

# THE NAUTILUS.

Devoted to the Art and Science of Self-Expression.

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."

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ELIZABETH (STRUBLE) TOWNE,  
HOLYOKE, MASSACHUSETTS.

No. 2.

## ALL IS WELL,

### A ROUNDEL, RESONANCE.

"Awake! Psaltery and Harp!"

All is Well! Let not vain fears so soul-deceiving,  
Vanquish the fainting heart, or Hope's sweet  
whisper quell,  
See! In Time's Silver Web the Golden Motto  
weaving:

"All is Well!"

Declare Identity, and every doubt dispel.

"I AM MY GOD:" thus cry, Thy might up-  
heaving.

"I AM MY KING:" speak out this Splendid  
Spell.

Relinquish reverence, ruin's rule retrieving,  
Renounce humility, thro which the Angels  
fell,

Know now Thy Greatness, in THYSELF believing,  
ALL IS WELL!

THE MAN FROM VENUS.

## THE QUICK AND THE DEAD.

A man in New York City wants to know what  
difference there is between the new thought and  
the old Stoic philosophy.

There is the same difference that exists between  
a live man and a dead one. And it is about as  
easy to explain the difference in one case as in  
the other.

All those ancient fellows taught the form of  
much that we are thinking to-day. Their Pan-  
Theism is our "God is all." And they chanted  
"Resist not evil."

But their hair-splitting ethics were devoted to  
drawing the line between good and evil. They  
were Dualists of the deepest dye. Evil was a  
Reality to them both within and without. "Af-  
flictions" were sent by whatever powers there  
were, to harden their mental muscles. There was  
no love in it, no "attraction" of the afflicted for that  
peculiar affliction. The universal God was sim-  
ply an omnipotent machine for trying a man's  
nerve—to see how much he could stand.

Pleasant things they deemed snares. He who  
yielded to sensations of enjoyment consented to  
his own destruction.

They had learned even in those days that each  
motion is made, each sensation of grief or joy is  
experienced, at the expense of thousands of cell  
lives.

Stoic knowledge so far as it went agrees with  
ours of to-day. But their deductions from that  
knowledge were far short of the mark.

They constructed the skeleton of our new  
thought and for this all credit is due them. With-  
out them we are nothing—"without them we  
should not be made perfect."

Gradually, in these centuries since Zeno and  
Chrysippus, has their skeleton been clothed with  
flesh.

And now comes the New Thinker who breathes  
into these old, old forms the breath of life; and  
behold, a new and vital philosophy.

The Stoics felt the bones of Truth. We SEE  
her beauty and FEEL her warm spirit.

We smile with her and rejoice.

Zeno felt the sharp corners and endured blindly,  
determined not to feel.

Zeno compacted himself and bade the Pan-  
Machine play football with him as He would.

The New Thinker who is the New Lover, lets

go himself and meets God, "Fate," with smiling  
face and trusting heart. And Fate smiles back  
and loves, and tosses him as a fond father does his  
playful baby. And, like the fond father, Fate is  
ever mindful that he lands in warm and safe and  
loving arms.

Zeno was a mighty rock in the midst of a rush-  
ing stream. Stanch he stood and held himself  
together that the force of that stream cause not a  
quiver; that the shock of what was hurled against  
him move him not from his foundation. He re-  
sented not these buffetings—why should he re-  
sent what made more manifest his Power and ten-  
nity?

Zeno called this "nonresistance."

But Zeno was overturned at last and tumbled  
among the other stones in the bed of Life's  
Stream.

He disintegrated.

By and by the Stream changed its bed. Grass  
sprang up where the stream had been. Some of  
Zeno's remains were assimilated by the grass.

Cattle grazed where once the stream ran.

Men ate the cattle.

So Zeno, disintegrated by action of the Stream  
of Life, was scattered to the four winds of earth  
and re-incorporated time after time.

So some people say.

At last came the New Thinker with Zeno in his  
veins and brains.

The New Thinker is not a great rock in the  
Stream of Life.

The New Thinker is a boatman—a NAUTILUS.

Instead of enduring the Stream and breasting it,  
the New Thinker glories in it—rides it—vibrates  
with it.

The New Thinker enjoys the Stream.

He rejoices in the knowledge of the Great Ocean  
to which it is sweeping him—the Ocean of Eter-  
nal Life, which he means to explore.

The New Thinker doesn't get scared, nor re-  
sentful, nor despairing when he sees himself be-  
ing whirled toward a rock in the stream—another  
Zeno mayhap.

No, he rejoices in his own power. He hoists  
his little sail, tacks happily to one side, and with  
a cheery salute sails by.

Our New Thinker keeps his eyes open. It's all  
fun to him. He knows he can sail around any  
Difficulty or Prejudice that ever reared its  
head.

If he can't sail around him, or a storm brews,  
he can fold his sail as the Arab folds his tent and  
sink down, down, down into the still depths and  
ride under the obstruction and out of the storm.

The difference between the old and the new  
points of view is the difference between the rock  
and the boatman. The one maintains itself  
against the Stream of Life, the other IS and goes  
freely with the Stream, whilst he enjoys steering  
himself intelligently.

See?

\* \* \* \* \*

It is true, as Zeno taught and modern science  
demonstrates, that enjoyment as well as pain  
works death in the flesh.

But death is the gate to more life. The spirit of  
each dead cell reincarnates on a higher plane.

Zeno was too materialistic to see Life.

## POINTERS.

Ella Wheeler Wilcox, many of whose poems  
have been printed in the NAUTILUS, has a very  
practical way of applying mental science to every  
day affairs. She is one of the world's real edu-  
cators. In the "New York Evening Journal" of  
October 23 is an article of hers which I should  
like to reprint in the NAUTILUS—an answer to a  
man whose wife is a victim of petty jealousy and  
who wants to know what he is to do. Mrs. Wil-  
cox lays down the only scientific law for him. If  
you are "tied up"—literally—to man or wife you  
should read what she says. If you are one of  
the jealous ones you should read and heed.

And by the way, Ella Wheeler Wilcox is not  
the only good writer for the "Journal." The ed-  
itor is a great factor in the world's evolution.  
Yes, he is. The "yellow journal" may be sensa-  
tional but it is progressive and represents what is  
newest and cleanest in politics and ethics and  
what is most practically helpful to-day. Read  
Hearst's "Yellow Journalism," October 24.

In all he writes Hearst is not only up-to-date  
but he sees truly the trend of events toward that  
which is "better, best." I like him, and I am  
glad he succeeds so wonderfully. You may de-  
pend, success is to him who wins it; to him who  
puts forth continuously intelligent effort.

I used to read Hearst's papers when I was away  
on the other side of the United States. Since I've  
moved up next door to him I read the "Journal"  
pretty regularly—for me. Last month I quoted  
Fitzsimmons' directions about breathing from the  
"Journal."

And by the way, some fellow called Walter  
Hale, who hales from Boston, wrote me the sas-  
siest scrawl I ever saw, all because of that Fitz-  
article of mine. I'd be ashamed to print his let-  
ter outright—it would grace the page of a five-  
cent "yellow back." Suffice to say he accused  
me of "stealing" the entire article from the  
"Journal." He is a one-horse biped who couldn't  
realize that the "Journal" is like the Bible—so  
well known that it don't need mention. He im-  
agines Mr. Hearst capable of the same petty jeal-  
ousy and "righteous indignation" he so virtu-  
ously felt when he read (?) my article and the  
quotation. He made me smile.

Some men have nothing to do but quarrel with  
what other people do.

But whilst I am talking "yellow journal" I  
might mention some other articles I like. In the  
"Evening Journal" of October 29 Ella Wheeler  
Wilcox says some helpful things about that half-  
true old saw, "Fortune knocks once at every  
man's door." And in the November 9 "Journal"  
the editor writes practically and inspiringly about  
success and succeeders. The price of any of  
these papers is a penny and "New York Evening  
Journal," New York City, is the address. That  
illustrated Fitzsimmons article appeared about  
October 10, but I do not remember the exact  
date.

\* \* \* \* \*

P. S.—Every parent ought to read Hearst (or  
whoever writes these editorials) on "Stupid  
Training of Children," in the "Evening Jour-  
nal" of October 5. Also he should pay ten cents  
at some news stand for a September "Strand Mag-



azine" and read the illustrated article about "The Cleverest Child in the World," by Prof. H. Ole-rich, who adopted "Viola," a cry-baby of eight months, and LET her develop according to nat-ural methods—the methods that are now being evolved. This article is an eye-opener, and every mother or father who wants to do the best by the little ones will be helped in reading.

### PERSONAL MAGNETISM.

"In re Mr. Towne's advertisements of books on magnetism, I would like to ask the object in studying magnetism when we can by developing the I AM or spiritual faculties go entirely above all personal or human or physical action or planes."

When you "go entirely above all personal or human or physical action or planes" you'll be a ghost, with neither power nor volition, and only semi-conscious.

It is the development of I AM in the human, personal, physical, which IS power, wisdom, consciousness. *The physical is consciousness; is power recognized.* Personal magnetism is "spiritual power" focussed and directed. It is thought prod-uct.

The more *positive* a man's thought the more powerful his magnetism; the "higher" he thinks the finer and more subtle and penetrating is his magnetism.

Man and his magnetism are one and insepara-ble.

If a man thinks correctly and progressively and positively his magnetism will take care of itself without any studying. He doesn't have to un-derstand the construction of his liver in order to have it secrete bile properly. He does not have to be an electrician in order to touch the button.

But if he knows something about his liver and his electric apparatus he KNOWS more and *thinks with greater accuracy.*

*And he is in position to see places for improve-ment and to invent the improvement.*

Man is a microcosm. In him are all things and it is well to know himself.

But there is no "ought" about it. The time to study personal magnetism, or anatomy, or elec-tricity, or the alphabet, *is when you have gen-erated a desire to.*

So the reason for studying magnetism is that *"I desire to."*

Which is The Law's reason—the good reason for anything.

Fear is the great man-killer. Ignorance is the "Father-Mother" of fear. Every new thing that you learn puts a spike in the coffin of Ignorance and buries a brood of Fears.

So the object in studying magnetism is the ob-ject of all other effort—i. e., growth in "wisdom and in knowledge." No selah.

—Sweetheart, *please* don't send me any more stamps.

—For my terms, directions, etc., see page four.

—"One member of the Success Circle said to me, 'It helped me to *dare* to demand my price and get it too.'"

—"My sister is improving under your treat-ment and *I feel so delighted.*"

—My new book is going off like hot cakes—at the rate of 130 or 140 a week. I knew it would for it's just what everybody wants. The first re-turn I had in the way of comment was this, from a man down in Hartford: "Enclosed please find \$1.00 for four copies of 'Just How to Wake the Solar Plexus.' The first came yesterday and it is great—just what we all need." Here are some of the other things said about it: "Am in receipt of that wonderful brain vibrator you call 'Just How, etc.' It surely contains the most thought piled up in the smallest space of anything that has met my eye."—"Three cheers in the Silence for the INDIVIDUAL who wrote it and three more

for the inspiration it carries with it."—"It is a wonderful stimulant. I wish I could tell you the great help it is to me." If you haven't sent for it yet write now. Read it every day for a month; practise every day for a year; and you will rejoice for the rest of eternity.

—"Can you give any instructions how to develop Magnetism by holding the limbs taut or rigid? Would this practice be beneficial or exhausting? Please answer in NAUTILUS."

Any practice for any purpose is GOOD; unless carried to extremes. "Observe moderation in all things" is the silver rule—but it's 16 to 1 if you practise it. Well, no matter—you will recuperate in due time anyhow, wiser by the experience.

—If you are interested in Bible study you will enjoy Dr. Gibbon's "Heart of Job," and you can get it for \$1 of the Universal Truth Publishing Company, 87 Washington, Chicago.

—One reader protests against our eliminating "Dear Sirs" and "Yours Truly's" from our corre-spondence. He says we have all eternity to write in and the American nation is in disrepute now for being in too much of a hurry to be polite. So he wants me to reconsider. Well, there is truth in what he says and I must confess I don't drop these superfluities religiously because I can't always express cordiality—express LOVE so that the other fellow will recognize it—without these forms. William says I am always breaking my own rules. But that is because I've one basic Law I must be true to—*my desire*; which is mod-ified by circumstances. My dominant desire, and my WILL, are to EXPRESS LOVE, the real *spirit* of love that "maketh alive." "The letter killeth"—the spirit leaves it. In other words forms are merely forms, with life dying or ex-tinct. Therefore, I eschew them as much as pos-sible. But when I can't make a letter cordial, because the one to whom it is written can't re-ceive love except through ceremonious channels, why, then I give it to him in "Dear Sir" and "Yours Truly" forms. I don't like formal letters myself—they are cold and dead and I want to bury 'em in the waste basket or warm 'em up in the grate. "Dear Madam" makes me feel like a funeral procession. And "Yours to Command" makes me want to clean up the mess where the "mush of concession" spattered. But this month I've had a new experience. Some of my readers and friends, tried to *follow our example* instead of *expressing themselves*. I received several letters like this: "Elizabeth Towne, enclosed is 25 cents for which send your Solar Plexus. John Smith." A letter like that made my spinal column a race track for the whole Cold Shivers tribe; not to mention an involuntary clutch to hang on to my Solar Plexus. You see, the reason is that that letter is just as formal, dead, as the old "Dear Madam" kind, and it hasn't the merit of being the corpse of a *love-expression*, as the latter kind has. Wherefore I have deduced this "rule" for my own letter writing: Express cordial Good Will, without forms if you can; but use forms if you must.

—"Auras and Colors" is "an Esoteric System of teaching concerning Halos, Aureolas and the Nimbus." It is interesting, scholarly and may be had for fifty cents of the author, J. C. F. Grum-bine, 1718 West Genesee, Syracuse, N. Y.

—The wind moans and sighs and whistles and the buffalo robe is seen in the carriage. The jan-itor fires up and Jack Frost flees. Man putteth on his extra clothing and the tree sheddeth what little he had. Cold contracteth all but the plumber and the coal man. But the flowers will bloom in the spring, tra la.

—"The Key to Magnetic Healing" is a new book on "Weltmer method," by J. H. and Emilie Strasser. It is a clear and concise text book and gives not only the history, theory and general application of the method, but it gives

details for treatment of each special kind of dis-ease. I believe the book is good and reliable and cheerfully recommend it to anyone who desires a working knowledge of this particular method of healing. Can be had of the authors at New Ulm, Minn., where they have an Institute of Healing. The price is \$5.

—I am in receipt of a copy of Charles B. New-comb's new book, "Discovery of a Lost Trail." It is all beautiful within and without. Newcomb is a fine writer, with an aptitude for so stating truth that his compact and beautiful expressions find willing niche in the reader's memory. We read him over and over, as we gaze often upon a beautiful picture or statue. His new book is his best. It may be had of Lee & Shepard, Bos-ton, for \$1.50.

—I felt "hurt" once, and made a discovery. Whilst I felt "hurt" I got interested in doing something. Next time I thought of the hurt it wasn't there. More than that, I couldn't bring back the hurt feeling no matter how I tried. The cause itself seemed foolish to me. Wherefore I cogitated thusly: When I was feeling hurt I was negative—that is, I was *acted upon*; when I *began to act* I ceased to be acted upon. Therefore the cure for feeling hurt is to "do something for somebody quick," and be sure to do it with a WILL. For a relapse, do something else. The remedy will work more quickly if you do some-thing to *please* the one who "hurt" you. The remedy will work still more quickly if you will stand straight up and take three long, deep, *very* slowly and smoothly exhaled, breaths, before you do anything. \* \* \* But the trouble is that we generally don't *want* to get over feeling hurt until the offender is brought to a proper realiza-tion of the enormity of his offence!

—"I have always had a very decided opinion about divorces. It is not the 'preacher's mum-bling over two people,' but the *promises* of the man and woman which bind them everlast-ingly."

If promises "bind everlastingly" then they are *made* to be broken, for binding means death and Life shall burst asunder every bond. Promises to "love, honor and obey" belong to the dark ages. No man or woman *can* control his love or honor, and he'd be a fool to obey the caprice of one he *cannot* love and honor. So his promises are better broken than kept. Another thing; it is neither priest nor promise which has power to bind. *The BELIEF in bondage is the only bond-age.* Just convince a man that he is not bound and see how quickly he will prove it. Divorce, like every other bursting-asunder, is an effect of growth.

—You don't like your present work, but you don't know what you want to do instead? Well, excel in your present work and keep steady men-tally until you *do* know what other thing you want to do. Then go at it.

—Did you ever notice how many times a happy vacation or a "real good time" is followed by a sick spell? The change stirred up the sluggish energies—made sluggish by going half asleep over what you are doing—and the new vitality just stirs around inside and cleans out the rub-bish. Then you think you are overtaken by "evil." You are not. You've stirred up the Good and Life is casting out the dead. So rejoice and be exceeding glad. Hereafter don't drop into that half-dead, routine way of working. Wake up and GET INTERESTED. Have a good time *every* day and in everything, and you won't get sluggish and have to have civil (?) war to clean up the body politic.

—"The Labor Record" is a breezy new bi-weekly paper published by R. L. Ziv at 729 Main, Joplin, Mo.—"An Exponent of Facts," un-tinctured with gall and wormwood, blood and thunder. Give Ziv a call.



## INDIVIDUALISMS.

BY WILLIAM E. TOWNE.

\* \* Mental Science seeks to make people happy by teaching them the principle which lies back of happiness. It does not seek to accomplish this object by external methods, but by bringing man into compliance with the law of happiness.

\* \* I believe that a stream cannot rise higher than its source, and that any advancement in the condition of mankind as a whole must come through individual growth and development.

\* \* This is what all systems of philosophy and religious cults have been trying to do, but they have been working in the dark, as it were, on the unconscious plane.

\* \* Mental Science not only seeks to cure disease, but to banish permanently fear of inharmony in any form and restore man to his primitive state of perfect oneness with the Law of the universe, where he will instinctively make a correct application of the principles of being. With the development of reason man began also to doubt and fear, consequently he grew away from that condition of perfect trust and reliance upon the Law of Life, which characterized the earlier stages of his growth—the animal stages. To again bring man into harmony with the Law, upon an infinitely higher plane, is the object of the New Thought movement.

\* \* "Thou shalt have no other Gods before me." There is a great basic truth expressed in this quotation, which is more or less familiar to all students of the occult. The writer of that command is voicing the Creative Principle of life, that which constitutes the vital part of all that exists. His object was to emphasize the necessity for going to the very fountain head for wisdom and inspiration. Man has not yet reached out very far on the broad, universal stream of life. The things which inspire within him the vital spark of desire are very limited. It may be his business relations, his home and family, or the desire for political honor and preferment which furnishes the mainspring for his actions. But whatever it is, if it be in the external world, before he can know *life*, that life which is eternal, which neither comes nor goes but simply IS, he must cease to lean on these outward forms of the inward Principle, and stand alone for a time with the Great Cause—the Law which lies back of all outward manifestations.

\* \* All life is based upon Principle or Law. You are either in harmony with that Law or resisting it. If you resist anything or anybody in the sense that you do not fully grant them all the rights and privileges which you enjoy, then that resistance will cause re-action which will result in some form of disease or inharmony for yourself. If you desire to be happy, get into harmony *with* your environment, and act *with* the Law of your being instead of resisting it. The Law upon which all things are based is absolutely good and just NOW. Goodness and justice are in reality nothing but relative terms invented by man. Inharmony is only a shadow which your resistance casts between yourself and the divine Principle of life. As the sun shines steadily on, in spite of all obstructions to its light, so the Law of your being is forever perfect, however much your perceptive faculties may limit it.

\* \* Say, what do you want to be a conformist for? Does not conformity mean stagnation and death? Self-expression within your own sphere of activity in your own manner is life, LIFE. The great Emerson truly said, "whoso would be a man must be a nonconformist."

—"Mystic" of Santa Monica, Cal., writes me a long, solemn protest that reminds me of "She" of Haggard creation. "She" admonishes me in funereal tones against presuming to say that "It is not the British Big I which is to blame for the conditions in starving India, but the Indian little I." "She" says: "You are denying them the sympathy which their astonishing self-control entitles them to in tenfold measure." Astonishing nothing! It is sheer ignorant inertia which sits on its bones and starves in the midst of plenty. Patience is a vice when it dumbly submits to what can be changed. I sym-path (same state or vibration) *not* with that which is undesirable. I "speak the Word" for the whole world; I cheerfully help every individual whom the Law brings into touch with me; but get down into that sentimental gush and slush called "sympathy"—*never!* Not on your life. Because India prefers

the mire to meat-eating or war is no reason for my settling mentally into a like state. I shall *positively* stay OUT. By and by those Indians will catch my vibrations and *get* out. \* \* \* No, "Mystic," you are a blind leader, but I AM no follower. "I AM the Way, the Truth and the Light" and even in Indian darkness I AM with you. Wake up and know the Truth that is *freeing* India.

—Brace up and snap your fingers in the face of Fear and he will tuck his tail between his legs and skedaddle like a frightened pup.

—"The Evolution of Modesty" is a five-cent booklet by Jonathan Mayo Crane, published by M. Harman, 507 Carroll avenue, Chicago.

—Remember to say "NAUTILUS" to Lloyd Jones, 156 Washington, Chicago, and get a sample copy of his new "Journal of Magnetism." It will be good.

—"I cannot say, as one of your friends did, that the Word has brought me so much business that I am tired out. In fact, July and August, so far, have been very dull months, from a financial point of view. But you have taught me to listen to my thoughts, and they tell me to 'stick to it' and 'plan to make ends meet, and they will.' I have no more worry if work doesn't come to me as fast as I hoped for, and that gain is worth more to me now, perhaps, than money. *And I am aiming higher than I ever dared before.*"

Good! Success is *growing*. The one who wrote that the Word brought so much work, writes again that "The Word is certainly bringing me a great deal more work."

—"I have something of importance to ask you: How can I build a house and not go into debt for it? I have two pieces of property and intended to give one of them to a party who would do some of the work for me. Then I could borrow, perhaps, a thousand or so of a bank or loan association, and thus build the house. But you and Tom Shelton have said so often: 'Debt is the Devil' that I don't like to build under such conditions."

If you haven't yet learned that debt is the devil I presume you will have to make his acquaintance. Well, he is a tip top teacher. \* \* \* Don't you know that only a fool or a knave advises people how to attend to their own affairs? Nobody but *you* can solve your problem. If I were to say anything it would be, "What in thunder do you *want* to own a house for anyway?" What do you want to grow fast to one spot for? \* \* \* Oh, well, all that is none of my business. Just you make up *your own* mind what to do and how to do it, and be mighty certain you don't follow some other fellow's advice. If you want a house badly enough to make you willing the devil shall lead you around on a string for two or three or a dozen years or so, why, build the house. If you get sick of the bondage you can throw up the house. \* \* \* You *can* do what you WILL to do. Meander all around the matter on a journey of observation; *decide*; go to work with quiet, steady WILL; *keep* at it, *never minding* ups and downs. My Word is with you for RIGHT DECISION and the accomplishment of your undertakings.

—It is time enough for you to own a home or any other frill when you are making so much money that the frill won't own you. See? This hankering after a home of your own is, in nearly every case, the result of race belief and not of individual desire. When you *know all things are yours* the probabilities are you will want some other fellow to build the house you live in, and keep it in repair; just as you want somebody else to do your cooking, scrubbing and shoe shining. In ninety-nine cases out of a hundred Pride of Possession is the root of the desire to "own" things, and subject and object are transposed—it is the Thing which owns the so-called owner. I suspect we are evolving toward a point where all homes will be owned by the public, along with all the bosom of Mother Earth.

My Dear Madam:—By accident a copy of "Ideal Love for Man" has just fallen into my hands. I have read it with much interest, and have taken the liberty of writing the editor my appreciation.

Your article on "Desire" and that splendid phrase in your letter, copy of which appears in the same issue, "desire is the great emancipator," particularly appeal to me. The great sin of the day is anti-naturalism—renunciation—the crucifixion of the flesh. A prime factor in the production of the poverty, disease, crime and misery of the day is the effort to coerce nature into consistency with some abominable creed or dogma. Self-restraint is suicide. Not through self-restraint but through self-expression can the human evolve to that point of reflex lucidity where he shall be practically beyond the conditions of dis-ease.

All this is, no doubt, a platitude to you. It may interest you however to know of it, as the conviction of a practical medical man, who has inquired into cause as well as effect—who aims at prevention rather than cure—who tries to teach in such language as may be intelligible, that normal development depends upon, first, lifting the self to the highest plane, and second, being absolutely responsive to the impulses occurring upon that plane.

Anatomy, physiology, pathology, psychology, the application of these to practical cure, have taught me this great truth. And to meet the same truth so ably expressed in your article is most gratifying.

I should like very much to see a copy of your magazine, the NAUTILUS, and send you by this mail copies of "Health Culture". If desired, I will send you additional literature from time to time. If you will send me a copy of the book, "The Constitution of Man," from which "The Law of Desire" is an excerpt, I shall be glad to review it for the benefit of my readers. Sincerely,

W. R. C. LATSON.

503 Fifth Avenue, New York.

Dr. Latson is a bright man, who is getting there. His fine journal, "Health Culture," advises an ounce of prevention rather than a pound of quinine, and the editor realizes that the ounce of prevention must be mostly all in your mind. May his patients never grow less.

—Drop all that sentimental rot about a "broken heart!" It is *YOUR* heart and your business to see that it is not damaged. And it is *not* broken nor even hurt. All you need to do is to LET GO the things you have been hugging as tragedies, and get interested in *doing* something and *being* something for *yourself*; instead of gazing at the moon and wailing because somebody else won't be something you like *for* you. BE YOURSELF, instead of wailing because somebody else won't be *for* you.

—In order to complete my files of the NAUTILUS I need copies of the following numbers: February and August, 1899; and February and July, 1900. If you can spare any or all these numbers, please mail to me with your name and address as well as mine on the wrapper and I will extend your subscription a month for each paper.

—Debt is the great granddaddy of all the devil-fish. If he gets one or two tentacles attached to you you may be able to come off with your life. But if he gets you pretty well in his toils you're in a devil of a fix. Moral: *see he gets nothing more attached.* \* \* \* You get into his clutches by undervaluing yourself or by mortgaging the future or your house. You stay in his clutches by making more debts, or by hanging onto mortgaged goods. You can get out of his power by LETTING GO what you think you've got; making no more debts; and *taking stock in yourself*. Cut the millstones from about your neck and go in to make more fortunes. We learn to do a thing by *doing* it. We kill ourselves by the ornery habit of *hanging on*. Cut loose and strike out.

—"I appreciate what you said to the man who wanted \$81 to drop into his pocket. But I am getting too old to work. I would like you to tell me what I can do under such circumstances."

Get young again. Ask *yourself* what you are to do. Then DO it.



## 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. One year's treatment and "The Nautilus" for a year for one dollar. For obtaining quickest and best results read daily, night and morning, the monthly letter to the Success Circle, printed herewith. 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.

Fret not thy heart because of evil doers. Things are not always what they seem. Remember thy Creator—thy THINKER. Think what thou DESIREST. AFFIRM it. Stamp thy stout foot and affirm it again. Keep cool as a cucumber; keep sweet as a wild rose; keep steady as Old Sol; keep at it. You are succeeding. The Word is with you and SUCCESS GROWS. Just AIM, Sweetheart, and grumble never—inside or out.

—"I have secured a position, thanks to your help."

—"Please let me receive more help from you. My eyes are gaining."

—"What you can do, or dream you can, begin it!"—and then KEEP AT IT.

—"Never mind feelings and appearances—they are the shadows of past thoughts."

—"All the words in the language could not express to you the help you have been to me."

—"The little book read same day as received. I am delighted!"—Ella Holtzlander says of my new book.

—"In less than one week after I became a member of the Success Circle, business began to stir and has increased steadily ever since."

—"I am a member of your Success Circle and I feel your vibrations in a very helpful manner, especially of late. You are helping me so much."

—"What has sex to do with eternal life in the body?"

I don't know. I have my suspicions though. Haven't you?

—"Just how can we realize that 'I and the Father are One'?"

By acting as if you are one. Take it for granted and go in to WIN.

—"Forget the things that are past; forget that there is anything to come; get interested in the things that ARE. That is the key to eternal youth and beauty and joy."

—"You can't put things on a paying basis without putting lots of loving thought into them. After they once get started paying they will pretty nearly run themselves—and you, too."

—"My husband has had some success already and I have found a great difference since joining the Success Circle. Am beginning to pay up old debts and prospects are brighter for the future."

—"A lady of this place had milk leg and her baby had eczema from birth. Both were cured in a few weeks by your absent treatment. I could enumerate many more cases you have healed here."

—"What are thought vibrations and what do they do?"

They are thought movements and they do all that ever was, or is, or will be done. As well ask what sunshine is and what it does.

—"Why do I grow sleepy when I take the breathing exercises?"

Because you are drunk. Your system isn't used to the new kind of swigging. Never mind. Just keep at it till you get waked up again.

—"There is something in your writings that fills me and thrills me as nothing else does."

It is the Holy Spirit that does it—the Whole Spirit. All the power of the universe is focussed in my Words. I AM inspired and inspiring.

—"Grumbling is the leakage of thought. Some folks are so careless about their mental spigot

that their think tank is ever nearly dry. That is what makes them feel so ornery and accomplish so little. It takes a full think tank to keep up a proper, happy circulation of blood and nerve ether. Shut off the growler, dearie.

—"As to diet and hygiene there are laws and laws. My law (?) is: keep positive MENTALLY; breathe all the fresh air you can pump into your body; keep the windows open night and day; use plenty of fresh water inside and out; observe moderation in all things else; keep cool; keep sweet; get interested in what you are doing."

—"Just received NAUTILUS, and as always, read it through before doing anything else. I note what you say about Galveston subscribers and I write this to tell you that I had a daughter and two sisters, with their families, there at the time of the storm. My daughter was visiting her aunts. They were all saved, my daughter not losing so much as a penny's worth, and the others very little. Other things are coming my way, too."

—"You may believe I was a happy woman when the good news came of the country being safe for another four years."

I had to smile over that remark. Bless your heart, the country couldn't be anything else than safe. Just don't you hold your breath for fear the Law that runs this universe is going to make a blunder, Sweetheart. Nothing ever happens amiss. Keep cool; keep smiling; and LET things happen. ALL things work together for good. What is, is best for this time and place. Next!

—"Mrs. Berrier has read Mrs. Towne's new book to me. I like it. I do not think I ever read nineteen pages that were anything like those, and I do not think I ever read nineteen pages that are destined to do more good. Mrs. Towne is one of those mental scientists who does not think mind can do what God almighty cannot do—namely, give a person perfect health while that person is out of harmony with the laws of diet and hygiene."—This is extracted from a letter written by Dr. Leroy Berrier, author of "Cultivation of Personal Magnetism," to William.

### INFORMATION BUREAU.

—"The Nautilus, monthly, 50 cents a year. A postal card will bring it and you may pay the 50 cents when you want to. If, after a fair trial, you do not like it, a postal card will stop it and no questions asked nor bill presented."

—"A year in the Success Circle, including one year's subscription to the Nautilus, one dollar. None but paying subscribers to the paper are admitted to the Success Circle, except where two or more members of a family living in one house want to join. In which case each additional member may join by paying 50c. for enrollment."

—"One year's subscription to the Nautilus and the FIRST month's treatment for whatever you desire, for one dollar. After that, each monthly report must be accompanied by one to ten dollars to pay for time consumed in reading and answering letters. For the treatment itself I make no charge. If you can receive my Word without writing letters and expecting answers, you are welcome."

—"Do I publish books? For 25 cents I will send you a copy of "The Constitution of Man." In this book of twelve lessons I have made the origin, constitution and destiny of man so plain a child may understand and a wise man gain more wisdom."

—"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."

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