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Magazine of New Thought

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Inside this magazine:

The Basis of Spiritual Healing
A True Page From a Minister's Biography
"Call Your Numbers"

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NAUTILUS NEWS

BY THE EDITORS

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

This is What New Thought Teaches

Condensed from Declaration of Principles
Adopted at Third International Congress

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

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

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

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

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

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

SURPRISES! AND THE APRIL NAUTILUS.

Sometimes I think surprises are nice—if they are pleasant surprises—don't you? I get a big thrill out of the first half hour with one of my favorite magazines, each time it arrives. So I thought we would refrain from giving you all the details of what is to come in April *Nautilus* and thereby make it a sort of surprise number.

We will, however, tell you this much: The April number will contain not one but several Easter poems. And the spirit of Easter will permeate the reading pages. The key note, from the Telepathy article on through the special healing experiences and helps, will be A NEW CONSCIOUSNESS OF THE UNITY OF LIFE.

If you don't find the April number one of the very best issues we have ever offered, we shall

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Important Notice Nautilus Subscribers

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

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be disappointed. We have certainly enjoyed every minute spent in making the selections for you. **WATCH FOR THE APRIL NUMBER!** And then drop us a line and tell us how you like it and what you would like to have us include in future numbers.

THE BASIS OF HEALING.

For more along the line of foundation principles of mental and spiritual healing, we suggest that you read Horatio Dresser's article, commencing on page 21 of this issue of *Nautilus*. Mr. Dresser was formerly assistant professor of philosophy at Harvard College, and he writes clearly and logically upon the subject of healing.

LOVE AND HEALING.

Don't miss "When She Made Peace With Her Husband's Mother Her Side Was Healed," on page 16 of this number. It deals with a very common cause of sickness and unhappiness. Even poverty (as Mr. Landone has shown) may be due to prejudice.

"I FEEL LIKE I DID WHEN I WAS 16."

"Stopping in a Chicago bookstore one night in 1926, I purchased my first copy of *Nautilus*. After the family went to bed I took my *Nautilus* and spent just three hours with it. Later I subscribed for it. I began to perceive the Truth in all things. I no longer was weighed down with a sense of guilt. I forgave my husband his untruthfulness, and showed it in my changed manner of speaking and thinking of him. I began to feel a greater responsibility for the moral upbringing of my children, and to mingle again with the church folks. I feel now like I did when I was sixteen, free from worry, confident of self, a soul redeemed, ready to march forward to my goal."—F. M., Ill. There are unnumbered thousands of persons who are just as discouraged as this woman was at the time she got her first copy of *Nautilus*; thousands who are drifting as she was; who are unhappy in their home relations, etc. And many of these might be reached and helped by *Nautilus*, if it was only brought to their attention. Stop and think of ONE PERSON whom you think would read *Nautilus* and who needs its message. Then give or send that individual one of your old copies of the magazine today. We thank the hundreds of our readers who have done this in the past.

A METHODIST ELDER SUBSCRIBES FOR FOUR.

"I am a little late in renewing my list of four subscriptions for the year 1928. I confess that I have not given you as much encouragement in your good work as you have deserved. Having been a pastor in the M. E. Church for nearly forty years, including two terms, of six years each, as Presiding Elder, and twice a member of the General Conference, I should be able to judge somewhat of your great and good work in the years I have been taking *Nautilus*. I do not know how to express my appreciation of the rays of light and

blessings that have gone out from your work. No one can read your periodical without being made better thereby.—C. B. G.

THE SUBSCRIPTION ORDER BLANK WITH YOUR NAUTILUS.

Tucked between the leaves of each copy of *Nautilus* that goes to a regular subscriber is a Subscription Order Blank. This is for the convenience of those who send in new subscriptions. Perhaps you can recall some one you would like to have receive *Nautilus* every month for a year. **AND PLEASE NOTE:** We have a few copies of the Emerson Calendar for 1928 left over. While they last we will mail one to each NEW subscriber if requested when the name is sent in.

EXPERIENCES.

Have you been successful in the use of New Thought methods in your life? Write and send us an account of your most interesting experience. Such material is a source of great help and encouragement to those who are becoming interested in Truth.

"This month there has been a wonderful change for the better in health and finances, due, I think, to my study of your works and my system of tithing 10% of my income. I enclose \$5 as a tithe."—Dr. McN. Colo.

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 CHICAGO, Ill.—The Advanced Thought Publishing Co., 316 W. Austin Ave.
 —Brentano's 218-244 S. Wabash avenue.
 —Furdy Publishing Co. New Thought Book Shop, 1723 Stevens Bldg., 17 N. State st., and 16 N. Wabash av.
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THE NAUTILUS

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- ADELAIDE, So. Australia.**—New Thought Society, Mrs. Lillian Nichols, Darling Bldg., Franklin St.
- ANDERSON, Ind.**—Anderson Truth Center, 421 W. 11th st. Glen M. Tait. (M)
- ATLANTIC CITY, N. J.**—Truth Center, 1113 Boardwalk, Suite 6. Carl W. Hubert, Leader. Reading Room. (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)
—Anna A. Preiss, School of Practical Psychology—41 Downing St.
- CALGARY, ALTA, Canada.**—Boston Hat Works & News Co., 109 Eighth Ave. W.
- CEDAR FALLS, Ia.**—Business Women's Class. Mrs. Chas. H. Bailey, Leader, 1113 Walnut St. (M)
- CHANASMA, India.**—The Life and Light Center. K. V. Sheth and V. P. Sheth.
- CINCINNATI, Ohio.**—New Thought Temple of, McMillan at Grandview Ave., Dr. Harry Granison Hill, Leader.
—Cincinnati Unity Center, Frederick Elias Andrews. Burnett House, 309 Vine. Daily 12 and 2. (M)
—New Thought Universal Truth Center, 11 W. McMicken Ave. near Vine St. Leader, Wilhelmina Bickett.
- CHICAGO, Ill.**—First Unity Society of Practical Christianity, 159 No. State St.
—Mr. H. W. Tiers, 224 South Michigan Ave.
—Seekers of Truth, R. E. Hamann, Sec'y., 7008 N. Clark St. (M)
- CLEBURNE, Tex.**—Cleburne Truth Center, Mrs. Olive Rontzong, Leader.
- CLEVELAND, Ohio.**—The First Church of Divine Science of Cleveland, Ohio, 337 Truman Bldg., 1030 Euclid Ave.
- COLORADO SPRINGS, Colo.**—Home of Truth, Suite 217, De Graf Bldg. Peter Kontek, Leader. (M)
- COLUMBUS, Ohio.**—Universal Truth Center, Room 609, 55 E. State St., Virginia S. Jones, Leader. (M)
- DALLAS, Tex.**—Joseph H. Hixon Center, 4055 Tuttle ave.
- DAVENPORT, Iowa.**—Davenport School of Divine Science, Rev. John Doerserich, D.S.D., Principal, McCullough Bldg.
- DENVER, Colo.**—The Colorado College of Divine Science, 1819 E. 14th Ave. Rev. Nona L. Brooks, Pres. (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, 4122 Mitchell St. Mrs. C. M. Olmstead, Leader.
- GLENDALE, Calif.**—Emerson School of Self Expression, Evelyn M. S. Labadie, Director, 730-732 So. Glendale Ave.
- HONGKONG, China.**—Hongkong New Thought Center care of Hongkong Telephone Co., Ltd., Exchange Bldg., 5th Floor.
- HORNELL, N. Y.**—New Thought and Unity Center. Wednesdays, 8 P. M. 72 Genesee St. (M)
- INDIANAPOLIS, Ind.**—Unity Truth Center, 417 Kresge Building. Muriel G. Powell, Leader. (M)
- JACKSONVILLE, Fla.**—Unity Center, Seneca Hotel, Lois M. Albertson. (M)
- KANSAS CITY, Mo.**—Bondurant's Nautilus Center, 5745 Prospect St.
- LONDON, England.**—Mr. R. Dimsdale Stocker (Pres. Brit. Sec. I. N. T. A.) 93 Mortimer St., W. 1.
—The Rally Rendo, 28 Denmark St., W. C. 2.
- LONG BEACH, Calif.**—Unity Metaphysical Center, 121 Chestnut Ave. Era M. Russell, Leader. (M)
- LOS ANGELES, Calif.**—The Brotherhood of Light, 818 Union League Bldg. (M)
—Divine Science Fellowship, Walter W. Raymond, Leader. 424 South Broadway.
—The Higher Thought Center, W. Frederic Keeler, Leader. 301-304 Broadway, Arcade Bldg., 512 South Broadway. (M)
—Unity Truth Center, 1104-5 Fine Arts Bldg., 811 W. 7th St.
- MELBOURNE, Australia.**—The Melbourne New Thought Centre, 313 Little Collins St. 6th Floor, McEwan House.
- MIAMI, Fla.**—Truth Seeker's Home, Flora Noble, Leader. 152 N. E. 20 Terrace. (M)
- MIDDLEBURY, Vt.**—Nelle M. Forbes, Case St. Reading Rooms.
- MILWAUKEE, Wis.**—The First Unity Center of Milwaukee, Inc., 130½ E. Wells St. (M)
- MINNEAPOLIS, Minn.**—The Unity New Thought Center, Dr. Amelia A. Randall, 2744 4th av., south (M)
- MONTREAL, Canada.**—Divine Psychology Center, Leader, Mrs. Evelyn LeMoyno Bruneau, 3544 Park av. (M)
- NEVADA, Mo.**—Welterm School and Sanitarium, 206 South Ash St. Free Library. (M)
- NEWARK, N. J.**—Truth Society, 435 Fourth Ave., near Roseville Ave., Thursdays and Sundays, 8 p. m. (M)
- NEW YORK CITY**—Mrs. Mary E. T. Chapin, Hotel Commodore. Sun. Service. Commodore Ballroom 11:15. (M) Interviews and Classes.
—The Goodyear Metaphysical Book Shop, Inc., Suite 719-22, 500 Fifth Ave. (at 44th St.) (M)
—Sears Philosophy Library, 828 Seventh Av., (near 54th St.)
—Unity Society of Scientific Christianity, 11 West 42nd St. Suite 1746-55. Dr. Richard Lynch, Leader. (M)
—Church of The Truth, Rev. Albert C. Grier, Pastor, 107 W. 48th St.
—Spiritual Crusaders of the World, Mt. Hope Temple, G. Russo, Supreme Master, 1857 Anthony Ave., Bronx, N. Y.
NO. WINDHAM, Maine.—World's Helpers of Humanity.
- OAKLAND, Cal.**—Metaphysical Library, Odd Fellows' Bldg., 11th near Franklin St. (M)
—Truth Center, 1450 B. Allee St. Mrs. Letitia A. Andrews.
—Fruitvale Truth Center, 2021 24th Ave. Anna A. Goss, Leader.
—Star Book Shop, 129 Broadway.
- PHILADELPHIA, Pa.**—Unity Center of Truth, Unity Bldg., 236 So. 13th st.
- PORTLAND, Me.**—Miss Elinor S. Moody, 42 Deering St. Reading classes and library.
- PORTLAND, Ore.**—Metaphysical Library, 212 Central Bldg., 10th and Adler. Nettie Taylor Klob. (M)
- PROVIDENCE, R. I.**—New Thought Center, 72 Weybosset st. Room 307. (M)
- SACRAMENTO, Calif.**—Unity Center, 212 Hagelstein Bldg. Daily and evening meetings.
- SALINA, Kan.**—Radiant Truth Center, 706 Prescott St. Mrs. W. T. Drake, Leader.
- SALT LAKE CITY, Utah.**—352 North 3rd west. Leader, Mrs. C. A. Snyder. Hours, 1 to 3.
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- SPRINGFIELD, Ill.**—The Lawrence Centre of Constructive Thought. Library and Bookshop, 327 East Lawrence Ave.
- SPRINGFIELD, Mass.**—Unity Center of New Thought, 21 Besse Place. Rooms 214-215. Mrs. Mary Dunn, Pres. (M)
- ST. PAUL, Minn.**—Unity Truth Center, Mrs. A. C. Marelius, Sec., 446 A. Wabasha st.
- ST. LOUIS, Mo.**—North Side Society of Practical Christianity, 4003-08 Gane ave. Chas. Schlag, Pastor. (M)
—St. Louis Truth Center, 4030 Lindell Blvd. Rev. Emil C. Hartmann, Leader. (M)
- SYRACUSE, N. Y.**—Miss Katherine Carter, Reading Room, No. 2, 155 East Onondaga st. (M)
—Blanche Marie Peters, Book Shop, 150 Wieting Block.
- TAMPA, Fla.**—Tampa Psychology Club. Meetings, Thursday evenings, Federated Club Building. Mrs. Mayme G. Whitmore, Leader.
- TULSA, Okla.**—Unity Reading Room, Haver Bldg., Rooms 310-311, So. Main St., Mrs. Harry White, Leader. (M)
- WALTHAM, Mass.**—Waltham Truth Center, Katherine Powers Stetson, Leader, 36 Spruce St. (M)
- WORCESTER, Mass.**—Worcester Metaphysical New Thought Center, 318 Day Bldg., 306 Main st. (M)
- YERINGTON, Nev.**—Unity New Thought Center. Mrs. C. S. Durand, Box 67. (M)
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FROM NEAR-DEATH TO NEW LIFE: "Although my doctor is somewhat puzzled, he does not hesitate to point to my advancement as an example of what can be done in curing tuberculosis. He is one of the doctors who, four months ago, did not expect me to live until now. Only today, he said, 'How do you do it?'"—FROM A WORLD WAR VETERAN.

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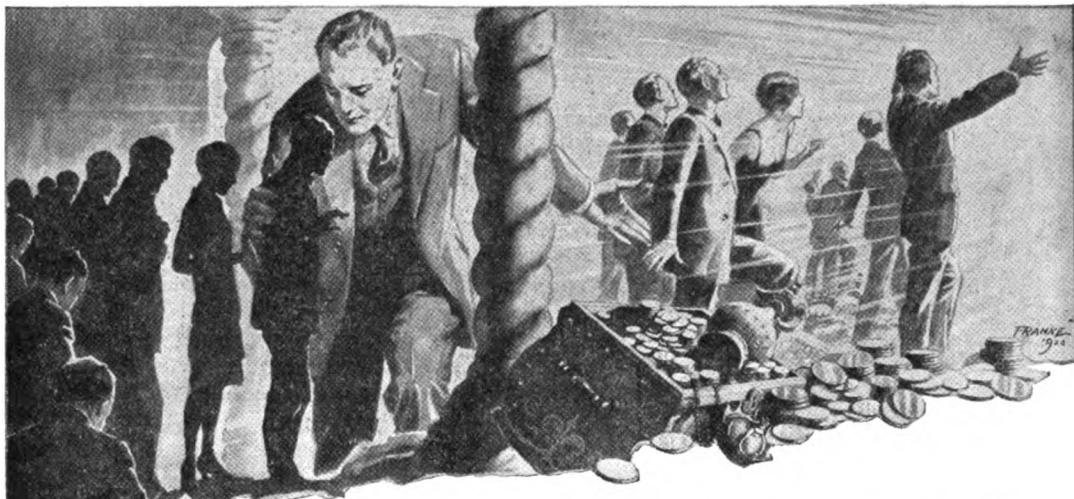
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You've doubtless had these thoughts many a time. You wonder why it should be so. You know that there is no such thing as chance in Nature; that everything is governed by Natural Law. For every effect there is a cause. You know that the methods you've been brought up to believe in won't bring you success. You, like thousands of others, have tried them all—and they don't work. Yet your reason tells you that as there is a cause for every effect, there must be a clean-cut, definite cause that produces success. And you wonder.... and wonder....



Success Produced Chemically?

Fifteen years ago a quiet, unassuming man in Boston thought along these lines—even as you and I. And then he developed a startling theory. He knew that everything in this world is a matter of chemistry—the result of the combination of various chemical elements in a certain way.

To him came the thought that if material things can be produced chemically, why not mental things? Why could not the principles of chemistry be used to produce success in any shape, form or degree that we want it?

Why not, indeed! If we want water, we mix hydrogen and oxygen. That is a definite formula that always produces water. If we want to obtain the color green, we mix yellow and blue. And so on. There are definite, sure-working formulas to produce material objects we want. Why could not the same principle be applied to, say, getting \$500 quickly, or a better job, or quick advancement, or wider opportunities—

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or anything that human beings want or desire? With this startling idea he went to work. His studies and investigations took him through the whole realm of science. He experimented on himself. Then on friends and acquaintances. Finally, by combining certain principles of chemistry, physics and psychology, he developed a formula that enabled him to produce success with ease—to take the hopes, desires and ambitions of men and women and speedily to make them come true!



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To test the formula thoroughly he obtained contact with thousands of men and women through the lecture platform. He gave the formula to them. Results were startling! Then he explained it by mail—to people the world over—with the same remarkable results. People told—and proved—the most surprising things. Hopes and ambitions quickly turned into realities. Definite sums of money brought to them. Promotion—better jobs with higher pay—quickly obtained. Incomes increased. New opportunities continually offered to them. Health improved. Troubles banished. New abilities and talents quickly developed. And people of all ages quickly lifted up from drudgery into an expanding, thrilling, joyous life of abounding happiness and wealth.

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career you wish—can get the good things you want. Simply apply this formula and you immediately get the most surprising results. You get what you want! You don't have to work a bit harder; you can take it easy; in fact, no new studies, no denials, no effort. You simply go on as you have always done. The formula does the work and produces the results for you!

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



Oh, Spirit Infinite

By MARIE F. HALL

Oh, Spirit Infinite, thy loving power,
 Thy strength, thy peace, are ours
 If we but ask,—and, seeking, find the way
 That leads us out into the light of day.

Oh, Spirit Infinite, thy boundless store,
 Thy mines of untold wealth, are ours for aye,
 If we but see the world that 'round us lies
 And let our souls embrace its paradise.

Oh, Spirit Infinite, we breathe anew
 Fresh strength, fresh hope,—as flowers drink in the dew,
 And trees stretch out and upward toward the blue—
 For with enlightened vision dreams come true



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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."*

Job Thought He Knew It All.

WHEN the three friends had done their work on Job, and Job had answered back all of the secret thoughts of his heart, then came Elihu and converted Job to New Thought. (See Job 32 to 37)

Elihu turned the thoughts of Job to God after which (Job 38-1) "the Lord answered Job out of the whirlwind." Job then prayed to God and asked His Wisdom, God spoke to him and said in effect: "Gird up thy loins now like a man! Quit declaring that your wisdom is right and that my power is unjust to you! Deck thyself now with majesty and excellency: and array thyself with glory and beauty. Cast abroad the rage of thy wrath: and behold everyone that is proud, and abase him—stand up to him and answer back in my name, not in your own! *Then will I confess unto thee that thine own hand can save thee.*"

Of course, Job had not been able to stand up against his friends who were accusing him, and he was not able to do any of the things that God was able to do. And as soon as he thought about it he remembered that God must be right, while he, Job, must have been wrong. So he becomes humble before God and before his three friends, he declares to them the righteousness of God and

that he holds no grudge against the accusing friends. And the Lord softened the hearts of his friends when Job became humble before God and themselves. And God bade the three friends to change their viewpoint about Job, to recognize that Job had not been sinning in secret, that he had been doing the best he knew how under the circumstances—even as you and I. And God moved on the hearts of the three friends to beg the pardon of Job, and to "offer sacrifice" to Job: i. e., to give Job sheep and cattle, etc., with which to relieve the abject poverty into which he had fallen.

Then the three friends went away over the desert and told everybody what a transformation had come to Job: how he had got down off his high horse and become a real human being again, admitting his own mistakes and forgiving the three friends who had for days been accusing him. Nothing in the world is so hard for a self righteous man to forgive, than to have his friends stand up and accuse him. But God moved on the heart of Job to forgive, and he did it!

"And the Lord turned the captivity of Job, when he prayed for his friends." In other words, when Job began to feel kindly toward his friends, to forgive them for their accusations, to realize that their point of view was just as right as his own, that all of them were transgressors against the truth of God Himself, which they had not been able to recognize heretofore: when Job began to UNDERSTAND his friends, he could not hold a grudge against them because of their misunderstanding of himself.

Then came the great Surprise Party: the three friends rejoicing in Job's conversion to New Thought and humanity, and his for-

EDITORIALS by Elizabeth Towne

giveness of them, went away and told the tale to all of the people who used to admire and bow down to Job, but who never quite loved Job because of his self righteousness!—and then they came together, a great multitude of them, and visited Job to condole with him over his suffering, to rejoice that his captivity was turned and that he was getting well and was not quite so abjectly poverty stricken as before. And they proved their own genuineness and understanding when “each one gave to Job an earring of gold and a piece of money.” There being a great multitude of them, and such willing co-operation, the result was a lot of money and a lot of gold earrings—besides the contributions that Job had already received from his three friends—all of this fortune with which to begin his new success in life. So Job’s appreciation began to flow out to everybody in his world! From thinking of himself as the only “perfect and upright man,” he began to see that everybody else was perfect and upright too when it came to the real pinch. And he saw that God moved on the hearts of all of them to CO-OPERATE for the good of anybody who needed extra help.

The Book of Job records that Job also had a new crop of children, seven sons and three daughters, and “in all the land were no women found so fair as the daughters of Job: and their father gave them inheritance among their brethren.”

“Also the Lord gave Job twice as much as he had before. So the Lord blessed the latter end of Job more than his beginning.”



Job’s Complex and His Healing Through New Thought.

JOB had arrived at the place where he had a “mental cancer” as defined by psycho-analysis. A “mental cancer” is a “complex” established in the subconsciousness, and Brill, one of the great American authorities, defines a “complex” as: “A series of emotionally accentuated ideas in a repressed state.” This is the best definition I know of, of a “complex,” which when it has gone far enough becomes a “mental cancer,” hard, repressed, and then it explodes and begins to show on the outside as a real cancer, tumor, etc., boils in Job’s case.

Every disease that appears to come from within the body is originally set up by some kind of *HARD THOUGHTS* which create tension, etc., strictures in the nerves, and are the seeds of every disease that arises in the system of man. Of course outer conditions can help along the disease, or one can be transplanted into better conditions which will tend to reduce the *HARDNESS* and eventually dissolve the “complex.” Thus does modern psycho-analysis point to the infinite wisdom of Jesus Christ when he said, “*Forgive* those who despitely use you and persecute you,” “*LOVE* your enemies.” And he showed us how to (1) dramatize ourselves to ourselves as loving our enemies instead of hating them, and then (2) *act out* the drama of truth, by “*doing* unto others as we would have them do unto us.”

And so Job was converted to New Thought, a new understanding of life. He waked up to a realization of God’s infinite goodness and wisdom *working for His righteousness in and through all individuals*, saving them from sin, sickness and death just as fast as the individuals can turn to him, instead of basing their judgments on the outer world conceptions of life. God’s life is one life, harmonious, ever unfolding. But outer life looks to be conflict, good and evil, with some folks more righteous than others. (Our job is to see and love life as God sees it and loves it.)

Job came through his troubles to realize the equality of God’s divinity in all human creatures, and the liability of all human beings to err in an infinite number of different ways, any and all of which can be healed only by returning to the source within, the Infinite One Spirit of God—who is not diverse as human beings seem to be, but is *ONE LIFE AND INTELLIGENCE* within them all. Ready to heal our troubles when we put them up to Him.

Jesus said, “When ye pray, believe that ye receive (directly from God at that moment—from God’s Spirit into the individual mind) and *you shall have it.*”

Translated into terms of the new psychology, it means this: Whatever thing you picture to God and ask Him to give it to you; also *picture Him giving it to you, you receiving it from His Spirit into your mind, receiving it and thanking Him for it.* You have the

EDITORIALS by Elizabeth Towne

word of Jesus the Christ that if you believe that you receive it from Him you "shall have it." Note that the "receiving" is present tense, and the "having" is for the future. You "receive" a fortune when it is placed in the bank to your credit, but you "have" it only as you use it. You receive in Spirit from God *when you believe that you receive*; and in due time the desired thing appears in terms of sense.

"As a man thinks in his heart, so is he." David said that thousands of years ago. Note that it is as a man thinks, not in his conscious mind but in his subconscious mind, his heart or habit-mind.

▽ ▽ ▽

Are Married Women Wilder Than Youth?

ELINOR GLYNN is credited with saying that "married women are wilder than youth when they 'cut loose'". Or should I say that she is accused of so stating?

If married women when they cut loose are wilder than youth, it is because the older women are doing by imitation what youth does by nature. The older women who are wilder than youth are merely aping youth and cutting unnatural monkeyshines.

Just as infants begin to get acquainted with themselves by playing with their toes and chewing their fingers, so the adolescent youth, male and female, has to dramatize itself showing off itself before youth of the opposite sex. Just as the baby is wholly absorbed with its toes and its fingers, so the adolescent is wholly absorbed in its feelings of sex attraction. This is natural, normal, and perfectly all right.

But if an older woman continues to ape youth and cut its monkeyshines, she or he is a case of arrested development. And arrested development means that such a woman clings to her adolescent interests, refusing to let go of them and permit herself to go on to the new life interests which come next in point of growth. Such a woman is in love with herself and her past sensations.

Next after the adolescent phase of individual growth, come the parenthood interests. In the normal woman who grows healthily mother-interests come next and immediately upon the heels of that adolescent age in which

human beings disport themselves wildly in order to attract the interest of the desirable ones of the opposite sex. The "normal matron" loves babies and enjoys motherhood and finds it still more absorbing than she found the mating interests. She continues to grow with her children.

When a woman has grown up with her children, keeping *with them* in all of their pursuits, until the children begin to spread out over the world carrying into new fields the fruits of their childhood and adolescent association with her, then the mother finds herself faced again with a transition in her own life, with a need for letting go of that which is past and looking forward to the next phase of her own growth. At this time the woman passes through "the dangerous age"—equally as dangerous an age as she passed through shortly after marriage, when she had to make her choice between staying tied to the mating interests of life, or going forward with the parenthood interests.

After the children have been brought up and are "out of the way," the new interests to which the normal woman turns for further growth, are the interests expressed in women's club life, including the newest phases of that life as expressed in the League of Women Voters, which concentrates upon the study of government and politics. If she continues to grow with these natural new interests she takes more and more part in the municipal and political life of her community and of the nation. In other words, having grown as far as she can grow with the home interests, she now begins to grow with the municipal and state interests, which afford her a new and almost unlimited opportunity for development in service to her community, municipality and state.

(Continued on Page 44.)



When She Made Peace with Her Husband's Mother Her Side was Healed

By Mizanna Wolff

EDITOR'S NOTE: Before you read this article, I suggest that you review Mr. Landone's "Confession" in the February number of NAUTILUS, which dealt with the subject of "Prejudice." Then observe how completely Miss Wolff's article confirms and illustrates his conclusions.

SHE described her poor health in great detail, when she applied to me for help. It seemed that her three children were all sick, likewise her husband and his mother. They were also poverty stricken and the house was in constant turmoil.

Among the things she mentioned regarding her own sickness, was the fact that her left side was drawn out of shape until she could hardly get around. And the pains were so intense in the spine and head, that she was compelled to lie down nearly all of the time. She said her doctor told her she would always be that way, for the muscles were twice their natural size, and he knew of nothing that would restore them to normal, other than the things he had already done for her.

Her ailments were so varied and many that I was at a loss to know just where to start. (I have learned better than to deny a condition. I simply ignore it.) So I prayed for the renovation of the *whole family*, but I especially prayed that her side would be made perfect and strong. I spoke the name of each member of the family as I came to it, and asked for the special things to be restored to normal. I also asked that peace, harmony, and prosperity be given them.

She reported again in about three weeks, saying: "We are all feeling much better, and my side seems to be getting straighter. I do not suffer half as much as I did. Husband went to work this morning, and the children are all doing fine. Husband's mother and I are really getting along fine and I thank God for it."

Every month she continued to report improvement. Then came her report in the fifth month saying: "I know now just what that

'seek and ye shall find' means. One morning recently when I was taking my silence, using your statement, a sentence in your letter came to my mind: 'Seek and ye shall find the cause of your sickness and sorrow within.' I stopped and looked within to find the cause of it all, and my husband's mother came into my thoughts so plain, and all of the mean things I had said and done to her. I had always resented the fact that she was compelled to make her home with us, and take away from my children and myself the things that I considered ours, and I had turned against her and I didn't care if she knew it. In fact, I told her so. I was making plans to have her leave my home when I was stricken with my side, and of course I had to keep her then.

"Now on this particular morning, after I had studied the matter over for a while, I saw plainly where my trouble was. *It was within.*

"I went to mother and told her I was sorry and we would forget all of the past and start aright right then. The dear old soul cried like a baby, (I did, too), and *in that moment we all felt as if a grand, great thing had taken place in our lives and our home.* And we are still getting along fine. *I am walking almost straight, and am in better health than I have been in for many years.* And we all feel that GOD IS DWELLING WITHIN, AND WE ARE ONE WITH THE ALL GOOD, NOW AND FOREVERMORE."

They are still well and they are happy and prosperous, and I give all the praise to the Heavenly Father.

"SEEK YE FIRST THE KINGDOM OF GOD AND HIS RIGHTEOUSNESS: AND ALL THESE THINGS SHALL BE ADDED UNTO YOU." Matt. 6:33.

("A Remarkable Case of Subconscious Healing" in April Nautilus.)

Thirty Miles Separated Us and Telepathy was the Only Means of Saving the Day

The \$25 Prize Article By S. C. Shields

For Five Months My Wife Never Failed to Receive My Daily Telepathic Message,
Upon Which So Much Depended

INTEREST in telepathy drew my wife and me together. Her father's library contained some books written by Swedenborg and we spent our courtship and honeymoon reading them.

We were, at one time, particularly interested in the author's description of transportation in Heaven. You will recall he explained that mode of travel as nothing more than *visualization*. The travel-wishing spirit simply *visualized* the place he wanted to go, and lo, he was there.

Visualization, too, was used by spirits (according to Swedenborg) when they wanted to converse with others, widely separated. The spirit visualized its friend, then started to talk. The second spirit *heard* everything said. There seems to be a deep significance to VISUALIZATION in all of Swedenborg's works.

My wife and I spent much time and thought upon the idea of visualization, and tried to apply it to every desire of our lives, particularly in our experiments with telepathy.

I Kept Myself Awake By Trying To Telepath My Sleeping Wife.

I was then working as a night telegrapher in a junction office of a big railroad. During the early hours of the morning, when business was slow, I kept myself awake by attempting to convey ideas to my sleeping wife. At first she did not respond.

One night I held to my temples the terminals from a local galvanic battery that furnished electricity to work the sounder of the telegraph instrument, at the same time *visualizing as intensely as I could*, that I was kissing her.

The next morning when I went home, she told me of a dream that woke her up. It took her nearly five minutes to convince herself that I was not in the bedroom with her.

Each day our experiments in telepathy by way of visualization became more successful. The use of the galvanic battery was soon abandoned. I think it was only good to assist in concentrating the attention, but useless in the way of assisting thought-transference. I found that I could wake my wife up at any time of the night I wished. This I did by kissing the back of my own hand, at the same time picturing that member as her face and lips. But though I could wake her up, I had not yet succeeded in transmitting my thoughts with any degree of precision.

About six months after we were married, my wife got a job as manager of a rooming house near the telegraph office. Transients arriving from a branch line train would go to bed and ask her to call them fifteen or twenty minutes before the arrival of the morning limited for New York City. That through train was nearly always late, at that time, so my wife depended upon me to tell her the exact arriving time, so that she could give her roomers twenty-five minutes to get up and dress and catch the train. Sometimes it would be five hours late. At such times our patrons would have plenty of sleep in good comfortable beds while patrons of other hotels would come to the depot and have to sit up waiting for the train. Our contented patrons were our best advertisement.

Then one day I was ordered to transfer to a better station thirty miles south of the junction. I tried to make arrangements with the incoming night telegrapher to notify my wife each night of the arriving time of the Limited, as I had done. But he would not do it because a rival rooming house had agreed to give him his room rent free in return for his advising them, as I had done my wife, of the arriving time of the train. It looked pretty black for our rooming house. I was sure that we would lose all our trade.

We Agreed To Try Telepathy As A Last Resort.

"Let's try telepathy," my wife remarked as I kissed her to go to my new position. "Wake me up twenty-five minutes before the train is to get here; I'll understand that I am to call the roomers as soon as I am awake."

"We can try it," I replied dubiously, "but don't blame me if your roomers get left."

She laughed but said nothing. Evidently she *firmly believed* that I would wake her up.

The first night in a new job is always a busy one. I worked with unfamiliar things all around me and forgot about my wife until nearly four A. M. Then, as a little respite edged itself in between my sleepy moments, I realized that I was to call her twenty-five minutes before the train was to arrive at the old junction point. A burning shame came over me that I had completely forgotten her in her difficulty.

I began clicking furiously at the telegraph key, asking the dispatcher where the Limited was then. I thought, of course, that it had passed the junction long before that time. Imagine my relief when he told me that it would reach the junction point within the next twenty-five minutes.

How I Sent The Message That Meant So Much To Us.

Thanking the dispatcher, I lay back in my chair and relaxed. The early morning silence was restful. I closed my eyes for a moment, then slowly raised the back of my hand to my lips while vividly visualizing my wife's black wavy tresses, her white forehead, her dark eyebrows and lashes. Then I kissed her nose and her lips, which I visualized as being slightly parted. It seemed that the strange telegraph office faded from my senses and that I was actually standing beside my wife's bed and bending over her, so deep was my concentration.

Then I visualized her turning away from me, raising one arm above her head, opening her eyes and peering sleepily at me, somewhat startled, and then smiling.

At that moment the telegraph instruments in the office began to click again, the lights

grew suddenly bright and my will could hold the scene of my wife's awakening no longer. Nor could I seem to repeat the picture that early morning and when my relief appeared at seven A. M. I hurriedly got into my little car and hurried homeward. I wanted to be at my wife's side when the irate roomers woke up and began to scold her for letting them miss their train.

But my worry was just so much energy wasted. My wife evidently expected me to reach home about eight o'clock and when I opened the back door the odor of the fresh ham and eggs tickled my nostrils. BOYS! but it smelled good! But the pleasure I got from my nose was no more than what spread over me as I noted the happy smile on my wife's cheery face as she turned from the hot kitchen stove to greet me.

"It Worked! It Worked!"

"*It worked,*" she was so delighted, "and oh, dear, you were so real to me. I seemed to *see* you seated, relaxed, in your new office." As she kissed and hugged me she continued, "Isn't it wonderful that we can transmit our thoughts by visualization so surely? Some day, probably when we know more about telepathic wave-lengths, we can talk upon any subject we may wish. Just now, we are using only the wave lengths of love, and on it we are passing the message that a train will reach a certain place in twenty-five minutes. Isn't it a wonderful combination or code we have worked up?"

The steamy coffee burnt my tongue as I gulped it down so hurriedly in my exultation. My knife felt like precious gold as I spread the butter over a hot biscuit.

"*It is wonderful,*" I managed to say between bites; "and we must remember that the first step in telepathy is *visualization*. From that we can build up a method of transmitting all our thoughts, and possibly transporting the image of our bodies, as Swedenborg describes in his Spirit Heaven."

For five months my telepathic message to wake her up never failed; and we discontinued it only when she gave up the rooming house and moved down the line to where I was working.

(EDITOR'S NOTE: As a simple example of the importance of *visualization* in connection with thought transference, the following incident related by Edward B. Warman, LL.D. in *Psychic Science Made Plain*, Volume I, may prove interesting: "Some years ago, in Chicago, I would occasionally dine with one of my publishers at one of the popular

restaurants. In a playful mood he would toss a coin to ascertain who should pay for the dinner. As often as he *looked* at the coin after tossing, and then said, 'Head, or tail?' so often he was elected to pay. Why? Because I, being in a passive mood, *received from him by thought-transference, the knowledge of the result as soon as his mind had centered upon it.* This occurred scores of times, and he marvelled at my accuracy, until one day he said: 'I have made a discovery. I used to credit you with being a good guesser, but I am now convinced that you did not guess, you *knew.* Yes, you knew the result as soon as I did. Today I shall not *look at* the coin after I toss it.' He tossed it. I paid for the dinner. Ever after that it was a matter of guesswork. This was not mental telegraphy, because he did not by an act of his will send me the thought; it was thought transference without intent on his part.")

A True Page from A Minister's Biography

By Peter Wilson

He Might Have Become Like "Elmer Gantry", but Didn't

POOR little fellow—he was weak, nervous, irritable! Life had just begun with him, really; for at thirty, which he was, a man just begins to live. But he had every symptom of death—mental and spiritual dissolution.

One day he came to the Wall. There was no going beyond it. He sat down to think. And out of his cogitations he wove a new scheme of life.

He was going to change all things which had been as habits before. They were like these:

He had given a large per cent of his energies to Worry. He had worried, especially, over money matters. His salary was small, and sometimes irregular in coming. (It should be said that he was a minister in a small church.) Bills piled up and looked like mountains which it would be pretty hard to level with his little toy shovel which was his salary.

He worried, again, over the things which were going on in his church and in his community. He had tried so hard to convert sinners! Of what value had his efforts been? Folks went on and did as they pleased, no matter how eloquently he lifted his voice against their ways. Particularly was this true in his church. There were three or four who were ever creating dissension. One of them belonged to the War Department of the church—that is, the choir. She was a temperamental

singer. Her voice could warble in harmony in an anthem, but outside of that it warbled in discord. And he worried about that—as if he could help it!

There were other worries, but there were also other things besides worries which were annihilating him. One of these was Repression.

One form of repression was the holding down of his natural ebullient self for fear folks would misunderstand him. He did not laugh overmuch. He had finally come to a droop-mouth state—as unnatural to him as gloom to the sun.

Then, perhaps the worst condition of all, he had tucked away in his heart a great disappointment. Do you know what I mean? He had married the wrong woman. The memory of the Other One kept coming up ever and anon to bother him.

Even though he was a minister he was human. The Other One could have done so much for him—as a human. There were urges in him which could be expressed only in Her presence.

He wanted someone to love with all his natural being. He had no such one. He was always in danger, therefore, of picking out some little princess with lovely face and soft hands over whom to sigh. He had to watch himself, for the desire was deep—deep as any instinct in human life.

There were other things the matter with

this poor irritable fellow, but he was psychologist enough to study himself at last, and seek a remedy.

He knew he could not go about it negatively. There'd be no use saying, "I'm *not* going to worry!" Worry never fled that way. He said to himself, therefore:

"Every dollar I get I'll spend thriftily and make it go just as far as it will. When it won't go any further my worrying about it won't make it more elastic.

"I'm going to stop thinking about things beyond my control by controlling the things within me!

"That includes worrying about the 'salvation of the world.' I cannot run the universe the way I wish it; my fretting and stewing will not change it. I'm through trying to play the part of God in regulating the affairs of this world."

He began to see sunlight: at first, though, it was hard. You must not believe that this change was instantaneous. He had no Pauline experience on his way to Damascus. He began filling his mind, however, with so many other things that he didn't have a place in it for worry.

But the repressions were not so easily relieved. The urge-and-love repression was too inextricably a part of him to be dissolved speedily. But he went at it. He said to himself:

"While others are obtaining divorces for 'incompatibility' I'm going to stick by my marriage vows. There is no legal escape. The only thing for me to do, therefore, is to *sublim*ate my desires.

"I am somewhat of a poet: I'll *write out* myself, never intending what I write for publication. I'll convert my desire for the princess to a different desire. I'll find the beautiful in nature, in art, in literature, and love that!

"And I'll be natural! Let folks misunderstand me if they will, I'm going to be myself hereafter."

This is an actual page torn from a man's biography. What has been sketched in a few words has been the process of years. Years more may elapse before complete release is known. But a correct attitude has been assumed, and the importance of that cannot be gainsaid.

The poor, nervous, irritable man is finding himself and enjoying life, enjoying its legitimate pleasures. He's finding himself growing; and many of the things which he desired to come to pass, are coming to pass, simply because he is putting himself in that attitude to bring them about.

And whereas he thought himself on the edge of the grave, and the world was a vale of tears in sooth, now he shall live, and the music of laughter and good cheer shall be in his soul!

Eternal Flow

By Harriet Markham Gill

WHITE veils of shining water
 Brightly silvered by the sun,
 Green moss beneath the willows
 Where the darkling shadows run.

Flow on, Oh lovely river,
 Far out to the gray-blue sea,
 Just so our lives are flowing
 On to meet eternity.

The Basis of Spiritual Healing

By Horatio W. Dresser, Ph. D.

HEALING is a progressive term, covering a wide range of remedial processes, bodily, mental, moral. Although primarily it involves restoration, it has come to include permanent benefits in disposition, character, attitude towards life, and to imply a philosophy. In this sense it is spiritual, and calls for the use of spiritual power.

So, too, the means employed are progressive, from a balm or salve applied on the surface and left to do its work to an interior activity enlisting the faith, wisdom, and persistent concentration of the individual. Much more depends upon healer and patient than on the illness or other trouble for which healing is sought. For it becomes a question of intelligence and daring; intelligence in discerning causes and seeking power to remove them, and courage in making a venture where, externally speaking, there seems to be no hope. I shall assume that one who seeks spiritual healing for himself has persistence enough to make utmost effort if need be.

The Author's Experience In France.

I may be permitted to illustrate by personal experience, for it is when we come face to face with conditions that we learn these principles. While in France in wartime as a Y. M. C. A. secretary, I was quartered at night in dead of winter in an empty brick house that had been partly shot up. The cold was penetrating, the comforts few, the opportunity to catch my last "cold" close at hand; and I had just arrived from well-heated quarters in America. All night on the decisive occasion I had to fight, literally to fight, to keep from succumbing to a condition which would bring me helpless into the hands of physicians. Why was it so important to win the victory? Because every occurrence is an opportunity for realizing the presence and supremacy of the Spirit, and one must not in any event yield to circumstance. To be swept under by circumstance may be to fall a prey to disease amidst which it will be difficult to help one's self at all. Spiritual healing is preventive. Meet the situation as it arises, before any one knows about it, and

you may be able to turn the tide and have no illness at all. As a result you are likely to emerge from the experience with more inner control than before. Spiritual healing should leave us stronger.

The implied philosophy may be suggested by the fact that there are two views concerning circumstances ordinarily prevalent. We may regard circumstances as decisive, for instance, the locality into which we were born, our physical habitat, social relationships, heredity, the amount of money we chance to possess, our vocation in life; or, with an outlook towards the ideal world, we may take each of these conditions to be an incentive toward progress and say, with Emerson, "the soul makes circumstance." Submission or resignation readily follows in the one case, the victorious attitude becomes dominant in the other. One not only takes the current when it serves but plunges forward when everything seems adverse.

The Victorious Attitude.

It is important to know that in the victorious attitude the spirit is open to higher forces. As in ordinary life we pass from fear to faith, from hate to love, in swift inner changes; so in spiritual healing we make the transition in greater fullness, with the realization that the instant's inner change means another center of equilibrium, with its resulting consequences. To know that we are reinforced is to realize that external changes in conditions will be followed by outward results. Or, when spiritual healing is prevented, untoward circumstances will be forestalled. This is possible because power is sought at the vital moment when inner conditions are threatening. Where all would seem ruin from below, all seems promising from above. As the sunlight breaks through a mist and dispels it, so this higher power accomplishes a work which seems impossible while we grope our way along in the darkness of ignorance.

We may illustrate the educative phase of spiritual healing by any adverse trait or handicap, such as a defect in speech, lack of confidence, or a tendency to impulsiveness. Such

a handicap may seem a misfortune which fate has bestowed upon us, or it may be regarded as an opportunity to awaken us to victory, to make effort from within, learn the causes, overcome the obstructions, and move forward to complete success. Most of us require such an obstacle.

Obstacles Are Directly Related To The Soul's Needs.

If the soul makes circumstance, every obstacle whatever may be said to bear creative relation to the soul's needs. If I am impulsive, for example, I reap results accordingly in manifold directions in daily affairs, even in my illnesses. Obviously, I lack self-knowledge; I need moderation, inner control, poise; I need to consider wisely before I act. With me, spiritual healing will be chiefly a preventive process. Convinced that no one can instill moderation into me, I wisely decide to grow in inner peace and poise. To put myself into a state which invites such repose is to open my spirit to the higher or victorious forces. Thus my spiritual healing begins with the realization that I have the power to lift my spirit to a higher level.

Healing in the lesser sense, as the mere overcoming of disease, for example, a nervous disorder, is best understood in the light of this, its more enduring benefit. If I am suffering from a form of nervousness, this is but one instance of my typical attitude toward life. Very likely I am not only nervous but hypersensitive. Perhaps I take myself too seriously, am too intimately aware of my sensations, too greatly centered on my own moods, fears, general emotions. In so far as I am able to reduce these, my various reactions or responses to life, to a typical approach to circumstances, and this to an inner disturbance which appears to be my most central handicap, I should be able to strike at the root of many troubles at once.

To master a handicap, such as a defect in speech, is to advance to a greater degree of inner control. Thus a famous Greek orator won his fame and power in the first place by patiently and persistently overcoming a speech-defect which would otherwise have left him in obscurity. It is said that Phillips Brooks acquired his very rapid and eloquent utterance in the successful effort to overcome his defect. If we agree with Emerson that every man should be grateful for his faults, we see that a fault is a partial expression of

power which might be put forth constructively. To be nervous and sensitive in type is to be a candidate for life-long misery, or to find some way in which this extreme sensitivity is the clue to something great and beautiful.

It is not creditable to us that we must acquire methods of healing, in the conventional sense of the term. Disease is in one way of looking at it a disgrace. For we might have lived without it. We might have retained our openness to higher power, might have been free and spontaneous in heart and mind. It is in a sense a disappointing necessity that we must spend so much time merely in regenerating the mind, purifying the body, and cleansing the life. All this may be regarded as essentially negative work.

How To Turn Troubles Into Blessings.

To be positive is to meet life, meet circumstances as they arise in such a way that experiences which would otherwise breed trouble will produce blessings. Instead then of studying spiritual healing as a mere process of recovery, bring together the various clues mentioned above and consider how far you have progressed in meeting handicaps or tribulations so that it has ceased to be a question of disease but has become a problem of life.

By life's problem I mean in the first place discovering what we can do best and how most wisely to do it. If my talents point to the fact that I should become an artist, an architect, playwright, executive leader, novelist, it seems plausible that I should be troubled by a persistent restlessness until I am engaged at last in my true vocation. When I put my sensitiveness, for example, to work it will not be nervousness or tension. Power confined, like an inferiority complex, is, negatively speaking, an urge toward trouble. For it is natural for me to produce, to contribute my share to the world's work.

Illustrate by elderly people of ability who have retired from active work long before their time. What is more pathetic than a widowed mother without enough to do? Scarcely less pathetic are the idle and wealthy people who are always flitting about trying to overcome ennui. For it is natural for each of us to work and to keep on working till the end. Expression is life, repression misery, if not death. As soon as you find out that you are restless, sensitive, nervous, repressed, shut in, set about finding what you should do, what you might have been doing for years to use

your powers constructively. Do not dwell on this negative state. Transfer your interest and activity to the power behind, and begin to use it by doing just your work in the world.

Overcoming Disabilities Once For All.

I am assuming that every one interested in spiritual healing, in contrast with merely mental healing or bodily restoration, is seriously in earnest, and wishes to overcome his disabilities once for all. Life is so constituted that it will urge and urge till we penetrate behind to see what is urging and why. Thus in an instance which I have mentioned elsewhere a young man of ability was, negatively speaking, beset by headaches which no

physician could cure. But, positively speaking, he was potentially or temperamentally a scholar. It seemed absurd on the face of it that his chronic headaches were a sign of power. The obvious thing to do was to try one kind of medicine after another, as people nowadays take aspirin to stave off a cold. Yet as some of us today are trying to learn why we have colds and to avoid them altogether, so as to arrive somewhere; so this young man looked back of appearances to reality. In reality he was a spiritual being, living in the natural world, with a work to do which he was not doing. The moment he transferred his attention from his imprisoning state to the power-seeking expression he began to utilize what today is called spiritual healing.

(In April Nautilus: "Forgiveness in Relation to Health.")

Truth is Silent

By Rev. George C. Golden

Lesson V on "How Truth Heals"

EVERY student, approaching the subject of metaphysics, comes with these questions: What is Truth? Have you got the Truth? How much will it cost me to get it? How long will it take me to get it?

He wants truth in a definite statement that he can write, parse, analyse and dissect.

I hate to disappoint him but, to be truthful myself, I will have to inform him that there can be no answer to his question, What is truth? any more than there is a definition for love or a formula for the creation of life.

Should you go to Mr. Edison and ask him what—just exactly what—is electricity, he would have to shrug his shoulders and throw out his hands and demand that you ask him something easy.

Should you, however, ask him what he can do with electricity, that is entirely a different matter. Here he is on definite, familiar ground. His replies would be both practical and honest. He knows much he can do with electricity.

If you ask him what he assumes electricity to be, I am quite sure that he could give you

an honest reply. In his own mind, he had to assume it to have certain unchanging qualities before he could venture on a new experiment and so discover another application of that power.

When Pilot asked the Master, "What is Truth," the great Teacher was silent. Truth is silent. We can't define it, for to define it would be to limit it. We can't liken it to anything we know, for it embraces the whole world and infinitely more. It is an undiscovered continent, it is a whole universe into which we are advancing day by day, reclaiming more and more of it, just as the pioneers carried civilization step by step into lands where silence had only been previously disturbed by the calls and songs of nature's zoo and the music of murmuring brooks and sighing zephyrs.

We must, however, have, like the inventor, an assumed statement of truth before we can begin our employment of mental creation. Where shall we find one? If we can ascertain the assumption of those men and women who have proved their mastery over life, then

we may feel certain we are as near the truth as we can come at present. This is the best rule we have; "By their fruits shall ye judge them." If one assumption gives only failure and disaster to the people who hold it, then we want none of that. If another has brought more success, health and happiness into a person's life because of their belief in the statement, then that is the foundation on which we may expect to build with some satisfaction and efficiency.

This is the statement that is as old as thought and as fresh as the morning, a formula that the ancient seer gave his disciples and the modern thinker finds pregnant with ideas: "All is mind and mind is nothing."

You will readily see traces of this assumption all through the sacred writings, for the devotional mystic held the teaching, not that the world was divine, but that the world was nothing and God was all.

There is a psychological application of this statement that we today cannot overlook. When this device is practised on the mind, it gives the individual more control over his affairs, it frees him from strain and thereby liberates intelligence. We practice it because it is advantageous to our success. We hold it because it conduces to happiness.

After the San Francisco fire, I knew two men who had passed through that disaster. One dwelt upon the tragedy—he could not banish the sight of the monster flames from his mind nor the smell of smoke from the corridors of his memory. He went around for months a man stunned and paralyzed. He might talk to you but he was not present. He would listen to you but his mind dwelt in the past. The other man who, in a material way, really suffered more than the first, said, "It may sound most unreasonable and illogical but, as far as I'm concerned, the fire did not occur." He walked abroad in the city that was picking itself up from its accident and secured leases on property that his judgment told him would be valuable situations. Today, the first man is living a precarious existence, explaining his limited means by rehearsing a story that we of the west have almost forgotten. The second man, keeping a lead in the progressive development of a forward pressing metropolis, has really forgotten, in his success and vision, that the fire took place.

Out of mind, out of body. We put things easily out of mind when we practice the policy that all is mind and mind is nothing.

People walk into my office, telling how their youths were ruined by false direction, how their past treads on their heels with prophetic disaster, how a domineering father or a spoiling mother has created in their mentalities the much-used "inferiority complex" or "mother fixation." There is one cure for them. If they can think of a happy past then they will be delivered. It's all very easy. It requires only a little will-power, a little exercising of the visioning faculty and a bit of faith even as small as a mustard seed.

Another benefit of this statement is the fact that it creates in the individual the mood of unself-consciousness.

Have you never sat down at a game of bridge, playing just for fun, and doing your most skillful work? The game meant just pleasure, relaxation, skill and ingenuity to you. You had the courage to try any scheme that came to your mind. You were spontaneous and therefore intelligent. But play with a partner who is regarded as a crank, who watches your playing for mistakes that he can use for post-mortem material and your ingenuity at cards flies out of the window even though you had determined to do your best and most skillful playing. The game meant so much to you that you ruined it.

There is an old saying that care killed the cat. The owner of the kitty didn't practice the precept that all is mind and mind is nothing.

There is a hint of this policy in several directions of the Master. When he demanded of his followers that they hate their fathers and mothers, he was simply seeking to relieve them of the danger of injuring their parents through the excess of their affection.

I noticed that in one of her novels, May Sinclair goes so far as to say that a man should hate his business. Business should be kept in its place as a possession. He who is so devoted to his profession that he lives it night and day, is owned so much by it that he can give it only dull, uninterested service instead of spirited, intelligent supervision.

The individual, practicing the principle we have just explained, is able to develop another characteristic of those who live the metaphysical life and that is: Trust those things that give you pleasure and avoid what pains you.

In our reaction to pleasure or pain, there is very much more involved than appears on the surface.

This is illustrated in the story of the boy,

Jesus, visiting the temple at Jerusalem. It was the first time the lad had been in a large town. There were many strange sights to meet his gaze and very colorful, very magical, very intriguing, indeed, they must have been to him. But the place that fascinated him the most was the temple. We can readily understand the reason. The temple, to him, was the symbol of theology and the Master was a theologian. It signified to him what music meant to Chopin or painting to Corot. When rebuked for his indifference to the worry of his parents, his reply was, "I must be about my Father's business." He had trusted that sense in him that gave him pleasure—exquisite, indescribable, mystical, gratifying pleasure. To him that sense of pleasure was the pillar of fire leading to the promised land. It was the Holy Ghost directing him into truth.

All that you are or ever will be exists today in you just as the song reposes in the waves of the phonograph record. The pictures of the houses in which you are going to taste happiness, of the friend with whom you'll sit at the feast of souls, of the triumphs that are going to move you to ecstasy and the great days that are destined to reveal to you a hint of your own divinity—all these are there in you just as the oak is in the acorn. They are there, intelligent, alive and powerful as are all ideas, pressing with an irresistible power towards their liberation and expression. When you come to a subject, a person or a place

that gives you a great sense of inner fascination, you say you enjoy it. What really is taking place is that these ideas in you are acting like a magnet, drawing to themselves the subject, person or place like a piece of steel.

Read those books that give you enjoyment for they will open the door of vision. Trust those friends that have the appeal for you, for the two of you have business with each other. Fly to those places that beckon you with graceful, waving hand and siren calls, for they hold untold treasures for you in their strongholds. Court the speech of those who bolster up your self-confidence, for one of them has more for you than a hundred literally-minded, short-sighted, frank, critical, self-appointed advisories. Be much with the thoughts that create in you the inner ecstasy, for they are the angels bearing unto you the stone with your name—a name no man knows—written on the inside.

You must think I'm a genius, I hear a reader say. I'm only a poor, ordinary individual who profits from the criticism of my friends, who learns from the experience of mistakes and who needs the discipline of hard knocks.

You are mistaken. I have read some place, "There is a spirit in man and the inspiration of the Almighty giveth him understanding." "Who's Who" contains the names of those individuals who have had the courage to apply this to themselves.

(Next Month's Lesson: "Spirit and Matter.")

Discovery

By Wright Field

I THOUGHT the Way of Truth would be
 hard
 I, who stumbled and bruised myself
 In the path of my own unguided choosing;
 I did not even dream
 That the hand of my Elder Brother
 Could so surely and tenderly lead me
 Into paths of everlasting Peace!

In Line WITH God

By Brown Landone

How I was Saved from a Great Loss by Getting in Line with a World Movement

TRUTH can be used to move heaven and earth for you, if it is in line with a world movement, because "with God all things are possible." But, no one has ever promised that all things are possible, contrary to God. So, if an affirmation is not in accord with a world movement, it will not manifest in reality.

A world movement is of God, because God made every one of the billion and a half people in the world. So, whenever they move in a certain line of action, there is something doing—first, because there are so many hundred millions of them, and second because God manifests in the soul of every one of them. Every affirmation in line with a world movement, brings results because it works *with* God, and "with God, all things are possible."

The law is absolute in results—whether in healing George's eye, in winning Dorothy's love, in providing a little home for Charles and Caroline, or in piling up riches in The Home Trust Company.

How My Friend's Eyes Were Healed.

Take the healing of an eye for example. It worked for my friend. He had been growing short sighted, and for six months he had affirmed, "*I am not short sighted. God's perfect sight is my sight. I have a right to long sight and perfect sight. God will manifest perfect long sight for me.*"

Yet, he became more and more short sighted. Since Truth is Truth, he wanted to know why he continued to grow more short sighted while he was using Truth and affirming long sightedness.

My friend was working many hours a day, reading books and writing. In each eye there are at least 4,000,000,000 little individuals—little cells. Every time he used his eyes to read a page a few inches away, he compelled 4,000,000,000 individuals in each eye, *to move in such a way that they shortened his sight* in order to focus his eyes on the printed page at a distance of 18 or 20 inches. Every

word he read compelled a "world movement" of little cells in one direction—that of short sightedness. So, since all his affirmations were contrary to that world movement they had no effect.

When he came to talk to me about it, I said: "Unless you *change* the 'world movement' of the billions of cells in your eye, and unless you affirm in line with that changed movement, your sight will continue to get worse. But, if you *use* your eyes so that you compel a 'world movement' of billions of cells, looking far out of your window to that mountain away over there, or in viewing the beauty of the trees as they stand up—like sentinels—on that hilltop, or the clouds hanging over the ridges to the northwest—*then, the world movement of the billions of cells in your eye will be in line for long sightedness*, and the Truth of long sight will manifest."

So, he began to use the 4,000,000,000 little cells in his eye to look at things far away and to take joy in the beauty he perceived at a distance. Thus, he compelled a new world movement—and was healed of short sightedness.

With conditions in your body, you can compel world movements of billions of cells, because you are *their* god; but, since you are *not* the god of the universe, you have no right to compel world movements of other people; and so, it is you who must get in line with them, and work with God instead of trying to work contrary to God's movements when He moves people. In all problems outside of yourself get in line with the world movement, and affirm your right to your *share* of it.

Getting In Line With a World Movement Saved Me From Great Loss.

This Truth is what saved me from losing money in the South a few years ago and led me to acquire valuable land near where I live. I then had a few pennies saved, and was looking for land in which to invest. I was inclined to the South and was especially attract-

ed to Florida. But about that time people outside of Florida started a "talk movement" which led a multitude of outsiders to grasp greedily for something beyond reality. There was talk and more talk and thus others who were not graspers were misled.

I confess I was tempted. Florida was right in itself and its people were right. So I was tempted by the "talk." Others were tempted also—and some grabbed, and missed. But a still small voice within me said, "Wait! Florida is a land of immense opportunities; they will not disappear; wait and invest later! If you invest now 60 per cent of your money will be invested in 'outsider's talk,' and only 40 per cent in land. The talk movement is not permanent, and outside graspers are not a permanent population. They will soon 'clean up,' move away, and leave Florida to meet the ill results of their 'talk'."

I listened to that still, small voice, and recognized for the first time that "world talk" may move in one direction while "world movement" moves in another, and that that it's always wise to follow the "movement" instead of the "talk." The insight led me to realize that—all around me—a world movement was taking place—perhaps the greatest world movement of its kind in the history of the world.

"The Most Significant Change In 600 Years."

Then another illumination came, and I saw that the movement was in a direction different from any I had ever known—the most significant change in 600 years. It was *from* the city to the country, for the first time since the fall of the Feudal System in 1280 A.D. Prior to that time peasants lived around one or another baronial castle, protected by the guards of the Baron, while they slaved to provide his wealth.

After the fall of the Feudal System, each group of peasants was left to the mercy of roving bands of marauders, who often descended upon them, stole their grain and sometimes their wives and daughters. Consequently, the peasants began to move together so that they could protect themselves. Thus towns and cities gained impetus for great growth. This kept up even after the advent of nationalities, because it was easier to provide police protection in cities, than to spread out a police force throughout a country. Centuries later came the railroads, and they again aided the world movement to the cities.

This continued until some economists feared that all people of the world would become city dwellers. *BUT*, the economists forgot God, who always provides new means to meet new conditions. God's creative mind working in man created automobiles.

How The Automobile Turned The Tide.

Now, after twenty-five years, the auto has turned the tide! The proof is most evident in the largest city on earth—the City of New York. New York is composed of a central city, New York City Proper, and four other boroughs which form the legal city. Outside this, there is the Great City District, now recognized as *The City* by the U. S. Census Bureau. Strange as it may seem to you, *most* of this City District of New York does not lie in New York, but in Jersey.

The tide has turned. The country is coming into its own. This new world movement from city to country is so great that New York City Proper LOST 21.9 per cent of its population in twelve months! And the population of the Jersey Section of New York City District is now only one-tenth less than the population of the entire city of Chicago. It astounded me to learn also that the Jersey Section of the New York City District had a population 42 per cent *more* than New York City Proper.

I have had many heartaches trying to help those who have written me, asking me "to hold a thought" to help them to "get back" money they have unwisely invested in the "wrong" real estate; hence, I am giving absolute laws of such investment, so that no more unprofitable investments need be made here, there, and everywhere.

How To Determine Values In Real Estate.

FIRST, *permanent* values exist only where there is a *permanent population*.

SECOND, *great* land values will continue only where there is a *great permanent population*.

THIRD, greatly *increasing* values are safe only in lands toward which there is a great and *increasing movement* of people who will settle *permanently*.

Have you not heard of Nauvoo?

That is strange, because when Lincoln was running for Congress, only 15 years before the Civil War, the vote of Nauvoo was an important factor—for *Nauvoo was then METROPOLIS of ALL the eastern MIS-*

MISSISSIPPI VALLEY—a city LARGER than Chicago! Moreover, it had been built substantially—shops, homes, banks, university. Yet, since its population was not permanent, its values vanished and it is almost forgotten!

Where there is no permanent population, values are never safe. Recognizing this and led by Spirit, I put my pennies in line with the greatest “world movement” of people—the most significant in the last 600 years—and I have nothing to regret.

Remember: if the movement is within yourself, line it up with your ideal.

Remember: if the movement is outside yourself, get in line with it, and affirm your right to a share of its good.

This Can Be Applied To Any Business.

And, here's another case: a young man, with a little radio business in a small town found himself so over-stocked with receiving sets, that he was not able to sell rapidly enough to make a profit on his overhead. He was a student of Truth, and when he found that he was overstocked, he began affirming, “I shall sell more sets every day; God wants me to get rid of these sets in time to meet my obligations.”

But, instead of things getting better they got worse, and he came to me for advice. I had seen him about town before, and as he talked, I saw little lines in his forehead—up and down lines—which I had not previously seen; his smile was not so responsive and care-free as it had been; and he did not carry himself with quite the same happy consciousness of all things going well.

So, I said: “Of course, your affirmation for sales will not succeed so long as you crawl forward with your *mind*, and race backward with your *body*.”

“What do you mean?” he said.

“Just this, the way you carry your shoulders now, your forced smile, the lack of joy in your eye, those lines in your forehead—all

make up your world. They are slipping backwards, and slipping rapidly. Your affirmations point forward, but every expression of your body is pointing backward. You are a house divided against itself. You are a god and king of the cells of your body, but there are some 23,000,000,000,000,000 of your cell subjects who are in rebellion against you. As a king bring all your subjects in line, so that you'll know that all of those billions of billions of cells are *helping* you. Then your affirmations will bring success.

“Change the entire world movement of the *EXPRESSION* of all the cells of your body—whistle when on the street; smile real smiles; every time a person goes by your shop, every time a person comes into the store, whistle the airs which are being broadcast at that time by your receiving set; let your face shine forth the joy of the music you whistle; let others feel your *JOY* at being able to listen to broadcast music. *Then, others will want your joy and they will want it so much that they will want the means (radio) which helps you to get it. Stop trying to sell radio sets; and instead sell your joy!*”

And his business moved forward apace!

Be at peace: either the world is good because God made it; or else God is evil for having made something so wrong. So take your choice. If you choose mistakenly, it will not hurt the world or damage God; but it may not work well for you! If you choose rightly, you will be at peace with the world and in love with God, and all will be possible for you.

In your own world, change the world movement to agree with your ideal and affirm success *in* it.

In the world about you, get in line with the world movement of others, and affirm your right to a *share* of its good.

Then, you'll work *with* God and all things will be possible!

How I “Tuned In” On A Business Meeting

200 Miles Away.

Interesting Experiences in Telepathy and Thought Transference Between Businessmen in April
NAUTILUS MAGAZINE

"Call Your Numbers"

By D. F. Davidson

Hate, Darkness, Imperfection

Love, Light, Beauty

LIFE

Destructive

Death producing thoughts

Sickness	}	-1.....	Sickness
Fear		-3.....	Poverty
Worry		-5.....	Sorrow
Death		-7.....	Hate

MINUS — Less Life

Constructive

Life giving thoughts

Health	+2	}	More Abundant Life.
Wealth	+4		
Happiness	+6		
Love	+8		

PLUS + More Life

Divine Sunshine
Divine Love and
Knowledge

EDITORS NOTE: We suggest that you LIVE with this remarkable article for ONE MONTH and watch the results in your life.

IF IT IS true that the mind of man can only reflect and record one thought at a time--and this is so--then if we can keep our minds on Positive, Life-Giving, Constructive thoughts, our blood and cells will become charged with more abundant Life, with Peace Within, with a more perfect Understanding of Nature's Laws and the Divine Source of all Life which we call God.

Consciously or unconsciously, we create mental poisons in our blood and cells, by reflecting "Divine Sunshine" which we call Life, so as to manifest imperfection, by destructive, man-made thoughts of anger, hate, jealousy, greed, fear, worry, and doubt.

We reflect destructively this Life Force of the Universe and in so doing charge our blood and cells with mental poisons that dull our senses, and dim our vision, and cause death.

We condition ourselves to the condition of destructive thinking, and it requires an effort of free will to transmute these destructive thoughts to thoughts of Love and more Abundant Life.

Here is a plan I have found gives excellent results to all who will "Call Their Numbers," and will be on the square with themselves, and not slip over a few good thoughts to boost their Constructive Mental Batting Average.

Take a very small pad and pencil—(Our friend Woolworth will trade you one for a thin dime)—and Will to yourself (and see you do it), that as you go about your daily work, be it Social, House, Office, or Factory work, that you will make a check-up of your thoughts.

Once an hour or oftener if you wish, stop and think of what you are thinking about. Mark down on the small pad a +2, if your thought is on Health, or a +4, if you are thinking of constructive wealth. A thought of Love a +8, of a Happiness you like +6. You can make the number code and thought forms to the shape that suits you best. But there is a reason back of the numbers as given above. The destructive thoughts are given as Sickness—1, Poverty—3, Sorrow—5, and Hate—7.

Now having recorded on the small pad in numbers your thoughts as you check them up, slip this small piece of paper in your pocket, or in a small box, or basket you may have close at hand, and at the end of the day, check up and see just where you stand as a "Radiant Sun Centre," or a "Death Producing Force," in your family or business everyday life.

Now you can check up and see where certain destructive thoughts are recurring frequently in your mind. You can have a special number for these repeating thoughts, if you so desire. Then find the cause, and overcome this destructive thinking.

If it is a *person*, or *place*, or *thing*, there are two ways to transmute these destructive thoughts to constructive ones.

1. Move out of the place, or stay away from the person or thing, and Will that you shall put these destructive thoughts from your mind. When these destructive thoughts occur, find some word or phrase that will awaken ridicule within your inner-self—"a smile that breaks the silver Ether Tie." Such a word as "*Applesauce*" or "*Prunes*," or a phrase like "*I know my onions*." This inner smile will raise your mental living thought-rate, and snap the chord that holds you to the destructive thought you wish to cast from you.

2. The second way, and by far the best, but hard at first for the average person to control, is to allow only thoughts of Love to be directed towards the person, place, or thing that mentally upsets you, and that overcomes the poise of Peace Within that thoughts of Love alone can give.

All we ever do is but to reflect the Life Force of the Universe in thought and word, and deed. And each one must choose for themselves which way they will reflect Divine Sunshine.

A destructive thought cannot be recorded within us if we raise our mental rate of Radiant Life Force *above* the vibrating Life rate of this destructive thought.

And that is why we are told to "*Love our enemies*."

You will say this is hard to do. Have you ever tried it? Do you really desire to Love, and not hate, this person, place, or thing, your destructive thoughts key into and record?

Once we realize that thoughts of Love and Health and Prosperity, *attract and hold* for us, they will materialize around us Love, Health, and Prosperity.

Surely we have found the "*Master Key*," "*The Magical Lamp*," "*The Word of Power*," "*The Understanding of the Truth*," that we have been seeking for for years. "As a man thinketh in his heart so is he." Why is this so? Because he has reflected the Divine

Source of Radiant Life Energy of the Universe at that Constructive, or Destructive, vibrating life rate he is living and thinking, and his every cell has become in tune with this same living rate.

Every thought is alive with the whirling life rate of the person who gives it birth, of the one who reflects and magnifies the Universal Life Force, the Divine Source of all Life, to whirl the Ether of so-called space into thought forms which are broadcasted in all directions from the sender.

Once we realize that all there is in Life is but a perfect, wireless wave of "*Divine Love*" and "*Knowledge*," a wave of Radiant, White, "*Divine Sunshine*," that contains all the knowledge of the Universe, and which shines continually, day and night, throughout the Universe and which penetrates all forms and shapes, and casts no shadows, and which is ever flowing from and returning to the Centerless Centre of the Universe, the Life Force of all that is, and that we but reflect this "*Divine Sunshine*," constructively to produce Love, Light, and Beauty, or destructively to produce Hate, Darkness and Ugliness then all becomes clear to us.

You want Love, Health, and Happiness.

Then why not "Seek the Kingdom of Heaven within?" Why not become "In Tune with the Infinite?"—the Higher Living Rates of Radiant Life?—Of Divine Love, and knowledge that are always pulsating within you, ever anxious to manifest, Love, Light and Beauty?

All this is yours if you will but live in harmony with Nature's Laws and More Abundant Life.

"Call your Numbers!"

Become the Radiant, Wireless Reflecting Station of Divine Love you were intended to be. Live,—*LOVE, LIFE* and *HAPPINESS* in your every thought and word and deed, and watch your unfoldment to Divine Guidance and a wonderful Radiant Life of Peace, Happiness, Prosperity, and Love.

"*CALL YOUR NUMBERS!*"

THROUGH birth, life, death, burial, the means are provided, nothing is scanted.

—Walt Whitman.

Sell Yourself to Yourself

By CHESTER H. STRUBLE

IN THE early part of the eighteenth century, a capable and valuable clerk in the United States Patent Office resigned his position because, as he stated, every invention possible had been patented, and he could not conscientiously continue to draw pay when he could render no further service.

They had no steam engine, no telephone, no electric lights, no automobile, no anything that we of today consider life's chief necessities or comforts.

Here was a man who watched at dawn the rising sun of the world's greatest inventive era, and mistook it for the afterglow of greatness from a passing generation.

Are we in danger of making a similar mistake? As we look around us, do we feel that the world today offers nothing but a living? That mechanical duplication of physical or mental effort in the well-worn grooves made by those who came before us is all there is to life?

Not so many years ago, two men arrived at the conclusion that this country was in the grip of corporations beyond recall. That an accident of birth was all that could secure success from that day forth.

Yet at that very time, Henry Ford was tinkering with the mechanical contraction that has since made him one of the world's richest men. And one of these men was invited to invest in Ford's enterprise and didn't!

Let us refuse to be sold to the idea that we cannot progress!

Let us know that any great success is merely the sum total of a lot of little successes.

Get yourself known as possessor of plus qualities.

If you don't like your environment, that makes no difference to your environment but a lot to you: will you knuckle under and grumble along some way?

Or will you (1) make over your environment, or (2) find a new one?

A proper success machine is made up of five parts. They are: Aspiration, Inspiration, Determination, Affirmation and Realization.

The parts of this machine are lubricated by perspiration. Sell yourself to yourself—first believe you are this machine, then direct it to desirable ends.



Views and Reviews

by William E Towne



EMOTIONS AND IDEAS.

ONE speaker at the recent national convention of psychologists emphasized the important part which emotion plays in human life—quite as important as the part played by ideas.

Ideas give the direction to energy, but it is emotion that gives to ideas effectiveness. That is why love is such a powerful—even all important—factor in the daily affairs of life. If you do not love your work, it will lack in effectiveness. The business which is built to a great success has back of it some one's intense interest and love. Love is creative. To love your business is to cause it to grow and expand, under anything like reasonable conditions. Love inspires one to find ways and means to bring about the result desired.

Many great thinkers and philosophers have acknowledged the power of emotion. In a recent issue of the *Independent* is the following by Geoffrey Parsons: "To feel the right emotions is fully as important as to hold the right ideas, and the great service of religion is the development of the right emotions." And Ferrero, the Italian philosopher, wrote: "It is not ideas but passions that move and transform the world; and an absurd passion is a thousand times more potent than a wise idea."

Science alone is cold and impersonal. It cannot inspire great masses of people to unity of action. But certain religious beliefs—even some which science regards as being based upon pure superstition—still have the power to inspire and move millions.

But even science itself is indebted to that emotion which impels men to patiently work year after year in an effort to penetrate the unknown or to follow out ideas which are based largely upon faith rather than upon demonstrated facts. And frequently such work leads to some great new scientific discovery.

The world needs faith and hope just as much as it does science. In a recent article upon the Prince of Wales, published in Re-

view of Reviews, the writer shows how the Prince helps to key the whole British Empire through his remarkable personal qualities, and his consequent appeal to the emotions of his people. I quote one paragraph from the article: "The Prince of Wales, young, cheerful, persistent, has incarnated the future. When the Wembley Exhibition was failing, his words whipped it into success. When the advertisers congregated in London, he advertises Britain. He is not a policy, not a thought, not a religion, but *a mood and a faith*. The Prince of Wales is an antidote for pessimism." (The italics are mine.)

Very significant testimony as to the value of a balanced emotional life is contained in a recent article published in the *Outlook* which deals with the comparative success of children who come from large and small families. The writer gives the result of an analysis made of students at Yale and Harvard. In both cases the results showed (1) that in the class room and in all college activities the students who came from families of five or more children uniformly and positively excelled. Furthermore, the percentage of success was in direct ratio to the number of children in the family from which the student came. Only children invariably showed the lowest degree of success. The analysis took into consideration classroom work, extracurricular activities, athletics, college earnings and the standing of the student among his associates.

A further interesting analysis was made of the Yale classes of 1893, 1896 and 1898 with the result that men who had remained unmarried ranked lowest in the matter of success since leaving college. The next highest were the men who had married but had no children while the most successful were those who had married and had six or more children. 95 per cent in the most successful group were married, and 80 per cent of that group had children. Of the most unsuccessful group only 66 per cent were married and only 40 per cent of them had children.



VIEWS and REVIEWS by WILLIAM E. TOWNE



No doubt the majority of those who made a low showing in this analysis were intellectually equal to the successful group, but because they were spoiled only children they were so self-centered and lacking in self-direction and poise that they could not lead a normal life emotionally, and as a result were seriously handicapped.

So we come back to the words of Geoffrey Parsons that "to feel the right emotions is fully as important as to hold the right ideas."

SELECTING YOUR RHYTHMS.

LIFE is made up of desire and the satisfaction of desire, each succeeding the other in a sort of rhythm.

Civilization has been built, not without considerable blundering and friction, by selecting in the main the most constructive desires and then educating man to choose these in establishing his rhythms, or subconscious habits.

Desires are, to some extent, interchangeable. That is, one desire may be substituted for another, within limits. And this furnishes the basis for culture.

Health and happiness depend largely upon the judicious use of stimuli; upon the judicious selection of the rhythms to be established through desire and its satisfaction.

In this the mental attitude, the direction of thought, and especially the direction of one's power of *choice*, becomes all-important in its effect upon the life of the individual.

The mental attitude should first of all be steady. The attention should not drift from the aim which is, for the time-being, occupying the field of consciousness. The mind should not be divided or distracted by opposing desires.

Emotional conflicts lower the energy and discourage effort. The mental attitude should be so directed as to discourage such conflicts. The *choice* should be centered where the *activity is in process*.

For instance, many a woman is living with one man, raising his children, keeping his house, cooking his meals, while her choice and her attention dwell constantly with another man. So she lives in a state of continual mental conflict. Worry and unhappiness are her

daily and hourly companions, because she is not united WITHIN HERSELF. Her energy is flowing in two opposing directions. The rhythm of her life, without which no one can be happy or efficient, is destroyed.

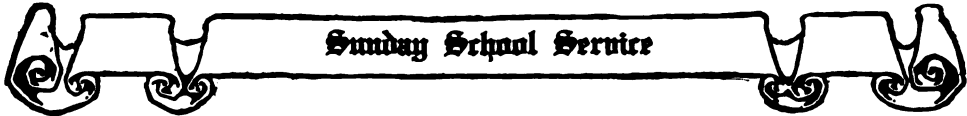
Such a situation is perhaps the most difficult with which the individual has to deal. It can only be remedied by the direction of choice and attention, by focussing these faculties upon ONE course, by UNITING the mind until rhythm is established.

First, the situation should be faced and a definite CHOICE made, as to the future course of action. Then the mental attitude must be brought into harmony with that choice. Perhaps a woman, in such a life situation has children. Her love for her children can be used as a substitute for the outside attraction. She can visualize their future happiness, the pleasure of guiding them through the years of childhood, the satisfaction she is sure to feel in the future in the thought of having given them loving care (even if this last is a self-righteous expedient) and emphasize these satisfactions in her own mental attitude and through the magnifying power of her imagination, until the other desire dims and the rhythm of her present life is established in greater harmony and power.

The feelings of discouragement and fatigue that are sure to arise in such circumstances should be ignored, and mental and physical activity occupy every waking moment.

But the greatest relief in such circumstances will be found in a daily short period of meditation, during which the mind is stretched to take in the Truth that the individual is a part of God, or the One Life, and that the Universal forces of Love, Health, Harmony, are waiting to flow into expression through the individual as soon as the consciousness is opened to receive them. The imagination and affirmation or prayer are the means by which the channel is opened for the inflow of love, peace and joy from the Infinite. The vision is thus opened to perceive the underlying spiritual Reality of all life, which is health, harmony, joy—the eternal Kingdom within.

THESE is no such thing as moral phenomena but only moral interpretation of phenomena.
—Nietzsche.



International Sunday School Lessons

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

Class Work by Rev. GEORGE C. GOLDEN

March 11. JESUS FEEDS THE MULTITUDES or GROWING POWER. Mark 6, 31-44.

Bible Readings: St. Mark 6 to 8, Ezekiel 34.

GOLDEN TEXT: *I am the bread of life; he that cometh to me shall not hunger and he that believeth on me, shall never thirst.* John 6, 35.

NEW THOUGHT GOLDEN TEXT: *Feed my sheep.* John 21, 16.

CONCERNING this parable, the Rev. Charles R. Brown says: "In the enlargement and enrichment of personality, with its ever-widening capacity for service, I find something more amazing than anything in the story of the loaves and fishes."

The loaves and fish are the emblems of that vision of power which comes to all who live in a world of human beings. Even in play, the child displays something of his innate executiveness and early in youth come the first indications of the Father's business.

The adult who feels that he is of no service in the world is simply the individual who has turned his back on his own vision.

The test of the vision is its nourishing quality. It has been well termed by the Master as food and drink. Putting it in plain language, it is efficient, progressive and constructive.

We have been prone to classify certain departments of life as professions or jobs, as arts or trades, as sacred or profane callings. This division is artificial. A man who designs a washing-machine may be giving a higher quality of spiritual service than he who writes a book.

We cannot all be poets or preachers or philanthropists and our visions do not all run in that direction. Our visions are always most practical. He who sees in his acreage an opportunity to make that land produce three times what it has been doing, by his example and experimentation, adds to the prosperity and power of his fellow-men.

Our vision is our efficiency and our efficiency is our vision. By letting it, through us, feed humanity, we find it growing constantly, for its source is in the infinite Cosmos itself.

Silent Affirmation.

Efficiency is the gateway of Truth.

March 18. JESUS TEACHES SINCERITY or TRUTH HEALING. Mark 7, 1-23.

Bible Readings: Psalm 24, Mark 7.

GOLDEN TEXT: *Keep thy heart with all diligence; for out of it are the issues of life.* Prov. 4, 23.

NEW THOUGHT GOLDEN TEXT: *I came into the world that I should be witness to the truth.* John 18, 37.

THE criticism of the Master against the hypocrites was not founded, I believe, on his conception of them wilfully deceiving the people. It was much deeper than that. He saw in them a group of students who themselves were self-deceived. They were the blind who were endeavoring to lead the blind.

If we want to understand this lesson, a modern parable may be of help.

We are in a great chamber filled with manifold and various articles of furniture and objects of art. The room is shrouded in darkness. We have in our hand flashlights that we are turning on this and that as we feverishly seek what we want. Intently we question each other as to what is in the apartment and where it may be located. Some are honest and truthfully tell us just what they have seen. Others are credulous and accept every rumor as a fact, which they themselves pass on as the truth. These latter are the hypocrites because they do not subject teaching to the tests of truth.

The great deceivers of mankind are they who themselves are deceived.

The great lights of humanity are they who themselves have tested out the precepts of men and sorted the wheat from the chaff.

One of the great truths that you will find all successful men subscribing to is this old adage: Providence only helps them who help themselves.

A client in the office claimed he was "up against it." He did not know what to do. Well, what looks like the best opening? A lease on a business house that he was considering. Why didn't it go through? The owner would not accept his note.

He was looking for a "treater" who by the magic of telepathy would make that owner change his mind.

"I know the practitioner who can do that," I told him. "It is you, yourself. Sit down here and write out all the arguments that would convince you if you were in his place. There is just a possibility," I maliciously suggested, "that you might be overlooking something important."

He discovered that his own mind, devoted to a worthy purpose and concentrated on facts, could accomplish what he wished.

Silent Affirmation.

Truth is what I can put in practice.

March 25. JESUS PROCLAIMS THE KINGDOM OF GOD: A REVIEW.

Bible Readings: Mark 1 to 7.

GOLDEN TEXT: *And Jesus went about all the cities and villages, teaching in their synagogues and preaching the gospel of the kingdom and healing all manner of disease and all manner of sickness.* Matt. 9, 35.

NEW THOUGHT GOLDEN TEXT: *I lifted up mine eyes and saw.* Daniel 8, 3.

FOR this review, the three parts of the gospel of the Master may be profitably held in mind.

The first is man's state. He taught that the Self is not a creature of flesh and blood, but a spiritual entity, living, moving and having its being in the great ocean of God.

All that is, is not the changing of the external world but in its final analysis, is simply the expression of some design lying living in the Self just as the song reposes in the threads of the phonograph record.

The second platform of the Master is that man, like a dusty masterpiece, is apparently in a false state that denies his worth, that limits his power, that flaunts his authority and that ridicules his immortal status.

How did this false state come about? In the words of the Master, he who is believing himself to be in this condition of material slavery is "bound by Satan." What is Satan? A reality? No. He defines Satan as a clever liar and the father of lies. The subtle race delusion. The false belief in matter.

The third technique of the Master is that if the image of a better condition is held before the spirit, in intelligence and faith, that very conception will work for the individual his own salvation.

Whatever the individual can conceive, his mind can create. That is the power of the unconscious. If we see an action in its perfection, even for a fraction of a second, we have started that idea working in the fertile soil of the soul and the result will be that the "ways and means committee" of the spirit sends in its report.

Silent Affirmation.

I lift up my eyes to my vision of power.

April 1. JESUS THE SUFFERING MESSIAH or ERROR CROSSED OUT. Mark 8, 27-9, 31.

Bible Readings: Isaiah 64, Mark 8, 9 and 10.

GOLDEN TEXT: *If any man would come after me, let him deny himself and take up his cross and follow me.* Mark 8, 34.

NEW THOUGHT GOLDEN TEXT: *All power is given unto me in heaven and in earth.* Matt. 28, 18.

THE thoughtful student of the New Testament has great difficulty in recognizing in the Master both the man of sorrows and the all-powerful benevolent Christ.

If all power were given unto Him, and He beheld the suffering, then how could he be good if he did not destroy it?

On the other hand, if he were the Good Shepherd and yet made place for the enduring of evil, how could he have been all-powerful?

There is only one way for us to believe in the Master being both all-loving and all-powerful, and that is by denying the reality of evil.

In his external life, however, there is evidence of the suggestion of evil. Very early he identified himself with the sacrificial lamb who would be slaughtered. Why did he do it?

Is it not in line with his curing of the fig tree? Undoubtedly he blasted the growing branches simply as an object lesson to his disciples of the power of evil thought. Likewise, for an object lesson he allowed the drama of persecution to unfold until it came to Calvary.

Silent Affirmation.

I believe in the power of the constructive idea.

April 8. THE RESURRECTION or EAST-ER. Mark 16, 1-20.

Bible Readings: Mark 16, 1 Cor. 15.

GOLDEN TEXT: *Because I live, ye shall live also.* John 14, 19.

NEW THOUGHT GOLDEN TEXT: *There are also celestial bodies.* 1 Cor. 15, 40.

IN ORDER to understand the Easter lesson in terms of metaphysical teaching, read the illustration given for March 18.

When our searchlight plays on an object, to us that object comes into being—that is birth. When the rays are turned away from it, that article ceases—death. But the object still remains. Nothing really has happened to it.

This is the attitude that we take towards birth and death. In the real spiritual world, we were never born—we always were. This being truth, we cannot then die, for we exist eternally in our inward being.

Humanity, through the revelation of the first Easter, has recognized the so-called future immortality of the Soul, but it has rather foolishly ignored the pre-mortal existence in Spirit. This is supremely illogical, for if we are eternal, we must have always existed. To begin now to live forever is like having a stick with only one end. If there is no "taps" for the Soul, then there must be no reveille.

Kant tells us that our real existence neither began at the birth nor ends at the body's death.

Silent Affirmation.

My completion is an eternal character of mySELF.

THE gift, to be true, must be a flowing of the giver unto me.—Emerson.

Parents And Children

Helps that
will bring



them closer
together

Love, Faith and Trust Broke Down the Barrier of Hate

By H. C.

TOWARD the end of the summer of 1925, I changed my place of employment and entered the service of a mother as nurse to her two girls.

Training and experience over many years had no value in this position. The girls put more trouble into one day than I was accustomed to handle in a month. Explanations were laughed at and fun made out of them. Correction simply called up a disgusting exhibition of temper. Everything I did or said was wrong, especially in the eyes of the household help.

Desperately I struggled to retain my job and make good. Weeks went by and apparently we had not progressed one fraction. The girls had been sick a great deal and the family lived in fear of further illness. In their play, all dolls and toys had some disease, and I sometimes wondered if my charges were mentally all they should be.

In desperation I took the subject up with a fellow New Thought student and then I started mental treatment for health and goodness again. Every night before retiring I would read *Nautilus*

until I was calm and rested. Then, lying flat on my back, I would wrap each child in turn in a blanket of love, and affirm Elizabeth Towne's statement: "You are good, you are, you are."

One person living in the house had continually hindered me in my treatments. Now, I told myself, she was "a child of God." In the morning I would repeat to myself a prayer of cheerfulness, also captured from *Nautilus*, then I would arise, dress and tackle my problems.

About this time Mrs. Carter's "Little Lessons" appeared in *Nautilus* and I read them to the children. I also bought *Wee Wisdom*.

Very soon improvement showed in many things. The children went to bed and slept instead of waking up and crying. God was with me, for their health was perfect, and we passed through the winter without even a cold. My charges now "love everybody" (formerly they only loved those who gave in to them). The eldest girl, who was removed from school and put under a private tutoress, now shows marked advancement. In fact, "Every day in every way we're getting better and better."

To go into detail of minor suggestions I made and acted upon would drag over pages. Some form of punishment for my charges seemed essential. This took the shape of imprisonment in their own rooms, quiet talk and repeating "I can and I will be good," until such time as they called me to say they thought they were good and would try again.

Against the head of the eldest girl's bed hangs a church calendar. This particular type has each date printed alone in a square. When our day's work and play are over and prayers are said, we take up a red crayon and over the date draw a large "G." Then we total good behavior for the day and dwell lightly on mistakes. Slight faults go by with only an explanation. Any really bad deed is five or ten marks subtracted from the one hundred good ones. Always I say: "Well, it's a hundred we'll have tomorrow."

I forgot to say I wear eyeglasses and I explained they were "magic lens." "Anyone wearing my glasses can see the good inside everybody." Oh, my friends, results have been wonderful.

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.



Time and space do not permit me to list my children's virtues. Everyone speaks well of them. But, remember, it was *love* and *faith* and *trust* which broke down the barrier of hate. So, if you have problems, try loving them through and through and you will make good.

MRS. CARTER'S ANSWERS TO QUESTIONS.

M. J.—I am very sure that your prayers will be answered for your "wayward" son if you will pray aright and not in a sentimental manner. But first, let us never again call him "wayward," but "God's son." And all of your *Nautilus* friends will be most happy to join us in affirming for him the following: "As God's son, you are never wayward. His gentle hand is guiding and directing you. His spirit is within you. We will not fear any more for you, knowing that He is always with you. As His Child, you are good, Good, GOOD. He loves you, and we thank Him for His loving kindness in caring for you. You are being led in the path for your highest attainment. We TRUST in God. Our minds are at peace with God."

F. Z.—Under the circumstances, I should take the boy out of school and put him to work where he would earn money. If you will encourage him to masticate every mouthful of food at least sixty times, he will not want to eat so much. Do not comment on his imperfections, that only makes him more nervous. When he is sleeping or away from you, affirm: "You are unlimited Spirit. The God Mind in you makes you steady and strong. Your nerves are harmonized and peaceful. The Christ within you sets you free." Force your mind to picture him as a perfect boy of sixteen, instead of a child of seven.

INQUIRING MOTHER.—You are very wise not to give up all hope for that son. Go into the silence with your thoughts dwelling upon the great Universal Mind. In it is All memory and ALL judgment. Then, when you are filled with wonder for the vastness of that mind, realize that your son is in that same consciousness, a living part of that Universal Mind. Quietly deny all those qualities in which he appears to be deficient, and positively affirm the dominant Christ mind ever ACTIVE within him.

MRS. G. C.—Let me first ask you to be patient and believe that those granulated eyelids will be healed. Before you take the baby up, say to yourself: "I AM cleansed by the Holy Spirit." Then, take the attitude that this is the Christ Child, for Jesus said, "Of such is the kingdom of heaven." Try to feel the Christ light around you while you hold the child, and affirm: "The light and life of Christ are now cleansing, purifying, and healing you, baby. Your eyes are filled with the One and only light. They are beautiful, strong, and entirely whole. I thank God for His healing light."

If you have a good picture of the Christ Child, keep it within sight at all times. You can get small copies of the Madonna of the Chair, Hoffman's Christ Child, etc., at any art store. I have

used this treatment with great success and it will heal your baby if you are faithful in your efforts.

GRATEFUL MOTHER.—Your letter is so helpful that I will quote a part of it that other mothers may renew their faith in God and *Nautilus*: "Four days after Baby Marie was born, her eyes became infected. She was in danger of losing her sight. The doctor and the nurse wanted her rushed to the hospital. I always had a feeling of dread of all hospitals and never wanted my family to go. But I gave up for the baby to go after I had prayed thus: 'Dear God, I am placing Baby Marie in your care. Be both Father and Mother to her. Feed her when she is hungry; warm her when she is cold; give the doctors and the nurses knowledge and wisdom how to care for her eyes. Dear Father, give the doctor wisdom to know the right medicine to use and just the right strength to use it. Now I thank Thee that it is so.'

"I blessed the nurses and the doctors and would send love to them each time I went into the silence. I saw a poster of a beautiful bright-eyed baby and kept her in mind as Marie was. Baby stayed in the hospital just two weeks and she had only lost a few ounces. The nurses said that it usually took months to clear up eyes like hers.

"It has now been six months, and Marie's eyes are still beautiful. I thank God, *Nautilus* and all New Thought helps."

MRS. L. M. H.—I think I should not urge the boy to study at night. Let him play, then get up early in the morning and study before breakfast when his mind is clear. Be careful about overfeeding him with rich foods. As I look back over my years of study in high school, and the hours wasted in an effort to concentrate my mind on my lessons, I realize that our evening meals were far too rich to be conducive to study.

Watch the newspapers and magazines for pictures of places and have the boy cut them out and paste them up where he can see them. This will make his geography real. The room he is in is geography. Begin there. North, east, south, west. NE., SE., etc. Now bound that room by other rooms. Continue. Play with him and dramatize the various countries in the correct locality from the room. You remain in one country (America), and let him live in another (France). Ship exports and imports. The game can be made endless.

Now for arithmetic: Use objects and small change. Cut up fruits into halves, quarters, etc., and make the lesson a real, living thing. Buy and sell. Let him do some shopping for you. Count the change. "Do the thing, and ye shall have the power," applies to arithmetic as well as metaphysics. Affirm for the boy: "THE MIND THAT ORIGINATED GEOGRAPHY AND ARITHMETIC IS IN YOU, LONGING FOR EXPRESSION. YOU NOW CHOOSE TO EXPRESS QUICKLY AND PERFECTLY THROUGH THAT UNIVERSAL MIND."

Do not doubt your son's ability to learn. Have a confidential talk with his teacher. Read the article on "The Time to Teach a Child and the Time to Leave It Alone," by Angelo Patri, in the December, 1927, American Magazine.



Things That Make For Success

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

To Correspondents

Prizes for the Best Letters to This Department

Have you discovered something that makes for success?

Tell us about it and perhaps you will win a prize. To the writer of the most helpful success letter published in this department each month we will send NAUTILUS for 8 years. Or 8 yearly subscriptions to separate addresses if preferred.

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

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

THE EDITORS.

Success Letter No. 1113.

I FEEL LIKE I DID WHEN I WAS 16,
FREE FROM WORRY, HEALTHY,
SELF-CONFIDENT.

JUST eleven years ago I married an upright, religiously brought up young man, one year my senior. I myself come from a religiously inclined family. Both my parents were dead and I was left alone. To me religion meant the inclusion of everything good. This influenced my choice of a man. Ten and a half months later, our little daughter was born. Her expected arrival was not too gladly received by my husband. But the pretty sight of the smiling child at last won him. Twenty-one months later our son was born. His father looked upon him as upon a not needed piece of furniture, bought without his consent. True, with rents climbing higher and higher as they had been, and only \$18 per week, (his salary), and the bank balance of \$2,000 which my father left me at his death growing smaller and smaller, it was hard to bear; but I thought we were acquiring an ideal family.

In his single days he was taught to turn in all his earnings to his mother. However, he had

given me the impression that he had as much as I before we married. Soon I was disillusioned! Never will he speak of it. Feels there is no need for any explanation. To keep peace I let it go as it was. I'd have to forget, that's all there was to that! But my heart closed up also. I was as a dead person trying to keep on living.

He worked steadily, however, returning every check to me, so it was up to me to make things move along. Everything was upon my shoulders! The cross seemed to be getting heavier and heavier. I had given my heart into the keeping of this man, in return I was receiving his pay-check and would have to keep on bearing his children. I no longer yearned to feel the tender baby hands around my neck, when I knew their father wished them not. All the mother love within me rebelled, yearned for an expression. I had to smother it, however. Then life to me was just plain punishment, drudgery. Unbearable headaches weekly poisoned my health, and I grew hard and weary. Only for my children's sake I kept existing.

For ten long years have I lived this life of discord with myself and others, avoiding church and religion. Now all of our savings were gone, and in spite of the income which by now had almost tripled, we saved nothing. Never was there enough money to cover the things actually needed, not thinking of luxuries.

I deprived myself of presentable clothing to make ends meet, and one day, coming home from downtown Chicago, where I had to forego the purchase of a much needed coat, in my discouragement, having only 27 cents left after needed food and shoes were bought, I had an irresistible longing within me to spend this last money and leave only enough to pay my street car fare home, which was 7 cents. Stopping in a book store, I came upon the August copy of the *Nautilus* for 1926, with "HOW SHOULD WE PRAY?" across the top of the page, and at the bottom of the same front cover page: "DEFINITE MENTAL PICTURES MADE SUCCESS EASY." I bought a copy and boarded the street car.

After the family had gone to bed that night, I took my *Nautilus* and meant to have an hour for myself. I spent just three hours with it that evening. I slept that night a child's sleep. For the next six months I bought my *Nautilus* each month. In April I subscribed for it. It was to be my religion, my staff to lean on in my proposed new life.

I began to perceive the Truth in all things, daily. I no longer was weighed down with a sense of guilt. I forgave my husband his untruthfulness, not actually by speaking, but showed it through my changed manner of speaking and feeling for him. I began to feel a greater responsibility for the moral upbringing of my children, and was beginning to feel I could mingle with the church folk without thinking of myself as a black sheep. Before my marriage I remembered my sister read the *Nautilus*. She, however, being fourteen years older than I, found interest in it, but I never could as well as she.

Remember, we had only ourselves and what my husband earned from week to week to call our own. What if he had gotten sick? Through my constant urging my husband finally had the "nerve" to ask his brother for \$1,000 with which we made a deposit on a home of our own, in a beautiful little town, away from noisy city life. Now we live here. Somehow the bills are always met. My husband sees the difference in my health, my appearance. To everyone he tells it is the change of scenery, the new home in its new location. But I know it's what *Nautilus* did for me on the inside, that is the cause of the change. But I must be silent lest my assertion of this Truth heap ridicule upon my head, till the time comes when the Truth shall dawn for him as it did for me.

The past is gone, and I ceased all regrets, trying my best each day to do the right thing, to let my light shine as it were, and trust to God for the rest. I feel now like I did when I was sweet sixteen, free from worry, confident of self, unstained with the world's taint, a soul redeemed, ready to march forward to my goal.—F. M., Ill.

Success Letter No. 1114.

HAVE DISCARDED GLASSES AND MY HAIR IS TURNING DARK AGAIN.

I READ *Nautilus* from cover to cover and then reread it dozens of times and can hardly wait for the next issue. It has entirely remade me. It has taken five years to accomplish what should have been done in several months. But I was so deep in the mire, with gloom, worry, fear, resentment, selfishness, self-pity and sadness, that it has taken a long time to get results. But perseverance has done the work and I am now on the road to glory.

At 30 years of age, I was an old lady. My hair was white, I had to have two pairs of glasses, I had all the ailments of old age. If my children were out of my sight, I began to worry. My boy took sick and I worried and cried for a number of years until *Nautilus* opened my eyes. I was the one to carry all of the family's burdens.

From the time I was born until I was 52 years old I was told I was homely. My husband told his friends his wife hadn't any beauty, but she was awfully good. My friends pitied me. My

children were ashamed of me. My cousins, who were good looking, criticized me. I neglected and denied myself to give to my loved ones. I thought because I was so homely that I did not amount to much and did not need anything.

So on I struggled until a friend sent me a year's subscription to *Nautilus*. That was my Star. I was starved, famished for just such food. Now, after five years, I am a revelation to my friends. My cousin actually told me I was getting beautiful. Imagine, after 52 years!

My hair is turning dark again. My eyes are bright and they sparkle. Have discarded the glasses. My skin is clear, my mouth turns up instead of down. Everywhere I go I am asked to tell the secret of my rejuvenation. I give them all the same answer—Elizabeth Towne and *Nautilus* have helped me to find my hidden powers.—I. T., Calif.

Success Letter No. 1115.

NOW I AM NEVER WORRIED OR NERVOUS LIKE I USED TO BE.

PROBABLY in the life of every woman comes a time when she feels that everything makes her nervous and blue. I have felt that way and I hardly think that I am an exception to the rule. Therefore, I am endeavoring to write this little article for *Nautilus* to publish so that perhaps I may help other women to control their wills.

If something was said that I didn't like, I would immediately begin to cry, much to the disgust of my husband. Then because he did not make over me like I thought he should, I began to imagine that he no longer loved me. As I see it now, I know that he did what every other man in the circumstances would have done. He honestly did not see any reason for those "spells," as he called my nervousness. I was getting them pretty often. He began to accuse me of nagging, which was one thing I had made up my mind that I would never do when I married.

This rather brought me up short, and I began to wonder if it wasn't all unnecessary. Just then a lady friend of mine asked me if I had ever read *Nautilus*, and I told her that I had not. She lent me a copy and told me that both she and her husband got a good deal of good out of it. I read it from cover to cover and enjoyed the reading. Right then and there I made up my mind that I would conquer my nervousness and make a different wife for my husband. I began to realize that it was just a habit that I had gotten into that made me cry all the time.

I resolved to go into the silence and commune with the Lord every morning. I acknowledged that I was His Temple and that He had made me perfect, and therefore I was potentially perfect. That I was not nervous and that I was master of my will.

It took about a month of this every morning and night to conquer the terrible habit of crying, but I have done it and I am sure that countless numbers of other women can do the same thing that I did. Now I am never worried and I am never nervous over small things like I used to be. I am happy and contented. I have a nice big motto on my wall, which I am endeavoring to live up to. This is what it says:

The Crown of the Home is Godliness,
 The Beauty of the Home is Order,
 The Glory of the Home is Hospitality,
 The Blessing of the Home is Contentment.

I give *Nautilus* the credit for my wonderful improvement and the awakening of myself. And I hope that my letter will do someone some good and bring them to know the God that is in them.
 —Mrs. J. L., Ohio.

Success Letter No. 1116.

HUSBAND MADE OVER AND HAS STOPPED DRINKING.

OVER a year ago I married a man I loved very dearly. All went well for a while until I learned I had married a bully, a drunkard, a liar and a thief. Yes, my husband was facing prison and I carrying a child.

Through a friend I became interested in New Thought. I tried to help my husband. He read *Nautilus*, but said he couldn't understand it.

Then I went to work, silently, with my husband. At first it seemed useless. Then one day I noticed a change in his manner. He woke up one morning and, sitting up in bed, looked down upon me and said, "Hie there." I nearly fainted, for he generally awoke with a profane comment of some sort. From that day on he has improved.

I went with him to the one from whom he stole money, and she gave him time in which to pay her. *He has stopped drinking* and is the very essence of kindness to me. Baby will be born in March, and we are both so happy. Those who called him "a bum" and predicted his downfall wonder "what the h—," etc., etc., has happened to John.

We owe everything to *Nautilus* and right thinking. The only treatment I used on him was that he was God's perfect, clean, honest man!—L. P., Mass.

THE PRIZE WINNER for February, 1928, NAUTILUS is Mrs. A. M. F., Iowa, who wrote Success Letter No. 1110. We shall be glad to send the prize of three subscriptions wherever the winner directs.—C. H. S.

FOR WORLD PEACE

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

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

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

We want the students selected according to all-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 for them.

We vote to this end.

—Elizabeth Towne.



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

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

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

W. N. D.—Read Success Letter No. 1108 in January, 1928, *Nautilus*, and follow the plan of spiritual affirmative treatment there described. You can accomplish far more this way than by direct approach. The more you try to reason with your wife, the less satisfaction you will get. Do not condemn her, even to yourself. Remember her origin and cultural background was entirely different than your own. And it may be that you are wrong as to the precise cause of her absence. In any event, you apparently have no actual evidence on this point, and should not accuse her in your own thought. So long as you continue to live with her, you should not allow yourself to assume toward her the attitude of a judge. By love and silent affirmation of the Truth of Being, (that everyone is a part of God so far as the Reality of his life is concerned, and the physical is only an expression of his knowledge and understanding of his Real Self) by trying to SEE THROUGH to the inner REALITY of her life and your life and of your relationship as husband and wife, you can help to establish the Truth in your home life. Stretch your imagination daily into your consciousness the idea that Divine Love can dissolve all the inharmony in your home if you will let go of your own resentment and doubt and trust it to do the work.

B. K.—"How to Read the Bible with Christ" (price 10 cents) outlines a splendid plan of reading and studying your Bible so that you will derive the greatest benefit from it. Follow the plan of underscoring whatever passages appeal to you in all of your reading. Do this especially with the reading matter you propose to leave around the house for your wife to read.—G.

MAN is something that must be surpassed.
 —Nietzsche.

New Thought Bible Interpretations

By Marion B. Shoen

The Thirtieth Psalm

EACH ONE of the Psalms is so interesting to me that it is becoming increasingly difficult to choose any particular one for an interpretation.

The Thirtieth Psalm is one of my favorites and I think King David must have written it on Thanksgiving Day, for it is brimful of thankfulness.

Perhaps you would like to know just how I choose these Psalms, for you have probably noticed that I have skipped around a good bit and neglected some of the most popular ones. I have a special method which I learned from my grandmother when I was very small.

Placing both of my hands around my Bible I close my eyes and repeat these words: "The angel of his presence guides me." Then, after waiting a few moments in the silence, I open the book and allow my eyes to rest where they will.

Many, many times in my life when I have needed special guidance I have done this way, and the "angel of his presence" has never failed me yet.

In fact, I sometimes think that I put as much faith in this method of guidance as many people put in their Ouija boards. And you know how some folks act when they sit down to a Ouija board, don't you?

Well, I have the same eager feeling inside of me when I sit down with my Bible in my hands, for I'm always so certain that something nice is going to happen to me.

This time it is the Thirtieth Psalm.

1. I will extol thee, O Lord, for thou hast lifted me up, and hast not made my foes to rejoice over me.

N. T. I. (Short for New Thought Interpretation.) I will have no other Gods before good, for thinking good thoughts has lifted me up spiritually, until now my fears do not amount to anything at all.

2. Oh, Lord, my God, I cried unto thee and thou hast healed me.

N. T. I. Thinking kind thoughts has healed my soul of intolerance and envy, and of all the body-ills that come from thinking unworthy thoughts.

3. O Lord, thou hast brought up my soul from the grave; thou hast kept me alive, that I should not go down to the pit.

N. T. I. I was terribly discouraged with my lot in life. (He tended sheep on a mountainside, you know,) but in those days of deepest discouragement I meditated on beauty and harmony, and now my dreams are all come true and I am King.

4. Sing unto the Lord, O ye saints of his, and give thanks at the remembrance of his holiness.

N. T. I. Everything in the world sings BECAUSE IT IS A PART OF LIFE, and every-

thing gives thanks BECAUSE GOD IS LOVE.

5. For his anger endureth but a moment, in his favor there is life; weeping may endure for a night, but joy cometh in the morning.

N. T. I. Where loving thoughts abide, anger cannot endure, for love is life and anger leads toward death. Sorrow may endure for a short time in a heart that is filled with love, but soon it must crystallize into pure joy.

6. And in my prosperity I said, I shall never be moved.

N. T. I. Material prosperity brings with it a sense of earthly security and power.

7. Lord, by thy favor thou hast made my mountain to stand strong; thou didst hide thy face, and I was troubled.

N. T. I. When we keep in touch with the source of our power, (God, the good,) we are strong; but material things are very apt to cloud our vision. Then we begin to think God has left us to our own devices and we do not know which way to turn for guidance.

8. I cried unto thee, O Lord, and unto thee I made supplication.

N. T. I. When we are at our wits' end the only thing to do is to pray and pray and pray.

9. What profit is there in my blood, when I go down to the pit? Shall the dust praise thee? Shall it declare thy truth?

N. T. I. Soon again we shall come to realize that material things are nothing at all without the motivating force of a loving human heart.

10. Hear, O Lord, and have mercy upon me; Lord be thou my helper.

N. T. I. Then we realize that God hears us, that he always has heard us and he always will. If we would have mercy, we must be merciful. If we would be helped, we must help others. This is the way to help God to answer our own prayers.

11. Thou hast turned for me my mourning into dancing; thou hast put off my sackcloth and girded me with gladness.

N. T. I. When the realization comes to us, we cannot be sad about anything, for it dawns upon us that there is really nothing to feel sad over. So we dump all our old bad feelings into the sewer and dance and hop and run for joy.

12. To the end that my glory may sing praise to thee, and not be silent. O Lord my God, I will give thanks to thee forever.

N. T. I. Now that we know how to get rid of all our old bad feelings, we are so happy we cannot keep quiet. We walk and are not weary, we run and are not faint, and we feel certain that never again will we be guilty of falling back into the old ways of thinking. This is Thanksgiving day and so are all the days to come.

Every day is a new beginning, every morn is a joy made new.

Come, Be Victorious! I Am. Why Not You?



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Yes, Our Spiritual Muscles Need Exercise!

MY dear Elizabeth Towne: Regarding that part of your editorial in the December, 1927, issue of *Nautilus* dealing with "Does the Spirit Lead Us Into Temptation?" and referring to the letter from a St. Paul reader, I would like to give a suggestive thought to that reader.

To a sincere seeker after Truth, "Temptation" should read "TEST," it seems to me. Test-examination. God tests us that we may learn how strong we are in Him.

If we are sincere, faithful seekers after God each test, though it be ever so trying at the time, will leave us stronger and broader spiritually. The next test may be harder, but we will have strength for it.

Our spiritual muscles must have exercise as well as our bodily ones, else they soon become weak and flabby and fall down at the slightest test—(temptation).—MRS. MARY B. ST. LAURENT, 90 Elm St., Westfield, Mass.

Demonstrating Every Day.

I HAVE been a subscriber to *Nautilus* for about three years, and am making demonstrations every day, and as I feel so grateful for the inspiration this dear little magazine gives me, I wish to write of my appreciation in the hope of benefiting others who might read this.

I find I derive more benefit from reading a few minutes early in the morning right after breakfast, after my husband leaves for work and the rest of the family is still asleep. This few minutes of quiet reading and meditation "starts me off right" for the day.

It seems that my greatest results come from having a kindly feeling of good fellowship toward everyone.

When I have a desire for something I ask it in God's name—then I say, "All things are possible with God" and he can give me this. I really FEEL this to be true—then I leave it in God's hands and dismiss it from my mind for the present and go on with my duties, never worrying about it, and before I realize it, it comes to pass just as I wished it to be.

I used to concentrate on the things I desired too much, and they were slower coming. I believe by generating ABSOLUTE faith in God

(Continued on Page 44)

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

(Continued from Page 42)

and then forgetting it, and letting "God do the work," it never fails!

I think reading every day, if only for a few minutes, something inspirational, like *Nautilus* or other good things along this line, keeps one's mind in a receptive mood.

I demonstrated a new car in less than a week's time. It seemed a miracle!

I could write a book on the good things that are happening since I have learned to lean on God! *Nautilus* is one of God's gifts.—A. C., Kan.

(Continued from Page 15.)

Thus do we see women evolving through four cycles of experience:

1. Self interests.
2. Mating interests.
3. Motherhood and home interests.
4. Civic, municipal, state and world home interests.

In other words: first, self-service; second, serving a mate; third, service to family with child interests paramount; fourth, service to the whole human family. Blessed is the woman who concentrates upon these four interests in turn, at the natural time of life. Verily, the drama of the grub and the butterfly will be hers four times, in ascending scale of enjoyment.

Literally, joy-in-mind: joy, being one of the "fruits of the Spirit," comes into mind by unfolding through loving service in these four successive fields for service.

Will a fifth field of service be revealed to mankind as death recedes before science? Are Charles Lindbergh, Ruth Elder, et al., *grubs of the air*? Will the next generation reveal butterflies of the air, flitting away to serve the Universal Family on Mars, Venus, Jupiter, the Sun, Betelgeuse and beyond?

I wouldn't wonder. Would you?

If not, why not? "All things are possible to him who believes."

WILL is the north, action the south pole.

—Emerson.

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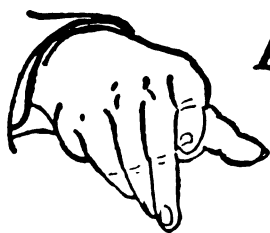
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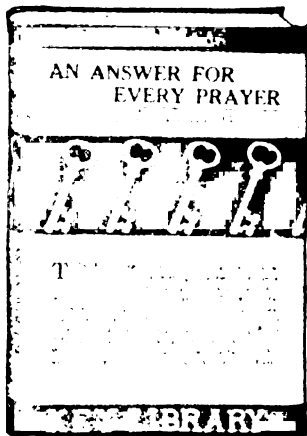
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