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# NAUTILUS

*Magazine of New Thought*

*Edited by Elizabeth Towne  
and William E. Towne*



Open and Look at:

- How to Acquire Personality
- Controlling the Subconscious Mind
- When You "Just Can't Stand It"
- God's Healing Law Brought Relief from Arthritis

OCTOBER 1929

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# NAUTILUS NEWS BY THE EDITORS

*NAUTILUS makes plain the Truth that frees, heals and prospers mankind. We support 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

**T**HE 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, 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.

**PERSONALITY.** If you are interested in this subject, turn to page 21.

There you will find more actual truth about Personality than dozens of books on the subject have to offer. Mrs. Shoen tells the truth which she has personally contacted. She is, herself, a real personality. Her father was a government physician with a gift for foreign languages, of which he spoke seven. Mrs. Shoen herself speaks three languages, but her genius lies in interpreting the meaning and reality of Life. Although a married woman with children of her own, Mrs. Shoen carries with her the spirit of youth and when she went to register for voting last fall, the officials required the testimony of her mother that she was old enough to vote before putting her on the check list! "How to Acquire Personality," (page 21 of this issue) is a gem of sincerity and truth which you can use.

(Continued on page 48)

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## Your Health Happiness Prosperity



Elizabeth Towne  
Editor of Nautilus

All depend in great measure upon *how you think*. For does not the Bible say, and does not psychology largely confirm, that "As a man thinketh in his heart, so is he"? ELIZABETH TOWNE'S FOUR LESSONS for beginners in the use of Truth teach you how to THINK for Health, Prosperity, whatever you really desire. Thousands have such experiences as these:

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### "Husband Enjoys My Company Now"

"My health is better, people seem to like me more and best of all my husband seems to enjoy my company more. I thank you."—H. L., Tex.

### Earning Power Increased 100%

"My earning power has increased 100% and my health in the same ratio. Spiritually, mentally, physically and financially I have made a tremendous gain. Please send Lesson IV."—L. G. C., Mass.

### How to Get the Lessons

THESE LESSONS ARE GIVEN with an order for our own publications (at full retail price) amounting to not less than \$3.25. ("Solar Plexus" book and "How to Concentrate" must be used with the Lessons.)

Or, you can get the Four Lessons and two small booklets that go with them for \$1.60.

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## IMAGINATION IS MORE POWERFUL THAN WILL

a fact actually demonstrated through a simple experiment which anyone may make anywhere in a few minutes. The demonstration of this Law is more convincing than a volume of theories or explanations. This Law may be put to work for every human purpose. You may be using it now in adverse way and the results may not be desirable. If rightly used this Law will change darkness into light, failure into success, sorrow into serenity, disease into health, poverty into wealth. Write me and enclose any amount from 10c upward and I will send you more than full value in books, etc., and will add this Demonstration for good measure. Address plainly.

J. A. EICHWALDT

W109, Box B, Fruitvale Sta., Oakland, Calif.



Read it in

# NOVEMBER NAUTILUS

## NERVOUSNESS

### How to Heal It

By FLORENCE M. JOHNSON

"I cannot stand that, it makes me nervous." Thousands of Americans are saying this every day. For nervousness has come to be the great American ailment. One man, a drug addict, came to Miss Johnson a physical wreck—ashen gray in color, no power of concentration, unstable, erratic. The methods of Truth Healing SET HIM FREE in just a few weeks. If you are nervous, read November *Nautilus*. If you know of some friend with this ailment, call his attention to the November number, and Miss Johnson's article.

#### How I Keep Young

In Looka and Feeling. Wrinkles, blackheads, a sallow complexion and an unsightly body were all remedied by the simple methods contained in this article, says the writer. Read it in November *Nautilus*.

#### Why Affirmations Often Fail

Leave your subconscious free to work out details, if you would succeed in the use of affirmations, says this writer, whose personal demonstration seems to prove the truth of his method. Coming in NOVEMBER *Nautilus*.

### *This Coupon Saves Money*

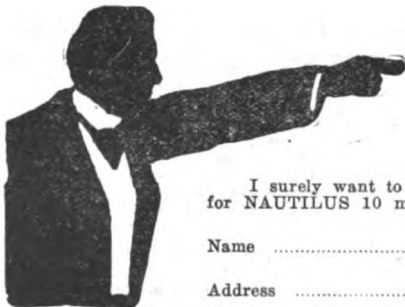
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Your conscious mind, however clever, is as a "baby" beside the giant subconscious mind which would do your bidding if you knew how to command it. When terrified or otherwise aroused, we sometimes unconsciously release this Giant and afterwards are amazed at the superhuman feats which we did when excited.

Successful men are successful because they have found out how to make this all-powerful mind work for them. Every genius has made this same discovery. Artists become great only when they acquire this ability. Poets and noted writers do not know where their ideas come from—they know how to reach this marvelous mind and it can tune in on undreamed sources of power and knowledge for whatever it needs. When prayer is answered, it is because this mind sent out a call for help.

You have the same astonishing mind in you. It could give you glorious health if given a chance. During the night, when your conscious mind sleeps, it directs your heart beat, breathing, etc., so efficiently that you feel better by morning. Why not let it do a complete job all day, too, every day and have Health?

Why not learn how to use this mind yourself as successful men do, and realize your dreams ten times as rapidly as you have heretofore! Don't be content with one-tenth of what you would be really capable of if you were at your best.

You will be thankful to your dying day if you seize this opportunity to find out what this mind of yours can do. Send for these two free manuscripts, which get right down to facts, and begin telling you what to do to test for yourself the unbelievable but true, promise of Applied Psychology.



### PARTIAL CONTENTS

(merely a hint)

- How to go about getting what YOU want and making your dreams come true.
- How to control and direct your emotions.
- "THE GREAT DISCOVERY" which is re-making many lives.
- The underlying mistake behind 90% of your failures.
- The threefold secret of living a complete life.
- The truth about sexual dissipation.
- A simple change which will make you a power in your community.
- How to form habits and make them work automatically for your good.
- Four human-interest experiences which indicate the possibilities for you in the League's work.
- How fear, worry, etc., cause disease and may be banished.
- The "heart" of all Applied Psychology, etc., etc.

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You can succeed. You can be happier, healthier and more prosperous! Let us show you how, without cost or obligation to you. We show you how you can make use of the hidden powers which you possess; why you have failed and been baffled before. We show you how you can apply Psychology to win in life and get results. Learn to charge yourself with health, mental power, strength. Eliminate fear, nervousness and worry. Be masterful, magnetic and successful. We will open your eyes to your possibilities. FREE—if you act at once. Just ask for "The Great Discovery." We will include "The Secret of Life," also free. Don't plod on, discouraged, even one more hour. Write right now.

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# CHRISTIAN PSYCHOLOGY



For nineteen hundred years the world has sought a better understanding of the teachings of Jesus, which would enable men and women to have the more abundant life and happiness which He promised.

He said to some of His followers (Mark 11:24): "What things soever ye desire, when ye pray, believe that ye receive them and ye shall have them." It is a promise that *anyone* may get *anything* he wants, by praying for it—that is, by praying for it in a *certain* way.

Again Jesus said to certain followers who were worrying about their physical and financial affairs (Luke 12:31): "But rather seek ye the Kingdom of God; and all these things shall be added unto you." There can be no doubt about what this promise means—especially if we read the context beginning at verse 22. It clearly and simply means that if one can find the Kingdom of God, his physical and financial problems will solve themselves—that there will be "added" unto him the things necessary to his happiness.

The tragedy of it is that these promises are not generally fulfilled in the lives and affairs of Christian people. Millions have diligently sought the kingdom of God for years without finding it—without having anything much added to them. They have prayed earnestly for things and conditions they desired, without getting them. Millions of these good people, in the churches and out of them, are cramped and hampered by poverty, limitations, lack, sickness, worry and disappointment.

Leads Men and Women to the Kingdom of God and adds unto them the Things and Conditions necessary to their Happiness, as Jesus promised. It teaches them to pray for the things they want in such a way as to get them, as Jesus said they should

But there is nothing wrong with these promises of Jesus. The trouble is that men and women have failed to understand and use them correctly. They have thought the Kingdom of God is a place or condition outside of themselves, whereas Jesus said (Luke 17:21): "The Kingdom of God is within you." They have understood Him to say, in reference to praying for the things they want: "Believe that ye shall receive them," and *that is not what He said*, nor will such belief get what Jesus promised they should.

**CHRISTIAN PSYCHOLOGY** now comes forward with a great flood of the white light of simple scientific truth. Under the illumination of this light men and women are finding the Kingdom of God and having added unto them the things necessary to their happiness—they are learning how to pray for the things and conditions they want in such a way as to get them, as Jesus promised they should.

**CHRISTIAN PSYCHOLOGY** is a simple scientific system of Christian life and thought which gives Christianity the power of godliness as well as the form, and puts into it the living, vibrant force which brings prosperity, love, achievement, health, happiness, peace and more abundant life. It is not a religion, nor a sect, but a movement within the churches, loyal to their work and ministry, and based squarely upon the teachings of Jesus as verified, explained, simplified and practically applied by modern scientific Psychology.

**CHRISTIAN PSYCHOLOGY** is given to the world by Judge Daniel A. Simmons, whose gifts to the world are already so rich and full. He is widely known as a psychologist, author, teacher and lecturer. He is now, and for more than fifteen years has been, one of the judges of the highest trial court in his state. He is the founder of The American Institute of Psychology, with its thousands of students all over the world, and highly prizes the great mass of

marvelously happy achievements that these students have reported as results of his teachings.

**CHRISTIAN PSYCHOLOGY** is Judge Simmons' crowning work—a work in which the Christ-light shines forth as the true light of the world, leading men and women on to higher, nobler, happier and more abundant life. He has set forth its fundamental principles in a marvelous soul-thrilling lecture of 6,000 words entitled "The Kingdom of God," in which he tells just what the Kingdom of God is, where it is, and how to set out to find it and enjoy its rich rewards. A manuscript copy of "The Kingdom of God" will be

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- AKRON, Ohio.**—Akron Center of Truth, 34 S. High St.
- ARKANSAS CITY, Kansas.**—Truth Library, 220 West Linden Ave. Olive May Hill, Librarian.
- ATLANTIC CITY, N. J.**—Truth Center, 1113 Boardwalk, Suite 6. Carl W. Hubert, Leader. Reading Room. (M)  
—The Temple of Truth, Raymond Neff Halliwell, Director, Central Pier.
- BALTIMORE, Md.**—New Thought Center and reading room, 603 N. Paca St. Rev. Grace A. M. Bratcher. (Col.)  
—Ida Mae Waters, 2643 N. Charles St. (M)
- BELLINGHAM, Wash.**—Metaphysical Library and Unity Truth Center, 1424 Cornwall Ave. Olive Stevens, Leader.
- BOSTON, Mass.**—Mrs. Mary E. T. Chapin, 158 Newbury St. Mid-week meeting. (M)  
—The Metaphysical Club, Nottingham Bldg., 25 Huntington Ave. Ada Coates Phillips, Pres.  
—F. Augustus Osgen, Suite 306, 729 Boylston St. Fri. 3 p. m., Sun. 11 a. m. and 8 p. m. (M)
- BRIDGEPORT, Conn.**—Bridgeport Unity Center, 602 State St.
- BROOKLYN, N. Y.**—Radiant Center, Mrs. T. Shondy, 959 Greene Ave.
- CALGARY, ALTA., Canada.**—Boston Hat Works & News Co., 109 Eighth Ave., W.
- CHICAGO, Ill.**—First Unity Society of Practical Christianity, 159 No. State St., Room 511. Mrs. Nellie McCollum, Leader. (M)  
—New Thought Club. Elmer Julius, Leader, 525 No. Claremont Ave. (M)  
—New Thought Studio, Mrs. Clara Nordland, 7702 Saginaw Ave. Thursday, 2 p. m. (M)  
—Home of Truth, 806-807 Lake View Bldg. Edith Reynolds, Leader, 116 S. Michigan Ave.
- CINCINNATI, Ohio.**—New Thought Temple of, McMillan at Grandview Ave. Dr. Harry Granison Hill, Leader.  
—Cincinnati Unity Center, Frederick Elias Andrews, 28 East 6th St. Daily 12 and 2. (M)  
—New Thought Healing Bethany, 11 W. McMicken Ave., near Vine St. Leader, Rev. Wilhelmina Bickett.
- CLEBURNE, Tex.**—Cleburne Truth Center. Mrs. Olive Routzong, Leader.
- CLEVELAND, Ohio.**—The First Church of Divine Science of Cleveland, Ohio, 337 Truman Bldg., 1030 Euclid Ave.
- COLORADO SPRINGS, Colo.**—Home of Truth, Suite 217, De Graf Bldg. Peter Kontek, Leader. (M)
- COLUMBUS, Ohio.**—Universal Truth Center, 314 Grand Theatre Bldg. Virginia Camery Jones, Leader. (M)
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- DES MOINES, Iowa.**—Nautilus New Thought Center, Miss Juanta M. Meyer, 409 Brown Hotel. 5:30 to 7:30 evenings.
- DETROIT, Mich.**—Inspirational Center and Health Studio, 4122 Mitchell St. Mrs. C. M. Olmstead, Leader.  
—Detroit Unity Center, 4108 Woodward Ave. V. P. Randall, Leader.
- GLOUCESTER, Mass.**—Mrs. Effie Prior, 38 Beacon St.
- GRAND FORKS, N. Dak.**—Sincerely Studio Reading Room (M) 207 Skinner's Apts., 7th & DeMers Ave., 3d floor.
- HAMILTON, Ohio.**—Science of Truth, 954 Ross Ave. Mrs. R. G. Davis, Secretary.
- HOLLISTER, Mo.**—Educational Center of Middle States, Anna L. Tiron, Author, Teacher and Healer. (M)
- HONGKONG, China.**—Hongkong New Thought Center, care of Hongkong Telephone Co., Ltd., Exchange Bldg., 5th Floor.
- HOUSTON, Texas.**—Unity Center, 1-4 Majestic Theater Bldg.
- HULL, England.**—The Word. J. W. Taylor, Editor, 17-18 Chapel Lane.
- IDAHO FALLS, Idaho.**—Truth Seekers. Mrs. Ethel T. Holden, Leader, 870 Park Ave.
- INDIANAPOLIS, Ind.**—Unity Truth Center, 417 Kresge Building. Murrel G. Powell, Leader. (M)
- JACKSONVILLE, Fla.**—Unity Center, Seneca Hotel. Rosamond E. Mithews, Leader. (M)
- KANSAS CITY, Mo.**—Bondurant's Nautilus Center, 5745 Prospect St. (M)
- LONDON, England.**—Mr. R. Dimsdale Stocker (Pres. Brit. Sec. 1. N. T. A.) 93 Mortimer St., W. 1.  
—The Rally. Rondo, 9 Percy St., Tottenham Court Rd., W. 1.
- LONG BEACH, Calif.**—Unity Metaphysical Center, 121 Chestnut Ave. Eva A. Russell, Leader. (M)
- LOS ANGELES, Calif.**—The Brotherhood of Light, 818 Union League Bldg. (M)  
—Christian Unity, Walter W. Raymond, Leader. 688 Wilshire Place  
—Unity Truth Center, 1104-5 Fine Arts Bldg., 811 W. 7th St. Katherine F. Taylor, Leader.  
—Unity Society of Los Angeles, 3333 West 8th St. Frances Wood, Leader.  
—Westlake Unity Truth Fellowship, 1932 West 7th St. (M)
- LOUISVILLE, Ky.**—Unity Truth Center, 66 Weissinger Gaubert. (M)
- MELBOURNE, Australia.**—The Melbournes New Thought Center, Room 714, 7th Floor, National Bank Chambers, Collins Street, (1 opp. The Block.)
- MIAMI, Fla.**—Truth Seeker's Home. Flora Noble, Leader, 64 N. E. 38th St.
- MILWAUKEE, Wis.**—The First Unity Center of Milwaukee, Inc., 424-440 Commerce Bldg., Fourth and Wells. Rose Emery, Leader. (M)
- MINNEAPOLIS, Minn.**—The Unity New Thought Center, Dr. Amelia A. Randall, 2744 4th Ave., south (M)  
—The New Age Book Shop, 2648 Humboldt Ave., south.
- MONTREAL, Canada.**—Divine Psychology Center. Leader, Mrs. Evelyn Leckrone Bruneau, 3544 Park Ave. (M)
- NEVADA, Mo.**—Welter School and Sanitarium. Prof. S. A. Welter, President, 206 South Ash St. Free Library. (M)
- NEW BRUNSWICK, Can.**—Unity Society of Practical Christianity, Union St. and St. Stephen. Mrs. C. E. Bennett, Leader. (M)
- NEW HAVEN, Conn.**—New Haven New Thought Center, 255 Church St., Room 34. Public Lecture Tuesday evenings. Reading Room open daily. Mrs. Able M. Hopkins, Leader.
- NEW YORK CITY.**—Mrs. Mary E. T. Chapin, Hotel Commodore, Sun. Service. Commodore Ballroom 11:15 (M) Interviews and Classes.  
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—Unity Society of Scientific Christianity, 11 West 42nd St. Suite 1746-55. Dr. Richard Lynch, Leader. (M)  
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- OTTAWA, Can.**—Aquarian Metaphysical Library and Book Shop, Room 303, Banque Nationale Bldg.
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- TULSA, Okla.**—Unity Reading Rooms, 501-2-3 Commercial Bldg. (M)
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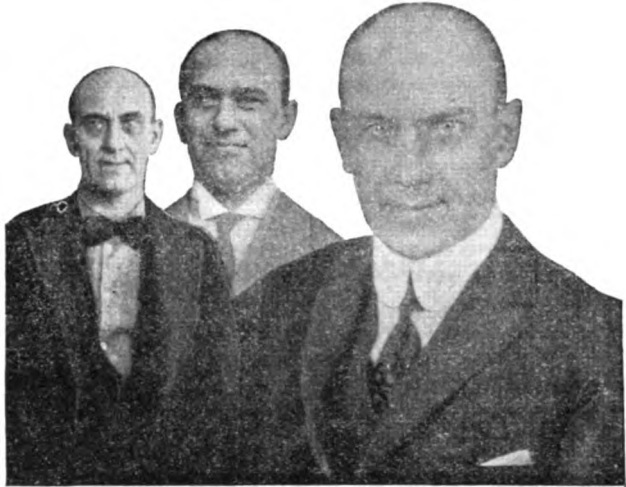
Old age is *lack* of a responsive body. *What YOU need, is MORE responsiveness! You need it, for health, vitality, endurance, joy of living, and greater youthfulness!*

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It is the only *YOUTH Building Food Course* in the world; the only practical Vitamin Course published in America.

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**STUDY THE PHOTOGRAPHS:** *At the left* is a photo of Landone, showing how old of body he was, once upon a time!

*In the middle*, is a photo of 20 years ago; it was taken by Hearst Newspapers, Memorial Day, 1909.

*At right* the photograph shows him as he is **NOW**, after his use of Youth Building Foods; *the photo is reproduced with NO retouching.*

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"If you wish health, demand that your soul shall express itself more freely. If you want bodily peace, demand that you stop your mental fighting." (Page 21.)

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Do you know where every error starts, where every transformation in your life has its origin—do you know how to handle past error thoughts that are manifesting now—how to form a new consciousness that will revolutionize your life? Study Chapter 11.

Have you come into the mystical knowledge, received the mystical blessing of being your brother's keeper? Study Chapters 13 and 15.

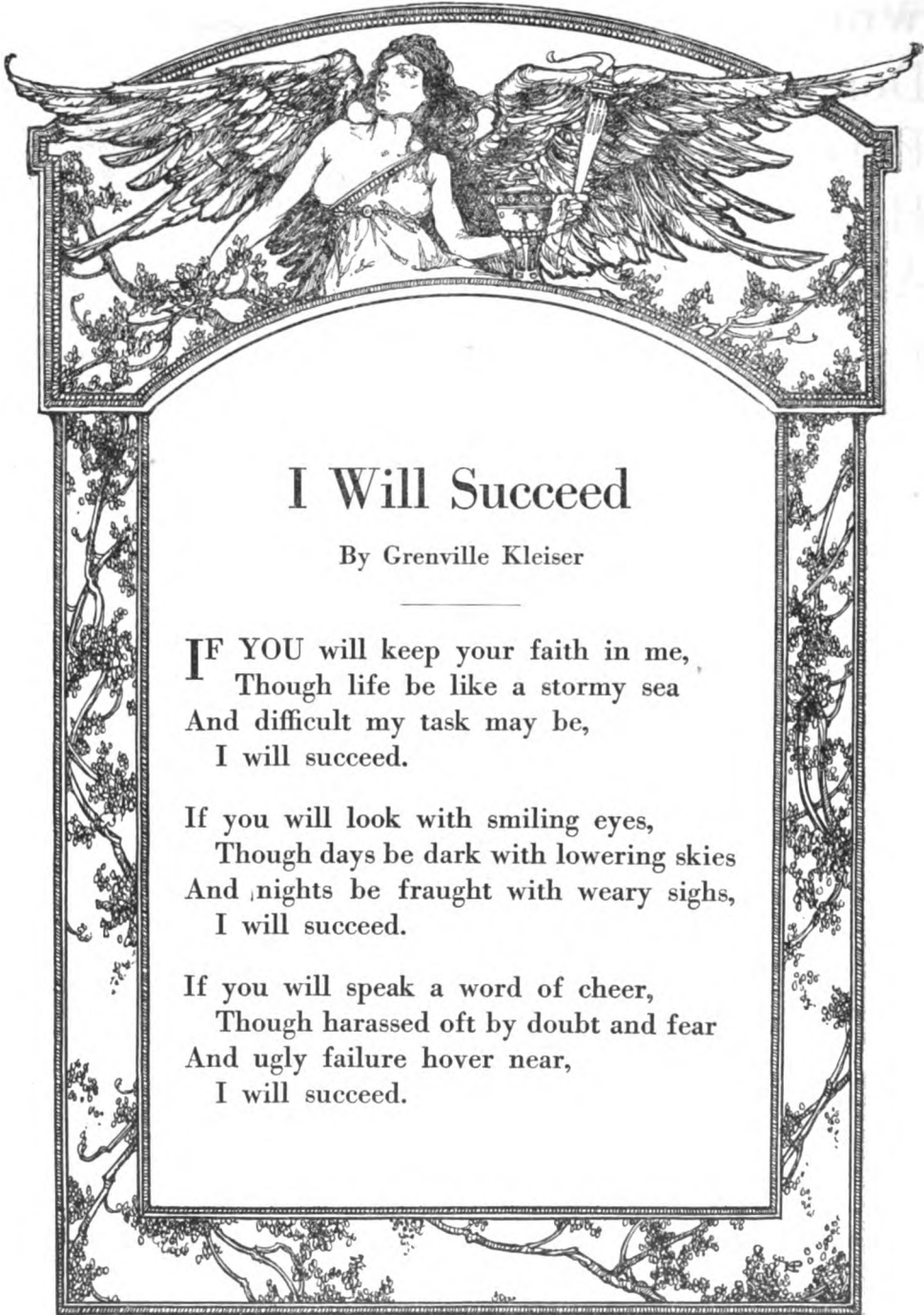
Are you making productive your hours of sleep for soul growth—do you know how to cooperate with Spirit during this Sabbath of the Soul, to heal the body, to receive guidance in the affairs? Study The Purpose of Sleep, Chapter 16.

Do you know the power of I AM JOY and the outcome of developing a wellspring of joy within? Study how the author used it to remake her body and affairs—Chapter 17.

Do you know God's share of that which he gave to you—how to render it rightly to him—the returns which the Giver makes to all who observe the Law? Study the author's experiences with Tithing in Chapter 18.

Have you ever consciously used the Omnipresent Healing Power to restore you to health? Would you know the Supreme Remedy for every physical need—how to relax and let this Power renew every cell and tissue and organ in the body? Study Chapter 19.

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By Grenville Kleiser

**I**F YOU will keep your faith in me,  
Though life be like a stormy sea  
And difficult my task may be,  
I will succeed.

If you will look with smiling eyes,  
Though days be dark with lowering skies  
And nights be fraught with weary sighs,  
I will succeed.

If you will speak a word of cheer,  
Though harassed oft by doubt and fear  
And ugly failure hover near,  
I will succeed.



# NAUTILUS MAGAZINE

*Self-Help Through Self-Knowledge*



MONTHLY  
\$1.50 A Year

OCTOBER, 1929

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No. 12

## EDITORIALS

*by Elizabeth Towne*

*"Build ye 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."

### *Feed Your Mind With the Sayings and Doings of Jesus.*

**O**UR ideas unlock our energies: let us have those ideas which were in Christ Jesus, that we may fulfill the deep desires of our hearts in the expression of God and the enjoyment of God forever.

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Be yourself—not somebody else.

So shall you glorify God and enjoy Him in all you do.

Let your divine light (loving service) shine—don't hide it under a bushel of other people's opinions about this and that.

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### *"Shall I Send My Boy to College?"*

**A** MAN who is the head of an industry asks this question: "Will it pay to send my boy to college, or shall I call his education finished?" His son is 18 years old, has just finished a fine prep school with honors, and has an ambition to "follow the sea." He holds a great admiration for his father, who is a self-made man, and who ran away to sea

in a whaling vessel when he was 14 years old, and who believes that his life on that whaling vessel "knocked some sense into him." The boy would like to follow his father's business, but his father does not believe that his industry offers opportunity enough for the boy.

The question in the family mind seems to be this: Shall the son sign up to work on a sea-going vessel and definitely choose the sea as his life work; or shall he continue on through a technical college, and later succeed his father in his own industry?

It seems to me that neither the father nor the son is in position to settle that question at the present time. The son is clearly influenced by his father's own experience. Going to sea represents to him the childish romance of his father, and he sees himself following the same rosy path. It is possible that he is right. On the other hand, it is equally possible that he is wrong, and that the boy's own desire to follow the industry which his father's family has built up through several generations, is the right one.

It seems to me that the only way to do is to try both, and let the boy make his own decision later. If he were my boy I would encourage him to sign up immediately on some vessel as purser, mate or in any other position that would pay him good wages (as he has had some experience in this line), and keep to the sea for one full year.

In the meantime, if I were in the father's place, or the boy's, I would assume that at the end of that year the boy would go on to the best technical college that he can find, and complete a technical education calculated

## *EDITORIALS* by *Elizabeth Towne*

to enable him to go to the top in any industry, or in a shipping concern.

*The opportunities of this era that is upon us now will gravitate to those who have the technical training and the associations of a college.*

The boy can go to the top in either the shipping industry or in his father's industry where he has for several years worked during the summer months. And this technical college training given to an ambitious young man would far better enable him to go to the top and to manage scientifically any other industry that he might choose when he is through college. New industries are springing up so fast that no young man knows just where he wants to line up after he is through college. If he has the technical college training, *and the associations that go with this training*, he can choose whatever industry he prefers.

Many people of wealth are now sending their sons and their daughters abroad for a year's travel or study in foreign lands, between the end of the prep school training and the beginning of college. To my mind this makes the ideal education, and this boy has the unusual opportunity of being able to get his year of travel in the capacity of a paid official on a big steamer traveling around the world. To *experience* this kind of travel is far and away a better year of education than to go abroad for a year of formal schooling.

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### *The Father Who Did Not Go to College.*

**T**HE father of this boy has made his way without prep school or college training, but the boy himself *is coming into a new era when all of the plums and all of the profits will go to the men who have graduated from colleges which give technical training.*

Read the story of Herbert Hoover. Perhaps you will think that he is an exceptional man, but I say unto you that he is the type of *the common run of men in ten or twenty years from now.*

Read the college statistics, and see how many hundreds of thousands of college trained men are being turned loose on this world. Read the statistics of all the big industries of this country, and you will find college men

filling all of the big jobs, or nearly all. Study the list of bankers in the country, and you will find that the "self-made man" is disappearing from the top positions. It takes men with all of the technical training that Harvard or an institute of technology can give them, to understand and utilize the tremendous cooperative opportunities that are presented to the world today. Without this training a banker, or an employee of a big business, gets no opportunity higher up than a boss of a section gang, or of a small shop. These facts are most evident here in the thickly settled part of the East. The children of foreign-born parents are noted here for their will and their ability to go through schools and to graduate with high honors from colleges, *and these are the men who will be running the eastern part of the states, and manipulating everything that goes on over the entire United States, within the next fifteen or twenty years.*

A college training spells opportunity, and fitness to avail one's self of the opportunities as they come along.

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### *Even Edison Calls for College Trained Successor.*

**T**HE whole world is making way for the man with a technical education—all the plums will go to him in the world of the nineteen thirties and beyond. The man without a technical education beyond the High School, will simply work at the drudgery, as the hired man of the technicians.

The big things in the world are all being done nowadays by highly trained men—the day of the untrained Edison and Ford and Carnegie is practically entirely passed.

*When Edison calls for his successor he insists upon and pays for the highest possible technical college training—no self-made boy will do; he must be college-made as well as experience-made and home-cultured: The son of a college professor is Wilbur Huston.*

I wonder if Edison's own son stopped short of a college education. Edsel Ford is college trained, if my memory serves me correctly.

If a boy becomes a graduate technician he can find a place **AT THE TOP** or very close to it in almost any organization.



## EDITORIALS by Elizabeth Towne

Big things nowadays are done by *groups* of technicians, not by single individuals!

*The world is now demanding the technical education, or it will not allow the opportunities to young people.* It is the world that is changing and making its demands upon people. A man like this boy's father could never do what he did, if he had been born and grown up in this day and age. The whole world is changing into a **SCIENTIFIC WORLD FULL OF TECHNICIANS AT THE TOP.**

The things that twenty or thirty or forty years ago were done by individuals, are now being done by great organizations of individuals, called corporations. A corporation goes on forever, provided it outgrows the domination of a single individual—who perhaps was a magnate or a king in his day, and possibly an untrained one, but who must eventually be superseded as a dictator, or the corporation dissolves into thin air. Who succeeded Judge Gary as the head of the United States Steel Corporation? A man *chosen by the directors*, and this man is a college trained banker, from the organization headed by J. P. Morgan—whose corporations interlock with the U. S. Steel. J. P. Morgan himself is an A. B. of Harvard.

Twenty years ago any strong individualist could climb almost anywhere, by *creating something new out of himself.* The world was full of "raw materials" and unorganized men and women. But now the world is full of ORGANIZED men, and they have organized the raw materials, and they are the ones who dictate who shall be accepted for promotion in any of these great industries. All of the greatest ones are interlocking, and when they don't like the cut of the jib of the man who has made his way to the top of his own organization by the sweat of his brow and no college training—when these big trained technician heads of the great organizations don't like the little individualist who is not trained to work with them, they simply walk in and crush him out. They drive him out of business, just as J. D. Rockefeller drove many a man out in the early days of the oil industry, when those men refused to do what his organization wanted done.

*The Modern Juggernaut of Big Business.*

**T**HIS juggernaut of Big Business is steadily rolling along over the individuals who refuse to come to their terms and cooperate with them.

Their terms include the demand for high college technical training in those whom they advance to high positions and high pay, and high association for profits, within these great organizations.

If you saw a steamroller coming you would get out of the way of it. The only safety of the youth of today lies in studying Big Business with a view to understanding it, experiencing it, cooperating with it AS A WHOLE. *The study of Big Business means high technical training first, last and all the time.* Colleges are being made over now to advance the technical education of the young, in the lines shown by the necessities of Big Business, of the great industries of this country and of the world. And banking is perhaps the key industry. Every big industrialist is a banker first, last and all the time.

*Study Big Business and Big Business demands, with a view to cooperating and expressing your own genius along the lines which Big Business demands,* is the lesson that must be well learned by the youth of today. Otherwise, he will grow old in the ranks at 45, and be discarded as an element of the living and progressing big industries or business of the world.

In other words, the father who made his way to the top by building a small industry at his own will, is faced with a young son or daughter who must make his and her way to the top by way of the paths laid down by the world's industrial organizations.

(Continued on page 43)



# God's Healing Law Brought Relief From Arthritis

By H. G.

**I**T was while I was taking my daily cross country hike, that I met with an accident that caused me to lie flat on my back for a week. I suffered agony every time I tried to move because of previous injuries to my back and hip received, when I was thrown by a horse.

I found myself on crutches again with no encouragement from the doctor as to my ever walking without them during the rest of my life. He knew how for years I had suffered with arthritis deformans and he expected it to develop in the newly injured section of my anatomy. My joints did swell and become sore and inflamed. My legs and ankles swelled until a shoe three sizes larger than my normal size would not go on my foot and I was unable to walk a step without my crutches.

I was surrounded by work, tasks that I did not love to do even when I was able to get around easily; but now I hated them, for even to walk about the house caused me so much pain.

It was the canning season and shortly after my accident my mother had a severe heart attack that put her to bed, leaving me to carry on. Our family consisted of two girls, aged nine and ten, and my son, aged 13, my father and my sick mother. The children had to go to school. Not expecting calamities, my mother had planned to do more canning this year than in years past. For some reason our 500 baby chicks had arrived from the hatchery just two days before I was hurt. I tell you all this so you can get the mental set of my mind.

At first this situation seemed too much for me. I was so weakened that in the face of it I felt very helpless. Satisfactory assistants could not be obtained. Each effort had resulted in an addition of worry and bother.

I now turned to New Thought and pursued my studies in earnest—not that I had ever entirely left them off, but I set about it in a more resolute way. I realized that my only hope was in myself. *Concentrating on my*

*weaknesses only tended to fix that condition.* My outstanding need was Power—a consciousness of the Power of God within to meet every demand made upon me. I knew God must intend me to do those tasks and I knew He had supplied me with infinite potential power to complete them.

I began to develop a consciousness of power by visualizing my one-ness with All Power, affirming it positively, feeling for it and consciously putting my love into the thing nearest at hand, using the strength and ability at my command for the problems of today and trusting God for strength for tomorrow, always knowing that God gave lavishly. Everywhere I observed abundance in nature. Abundance of sunshine, of rain, fruits, nuts and flowers. The animals man ate for food multiplied rapidly. Every effort man made to assist nature was abundantly rewarded in larger yields of grain. (I live in the country and had observed this at first hand.) This convinced me that if I placed myself in God's hands and trusted, His power would meet all the demands. He would not fail me. But I must use His power, the power that He had already given me—not bury it like the man in the Bible did his one talent. *I must give forth this strength and power in doing for God the task He had placed before me—nearest at my hand—now!—today!* I did, putting all the thought and love I could into each task as though I had all the time in the world at my command.

God gave me increased ability and a growing satisfaction in using the Power to overcome—this power that enabled me to turn into loving experiences the hundred and one tasks that a housekeeper needs her feet and hands and head to perform. Things began to get accomplished.

Even my silent hour was a jumble at first. So many things appeared to demand attention and my time was so limited. Mother, whose life was not yet out of danger, I couldn't get off my mind, and the children, on whom the strain of inharmony and anxiety

was beginning to tell, stared me in the face. What would I do if anyone else got sick? Scarcely a day passed but some child was taken home from school with the flu, the mumps or the measles. Half consciously I found myself one day visualizing a fountain where all who came to bathe were restored, strengthened and made immune to all that was undesirable.

That day I asked silently for forgiveness from God and from each soul that I felt might in any way feel resentful toward me. Knowing that in spirit and in Truth I was forgiven, I forgave each person I could remember ever holding enmity for. I made a list of them and referred to it daily, sending them love, blessings and all good, denying their misdeeds had any power over me. I began to realize more and more how beautiful and wonderful and glorious each child of God is in reality. Then I asked forgiveness of myself. I praised myself for I, too, am a child of God. Then I said softly:

*"Every avenue of my being is now open to the inflowing and the outflowing of God's loving intelligence, healing me and blessing*

*me and all others to whom I send my thoughts."*

I pictured this living intelligence flowing through me as water through a fountain. When my mother, my dear ones or whoever, came into my mind, I visualized them as being bathed in this stream of God's Life and as emerging fresh, clean, whole and beautiful, sparkling with joy and happiness, protected by God's love, immune to all that is undesirable.

A quiet peace enfolded me and a sweet, gentle tolerance that grew into an uplifting love which sustained me. The days went on smoothly. We all had three wholesome, well-planned meals a day. The canning, pickling and preserving was done in quietness and with a wonder at ease.

Although the arthritis had returned and opened fire in all its old forts, it did not last. Nor did it cripple my hip as the good doctor had feared. In three months I was again walking without crutches. The children never had been so well. They didn't get the mumps, measles or the flu, not even a real bad cold.

Praise the Lord God the Highest!

*("The Healing of Nervousness"—coming next month.)*

## ANGER

**W**HEN anger begins to stir you, take deep breaths; hold your thought on the inflow of breath as being rays of light, breathing deeper and deeper. Continue the deep breaths until you have taken twenty-five inhalations; hold each one while you count seven. Then expel slowly, keeping your thought steadily on the inhalation, mentally seeing it go all through your lungs, and penetrating every part of your body as rays of light. Then meditate upon any real live thought about yourself, such as being *one with all life and good*. A little practice in this way will soon relieve you of the tendency to anger.—GENEVIEVE BEHREND.

# Healing Treatment by True Prayer: the Fundamental Rules for Right Thinking

By Vivian May Williams

This is No. 4 in the Series of Lessons, "The Healing Truth You Want to Know"

**T**REATMENT is the word used to indicate that form of prayer or right thinking which is based upon absolute good. The theologian calls it thinking of God and heaven; the scientific men refer to it as cause and its manifestation; the metaphysicians, Mind and its ideas. The word "treatment" signifies the line of demarcation between prayer based upon a scientific principle, and supplicatory prayers offered to a distant potentate, who may or may not hear, or even answer the pleading supplicant.

Treatment is true prayer—conscious communion with God. You will note I said "conscious" communion with God for some believe that all that is necessary to bring about harmonious results is to take a few constructive affirmations and repeat them over and over. This sort of treatment may easily become "sounding brass and a tinkling symbol"—the very thing Jesus warned mankind against. It is "conscious realization," based upon scientific facts about God and man, that brings about your demonstrations.

Jesus Christ gave his healing instruction in a very few words. He said, "Ye shall know the truth, and the truth shall make you free." There is no responsibility whatever placed upon anyone except to "know the truth"—God does the work.

## *An Almost Instantaneous Healing of Quinsy Sore Throat.*

Many years ago I had proof of the simplicity of treatment, and realized once for all exactly what the Master meant when he said, "Ye shall know the truth and the truth shall make you free." I was walking through a field and came upon a strange man at work. I spoke to him, and during our conversation he told me he was suffering from quinsy, and that his physician told him he could expect no relief for five days. Instantly he said "quinsy" that statement of Jesus rang in my ears, and

along with it came a glorious realization of the fact of the perfection of this man in God's image, instead of seeing him as a material man to be healed of quinsy. I wasted no time thinking how to heal him by long prayers, but obeyed the inner voice that seemed to say, "All you need to do is to turn to God and know the perfection of His man, and the Truth (Christ) will set him free. All the while he talked to me I was silently reversing false thoughts by contemplating the spiritual man in all his glory. Then I turned and went on my way. In about an hour I passed again, and he asked me what I had done to him when I first met him. I had to force myself to even recall the incident for it was completely erased from my consciousness. Suddenly, I recalled the statement he made about his suffering, and I told him I knew the truth for him. My words seemed to convey no meaning to him so I went on to explain how utterly impossible it is for an image to be unlike the original, and told him since God did not have quinsy, he, being God's image, could not have it—this is absolute truth. He went on to tell me that ten minutes after our first conversation he discovered his throat was perfectly healed.

## *Healing is Only a Change in Consciousness.*

I did not change quinsy into health, and neither did God create new health for him. God's creation is finished and his spiritual man is eternally healthy. I became conscious of the spiritual man's harmony (the truth) and the Truth being Christ, this man was set free by means of the Christ. Paul said, "I do all things through the Christ."

You may wonder how my consciousness could affect the other fellow. There is but one sub-conscious mind. If I drive false thoughts out of my consciousness, with the intention of helping another, the one to whom I direct my thoughts will get the help, for

the other fellow is my concept. This is "casting the beam out of thine own eye so thou canst see clearly to cast the mote out of thy brother's eye."

Our duty is to reverse every thought that is unlike God and to do it without any consideration of personal compensation. When you find yourself thinking of health, it is a sign health is established for you. You would never desire a thing if something did not tell you it was somewhere present for you.

Thoughts are like signposts pointing the way to either heaven or hell, for we make our own comparative heaven and hell by the way we think.

Your thoughts are like a weather vane. When the weather vane points to the South, it does not cause the South wind to blow but it is a sign that the South wind is blowing. When you find yourself treating for health it is a sign that the action of your perfect health "hid with Christ in God" is causing your thoughts to turn to it in recognition. Your thoughts, like the weather vane, point to the source of activity.

#### *The Basis of All Healing Treatment.*

There are numerous methods of healing, and results are obtained through the practice of each. The reason for this being that Mind, consciousness, is the basis of all treatment. "As a man thinketh so is he." The woman who believed she would be healed if she touched the hem of Christ's garment functioned her belief. Jesus said to her, "Thy faith has made thee whole"—he did not say he healed her.

Denials and affirmations are very effective in treatment, provided you realize the truth back of the statements, rather than laying stress upon mere words. Unless you put feeling into your statements you will continue indefinitely, and wonder why your affirmations do not work.

It is a mistake to depend upon any fixed formula in truth. In attempting to use any method of treatment, you will be inclined to wonder what the words mean rather than getting away in thought from the material world to heaven and thinking of God.

Too much stress is laid upon the conception of treatment in the metaphysical field today. Many believe they have to be continually treating against conditions and circumstances in order to exist. Get out of the old habit of thinking that everything needs

treatment, for entertaining such false beliefs keeps up a continuation of old conditions that will eternally need a treatment.

Instead of taking the attitude that you have something to get rid of, turn in thought to God and the world of reality, and know there are no evil conditions to overcome.

#### *Suggestions To Beginners In Truth Study.*

If you are a beginner and find it difficult to forget conditions and circumstances, here are a few suggestions to assist you. Do not use them as a formula—let God lead you. In taking up treatment for any specific thing, remember the same principle applies to all. Until you are sufficiently advanced to know there is nothing to treat (this being the highest form of treatment), it is best to take each specific problem, deny its existence in the world of reality and affirm the completion of the thing desired.

*Put life, feeling and joy into your treatments—words avail you nothing unless they are animated by your spirit or realization.*

Suppose you were in financial difficulty and desired to free yourself. Turn in thought to God. Deny that there is any material man to be in trouble or to lack, and realize the abundance of the spiritual man. Allow your thoughts to dwell upon the thing as you desire it in completion. Emerson said, "Assume the virtue and you shall have the realization." Assume that the thing you desire exists now in the world of reality that is all around us. Let your treatment be one of glorious realization of the truth about God rather than a striving to overcome difficulties.

#### *You Should Not Be Concerned About Results.*

You do not have to be the least bit concerned about the results, for that is God's business. Treatment, or true prayer, is the active conscious thinking that harmonizes you with the world of reality, wherein every demonstration you ever hope to make is already accomplished. Apostle James said, "The good and perfect gift already exists although unseen." You cannot create health, wealth or prosperity through thinking, but right thinking (treatment) enables you to become *conscious* of the health, wealth and prosperity eternally established in the invisible world. You are not saved by words but by virtue of *what you are*—God's image. A question that frequently arises is, "Can I treat for anyone without his consent?" When you

treat it should be clearly understood that you are the person for whom, in the first instance, the error has to be destroyed. When the false belief in the disease or trouble that appears is thoroughly destroyed in your own conscious-

ness, and the truth is realized of the perfection of man as God's image, then it is that the patient is freed. All there is to any trouble is your concept of it. Reverse your thoughts, and you are free.

*(The Next Lesson by Mrs. Williams is "How to Create Through the Power of Imagination.")*

## The Money Complex

By Mary Merrill

**A**RE YOU trying to demonstrate prosperity?

If your efforts have not met with the success they seem to deserve, perhaps it is because you are the victim of a complex.

What is your attitude toward money? This is a very important question, for the answer will tell you what is money's attitude toward you.

Since all physical things exist first in the mind, it would be well to analyze your thoughts about money. Do you think of it as a lubricant which oils the hinges of the doors to the earth's storage vaults—or as cold, hard, cash? Do you consider it a key to the good things of life—or is it filthy lucre? Is your mental treatment of it kindly or harsh?

If you are in the habit of thinking of money with contempt, change the habit. Few attitudes are so annihilating as contempt. You would not expect people that you habitually called the worst names you could think of to enjoy your company. Nor would you enjoy theirs. You may mean it as a joke, but the subconscious is incapable of taking a joke. It believes implicitly every statement that reaches it, and its function is to bring to you the things you want and keep from you the things you do not want.

Worse still, perhaps you do not mention it at all unless forced to do so—because you think it vulgar! This is a strange and unnatural attitude, and will not bear the light of reason. Cleanliness is an admitted virtue;

but soaps, and even water, must be purchased to bring it about. It is not necessary to love money, but its value must be recognized and respected. Our present system demands it.

It is only things which make you feel unpleasant that you refuse to discuss. About that thing, the psychoanalyst would say, you have a complex. Art, travel, charity, science and sports are favored topics of discussion in the best circles. Every one present recognizes the fact that these things could not exist if it were not for the money behind them; but the mention of dollars and cents in connection with them is taboo.

Many people are under the impression that poverty is a virtue. It is not. Wealth and vice are not synonyms. Poverty is the cause of much more misery and crime than prosperity. The Bible tells us that God prospered his chosen people. A man with money can do more good than a man who must struggle to keep body and soul together, however high his aims.

If you have a money complex, expose it to the sunlight of reason; and examine it until you find the cause for it. This should not be hard to do, and the cause is sure to be a simple thing when you do discover it. Perhaps you will find, as I did, that it was simply a case of sour grapes.

Last, but not least, do not think of prosperity as the most difficult state in the world to attain; for, "As a man thinketh in his heart, so is he."

**T**HE only sin is limitation.  
—EMERSON.

# How to Acquire Personality

By Marion B. Shoen

**T**HERE IS ever so much talk among my friends concerning personality, what it is, how to attain it, and so forth. Some of us express one view, some another, but all of us agree upon one point; it is this: In order to acquire that precious and elusive quality called personality, one must learn above all things to be absolutely sincere in one's thoughts and actions.

The successful person in any walk of life is always the one who is positive and sincere and he is usually the man who believes in the eternal spark of sincerity in every other human breast.

A pleasing personality is always necessary to the attainment of a successful career. I have known people to succeed in life, love, and business with one leg missing or one arm gone or one eye out, but I never have known of anyone who succeeded without being sincere with himself and others. It is impossible to win out in any undertaking, however simple, without sincerity of desire. It is impossible to make and hold friends without sincerity of purpose.

The people with the strongest and most magnetic personalities are always the most sincere ones, the ones who are all afire with the force of their sincerity which they cannot conceal. It acts as a magnet for them and draws to them the best kind of success and the most interesting people for friends. The person who is absolutely sincere at heart always succeeds in every undertaking. He could not fail if he tried because he would not let himself fail. Sincere people are unusually kind and friendly, but never weak and foolishly sentimental. For this reason they make the best kind of friends one can know.

## *Concentration And A Pleasing Personality.*

The man who evidences a pleasing personality is always one who has learned to concentrate upon the thing at hand and through concentration to cause that thing to progress to a finish before starting anything else. His life is not at loose ends all the time and his satisfaction is a thing that the careless may never understand. It is the cornerstone of

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*I have a neighbor who is very unlettered, uses atrocious slang as a matter of course, but she loves her family devotedly and it shows in her face and manner, and draws people to her like flies to a honey jar. I know of no woman in all my acquaintance who has more friends, or more genuine respect from her friends, than she possesses.—MARION B. SHOEN.*

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his existence, and a good, solid one it is, too.

Also, the person who impresses me most with his pleasing personality must know how to concentrate his heart upon an idea as well as his mind. He must have learned that heart and mind were always intended to work together on every problem and the balance in one's life is never satisfactorily accomplished until this rule has been complied with.

Without concentration and sincerity of purpose a weak personality inevitably results. Both of these attributes, like love, take no count of the hours, nor the seasons. They are concerned not with time, but with IDEAS.

Sincerity is the root of all ideas and concentration is the developing power. And, just like any other developing power, it must be used in the dark in order to perform its task. Concentration, like faith, is something that each one must learn for himself, and keep within the inmost chambers of his heart of hearts, for only when it is shielded from outside influences is it in a position to perform miracles for the seeker.

I have heard men say that they could concentrate when in a room full of people, but they are exceptions. Most of us concentrate best and pray best when we go into our closets and close the door against outer confusion. And most of us can grow a stronger, purer faith when alone for a time each day.

The result of becoming acquainted and even chummy with one's larger self, the inner self, the self which is able to perform all difficult tasks, is called personality.

## *Books on Personality Leave Something Out.*

I think nearly all the books which I have studied about personality have something left

out. They start at the wrong end to begin with and they never entirely finish what they set out to prove. They nearly always start off by telling us that we should fix up the outside of ourselves to be presentable and as attractive as possible, that we should cultivate a pleasant smile and a stock of charming phrases which we should mix in with our regular conversation. They tell us to learn to increase our vocabularies and our knowledge of world happenings. They tell us to brush our teeth and keep them patched up, to shine our eyes at folks, to sit correctly, stand correctly, walk correctly and never to toe in or out. They stress the desirability of a pleasing tone of voice. All of which is very well and good and should by all means be observed, BUT NOT AS A BEAUTY PATCH UPON OUR PERSONALITY.

My grandmother used often to tell me that "pretty is as pretty does." Meaning of course that if you act as if you were already pretty you soon will be. Also, I might stretch it another point, and say, if you act as if you had personality you will soon discover that it has come to abide with you forever. It is a mysterious force that works from the inside outward and cannot be plastered on from the outside like so much paint.

All the pretty phrases in the world will go amiss if there is no spirit behind them. All the fine manners and forced cleanliness one may submit to will not be substantial unless they are founded upon the solid rock of inner understanding and desire.

I could take a waif into my bathroom and clean him up and dress him up and clothe him up in style, but if I let him go back to his ordinary way of living he would look just as bad the next day. Why? Because he has no inner desire for cleanliness and beauty.

#### *Attracting Friends of a Certain Kind.*

Many people are spiritual waifs and yet they wonder why they are unable to attract the kind of friends they want. I have found in my own life that if I desire a certain person for a friend I must cultivate that within myself which attracts that kind of people.

St. Paul said that we should be all things to all men, and I think that is a truism. We must be so magnetized to the center of the Christ-personality that we can turn in any direction without losing our bearings.

I believe that every living soul should have a purpose in life that is irresistible to him. It does not matter so much what the pur-

pose is, but it must be a steadfast purpose and it must exceed and excel every other purpose in one's whole existence.

I know an educated woman who does not profess to love her husband nor her family. All she thinks of is something outside of her home, and her objective is always changing. She is a freak in her mind and she gives me the impression that she considers herself separate from and better than the remainder of God's creation, yet she has made an unholy mess of life and love. I have another neighbor who is very unlettered, uses atrocious slang, as a matter of course, but she loves her family devotedly and it shows in her face and manner, and draws people to her like flies to a honey jar. I know of no woman in all my acquaintance who has more friends, or more genuine respect from her friends, than she possesses. I think it is because she has a great objective in life, a strong purpose that is irresistible to her loving inner nature, and through it she has all unknowingly acquired that elusive quality called personality.

#### *The True Secret of Personality.*

So I am thoroughly convinced that personality is not a thing that one's mind can be educated up to. It is, rather, a longer breath, a truer thought, a sweeter outlook upon life.

Without sincerity we can do nothing. If you, perhaps, do not succeed as well as you think you should with your New Thought affirmations, perhaps you have been unconsciously trying to paste them on from the outside and make them stick to your affairs that way. Perhaps they have not touched your inner life at all. If they fail to arouse within you that vibrant desire, that sincere longing for which they were intended, then it is safe to assume that they are only delving under the surface of your life and not awakening your spirit to the full comprehension of their beauty and greatness. The power of an affirmation is often like one of those Japanese boxes; it is a power within a power within a power, and after awhile we get all the power if we stick to it.

We never should say that this person or that person is not sincere with us or honest with us, for it is not the truth. The truth is that everyone is sincere and everyone is honest. I used to think they were not always, but now I know they are. Only all the people do not look at things just the way I do.

All people are sincere, but not all in the same degree, because they have different meas-



ures to go by. All people have personality and occasionally we find a person whose measuring stick is so long that his personality exceeds those about him and everyone notices.

Even a little deed done in a sincere spirit goes a long way on the road to a forceful personality. Personality is always the reward of sincerity, and what shall we gain if we are profited by all things and yet have no sincerity in our hearts? Our lives would be as empty as a last year's hat.

*Life is Always Overflowing for Us.*

We do not need to make any compromise with life. Life is always filled to overflowing with good gifts, and if we do not grasp their meaning for us, and if we skimp ourselves in ignorance, it is not God's fault, but our very own blindness. It is the blindness of the physical man at variance with the spiritual man like a naughty, rebellious child who would be so much better off if he would take his father's helping hand and climb upward to the place where he could see more clearly.

Life will allow us to live up to our misfiring compromises if we insist upon it, but always we must pay the difference in price at

the end. If I am sincere with myself I will not give myself such a raw deal. I do not deserve it; neither does anyone else.

A sincere person does not care especially concerning other people's opinions regarding his actions. He is eternally satisfied in the joy of discovering his own kingdom. He never is at odds with himself. He understands himself perfectly and is his own best friend.

I sometimes feel that if all my friends and all my earthly interests were taken from me, I would not be discouraged for I would still have myself and that assurance is proof against all worry and despair in the world. By that I mean my inner self, my spirit, and not my physical self, you understand.

It is more than delightful to be sincere with oneself in all ways. It is the artistry of soul which is the very essence of Faith. It is the Real of which personality is the symbol.

Sincerity is the spirit of the Father descended upon us. It is the Holy Ghost of promise that shall abide within us forever. It is the Comforter of all earth's sorrows and the promoter of all earthly joys, because its root is Jesus Christ.

Personality is the direct result of sincerity of purpose. It is the positive quality of life made manifest in the flesh.

*(In November Nautilus: "How I Keep Young In Looks and Feeling.")*

## In Utopia's Realm

By Clarence C. Ludy

I HAVE heard the old tale  
 Of isles without pain.  
 A Utopian vale  
 Where happiness reigns;  
 And when I remember  
 My prettiest thoughts  
 And see all the beauties  
 The earth ever wrought.  
 Then I ween it is like  
 The fairest of these  
 In a great sea of love  
 Where life is the breeze;  
 Where each man is a ship,  
 His spirit the helm,  
 And each day a new trip  
 In Utopia's realm.

# How We Should Pray

By M. E. Barber

**N**EW THOUGHT gave me my first true conception of man's relation to God. But it was some time before I received light concerning the demonstration of health, money, friends, etc. I overlooked the fact that *material things are but symbols of the real substance*, and that seeking after them for themselves can never bring real soul satisfaction.

I studied daily and prayed for light. Then I read of Jesus' temptation in the wilderness, how He refused to use Divine Power to obtain material comfort.

At about that time I read Mr. Landone's article in May Nautilus which says: "When we rid Truth of the nonsense people have tied to it, the world will accept Truth in twenty-four hours; it will be broadcast from sea to sea and mountain top to mountain top; man will be converted instantly as were the arrogant guards of Pilate; and there will be no more sickness, no more war, no more squabbles and no more sadness." Then the light came.

I now know that when we are so consecrated to the joyous service of God and our fellowmen that we are free from selfishness; when we live to minister to others with a humble, loving readiness, not caring for our own honor or interest; when, as someone has said, "the candles of our high desires are lighted at the pure flame of God's own;" we will be able to have such communion with the Holy Spirit within us that we will know what we need, and He will give us power to live in such a manner that He can express His perfection through us. But to live such a life we need much communion with God.

Prayer is the avenue by which we release our lives for that communion.

The real purpose of prayer is not to ask for the things we desire, for Jesus said: "Your Father knoweth what things ye have need of before ye ask him."

Then, speaking of material things, he said: "After all these things do the Gentiles seek— But seek ye first the kingdom of God and his righteousness; and all these things shall be added unto you."

We are told in Romans 14:17, 18 that:

"The kingdom of God is not meat and drink; but righteousness, peace and joy in the Holy Ghost.

"For he that in these things serveth Christ is acceptable to God, and approved of men."

Therefore when we can look up and by faith catch a glimpse of God's love, and can desire it infinitely more than any other love, then we may take into our glowing hearts the warm admiration and affection of many other friends.

So, the principal part of our prayer should be the holy silence and adoration of faith in which we wait upon God until He reveals Himself to us, and gives us the loving assurance that we are well pleasing to Him.

We need this communion because even the service of God and of love is exhausting; we cannot bless others without power going out from us.

Much intercourse with people is dissipating and dangerous to our spiritual life, without frequent intervals of refreshment, because it brings us under the influence of the visible and material. The law of manna, that what is heavenly must be renewed from day to day, still holds good.

Christ's life is a beautiful example of constant communion with the Father.

Some one has said: "The size of our lives will depend upon the size of the ideas and convictions that master us."

O, the depth of the riches both of the wisdom and knowledge of God.

I know that we may cultivate large expectations of what the Lord will do for His own.

(Read "The Process of Developing Faith" in November Nautilus.)

**V**IRTUE is the adherence in action to the nature of things. —EMERSON.

# What Type Are You?

By Wilfrid Lay, Ph. D.

## Article I. Psychological Types and Real Conversation

**W**HEN people in twos and threes in ordinary conversation attempt to talk about deep subjects, like religion, it will make for peace and a better understanding, if they know a little about the psychological types of the persons present, called the Thinking type, the Feeling type, the Sensation type and the Intuitive type.

If one realizes, when in a mixed company, that there are at least four main types of minds present, not one of which can thoroughly understand the other, it makes one much more tolerant of what the others say, because they may be of opposite types.

Thus the thinking type individual must have everything reasoned out. Statements made by anyone that cannot be defended by logical proof are looked upon with skepticism, just because they are not offered in this logically defended condition. The thinking type person doubts whatever cannot be defended logically, whether that statement is true or not. It may be perfectly true, yet, if the person making it cannot defend it, it will be attacked. It is as if the person of the thinking type was more interested in the actual means of defense than in the rightness of what is defended.

### *The Thinking Type Does Not Understand The Feeling Type.*

Furthermore no defense that appeals to the feelings is considered valid by the thinking type person. If John, a thinking type, is told some real, deep religious experience by Mary, a feeling type, he will not be impressed as much by the truth involved in it as by her utter inability to defend it by his methods. Incidentally, the prevailing type among men is the thinking type, and that among women is the feeling type.

This does not mean that feeling type men do not exist, nor that thinking type women are not to be found. Nor does it mean that a thinking type man is utterly devoid of feeling, nor that a feeling type woman is quite unable to think.

It does mean, however, that the man, born a thinking type and trained along that line by education and experience, will put so much greater value on the ability to think straight and think right through to a conclusion, that he will seriously underrate the feeling type woman's expression in words of her feelings about really vital things.

Now if he is not so greatly over-developed in the thinking line that he gives no value whatever to feelings, he will say to himself, or possibly aloud to Mary: "What you say sounds right; it works, but I can't reason it out myself. This must mean that reason is not the only thing in life. Other ways of reacting mentally must play some part in life—at least outside of business. But I could not carry on my business with any such feelings as you are expressing."

If, on the other hand, he is over-developed in thinking, he will flatly say that nothing that cannot be *proved* will have any meaning for him. Furthermore he will take whatever feeling reaction toward life Mary may have expressed and will show to what a ridiculous situation, from his point of view, such purely feeling reactions will lead.

Just taking, for example, the feeling that it is more blessed to give than to receive. A very simple instance: if you keep on giving, you presently have given all you have, you have created in your acquaintances a habit of *taking* and they crowd around when you have nothing left to give, and pity you. So it is quite evident to the thinking type person that it is much more advantageous to take than to give.

### *The Thinking Type Seems Cold and Cynical To The Feeling Type.*

All of which, to the feeling type person, completely misses the mark. To Mary, John's attitude seems cold, cynical, grasping, inhuman. To him, hers seems foolishly sub-human. They can never arrive at any agreement, except through compromise. John will have to let Mary have her own feelings.

Mary will have to let John have his own heartless thoughts, on which, however, she knows he will not always act.

The great mistake is for them to talk about it with the idea that they can ever agree in their *talk*. Talking aside, John probably admires Mary's fine feeling character, and will be willing to admit it, but if she, by trying to argue with him, tries on logical grounds to convince him of the importance of feeling, she will never succeed.

It is the softness of the answer that turneth away the wrath of injured logic, rather than any reasonable words that the answer may contain. Some women could have a greater effect by repeating the alphabet, in a charming voice, and with proper facial expression, than if they informed John that, "The over-development of the thinking function is compensated for by the sinking of the feelings into an archaic and primitive condition in the unconscious, whence they sometimes break forth unexpectedly and with explosive force."

So Mary should realize that feeling is her strongest weapon and should not be misled by the suggestiveness of the thinking type environment to try reasoning against anyone of the thinking type, because, if she succeeds, she will be weakening her own feeling. If she fails, she will simply be showing that one cannot draw out the leviathan with a hook, which everyone knows already.

If she succeeds, she will also lower John's opinion of her own feeling. Instinctively he will realize, even if not consciously, that she has given up a function which is most appropriate to, if not distinctive of, woman, and has, at least temporarily, beaten him at a game of which there will be many more sets or rubbers, subsequently. This will drive him to the sharpening of his own logical weapons, and he will attack repeatedly, until he has made a complete victory. But in this victory there is no glory, because, in a logical duel, nothing is ever destroyed but the weapons. The cause remains exactly as it was before.

#### *One Type Cannot Use The Other Type's Methods Successfully.*

Thus we see that two people of two different types, such as thinking and feeling, are destined to arrive nowhere, when the feeling type person tries to use the thinking type methods.

Furthermore it is pretty well established

now that the highest accomplishments of the human thinking faculty in the sciences, physics, chemistry, astronomy, biology, etc., have reached a point where they are not, and themselves admit that they are not, able to add a single thing to pure feeling of right and wrong, good and evil, or to make any affirmation or denial about God, immortality or the freedom of the human will.

This is really the message of these articles. People talk, using arguments which appeal to them from their own point of view, and naively assume that these arguments will have the same appeal for all other persons, not realizing that all other persons are of at least four different psychological types, only one of which may be the same type as the speaker.

The word argument, originally meaning enlightenment, was a word chosen presumably to describe the statements made by one person to dispel ignorance on the part of the others. It is a visual word, i. e., a word describing an appeal to the sense of sight, on which, to be sure, a great deal of the logical reasoning is based, but a word which would not describe a similar increase of vividness of feeling in the mind of a feeling type person. When a feeling type person says: "I see," she really may not mean she sees anything at all, in the sense that a thinking type man may be said to "see" that same thing. She really may mean: "I feel more deeply."

#### *The Feeling Type Makes Heroes and Heroines.*

To a feeling type person more vividness and definiteness would be represented as deeper, more comprehensive, stronger feeling. To a feeling type person conviction means not specifically sight or the mental vision of a neat series of syllogisms, all straight as the pickets on a fence, and extending from here to the vanishing point. She gets no deep satisfaction from a series of reasonings like that. Her conviction comes from an expansion of feeling such that it extends over her whole personality, and is the most overwhelming and compelling feeling she has ever felt. Such an increase of vividness and power of feeling will make heroes and heroines, will make people act with persistency, if not with consistency.

So it is most advantageous all around for people who purposely arrange a talk, or accidentally find themselves in a talk, about

any subject such as religion or love, to realize that at least four different types of people, with four very different mental mechanisms, will produce arguments or illuminants, which will be quite imperceptible to three-quarters of the people in a mixed assemblage. With seventy-five per cent of the people present, even if only four are present, the chances are that words, mere words, will lead to no mutual understanding whatever. So that, if peace and harmony are to be maintained, they can be saved only through the efforts of someone who knows the four different types of minds and the statements that will be arguments to each type.

*If Color-Blind Persons Were to Discuss Rainbows.*

It is as if there were four different kinds of color blindness, and that a person who is

*(The next article by Mr. Lay is entitled "The Sixteen Psychological Types," and will appear in November Nautilus.)*

red blind, another who is green blind, a third who is yellow blind and a fourth, who has no color sense whatever, but who sees everything black and white and gray, should hold a meeting to talk about rainbows. The yellow blind would disagree with the red blind, the red blind with the green blind and all three with the completely color-blind. And even if they all agreed, their agreement would not change the actual iridescence of the rainbow.

Thus the problem of the types presents a particularly interesting field for those who are concerned in the presentation of spiritual truths, as well as to those, sometimes diffident, persons who know, and feel sure that they know, and who, I know, really *do* know the meaning and value of spiritual experience, but are baffled by their inability to "put it across" to others.

## Controlling the Subconscious Mind for Healing Through the Use of Imagination

By S. Vaidianathan

**T**HROUGH the process of imagination which promotes vital activity in your consciousness, you contact the divine healing process within you. That is to say, the exercise of your power of imagination, while going through a particular method or practice based on the affirmative foundation for a particular healing realization in a very definite form, arouses powerful, stirring emotions within you, impresses your subconscious with your healing thoughts and ideals and directs the healing energies to particular parts or centers of your organism that lack vital power and stamina.

This is what is called the physical rebuilding process through the control of your subconscious mind, for when you learn to control your subconscious while going through a healing practice, by arousing powerful emotions within you, that means that you are able to direct your resources in the way you like.

Most people fail to get results and derive the essential benefit from applying the physical rebuilding process based on the affirmative principles of healing and realization, *because they do not know the way to arouse the emotions within them* and also because they do not know the way to control their subconscious resources. They use affirmations *that they are already healed and restored to perfect health* while they lack power of imagination and activity in consciousness. Through their utter inability to arouse the emotions in themselves they actually create a resistance in the subconscious. Thus they do not contact the Healing Divine Consciousness in themselves, and do not use the healing energies.

### *A Fundamental Law of Healing.*

Here is a very fundamental law of healing which you should endeavor to understand and interpret while applying the healing truths

to your particular case, that is to say, whatever healing methods, practices and treatments you may apply based on the foundation of the affirmative principle will help you to an appreciable extent provided you fulfil the conditions governing the law of realization and provided you also use the processes of imagination and activity in consciousness. The foundation of the affirmative principle is this: not possibility of realization through cooperation with the Divine Mind, *but certainty of realization in the desired way or manner.*

Successful healing is the result of a dynamic, Soul-Stirring, Subconscious Conviction which arouses the sleeping energies in the individual and also the emotional forces which direct the energies to the particular parts of your organism that are to be regenerated and vitalized.

#### *Imagination Arouses Vital Action in the Subconscious.*

The mere affirmation of certain healing-truth statements for a particular healing realization when you lack activity in consciousness cannot therefore help you. Through the exercise of your power of imagination you endeavor to promote vital activity in your consciousness and thus contact the central Healing Divine Consciousness,—the source of the creative energy in you, and in this process the emotional forces and the subconscious energies are aroused. It does not mean that the affirmations and processes you work out are non-effective, but certainly you do not know the way to work out the healing processes for the power that heals and restores you to normalcy and physical perfection is within you *and not in the affirmations and the processes you work out.*

#### *What You Do Get Through Affirmation.*

Through the affirmations and processes you simply get your consciousness freed of limitations, error-thoughts and wrong conceptions and beliefs in your endeavors to connect your being with the healing power in you. So if the affirmations and processes you work out do not help you to get rid of the barriers in your consciousness—if they do not help you to arouse the emotional forces and the healing energies throbbing in your subconscious, then you should understand that your affirmations are mere assumptions which serve no purpose.

#### *Demonstrations Through Imagination.*

What turns *belief* into *active, living belief* is imagination. What arouses the emotional forces and the healing energies of your subconscious is the vital activity you promote in your consciousness through the exercise of your power of imagination. *It is active belief* that dissolves the resistance to your affirmations in your subconscious; for the moment you dissolve the subconscious resistance which is the product of errors and limitations and wrong beliefs in your consciousness, *the healing process is quickened* and it is really very, very active, whereas when you do not dissolve the subconscious resistance, when you do not root out the errors and limitations in your consciousness, the healing process is said to be *static.*

#### *The Active Healing Process in Consciousness.*

Note the vital difference between the two words, i.e., *static and active.* Active means movement; static means lack of movement. The active healing process in consciousness helps you to demonstrate health and healing in the way or manner you like. The active healing process means that you actually create movements in the process of healing that is taking place within you while you use affirmations. You create movements through the use of imagination and through arousing emotions you get control over your subliminal resources. The power to create movements is within you and when you exercise the power you directly attune your consciousness to the Universal Healing Consciousness.

#### *Why This Method of Affirming Does Not Succeed.*

On the other hand, the static healing process in consciousness does not help you to demonstrate health and healing at any time, no matter how persistently and enthusiastically you affirm the healing truth; you use excellent methods and affirmations on the basis that you are already healed and restored to health, but yet do not demonstrate anything. You affirm, affirm and affirm for years together and yet why do you fail? Because the healing process is static, devoid of life and movement. You do not endeavor to create movements in the healing process through the exercise of your power of imagination, and your ideas do not sufficiently impress your subconscious so as to arouse the radiant and vibrant healing energies. So

while you affirm without endeavoring to overcome the resistance in you, your affirmation does not expand your consciousness and does not create movements in the healing process.

*Why This Method Does Succeed.*

Creating movements in the healing-process means that every time you use the healing truth-statements, believing that you are already healed and restored to perfect health, you should make your ideas literally move and construct in your consciousness the pattern of health and healing that you actually want to demonstrate over you. Remember that God does the healing for you, *when you cooperate with Him*, and create within you that psychic adaptability to the conditions that heal and restore you to a normal condition. He does the healing for you in proportion to the intensity of your Faith in Him, that is to say in proportion to your endeavors to promote activity in your consciousness. Faith is as I have already explained *active belief*. So if you merely believe that you have sufficient faith power while you lack the emotional forces and activity in consciousness, that means that you have no genuine faith, although you offer ardent prayers and use affirmations for healing. Under such circumstances any demonstration is absolutely impossible for you. Since God is omnipotent and omnipresent, His laws too are omnipotent and omnipresent and they can work without limitations provided you fulfil the conditions and *attune yourself to the healing vibrations within you*. This is because the Central Healing Consciousness is within you and all you have to accomplish through prayer, affirmation and kindred other practices is simply to get rid of the limitations and error-thoughts which create resistance in you.

*This Is The True Healing Procedure.*

You have simply to demonstrate health and healing (1) by dissolving the resistance in you; (2) by tuning in with the central healing consciousness through the subconscious control, through affirmations which arouse emotions and stimulate the process of imagination and activity in consciousness; (3) by correcting the attitude toward God and His healing laws, which eventually results in psychic adaptability.

In whatsoever way you want to be healed and want to demonstrate health and perfection, when you pray *believe* that you are already healed and restored to health and perfection; and you will demonstrate health and healing in that particular way. Here *believe* must be interpreted and understood in the sense of *activity in consciousness*. Belief means therefore *faith in the certainty of fulfilment through means you employ*—and not *possibility* of fulfilment. Belief implies faith in the dynamic certainty of your latent power or ability to demonstrate health and healing out of God's infinite abundance of resource *in you*.

It is this kind of belief that helps you to demonstrate in the way you like and attunes you to the divinity in your soul. It is this kind of belief that actuates and motivates the manifesting power in the processes you apply for realizations. Another reason why people fail through their affirmations and practices is this: Subconsciously they anticipate failure through the very methods and practices which they use for particular healing realizations. They are prone to be mechanical in their processes and methods, without going into the spirit of the practices.

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WE ARE like ants, that travel o'er a ruddy  
 ball,  
 Fondly beholding it as all.  
 While but to lift the face  
 Beneath a million suns in beauty spread,  
 Would usher man into the Eternal Courts of  
 Grace.

—ANGELA MORGAN.

# From Sickness and Poverty to Health and Success in One Year

By G. P. S.

This Was Accomplished Through Dissolving a Mental Complex Which Had Existed From Childhood

**I** BELIEVE God has sown some particular seed deep down in every soul, which will sooner or later blossom in the form of some work, or talent, especially suited for that individual personality. It is the privilege of every person to fulfil this God-given mission, if they so desire, regardless of how utterly impossible it seems.

We all find that the things we really like to do, are somehow easily accomplished. That is as God intended, for if He didn't, why would we have the urge to do some special thing? For all talent, all useful activity, all beauty, all good is God-given.

With this truth in mind, approach your subject mentally from every angle, debate with your inner self until you reach a decision that is satisfactory to even the innermost sanctuary of your heart. Then make up your mind to do what you have decided upon, and see that you don't go back on yourself.

God will not fail you.

Let me give you a brief description of my material and physical assets less than a year ago. First of all, very bad health, a family with, I thought, an unusual amount of worry and care, and slim financial resources. Also a constant urge on my part to practice *hand-balancing*,—an urge which had not diminished from as long as I can remember up to my present middle age. (Hand-balancing is the strenuous acrobatic work of standing and walking on your hands.)

During childhood I was positively forbidden to play anything but the mildest games. As I approached maturity it was of course, out of the question for me to follow my desire, as marriage and motherhood intervened. But always I felt that same thrilling urge.

Although I knew nothing of acrobatics, common sense told me that it takes great strength for that type of work. I also knew

it would seem extremely queer for the neighbors to see a dignified, sickly, middle-aged wreck take up hand-balancing as a daily practice!

However, that struck me only as funny. I knew no one was really interested but God, and He would understand and rejoice with me that at last I was going to glory in the work He had planned for me all along, and which He had been telling me to do all those years, but I would not listen to His voice. I reached the point where my mind was made up with a determination that neither fire, flood or anything less than death itself, was going to keep me from reaching my goal.

It made me feel just a little insignificant that nothing or nobody ever tried to stop me! Certainly, I got some ridicule, listened respectfully to some weird stories, where even young, flexible children had been seriously hurt through just such foolishness. Also I was told that such work, in order to be a success, had to be learned in early childhood, but no real monkey wrench was thrown into the works like a sprained wrist or anything, which would have delayed somewhat the material consummation of my enterprise.

I didn't have time or money to get personal instruction, but I read every book the library had that was even remotely connected with my subject, gathered information from every other source that I possibly could.

The affirmations I used were adapted from some I saw in *Nautilus* years ago:

"All powerful and Holy Spirit within me, my body is beautiful, strong, graceful, my balance is perfect, my hand-stand beautiful, here and now.

"All powerful and Holy Spirit within me, I thank thee that thou hast granted my desire."

Change these words to suit your own desires and conditions.



Affirmation and steady, determined physical effort and a fighting faith, just like organized effort in any business, brings results. It is necessary to concentrate and organize your mental attitudes, efforts and emotions towards that one goal which you seek to reach. If your purpose is sincere you will be ready to pay the price of sacrifice or even hardship, if needs be, in order to succeed.

I cannot too heartily agree with L. M.'s Success Letter (No. 1153) in February *Nautilus*, where she quotes: "In everything give thanks, for this is the will of God in Christ Jesus concerning you."

Do not once fail to give thanks, even if you cannot see the remotest sign of improvement. Thank God in your own way.

It is also extremely important that you carry a clear mental picture of what you are going to do. I cut from a magazine a picture of a young girl, with a wonderfully well proportioned body, poised in a graceful handstand. I kept this pinned on the wall, where I could see it often every day. It is still there. And friends have since often mistaken the picture for one of myself.

To make a long story short, in less than a year of constructive thinking, I have gained perfect health, a remarkably good figure, a substantial check from a nationally known physical culture magazine for an article which I wrote on my subject and received numerous offers from other publications. I refused a position as teacher in this work, was offered and have accepted a contract to go into a movie for one of the best motion picture concerns. As a result of the popular

interest in my specialty I am writing a book on the subject now. I am also instructing pupils in my house. I like all useful work, but this vocation cannot be termed work, since to me it is nothing but pleasure.

Conquer your physical and mental laziness if you hope to succeed. One is as detrimental to your success as the other. If you knew your life depended on accomplishing a certain task or accumulating a definite amount of money within a stipulated time the chances are your task would be done, or your money made, long before the time was up. But under such barbarous conditions, you would not work at it one day, forget all about it until the following Wednesday afternoon, work a little at it some time next week, etc.

No, you would pray, scheme, think, fight and hustle every available second of your allotted time. Your efforts then would bring wonderful results.

Since your stakes are not so high as those mentioned, your actions need not be frantic; but do not be too lenient with yourself. You cannot expect God to do it all. To remember that He has so wonderfully equipped you with your five senses, is enough to keep you praising and thanking Him forever. It is up to you to use this equipment to the full extent. Guard against the mental volcanoes of doubt and fear, since these will rip and tear to shreds, your minutely built foundation of faith and confidence.

Rise up and test your wings. Dare to do what you have a deep and sincere urge to do. Your urge comes directly from God and  
HE MAKES NO MISTAKES.

## Faith

By J. Roy Zeiss

**D** OUBTING never won a battle,  
Doubting never made a name,  
Doubting ne'er made shekels rattle—  
It is *faith* that wins the game.

Doubting never won a lassie,  
Doubting never staked a claim,  
Doubting always has been passe—  
It is *faith* that wins the game.

It's *faith* in the thing you're doing,  
It's *faith* in the things you plan,  
It's *faith* in your heart a-brewing  
That writes "Success" and "You Can."

# When You "Just Can't Stand It" Any Longer

By Brown Landone, F. R. E. S.

Answering the Question, "How Shall We THINK to Keep Young?"

**T**O HELP a friend, I consented last winter to go over the records of his stock and bond purchases of the preceding twenty-four months. And although for years I had worked eighteen to twenty hours each day, yet the very first day, after only ten hours of work on my friend's books, I was tired! The third day I was so tired that I slept five hours! And the fifth night I slept six hours!

(I am dictating this article this last day of July, although you will not read it until October.) But right now, it is five thirty in the morning the last day of July, and I have not slept more than two hours a day for twenty-nine days. I have been working every hour while awake; moreover, twice during this month, I have worked through two nights and three days without a wink of sleep.

Yet, I am *not* so tired now as I was last winter when working on my friend's books!

Why the difference?

Why was I tired by a mere ten-hour day of work on my friend's stock books—so tired out that I wanted six hours of sleep?

Why on the other hand, am I not so tired now after twenty-nine days of twenty-two hours of work each day?

When working on my friend's stock accounts, *every thought I thought was a REPETITION of a thought which had previously been thought!*

During these last twenty-nine days, *every thought I have thought has been a thought of EXPECTANCY* in preparation of work I am planning for my Scola, which is to begin tomorrow.

Note the two words—repetition in one case; expectancy in the other. The first causes depressive fatigue; the other expressive buoyancy. The one is mental old age; the other is mental youth!

## *The Mental Difference Between Youth and Age.*

Emotively and physically, there are other differences, but *mentally* the difference between old age and youth, is the difference between mental repetition and mental expectancy. Mentally, the habit of thought-repetition is old age; mentally, the habit of expectant-thought is youthfulness.

But what has this to do with "I just can't stand it any longer?" And what is the DUAL relation: (1) of thought-repetition to old age, and (2) of mental old age to "I just can't stand it any longer?"

First, repetition always wears out and ages the thing which does the repeating. It makes no difference whether it is a factory machine, or your body, or your mind! *Moreover, you never feel that you "can't stand a condition any longer" unless you have consciously or unconsciously repeated the thought that you lack the power to meet and remedy the condition.* It is your belief that you lack the power to handle a condition which makes you feel that you "can't stand it any longer."

And second, this feeling that you lack the power to remedy a condition is the mental attitude of very decrepit old age! Only old age feels that it no longer has power to change the conditions of life, and that there is nothing it can do but give up, and pass on.

Your body may be young in years, but mentally your thought of "I just can't stand it any longer" is a funeral service of decrepit old age, which you are repeating in preparation for the burial of the powers of your mind and heart.

Sometimes this attitude of "I just can't stand it any longer" is hidden deep down underneath many years' use of real Truth. Even in the life of a Truth leader, it may be

*subconscious*, so that the leader does not recognize that it is a cause which hinders his growth, and his attainment of what his heart desires.

*The Story of One Truth Teacher.*

Here's a story of a leader of a Truth Center. He is a remarkable man; he is now known from the Pacific to the Atlantic, and from Canada to Mexico. I first heard of him eleven years ago; and during the years which followed, I had excellent reports of him—of his character, of the clearness of his teaching of Truth, of his love for others, and of the healing help he gave to them.

It was four years ago that he wrote that he wished to see me, and arrangements were made for him to come to my Study. He told me what he was doing, and something of the results. He had been taught by the great Truth teachers of the largest Truth organization in the United States, and he had been and was faithfully using the Truth he had been taught.

He had been using and teaching Truth for fifteen years. Yet, although he himself had been doing excellent work, his Center at that time was neither a large Center nor especially successful. His work had not grown as it should have grown. And moreover, he was especially concerned because he was rapidly growing old. He had held to the consciousness of youth, he had affirmed and reaffirmed God's Truth of youth, and of youthfulness manifesting in himself. Yet, he was rapidly growing older, and *certainly he looked fifteen years older than his years.*

*Repetition May Mean Stagnation.*

I explained to him, that—from his conversation and ideas—I knew that he had not been a mere "parrot" teacher of Truth, but that it was probable that he had been repeating Truth too much in his use of it; that he was each year teaching just about what he had been taught fifteen years before, and that any such repetition was a process which would hasten the ageing process.

Still I knew that this repetition could not be the only cause of his growing so old so rapidly; and I frankly told him that there must be some other cause. I questioned him about anything and everything which I thought *might* be the cause. We talked for two hours—questioning and cross-questioning. But neither his conscious mind nor mine could discover any other cause. The additional

cause—whatever it was—seemed quite hidden from our conscious thought.

So I asked him to go back to his Center; told him that I would send him a Study Sheet which he should fill in, and that in doing so his subconscious mind would reveal—could not help but reveal—what was holding him back, what was making him grow old so rapidly.

*We Find a Clue.*

The filled-in Study Sheet soon came back to me. As I studied it, I found on one page a hint—a sort of detective's clue—suggesting what *might* be the hidden cause for which we were looking. At the top of that page I had suggested one word—the word "airplane." Underneath it, I had asked him to write rapidly, a list of words representing ideas which came to his mind.

The first word he wrote after airplane was *fly*; the next was *infinity*; and the third was *attainment*.

Then successively, there were:

- God; love; mother; work;*
- More Service;*
- Brother; can't stand it;*
- Impossible; God heals;*
- Everything possible;*
- Out soon; disgrace;*
- Can't stand it;*
- Love, unselfishness.*

From that list, I knew that there was something in his mind—something of which he had not told me when he had been at my Study—something which he felt he "just couldn't stand any longer." And I knew that such a personal problem—whatever it was—was the *real* cause of his growing old so rapidly. Since there *was* something which he felt he just could not stand any longer, he mentally believed that he had reached the limit of his power to stand that condition. Hence, in spite of his use of Truth in idealizing youthfulness, he was living the mental attitude of very decrepit old age—for it is old age which feels it must give up because it no longer has power to meet conditions and remedy them.

So I wrote him that, although he had not revealed the particular cause to me, yet it certainly had something to do with a *brother*, and "something" that seemed impossible to be borne any longer; and that if we could straighten out this hidden cause, he would stop growing old so rapidly, and would actually regain his lost youthfulness.

Then he came again, and told me the real heart story. He had a brother, a convict in

prison, who was to be released within a month. The brother intended to come home. Previously the Leader had three times assumed the burden of his brother's wrong doings. The brother in his late letters had shown no desire to reform. The Leader felt that his brother would soon get into trouble again, and he felt that he just couldn't stand it again.

*One Cannot Live For Another.*

Of course, it did not take me long to make the Leader see clearly that he himself was a soulbeam of God; and that his brother was *another* soulbeam of God; that he could not shine for his brother anymore than his brother could shine for him. I made him realize that the greatest good he could do his brother would be for him to live his own life, completely free of the idea that anything his brother might do could ever reflect on him. I made him realize that although Jesus died on the cross between two thieves, the reputation of the thieves had never tarnished the reputation of Jesus, but had added to the glory of Jesus' example of life to us.

*Next, I insisted that he stop teaching the Truth he had been teaching, and that he should never again give a talk on Truth without first developing some original thought of his own of the Truth he was to teach.*

*I made it clear to him that all mental repetition—even repetition of Truth—wears out the mind and wears out the body, just as repeated use of a machine wears out a machine.*

So I led him to turn his mind away from the habit of repeating the idea that he just couldn't stand it any longer, and to turn his mind from the habit of repeating Truth to a new habit of Truth-expectancy—*expecting* each day to teach new Truth, *expecting* each hour to build up the greater service he wished to render, *expecting* to stop the process of growing old, and *expecting* to become youthful again.

*Spiritual Expectancy Restores Youthfulness.*

So he left me. I did not see him again until last May, when he called on me when I was in Boston. I was standing at the door of my hotel parlor waiting for him, but as he came down the hotel corridor, *I did not know him!* I thought that he was a stranger—someone calling on someone else. Only when he spoke to me, did I recognize that he was

he—the man who had been in my Study four years before.

But how different! *Spiritual expectancy had made a youth of him!* All evidences of that old hidden "I just can't stand it any longer" was gone. He was radiant in attitude, trim of body, expression joyous, face and figure youthful! In the four years he had changed from *repetition* of Truth teaching, to *expectancy* of Truth's manifestation. So today he is a new man!

Repetition always wears out and ages. The more the human body repeats a physical action, the more it ages: *the more the mind REPEATS a Truth, the more aged the mind becomes*, and the more aged the mind becomes, the more it feels that it "just can't stand conditions."

In retaining or regaining *mental* youth, the first thing to do is to stop *repeating* (without changing their form) thoughts or affirmations or statements of Truth. All repetition ages you, because it always looks *backward!*

To retain and regain youth, look *forward* each hour to discover some new thought you have never thought before, to expect to do something new each hour—something you've never done before.

*Try Just Ten Days of Expectant Thought.*

Ten days of such expectancy each hour will lead you to know that there is nothing you "just can't stand." Ten days of expectant thought will make you so conscious of youth power that you will know that all things are possible—for mental youth is naught but the expectancy of power to overcome all things!

Youth always feels that it is not difficult to meet conditions of life because it knows it possesses God power, and expects to change the conditions. That's why real youth—whether 18 or 80 years of age—never feels that it "can't just stand a condition" any longer.

Youth's expectancy is the basis of hope; its hope is the basis of faith; and its faith is not only the substance of things hoped for, but the very power of God in manifestation! Youth is expectant—expecting even the unexpected—that's why it rules the world!

**EACH HOUR EXPECT SOMETHING NEW, and YOUR WORLD WILL BE CHANGED!**

*(Editor's Note: This article on "Mental" Youth will be followed next month by a Landon Article on "Emotive Youth.")*

# Fully Flowered Faith

By Chester H. Struble

**A**N INDIAN was losing in a battle of wits with a white man. To hide his confusion he took a stick and drew a large circle in the hard sea-shore sand. Inside this large circle he drew a smaller one.

He then said:

"Indian know in this circle," making a cross in the inside one.

"White man know in this circle," indicating the larger one.

"Nobody know out there," with a sweep of his arm to show the vastness of the unknown outside both circles.

Today that Indian would need to greatly increase the size of his outer circle to fairly represent the extent of white man knowledge.

And this knowledge has been accumulated in a marvelously short space of time, for scientists say the life of mankind is only four seconds if the face of a clock is taken to represent the age of the world.

What wonderful strides we have made by using the mind, yet how skeptical many remain as to the productive power of the mind.

We are not greatly amazed by airships or vast ocean liners which are products of men's minds, yet we doubt and question each new discovery in the purely mental realm.

We will ride in a wonderful motor car, yet question that man can change his environment by thought.

We have proof on every hand that with our minds we collectively annihilate space, lift great weights, erect skyscrapers and do countless other things, yet we secretly question our individual ability to make a dent in our private problems by the power of mind.

We are literally surrounded with the intricate products of creative thinking, yet question if it can help us with our personal puzzles.

"Whatsoever you desire believe that you receive it and it shall be given unto you," says your Bible. And around you in endless profusion are the products of human desires realized, each of which first started as a belief in the mind of one person, yet few of us truly believe we can receive.

In life you can do nothing; do what someone tells you to do, or do what you want to do. In any case the world owes you a living.

If you do nothing they will feed and sleep you at the poor farm.

If you do what someone tells you, then you make a fine hired hand and that is an honorable calling.

But if you will do what you want to do, the world is your "oyster" if you have faith in yourself and learn to think for results.

Man was made in the image of God, and, if he will, he can stand on two feet more firmly than other animals can stand on four. Be a man even if you are a woman! That is what New Thought teaches you to be and faith in self is a foundation stone of New Thought.



# Views and Reviews by William E. Towne



AND IF ONE DOES DEMAND "HIS POUND OF FLESH?"

"ONE might shut oneself up in the cell of a self-suggestion if one listened to it," says a character in a recent novel.

And the one who goes about demanding "Justice"—strict eye for an eye and tooth for a tooth Justice—in all human relationships, is bound to shut himself away from Life itself, and the normal expression of life.

There comes to mind just here a recent letter we received from a woman who was greatly troubled over a friend who insisted on living her own life in her own way, and who *did not* always demand her "pound of flesh" in her relations with her husband. She married young, a worthless fellow (so said the friend!) who never adequately supported her, who was untrue to her, and who finally died of a loathsome disease. And the wife insisted on crying her eyes out! And the friend was disgusted at such unnatural conduct!

But what did the wife lose? Nothing, much, except an opportunity to spend her life demanding "Justice"—which she probably would never have received anyhow. For Justice (in the strict sense of the word) is elusive and when we seek it most strenuously we are least apt to find it.

And the wife gained something greater and better, even, than Justice, I am sure. She learned what it meant to express herself in love. She did not shut herself in a cell of self-suggestion—the suggestion that she was not getting what she deserved. She was free, at least, to pour out her energy in loving service as she chose. That the object of her love was undeserving did not matter so very much, because it was her *own love*, her own radiant attitude of expressing love, that was all-important to her. I venture to say she got far more out of life, however bitter it might be at times, than did her friend who listened to the self-suggestion that one ought always to demand absolute Justice in human relationships. Justice may help to make easy

the expression of love, but Justice alone can never make possible love or happiness.

The demand for Justice binds. The expression of love sets free.

Just how ideas may bind one, shut one away from Life, is shown in the experiences of many who have been set free through psychoanalysis. One such writes: "Now I can tackle creative work with an energy never dreamt of before; laziness has gone; fear and self-pity, and that blend of sloth and bitterness that the medieval monks called 'accidie' and placed, quite justly, among the seven deadly sins."

"There is that which withholdeth and it tendeth to poverty." And there is that attitude in human relationships which withholds love and good will and it tends to poverty of life, power and happiness in the individual.

## IDEAS IN PRISON.

IDEAS shoved back into the unconscious—repressed—act not unlike human beings in prison. If the idea, or group of ideas, that has been repressed is strong enough, if there is enough emotion connected with the experience which brought about the repression, the idea will keep on pushing for expression.

Powerful complexes are usually expressions of some fundamental instinct for action, and when this action is denied in one form, the drive keeps right on trying to find another outlet. Sometimes there are queer results and sometimes the results are tragic.

In reading the manuscripts submitted in our recent prize contests, we find many experiences which reveal the power of repressions to create disease and inharmony and influence the whole life of the individual over a long period of years. And many of these persons were healed as soon as they discovered the particular experience which led them into the maze and saw just how the mental conflict within themselves had been built and maintained, and HOW THEY COULD RECONCILE THE CONFLICT by changing their thoughts and actions.



## VIEWS and REVIEWS BY WILLIAM E. TOWNE



These imprisoned ideas are one of the most potent causes of disease and poverty and unhappiness. It is not the realities of life, but our reactions to them, our ideas about our experiences, that cause the trouble. In his article in August (1929) *Nautilus*, J. M. Moseley said: "My study of New Thought caused me to see that it had been my *fear* of debt and not debt itself that had driven every hope from me and brought me to the breaking point." He then goes on to describe his "giving up to God," the Great Physician, because there was nothing else to do, and lo, prosperity and health descended upon him and abode with him and have remained with him ever since, though years have elapsed.

These repressed ideas draw the thought and attention of the individual continually to the past. If one can live in the present, he can destroy all their power to harm him. To turn away from the memories of past unpleasant experiences, to really clear them from the subconscious by bringing them into conscious thought and then dismissing them, is to renew one's life. A man who had found freedom through the methods of the psychoanalyst said of his experience: "I sat and talked about myself, my fears, failures, inhibitions, troubles of all kinds. While I was there I threw off the past as a snake throws off his dead skin and arose renewed to face a future that for the first time in years seemed full of hope."

Repressions arise wherever there is some situation in his environment which seems too terrible to the individual to face. In the case of Mr. Moseley it was the prospect of poverty—debt. Moreover, the fear-image paralyzed his creative power to such an extent that he could not help but become that which he pictured himself to be—a hopeless failure. And as soon as he turned away from the past, refused to allow his imaging power to be enslaved to visions of fear and put his trust in the Great Physician, his condition began to change accordingly for the better and he was freed from debt in reality, just as he had already freed himself in thought from the domination of the fear of debt. His repression was dissolved through understanding regarding its cause, and by his faith in the Great Physician as a present help.

### THE DIRECTION OF EMOTION.

A CORRESPONDENT is troubled over the seemingly contrary ideas expressed in *Nautilus* concerning the use of emotion. She quotes from a meditation in which occurs the statement, "My emotions I surrender completely," evidently confusing this with the conception of the repression of emotion.

What the writer of the above sentence really meant, we think, was that emotion should be subjected to *direction* in accordance with Divine Truth. This does not mean repression of emotion, but it does mean *the selection of the channels through which it is to manifest*.

Emerson expressed this idea in the following clear and beautiful statement of eternal Truth: "The forces are infinite. But if you wish to avail yourself of their might, you must take their divine direction, not they yours."

And so, "My emotions I surrender completely" means simply, "I give over my emotions to divine direction." An emotion repressed goes on pushing for expression just the same. If it does not find a normal outlet, it will, if the repression be powerful enough, cause an ultimate mental upheaval that may threaten health and mental poise.

Our correspondent cites a case of this kind: "I have one acquaintance," she says, "who, to get rid of emotion in order to live the God life, has ceased to be human. He ignores his family and his friends and treats them as though he were ice. Kind words are, according to his interpretation, something to be dispensed with, in the process of 'getting rid of emotion.'"

This is a case where "The letter killeth but the Spirit giveth life." Enthusiasm, emotion expressed in action, is the driving force of human life. It is divine direction of emotion, not repression, that should be the aim of one who would live sanely and efficiently.

The truly developed adult, who has grown away from the control of the infantile side of his nature, finds expression for his emotion, and expands his ego, by constructive, *socialized* activities.


 Sunday School Service

## International Sunday School Lessons

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

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

October 13. KEEPING FIT FOR THE SAKE OF OTHERS or BEAUTY AND UTILITY. Daniel 1, 8-20.

*Bible Readings:* Daniel 1, 1 Cor. 9; 1 Tim. 4.  
**GOLDEN TEXT:** *Know ye not that your body is the temple of the Holy Ghost. 1 Cor. 6, 19.*

**NEW THOUGHT GOLDEN TEXT:** *I am wonderfully made. Ps. 139, 14.*

**A** WRITER has reminded us that the chief baker can minister to self-indulgence as well as the chief butler. So also the chief entertainer. The chief gymnast. Even the chief priest.

Self-indulgence is putting the cart before the horse. It is living to eat. We may also live to play, laugh or work. All these are making ends out of means. The fundamental motif of life is being. To it all things contribute. We eat and work and play and pray that we may live. Catch that perspective. There is nothing in the world for you so important as the fact that you are.

Daniel, in this lesson, gives us two characteristics of correct living.

The king wanted Daniel to appear well before him. Nebuchadnezzar demanded a prepossessing appearance in his men.

Life demands of us all to make the best appearance possible. This is the art of the beautiful. It isn't enough to wear any old suit that will do; we must have a garment whose lines show style and whose material speaks value. It isn't sufficient to awkwardly express the idea we have in mind; beautiful words give conversation a finish.

The man who garbs himself in clothing, demeanor, words and surroundings gives a worthy setting to the Infinite Spirit.

There is a deep and spiritual significance to this art of being prepossessing. Life, in both business and society, is communion of spirit with spirit. It is the deep of you talking with the deep of me. Business is only an excuse to bring us together. The door by which one spirit enters the sanctuary of another is good will. Beauty, pleasure and harmony are keys that open that portal.

The king also demanded of his attendants that they be useful. As this phase is covered in our next lesson, we will just mention it as the second characteristic of free, spirited living.

#### *Silent Affirmation.*

**My body is the temple of Spirit.**

October 20. USEFUL WORK A CHRISTIAN DUTY or PRODUCTIVITY. 2 Thess. 3, 6-12.

*Bible Readings:* Exodus 20, Acts 20, Eph. 4.

**GOLDEN TEXT:** *If any man will not work, neither let him eat. 2 Thess. 3, 10.*

**NEW THOUGHT GOLDEN TEXT:** *I can do all things through Christ. Phil. 4, 13.*

**L** OWELL reminds us that no man is born into this world whose work is not born with him and he finds that his tools are at hand.

Idleness has no place in spiritual economy. If you are idle there is only one reason for it—you do not really believe that you can be profitably occupied.

Are you one of those people waiting for fate to put into your hands tools with which to work?

For industry all that is needed is the will to work.

I have watched several people who had determined to begin work when situations were favorable. They are idle yet. These waiting ones never arrive. They haven't learned that each man is his own self-starter.

In life, it is not sufficient to be busy but one may be occupied with the best and highest he can attain.

What is the highest work possible? Well, let us look at those lines that have commanded the highest returns through the ages. Humanity is a pretty shrewd trader and she will not pay long the highest prices except for the best goods.

Have you ever noticed that a movie star, for instance, receives as much as a prince and that some of the famous artists lived as royally as kings? What is there about their work that is so valuable?

These people deal in spiritedness. Booth gave his people not only Shakespeare but a nobler view on life. His commodity was spiritedness.

The man who combines spiritedness and skill in his work lifts it from a job into an art.

#### *Silent Affirmation.*

**In my vocation, I combine skill with spiritedness.**

October 27. THE CHRISTIAN VIEW OF RECREATION or LIFTING THE TABU. St. Mark 2, 18-29.

*Bible Readings:* St. Matt. 11; St. John 2.

**GOLDEN TEXT:** *I am come that they may have life, and may have it more abundantly. St. John 10, 10.*

**NEW THOUGHT GOLDEN TEXT:** *The Sabbath was made for man. St. Mark, 2, 27.*



THE savage moves around in a world of tabus. His universe is filled with sacred objects, pious possessions of strange gods. He is the intruder and these mysterious deities are the real lords of the earth for him.

Superstition has made a long list of sacred or tabued objects, customs and seasons.

The Master took the Sabbath tabu and wiped it off the map. If his disciples wanted to eat grain on Sunday, there was nothing to stop them. If David, hungry, wanted to eat the shew-bread that was reserved for the priests, it was his privilege. Man, said Christ, is lord of the Sabbath, of the temple and of the earth.

What is a tabu? It is drawing a line around a certain object declaring it apart from use. Generally it is termed sacred.

We make our own tabus and accept them from our fellow-men. In acknowledging them, we lock the handcuffs around our own wrists.

Tabus are founded on ignorance. To violate them is to break no natural law, only a fear that we have elevated in our own mind to a law.

Much of our religious and traditional life is founded on genuine natural law. This we must keep. To do so is helpful. All traditions and dogmas that make for enrichment of living and dignity of individuality are constructive.

The customs and traditions that keep us from self-expression and hinder rather than help, are tabus and intelligence disregards them.

Only the individual can decide for himself what is simply tabu. He knows if he approaches any object with gaping mouth and wondering eyes. If so, it's tabu for him.

According to the teaching of the Master, nothing should be tabu. You are lords of the whole earth. Every object in the world, every book that was ever written, every invention that was ever made, every discovery that has been attained—all, all are for your delectation, use and pleasure. Only as you know this and practise it, do you come into your own kingdom which was prepared for you from the foundation of the earth.

*Silent Affirmation.*

**All things exist for my delectation and use.**

November 3. RESPECT FOR RIGHTFUL AUTHORITY (World's Temperance Lesson) or INTELLIGENT OBEDIENCE. St. Mark 12, 13-17. Rom. 13, 1-14.

*Bible Readings:* 1 Peter 2, Matt. 5.

**GOLDEN TEXT:** *Let every soul be in subjection to the higher powers.* Rom. 13, 1.

**NEW THOUGHT GOLDEN TEXT:** *Be subject to every ordinance of man for the Lord's sake.* 1 Peter 2, 13.

DURING the time of the draft, a man asked to be excused because he had a Ford to support.

There is much truth in that story. It makes all the difference in the world whether you believe you have a Ford to support or a Ford to use.

This principle applies to all our support of affairs social.

The man who looks upon taxes as an imposition is very ignorant for he overlooks the returns he obtains for his money—good roads, schools,

community policed and the delivery of his mail are only a few of the advantages that come to him from taxes. Any one of these benefits, in a disorganized, untaxing country, would cost him many times the amount of his yearly assessment.

It is a strictly metaphysical view for you to look upon all public officials as servants whom you hire to do their work for your benefit. This is utilizing the technique of civilization, a scheme that has been growing and improving ever since man began to live in communities.

You do not hire a man who does no work for you. If he is indolent or inefficient, you discharge him and are under no obligation to continue his pay. When he ceases to be of use to you, you discontinue to support him.

The same test must be applied to the many, many claims that every one of us have made upon us each day. Good causes, worthy causes, asking for your support? What are you going to do about them? If you give to them all, you will be in the poorhouse.

The rule is very simple. If they contribute to the realization of your vision, then you are interested in them. You want to support them. You are interested in good roads because you can make a trip over them in quarter the time it would take on unimproved ways. But are you interested in the summer symphony they are giving on the planet Mars?

The concentrating ones are vitally interested in all that makes for the realization of their vision.

*Silent Affirmation.*

**I'm interested in all that makes for my vision.**

**The Universal Consciousness**

*"Tongues in trees; books in the running brooks; sermons in stones; and good in everything!"*

By J. M. Stuart-Young

I HOLD it true, conscious of thought or not,  
The rose exhales its breath

In joy of being; and the ferny grot

That guards the violet

Knows naught of sorrow and of vain regret,

Nor fear of Death.

I hold that Man was not placed here alone

With spirit-wings unfurled;

But flower and blade, and cold, unshifting stone,

When they but dare,

May one and all in hope and gladness share

God's beauteous world.

So, when the speedwell's azure eyes

Look upward into mine,

Visions of Joy in both arise;

And we, each one,

In our own little separate spheres have won

The Love Divine.



## Things That Make For Success

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

### To Correspondents

#### Prizes for the Best Letters to This Department.

Have you discovered something that makes for success?

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

To the writer of the most helpful letter printed in each 6 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. 1175.

#### MY PRAYER FOR \$500 WAS ANSWERED.

I HAVE had many wonderful demonstrations of God's care, but I am relating this one because it had such an immediate answer.

I received a letter from my husband stating that he needed \$500. At once I began to pray silently, "Father, show me what to do." Then I waited for a leading and went about my work as usual. While I was occupied with my work a picture was flashed into my mind and I saw Elisha surrounded by a great host of enemies and I heard his prayer on behalf of his frightened servant, "Lord, open his eyes that he may see." And so I prayed on behalf of my husband, "Lord, open his eyes that he may see the riches of heaven that are all about him."

That day my husband was driving in the country about ten miles from his hotel when he seemed to hear a voice beside him say, "Go back." He had business with a farmer a mile further on and so he continued on his way. But once again he heard quite distinctly, "Go back."

My husband finally turned around and drove back to town and went to his hotel, expecting a message from home, but there was no mail, so

he sat down in the lobby, feeling foolish and mystified by the experience. Then a strange man entered and called him. The stranger inquired about a farm we owned but were about to lose on a mortgage with a month left in which to redeem it. The man wanted a farm in the precise section where this farm was located, and offered five hundred dollars for our equity. (He would have gotten it quite as readily for five dollars, as we were losing the farm anyway. But we had prayed for five hundred.) The man was from a town twenty miles away and he was leaving for home when he called at the hotel, so my husband would have missed him had he not obeyed at once.—B. M., Calif.

Success Letter No. 1176.

#### NEURALGIA HEALED.

A FEW years ago I was bothered with a very painful neuralgia in the right side of my face. As this is a common trouble, I expect it needs no description. The pain was intense and nerve wracking at times, coming and going without apparent cause. I had my face almost blistered sometimes with hot cloths, linament and plasters, but of no avail.

I kept praying to be healed. I knew if I could get myself in the right attitude toward God I would be. I realized that, without doubt, the neuralgia had been brought on by worry, as my husband was out of work at the time and I could not see how we were going to get along.

Then one Saturday night, after we had been to my sister's wedding anniversary, I came home with an overloaded stomach and all tired out. I did not go places very often and it was such a job to get the children and myself ready that I would usually rather stay at home.

As soon as we were all in bed and the family asleep the neuralgia began in earnest. I could not sleep. I couldn't lie still. I called my husband and asked him if he could do something.

He was very sympathetic for a few minutes and then was asleep again.

The pain grew so intense that I sprang out of bed and throwing a wrap around me and putting on my slippers, I went outdoors. I walked around awhile and then sat down on a garden seat. It was a beautiful June night. The sky was filled with stars. As I sat there I seemed to realize the power of God as never before. How scientists say that each one of the stars is a sun in another solar system. So many stars that one could never begin to count them, and I knew that if we would look through a telescope we could see as many more. All revolving like our own earth. And God holding all these in place without a mishap.

Suddenly the thought came to me that if God could do all this—taking care of the great universe even down to the least blade of grass—couldn't He take care of my body? Couldn't I trust Him to keep things straight for me?

My face was still hurting, but I felt relaxed so I went into the house and to bed and immediately dropped asleep. In the morning I awoke at the usual time, refreshed and free from pain. All the morning my body was tingling with the consciousness of God's power. I said I believed I could get ready to go to church and there I testified of God's love. The pain never returned again.—R. E. F., Ore.

#### Success Letter No. 1177.

#### NEW THOUGHT HELPED ME KEEP MY HUSBAND AND RESTORE HARMONY IN MY HOME.

I WAS a mother with three babies, a little, brown-eyed, curly-haired, one year old girl, and two little chubby, blue-eyed boys of four and six years.

My husband was kind to both me and the children when mother-in-law did not interfere. But such interference became so often that our home seemed hopeless. Many times we would get started in the world, only to have her drop in, discourage husband until he would sell out, give out, and go to the bottom. She wanted husband to stay with her, but would never allow my children and self anything, not even a coat for my babes. She would promise to give us so much out of "the crop," only to take it all in the fall. When I would ask for any help, she would tell husband I did not need it. Of course he believed all she would tell him.

If we should decide to move out, we of course had nothing to start with. Then while we were at the bottom, in desperate circumstances, with scarcely any bread to eat, we were left alone. But as soon as we began to rise again, then, lo, mother-in-law came also! And it was not necessary, as mother-in-law possessed a good home of her own.

Husband finally decided to take his little family to Dallas, Texas. But one bright spring morning, when the world should have been happy, husband came in and said he was going back to mother's. I pleaded with him, told him I would go any where and live any way, till we could start

again, if only he would not ask me to live with his mother. No, he must go, even if he lost everything. My heart was breaking. I only had seventy-five cents and was alone in this city of thousands of strangers, except for one aunt who said she would take baby and I but could not take the two boys. I could never part with my little ones whom I had so faithfully cared for. Aunt finally said, "Well, you have made your bed and you will have to lie in it." I told husband if he thought more of mother and sisters than he did of the babies and me, why of course he would go. I could never help it, but would forgive him.

After husband left on the morning train for his mother's, I kissed my dear little ones and fell on my knees and asked for help while he was away. He had said he would send for us if we should decide to come and join him.

Dear readers, you who have actually experienced these things, are the only ones who can imagine the fruits of such acts. All the time I was asking God to help me. I affirmed: "I must never give up. I must find work. I can find work."

Then the wee voice spoke: "Take the children to the city nursery, see what kind of help you can get from them, then find work for yourself."

Bright and early the next morning I arose, prepared a little meal for my babies, washed their little bodies, dressed them, all in as cheerful a spirit as I could, and started early for the nursery. I had never been there. Had to inquire just where it was. I found a real ideal governess, with lots of children there. She said she would care for the little ones, and give them their noon meal, for ten cents each a day. I felt that was a wonderful blessing.

From the nursery to a near-by casket company I went, where I could be close to my children. I said as I went up the flight of steps, "I must have work, it must be, it will be." And at the very first call I secured work. How thankful I was, how I smiled and praised God.

At evening I would go by for my children where they were always waiting for me, bathed and dressed. We would catch our trolley car, go home and I would prepare the supper and tuck the children into bed. Then, when all was quiet, I would mentally talk to my dear husband whom I loved so much.

I would always bless him through the day, whenever he came into my thoughts, and at night when I was talking to him, I would say: "May God bless you. I know you don't intend to stay away, you love your family and home dearly. I know you will come back to us; a changed man."

At the same time I imagined him coming home, just hungry for his little family.

Although mother-in-law and sisters-in-law never sent me any kind of word, I praised them, blessed them, asked God to forgive them.

Time rolled on, and I was still sending husband all my love and blessings as a darling companion, and I found myself SO HAPPY. I have learned since that the sister and mother tried in vain to keep him with them. Then one lovely spring evening, while we were returning home on

the trolley car, whom should I find standing by my seat but this dear husband and father, a different person altogether. You can't imagine the different expression in his eyes.

Did I stop sending out my love? No, I sent love to mother-in-law so strongly that the other day I received a letter asking us to come to see her and repeating my name several times in the letter!

It is truly wonderful how fast you can rise from poverty and inharmony if you will use the praise method and believe, "have faith."—P. F. C., Texas.

Success Letter No. 1178.

#### NEW THOUGHT HELPED ME WHEN I HAD AN OPERATION.

**M**Y ONLY companion was *Nautilus* during a period of three months while I was trying to get built up physically sufficient to undergo a severe capital operation. Surrounded by friends not in harmony with my philosophy of life, I found myself absolutely alone, so found my comfort and happiness in having *Nautilus* constantly with me.

With my understanding that "It is the Father within us that doeth the works," I was released from the hospital eleven days from the day of an operation that consisted in removing all the female organs and the largest tumor the doctors had ever before removed from any human being. (I had been given but a few weeks to live by the doctors.)

Two weeks from the time I left the hospital I was on the train for home, traveling five nights and four days, feeling full of pep on my arrival and immediately began again my life's activities.

One practical method I used and found successful in putting myself to sleep as I lay in the hospital, was to lay my hands on the Solar Plexus and visualize the energy expressing all through my body. I would fall to sleep feeling this Life (God) working through and in me. Never once through all my inharmonious condition, did I feel pain either mentally or physically. And I think it must be due to my belief that if you are not attached to a thing, that thing cannot attach itself to you. We may have a pain, that is, we may become conscious of having a pain, but to feel it or let it attach itself to us is a different thing. Pain can be destroyed by concentrated positive mental vibrations which will pierce it like an arrow.—L. N., La.

**THE PRIZE WINNER** for September, 1929, NAUTILUS MAGAZINE, Success Letter Department, is G. F. B., Ill., who wrote Success Letter No. 1173. We shall be glad to send the prize of three subscriptions as soon as we hear from the winner.

**E**VERY condition promulges not only itself, it promulges what grows after and out of itself, And the dark hush promulges as much as any.

—WALT WHITMAN.



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

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

We answer in this department the 1001 personal problems that are put to us—as far as space and time hold out. And we make one answer do for more than one questioner when possible. Correspondents desiring a personal reply by mail are referred to our ELTO SERVICE, which includes a service fee of \$5. We would answer every letter gratis if it were humanly possible. We MUST curtail, hence the charge for queries who feel they cannot wait 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.

N. M.—You say you *have* faith. But faith alone is not sufficient, in many cases, to bring about a healing. This is particularly true when you try to help another individual. As I said before, all healing, in the last analysis, is self-healing, and there must be a consciousness of health within the individual before he can get perfect results. There must be within him a cooperation with the laws governing the expression of or the radiation of health. There may be some deep-seated mental conflict which prevents this cooperation with the law of health. Very often these hidden mental causes which stand in the way of healing relate to resentment or resistance or envy in some way, shape or manner. The individual has met with some situation in life which to him seems unjust, or which he finds it very difficult to face. It may be that he feels that someone has wronged him. It may not be that he is consciously aware of this, but he may have come into intimate contact with someone under circumstances which make the other person seem to stand in the way of his own happiness or welfare. For instance, the wife may develop a resentment (even though it is unconscious), against her husband, and vice versa, or it frequently develops in business relationships where two men are drawn closely together. In the case of the young man about which Mr. Landone wrote, one of the resentments which he was unconsciously holding in his thoughts was against a physician who had treated him years before and failed to help him. These subconscious hindrances to health act as inhibitions upon the consciousness. The cause will often be some comparatively simple incident or experience usually something closely connected with the emotions, and yet it keys the individual's consciousness to a certain "set" which prevents a full and free radiation of energy such as is necessary to health.

R. C.—It seems to us, after a careful consideration of your letter, that you are a victim of your own imagination. Our advice would be to go right ahead *living in the present* just as if everything had always been just as you would have it. Affirm good will toward *all*. Your trouble has come about through a mental conflict which you have developed *within yourself* by trying to resist imaginary evils. You have, it seems to us, made an abnormal situation out of a perfectly normal one.

W. E. B.—Perhaps you have not added *action* to your affirmations and commands. Self-suggestion only builds your mental pattern. Before the Creative Power can build from the pattern and make it a reality you must *act*. You might as well buy a plan for a house and sit still and expect the house to create itself as to affirm and expect the affirmation to become reality with no action on your part. "God works *with and through* you, not *for* you."

L. P.—The law of self-protection is like any other law. It will work *for us* only when we understand and respect the conditions under which it operates. Electricity is a powerful servant of man, so long as we fulfil the conditions under which it operates. But if we ignore those conditions, it may become a devastating destructive force. We cannot *change* the laws of nature; but we can fulfil them. If this were not true, if the laws of nature could be upset by a mere act of supplication on the part of a finite atom, there would be only chaos in the universe instead of the order and harmony which manifests in countless ways. Our ability to manifest order and harmony in our lives depends upon our cooperating with the order and harmony *within ourselves*, so that we may express them in our activities. Affirming harmony will not bring it into our lives any more than buying a pattern of a dress will create a dress for the housewife. She must use her own creative power, in addition to having the pattern, before the dress becomes a reality to her. Affirmations are only patterns by which you shape the flow of your creative energy.

J. B.—Your trouble is probably not in the form of affirmation you use. The particular wording is of little consequence. But you are putting all the emphasis on outside conditions, and this keeps away the opportunities you are seeking. Do not deny the present conditions, or refuse to acknowledge them in your thought. Look at them steadily and affirm vigorously the power in you—the One Life that lives and expresses through you—to dissolve and change these conditions in accordance with your deep desire. Visualize your husband as going to his work each morning. Picture him in his activities through the day. And follow up every possible lead that might result in bringing him into contact with a possible employer. Remember that the use of affirmation is only a means to an end. It helps you to realize more fully the creative power *in you*. You do not, by affirmation, change or alter natural laws or conditions in any way, but you *fulfil these laws* by coming more fully into harmony with the Creative Power in YOU, by more fully *realizing* this Power in your own consciousness.

(Continued from page 15)

It is for the individual young of our day to get in line and PUSH FOR THE TOP—for the honor places in school, in college, in sports, if he would put himself in line to go to the top in industry or business.

A college may be behind the times, but believe me, every college in this country is feeling the power of Big Business to bring that college into line to teach the young people the things that Big Business demands of them now and in the future, if they would go to the top. And if the colleges are not doing a good job in this line, please show me where you will find any better medium of training for the world's work. There is none!

The world used to be a go-as-you-please place filled with little individual businesses, each working for itself alone against all the rest. Nowadays the world is ONE BIG BUSINESS, a living, breathing, evolving organism, of which every little business is an integral part, whether it wants to be or not! All connected up through governmental regulations, the Chamber of Commerce, the service clubs. Every business must be a living part, a necessary part of the great One Big Business, or it gets atrophied and cast out like an out-of-date appendix, or sloughed off just as the human body sloughs off its outworn cells.

To say that Big Business is "good" or is "bad" is totally irrelevant: It is like nature, neither good nor bad. It just IS. To "know thyself" nowadays, is to KNOW BIG BUSINESS and cooperate with it, be friends with it, be of GOOD SERVICE to it and of good cheer.

It is one thing to criticize and condemn a living body from without, and it is quite another thing to get busy on the inside in being a GOOD SERVANT to that body.

All life begins IN THE SPIRIT of the individual and of the individual organization. Criticism comes from discrimination, and is good *provided the spirit out of which the criticism comes, is good*.

So let us all, young and old, *get in line and push for the top*. And with all our getting of knowledge, let us get UNDERSTANDING of Big Business as a whole, of life itself as a whole. To know each thing in relation to THE WHOLE, is to understand.

"There is SPIRIT in man, and the inspiration of the Almighty (the spirit of the whole, of God) giveth him understanding."

"Acknowledge God in *all thy ways* and He shall direct thy paths"—and His paths are the paths of the World's Business.

GOD'S hammers beat such glory from the dark,  
And from the dawn such ecstasy of adulation,  
Could mortals only hark  
'Twould be the world's salvation.

—ANGELA MORGAN.

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**A**LL eternal good has its tax.

—EMERSON.



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

—"Everyman's Life of Jesus," by James Moffatt, D.D. The author is a well-known Bible scholar, and in this unique work he presents, in everyday, narrative form the story of the Four Gospels. In his preface Dr. Moffatt says: "My sincere desire is to bring out afresh what Jesus was for every man, what Jesus actually did, what Jesus thought and taught." You will get a new and clearer light on the life of Jesus, his healings and his teaching, by reading this book. Price \$1.50 net. Published by George H. Doran Co., New York City.

—"Color; Its Science and Practical Application," by Lillian Bruce Pendleton, A. M., Department of Fine Arts, George Peabody College for Teachers. This book is intended for students of color in art education, psychology and physics. It will interest those who want to know how color is related to advertising, industry, architecture, etc. Illustrated by many color charts and drawings. Some of the chapter titles are: Color in Clothing; Color for You; Color in Advertising; Color in Trade and Industry; Color in Foods; Four Principles in Dyeing; Some Color Problems in Dress; Color in Interior Art; Color in Architecture; Color Education. A chapter that will interest *Nautilus* readers is the one devoted to Brown Landone, his experiments with color and his forthcoming book on color. "Color; Its Science and Practical Application" is published by the author, 3423 Love Circle, Nashville, Tenn. Price \$5.50 postpaid.

—"Namasta" is an attractive little monthly magazine of healing, published by Mizanna Wolff, author of "The Heart of Healing." "Namasta" is one of those little home-like magazines that make the reader feel as if he had just come from a personal visit with the editor. And it contains plain and practical Truth talks that will help the reader to understand and apply the principles of healing. Price 10 cents per copy. Published by Mizanna Wolff, Tonganoxie, Kans.

—"The Dominion of Mind," by Uriel Buchanan. A course of lessons leading to self-mastery, or, better perhaps, self-direction. Cloth bound. Price \$1.75. Published by Christopher Publishing House, 1140 Columbus Ave., Boston, Mass.

—"The Story of Abraham Lincoln," by Wayne Whipple. Presents Lincoln from new and unusual sources for the interest of the young. Many illustrations. 258 pages, cloth. Price \$1.00. Henry Altamus & Co., Philadelphia.

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(Continued from page 1)

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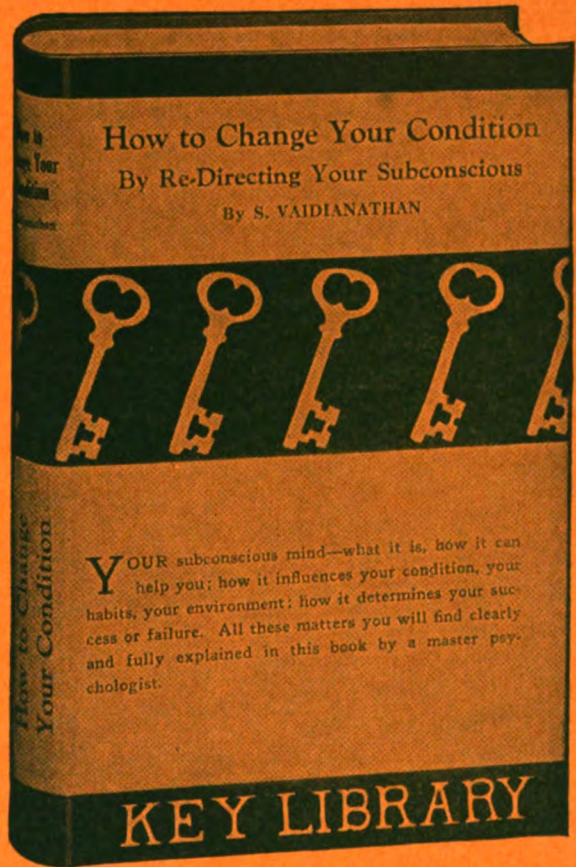
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