

# THE NAUTILUS.

Devoted to the Art and Science of Self-Expression.

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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."

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

No. 6.

—"All things come to him who waits,"  
But that is merely stating  
One feature of the case,—you've got  
To hustle while you're waiting."  
—Chicago "Times-Herald."

## NOW AND THEN.

Discouragement is due to just one cause—letting the mind run on one thing whilst you are doing another. At such times you are a house divided against itself and you are falling. You are a stream of energy running in two channels instead of one, and you are therefore too weakened to accomplish anything in either channel. And you *feel* weak and discouraged. You are practising mental scatteration, which is the way not to live. You are living in the death part of your consciousness and your body is *actually* disintegrating whilst you are doing it. You are letting go your life, your individuality. You are letting your desire and your will, which are all one force and the *only* one, spread out all over creation. You are allowing yourself to be pulled to pieces by conflicting centers of attraction outside you. You are becoming the puppet of environment for the time being.

Of course it don't feel good. It is an unnatural state, a painful state, to be in.

And you don't have to be there a single minute. Only your own ignorance can keep you there.

YOU are a center of attraction, with greater force than is in all your environment beside. You can literally *pull yourself together* and become master instead of puppet.

And it is the easiest thing in the world to do it, and the most natural. So natural that the tiniest infant can do it and does do it habitually.

LIVING is the art of adjusting one's self to the NOW. Whatever one is really adjusted to one enjoys. Whenever one is *not* enjoying it is because he is hanging with one hand to the NOW and with the other to the fleeting past, or is straining out toward the future.

The NOW is the only point one can become thoroughly adjusted to, the only place one can really enjoy. And the only way one can enjoy the NOW is to put *all* of himself into it, so that there is no straining out in the different directions.

One no sooner becomes comfortably adjusted to the NOW than the NOW changes.

Well, LET it change and do thou likewise. Readjust as NOW readjusts. *Let go* what is fleeting away, accept what is arriving, and GET INTERESTED in cuddling comfortably down into it.

Dearie, this is something that is *all in your mind*. Keep adjusting your mind to things *as they come*.

Of course you will have a lot of Desires that certain particular things come. Well, every blessed one of those desired things *will* come. Desire is the Index to the Book of Life. Just read the index and smack your lips over the good things that are coming in that big book, and then settle down to *enjoy* every one of the chapters as it comes.

I know lots of folks think they must dip into the last chapter first, and then they lose interest in what comes before and skip slightly over it all. They don't get half the pleasure of the book. But the Book of Life is a serial story and you can't get at the last chapter first, fortunately for you. So don't try. Just glance over the index, your desires, and then cuddle comfortably down with each chapter as it comes. ENJOY it. And then enjoy the next and the next.

What is the use anyway in eternally hashing over the table of contents of our lives? Lots of us look backwards continually and dwell upon the hard places. Why? Just because we want to be pitied and made much over—because we want somebody to get down with us and wail over the terrible things we have been through. Or if we have been through some nice things we want folks to weep with us because the particular chapter we are now giving the small part of our attention to isn't quite so nice.

It is astonishing how determined we are to weep and make other folks weep over our Book of Life. We are so set on "sympathy" that we don't even see one-tenth of the good cheer and fun and frolic and real wit that is so plentifully besprinkling every Book of Life. We pass over the good things because we don't half read the NOW chapter.

Then if we have perchance grown tired of looking over the table of contents of our past lives we go stumbling over the future. We study our Desires assiduously but we *don't believe them*. We fret and strain after them, all the while fearing that the Book will not give us what the Index promises. See? So we fail to make the best of what goes before and we postpone the day of getting to the thing Desire promises, or when we get there we don't half enjoy it because we have failed to *pay attention* to what went before.

Now, dearie, this is no joke and no meaningless figure of speech. It is a literal FACT, as solid as any rock that ever grew. You never strive and strain over the table of contents of any printed book—you *never doubt* that it will all be in the book. So you set comfortably to work at the beginning and read one chapter at a time until you get to the Supreme Climax. Your desires are just as accurate and trustworthy an index to what is coming. Then LET it come and *enjoy the vicissitudes by which it comes*. Cuddle comfortably down with the NOW chapter and *pay attention* to each thing as it turns up. That is the way to GET THERE. See?

## I AM WHOLE AND SOUL.

"What is the 'mind'? What is the 'soul'? What is the 'spirit'?"

Go on and ask a few more. What is the "nervous system?" What is the "bony man?" What is the arterial or the venous man, or the lymphatic, or the skin man? Each of these has the outline of a man but not one has a beginning or a definable end. All are blended into one harmonious, indivisible WHOLE. And the "spiritual body" and the "mind" and "soul" are interwoven right along with the rest of them. There *is* no division, and no possibility of separateness except as the entire man disintegrates.

And it is my private opinion (and opinion is all that any man has when it comes to death and after) that the "spirit" or "soul" would disintegrate just as the body does if it had not *desire* enough to make it go on thinking, acting, incarnating. The blood man acts on the flesh and bone; the nerves act on the blood; the "mind" on the nerves; the "soul" on the "mind;" and so on higher and higher.

Death is the sloughing off of the coarser, the separating of that which is fit to survive from that which is unfit. The most *condensed*, hardened, dead matter is dropped. But the "soul," the highest of man, goes on acting, acting; and in just the same way, that a man thin to emaciation can grow plenty more fat with which to pad out his skin, so the soul can grow plenty more

brain, nerve, blood and bone. In other words, the "soul" can grow more bodies, for, whilst he drops the *manifestation* of his power, a body, he is forever ONE with the *source* of his power—the I AM of the universe.

Of course it is fun to some minds to study the anatomy of man, from bone to "spirit," and I see no reason why man should not follow his desire and study anatomy to his heart's content.

But when it comes to trying to separate the individual into a dozen sections or so and labeling these and then squabbling over their relative importance and "spirituality" I am reminded of the theologues of dead centuries who held prodigious debates over the grave question of how many angels can sit sedately on St. Anthony's little finger. And I want to stick my fingers in my ears and exclaim, "Well, what does it matter any how? Let us have peace!"

All this foolish exactitude about terms is as if I were punctilious about saying, "My feet and knees and certain muscles carried me out to walk this morning," or, "My pen is being propelled by my fingers, at the nervous command sent from my brain, to make tracks on this paper." What punctilious folderol!

I do these things. I make tracks—I do it all. Why, bless you, I am the only actor and the only action—I AM THE WHOLE THING.

And there isn't one section of me, body, soul or spirit that isn't GOOD. Blessed be All and the glory belongs to *God in the Highest—to ME—to "I Am"*—*not* to hand or body, brain or "soul" or "spirit," but to ME who *am* all and in all, now and ever. Behold I make all bodies, and remake them, and un-make them and use them *as I desire*, and I AM ONE.

Then don't seek to dissect me and mutilate my members and quarrel over me and weigh in a scale the exact amount of honor that belongs to each member of me and each plane of Me. *You cannot do it*. You but utter words without wisdom, and pile up chaff for the burning.

Be still and know that I AM GOD and there is none else beside ME. Know that I AM *you* and that you are ME. Know that body "soul" and "God" are ONE and *you* are that One, that altogether Good One. Know that what the body does is *God-done*, and what glorifies and beautifies the body glorifies and beautifies God, *yourself*. The chief end of the body is to glorify God and enjoy him forever.

Don't run down your body and your acts, dearie. Let your God-self *shine* on them. *Love* them. Bless them. Be sweet to them. Hold your body and your acts in high and holy esteem and they will reflect all the high wholeness of your soul, spirit, your I AM GOD.

—"What is Will?"—somebody asks. Will is the activity of intelligence, the only power of the universe. "Knowledge is power" is literal truth.

—Somebody wants to know if the no-breakfast way of living isn't meant just for "fat people." It is meant for everybody but harvest hands, for only such can brave the dangers of "three squares" a day. We who have outgrown heavy labor are still inclined to hang on to the eating habits gained on that plan of growth. The result is "bad blood," constipation, etc. A highly organized nervous system can no more stand with impunity the heavy load on its stomach than it can stand the heavy labor of a Chinese coolie. "Two squares" a day is enough for us Americans—one and a half is better.

—Frank T. Allen that good astrologer of 23 St. Mark's Place, Brooklyn, N. Y., is getting out a new journal that will be interesting to every thinker who likes astrology. Mr. Allen's journal will be called "Agreement" and he seeks to present the Oneness of all truth instead of drawing a line and dividing the sheep from the goats, the "scientific" from the "unscientific." For a limited time Mr. Allen will offer as a premium with a year's subscription to his journal a written judgment of your horoscope, all for \$1. The regular subscription price is 50 cents a year and I suspect if you send a two cent stamp and mention THE NAUTILUS Mr. Allen will mail you a sample of "Agreement" which will whet your appetite. By the way Mr. Allen says the "requests for his book that are directly traceable to NAUTILUS aggregate at least 50 per cent of the total from all sources." And he is not the only one who says such things about NAUTILUS as an ad. medium. Furthermore Mr. Allen has this to say in his advance number of "Agreement": "Mrs. Towne is preparing a new and enlarged edition of her 'Constitution of Man' to sell at fifty cents per copy. Take my word for it—you will get more genuine success vibration from reading that book than if you sent five dollars to the greatest vibration vendor in the country. Mrs. Towne was born as old Sol was nearing the horizon in that most solid and practical of the earth signs, Taurus; and but to read her writings gives you a feeling of the buoyancy, vigor and health that she possesses to a marked degree." \* \* And that reminds me that the new edition of "Constitution of Man" was out one day earlier than that blessed old Transcript Company promised it, and it is a beauty. The paper is elegant and the cover likewise and I don't believe there is a typographical error in the whole book. The half-tone of the author is a speaking likeness of a very wide-awake woman and the fifteen lessons in that book are—well, they are what you need in your business. Besides being the most understandable study extant on cosmogony, this little book gives clearest teaching and application of its teaching in relation to desire, its uses and direction for the accomplishment of one's purposes.

—"Character Building by Mental Control," by William Walker Atkinson, in March "Suggestion," is just the best and most helpful article I have read in a long time. It is pure, common sense mental science, and I would like to reprint every word of it if NAUTILUS were large enough. If you did not subscribe for "Suggestion" when I told you how good Mr. Atkinson's "Law of Mental Control" is, then do for your own character's sake send now and get all his articles. Send fifty cents for six months and begin with his articles, or send ten cents anyway for the March number. By the way, if you send for all his articles you will get a lot of other most interesting reading, several pages of which is devoted to the editor's opinions of Elizabeth Towne. I feel mightily stuck up over those pages, and William and I have had several little ha! ha! duets over 'em. "Suggestion's" Knight of the Paste Pot and Shears sees the point and goes you one better. Address him at 4020 Drexel Boulevard, Chicago.

—What you affirm to-day you will feel to-morrow.

—"It is the act of an ill-instructed man to blame others for his own bad condition; it is the act of one who has begun to be instructed, to lay the blame on himself; and of one whose instruction is completed, neither to blame another nor himself."—Epictetus.

—One of my valued exchanges is "Physical Culture," edited by Bernarr Macfadden, Townsend Building, Twenty-fifth street and Broadway, New York. It is beautifully and profusely illustrated and the price is but fifty cents a year. Of course it is all "physical" culture, but I would like to send it to the reading table of every "mental" culturist. It would interest him and he would gradually come to "vibrate with" Mr. Macfadden in a great many things, very much to the mental culturist's benefit. Let me whisper something to you, my mental science sweetheart—muscle practice is WILL practice and will help you immensely. And this good little fifty-cent maga-

zine will give you all the ideas and "rules" and "exercises" you can get in anybody's \$20 course of instructions. In the March number is an article on "Stretching Exercises" that is worth \$20 to any mental culturist who will let himself "vibrate with" it. Mr. Macfadden is very enterprising. He tries everything. He fasted for about two weeks not long ago, and "O. K.'d" that idea. Now he is living on five cents a day to prove that a man doesn't need to pay \$30 or so a month to keep himself in good trim. And next he is going to try the raw food fad and give us his opinion about that. I am interested in all these things because I know we are evolving and must have new ways of living, and it takes *thought* and experiment to evolve anything worth evolving. Long live B. Macfadden and may his tribe increase.

—Talking about Mr. Macfadden and "physical" culture reminds me of the other side, and of Frank Newland Doud's new book, "Evolution of the Individual," which bridges beautifully the chasm in most people's minds between the physical and the mental. Dr. Doud's book is "a brief exposition of the natural laws of growth and how to attain mental and bodily freedom," and it is so thoroughly scientific, understandable and practical that I am sorry I didn't write it myself. The chapter on "Mental Breathing" ought to go in with "Just How to Wake the Solar Plexus" and "Breathing Technique." That chapter is an eyeopener, as indeed the whole book is. The book sells for \$1 and is beautifully bound, but it is not a large book. However, that is not because there is little in it, but because the author has a way of presenting his stock without the usual amount of water. By the way, I met Dr. Doud as I came through Chicago. He is young and "awfully nice," and handsome enough to turn any woman's head. But he's married, girls. He has the finest complexion I ever saw on man or woman, and he told me he had not tasted meat for over eight years—I think that was the number. His new book may be ordered of William.

—"A Prophecy of the Coming Age" is written in rhyme by Alma Stanford, Santa Barbara, Cal., price 25 cents.

—"A Hoosier in Honduras" is an interesting book of travels by Hon. A. E. Morlan, United States Consul at the Port of Belize. Published by the El Dorado Publishing Company, Indianapolis, whose advertisement appears in another column. The book contains 215 large pages, in good type, has many illustrations and a paper binding. It sells for 75 cents.

—"One of the Blue Hen's Chickens" is the queer title of a well-told and charming "new thought" story by Virginia D. Young, whose other story, "A Tower in the Desert," was noticed last month in NAUTILUS. The latter story can be had for 50 cents of Mrs. Young herself, at Fairfax, S. C. The "Blue Hen" story ran last year as a serial in Dr. Close's "Free Man," and he has done it up now in a blue binding to match the Hen, and sells it for 50 cents. His address is 124 Birch street, Bangor, Me., and his "Free Man" is growing better as a free man naturally does.

—"Womanly Beauty of Form and Feature," is a new book "by twenty physicians and specialists, with eighty illustrations." There are 256 pages in the book, and it sells by the Health-Culture Company, 503 Fifth avenue, New York, for \$1, cloth binding. Dr. W. R. C. Latson's chapters on "Breathing and Beauty," Influence of Thought Upon Beauty" and "Voice an Element of Beauty," are specially good. Dr. Latson is editor of "Health-Culture" and he is as truly a mental doctor as a M. D. All the articles are helpful and every woman would gain from a careful study of the entire book.

—We had a new dish for dinner to-day and decided that "it *does* taste like turkey, and we are going to have it often. I found the recipe in that little ten-cent "Meatless Dishes" William has for sale. Here it is just as we had it: One cup chopped nuts (ours were walnuts and almonds run through the sausage cutter), one cup bread

crumbs, one of rich milk or cream, one beaten egg, and salt, pepper and sage to taste. Bake half an hour in a pudding dish, with moderate oven. A nice butter gravy improves it—just butter and flower mixed in the skillet over the fire, milk poured in to make it right, and salt to taste. But you need "gumption" to do it right—as Eleanor Kirk says. Try that "loaf." I think you will like it and it has greater food value than meat.

—To correct constipation eat nothing but raw apples before twelve o'clock, every day in the week; drink plenty of water at all hours; heed the faintest admonition of your bowels *every* time; exercise vigorously; BREATHE a-plenty of fresh air; and WAKE UP MENTALLY. Sure cure and costs nothing but a little resolution.

—Yes, anybody can "be free to follow desire," by *recognizing*, AFFIRMING his ability and then acting up to his recognition as quietly, resolutely and fast as he can. Practice makes perfect, and *little* things are the ones to practice upon, whilst you *trust* for the greater ones. *You ARE* what you desire—keep sweet and keep aiming and you will find it all manifesting.

—Every lover of poetry would be charmed with "Wind-Harp Songs," by J. William Lloyd, author of that splendid new book, "Dawn Thought," noticed in last issue of the NAUTILUS. "Wind-Harp Songs" is "dedicated to the Free Spirit," which breathes in every line. Contains 132 pages, beautifully printed and bound, price \$1. Order of William.

—"Infinite Love" is a pretty new thought song by Mark M. Jones and Mary E. Butters, the healer and teacher. Price 35 cents. Order of Mr. Jones, Austin, Ill.

—What do I think of vaccination? I think it is *rot*, in every sense of the word. But every man to his own taste. Only leave the defenseless children alone.

—"Is there danger of our becoming 'clingers' by these success helps?"

No more danger than there is of your "clinging" to the food you eat or the water you drink. "Success helps" help only as you appropriate, digest, assimilate them and make them your own.

—If you would have love you *MUST* be lovable. You must "vibrate with" other people. You must get interested in them and *their* interests, instead of harping eternally upon your "feelings." Drat the feelings! They are the biggest liars and thieves on earth—when they are allowed to boss.

—The way of the agitator is hard. Nevertheless the agitator is a Good Thing. He is used to stir up the dirt that the Current of Life may carry off the refuse. Very often he is swept away with the other trash. If you are itching to agitate for a Union, or more wages, or less work, alright. Go in to win. But use a little Common Sense or you will come to grief minus work and friends. First, be sure there is something worth agitating about. Second, be sure you have worked long enough, and steadily enough, and well enough in that place, to have won the Confidence of employers and fellow-workmen, as well as *your own*. Then they *may* feel that you have some Right to agitate. Thirdly, count well the costs of stirring up a hornet's nest—count it so well that you can depend upon yourself not to whine if you are fired. When you are sure of these three things and convinced that you *want* to, why, agitate. \* \* \* There are always two other alternatives for the agitator—he can either *accept* things as they are and do his best with them until the Law of Evolution changes them (by the aid of some other agitator), or he can leave. Whatever he does he *chooses* to do, and he should be man enough to take his medicine cheerfully. \* \* \* P. S.—All men are agitators and all women ditto. Let him who hath ears hear.

—"Realization" is the name of a nicely printed and bound volume by Miss Loraine Follet, Atkinson, Ill., "Published by The Order of the White Rose," price 50 cents—"being a course of six lessons on the recognition and unfoldment of the Highest Self."

## INDIVIDUALISMS.

BY WILLIAM E. TOWNE.

**PERSONAL MAGNETISM.**

Personal Magnetism is not some mysterious and wonderful power possessed by the select few, neither is it a "gift" which comes to one by inheritance. It is nothing more nor less than personal force, the strength manifested by a strong mentality which is conscious of its power, together with the aura which emanates from the body of a healthy person at all times. This aura is impregnated with the personality of the individual, hence when a person is positive and healthy mentally and physically we say he or she is magnetic.

The quality of magnetism is a matter of temperament. A person of the mental temperament will impart mental force to his magnetism. A person of strong animal tendencies will impart animal force to his magnetism, etc.

**HYPNOTIC INFLUENCE.**

The quality of influence which an operator in Hypnotism will exert upon his subject will accord with the quality of magnetism which he (the operator) generates. If he generates animal magnetism his influence will be upon a lower plane than if he generates a mental magnetism of high order. The best subjects of any operator are drawn from that class of people who find his magnetism attractive.

**CONDITIONS FOR HYPNOTIC PHENOMENA.**

All the phenomena of Hypnotism and Personal Magnetism are effects, dependent upon the action of that great Law which manifests in all creative acts. Professor Weltmer teaches that this Law is brought into action simply by agreement. The hypnotic subject agrees with the operator before any results can be obtained or the Law brought into action. According to some of the best authorities upon the subject, one person cannot by any possibility influence another person unless this agreement first exists. It may not be a verbal, conscious agreement, it may simply be the result of positiveness on the part of the operator and acquiescence on the part of the subject, but in some form it must exist before any degree of influence is possible. One person cannot force another to become subject to his influence so long as that other refuses to recognize the power of the operator over him. Nothing but a fixed conviction that a person has more will than you have, or in some manner has power to influence you, will ever make you subject to him.

**LOSS OF POWER.** The best informed teachers also tell us that no hypnotist who habitually does that of which his conscience does not approve can retain his power. This is because self-condemnation is the surest road to loss of ability to accomplish whatever we desire to accomplish in any direction.

**MENTAL HEALING.** Mental healing, like hypnotism, depends for its success upon harmony or agreement between healer and patient. A basis of mutual confidence and regard must be established before the best results can be obtained. The patient must RECEIVE the Word which the healer speaks for him before the cure can be accomplished. Unlike Hypnotism, however, mental healing does not make inoperative the will of the patient. Rather the healer's will reinforces, strengthens and arouses by agreement the will of the patient. The healer is healthy, positive, self-reliant. The patient comes *en rapport* with these qualities in the healer and allows himself to vibrate with them. His own will is thus aroused, and the corresponding vibrations of health which are lying latent in his I AM consciousness begin to manifest.

**DIFFERENCE OF METHODS.** The difference between healing by Hypnotism and by mental science may be illustrated in this manner: Supposing you desire to take a sick man on a journey. He doubts his ability to go. You give him an anæsthetic, put him to sleep, and while he is in that condition carry him bodily to his destination. This is the method of Hypnotism. If, on the other hand, you speak the silent Word of health and strength for this man, until his corresponding vibrations are awakened and a belief in health comes up in his own consciousness and he develops sufficient confidence to do himself what by the other method you did for him,—that is the method of mental science. By the former method, while the man's original store of strength and self-confidence may ultimately have been increased, yet he had not proved every step of the journey for himself, and without your support would be as helpless as a new born infant. Where such a method is employed the patient does not know *how* results are obtained, nor does he learn to stand alone. He takes the journey *with his eyes shut*. By the mental science method he not only goes through the experience with his eyes wide open, but he is led to observe new features all along the way. He learns to develop *himself* and to stand on his *own* feet, for all successful healers seek to imbue in their patients a sublime self-confidence and faith in their own individual powers.

**ALL THINGS ARE GOOD.** Hypnotism, Magnetic Healing, and all methods of curing disease, including the use of medicine, have their place in the world and each is best adapted to a certain class of people. The fittest method for the greatest number will survive, and gradually replace the other methods. Of course I believe that mental science is the supreme method, and that all other methods are based upon its principles, to which they owe their success.

**ONE PRINCIPLE.** There is but one principle involved in the healing of all diseases. That principle is the law of harmony. Anything and everything which leads a sick man or woman into a condition of harmonious vibration or consciousness of the Principle of Life will effect a cure. The surest and most direct method of accomplishing this result is by exercising the power of the spoken WORD to the desired end. When we learn to trust the Word, and when our bodies learn to trust it and to come into agreement with the Law of Harmony, then disease will cease to trouble us, and health, strength and joy reign supreme.

**GROWTH IS CUMULATIVE.** But patience is necessary to bring about this greatly-to-be-desired condition. We cannot solve all the problems in the arithmetic the first few days we go to school. We may grasp a principle theoretically, and yet it will take hundreds of practical applications of it before we can fully command it. So it is with this glorious Science of Life. We must keep our faith ever bright if we hope to accomplish results. The materialist may sneer at faith, but I tell you it is the basis of all things, and sometime I will tell you why I think it is so important, and explain how I believe it becomes the well spring of happiness.

**SALOON SMASHING.** I notice that most of the New Thought journals are expressing their ideas regarding Mrs. Nation's "crusade," so I will follow the fashion for once and give you my views on the subject. I believe that saloon smashing and its attendant lawlessness is exactly on a par with the lynching of negroes and similar outbreaks of mob violence. It belongs to the plane of brute force, and like all efforts to bring about reform by force is a remnant of barbarism, a reversion to the primitive spirit of the savage.

But aside from this aspect of the question I do not believe in the abolishment of the saloon by law at the present stage of civilization. The only way in which you can ever get rid of the saloon is by removing the DESIRE for liquor from those who patronize the saloon. The only remedy for intemperance which is practical is the educational remedy. It is a slow process, but sure. So long as men desire to drink they will do so, and to make laws which prohibit their gratifying their desires in this direction is an invasion of their right to individual freedom. I believe that every man should be left free to work out his own salvation in his own way, so long as he does not invade the rights of others. It is true that untold sorrow results from the drink habit. It is true that the lives of thousands of women and children are made miserable by the conduct of drunken husbands and fathers. But all this serves to teach us a needed lesson, viz.: that one individual should not allow his happiness to depend upon the conduct of another. These downtrodden women who are related to drunkards have the power to break their own chains if they will, and until they are willing to do so no amount of legislation will serve to make men temperate. One has only to compare the statistics relating to arrests for drunkenness in those states where the saloon is prohibited with similar statistics in other states to see the futility of attempting to suppress the liquor traffic by legislation. Just as soon as you build a fence around a man and say "thou shalt not" as regards the use of intoxicants, his desire is immediately strengthened ten fold. "Loose him and let him go." He is fulfilling his own destiny in his own way, and is not on the straight road to perdition, even though he seems to be. If you are his wife or friend, do your best to win him to choose a different course. If you do not succeed, then learn to make your happiness by your own effort.

Once more I say that I do not believe it expedient or possible to abolish intemperance by legislation. Education, growth and the development of higher desires is the only sure remedy, and it is more effective than most people imagine. The intellectual and spiritual faculties of all mankind are beginning to quicken, and the dawning of a new era is near at hand,—an era in which the brute stage will be outgrown, with all its attendant ignorance.

—"The Interpreter," "devoted to the final things," is another handsome new monthly, got out by Rev. George Chainey and my old friend, Dr. W. C. Gibbons, 1021 Masonic Temple, Chicago. Price \$1 a year. Long live the interpreters.

**THE CONSTITUTION OF MAN** is out in all the glory of a new edition, three added chapters and the author's likeness. You want a copy NOW, and it costs but 50 cents.

**JUST HOW TO WAKE THE SOLAR PLEXUS** is already in its second edition, with that article on "Breathing Technique," from March number of NAUTILUS, added to the book but *not* to the price, which is 25 cents.

—Kate A. Boehme has changed "Radiant Center" into such a pretty magazine of twenty-two large pages, with title page in red and black, and all printed on heavy antique. Kate has a fine article on "I am" and "I do" lines in her last number, and in her editorial columns she quotes from my "I am" and "I do" article in February NAUTILUS and says: "Elizabeth Towne's NAUTILUS, for February, came to-day, and I wrote day before yesterday my lesson on Realization, which appears in this number. And yet, here is the NAUTILUS with an exposition of the 'I AM' and 'I do.' \* \* \* This harmonizes so perfectly with what I have said in my lesson that I feel pleasure in quoting it and in the idea that the hand of my sub-conscious mentality must have clasped in some unseen and mystic fashion the hand of Elizabeth Towne." I am glad my hand clasped the warm and loving one of Katie Boehme. I have been many times surprised at such coincidence of idea with other writers and with my own readers, whose questions to me are often answered in "copy" for NAUTILUS before I receive the written questions. All these things but go to prove how truly One we are, and that thought is as tangible as writing. It proves something else too, that should thrill us with joy and satisfaction—it proves that we are *growing* in realization of the hitherto intangible in our Universal Self.

—The man who dislikes his work will never make money at it. He must either get into something he *can* love, or else PUT love in what he is already engaged in. Money may make the mare go but it's LOVE that makes the money grow. Not love of money itself but love of the work by which it comes.

—"Musical Romances" is a collection of four short stories of musicians and music, entertainingly told and said to be historically correct. The author is Aimee M. Wood and the price is one dollar. Address, Life Publishing Company, 2623 Holmes street, Kansas City, Mo.

—You are invited to join the Psychic Club, a private order investigating the Unknown Powers of Mind. Membership fees are \$1.00 a year, but if you send *ten cents only* with the names and addresses of ten people who might like to join such a club to Sydney Flower, secretary of the Psychic Club, Times-Herald Building, Chicago, you will receive by return mail your certificate of paid-up membership for the year 1901, and also a list of special privileges which you enjoy as a member of the club. You should make entry at once.

—Here is a man who says he "seems weighted down by some invisible power." Now, sonny, the only "invisible powers" that can "weight you down" are those *inside* of you. Sometimes it is stuffing at the table that does it; sometimes it is stuffing the mind; sometimes it is an attempt to stuff the affections. But always this weighted down feeling comes from *taking in* or *trying* to take in, instead of GIVING OUT. *Self-expression* unloads body and brain and "feelings." Wake up and *get interested* in seeing how much "I AM" you can let into what "*you do*" just NOW. Practice; rest; spit on your hands and go at it again, and you will soon get rid of all the weights and actually *enjoy yourself*.

—Financial success is gained by coöperating with existing conditions, not by fighting them. Reformers get their money in the generation when their reforms are the accepted order. Savvy? If the prohibitionist lives long enough he will see all men temperate and he will make money to burn—if he doesn't hitch himself to the tail of some other reform. If reformers want financial success they must conjure up more faith, less fight and a new business.

## The Success Circle.

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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.

Now straighten up, dearie, and stand at ATTENTION. Close your eyes and look upward. Now feel all through you the invisible One Power that is too fine and mighty to feel with your eyes open. Take into your being this subtle power in a full, slow, even breath. Hold your chest expanded whilst that power renews and fills you. Then gently, lovingly, steadily, breathe it out upon the object you are aiming for. Take three draughts of power, of God, before you stop and do it whenever you think of it. Then turn your whole attention to the next thing there is to do, and see how much ingenuity and loving thought you can put into the doing. The WORD is in every breath you thus take and all you desire is growing.

"You have assisted me most royally through the worst experience of my life, and I thank you." E.

"This has been the most prosperous year of my life. Hurrah for the Success Circle and Elizabeth Towne!" Ogarta Hatfield.

"Your books have sold off like winking and orders still coming in. I have been quite surprised. Guess it must be because I am in the Success Circle. Please send fifteen more copies each of 'Constitution of Man' and 'Just How to Wake the Solar Plexus.'" George W. Reading, Croydon Villa, Ramsgate, England.

"It somehow seems to me that I am receiving benefits from your Success Circle without being a member of it—that is, an enrolled member, though of course I AM the sole member. But, sweetheart, I AM above receiving without giving, and no one can do something for ME without getting full return. 'Inasmuch as ye have done it unto one of the least of these my brethren, ye have done it unto ME!' I inclose you one dollar. \* \* The last number of 'Nautilus' struck me hard in the 'Solar Perplexus,' and elsewhere. It was grand! Hooray for you, Elizabeth! I AM Success! You are Success! He is success! I notice you publish a letter from Mrs. Pentacost. I have had the pleasure of shaking hands with her, and such a shake!—it warms you up for fair! And Hugh—well, I think you are mistaken about there being any 'church' in him!" William M. Nichols, Bridgeport, Conn.

"I am working to get out"—and that is the very thing that keeps you in. Suppose a chick that has only been two weeks in the shell were to set up a great pecking and squirming to "get out"—what do you suppose would happen? It would simply die of its own struggles, or succeeding at last, it would die because of its own unfitness for the world it "got out" into. Just the place and condition you are in is the only place you are fit for NOW. When you are ready for a new environment it will be mighty easy to "get out." So quit struggling and kicking and complaining and censuring. Remember that you will "get out" at the right time. And get interested in enjoying all that is in the shell whilst you are there. It is by making the best of the present that we "get out" into a better time.

—The first year of the Success Circle closed with just five unrenowned memberships. How is that for a testimonial to the merits of the Success Circle? Those five names are dropped quicker than scat and all other names that are not renewed promptly to the minute will follow them. Procrastination, carelessness and all manner of delinquency are promptly let out of the Success Circle as well as out of everything else which IS SUCCESS. Delinquency breeds failure and delinquents need to be dropped with a dull thud to wake 'em up. So take warning, all you who desire to keep in my vibrations. Better send in your dollar a month or two early, than a week or so late. And don't send me any but blessed dollars. If the eagle has been squeezed till he is out of temper I don't want him—nor you either. But if your face is bright and shining and your dollar is

spent with a Good Will the whole Success Circle will smile its sweetest and teach its best and help you to put its teachings into practice.

"Being one of those who are 'done' enough not to think the NAUTILUS worth 50 cents I send the card you request, although I don't fear the sheriff's visit you threaten. Go tell that to the marines. There is much good in NAUTILUS but I do not find fifty cents' worth per year so you may discontinue it. Dan Huston, R. R., 1 Fairmount, Ind.

Daniel comes to judgment and finds "much good" in the NAUTILUS. He puts a fifty cent piece on the other side of the scales and down it goes, chug. Dan's money and mine can't be the same size for "much good" flops mine clear out of my pocket. Daniel's judgment reminds me of some other people's. We've had lots of laughs this month over the card and letter replies to that notice in last NAUTILUS. Such difference of opinion! One man exhorts me to "believe in the blood and be saved." He is seventy odd and knows we are nothing at all and NAUTILUS is very evil. But he has read it for nearly a year without saying peep. Fear of the sheriff brought on a virtuous fit. Right along with his letter was a postal from another man who has read NAUTILUS faithfully and long—without paying for it. He says there is "much good" but he cannot consent to its coming every month because I will persist in "using phraseology from that vile and obscene book, the bible." With a little b. Oh, there were lots of funny letters! It is odd to note how very virtuous people become when even an imaginary sheriff is looking! I've scratched 'em all off—peace to their ashes.

"By chance I have seen a little pamphlet written by you and entitled, 'Just How to Wake the Solar Plexus,' and I was so much pleased with its contents that I regard it worth more than a whole library of books on occultism and metaphysics. I should wish very much to obtain a copy of it and to have it translated into German." DR. F. HARTMANN.

That is what Dr. Franz Hartmann—himself the author of a whole library of metaphysical works and I don't know how many magazine articles besides—that is his opinion of my little book. I used to know Dr. Hartmann through "Mind," "Intelligence" and a few of his books. He writes from Florence, Italy, to which place only one of my books has gone, to my knowledge, to an Italian countess. I am glad Dr. Hartmann saw it. And that reminds me that I am sending many of my books and subscriptions, too, to England and the continent of Europe. I did not expect so ready an appreciation from there, nor so great a demand on both continents for "Just How To Wake the Solar Plexus." And the "Breathing Technique" in March issue of the NAUTILUS is attracting so much attention, all on the same line, that I concluded to incorporate it in the new edition, now ready, of "Just How To Wake the Solar Plexus." But the price remains the same, twenty-five cents.

### 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.

—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.

—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. If it is the FIRST dollar you have sent me for this purpose it will pay for the answering of your letter and for one year's subscription to the Nautilus. After that each monthly report must be accompanied by at least one dollar.

—If you want to subscribe for Nautilus a year; have special treatment for a month, with a letter; and join the Success Circle, all at once, send \$1.50.

—Do I publish books? For 50 cents I will send you a copy of "The Constitution of Man." In this book of fifteen 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.

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