

THE NAUTILUS.

Devoted to the Art and Science of Self-Expression.

Entered at the Holyoke Post Office
as second class matter.

Build thee more stately mansions, oh, my soul,
As the swift seasons roll. Leave thy low vaulted past.
Let each new mansion, nobler than the last,
Shut thee from heaven with a dome more vast,
Till thou at length art free; leaving thine out-grown shell
By life's unresting sea.—Holmes "The Nautilus."

Vol. III. MONTHLY.
Fifty Cents a Year.

OCTOBER, 1901.

ELIZABETH TOWNE,
HOLYOKE, MASSACHUSETTS.

No. 12.

COME OUT IN THE OPEN.

Come out in the open! Stand forth in the light!
Look facts in the face!
To hug one's illusions, take refuge in flight,
Crouch low in the shadow and cover the sight
Are little men's ways.

Come out in the open! Stand forth in the light!
And fear not to look!
What seemed so mysterious during the night
Will shed all its terrors when plain to the sight,
Like print in a book.

Come out in the open! Stand forth in the light!
Dispute not with facts!
Exchange faith for knowledge and fancy for sight!
Make this thy religion: "What seems to me right
Shall order my acts."

Come out in the open! Stand forth in the light!
View all undismayed!
Dread palsies the soul; superstition is blight;
But knowledge guides mortals to live life aright,
And die unafraid.

—Miles Menander Dawson, in "Poems of the
New Time."

UNITED WE ACHIEVE.

Do I believe in turning *all* the attention upon each detail of every day work? Yes. Pour *all* your thought into *this* piece of work until you can do it to perfection and *with joy*. As long as you have irksome tasks or "drudgery" you may rest assured it is because you have not yet put in interested thought enough.

This is the finest "concentration" practice in the world—just to put your whole soul into the one thing you are doing. When you have used this practice long enough you will do the thing beautifully and with joy.

About this time you will find your thought force has flowed into this work and filled it *full* of energy and is *overflowing*. You will take happy little mental flights away from your work; little inspirations will come to you, and always your thought will come back to your work with joy.

Suppose your work just now is "five finger exercises"—learning to use your fingers. If you put *all* your thought into each movement you will make each *accurately*. If you let your mind wander ever so little your fingers follow. Your exercises will be slovenly because your thought is divided and *you haven't enough to bear dividing*. If you practice with a divided mind it will take you five times as long to accomplish the art of using your fingers, and you will *never* use them to the best advantage. I hear daily some one across the street practicing scales. She runs one scale nicely because she *thinks* about it. After that I can read her wandering half-mind in those slovenly, uneven runs. I can tell when she is pleased or not, and I know the very instant she thinks of something nice she is going to do when she gets through that hour of "drudgery." You see her fingers are trying to express a divided mind, so their action is uncertain. And will always be so unless she mends her mind and turns it *all* into her fingers until her *fingers are full to overflowing*.

When this happens the thought flows, or overflows, in beautiful fancies which the fingers are ready to express. And *all* is pleasure.

Do you see now what "concentration" upon daily tasks is for? To *fill* your members, the different parts of your body, *with loving intelligence in expressing thought*. The every-day tasks set you in the school of life are the "scales" and "five finger exercises" that you *must* put your *soul* into mastering before that soul can

express anything more beautiful in the way of life-symphonies.

There is a vast difference between putting *all* your thought into an action until you can do it sub-consciously, and your thought is freed on a higher plane, and the common way of putting half—or less—of your thought energy into "drudgery," done in a slipshod, ungraceful fashion, whilst the main body of your thought goes gallivanting around *where it has no business to be*.

Thought is vitalizing, energizing. When you try to work with half your thought switched *off* and *out* of your activities you rob and devitalize your body. To a fully vitalized body every act is *joy*. Whenever your work is "drudgery" stop short, call your thought home, take three or four very slow, full breaths of *fresh* air—straighten up to do it!—and then *quietly turn all* your thought into your actions. Every time you catch it wandering again bring it quietly, but firmly, back to business. This is the sort of "concentration" that gives self-command and fits you to think higher thoughts and *fill higher places*. And the moment you are *ready* the omnipresent Law of Attraction will whisk you into place.

IF YOU ARE 1 IN 1000

People on my books who have never paid for the paper, please TAKE NOTE that this is the last Nautilus you will get unless I hear from you this month. If you send me 50 cents NOW I will cancel the past and credit you paid to October 1, 1902. Otherwise, goodbye.

ELIZABETH TOWNE, Holyoke, Mass.

"TO BE, OR NOT TO BE."

"I have been a member of the Success Circle one year. It has been the *most prosperous* year for *twenty* years. In everything but money. What shall I do to get money? Am a music teacher and do a good deal of exchanging. I want money instead."

"My husband is a milkman and he does not seem to have the knack of getting the money due him."

The cause in all such cases is the same—a lack of backbone. A man, or woman either, who is so wishy-washy that he will give his services for any old thing his neighbor wants to get rid of by "exchanging," is entitled neither to the respect nor sympathy of his neighbor nor himself.

Furthermore he *receives* neither respect nor sympathy. He is heartily despised, though a few silly sentimentalists call him "poor fellow"—and trade their cast-off clothes to him for the best he has to give.

He is heartily despised and he deserves it, *for he despises himself*.

Oh, yes he does. He thinks he is a worm of the dust and he gets down and crawls. He "dasn't" say his soul is his own because it isn't. *It belongs to the man who dictates to him* how much and what he shall receive as equivalent for his services or his milk. He dare not stand up for himself because in his heart of hearts he believes he is too small and contemptible to merit a champion even in himself. He will not stand up for his rights because he has none. *He gives the other man all the rights*.

The man who has not backbone enough to demand a fair equivalent for his services in good, unplugged dimes and dollars, deserves every imposition that is placed upon him and more too. He deserves to get robbed until, naked and

starved, he has to get off the earth. Such a fool man is not fit to survive.

And he don't. I know he deserves this kind of treatment at the hands of the world because this is the kind he gets. He shrivels in his own estimation until he just fits a two by six hole in the paupers' field. And his covering is a cheap shroud furnished by one of those who gave him what they *didn't* want for all that he had to give.

Such an one deserves not even a "Requiescat in pace." The best we can do for him is to hope that he will be resurrected with at least the germ of a backbone.

Every man has a backbone. It is that which differentiates him from a polliwog or a snake. Is it any wonder that a man who won't use his backbone gains the contempt of every other man? *

Yes, there is a way to get money instead of "exchanges." There is just one way. Give the *best* goods to be had for the money, and then DEMAND THE MONEY, and take *nothing* in its stead.

In Helen Wilman's "Search for Freedom" she tells how she left the farm alone, afoot and with ten borrowed dollars in pocket. She went to San Francisco and tried to get work on a journal. She was refused time and again. She could have had positions in plenty at *other work*, but she RESOLVED that she "*would have life on her OWN terms or not at all*." She got the work she *would have*.

Whenever you are RESOLVED that you will have *money* for your services or nothing at all, you will get it. It will not come in a minute perhaps but it *will* come, and it will increase. This is the LAW OF DEMAND, and from personal experience I *know* it works this way.

If I were that music teacher I'd stiffen my backbone, look folks square in the eye and say, "My terms are so much an hour CASH." And I'd live on raw wheat and water before I'd compromise a penny. I would say it once and then shut up and stick to it. In a little while I'd have the *respect* of those people and stock in me would rise to par.

If I were that milkman I'd have the cleanest cans, best cared for cows and earliest delivery in town. I'd also have little printed slips of tickets, so many to the dollar or half dollar. I'd *sell* those little ticket slips for *cash* and collect one ticket for each pint of milk delivered. I'd stand straight and look folks squarely and frankly in the face and I'd tend strictly to business. In a short time I'd have the biggest and choicest route in town.

Oh, I used to be wishy-washy and self-disrespecting myself. But I got over it all; I *know* how I did it, and I've told you.

Go thou and do likewise before thy backbone gets more limp.

HEALERS MANY.

So many times that question crops up—"Would it be detrimental to take treatments of two or more persons at once?" Haven't you learned yet that you are "taking treatments" from every blessed soul you come in contact with? Every conversation is a mutual "treatment," and you receive according to your degree of "suggestibility." Every article you read is another "treatment" and you "receive" from the writer whatever your peculiar constitution will permit you to receive.

Every human being is a "healer" with a specialty. Andrew Carnegie gives "success treat-

ments" to millions of people he never heard of—people who read his "gospel" and his life. His "treatments" for *ambition and steadiness of purpose* are unexcelled, and whoever will may receive them. Furthermore, *whoever lives* is indebted more or less to his vibrations.

It is the same with everybody. The stronger, the more *positive*, the man the stronger his "treatments." Every man "receives treatment" from every other man according to the quality of his receptivity.

And what he *really receives* from any man always harmonizes with what he really receives from all other sources, Self included. No man has *really* received anything until it *does* harmonize—until it is assimilated. A pinch of soda stirs up a great fizzing in a cup of sour milk, but the milk ends by *receiving* it and vibrating with its sweetness. Just so a pinch of truth from any source may stir you up mightily at first, but you will in the end "receive it" and vibrate with it. Get into touch with every admirable character you can find. Accept their *strong* points and "vibrate with" them.

You see you can do this with every professed healer on earth without sending her or him a five cent piece except in return for publications. Just buy a healer's writings and vibrate with his strong points.

There is only one dis-ease you can possibly have that needs special treatment—the "I can't" disease. If you are laboring under this form of insanity you may need special treatment from somebody who understands the case and knows how to convince you that *you can*. In that case you need to *pay* the "healer" according to the time he has to spend over your case. It is *time* which is measurable in money—time and effort. The "Word," the "treatment," the "vibrations" are free as air. Water is free you know, but it takes *time, money* to pipe it for individual use. So if you think you need "treatment" applied individually for the "I can't" dis-ease, pay a healer or two or three until you are convinced of THE TRUTH that *you can*.

—My little Cook Book is making a decided hit—as it ought. It fills a real want. The Psychic Review Company writes me about it like this: "The book will surely meet with a wide sale, for it solves so satisfactorily the problem so many are now facing, which is, what will take the place of meat. The writer of this is a vegetarian and has been looking for just such a book as you have written. It is so simple and yet so complete." And A. Virginia Sheppard says in her September number of "New Thought," a bright little journal published at 715 Gearing avenue, Pittsburgh, Pa., that "Her Cook Book is a jewel. * * It is different from the average cook book in that Mrs. Towne lends you her keen appetite in all her receipts. She has such a chummy way of mixing things, that it does not seem any trouble at all." These two items show you just how "different" my little Cook Book is. And besides that, it is more "scientific" and really up-to-date than anything else on this line. I don't believe in a lot of mixed up cooking, nor in a woman spending all her time preparing meals. And last, but not least, before experimenting on ourselves or writing for the guidance of others, I made a study, among other things, of that splendid little book of Dr. Latson's, "Food Value of Meat," so that my meals contain somewhere near the right proportions of things, and are therefore satisfying and nourishing. I advise all who are applying thought to this important problem of the day to read this little book of Dr. Latson's. It can be had in paper for twenty-five cents, cloth fifty cents. And send to me for the Cook Book.

—When I, or other teachers, talk about *acting* opulent—"spending like a lord"—even though you *feel* poor, we do not mean for you to be a spendthrift and take no thought how or for what the money goes. Even the Gould fortunes go into bankruptcy when they pass through a Castellan bottomless pocket. To spend according to thoughtless whim for things which to-morrow are

sold to the second-hand man is foolish and ends in beggary. A man who has made his own money and therefore knows its value never spends without considering. It is the *spirit* of spending that counts, not the amount. If you have little consider well before spending (as Rockefeller would) and *make up your mind* this—this is the best thing to buy with this particular dollar. Then let the dollar go with a *will* and *enjoy* what you got for it. Let it go as if there are millions more behind it. As there *are*. And they are *all pressing* to pass through the pocket of a man who puts *thought* and *good will* and *cheerfulness* and FAITH into their use.

—Never were wiser words spoken than these of Paul's: "BLESSED is the man that *doubted* not in that which he alloweth." A "doubtful business" or doubtful business methods may seem to succeed for a time, but all that time the *doubt* is piling up condemnation in the heart of the user, and eventually disaster is the outcome. All the Words of success that ever were spoken cannot prevent the disaster.

—"It is since I tried to get *spiritual* realization that I let all business fall in arrears. I know it is not right and I agonize over it—and go right on doing it. I cannot seem to make business and spirituality go hand in hand."

Any "spirituality" that cannot be *used* in every day life isn't worth a row of pins. "Spirituality" is usually nothing but a sickly sentimentality—a silly attempt to "live above" business and surroundings. People who pride themselves on their "spirituality" are distinctly material, and spend their time in condemning everything and everybody as "so material you know." They are full of criticism and condemnation, the earthiest of vices; full of self-laudation and Phariseism. *Real* "spirituality" is simply love and joy and faith. And the man or woman who *puts* the most love and joy and faith *into his daily acts*, his "business" is really the most "spiritual." Such a one does not *neglect* business—he does it *better* than other folks do.

—"I love my work, every branch of it, so long as I do not have to *solicit* patronage. That I hate. Can I ever learn to like it?"

There is nothing we "ought" to do that we cannot learn to do with pleasure. Continued practice, with *persistent and determined affirmations* that you enjoy it, will accomplish. In this particular business of "soliciting," the first step toward enjoying it is to get rid of the idea that you are *asking favors*. Asking favors violates Individuality by placing you under obligations, and is resented by the real, deep self of you. The real YOU wants to *give* instead of begging. And it can do this and at the same time "solicit." Make your goods the *best possible*, ask a reasonable price for them and KNOW that people have sense enough to *buy* the best. Show your goods, explain their merits and trust to the good sense of the listener to buy or not, as *he* feels his need. Never talk *for money*, nor try to *personally influence* people. *Talk from a deep faith in the goodness of your goods, and trust the LAW OF ATTRACTION to bring supply and demand together*. And over and under and through all, KNOW that you are free and success is *yours*, whether a dollar comes to you through *this* man's pocket or not. Be free and honest yourself and *leave others* free. Put your cheeriest, sunshiniest, best thought into *this minute's* work. This is a practical application of the principle stated by Jesus, "Seek *first* the kingdom of good and to *be right with it*, and money shall follow"—as a shadow follows its object.

—"Do not agree with a writer in the paper about Helen Wilmans looking her age. I spent two weeks in her house in Sea Breeze three years ago, taking our meals at 'The Colonnades,' and she seemed to me very much younger than her years—her hair is auburn or rather yellow, complexion fresh. She waltzes like a young girl. She has nothing about her in looks or manners to indicate her age—the jolliest, brightest woman I ever knew, I met her first in Boston years ago and she looks no older now."

—I wrote recently to a lady and told her to heal herself of a chronic trouble by shaking herself up and shouting *the truth*, with a stamp of her foot, every time she thought of the trouble.

She replied "I cannot apply this truth in the *same* way as you do, but I apply it just as strongly in *my way*—*quiet, never-yield* persistency." Now a stone or rock is the best kind of illustration of that kind of "applying" of energy. "Quiet, never-yield" energy is negative. It is the force that *holds things as they are*, but it *heals* nothing at all. To heal, to change conditions requires positive, *active* force—the sort of energy a grain of corn uses when, dropped in a cleft of that "never-yield" rock, it wakes up and expands and splits that rock from end to end. Stones "never yield," but neither do they change—for a good many generations at least. But real, live *energy* gets up and *does* something. A little waking up and stamping of the foot and laying down the law to one's self will bring to life and accomplish wonders that *no* amount of "never yield" energy will ever accomplish. I know from experience.

—I am accused of "irreverence." I am not irreverent nor am I reverent. A man reverences that which he conceives to be greater, grander, more lovable than himself. He *ir-reverences* that which he conceives to be small, unworthy, contemptible as compared with himself. But I am neither "above" nor "beneath" another man, monkey or "spirit." I am simply *comrade* to all that is. Therefore "reverent" and "irreverent" are not in my vocabulary. I am as un-reverent as a child who tangles its fingers in the beard of a Christ, and laughs with him, and begs for a story.

—" 'Tis a repetition of the old that is killing us all."

—You have heard of folks telling a lie until they believed it themselves. Well, just you do the same thing with the truth. You ARE all you desire to be. *Say it. Say it again—say it ten thousand times a day, and say it as if you believed it.* Straighten your backbone, inflate your chest, gird up your loins, square your jaw and SAY it. If something within you is cowardly and doesn't believe it, just you look more positive and commanding than ever and say it louder—"I AM what I desire to be—I AM!"—stamp your foot and SAY it. Cowardly thoughts can be intimidated and shut up and made to get off the earth just as cowardly people can, by a little bluster. And they aren't a bit brighter about detecting bluster from the Real Thing, *positive knowledge*. Just tell the truth, dearie, until you convince yourself and everybody else. That is the *modus operandi* of "speaking the Word until the Word speaks itself within you."

—"Have you come across this exercise? Shut your teeth, put knees and heels together, then laugh as heartily as you can—laugh as if you *must* or *burst*—but no one must hear! * * Notice how the blood goes bounding all over you."

Good! Laughing exercises are death to blue devils and sluggish circulation. Practice *hard* three times a day.

—"You say, 'often I ask the spirit and turn a listening ear as I go to sleep.' Why not tell us how you ask?"

I ask anyhow that comes into my head. The entire universe is intelligent, and I talk to it as I would to you or William.

—"Whatever things ye desire, *believe that ye receive*, and ye shall have." There is the whole law and gospel. To believe a thing is to *act as if it were so*. To say "I am going to get well," is not enough. To say, and *act* upon it—"I receive health NOW"—is to "believe ye receive." And you shall have. But let not that man who one minute says he *is* healed and the next minute says "he don't see why, etc."—let him not think he "shall receive." Say "I AM HEALTH" and *stick to it*. And ACT it.

—"Sunshine Books," by Barnetta Brown, are a set of dainty little cloth-bound books that are just right for gifts. There are six in a neat case—"Experience," "Soul Growth," "The Heart's Desire," "Men, Women and Loving," "Worry and Cheer," and "A Dip in the Pool," and they sell for 25 cents each or \$1.50 for the set. May be had of the Abbey Press, 114 Fifth avenue, New York. Barnetta Brown writes in that direct, natural way which is truest art.

INDIVIDUALISMS.

BY WILLIAM E. TOWNE.

NOTE. Please address all orders for Mrs. Towne's books, also subscriptions for NAUTILUS to her, and all orders for other books to me, as we keep our financial affairs separate. If you wish to send us each an order in one letter, kindly write same on two sheets. A careful compliance with these directions will save us time and annoyance, insure your orders being filled accurately and promptly, and greatly oblige us.

WILLIAM E. TOWNE.

ASTROLOGY. The chief value of astrology to New Thought people lies in its power to reveal *tendencies* in a person's character, and thus indicate, in a measure, what course is necessary to shape those tendencies aright. I know of no method of character reading which is of more practical value to anyone than the astrological method. An astrologer who possesses good judgment, keen intuition, and is grounded in the New Thought truths, will make you better acquainted with yourself than you have ever been before, and show you how you can make the most out of your life in every way.

The prediction of specific events by means of astrology is of doubtful value, although the accuracy of such predictions, in many cases, is unquestionable. For instance, Dr. Derolli, a Boston astrologer, sometime before the last national election, predicted as a strong probability the death or assassination of President McKinley during his present term. Gustave Meyer, an astrologer living at Hoboken, N. J., is said to have predicted the attempt to take the President's life, naming the very month in which the attempt would be made. Numerous other astrologers have made similar predictions, which goes to prove the truth of the principles upon which their predictions are based.

But the fact that an astrologer tells you a certain thing is going to happen should not upset you. If you are in harmony with the Law of the Universe *nothing* can offend, for the Principle by which you were created is greater than the combined influence of all the stars and planets. He who accepts all planetary influences as good, and as designed to teach him truth through needed experiences, will reap only good results from whatever combinations of these influences he may encounter. Even those astrologers who profess to believe in fatalism will tell you to "be careful" on such and such a date, or that by using care you may avoid evil results from certain undesirable features in your horoscope, thus showing that even they believe that what is indicated as an evil tendency in a horoscope may be shorn of its effectiveness, in part at least, by the attitude and action of the individual.

The more I study the subject and exercise my faculties of observation, the more firmly I become convinced that adaptability to and harmonization with the different planetary influences will annul their so-called "evil" nature. Fire is evil to a child who is not far enough advanced to comprehend its nature and uses. To the adult man fire is a good servant and friend when rightly directed and guided. So with these planetary influences. On the unconscious, material plane, man has responded to them automatically to a great extent. Whatever appeared evil to his limited vision was accepted as such, and "as a man thinketh so is he." With further growth man is beginning to seek for the true nature of these influences which lies back of the seeming evil, and to place himself in such an attitude as to agree with rather than resist such influences. In this way their power for "evil" is greatly lessened and instead of responding blindly and with the idea of evil, to every adverse influence, we now respond intelligently with the expectation of learning a needed lesson, and thus instead of being ruled by our planets they become a means of further growth in knowledge of good.

A FABLE. (With apologies to William Walker Atkinson.) Once there was an editor, (or several editors if you prefer it so) who was addicted to the use of certain Pet Slang words. Now, it came it pass that this editor had attracted to herself, through a combination of Mutual Needs, certain Highly Developed, Fastidious, Double Distilled Subscribers, who were good and well-meaning persons, but not yet freed from the bonds which bind the followers of Mrs. Grundy, and also from the bonds of Custom. These Subscribers persisted in writing letters to this Editor, telling her how much they feared for the well being of her Soul, and how Inexpressably Delighted they would be to have her exchange her think-tank for theirs and thenceforth express herself only in accordance with the rules of Lindley Murray and the customs approved by the aforesaid Mrs. Grundy. Now, it happened (only "Nothing Ever Happens") that this before-mentioned Editor was born in the Zodiacal sign Taurus, meaning The Bull, and she was Exceeding Set. Therefore it came to pass that her Dander Riz muchly at the idea of giving up her think-tank and she vowed by the great Horn Spoon that she Would Not. So she kept on using her Pet Slang as occasion offered, and in due time the Good People who had been doing the criticising found that this Editor's Slang was becoming an acknowl-

edged part of the English Language. They accordingly accepted it themselves, and used it in their Daily Lives and all lived happily ever after. "The stone which the builders rejected has become the head of the corner."

PERSISTENCE. I was much struck with the force of the following statement, which I found in Dr. Edwards' book on Auto-Mental Healing: "Faith is a doctrine I never preach, but I always insist on *persistence* in curing, whether it be by Auto-Mental Healing or the Mental Healing of others."

If you PERSIST in your efforts to gain health and success, faith will grow up in time to a point where assurance will be given birth. The one all-desirable quality is persistence because faith will come as a result of persistence. Nevertheless, I believe a person cannot have too much faith in the verities of life.

The quality of persistence will enable you to return to a task again and again and yet again, and in the end succeed, whereas faith alone would not be sufficient to effect such a result. I may have an unlimited amount of faith in my ability to accomplish, but if I do not possess the necessary persistency to induce me to get up and ACT and do something, I shall make no headway.

We all need persistency to keep us from getting into fixed habits of thought and action—into ruts. If you want health and happiness get out and keep out of ruts. You may find it a little hard at first, and flop and flounder a little before you get your bearings, but after a bit your backbone will strengthen and you'll find your general condition much improved.

A rut leads to monotony, and monotony is first cousin to death of the body and paralysis of the soul. Persistency does not necessitate doing the same thing in the same way continually, but in keeping the one end in view and trying many ways to attain it until what seems to be the right way is found.

Let not monotony sour the freshness of your spirit. Retire into the Great Silence for rest and refreshment when monotony seems about to encompass you.

REGENERATION. The regeneration of the physical body can only be accomplished by a process of transmutation whereby that which is now coarse and earthly shall respond to the life-giving vibrations centered in the sun, and take on their quality and power. More energy and force must be allowed to accumulate in the body that the attractive power of the sun may be more fully realized. This process is a growth, and the adoption of fixed habits or rules of conduct will not be effective in promoting the desired result until the individual has ripened to a point where the adoption of a new habit does not conflict too strongly with old desires and habits.

If man is to live eternally without losing consciousness it will be necessary for him to accord with and not resist all chemical changes in the body. He must also become accustomed to functioning on higher planes than he has heretofore known, planes of being where more life, a fuller degree of energy is manifested. Instead of regulating his actions by brute force of physical will, man must come so in harmony with the Great Principle of Being that his will is one with it and resistance is unnecessary.

Continued life depends upon the *reciprocal action* of the higher and lower forces. Man has died because he refused to cooperate longer with the physical body, hence the spirit withdrew. Reciprocal action was no longer possible. In the new life the physical will be changed by the process of transmutation so as to vibrate in harmony with the forces of spirit. There are many teachers at this time who would show the path to regeneration, who would tell you the rules and methods to be observed. Among those who have helpful words on the subject are the writers in "THE FLAMING SWORD," the official organ of Koreshanity. I have been much interested of late in what these writers have to say regarding regeneration. All who are giving attention to the subject have words of truth to utter, and the seed which they are planting will spring up and bear abundant fruit in the fullness of time.

—Life is not a serious business. I am a child and all the world is my playhouse.

—Eternity is a succession of goals to be won—goals set by individual Desire and won by individual effort.

—Of all the journals I have seen the September number of "Agreement," published by F. T. Allen, the astrologer, at 23 St. Mark's Place, Brooklyn, is the most unique. It is eight pages, 8½x11 inches, printed by mimeograph on good writing paper, and is all in Mr. Allen's own handwriting and printing, and *illustrated* into the bargain. Outside the advanced and original ideas

presented, this one copy of "Agreement" is worth a year's subscription, fifty cents, just as a unique work of art. Mr. Allen says he will get out his paper in this form until he can grow money for a printed form, and he will send it to you three months for ten cents, or one number for five cents, but nary a free copy. Success attend him.

—"The Power of Thought in the Production and Cure of Disease," by William H. Holcombe, M. D., is a good thing. Issued by Purdy Publishing Company, McVicker's Building, Chicago. Price 15 cents.

—"I was getting along so nicely in the new thought—life seemed so different. Now the vibrations have left me and I seem to have gone back. What is the cause? Is it my wrong thinking?"

New thought is getting to be an old story to you and your enthusiasm has oozed out—that is all. You have *not* "gone back" and you couldn't if you tried ever so hard. Put new thought, interest, into *what you do* and you will "feel the vibrations" again. Interest is the switchboard of all the vibrations in creation or un-creation.

—"Every month it seems as if surely next month I shall be in better circumstances. But, dear me!—each is no better than the last."

Next month never comes. Get down to business *this month*; *quit making debts mental or physical*; KNOW that NOW you are opulent; *affirm* it 17,000,000 times every day; and one of these fine days you'll wake up to find it so.

—Last month I mentioned Edgar Wallace Conable and his prospective new magazine, "The Path-Finder," and I forgot to give his address. It is Roswell, Col.

—If you want to laugh and see several points read "A Few New Thought Fables" in September "Suggestion." Send ten cents to 4020 Drexel Boulevard, Chicago.

—"The Dream of Physical Immortality" is based upon the assumption of a man who does not know that dreams are realizable; a "learned" treatise which attempts to prove there are things desirable which cannot be accomplished. Author, Axel E. Gibson. Publisher, Baumgardt & Co., Los Angeles, Cal. Price not stated.

—"The Christ Ideal" is one of Horatio Dresser's beautiful little seventy-five-cent, cloth bound volumes that needs no eulogy to recommend it. Published by G. Putnam's Sons, New York.

—"Success, the Key That Unlocks It," by Nancy McKay Gordon, Hermetic Publishing Company, Chicago, is a twenty-five-cent book full of high thought and inspiration.

—"Auto-Mental Healing" is a dollar-book by Dr. Paul Edwards, 151 West Forty-fifth street, New York—editor of "Mental Advocate." In this book Dr. Edwards tells in simple, direct language *just how* to heal yourself, and explains clearly and concisely the principle behind all healing. The book is not large but it is complete, and there isn't a foggy statement in it, nor a bid for you to pay him for doing what he tells you how to do.

—"I intend to recommend 'Just How to Wake the Solar Plexus' as a sequel to my 'The Lost Word.' The latter explains *why* the Plexus should be waked from the usual state of *self-hypnosis*, or *imagined evil*, and the former explains explicitly *how* to do it."—Carrie Darling McLaughlin, 1325 Twelfth street, N. W., Washington. ("The Lost Word" sells for thirty cents.)

—"Poems of the New Time," by Miles Menander Dawson is a tasty volume in green and red, issued by the Alliance Publishing Company, 569 Fifth avenue, New York, price \$1.25. Note the beautiful poem at the head of this NAUTILUS, and you will see that Mr. Dawson is well worth reading by every lover of truth in rhythm and rhyme.

—"You cannot know anything of the sources or causes of the crisis you are judging, for no one who knows will tell you, and you would not know if you were told. The depths of elemental immorality, of self-deceit and revenge, lie in our eagerness to judge one another, and to force one another under the yoke of our judgments. When there is the faith of the Son of man in the world, life will be left to make its own judgments. The only judgments we have a right to make upon one another is the free and truthful living of our own lives."—George D. Herron.

The Success Circle.

Treatment for Business Success Only.

Daily I speak for each member of this Circle the Word of success. Any man or woman is eligible for membership who is engaged in business, or desires to be. Any woman who is a helpmeet to husband or son is partner in business and may join the Success Circle, either with or without the other's knowledge, and receive its benefits for both. For obtaining best and quickest results read daily, night and morning, the letter to the Success Circle, printed below. No special hour for receiving the Word is necessary. It is with each member and works night and day, feeling or no feeling, until it manifests that for which it is spoken. The fee for one year's membership is one dollar—fifty cents for registration and fifty cents for "The Nautilus," in which appears the monthly letter to the members. This must be paid in advance. Additional members of the family LIVING IN SAME HOUSE may be registered for fifty cents each. If at the end of the year you are not satisfied with your progress, upon request accompanied by a return of the receipt slip sent you when you joined, I will refund the fifty cents registration fee.

"O, I could sing such grandeurs and glories about you!

You have not known what you are, you have slumbered upon yourself all your life."

—Whitman.

And now you are waking! The sun is rising, and every moment shows you new points of interest, new heights of power in yourself. They were all there, even in the night when you could not see—when you slept upon your powers, oblivious. Now the light is breaking. You rise and stretch yourself. You rise up and take long, deep draughts of life, of light, of God-breath. You thrill with new energy and ideas, and fresh realization that all desirable things are possible. You RESOLVE again, and go in to win. You grow more interested in working out the ideas that are born within you. You choose one idea and work it out NOW. You make a finer success of this hour, of this piece of work, than you have ever before made of any hour or work. You joy in your success NOW. There is no past; there is no future. There is NOW, and it is full of SUCCESS.

—One reason why folks stay poverty stricken, even after they think they have "got into the new thought," (the new thought hasn't got into them yet, however) is because they will persist in thinking and acting out the old ignoramus notion that spending money makes one poor. That idea is standing on its head. The fact is that hanging on to dollars makes one poor. It stops the circulation, and wealth, plenty, is free circulation. The mental grip that squeezes a dollar until it is just forced through your pocketbook, keeps any more dollars from getting in. Let go—let go. When you decidethat you want something, why let your dollar slide and KNOW that for every one sent out freely, willingly, two will come in. Maybe more. But gradually you will get a good circulation established where before there was only a mental grip. Let go—LET GO—let the dollars go, and wing them with a blessing. "Arteries of trade" is no idle metaphor. And the capillaries are in the individual pocketbook. Let the money-blood flow freely. It's the only way to prevent disease.

—Why should I try to "vindicate a principle?" The only effectual vindication of a principle is its use. The attempt to defend a principle simply impeaches its immutability and convinces nobody. The doer shall know.

—"Some day it will be announced by the colleges that the world is run on 'jolly.' Then shall we have chairs of Blarney for the development of attractiveness in the youth of the universities.

"There is as much energy in an ounce of 'jolly' as in a pound of beefsteak. Fact.

"What is love? A terrific jolly, whereby a man is so lifted off his feet that his head is in the sky, and swells accordingly.

"What is success? The reward of jollying.

"What is ambition? Self-'jolly'.

"What is attractiveness? The effect of jollying others.

"What is health? A harmonious and mutual 'jolly' on the part of the atoms of which we are composed."—Sydney Flower in "Suggestive Therapeutics."

—If you have not yet seen Rev. S. C. Greathead's "The Breath of Life" you should send ten cents for the September number. It is far ahead of any previous number and its teachings are invaluable. Address the editor at Clifford, Mich.

—"Your Word has done wonders for me."—C. C. * * "I am very much pleased to tell you S—has got along so well since I put her in

your Success Circle."—A. * * "We are just through with the harvest. Our crops are good this year and I think we owe it all to the Success Circle—failure four years in succession until this year."—J. O. * * "The friends who have joined the Circle through me (six) have all had success and to-day I send another. And I have had money I never dreamed of."—E. * * "My business has prospered during the past year."—L. * * "I have had good success since being in your Circle and am much more courageous and fearless."—S. * * "Last year was one of the busiest and most successful for many years and I want the word to continue."—E. * * "I joined the Circle last year because I wished more music pupils, and all last winter I was kept busy teaching and had more pupils than I ever had before."—A. T. * * "I have had fine success ever since I joined the Success Circle."—A. * * "I want to tell you again that your Word has been, and is, a constant uplift to me. The words on the little slip you sent me when I first joined the Success Circle—'Go in to win and stick to it'—went straight to my heart, and the spirit of them has been my guide and 'backbone,' until now everything is all right."—M. * * "This has been a successful year with us—what I desired has come."—R. * * "I wish I could write you some wonderful thing that has happened since I joined the Success Circle. I haven't had my salary raised, or anything remarkable, but one thing I have learned—to do hard things much more easily, and that is something, isn't it?"—W. * * "When I joined the Success Circle a year ago there was a heavy mortgage on my home. That is long since paid. I could write several pages of benefits derived from being a member of the Circle and a reader of NAUTILUS, the biggest little paper of its kind on earth."—M. D.

P's AND Q's TO BE MINDED.

—The Nautilus, monthly, 50 cents a year. A postal card will bring it and you may pay the 50 cents at your convenience. If, after a fair trial, you do not like it, a postal card will stop it.

—I speak the WORD for health, happiness and success and I charge nothing for doing it. You may come to me in the silence and receive what you will and welcome. But my time is money. If you want me to read your letters or answer them you must pay for my time, stationery and postage stamps. See that your letter contains at least one dollar and it will be promptly attended to.

For particulars regarding the Success Circle see upper left hand corner of this page.

—You will save me, and perhaps yourself, a lot of trouble if you will state whether you are renewing subscription, and how many copies of The Nautilus you have had, if any.

—If you want me to acknowledge receipt of sums less than one dollar send self-addressed and stamped card or envelope.

—Give FULL name and FULLEST address IN EVERY LETTER.

—My "Constitution of Man" is a full statement of mental science and cosmogony. Fifteen chapters, bound in green and gold, with my picture, price 50 cents.

—I have just published a new book for 25 cents—"Just How to Wake the Solar Plexus." This gives original, clear, concise and most practical directions for developing Self, controlling the emotions and thoughts, and directing the energies for the healing of body, environment and purse; for yourself and others.

—"Just How to Cook Meals Without Meat" is the *multum in parvo* of cook books up to date. My own experience and conclusions, with many original recipes. Price 25 cents.

Address all orders to
ELIZABETH TOWNE, Holyoke, Mass.

—MR. G. OSBOND, Scientist House, Devonport, Devon, England, is agent for The Nautilus and my books.

I want you to learn all about the

J. B. L. CASCADE.

Its use promotes health and induces longevity. A most wonderful remedial agent. It will appeal to your very highest sense of cleanliness. A 16-page descriptive pamphlet free for the asking. Address WM. B. MOYLE, No. 117 W. Ohio St., Allegheny, Pa., U. S. A.

A NEW BOOK by Chas. W. Close, Ph. D.
The Value of Esoteric Thought and The Philosophy of Absent Healing.

Explains the secret power of thought and the influence of thought atmospheres, and gives a rational explanation of how absent healing is effected. Paper, price 10 cents, silver, or 12 one-cent stamps. It will be ready for delivery Oct. 1st. Order of CHARLES W. CLOSE, Phrenopathic Healer, Dept. 8, No. 126 Birch St., Bangor, Maine, U. S. A. Send for a free copy of the Twentieth Century Physician, containing a special offer to the sick.

JUST HOW TO COOK MEALS WITHOUT MEAT

Is the *multum in parvo* of cook books. Just what you have missed in others, you find in this, and lots besides. Send 25 cents for it, to the author, ELIZABETH TOWNE, Holyoke, Mass.

FOR RENT. A pretty, hard-finished house of seven rooms, in beautiful Redwood Grove. Fine water, plenty of fruit, air like new wine, Summer and Winter. 1½ miles from R. R. Station; 3 hours from Oakland. In good neighborhood. Near church and school. Price \$12 per month. Address: MRS. AMELIA E. WATSON, Wright's, Santa Clara Co., Cal.

INTEMPERANCE,

ITS SCIENTIFIC CURE AND MASTERY.

Natural, normal, mental and physical methods. Letters of personal instruction and advice, \$1.

Send for Caroline Wheeler's wonderful little book, "The Transformation of Evil." It strikes the key-note. Price 25 cents. Address, MABEL BURNHAM FACE, Hyde Park Station, Chicago, Ill.

A GUIDE TO ASTROLOGY.

BY FREDERICK WHITE.

This is a book of 111 pages (bound in paper covers) containing full instructions for casting and reading a horoscope, for judging the mental qualities, disposition, financial prospects, marriage, health, travel, speculation, etc. The author of this work has a fine reputation for being an expert and accurate astrologer. With each book is given an Ephemeris for 50 years and blank chart for horoscope. Price for the complete outfit as described above, 50c. Address: WILLIAM E. TOWNE, Dept. 1, Holyoke, Mass.

LIFE'S GREAT HEALING LAW.

BY DENISE HERENDEN.

This book treats of self healing by auto-suggestion. It shows how incomparably greater is the Law of Life than weakness and death in every form. It proves that the Law of Suggestion rules the world, and shows how it operates. This book is very clear and explicit. Following is a partial synopsis of the first four chapters: The Laws of Nature—The One Law—The Universe is Governed by Law—The Law of Healing—Man's Place in the Great Whole—The Kingdom of Man—Nature's Laws in Man—Man's Unlimited Powers—A Most Important Truth—The Tendency of Life to Heal—How Life Heals—Birth and Growth of Individual Consciousness—The Wrong Suggestion—The Right Suggestion—The Process—The Office of Reason—Real Healing—The Law of Suggestion—Power of Imagination, Etc., Etc.

Life's Great Healing Law contains 140 pages. It is nicely bound in sage green (cloth) covers, stamped with gold. Price \$1.00. Address: WILLIAM E. TOWNE, Dept. 1, Holyoke, Mass.

YOU CAN FILL YOUR LIFE WITH JOY

IF YOU WILL READ

SEVEN ESSAYS ON THE

"ATTAINMENT OF HAPPINESS"

BY KATE ATKINSON BOEHME.

Subjects:—REST, THE UNIVERSAL HEART, THE UNIVERSAL MIND, THE CONQUEST OF DEATH, IMMORTAL YOUTH, THE SECRET OF OPULENCE, THE SECRET OF HEALTH AND BEAUTY.

Thousands of readers are testifying to the wonderful power of these Essays to uplift the mind and lead to mastery of adverse conditions. Price \$1.00.

They bring HEALTH AND PROSPERITY.

Address WILLIAM E. TOWNE, Holyoke, Mass.

GET MORE ENERGY

Physical and Mental. Prolong youth, brain and bodily elasticity. Eradicate hereditary traits. Live in harmony with the laws of life now and here. Understand the principles underlying all phenomena. Master every-day problems. Learn to manifest the Sun instead of the Earth or Moon forces. Be successful. EVOLUTION OF THE INDIVIDUAL tells how. It is the most helpful, practical book upon the conservation of energy, and marks an era in the application of law to the development of the mind.

Helen Wilmaus says in "Freedom": "Dr. Doud in this work has laid the foundation of a new departure of gigantic magnitude. He who hesitates to send a dollar for it is defrauding himself of more than he is aware of."

12 mo, cloth, green and gold, price \$1.00. Address: WILLIAM E. TOWNE, Dept. 1, Holyoke, Mass.

FROM ONE OF MANY.

"Dear Mrs. Towne:—I enclose Josephine Knowlton's incomparable character reading of me. It's FINE. The BEST I ever saw. She is the 'Real Thing,' isn't she? O, I sent for it because you recommended her some three or four months ago."—W. C.

These CHARACTER READINGS are from the colors in the name. Send full name and mother's maiden name with \$1 and two 2c stamps to JOSEPHINE KNOWLTON, 351 N. 3d St., San Jose, Cal.

A GOOD INVESTMENT AND A SAFE ONE

is the stock of THE FLORENCE OIL COMPANY, at 10c per share, fully paid up and non-assessable. The Company is on a sound basis, managed by practical business people. The proposition is a good one—a sure money maker. Our lands are located in a direct line from the famous gushers at Beaumont to Sour Lake, 11 acres which is located Northwest of the famous Lucas Gusher, and we are sure that the insertion of the drill is all that is necessary to develop oil. Drilling will commence as soon as we can get our machinery on the ground.

Take Advantage of This Opportunity To-day. The capitalization of the Florence Oil Company is \$100,000. The company reserves the right to withdraw its stock from the market without notice. Prospectus giving full particulars will be promptly mailed upon application.

In ordering stock send money order or certified check to C. L. EDMISTON, Sec. and Treas., Crockett, Texas, or MRS. E. A. CRAIG, Pres., Waco, Texas.

THE ART OF ATTAINMENT



Taught by mail. A scientific system of practical self-culture which unfolds latent gifts and develops body and mind to the highest possible degree of excellence, insuring great mental power and a magnetic personality. Valuable Book, 10 cts. Circulars free. URIEL BUCHANAN, DEPT. G., BOX 210, CHICAGO, ILL.

JUST HOW TO WAKE THE SOLAR PLEXUS.

"Your book on the Solar Plexus is a most excellent production—the best thing on the subject which it has been my pleasure to peruse. I cheerfully recommend it to all students."—Prof. Zach Shed, Arapahoe Bldg., Denver.

"The knowledge derived from the Solar Plexus book is renewing my youth."—Milan Doane, Creswell, Ore.

New and enlarged edition. YOU NEED IT. Price 25c. ORDER TO-DAY of the author, ELIZABETH TOWNE, Holyoke, Mass.

THE MENTAL ADVOCATE

Published by DR. PAUL EDWARDS, at 151 West 45th Street, New York City, is the most profound health journal of the age. It gives the clearest possible directions in self-healing, and the healing of others. One subscriber writes: "You should certainly get 25c instead of 10c per copy for

THE MENTAL ADVOCATE.

It is worth it." If you wish to understand the nature of your sickness, get this journal. It teaches exactly what will interest YOU. It is the peer of any metaphysical journal of America. \$1.00 yearly.