid himself’ enough that his legs are of equal length, we can effect a cure?”

The lawyer knew by my use of slang that

I had not indicated the correct way, but he could conceive of no other.

I reached over to my shelves, selected a book in which I requested him to read a paragraph aloud. It was from the writings of Prof. Elmer Gates, who said:

“If mind activities create chemical changes in the cells and tissues of the animal body, it follows that all physiological processes of health or disease are psychological processes.”

He read again what I had underlined: “All physiological processes are psychological processes.”

“The building of the new bone in your son’s limb must first be done through thought,” I explained to him, “for mind is the only builder that there is.”

“It sounds very theoretical to me.” He was sceptical. “I can see where such a statement might be abstractly true but in everyday affairs we are dealing with solid flesh and real matter.”

“I think I can have Tito show you that by thought—and only thought—he is able to increase the size of his hands,” I affirmed much to the boy’s surprise. “Will you be willing to try, Tito?” I asked him.

We filled a basin with water and after rolling up his sleeves, Tito placed his long, artistic fingers flat on the bottom of the dish, letting the overflow run out into a larger container.

“Have you a good imagination, Tito?” I asked in a tone that would bring back an affirmative answer. “Then imagine your hands growing bigger and bigger.”

We all watched the basin while I kept quietly suggesting to him, “They’re swelling more and more—becoming larger and larger like the hands of a teamster.”

He held his hands still. The water, ready to overflow, peered out over the top of the dish. Drops formed—one, two and then many dozen—and splashed into the water below.

“Does that convince you, Mr. Campi, that thought can increase the size of the body?”

I asked as Tito wiped his hands and we had the utensils removed.

"Very astounding, yet very simple. Very simple, yet very astounding!" the lawyer kept repeating.

"You see, Tito," I told the lad when we had seated ourselves, "I am not asking you to lie to yourself by saying that your short limb is long when you know mighty well that it is not. You have seen that by thinking your hand grew—it actually increased in size. Now you and I are going to spend half an hour a day thinking that your leg is growing and catching up with the other. You can actually see, from what I have shown you, that it will have definite, concrete, positive and tangible results, will it not?"

"You just want me to see my leg growing longer and longer for half an hour a day?" he enquired.

"That's what I want you to do," I replied. "But if you are just going to sit down and imagine your leg growing, you'll find it rather hard to hold your mind on the subject."

I could see that the father was not missing a trick. He did not need to tell me that he had already recognized the fact that I was apparently asking the lad to do something that was impossible.

"You will find that your imagination will be a tremendous help to you," I explained. "If you will visualize yourself running in a race with other boys, taking long-distance hikes, dancing at the Palace or fencing in a gym—anything that will give your mind the picture of interested occupation—you will be able to *put over* the suggestion of the lengthened limb to your subconscious mind and that is all we need."

"I see how you get at it," the lawyer was finally won over. "When you say that physiological processes are only psychological processes, you may have stated a truth but, as it stands, it is not of much help. It's all in the trick of showing the patient how to control his thinking, isn't it?"

"You're hitting the nail on the head," I agreed. "Tito can have just as much pleasure during his half-hour of self-treating as he would by going to a show—and it will be more profitable, for he will be discovering himself as he lets his imagination have full play. By his thinking and visualizing, we will build up in his subconscious mind such a convic-

tion of growing bone that the results will be apparent to everyone."

The healing, of course, was not accomplished overnight, but by two weeks people began to inform the lad that his limp was improving and Wong was more than ready to explain to his interested neighbors the important part that he had played in "making Tito walkee more better."

"I get a great kick out of my treatments," Tito said one morning when he was in the office. "I thought they'd be a bore but do you know—I've worked out some pretty good punches that I tried out in the gym and I'm sure that I've added a new one to the 57 varieties of the Charleston. Does it do any harm if I stop visualizing serious things and introduce some comedy once in a while?"

"The best thing you can do," I assured him. "All your visualizing is for, is to convey the suggestion of growing bone to your subconscious mind and when you are 'introducing the comedy' it proves that you are not entertaining much fear of failure."

"God is Truth," I added, "and evidently the Almighty intended us to have our share of wholesome fun when he gave us a sense of humor."

Suddenly the "fun" went out of the whole work and the flash of humor in Tito's brown eyes was smothered by a cloud of discouragement. The neighbors had ceased to tell him that he was improving and had been silent. He had feared himself that he was drifting back again and this morning one of them had said to him that she believed his lameness was increasing.

We were both concerned and I was puzzled. He could not have improved in the manner he did unless there had been a growth in the bone and surely it had not suddenly collapsed as it seemed to have done!

"I've sure flopped," he said. "I thought everything was going along fine—told myself I would be able to do the things the other guys did and in the way they did. But I guess it's not for me!"

He was walking along the street for he had come to meet me when I stepped off the street-car.

Down the street ahead of us was Wong, eyeing us with one eye closed as a man measures a line to see if it is straight. Suddenly the Oriental dropped his bundle of clothes and ran towards us.

"Tito, you leg is longee. Muchee too

longee," he exclaimed in great excitement. "You needee shoe muchee more thinee."

Tito looked at me. I looked at Tito.

He had continued to wear the same thickness to his sole that he had when he first began his work. If his foot had grown, of course with the built-up shoe, his left foot would now be longer than his right.

"Stand on your left foot and see if I can shove this board under your right."

I had backed Tito up against an apartment

house and Wong had produced from his wagon a board nearly half an inch thick.

"It goes alrightee," Wong reported from his kneeling position. "Him grown a heap lot. Him be alrightee belly soon."

The laundry-man rose and dusted the street-dirt from his trousers.

"Him heap foolee to be sadee," he said of Tito as the boy ran down the street eager to report to his mother.

(Next True Story: "How Captain Anderson Found His Work.")

An Effortless Exercise that Helps Indigestion and Headache

By May Williams Ward

IT SOUNDS as though there might be a catch somewhere, doesn't it? An effortless exercise that puts no strain on the heart, that helps indigestion and headache, improves circulation, lifts the sagging muscles of the face, and increases hair health—this seems quite a lot to promise, doesn't it?

I learned of this exercise through a good old family doctor. He was trying to cure a stubborn case of indigestion for me, but all the usual remedies failed. (This sounds like a testimonial for a cure-all!) Finally he told me frankly that I would just simply have to give up eating the things that I know do not agree with me and in time my digestive organs would behave better. In the meanwhile for temporary relief when my stomach tied itself up in hard knots, he recommended the *knee-chest position*.

This means lying on one's face with the knees drawn up beneath one till they touch the chest. The value of taking this position is that all the internal organs are given literally a new slant. It is the next thing to standing on one's head, and is quite uncomfortable when first tried, to say nothing of being very undignified! But the feeling of relaxation and relief during the rest spells between-times, is really marvelous. Any mis-

ery that improved circulation helps is infallibly bettered by this simple procedure—anything from cold feet to eye fatigue.

The surprised muscles soon grow accustomed to working in reverse, so to speak, and willing to learn how to make an "S" of you as well as the more familiar "I" of the standing pose. Take it easy at first, rest between-times, but repeat this effortless exercise until you feel a warm glow.

If especially interested in the good-looks phase of this exercise, let your head hang over the side of the bed while you are doubled up. Lay a mirror on the floor if you wish to see the grotesque effect of sagging cheek muscles sagging the other way in folds around your eyes.

Do not be afraid of "a rush of blood to the head." That is just what is wanted for the hair and complexion—the ultimate aim of all tonics, lotions, and massage, accomplished in this exercise simply by gravity. However, a gentle rubbing of the temples is a beauty aid, for here are the big arteries feeding the scalp and hair cells, and the fulcrum attachments of the muscles holding up the cheeks.

Doesn't it sound like sense? It is, and it works.

To bewail one's lot is always despicable.—Nietzsche.

Just How to Develop An Insurmountable Will

By P. Elie Kalanin

LET me give the reader a mental jolt at the outset by stating the fact that the weakest man can have a will as powerful as that of any great man who lifted himself from poverty and obscurity through sheer force.

Let me relate the experiences of a fallen man who afterwards reformed and became famous. He was a deep student and had a number of inventions to his credit. Perhaps it was out of curiosity that he took his first drink. Little by little he became a confirmed drunkard. As a result he lost what position and money he acquired bringing disgrace upon his wife and himself. Naturally, everybody shunned him and considered him low and base. But there came a time when people wondered, for our friend no longer slouched through the streets but walked with a manly grace, holding his head high. It was apparent to people who knew him that he conquered the drink demon.

An interview disclosed the fact that deep worry was the cause of his downfall. "Failure after failure," as he put it, "resulted in intense emotional irritation. Such nervous agitation was enough to make any man go wild." His wife believed in him and with her encouragement and New Thought principles he won.

A man fails in a love romance and what is the result? He takes to drinking, not knowing why. He may have done it to induce forgetfulness, we might say; but the real reason is because down deep in his soul and heart he is tortured, because he knows no peace. If he could only regain his lost love, his will power would come back. *The idea dominates over the body. We can change our lives if we only use this principle wisely. But how?* By elimination. Let me elucidate.

Nine out of ten people are pestered by undesirable thoughts, sounds and sights. Sometimes when you try to lull yourself to slumber a lot of disturbing thoughts persistently come up in your mind. You feel as if a certain noise just will not let you go to sleep. Do

you know why you cannot sleep when you are unable to "tune-out" painful thoughts and sensations? The next time you go to bed try this—you are able to keep all such thoughts out of mind if you really want to. You are unable to do this very thing because you concentrate on the thoughts that are preventing you from going to sleep. Do you notice when they come up that you tell yourself, "Now here comes that painful thought again and it will keep me awake." Here is solace for you and a good formula.

It is the preceding thought that you overlook and that causes you all this pain. You fight the noise or thought or whatever it may be but your efforts are futile because you unconsciously allow the fear that you will suffer creep in. These are the things you must get after—the thoughts of fear, anticipation and suggestion. Trace them back until you get at the root of the trouble and that, in most cases, is anticipation.

If you want to concentrate your mind on some particular work or thought and your mind wanders, it is because you have unconsciously accepted some negative suggestion. The best thing to do when you are confused in your efforts is to go ahead and do the thing anyway. You see, those negative thoughts of inability get your attention for the time being and make you forget that you have a will and that you are trying to use it. It isn't a bad idea, then, to find that will and to employ it conscientiously regardless of any distracting thoughts.

Everybody has a strong will, but only its masters know its strength. The weak man allows his negative thoughts to give orders to this will. He hasn't found his will. The strong man first locates his will, then he orders it to do the things that it should do.

The strong man when he is told that a thing cannot be done just laughs. Why shouldn't he? He has a will and can do anything. The fool listens to other fools and instead of using his will he lets negative thoughts use him.



Views and Reviews

By William E Towne



AVOID EXTREMES.

INTROSPECTION, carried to extremes, may result in insanity. It always tends to extreme selfishness and lack of understanding of the underlying oneness of mankind.

On the other hand, the person whose tendencies are extremely objective, may lead a very shallow life and greatly undervalue art, science (except in its most practical aspects and after it has proven its objective value) and religion and everything relating to the soul.

While it is good that one should cultivate his special gifts, and live after the promptings of his own inner self, yet he should at the same time realize that the balanced individual needs to avoid either extreme. Not that he should always "steer a middle course," but that he should learn to properly value the other side of life.

The man with subjective tendencies, especially, should realize that the work of the world, the activities connected with the world's supplies of food, clothing, machines, houses, etc., are almost entirely carried on by objective minded persons. It can hardly be argued that art is *more* important than food and clothing, for without these art itself would have no reality.

But too complete absorption in the objective life creates a hard, cold, grasping and selfish people, incapable of real relaxation or real happiness, with no background for appreciation of the world of literature or other forms of art, worshipping money as their god, and business as the only activity worth-while and having no resource within themselves when cut off from their objective activities.

Roosevelt, a typical objective minded person, knew well the value of the opposite side of life, for he said of himself, "My danger is that I forget that I have a soul." And it was a somewhat similar perception of truth which led an ancient writer to ask, "What

shall it avail a man to gain the whole world and lose his own soul?"

The truth is that both the objective minded and the subjective minded people need each other. The world needs its great practical builders, its bold explorers. It also needs its great prophets like Buddha, Jesus and Mahomet, its great artists and writers. All are needed to complete civilization and to bring man to a state of freedom from so many of the ills that now vex him. A better understanding and appreciation of each other by the two great classes of individuals will hasten the day of redemption for the race.

THINKING TRUTH.

FEW people are able to really think Truth. What they mostly think is their own version of "truth."

In other words, on many important points *they think what they wish to think* regarding truth. They substitute their own hand-tooled interpretations for reality.

Let us use as an illustration a man who is about to engage in the grocery business, in a small way. He has, perhaps, worked many years for others in the same line, and feels that he understands it thoroughly. He is optimistic over the possibilities, and a real estate agent has fed him with glowing accounts of a certain location for his proposed store which may be rented at a reasonable price. The real estate man is a friend of the grocer's, and he *wants* to believe what his friend says. He wants to get started in his new store as quickly as possible and all the circumstances make him eager to accept this particular location. But the absolute Truth is that it is a poor location for his business. His observation and common sense would readily prove this to him if he would give them a chance. But his eagerness to have the location be in reality what he desires it to be, obscures his judgment. He substitutes his own private truth for the Truth, with the result that failure comes to him in less than a year after he begins his new undertaking.



VIEWS and REVIEWS by WILLIAM E. TOWNE



Now this is just an imaginary illustration of a process which goes on in the minds of most of us almost every day. We allow our attention to be diverted from the facts by interests and emotions which have no definite connection with the matter in hand. Our feelings often render our judgments valueless.

We are often led astray in our choices by the desire for superiority. We cannot endure the thought of anything which places us in a position of inferiority, even temporarily. As a result we often ascribe to ourselves ability which is yet only potential. We refuse to recognize that which is disagreeable to us. We will not even admit to our conscious thoughts certain ideas which are distasteful to us because they threaten our superiority complex.

One of the first necessities for clear thinking is to learn to face the facts of a situation, unblinded by emotional side issues. We must try to rise above our prejudices and established thought patterns, in the interest of Truth. We must try to insure that our reaction to the matter under consideration is not conditioned by an emotional bias that is really remote from the subject. For instance, a woman may be led to trade at a certain department store (though its prices are the highest in the city) because it employs a good looking floor walker whom she secretly admires.

We are all inclined to do business with those who are pleasant and cheerful and to avoid the firm with grouchy employees, even though we pay more for the privilege.

When one has an important undertaking in hand he is very apt to seek only such knowledge about it as fits in with his own hopes and desires, as already shown in the case of the man about to open a grocery store. One seeks always to vindicate his own view of the situation. If he asks competent advice on some important point, what he really desires is that his own opinions shall be reinforced. He does not really desire to learn the Truth. And often he will reject the most valuable suggestions because they run counter to his own opinions. We sometimes have occasion to advise prospective ad-

vertisers that we do not believe their particular proposition will pay in *Nautilus*. Our years of experience enable us to judge, in some instances, with considerable accuracy regarding the probabilities in such a case. The advertiser is usually inexperienced and working with small capital, yet he very, very seldom acts upon our advice. He almost invariably insists upon following his own opinion, usually to his later regret.

Not only do we often follow our own opinions rather than the plain dictates of truth, but because of some strong, unconscious desire we are led to make a virtue of so doing. This is termed by the psychologists *rationalization*. In the case of the would-be advertiser referred to in the foregoing paragraph, for instance, he usually convinces himself that for some unknown reason (possibly because we fear his competition) we do not desire his advertising in *Nautilus*. His common sense would tell him that we want all the reliable advertising we can get, but his own strong desire to make a success for himself (it is usually the small advertiser or beginner involved in such cases) and probably the prompting of an unconscious envy of other more experienced advertisers, blinds his judgment and he makes his conduct, (in insisting upon following his own opinion, even to his own financial injury,) appear reasonable by ascribing our advice to prejudice. When we think the other fellow is misleading us by his statements, we should be very careful that we are not fooling ourselves in our attempt to make the facts fit in with the demands of some powerful unconscious drive.

When you are in doubt about whether or not you are thinking truth, ask yourself "Does my thinking tend toward solving my problem, or has it been led into side issues?" If you find that your prejudices, dislike of sustained concentration, habit patterns or some emotional drive has caused you to wander from the real point, just bring your attention back to the issue and set your thought to work at solving your problem.

For real thinking is problem-solving thinking and it is such thinking that leads you to the truth of any matter.



International Sunday School Lessons

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

Class Work by Rev. GEORGE C. GOLDEN

May 8. PETER AND THE RISEN LORD or ETERNITY. St. John 20, 1-10; 21, 1-23.

Bible Readings: St. John 20 and 21, 1 Cor. 15.

GOLDEN TEXT: *Blessed be the God and Father of our Lord Jesus Christ who according to his great mercy begot us again unto a lively hope by the resurrection of Jesus Christ from the dead.* 1 Peter 1, 3.

NEW THOUGHT GOLDEN TEXT: *Lay hold on eternal life.* 1 Timothy 6, 12.

AN Old Testament writer wrote that man brings his years to an end as a tale that is told. He comprehended that fact that Soul is only partially revealed and manifested in the events of everyday existence as a story-teller might display something of himself in an episode that he narrated. He believed that as the recounter of tales did not cease to be when he brought his narrative to a conclusion, so neither do we stop being when we lay down our body and the hand and tongue become quiet.

It was not until the Master broke the cloud that separates the story-teller from the story, the false distinction between time and eternity, that humanity was granted a real perception and glimpse of that life which is eternal. He revealed the Soul, thinking, communing, loving and being in even fuller and more magnificent glory than the most splendid life displays.

In his book on religious experiences, William James makes this quotation from Myers: "Each of us is in reality an abiding physical entity far more extensive than he knows—an individuality which can never express itself fully through any corporeal manifestation. The self manifests through the organism, but there is always some part of the self unmanifested."

The practical efficiency-value of a working knowledge of immortality is inestimable. I cannot refrain from giving this testimony to its actual application stated by Ford in a printed interview: "This belief in immortality makes present living the more attractive. It gives you all the time there is. You will always be able to finish what you start. There is no fever or strain in such an outlook."

Silent Affirmation.

Love reveals the spiritual, perfect, eternal self.

May 15. PETER AT PENTECOST or PERCEPTION. Acts 2.

Bible Reading: Isaiah 54, Acts 2.

GOLDEN TEXT: *Repent ye and be baptized every one of you in the name of Jesus Christ*

unto the remission of your sins; and ye shall receive the gift of the Holy Spirit. Acts 2, 38.

NEW THOUGHT GOLDEN TEXT: *The tongue of the wise is health.* Prov. 12, 18.

WHO has not undertaken a new business or entered upon a friendship moved almost beyond himself by the revelation of the uniqueness and nobility of his exploit? During those moments, he spoke with authority, his strength was as the strength of ten hundred because he was fed from within by a living stream. This is what happened to St. Peter and the other apostles at the time of Pentecost—their eyes were opened and they saw humanity in all its potential power and latent glory.

But with us the vision faded, the strength ebbed. It was not that we had misjudged the opportunity or misvalued the friend, but we had let wrong estimation creep in, calling it "getting down to brass tacks" or some such worldly-wise expression by which we excused our inability to maintain our vision. We had sensed the truth but, because we no longer had been obedient to that vision, we had lost the initiative and power that goes hand in hand with truth.

A man came to the writer for "business troubles". He ran a small store, but "business was poor". People were not buying from him as he had hoped—indeed, the first month had been better than any time since. I reminded him that when he opened the store, he had been intent on the "spiritual side" of the grocery business. He had thought much then about the happiness that would be expressed by the people who ate his merchandise, the intelligence that would be manifested by them who bought their bread at his counter. I called to his attention the fact that the Universal was using him as a medium to provide a composer with strength for work, an executive with physical vitality for the carrying on of his department store. He relived his Pentecost and with the rush of spiritual energy, there came new ideas, new conceptions of business and his problem was solved.

A dollar isn't always a dollar. The spiritual value of a dollar given by a man for paper to write evidence which will wrongly condemn a neighbor is quite different from the dollar given for gas to take a family out on a picnic. We are ashamed to take the former, that is why we have coined the phrase, "One man's money is as good as another's." We know deep down in us that it isn't. We know that the dollar that comes from the wholesome, clean-thinking and generous-feeling man has something of his vibration and the

pleasure we experience in receiving it is a corroboration from our own Holy Ghost within. This is the Transfiguration attitude—the Transfiguration value, true perception.

Silent Affirmation.

The spiritual appreciation of man is his true character.

May 22. PETER HEALS THE LAME MAN or INHERITANCE. Acts 31 to 4, 31.

Bible Readings: Isaiah 35, Acts 3 and 4.

GOLDEN TEXT: *In none other name is there salvation; for neither is there any other name under heaven that is given among men wherein we must be saved.* Acts 4, 12.

NEW THOUGHT GOLDEN TEXT: *One is your Father which is in heaven.* Matt. 23, 9.

THE remarkable feature of St. Peter's healing of the blind man was the fact that he had repeated the same miracle the Master had once performed—that is, healing a man who had been born blind.

With our understanding of the power of suggestion, we can comprehend that if we believed in heredity, there is a strong tendency for us to describe ourselves in the terms of our parents. We are prone to look for the same weaknesses in our temperament as marred the lives of our fathers—even more so than we are to claim the strong points of our ancestors as our own.

The Master, realizing this weakness of the human mind, taught his students that they had only one Father, the Self within; only one inheritance, the undreamed-of perfection.

We have all seen sons of ignorant parents take to education like a duck to water. We have all marvelled at the child of an indolent man making good when he had the chance. These prove that we do not have to inherit any sense of limitation if we know that no one can impose it on us but ourselves.

Silent Affirmation.

I inherit only perfection.

May 29. PETER UNDAUNTED BY PERSECUTION or COURAGE. Acts 5, 17-42.

Bible Readings: Psalm 27, Acts 5 and 26.

GOLDEN TEXT: *We must obey God rather than men.* Acts 5, 29.

NEW THOUGHT GOLDEN TEXT: *I was not disobedient unto the heavenly vision.* Acts 26, 19.

THE council, before which St. Peter was brought, had a rather difficult problem to solve. The apostle was the evangelist of a new religion. They were for the most part sincere men, fearing the new because they were genuinely afraid that it might destroy the old and only mislead the people.

We smile at them today, wondering why in the world they did not consider the words of St. Peter, not in the light of reasoning but according to the results that had been enjoyed by them who had accepted the gospel of Christ. If they had made a survey of those homes in which Christianity was regarded as indeed the very truth, they would have found men seeing who had been blind, men walking who had once been carried, women

held in honor who had once been outcasts and even men living who had been buried.

St. Peter knew these facts and they are the factors that gave him the courage to carry on his work, knowing that as the truth had benefited him, so it would also make more efficient, complete and happy the lives of them who accepted it through him. He believed, moreover, that in his work he would be especially prospered, for he sincerely regarded it as the unfoldment of the Divine Plan that every living creature should be led to the knowledge of his own spiritual integrity.

When we see our work in the light of service, then we have the boldness to claim for ourselves the same prosperity as St. Peter demonstrated. We all find as we hold that truth in mind, we have courage, initiative, insight and intelligence to carry out our intentions to a most satisfactory conclusion.

Silent Affirmation.

Truth is that which makes for life abundant.

June 5. PETER PREACHING TO GENTILES or GROWTH. Acts 10 and 11.

Bible Readings: St. John 10, Acts 10 and 11, Romans 10.

GOLDEN TEXT: *For there is no distinction between Jew and Greek, for the same Lord is Lord of all and is rich unto all that call upon him.* 1 Romans 10, 12.

NEW THOUGHT GOLDEN TEXT: *There shall be one fold and one shepherd.* St. John 10, 16.

ST. PETER included the Gentiles in his preaching and shocked the whole Jewish thought of his day. To the ordinary citizen of Jerusalem, those who were born outside of "the chosen race" were impossible. Undoubtedly the Gentiles came in for many a berating in the conversation in polite homes and no little energy was expended by the orthodox of the day in animosity towards those who were "outside."

Not even all those who were fellow-apostles with Peter shared in his tolerance toward the Gentile. They, like Peter and later Paul, carried the hope of a universal harmony but, unlike these two men, they shut the door to the hearts of those they desired to reach by their dislike and scorn.

When the Gentiles perceived that certain leaders of Christianity not only were willing to minister to them but did actually receive them into their hearts as brothers, the growth of Christianity became very rapid, for its increase among the Gentiles far outpassed the spread of membership among the Jews.

The door to influence is confidence. It is through friendship that culture spreads and love makes a man doubly strong. No man should endeavor to carry on his work or follow out any plan among those to whom he cannot extend himself, for by so doing he is working against prejudice and depriving himself of that inner energy which rises when the heart and hand have but one object.

Silent Affirmation.

"Where one can no longer love, there should one—pass by." Thus Spake Zarathustra.

Parents And Children

Helps that
will bring



them closer
together

How Jim's Mind Reached Out to Mine Through the Mind Telegraph

By F. B. L.

THE following experiences happened to me over quite a number of years. They involve little understood laws. I have treasured them for the most part in silence, from the fact that people, not understanding, did not appreciate my treasures.

From birth my son, perhaps from pre-natal causes, has been strangely near to me. I noticed it particularly when he was about eight years old. I could call him silently by putting my mind on him and many times a day I used this thought communication when he was away playing with other boys, to guide him and make me stop worrying.

After one experience of this kind, calling him about eleven o'clock A. M., I said to him after he came in, much later, "Did you hear me call about eleven?"

He looked down and said in a shy manner, "Yes, Mama. I went up in the woods, but I knew I ought not to go for you wanted me." Another morning, the child being away, I was very busy about the house and without knowing why I did

so, I stepped to the door, threw it open and looked out on the river running in front of the house. I shaded my eyes with my hand, looking eagerly out, and said, without knowing why I said it, "Jim is in the river." Then, much troubled, I paused and said, "It isn't very deep," and shut the door, going back to my work.

In less than ten minutes Jim came in, wet, and said, "Mama, I fell in the river"—then a pause—"It wasn't very deep."

I replied, "Yes, son, I knew it." But O! the wonder of it. And then that inner joy, a new found power!

I used this mind telegraph to speak to him silently many times a day when I wondered where he was, saying, "You are God's perfect child, blameless, pure, full of understanding and power, going to good and all the good you need or desire is coming to you." I used this formula instead of worrying which I was so apt to do.

For years I used this, having faith in results. Jim grew up, good surrounding him. His achievements in school and in college were beyond the average student.

One night, while he was in college, about forty miles away, I was sitting in my own home, surrounded by boys, when I received a distant call. Before the evening was over I received another call. I cannot describe these calls. There was no audible voice, but just an inner feeling that Jim wanted me. The next morning, having received other calls during the night, I told my husband about it, just as he was leaving on business several miles away. When he reached his destination he called the boy on the telephone and found he was in a suffering condition. With the advice given, he was soon relieved and called us up, telling us he was all right.

Whenever I held Jim especially in my thought, communicating with the Higher Power, high honors have come to him. In carrying on affairs of a public nature, I have been with him in thought and I feel that we mothers can help our loved ones over hard places and to a realization of their highest character.

One experience between us was that of distinctly hearing words. I sat on the porch with two doors closed between us, when the words

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.



buzzed by my ear distinctly, "Mama, I want a pin," it sounded to me. I immediately got up and found him sitting at a desk going through his pockets in a frantic way.

I said, "Son, did you speak to me? What did you say?"

He replied, "No, I only thought about you."

"What did you want?"

"Mama, I want a pencil instead of a pin."

One afternoon Jim went with other boys to play ball professionally. Lying down for a rest, I had fallen asleep, when I was suddenly awakened. It seemed to me that my son was hurt and I thought it was his hand. I kept myself awake and treated him, as I believed I could help him. As a matter of fact, something was urging me from inside, and after working for some time I fell asleep, thinking all was well and all anxiety left me. When he came home I was ironing. He walked up and laid his hand on my board and said, "Mother, I hurt my hand and thought I couldn't play."

I said, "Yes, I knew it."

He said, "It got better and I finished the game."

"I thought so," I replied, and then told him my experience and how I had tried to help. Evidently his hand was healed.

Readers, these things have seemed wonderful to me, lifting me up, encouraging me to push forward in this experience called "Life."

(Next month read: "How I Cured My Little Boy of Water on the Knee.")

MRS. CARTER'S ANSWERS TO QUESTIONS.

J. T. M.—So long as you continue to enumerate your son's past illnesses and brood over their various results, you are going to hinder his natural physical and mental development. Instead of bitterly censuring the teachers and the school government, make friends with the teachers and take a lively interest in the school. You are making a weakling of your son. There is nothing that makes a child so sensitive as the continual defense of supersensitive parents. The boy is holding on to your apron strings while he disobeys his father.

The inheritance from your ninety-year old father has nothing to do with that child's disposition except as you put value upon it. Back of all grandparents is God, the Father of all, from whom we inherit all-good. Go back to Him. Since you have moved three times to change the child's environment, and the condition remains the same, he still has no friends or playmates, you must let him stand his ground where he is. So long as he runs to you with every grievance, the bullies will make him a target for their sport.

Stop pitying yourself and the child. Think of him as a perfect creation of God with power, masterfulness, serenity and love to meet every project of his companions. Give him a chance to grow up. Your life is one of introversion. Take up the study of some interesting subject or join a club so that you may become interested in something else besides yourself and your son. He will then begin to assert his own inherent rights. God does not limit His children.

R. I.—In my long years of experience with children, I found that their language was very similar to that used by their parents. I have known some little folks whose correct speech put

my own to shame, and others, who set me trembling, lest they sense the meaning of their words. The other day on a street car, I heard a woman say to her little girl: "Look at you. You look like a cat had dragged you in." And the poor child hung her head in shame. A lad on the street asked: "Are you sorry for the accident, Mother?"

"Sorry? Why should I be sorry? It's none of my funeral."

Now imagine the impression such words made on the sensitive children's minds. Do study your words for the child's sake. And if you will make a game of using a new word in various ways every day, you will wonderfully increase your own and the child's vocabulary. Language is a faithful servant, but can only be retained by use.

Mrs. H.—Stop calling that seven-year old boy "a baby" at once. No wonder he is so cruel to his twelve-year old sister. He will grow up a regular bully if you continue to let him have his way. I do not agree with you that "a slap or two don't hurt them." A whipping is a sport in comparison with a slap which is given without warning. The father shows by his refusal to whip, that he is far the better disciplinarian. When you argue with the lad and tell him that "it is not fair to treat such a nice sister so mean and you will grow up to have bad habits," it gets you nowhere. It is foolish to argue with a child. In fact, if you will just stop talking altogether after you have given a command; stand perfectly still and see that what you demanded is accomplished, you will soon find that you will be obeyed. Of course a mother has many things to do, but the training of her child when he is young is more important than his dinner or the housework. Stop right where you are, no matter what you are doing. At the time of the offence, that is the time for correction. I do not agree with you that the boy does not mean it when he hits and hurts his sister. You are unconsciously upholding him in his naughtiness by holding such thoughts. It is not uncommon for a mother to spoil the youngest child, especially if it is a boy. But he will have to pay a great price for that spoiling and so will his family when he grows up, so begin at once to treat him as an individual by giving him certain tasks to perform as well as the girls. One command obeyed is more potent than a thousand petty arguments. Be still and know.

M. H.—It is lovely of your little girl to ask for some statement that she may learn to improve her health. Since she is very thin and wants to grow plump, teach her to say,—

I am getting as fat as a little pig,

And I feel so fine I could dance a jig.

About eating,—

I will not be fussy about eating my food,

For what Mother fixes is sure to be good.

THE teaching of Truth has ever been that man possesses here and now, an actual and inalienable happiness, which is within the reach of everyone.—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 3 years. Or, 3 yearly subscriptions to separate addresses if preferred.

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

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

—THE EDITORS.

Success Letter No. 1077.

NEW THOUGHT HELPS A PROFESSIONAL MAN IN THE HOUR OF STRESS.

I AM herein sending you my success letter as a result of being given one of your issues of *Nautilus* some six months ago.

At that time I was properly down and almost out (not quite) with trade depression and being unable to meet my liabilities out of my profession as an osteopath and physical culture expert.

Friends had helped me and when the time arrived for me to liquidate these debts I was "stumped". From being very busy my clientele dropped to a mere dribble and apparently all that I did, even advertising according to the latest methods, failed to bring any sort of fair results. All the time I was paying rent and getting deeper into the mire of despair. I am a Christian man, lay preacher and Government Probation Officer for convict prisons in the State.

Withal, my faith seemed to shrink into nothingness and my solar plexus was jelly every morning. I would try my hand and mind at affirming, at constant prayer, at reading intelligently my Bible, all to no purpose.

From every direction there came urgent requests for "the payment of this account will, etc." and nothing was going home at all. I wasn't fair to my wife who was a real brick, and at last when I had gone through one or two very intense courses of study in modern psychology I did to some extent see the real drift of the secret of power.

It was intense and concentrated desire, incessant and intelligent prayer, the inflowing of the Infinite Love and Power and the exerting of the ever increasing faith within, the harmony within, and the ever widening and healing harmony without, these and these influences alone brought the first faint glimmering of the LIGHT.

Today though I am still struggling very hard I can see the glorious vista at the end of the rugged track, and I press on "towards the mark, the prize of my high calling." I scarcely thought it possible for the human mind to withstand such a gruelling and constant battering by the forces of some inscrutable fate or what seemed to be able to derail my vehicle. I have re-discovered myself and in doing so I have seen a self I never want to see again. I thought I was a very orthodox Methodist, and still am, and loyal to my church, and am a Sunday School superintendent, but I have most decidedly "FOUND" myself in the light of HIS Eternal Love and Wisdom, His Omniscient glory and majesty.

My feet are on the breezy upland tracks that lead to the land where harmony reigns and where warfare is unknown. There love has triumphed over death, and the other self in the Infinite Love has found its never ending joys. I did not look for great things nor did I pray for what might have seemed to some, miracles. I trusted and worked.

I was at times on the very edge of being drawn into the net of serious trouble and only by some seeming fluke did I escape. Now, in the bright light of what I now know, I begin to under-

stand the trend of all these apparently mysterious things.

"As a man thinketh in his heart so is he."

So I commenced thinking "NEW Thoughts," at any rate to me and that very determination to carry on at all costs for the sake of my friends who had trusted me, was quite sufficient to create within me a small, faint flicker of the warm, glowing heat which will come by constant and unwavering zeal and energy.

Today, the day dawns every morning with faith, prayer, reading of some applicable passage of Scripture, and I am certain that my professional day is also dawning with a clearer light. May God bless all others as His Love and Power has blessed me.

Here are a few of the affirmations that have helped me:

1. "The barriers of limited finance are now broken down and the marvelous abundance of Infinite Love and pleasure to give, moves to bless me here and now, and through this blessing others also may and shall be blessed."

2. "As I project from my higher self the thoughts that shall help and bless others in times of stress and fear and despair, so does the Infinite Love and Wisdom move to give to me the realization of my desires."

3. "I now thank Thee, O God, for thy wondrous gifts and thy many ways of granting the requests of thy servants. I thank thee for the marvelous manner in which thou hast so generously given to me my desires."

4. "Every day thou art lifting me out of a miry pit and the clay of the unsatisfied, out of the realm of fear into the realm of courage and faith. I have faith to believe that He, the Omnipotent One, is even now granting me every request."

—A. S., Australia.

Success Letter No. 1078.

A STAMMERER BECOMES AN EDUCATIONAL DIRECTOR AND TALKS DAILY TO SALES PEOPLE.

I HAVE a short story to relate which may be of some interest to a certain type reader of *Nautilus*. When I was about four years old, mother and some of her friends took me for a ride on the Chute-the-Chutes; apparently most of your readers will understand that this is a pleasure device. I was scared to the point of fainting and from that time until I was, say, twenty-nine years of age, I stammered and stutered. Previous to that I was exceptionally talkative for a child my age.

During the time of the impediment in speech, I worried much, was at times much embarrassed; and had to refuse several excellent positions because I couldn't get quite clear of my verbal expressions. I considered the school for stammerers; I read quite a number of books on the subject, and tried various so-called cures. I started reading about psychology, but got very little benefit or relief from my studies.

Then I answered an advertisement in a magazine and got a copy of *Nautilus*. I visualized myself speaking before large audiences. I saw myself addressing the Board, I saw myself ex-

cited, angry and amused before crowds of people. I saw myself go into stores, and order merchandise without stammering, or coming out with only half of what I really wanted.

Instead of saying, "every day in every way I am getting to be a better speaker," I said, "I am improving every day. I have very little difficulty now. Tomorrow I will go right into the store as if going to a fight and tell them what I want. I can speak as rapidly as others and certainly more fluently. I ought to be telling others some of my opinions instead of listening to them always, and wishing I could speak."

I started to improve. My friends noticed it before I did. They told my parents about it. My friends whispered among themselves. One of them said, "I believe he drinks, he is so wound up at times." Gradually I took more courage. I was called upon to talk to the salesmen of my company; I was advertising manager of the company and had to "sell" them the idea of using advertising in their work and its value to our dealers. I didn't have much success as a salesman, but I did talk, until I was hoarse. Later the plan suggested was used and is still in use.

Then I had an opportunity to teach seventy illiterates. I succeeded in that. Then I was made educational manager or director of a large department store. I had lectures every day to the sales people. Today, there is no difficulty. Occasionally I get a back-fire when I want to telephone, I get "stuck" when calling for a number, but I take a deep breath and then get busy.

Picturing myself as "is" instead of "to be," evidently enabled me to fight down the complex I had.—E. B.

Success Letter No. 1079.

USING NEW THOUGHT TO DEVELOP A MENTALLY RETARDED YOUTH.

WHEN Mrs. Smith (and this is not her real name for personal reasons) first came to see us, she spoke to me about her son, Harold, who was *mentally retarded* (as she termed it) and in need of some good, common-sense New Thought treatment. She wanted me to take him into our own home because she said "she had had enough of him," and then, for one whole half-hour, she told me of every fault in the child, never once mentioning anything to his credit.

I should have refused to take him into our home had I been pessimistic; but as I knew that we had the room to spare and I felt I wanted to meet the youth, I told her that her wishes could be realized only on my terms, which were these: She would give me complete surrender of the boy for six months and he would be left entirely to my own care, my own ideas and manner of treatment.

She was very easily convinced and with an air of contentment, she told me to "Go ahead! If New Thought can do anything for him, it will do more than I can, for I can't do a single thing with him!" And then she contentedly left us, to remain away the next six months.

The following morning Harold came. He was a likable chap of fifteen, rather childish, and lacking in self-confidence and appearance. He looked like a boy who had been crushed, and stared at me with a blank expression as though he were a new-born babe.

We spent the greater part of the next few days trying to get acquainted, for Harold was not a talkative chap, nor was he expressive of his likes or dislikes. However, he did tell me he liked music and good books, and to my surprise, confessed that he liked Dickens, Shakespeare, Washington Irving, Victor Hugo and "Leather Stocking" Cooper!

As for music, he knew many sonatas by ear and by name, and was exceptionally well versed on the master composers, because, he said, he used to sit in a little corner of the music-room at his home when the Music Club came over to tea, and listen to the music and the little talks given at that hour.

So with these two revelations as a basis, I decided to go to work. I gave him permission to take any book from my private book-case, provided he would replace it when he was through reading it. And when he confided to me that he had always wanted to play the violin, we soon arranged things so he could study under my wife's supervision.

His advancement with the latter study was nothing short of remarkable. He delighted in practicing his allotted hour each day and in a very short time knew the various positions and had begun a sonata by Hayden. A friend of ours, who was formerly a noted concert-violinist, says that Harold has all the makings of an artist.

Harold discussed Shakespeare with me as freely as he did Frost or any of the modern poets. In fact, he began to express his thoughts on paper, and here is an example of one of the prose-poems he wrote and brought to me for criticism:

"My heart is a great big battery full of power when I think right things. But when I think wrong things or say bad words there is no power and I live in the darkness like a city without lights."

I have merely tried to resurrect in him those talents which have been neglected and dormant, and to eradicate from him and cast away in the memories of yesteryears those ideas which were worthless and tried to dominate in his life. How did I do it? I merely gave him a daily affirmation to learn and to put into practice.

For instance, I gave him "I do not fear! I love! I shall not be afraid today but will be happy all of the time!" And then for ten minutes I explained the meaning of the affirmation and showed him how he could apply it to his daily work. Each day we changed our affirmations, and often I allowed him to explain the affirmation in his own words.

His explanation of "The same great Power is behind me which was behind Jesus!" was: "When we want to do right, we can be just as great as anybody ever was, and if I want to really be a true violinist, I will play just as good as anyone ever did, because God stands behind me to help me, just as He stood behind them to help them!"

I showed him that with the same hand, the same bow and the same violin and strings, he could just as easily produce harmony as he could produce discord, and explained that it was exactly so in life, for with the same mind, the same heart and the same hands, he could produce happiness all around him just as readily as he could produce sorrow.

One day he confided to me that New Thought was just great. "It's better than being a Boy Scout!" he said. "You've got to do good deeds all day long and not only a little weeny deed in a whole day!"

The other day I permitted him to sit in the corner of the study while a certain woman came in to ask counsel about her every-day troubles. The woman said, "Do you know, sometimes I feel as though God has deserted me and I don't amount to much, anyhow!" When she had gone away, he came up to me and said: "That lady should understand that when you feel you're worth nothing, then God surely does leave you; but when you feel that you're a great, big fellow and getting bigger all the time, then you find the bigger you feel, the bigger you feel God is right with you!"

The six months are almost up and Harold will soon be leaving us. He is not "mentally retarded" by any means. He has learned that he can express his own real Self and delights in doing so. Harold is a new boy, and a bright boy. Of course, there are some things he does not grasp as quickly as others, but he has the key to the solving of all his difficulties, and knows that he does not fear anything, since he is aware that he is a part of a greater Self and should act according to the worthiness of that greater Self.

I noticed he is making a list of things to remember when he gets home, and to help him in his life there. On one page of his little notebook I saw the following, neatly written and underlined, exactly as I reproduce it here, spelling and all:

"For mama: Do not be nervous. Say peace and you will be so glad you won't never care to be nervous again!" —W. L.

THE PRIZE WINNER for April, 1927, NAUTILUS is D. S., Arizona, who wrote Success Letter No. 1074. We shall be glad to send the prize of three subscriptions wherever the winner directs.

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.

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

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

We believe in these things.

We pray for them.

We talk them.

We vote to this end.

—Elizabeth Towns.



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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 meny a blunder free us
And foolish notion."*

We answer in this department the 1001 personal problems that are put to us—as far as space and time hold out. And we make one answer do for more than one questioner when possible. Correspondents desiring a personal reply by mail are referred to our **ELTO SERVICE**, which includes a service fee of \$5. We would answer every letter gratis if it were humanly possible. We **MUST** curtail, hence the charge for 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.**

O. A. M.—Reading is not a substitute for the fine art of living. We must learn to use what we read for the improvement of ourselves and others. Read whatever appeals to you, for that can help you the most. Remember that you are growing every day and what may seem like the entire Truth to you today will be very small in the light of your understanding tomorrow. Books can arouse and make you *conscious* of the Truth dwelling within you. In this light all are valuable. Don't expect to find all of the Truth between any two covers: God uses All of Us in expressing Himself.—G.

EMILY—Hating the house will never sell it, but an attitude of blessing and good will toward it, the original owner, the possible new buyer: these things will bring the right buyer to you. Houses and lands belong to God and a sale is merely an exchange of stewardship. Just because you want something better is no reason to condemn what you have. What kind of a world would this be if all of us wanted exactly the same things at the same time? You may be ready for something better and somebody else may be ready for what you have, but anything but a loving attitude tends to keep you apart. The urge in you for something better is the advancing urge of Life Itself. Believe that urge and follow its commands in faith and trust.—G.

Mrs. M. H.—You have more faith in the things that stand in your way than you have in the power of God within to overcome (to come over) these conditions. You say your family income is not enough for your needs, you see a way to increase that income, yet you let yourself be afraid to follow that way. My dear woman, God would not reveal a way of increasing your income unless you had the ability and intelligence to earn it. God in your husband is able and always knows what to do. Bless others for their success, it helps your success and yours helps theirs. We are ONE in God!—G.

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2. GREATNESS OF MAN IN USEFULNESS
3. EVOLUTION AND REINCARNATION
4. IMPORTANCE OF THE SILENT HOUR
5. THE CORRECT ATTITUDE
6. WORK OF THE SILENT HOUR
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Buy you saw it in NAUTILUS. See guarantee, page 5.

ARE NERVES

Slowly Killing You?

DON'T be deceived by appearances—heed the warning signs of sickly nerves now! Don't be misled because you seem healthy, eat well and get plenty of sleep. If easily excited or fatigued after slight exertion, if hands and feet are cold, if you suffer from stomach trouble or constipation, if your sleep is troubled, if you suffer from heart palpitation, cold sweats, ringing in the ears, dizzy spells or feel gloomy and depressed—**BEWARE**—for these are symptoms of unhealthy nerves.



The Cause of Sick Nerves

In women—Overactive emotions, constant turmoil in domestic and marital relations; in men—worries, intense concentration, excesses, vices, and the mad pace of present-day life.

It is not a malady that comes on suddenly, but a gradual development that deceives scores of men and women who appear to be healthy.

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

An Epoch Marking Statement from Mary Pratt Potter.

MRS. MARY PRATT POTTER is President of the Massachusetts State Federation of Women's Clubs. Mrs. Potter lives in Greenfield, and is the woman who succeeded Elizabeth Towne as President of our famous Hampden County Women's Club. Since her two years expired she has been succeeded by Mrs. A. A. Packard of Springfield, while Mrs. Potter has gone to the head of the State Federation.

Mrs. Potter is always saying something that goes herself one better and inspires the rest of us. Here is an epoch marking message from her, taken from "Federation Topics," the official magazine of the Massachusetts State Federation of Women's Clubs:

What to see and how to see it—what to avoid and why. What to do and how to do it—what to believe and why. These are daily questions for all of us. Someone has said: "For everyday purposes we believe what we want to believe." In each one's experience we must attest or not, the truth of this statement.

The scope of life, the feel of it, the spirit of it, has for each individual, meaning which changes with ever-changing conditions. Let us get out of the picture as we travel along the "monotonous middle stretch of slow-moving activities," let us take time to discover ourselves and think our thoughts.

Let us make more accurate observation of the rich human material about us. Let us take cognizance of the temper and tempo of the times in dealing with the problems of the hour.

This generation is revolting against dullness. Sink not into drabland, it says. Be not overcome with general tepidity, it cries out.

Life demands of us a certain Strength of Soul, a certain adventurous courage, a greater knowledge of life and human values that will enable us to seize the best in the new order of things and keep us out of the colorless realm.

Every life is a baffling mixture of difficulties and opportunities. The keynote of service finds an echo in our hearts and helps us to enter into the problems of other human beings, and to build up an equipment of loyalty, harmony and that broad vision which can only come through service to others.

The beauty of human relationships would indicate in our work, responsibility for civilization, for patriotism, for education, for everything that is a quality in our hearts and homes.

(Continued on Page 44.)

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



"I recall my first short story. . . . It was a tale of the ring called 'Battle Galore,' and Clayton Hamilton, now president of the Palmer Institute, gave me advice on how to 'build it up.' . . . I am certain that had I known of the Palmer Institute sooner, it would have saved me years of labor."

Jim Tully

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and of the life history of Charlie Chaplin
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you live



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The Home of Health

(Continued from Page 42.)

Let us try to develop an intelligent optimism, not shutting our eyes to changes and criticisms, but facing each difficulty and trying to find the best way out. We are dealing with the present, with our eyes on the material, intellectual and spiritual path which the Federation is ever ascending.

We need not be didactic or defiant but consider the inevitable and immediate question. What do we really perceive or what do we see through tradition and prejudice?

We have divergent tastes

We have preconceived opinions

Let us observe this broad—

"HAVE BOTH SIDES PRESENTED"
then

"Think on these things."

OUR happiness or unhappiness cannot in the least depend upon whether we lose or acquire something, but only on what we are ourselves.

—Tolstoy.

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Say you saw it in NAUTILUS. See guarantee, page 5.

ARE YOU A VICTIM OF Mental Depression ? or "Nerves" ?



If you are, this will interest you deeply.

IN my thirty years of active practice, fifteen years of which I have been identified as a constant advertiser in the columns of Nautilus Magazine, I have found that ninety-nine out of every hundred people who suffer from Mental Depression or "Nerves," do so through lack of understanding. They know little or nothing about controlling and directing their minds, or dealing with the Sympathetic Nervous System. Thus they drift into a more and more acute state.

Are you aware that there are very definite laws governing Mental Depression and states of "Nerves"? Are you acquainted with yourself to the extent of knowing what laws to follow in creating a cure? Of course you are not, or you would not be suffering today. There is a CAUSE for every abnormal state you experience and it is only those with long experience who are able to understand the human organism well enough to recognize these causes and remove them. In the repair of watches and automobiles, you recognize the necessity of seeking an expert. Is your mind and body so different? It, too, is a piece of machinery—and the most delicate and intricate one ever created. You may say, "I have been to so-called experts and have received no relief." If this has been your experience, you simply have not been in touch with the RIGHT method for YOUR case.

No Suffering Is Quite as Acute as the Torturing Effects of a Disturbed Mind and Supersensitive Nerves

You are not understood even by your own relatives. You have felt you must fight alone, and thus repression has materi-

ally added to your suffering. I fully understand how unhappy you have been, how limited have been your expressions of life, and you have my deepest sympathy. On the mental side we find FEAR OF SELF playing a big part. Lack of confidence, self-consciousness, worry, fear of insanity, neurasthenia, inability to forget yourself, jealousy, over-seriousness—plus nerve supersensitiveness—can completely wreck the strongest mind and body. But there IS a way out. I assure you, and you need not suffer as you have.

A Weak, Inefficient Life is Unnecessary

If you are in any way suffering from Mental Depression or "Nerves," I have written a 100-page book just for YOU. This book is the result of my twenty years of experience in successfully treating mental depression and nervous disorders. It takes up the mental side of life and tells you about the Sympathetic Nervous System, and how these states of nervousness come about. It contains splendid articles on Fear, Faith, Self-consciousness, Habits, Success, "Nerves" and Neurasthenia, etc., etc.

If YOU are really in EARNEST and will purchase my book, SELF MASTERY THROUGH UNDERSTANDING, I will mail with the book, my complete Analysis Blank, which will entitle you to a Preliminary Analysis, without ANY obligation on your part. There will be NO CHARGE made for this analysis.

The Cost of This Book is 25 Cents—Stamps or Coin.

C. FRANKLIN LEAVITT, Suite 732, - -

- 14 W. Washington Street, Chicago, Ill.

STATEMENT OF THE OWNERSHIP, MANAGEMENT, CIRCULATION, ETC., REQUIRED BY THE ACT OF CONGRESS OF AUGUST 24, 1912.

OF NAUTILUS Magazine, published monthly at Holyoke, Massachusetts, for April 1, 1937, State of Massachusetts, County of Hampden ss. Before me a Notary Public in and for the State and County aforesaid, personally appeared William E. Towne, who, having been duly sworn according to law, deposes and says that he is the act. Editor of NAUTILUS Magazine, and that the following is, to the best of his knowledge and belief, a true statement of the ownership, management (and if a daily paper, the circulation,) etc., of the aforesaid publication for the date shown in the above caption, required by the Act of August 24, 1912, embodied in section 443, Postal Laws and Regulations, printed on the reverse of this form, to wit:

1. That the names and addresses of the publisher, editor, managing editor, and business managers are:

Name of	P. O. Address
Publisher, The Elizabeth Towne Co.,	Holyoke, Mass.
Editor, Elizabeth Towne,	" "
Managing Editor, Chester H. Struble,	" "
Business Managers, same as above,	" "

2. That the owners are: (Give names and addresses of individual owners, or, if a corporation, give its name and the names and addresses of stockholders owning or holding 1 per cent or more of the total amount of stock.)

The Elizabeth Towne Co., Inc.,	Holyoke, Mass.
Elizabeth Towne,	" "
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