

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."

Vol. III. { MONTHLY. {
Fifty Cents a Year. }

FEBRUARY, 1901.

{ ELIZABETH (STRUBLE) TOWNE, {
HOLYOKE, MASSACHUSETTS. }

No. 4.

—From this hour I ordain myself loosed of limits
and imaginary lines,
Going where I list, my own master total and ab-
solute,
Listening to others, considering well what they
say,
Pausing, searching, receiving, contemplating,
Gently, but with undeniable will, divesting my-
self of the holds that would hold me.

WALT WHITMAN.

APPLIED CONCENTRATION.

How may I learn concentration?—is a question
oft repeated. And answered. And again re-
peated. So I am going to tell you about
the easiest, most natural, helpful, kill-two-birds-
with-one-stone method I know of. And I can
vouch for its efficacy.

But first, let us be sure we know what we are
aiming to do. To concentrate one's mind is to
turn *all* of one's thought upon one thing NOW.
You cannot concentrate *all* your thought upon
either past or future because present surroundings
will demand some measure of attention. But
just Here and Now is a shining focus for all your
thought.

And there are two sides of that shining point;
the "world I AM" and "the world I do."

Thought comes from the silent, unseen side
"I AM" out into that "I do." Now cogitate that
well. "I AM" is the womb of thought, of all
things. What "I do" is "borned" thought.

But by far the larger part of our thought never
gets into the world "I do." Most of our thoughts
are stillborn; choked to death coming through
that shining passage between the "world I AM"
and the "world I do."

What chokes them?—*we do*. The "world I
do" refuses to receive what I AM. You see,
when all is said and done, it is *what I do* that
rules the universe, seen and unseen. Or, to
better express it, it is what I do which *utilizes*
the unseen, the I AM, the God of the universe.

And what do you suppose causes us to refuse
to receive thought from "the world I AM?"
Our will shuts up that shining passage way and
chokes back what I AM.

Fear thoughts are shadow children born among
the incompletenesses of "the world I do."

But as long as we do not *know* this, these
shadow children affect us as potently as do the
real thought children of "the world I AM."
Sometimes they affect us more powerfully than
the real thoughts, because they are more tangible
to the senses we have been won't to exercise in
the "world I do."

*Our will is worked by the thought children we
entertain.* Remember that.

And remember, too, that "I AM *what I desire*
to be." I AM omniscience, omnipotence, omni-
presence; I AM love, life, energy, beauty, grace.

And *never mind* the shadow thoughts of in-
completeness.

Thus you will relax and LET thoughts from
"the world I AM" come through the shining way
into *what you do*.

That shining way is the NOW.

NOW are we ready to be still and LET what I
AM come into *this thing I do*.

Do you perceive what is meant by "con-
centration?"

Concentration is the *letting* of what I AM into
what I do. There is no straining about it, no
tension of mind or body, no hurry, worry or fear.
It is just to *be still* and let what I AM do *one thing*
NOW.

But that is just what we don't want to do.
We watch the shadow imps of fear, hurry and
worry and keep all our nerves so strained that
the shining way is contracted and little or nothing
of what I AM gets into what I do. What I do
is built principally of the shadow imps of incom-
pleteness, hurry, worry, fear.

All strength comes from what I AM. There-
fore this strain shuts off most of our strength
and we are afflicted with that tired feeling.

And *laziness* comes from the same cause. A
lazy person lives in the realm of what I AM.
His thoughts there are so pretty and so swift
moving that when he turns his gaze upon the
realm I do, the incompletenesses there and the
comparative slowness of motion with so *much* to
do, simply paralyzes his will and deadens the
shining way, the Now.

"Concentration" is the only cure for laziness
or overwork, or indeed for any other ill ever
conjured by shadow imp.

You can readily see that there is not an hour
of the day when you cannot practise concentra-
tion; when you cannot let what I AM into what
I do; if only you WILL.

But there is the rub—we are so in the *habit* of
straining after the imps of hurry that we WILL
do it.

But I have hit upon a time and way to practise
concentration—a time and way no human being
can have excuse for not improving. The time
he uses any way; the action is common to the
race. And, alas, the manner of its doing is pretty
common too.

I refer to the act of eating. Until we came
into our new flat we "boarded 'round" at cafés
and public dining rooms. I have been observing
American table manners, and I've discovered
that, with the exception of the leisure "400,"
where banqueting is made a fine art, the Amer-
ican man (and his wife is a close second) puts
mighty little of what I AM into what I do at the
table.

And I have discovered a use for the "leisure
classes." They exist as a shining example of
what our manners and dressing (barring a change
in style) will be when we, the "workers," have
acquired the art of concentration; have learned
to let what I AM into ALL that I do. We all
put what I AM into *some* of our doings—some do
one thing well some another. The artist lets
what I AM into his art; the musician into his
music; the inventor into his invention; the *good*
housewife into her housekeeping, etc. And
the "400," having let what I AM into his money
making in some previous state so that he now
attracts all he needs without effort, is now letting
what I AM into his *every movement*, his manners
and dress.

Perfection is only accomplished by letting what
I AM (beauty, grace, strength, use) into *each*

ONE thing as it is to be done—by "making a
business of it."

Every one thing done as I AM makes it easier
to do the next thing. Control of self in one
thing conduces to further and finer control. No
act in one's long, whole life is so insignificant
but that letting what I AM into it (I AM beauty,
grace, conservation of energy, use-full-ness)
makes it *easier* to let what I AM into succeeding
acts, besides adding that one well performed act
to the sum total of the world's beauty and grace.

Let us become conscious of our table acts now,
dearie, to the end that we make them beautiful
and *habitual* and increase our capacity for adding
grace and beauty in all our acts. "Work without
art is brutality." Let us concentrate our atten-
tion upon making an art of the eating habit.

"Youth's Companion" tells a good story of a
"tenderfoot," who sat, out West somewhere, at
a public dining table with a "broncho buster" or
something, whose manners were rather more artless
than any I've seen in Holyoke or Portland, Oregon.
The tenderfoot was so amazed that he perforce
gazed until his open mouth and eyes attracted Mr.
B. B.'s attention, just at a moment when he was in
the act of shoveling into his mouth a particularly
enormous load on the end of a steel case knife.
He stopped short. "Say, tenderfoot," he shouted,
with an emphasizing thump of his big fist on
the table, "I want you t' understand that I've
got *manners*. But I haint got time t' use 'em."

That is the trouble with us all, dearie. We
have art—we ARE art—we ARE grace and beau-
ty and usefulness. But we don't allow ourselves
time to *use* what we are. We use what the shad-
ow imps are.

Any action without art is "brutality," is cru-
dity; is a *waste of energy*. Such action is a libel
on the "world I AM."

Why, do you know that if one of us owned a
fodder chopper, which puffed and blew, hitched
halted and—yes—*slobbered*, wasting as much fod-
der and energy in proportion as most of our hu-
man eating machines do every meal (except
when we have visitors!) we would straightway
relegate that fodder mill to the junk heap? If
your sewing machine, or your typewriter rattled
and clicked and clashed, you would straightway
put some of what I AM into it—you would give
it a little *attention* until it ran smoothly.

Well, then, be as kind to yourself—and your
neighbor.

Express in this twice-or-thrice-a-day activity,
what you ARE. "Practise concentration" three
times a day.

If you will do this, and do it *faithfully*, until
you have acquired the *art* of eating, in place of
the old slovenly or hurried habits we learned as
savages perhaps; if you will *put yourself* into
your eating; it will revolutionize for you your en-
tire world of *doing*. You may get up from the
table and hurry and worry as you please until the
next meal; but if you will just faithfully practise
when you *are* at meals you will find yourself
gradually coming to work more quietly, intelli-
gently, cheerfully, gracefully between meals.

And if you have indigestion you will lose it.
Indigestion is due to physical and mental hurry,

worry and flurry. Cultivating quietness cures stomach disorders.

* * * * *

Read a book on table manners. Read it intelligently. It will help you just as looking at some other artist's fine work helps an artist. People who write books on table manners have made eating an art.

But their deductions are not straight jackets for you. For instance, if you read: "Vegetables must always be eaten with a fork," and someone gives you creamed tomatoes or peas in cream, *use your brains*—and a teaspoon. Seek not to memorize rules, but try to *gain pointers* upon the quietest, neatest, most graceful way of conveying food to your mouth. Put *intelligence* and just the right amount of will into each motion. When you raise a nice, compact little morsel gracefully, quietly toward your mouth, don't let a shadow imp of hurry impel you to toss your opened mouth half way to catch a bite. The morsel will not get away. We learned that little trick when we were puppies and caught flies, or had to catch the hunk our masters threw us before our brothers gobbled it up. We do not need that motion now. It is a waste of energy.

Any motion which serves no real purpose is both wasteful and ungraceful.

When you have deposited the compactly cut little morsel in your mouth close your mouth and *taste*. Keep your mouth closed, chew slowly and noiselessly and *enjoy* with all your mind and soul and body.

Don't "chew thirty times." Chew as long as you can *consciously enjoy* that particular mouthful. Then swallow it and take another nice, little morsel of whatever you think will taste best after that last bit.

When some one asks you to pass something see how quietly and daintily you can do it.

See how *smoothly* you can change from one motion to another.

Act the grace I AM.

* * * * *

Nothing will help you to a proper concentration at meal times like beginning aright.

Say grace before meat.

Not the ecclesiastical kind. Say to yourself, "I AM GRACE," and resolve to do yourself credit in every motion. Remember that this is your time for "concentration;" for LETTING what I AM flow into what I do. Remember that NOW is the accepted time to be saved from shadow imps. Remember, *this one motion I make, this one thing I do—I ENJOY MYSELF.*

This is to "glorify God and enjoy Him"—to glorify your I AM by *good works*.

* * * * *

A persistent observance of these times of "concentration" *will save you from all your sins; i. e., missing the mark.*

Practice makes perfect.

When one has gained control of himself he does not miss the mark.

* * * * *

Once there was a rich general called Naaman. He had the leprosy and wanted Elijah to heal him. Elijah told him to do a very simple little thing seven (the number of perfection) times. Naaman was disgusted and *very nearly* missed being healed. He wanted Elijah to do all for him. He hated, too, to be told to do such a common, every-day thing.

But wisdom prevailed.

I wonder if to-day there are any Naamans.

—“One really wonders if you did not receive a dozen pairs of new corsets for that write-up”—which shows the colossal ignorance of "one." Every corset manufacturer in the country—who isn't hopelessly a back-number—is getting out straight front corsets, and not one of those manufacturers or one of their dealers is chump enough

to give even a single corset for a write-up which includes all corseteers. Not all of Armour's millions could buy such a write-up from me. LOVE is the only power behind my pen. When I see a Good Thing I LOVE to push it along—the Good Thing and the pen. Not one notice in NAUTILUS was ever paid for in any way, unless one considers that books noticed are payment for the notice. I AM not actuated by money, but by Love, DESIRE. And money is actuated by ME. Do you see the point?

—To the several altruistic individuals who are trying to give me pointers about running THE NAUTILUS, I want to observe that "no doubt ye are the people and wisdom shall die with you," but nevertheless "I hold fast mine own integrity." Your well-meant advice only awakes the peristalsis of my soul—with Walt Whitman "I will celebrate MYSELF." "I will go celebrate anything I see or am, and sing and laugh and deny nothing." I refuse to imitate the imitator. And in return for your pointers I will tell you something: You can't turn the stream of your energy upon the running of other people's papers without robbing your own tater patch. If you irrigate yards of "Whiting's Best" with miles of little black devious ditches of ink for my benefit, your own garden sass will shrivel and wilt. And, such is the perverseness of human nature, I shall neither thank you nor supply your garden's deficiencies from mine. But if you will turn your stream of thought all onto your own land and make a nicer garden than mine I shall probably peek over the fence and by observation learn something. If you will celebrate *yourself* instead of trying to prune me I'll thank you, and possibly imbibe a pointer or two. * * * P. S.—Before advising or criticising an editor, it is well to soothe him by sending in your subscription money.

—Frank T. Allen, the up-to-date astrologer, has just issued a very interesting little "Birthday Guide to Character Reading," which he offers to send for a two-cent stamp, as long as the edition lasts. You will enjoy it. Mr. Allen's address is 23 St. Mark's Place, Brooklyn, N. Y. He is getting ready to publish a new mental-scientific-astrology journal which will interest many readers of THE NAUTILUS.

—"Plain Words on the Woman Question" is a five-cent pamphlet by Grant Allen, published by M. Harman, 500 Fulton street, Chicago.

—Lovers of the wonderful and of prophecy will be greatly pleased with "The Destiny of America," as "Revealed to Jonathan Erskine Hollingsworth in a Trance." May be had of the Eldorado Publishing Company, Indianapolis, Ind., for 30 cents.

—"You are doing me good. Since I sent to you everything has been better with me, not only in business, but in health and spirits. When anything goes wrong I call on you and the answer comes back so strong, warm and loving."

—Read Albert Chavannes on "Exchange," and a quoted article on "Don't Cheat Yourself," in January issue of "Thought," edited by Marion Eddy, 1709 Encinal avenue, Alameda, Cal. Five cents a copy, fifty cents a year.

—"A lady called me in this morning and gave me a dollar to join the Success Circle. She had such a lovely Christmas and gives the credit wholly to the Success Circle."

—"Oh, that glorious picture of your beautiful shining Self! It represents the years' teachings of the NAUTILUS, that all we have to do is *shine*. I see such a great change in this picture and the first one we had, which I called 'Victory.' This one has such a supremely calm understanding expression, which makes victory a more easy and natural process. The picture was a great surprise to me and is classed with my choicest treasures. Last Christmas time you wished me a 'Success-full' year. Well, I cannot tell you the times that word has stood emblazoned before me. Success-full, and the 'full' would ring and ring, 'each

time a little fainter, until it would leave my mind for that time, but only to return again soon. Our Christmas was the most beautiful, and the sweetest spirit pervading it all of any we ever had. A good many gifts came in the form of money, and that was laid in a Success Circle around yours and Shelton's pictures."

—"In the good old days children had a father and mother, but divorce changes all that."

In the good To-day there are children who are better off than that, all as a result of divorce. They have *two* fathers and two mothers and love 'em all. And are far happier and better surrounded than when they only had one. Then I know other children who have one father and one mother, who are brought up in a family jar—all because their folks will stick to the good (?) old-fashioned way. * * * When a family ceases to generate LOVE enough to keep it together it should disintegrate.

—"I've always been more of a 'Mary' than a 'Martha,' always trying to lift myself out of unpleasant environment by brain effort. My physical strength was not great and I hated pots and pans and dish washing, but after I read your 'Mary and Martha' article I said, I'll make an art of it. So I bought some wooden tubs with brass hoops, a dish mop and some pretty dish towels, and said, this is no worse than sticky paint or dirty charcoal I use in art. And, why you don't know how easy it all seems, and I have plenty of time for reading and lots of time to study nature and send vibrations of love and success to all my friends. I am building stately mansions for my soul, and I have found the Spirit of Money." Lucy.

That's it—we are all the time trying to lift ourselves *out* of our environment. It can't be done, ladies and gentlemen. We only pull our bootstraps out by the roots and ruffle our feathers into the bargain. But any one of us who will make a fine art of what he finds to do will, in due time, find himself promoted to something nearer in line with his ideals. You see, our ideals are always beckoning us upward, but it's no use to sit and sigh, "Of, for the wings of a dove." The wings won't sprout until we've put soul and body, imagination and will, into making an artistic, heavenly success of the Here and Now. In due time we'll hear within us the longed-for call, "Come up higher; *thou hast been faithful (faithfully) over a few things*; I will make thee ruler over many." Instead of "lifting ourselves out" of our Present we must needs *put ourselves into it*, for WE are the transforming power.

—Here is Vol. I., No. 1 of Lloyd Jones' new Journal of Magnetism, and it is good and full of fine illustrations. If you neglected to say "NAUTILUS" to the editor for a copy, send him ten cents now and read his illustrated article about how a young lady "doomed" by the medicos, saved herself by self-discovered breathing exercises. Then go thou and do likewise.

—"What do I think of Moses?" I think he is behind the times. Peace to his ashes.

—"You say your Word cannot work against the Law. Then don't you think the Law will work just the same without your Word?"

No. Without my Word was not anything made that was, is or will be made. The Law works *through* the Word, and never otherwise. The Law alone is as powerless, as inactive as the principle of mathematics. The Word is the RECOGNITION of the Law—the chalk and board and hand and brain of the Law.

—"P. S.—I added the 'M. D.' in order that you might know it is in my line to look after the 'Solar Plexus.' I have my patients take 'inbreathing' until they have 'stirred it up' (massaged it), and then relax, mentally *commanding* the Solar Plexus to obey my suggestion to the letter. * * * *They get well rapidly*—it is almost miraculous. I am glad to see you recognize the Solar Plexus as the fountain of life from which we derive, consciously or unconsciously, all energy." G. W. Shidler, M. D., York, Neb.

INDIVIDUALISMS.

BY WILLIAM E. TOWNE.

** In my opinion the drug doctors are just as much entitled to respect as any other class of people. They are doing their particular work in the world, and doing it well. There are large numbers of people living in the vibrations of the material side of life to whom medicine is, at present, a necessity, considering the subject from the standpoint of their desires. The old methods of treating disease will ultimately become obsolete, and mental therapeutics will replace the use of drugs. But this change will be a gradual one, and the cause of mental science cannot be strengthened by hurling anathema at the physicians. Those individuals who show such tenacious fighting qualities in resisting what they are pleased to consider unjust treatment from regular physicians, are attracting exactly the conditions which they seek to avoid. They are living on the old plane of brute force where the doctrine of "an eye for an eye" predominates. As long as they seek for trouble with the drug doctors, they will find it. They are doing their full share to bring about inharmony in this direction.

** The stage of development where methods of this sort are followed for the purpose of promoting the cause of drugless healing, will pass very soon. The oneness of all life is coming more and more to be recognized. The fact that high and low, good and evil, are relative terms will become more and more apparent, until all will see the folly of resisting any part of the one Great Whole. To those who believe that Satan in the persons of the M. D.s is seeking to injure the new thought cause, I commend these words of Walt Whitman: "Meditating among liars and retreating sternly into myself, I see that there are really no liars or lies after all,

And that nothing fails its perfect return, and that what are called lies are perfect returns,
And that each thing exactly represents itself and what has preceded it.

And that the truth includes all and is compact just as much as space is compact,
And that there is no flaw or vacuum in the amount of the truth—but that all is truth without exception;

And henceforth I will go celebrate anything I see or am,
And sing and laugh and deny nothing."

** A positive attitude of mind is an outgrowth of the ability to maintain a state of absolute repose. All who would experience the vibrations of health and success should learn to keep calm and concentrated even when the waves of negation seem about to engulf them. Then is the time to "Be still and know that I am God." Then is the seed time—a period of sleep—when body and soul are regenerated by the occult forces of nature. Only resistance can create pain and inharmony at this time. Keep the mind serene and true to its ideals of strength and joy and all will be well.

** The reason so many people are restless and dissatisfied is because they will not let their minds rest for an instant on what they have already accomplished. If they try to obtain a thing and fail they spend more nervous energy in worrying over their fancied loss than would suffice to bring them something far more desirable. The way to get more of the good things of life is to learn to fully appreciate and enjoy what you already possess. That strained, anxious reaching after something beyond you continually does more harm than good. It is the quiet, steady purpose and aspiration which brings real and permanent success.

** Some one asks why it is that in large gatherings of new thought people so few happy faces are seen. I should not wonder if one reason is because so many people who have grasped the idea that mind controls matter carry a load of responsibility upon their minds over the behavior of their bodies. The body is not to be coaxed, bullied or bribed into behaving itself. You must recognize it as an aggregation of living organisms of which the individual mind is the executive power, and universal Spirit the animating principle. Reasoning from this basis a system of harmonious action is possible where both body and mind become perfect expressions of the Principle of Being.

—If you are interested in the internal economy of things—if you want to "see the wheels go 'round"—send ten cents to Rev. Henry Frank, editor of the Independent Thinker, 32 West Twenty-seventh street, New York, for a copy of "Physical Basis of the Soul." And whilst you

are about it send a quarter more and get Part II., "Scientific Demonstration of the Soul's Existence and Immortality." These two lectures are fine—the most reasonable, interesting, as well as scholarly, view of the soul, its use and mode of growth, I have ever seen outside my own I AM. In most philosophies either the soul or the body seems a useless encumbrance. Not so in Henry Frank's exposition. "A Vision of the Invisible" is another interesting booklet by the same writer—an allegory, "which professes to explain the abstruse teaching of idealism, explode the bubble of agnosticism, and explain the spiritual substantiality of the universe."

—Don't damn nor dam yourself by faintly praising either yourself or another. Send out a positive word of good—there is always *some* good point you can be positive of. Then when you have made a good positive statement don't spoil its effect by a "but—" or, "if—" Just turn around and make a positive-good statement about something else. Or think it.

—"Passing Thoughts" is a dainty little volume of poems by my friend, Margerete Bradley McMahon—a volume bound in "living green" and gold, with a good half-tone portrait of the author. "Rhapsody" and "Tribute to Woman" and "Aspiration" are, perhaps, the best of these love-lit poems, and "Rodger" is the wittiest. There is something very like genius in some of Margerete Bradley's verse. The volume may be had of the author at Walla Walla, Wash., for 50 cents.

—SEEK AND YOU SHALL FIND—provided you keep on seeking until you couldn't stop if you tried.

—What are you to seek? Seek whatever to you seems good, seek to *make real* what you IMAGINE as good. *Ex-press* yourself according to DESIRE. Let out what is within you and plenty more will follow. Quit looking at other folks for a hint about what you are to express, or for their opinion about the proper method of doing things. Quit trying to show other folks how to do their work. Just tend strictly to your own business. Ask YOURSELF what to do, and how to do it.

—Densie Herendeen has started "The Elevator," 1,111 Fourteenth street, N. W., Washington. Somebody asked her who is backing her and she answered: "The Infinite Backer." That is Densie's definition of God, Love, "the Law." I like it, don't you?

—Harry Gaze's new book, "How to Live Forever," is glorious. And it is simple, concise and practical. I wish you could all read it over and over, especially the "Sacredness of Sex" and "Marriage and Immortalization" chapters—yes, and all the others. Harry Gaze certainly understands what he is talking about and what he talks about is of vital interest to new thinkers.

—"Helps, by Christ's Way, to Healing at Home" is a book of writings by Mrs. Excell-Lynn, Akron, Ohio, price 35 cents. The book is good value for the money and Mrs. Excell-Lynn is a lucid expositor.

—"Magnetic Journal" is a clever new bi-monthly "Weltmerism" periodical, printed in my old home, Portland, Ore. Professors Whiteaker and Corredo edit it in connection with their Institute of Science and Magnetic Healing. Success to them.

—"My daughter and I were in a very frightful runaway the past week, but came out without any harm coming to us. Every one who witnessed it thought we *must* be dashed to pieces. I thought of you and the science, and you are treating my daughter, so she did not 'go to pieces' from fright as she would have done without you."

—One of my friends who thinks he knows how "fur" I ought to "wiggle my finger" (see "The Forehandedness of Lucinda Smith," in the January "Ladies' Home Journal") says: "What we

learners appreciate is noble, vigorous expression of the highest thought of the writer, and we feel a kind of humiliation when given scientific statements of truth in the vocabulary of coarseness." His letter bristles with inaccuracies. If F. M. truly states the case why don't "we learners" support the journals who aim to give only "higher thought?" The fact of the matter is "we learners," like everybody else, get tired of stilts and sugar plums and flowery phrases, and long sometimes—say once a month—for a little corned beef and cabbage, plain English, josh and FACTS. We want our "higher thoughts" translated into every-day talk, and we need to be reminded that there *is* no high nor low. We get tired of stilts and it does us good to get into the vibrations of somebody who dares go flat footed. We aspirers after a "high standard" in the outward form need a bit of relief from straining a tip-toe. So we subscribe for NAUTILUS, relax our American nerves and give ourselves a chance to grow. With Walt Whitman:

"Clear and sweet is my soul, and clear and sweet is all that is not my soul.
Showing the best and dividing it from the worst
age vexes age;

Knowing the perfect fitness and equanimity of things, while they discuss I am silent, and go bathe and admire myself."

—Do you think you have had a fair trial of THE NAUTILUS? Then send in the 50 cents subscription; or drop me a postal card for discontinuance; or let me know you like it and will pay at your convenience. I am willing to send the paper on trial, but Uncle Sam demands some assurance that you are a paying subscriber. He thinks three or four copies a fair trial. Don't you?

—"I like you all the time. Try and speak plainly about all things and just be Yourself as usual." N. P. S.

Which shows the difference 'twixt tweedledum and tweedledee. One pats me on the back and t'other shakes a reproving finger at me. Meanwhile I AM THAT I AM, and all of these things move me to enjoyment.

—"Why are good people, whose only aim is to uplift fallen humanity, continually met with evil and ingratitude from those they seek to help?"

Because we attract just what we believe in. Whoso believes in a "fallen humanity" attracts that kind. Those same "evil" and ungrateful ones will show love and gratitude to him who *really* does not see them as "fallen."

—There is a new book out which I wish you would all read and read again. It is called "Dawn Thought on the Reconciliation," and it is written by a poetic genius, J. William Lloyd. There is a short poem at the front of the book, but the entire book is a prose poem with a lofty outlook upon all that is, has been or is to be. "An inspired treatise that, with insight and solution, touches all questions of life, love, soul and society." So far as I can judge, not Whitman nor Emerson transcends this man's conception of the universe, nor better expresses his thought. And Lloyd's book is more readily understandable than either of theirs. The book is being issued in three bindings, at \$1.25, \$1.00 and 50 cents, which makes it easily within reach, and the binding is beautiful.

—Mrs. Otis Stewart Chessman, whose ad. appears in NAUTILUS, is a Real Artist as well as a highly cultured one, whose work was sent by the Philadelphia Art Club for exhibition at the Paris Exposition. You will not regret purchasing from her. We sent her quite an order for Christmas, and were charmed both with the pretty things themselves and the reasonableness of her charges.

—If you have October or November numbers, 1900, of the NAUTILUS, which you do not need to keep, please mail to me and I will credit your subscription a month for each copy sent.

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.

All things are working together to grow what you desire. "All things" means EVERY BLESSED THING. Now take that idea in and commune with it. Then quit fighting circumstances. Just MEET each one respectfully, lovingly, and ask yourself what is the best thing to do about it. Each thing is calling out your forces into expression. Do you see? When you sit down and whine and complain and fight and wish it was only the other way!—you are refusing to BE called out—refusing to express yourself. When you meet the circumstance, alertly, brightly, cheerfully, with a WILL, and inquire of yourself as to ways and means of turning it to advantage; when you meet it as one friend meets another; THEN you are letting the circumstance call out into expression the wisdom and power that before were only latent or unused, and therefore useless, within you. You CAN meet anything this way, and each thing you do so meet adds just so much to your structure of SUCCESS. Get interested in seeing how cheerfully and well you can meet each thing as it comes. Put your imagination and your WILL into each thing you meet or do. Dress and look pretty. Exercise. BREATHE. Read that little Solar Plexus book often and practise in the spirit of its teaching. BLESS people and things—"treat" 'em! Think positively—put your foot down on what you say to yourself! Put it down hard! Whenever you catch your thoughts meandering uncertainly around, just bring them up short and AIM them. See? You are doing beautifully—far better than you guess. The Word is with you. Just keep cool; keep sweet; keep AIMING.

—"I can't" is a liar and a thief.

—"I can; I will; I AM"—is the Word.

—"Am glad I can write you I am feeling much improved in every respect. And the boy whom the doctors said could not possibly live is convalescing beautifully after his typhoid fever."

—"My new book on "Just How to Wake the Solar Plexus" is selling to beat anything. It ought to. Read it religiously; practise resolutely, cheerfully, VIM-fully; keep at it. It will make you all you desire to be. "I want more copies of your new book, it is the very essence of life"—is the return word I receive from it on all hands.

—"I am a reader of your very good little paper, the NAUTILUS, and also a member of your Success Circle, which I find pays. I desire to express my gratitude for benefits received through you. I AM SUCCESS. I can stand up under much more success, so I renew for another year." W. T.

I could fill NAUTILUS with such testimonials and renewals. Every one of those letters makes my solar plexus shine and my heart sing. And, by the way, our cousins across the pond have started a "Success Circle"—success to 'em! The pretty "Wings of Truth," edited by O Hashnu Hara, at 12 St. Stephen's Mansions, Westminster, England, announces it with the new century. That makes the third "Success Circle" started since the "only and original." And there'll be others.

—"Can a naturally negative person become really positive?"

Yes. A negative person is one whose thinking is weakened by "I can't," "May be," "What if," "But," "Oh, I wish," etc. A positive person is one whose mind muscle is developed by "I

can," "I will," "I am." Just "lay for" the negatives and when you catch one wobbling around in your cranium stamp your foot emphatically and scat it out with a positive Word. Wake up and get interested in seeing how many times a minute you can make a flat-footed think—a think without "but" or "if" tagging on behind it—a short, compact, active think. Keep on practising and you will soon be an habitually positive person, i. e., one whose majority thoughts are active instead of inactive. Cultivation will do anything.

—In March, 1900, issue of THE NAUTILUS the Success Circle was first announced. The first year closes with the month of February, 1901. Almost every member who came into the Success Circle in the first two months of its existence has already renewed for the second year. That is a record to be proud of and a "testimonial" unsurpassable. And here is another:—The Success Circle increases faster and faster. The last thirty days has seen more new entries than any other two months since the very first, and I have received longer and stronger testimonials than ever before. Here is a prophecy:—The year 1901 will close with the membership more than doubled. If you have an AIM in living; if you want to be somebody and do something; if you want spoken for you THE WORD OF SUCCESS by one who knows what success is and has actually demonstrated every inch of the way up from absolute penury to Real Plenty, from failure to SUCCESS, then send in your money for enrollment in the Success Circle.

—Sensitiveness is a negative quality—the quality of receiving vibrations. Every atom in nature is sensitive to some degree; i. e., it responds to certain degrees of vibration from without. The farther down we observe in the scale of life the more is molecule, organ or body at the mercy of the vibrations received. The higher we go the more power we acquire to refuse to be moved by outside vibrations, except as we choose to respond. The so-called "sensitive" person is no more sensitive than any other being of the same grade of evolution, but he lazily LETS other people and things affect him to unhappiness. A little more common sense and more will-gymnastics are what he needs. He needs practise in acting instead of being acted upon. The solar plexus is the center of feeling where all sensation is registered. The "sensitive" person keeps his solar plexus veering like a weathercock on a blustery day. Every time his "feelings are hurt" it means a blow to the sun center; a shutting off of his own vibrations, which are the life of his entire being. The "sensitive" person starves himself, mind, soul and body. (Which are One.)

INFORMATION BUREAU.

—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 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 special treatment for whatever you desire, for one dollar. After that, each monthly report must be accompanied by one dollar 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.

—I will answer your letter by mail for one dollar.

—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.

ELIZABETH TOWNE, Holyoke, Mass.

TRIPLE VIBRATORY CURE.

Cures Colds, Constipation, Dyspepsia, and the "Blues," Cures La Grippe, Coughs, Catarrh, Sore Throat. Immediate results. Either treatment \$1.00. For the three, \$2.00. Special Vibratory Treatment for Rheumatism, \$2.00.

MABEL GIFFORD, D. L. S., Box 297, Needham, Mass.

READ the new edition of Dr. Berrier's book, "Cultivation of Personal Magnetism," 112 pages. Price 50 cents. The most popular book on this subject ever printed. WILLIAM E. TOWNE, Dept. 1, Holyoke, Mass.

THEORY AND PRACTICE OF HUMAN MAGNETISM

This is an up-to-date treatise on the use of Magnetism, translated from the French of Durville. It is a scholarly and profound work by a master of the art. Following are a few subjects treated: Magnetic Force—Its Action—Transmission from One to Another—The Action of Movement—The Art of Magnetism—How to Become a Magnetiser—Physical Laws of Human Magnetism—Polarity of the Body—Rules of Magnetic Action—Applying Magnetism in Correct Positions—Passes—Laying on of Hands—Historical Facts—Application of Magnetism in Healing—Stroking—How to Perform Stroking—Breathing—Breath of Life—Restoring the Dead to Life—Fixity of Gaze—Fascination—The Evil Eye—Intermediate Magnetism—Secret of Magnetism is Vibration—Magnetizing Water—Its Extraordinary Effect—The Purpose of Magnetism—Directions for Use. You could not obtain elsewhere the information which this book gives, except by paying \$5.00 to \$50.00. It is printed on fine paper, bound in leatherette. Price \$1.00. Address WILLIAM E. TOWNE, Holyoke, Mass.

HOW TO LIVE FOREVER

This book is just off the press, and is written by Harry Gaze, the well-known author and lecturer. "How to Live Forever" is the ablest work which has yet appeared on the subject of eternal youth, health, life and beauty. The author demonstrates in a logical manner that the sexes must work in conjunction towards the attainment of perpetual regeneration. The book contains seven essays as follows: How to Live Forever—Can Death be Conquered?—As a Little Child—Immunity From Accidents—Reincarnation Scientifically Explained—The Sacredness of Sex—Marriage and Immortalization. Do not measure the value of this book by its size, or you may be disappointed. It contains 52 pages printed on fine, heavy paper and tastefully bound in dark green paper covers. Price \$1. Order of WILLIAM E. TOWNE, Dept. 1, Holyoke, Mass.

ASTROLOGY MADE EASY

is a new book designed to teach the masses the wonders and mysteries of the great science of Astrology. The author is well versed in Metaphysics, Occult Science, Theosophy, Mysticism, and the wonderful truths taught by the seers, sages and yogis of India and the Orient. The book is written in plain and simple language, and by its aid you can delineate with great accuracy the character of yourself and friends, learn whom you should marry, what business you are adapted to, etc. It contains a horoscope, carefully outlined, for each of the 12 departments of the zodiac. These horoscopes each contain special advice and instructions which are of untold value. No book equal to this in scope has ever been sold before at less than \$1.00. "Astrology Made Easy" contains 54 large double-column pages and sells for only 10 cents. Address all orders to WILLIAM E. TOWNE, Dept. 1, Holyoke, Mass.

Vibration the Law of Life.

Learn to know the Law and live it and "all things are yours." Vibrations given for Life Success through practical application and demonstration. Instruction, both personal and by correspondence. Pamphlet on Esoteric Vibrations sent postpaid for 50 cents. Send names of interested friends. Address, inclosing stamp.

MRS. HORTENSE JORDAN,

Information free. 32 Summit Ave., Lynn, Mass.

AGENTS WANTED.

Every agent realizes the importance of a handsomely bound, finely illustrated and extremely popular book at the price of one dollar. Forty thousand copies of "The Conquest of Poverty" sold in paper binding within three months of coming out. Then there came a constant demand for the volume bound in cloth, so we bound it and illustrated it with scenes from our beautiful home surroundings. Send 60 cents for a sample copy of the book, cloth bound, and instructions "How to Work a County Successfully." MRS. HELEN WILMANS, Sea Breeze, Florida.

BUSINESS SUCCESS

THROUGH MENTAL ATTRACTION.

BY CHAS. W. CLOSE, PH. D., S. S. D.

Paper. Price 10 cents silver, or 12 one-cent stamps.

Gives a brief statement of the principle involved in the application of Mental Law to the control of financial conditions, with eight practical rules to insure BUSINESS SUCCESS.

C. W. CLOSE,

124 Birch St. (T. N.), Bangor, Me., U. S. A.

CHRISTIAN,

Edited by the only and original, T. J. Shelton, at 1566 Marion St., Denver, Col.

PRICE, \$1 A YEAR. SAMPLE COPIES FREE.

If you want something to go to sleep over

DON'T SEND.

DO YOU DESIRE some attractive, dainty art production, in either china or water-colors, suitable for holiday gifts, wedding presents or euchre prizes? If so address

MRS. OTIS STEWART CHESSMAN,

61 Bridge St., Etna, Pa.

PHYSICAL IMMORTALITY.

A Journal of Advanced Science and Philosophy, devoted to the Divine Art of teaching Man to be Immortal, Merry and Wise. HARRY GAZE, Editor, \$1.00 a year; sample copy 10 cents. PLAYTER BLOCK, OAKLAND, CALIFORNIA.

Stop a Minute! You want to know This!

Your name is your very own! Learn its highest possibilities and express them. Every letter has color, number and quality. A careful delineation by color vibration given for \$1.00 and 2 stamps, by

JOSEPHINE KNOWLTON, Room 31, Roberts Block, SAN JOSE, CAL.

Send FULL name and mother's surname before marriage.