

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 unvesting sea.—Holmes' "The Nautilus."

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{ ELIZABETH TOWNE,
HOLYOKE, MASSACHUSETTS. }

No. 3.

—I know I am august,
I do not trouble my spirit to vindicate itself or be understood,
I see that the elementary laws never apologize,
(I reckon I behave no prouder than the level I plant my house by, after all).
I exist as I am, that is enough,
If no other in the world be aware I sit content,
And if each and all be aware I sit content.
One world is aware and by far the largest to me,
and that is myself,
And whether I come to my own to-day or in ten thousand or ten million years,
I can cheerfully take it now, or with equal cheerfulness I can wait.
My foothold is tenon'd and mortis'd in granite,
I laugh at what you call dissolution,
And I know the amplitude of time.

—Walt Whitman.



Elizabeth Towne.

GREETING.

With warmest Good
Will to you all, and
my Word for a Comfortable Christmas and
a New Year full of
Growing-ness.

REALIZATION IN DETAIL.

"Help me to a state of realization" is an oft repeated cry. What is realization? I asked William that question and he answered, "It is the proof of things, I suppose." Realization is not theory but proof of theory. New-thought-ers are continually crying out for "realization" without understanding its nature, and without having any definite idea what they want to realize.

To accomplish anything in this world requires definiteness of purpose. A man cannot throw brick and mortar aimlessly and make a house. Neither can he sling "new thought" any old way and create "realization." But brick and mortar and thought can be used according to specifications for the erection of real mansions; mansions made with hands, or mansions not made with hands. In either case the mansions are the "realization"—the making real, or tangible, that which before was but visionary, intangible.

All tangible things are realizations. The world and all that is in it, and the starry heavens, are real. All matters of experience are real.

But dreams, visions, theories, are intangible, unrealized.

This does not mean that intangible things are not substantial. On the contrary, visions, dreams, theories, ideals, are the only substance there is. Sub means under; stance, to stand; substance is that which stands under, as the foundation. Dreams, theories, ideals, are the solid foundations upon which rest the whole tangible universe and all experience. "Such stuff as dreams are made of," indeed! Dream stuff supports all worlds and peoples, and even time itself. Dream stuff is the only substance—the only foundation.

But what good is a foundation without a superstructure? Realization is the beautiful mansion which is building on the solid rock of the ideal—the beautiful, only-substance, dream-stuff Ideal.

Now we are getting down to a working basis. The Universal Ideal, the One Ideal, of which the universe is the realization, is the Great Foundation. You and I and all creatures are workmen, each one busy with his part of the One Great Superstructure. Each has his part and place in the building, and not one can be spared or substituted by another.

The Universal Architect, like the individual one, has his great general plans, and besides this he gets out what are called "specifications." That is, he draws in detail the plan for each separate part of the building. Each workman works from some special part of these plans. He sticks to that carefully, patiently, persistently, until he has made his work look exactly like the specifications. If he is a good workman he takes pride in being accurate and he rejoices in his progress in making real his detailed plan. He does not go running about interfering with other workmen. He knows they, too, have their specifications to work from, and he knows it is the business of the Architect to look after and correct, if need be, each workman. So he tends strictly to his own business of making real his own particular specifications.

Now, dearie, every human being has his own particular specifications for working. Just as the Great General Plans are the Universal Ideals, so your specifications are your Ideals. Your business in life (and if you get interested in it, it will be your pleasure in life) is to make real your own individual Ideals. Now, just as a carpenter cannot real-ize his specifications in a bunch, or in a day or week, so you cannot attain "realization" in a lump, nor in a day or week, nor without work. But you can grow realization by sticking to details day after day.

For instance, suppose you are a "poor girl" dependent upon the one misfiring source, YOURSELF, for support. You greatly desire a musical education and career. There is a wide difference between your realization as a shop girl and your Ideal as a musician, just as there is a wide difference between the carpenter's realization of shapeless lumber and nails and his Ideal specifications.

But what of it? Recognize your Ideal and your ability to work it out—to real-ize it. Begin where you are now, to-day, and make every stroke tell in preparing you for the next stage. The Great Architect, the Law of Attraction, has put you in exactly the right place to begin on, has given you exactly the right specifications or Ideals to work out, and your material lies in profusion all about you, visible and invisible, to be used at will. Use it to the best of your ability now and here, and under these already real-ized conditions. Do the same to-morrow and the next day, always affirming that you are working out your ideal, working toward your ideal.

Believe in your ability to work it all out in due time. Belief is not faith, it is the root of faith. To believe is to affirm, and ACT as if you had faith. To believe is to "assume a virtue if you have it not." And faith and feeling soon fall into line with belief, and the "virtue" comes into realization. See?

Thoughts are the material with which you build realization. If you shape your thoughts against realizing what you desire, then you are not building.

Every affirmation adds to realization.

Every denial subtracts from realization. In other words, every denial of your ideal and your ability to reach it simply fixes you more firmly in your PRESENT state of realization.

Affirm your power. AFFIRM your ideal.

Work for it.

To affirm is literally to make firm. See that your thoughts are not shaped to make firm what you want to outgrow. Watch your thoughts and put them into your Ideal building.

Keep at it. In a year from now you can look

back and by comparison see how much faith and will and steadiness of purpose you have gained. All that is built into your realization. You have accomplished great things. Go on. In due time you will find yourself in musical circles—your Ideal realized.

What do you want to realize? Love to all people and things? Affirm it. Never mind feelings. AFFIRM love, all to yourself. If there is something or somebody or other you particularly dislike call it or him up mentally and say over and over to him, "I love you, I love you, I LOVE you! You are good—you ARE!" Say it over a dozen times—hard—stamp your foot and say it. All in your mind. Keep your lips closed, breathe fully, and say the words distinctly and emphatically in your mind. Then go about your business.

Next time you think about that hateful person he will not ruffle you so badly as usual. Good! Tell him he is good and you love him some more. Be positive about it. Keep at this practice and in a short time you will find yourself radiating Good Will instead of ill will, when you think of him. It is this sort of special practice which grows "realization." Keep at it. Send out love, love; instead of curling up with dislike. Let your love shine on just and unjust.

You can grow realization of anything in heaven or earth, by affirming it. Go in to win, dearie, and stick to it.

THE WAY OUT.

The way to get out of debt is to keep out. Whenever you want to keep out, and square the old accounts, you can. Whenever freedom from debt becomes the paramount desire of your soul you will find a thousand ways to avoid debt. But as long as you prefer new hats, meat, pastry, entertainments; as long as you prefer to "keep up appearances," and growl at "fate" or somebody else's extravagance, the debts will thrive. The moment you are willing to forsake everything to get out of the devil's grip, you will have conquered.

Conquered what?—conquered yourself. You got into debt; you keep yourself there; YOU are the only power that is able to get you out.

And you can do anything you WILL, whenever you want to hard enough.

The deeper you get into debt the harder you will want to get out. Just get desperate and hustle out this year of grace, goodness and glory, 1902.

No need to ask somebody else how you are to get out of debt; no use to ask somebody to help you out. Whenever you really want, hard, to get out your whole being, body, soul and spirit, will concentrate in one grand RESOLVE, and the Universal Wisdom will pour into you new ideas galore, of how to get out. You will see how to curtail in dozens of directions. You will put thought and energy and love and willingness into doing it.

Not only that but, through this narrowing, curtailment process, your thought will rise higher and overflow in new ways of making money. You cannot eat your cake and have it too. You cannot use your thought energy in scattering your money (and other people's) over the conventional surface of "keeping up appearances" and fretting over consequent debts; and at the same time use your thought and energy in making more money.

To 'ell with "appearances" and debts. LIVE—put your mind into living honestly, after your own pattern, instead of frittering force living

after "society's" pattern. The man or woman who will do that is the man or woman who, a little later on, *sets a new pace* that the herd tries to ape.

Be a Bell Wether all by yourself. Go your own way and let your bell tinkle as it will. By and by you will find plenty of sheep following. But be a sheep now; follow society's lead or the traditions of the fathers; and you will be but a sheep to-morrow, still trotting thoughtlessly, frettingly perhaps, to keep up with some other body's tinkle.

And this is what the herd calls "life." No wonder "life isn't worth living." The Bell Wether is the only one in the lot who does as he pleases; so he is the only one who enjoys life and lives long.

The prayer of the human sheep is, "Lead us not into debt"—the unanswered prayer. The Bell Wether sets a pace the sheep cannot follow, and yet the sheep keeps thoughtlessly, wearily, frettingly stumbling after until he drops in his tracks.

Don't let's be sheep and be led into debt. Let's put on a bell and declare our Indi-viduality. Let's begin where we are and *refuse* to be led into debt. Let's use our own brains to pick our own course and avoid the ditches other sheep have been led into.

Did you ever watch a herd of sheep? As they travel they crowd so closely together that none but the front ones can have the slightest notion of where they are going. If they are frightened and running the bell wether is often forced to jump off a precipice or into a river, where all the unseeing, thoughtless sheep follow him. When a herd is quiet every sheep has its nose to the ground and its horizon bounded by a few other grazing sheep.

How human that is! Our attention turned earthward, our actions governed by the few fellow beings nearest us. Outside the herd and beyond us lie limitless fields, ungrazed, unexplored; here are we, nose to earth, gleaning where others have reaped before us. Not one of us thinks of trying new fields unless some venturesome Bell Wether leads the way. Then, after he has nipped the tenderest and best and the foremost sheep have taken the best of what is left and trodden down the rest, here we come trailing thoughtlessly after, complaining of the "poverty" of our lot.

Why complain? Our lot is our own. The same identical thing that keeps sheep in herds keeps us following custom, even though we get into the ditch of poverty and are gobbled up by our creditors. Sheep are timid, *afraid* to do anything by themselves, so they *let their own wits rest* whilst they follow custom. Dis-use causes atrophy, a wasting away, and from him who *uses* not his wits shall be taken away even the little he had. That is why sheep are so silly and that is why people are silly. "We all, like sheep, have gone astray" by *not* trusting and using our individual wits and will.

But it is never too late to mend. A sheep is a sheep, but a man is an "acme of things accomplished, an encloser of things to be." He is encloser of the whole menagerie, and the Keeper besides. He has the freedom of choice which beast shall be uppermost, or whether the Keeper shall rule them all.

And the fact that he was born with the sheep on top does not prevent him from retiring the sheep and taking counsel of the lion within him. It does not prevent him from evoking the entire menagerie in turn and *using* their individual and collective powers for the furtherance of his own PURPOSE.

Man is God, the creator and ruler of all that is within him. Because he has created sheep and followed others is no reason why he should keep on creating sheep and following some other body.

Let us create power, will, individuality. WE CAN.

How? Just as everything else has been, and is being created; *by the WORD*, the statement, the affirmation. Declare FREEDOM. Declare courage, and power, and wisdom, for yourself. Take full, slow breaths through your nose, stamp your

food and DECLARE 'EM. Keep declaring, and keep *acting up* to your declarations as fast as possible.

You can create *anything*, if you will just keep at it.

—This "hunting health" is a false scent and ends where the hunter began. Quit chasing and KNOW that I AM HEALTH—say it over ten thousand times if need be, until you *do* know it. In the meantime ACT as if you are health. Forget your symptoms and feelings and get something to *live for*. An *object* in life will bring body and soul into harmony with itself, and harmony is health.

—This working of suggestion is a funny thing. I suppose you have all heard of the anxious mamma whose parting injunction to her small brood was, "Be good children, and whilst I am gone be sure you do not stuff beans up your noses. It is very dangerous to do so." Those youngsters had never thought of such a thing, but immediately upon being left alone they explored for beans, which mamma later found in small noses. It just struck me that the Lord in the garden of Eden story was like the anxious mamma. Adam and Eve simply *had* to explore the forbidden—they were built that way. According to the story it was the Lord who built them. So the odium of all these years of good-and-evil-exploring belongs on the Lord's shoulders instead of the poor devil's. The latter is only a scape-goat made by that same Lord. The serpent has borne the blame because he hasn't *backbone enough to stand up for himself*. And the Lord has slid out of the responsibility, because he knows enough to keep still. Adam, having a pretty good opinion of his importance, was the first to recognize that he had misbehaved. But he slid the responsibility onto Eve, and she onto the snake. And there you are. And all this time the Lord's suggestion, and the way he built Adam and Eve, was at the bottom of the whole thing—and is yet. Which argues one of two things, either the Lord was ignorant and made a big mistake, after which he wasn't brave enough to admit it, in which case he is not unlike some Adams and Eves; or else he was all-wise and knew they *needed* to explore "good and evil," and he had self-command enough to keep still and *let 'em*. In which case he is considerably *un-like* most Adams and Eves. He could stand the unjust blame and *keep on shining* on the unjust. He must have had *faith* enough in Adam and Eve to believe they'd explore to their heart's content—just as *he* would if he hadn't already done so—and find out the truth at last. So he kept mum and let 'em explore, and compare, and condemn and *find out*, like *the God they are*. So now they are finding out, having explored pretty well, that *everything* has its uses and is *good*, and the serpent wasn't at all to blame for their fall, *for they never fell*. Adam and Eve meet the Lord again in the full day and smile at him and *with* him, and say, "Well, Lord, you fooled us neatly. You looked so fierce when you said 'thou shalt not,' that we forgot all about the fact that *we* are Lord of all the earth and had a right to do as we pleased. We were not very *positive* about ourselves and our rights in those days. But *now* we KNOW." And the Lord fairly beams on Adam and Eve.

—To lay upon another the blame for your losses or failures is to belittle yourself. You must be pretty insignificant if your best can be thwarted by the smallness of another. Rather stand straight and say you made a mistake and will do better next time.

—Use your brains instead of letting them use you. To let your mind run on undesirable things is to abdicate your rights and let your brains run you. Now YOU are far greater than your brains, which are simply a bundle of *habits of thought* with one little tender spot where you can pour in *new* thoughts to form more habits or change old ones. This one spot where you can pour in new thought is the point of IMAGINATION. You can *use* your brains by *imagining*, imagining desirable statements of life. Thus you pour in new thoughts and habits which will remake your

brains after a better fashion, and free them to receive still higher thought. To let your brains use you is to keep yourself in a mental treadmill. To use your brains is to express daily more and more of what YOU are.

—Here is a long letter from a woman who disagrees with her husband and *all* her circumstances and conditions. She wants to teach music and she is ashamed to use her own name! She wants to know "what I would do." I would quit disagreeing with anything or anybody. I'd get out by myself, in any sort of surroundings I could command, stand up straight and look people squarely in the face; and I'd use my own name and make my own "vibrations"—good, cheerful, *resolute* ones. And I'd stick to it until I grew all the success I wanted. I know I'd do it because I've *done* it. And what I can do anybody else can.

—Somebody wants to know what I think about whipping children. I think it is beastly, brutish. And it keeps the child on the brute plane. For pity's sake quit it. For heaven's sake rule by reason and Good Will, or else send the child out to shift for himself. He will be better off.

—Perhaps if I explain a thing or two you will be more careful about the way you send in orders. William asked you to write your orders for NAUTILUS and my books on *one* piece of paper for me; and orders for other books on *another* piece of paper for him. This saves us quite a bit of time and bother. Our two businesses are kept just as separate as if we lived in different houses. When your orders to me are mixed I have to copy off his part of the order, with your name and address. When the letter comes to him he has to copy them for me. It is a small matter for you to keep your orders separate by using two slips of paper, and it is businesslike to do it. But it becomes quite an item when we have to separate these mixed orders in a stack of mail. The money may be sent in one money order or check—it is easy enough to make change. But we would both be thankful if you would be careful about the orders. You need not write two letters—just say "Send so and so, to"—and give *full* address.

—I wrote thus to one who is divided between "desire" and "duty." I remain in this place because I CHOOSE to. Nobody on earth or in heaven—*no* power—will ever get me out of this place; no power but my own. When I choose I shall get up and walk out. But I do not choose. I am not "held"—I simply CHOOSE to remain here, because I really, deep down in my soul, believe *this* is the right place for me at the present time, and perhaps for a long time to come. There are people here whom I love so much that I WILL NOT go anywhere else. The fact of the matter is I love *these* people more than I love others and I instinctively know that others might not "pan out" as I idealize them. Now don't you think it would be silly of me to divide myself up and continually reach out after something that I *deliberately choose not to have*? Don't you think the wise thing would be to deliberately *give up* the outside thing—turn my back on it—snap my fingers at it—and rest content in the knowledge that *whenever I choose* I can go to it? Don't you think that the sensible thing would be to wake new interest in the thing I *do* choose, and put my WHOLE SOUL into it, instead of letting my soul go stringing out after the thing I do *not* choose? And I will tell you something—if I persist in dividing myself up in this insane fashion I shall kill myself off, after dragging a weary length of drudgery. So I will not do it. I CHOOSE this place and these people and I will stand by them. If I cannot do it I will pack up and get out. The *first* duty in life is to myself. I will keep myself ONE and together; and if I can't do it here I will go where I *can* do it. But I can do it here. And I WILL. I will NOT be blue or discouraged. I will be a child and throw care to the winds. If I can't have the moon I will have a good time with what I *can* have. I WILL. * * * Dearie, ALL things are lawful, but all things are not expedient. PUT your soul into what you choose as expedient. All you desire is yours. But *not* through self-division. Concentrate.

INDIVIDUALISMS.

By WILLIAM E. TOWNE.

SELF-COMMUNION. Dear readers, have you learned the happiness, the pure joy, of communing with your own soul? If not, you have missed a grand thing in life. To "loaf and invite your soul," as Walt Whitman said, is one of the greatest joys in existence, and leads to strength and power.

For all strength and power has its birth in the silence, where the soul dwells.

The turmoil of life is hushed and only the peace of the Absolute reigns when you have learned to commune with yourself. The Power within will guide you in the path of wisdom when your inner consciousness becomes opened to it.

It is not easy to formulate in words a method by which the habit of self-communion may be established, but this I say unto you, from my own experience: If you would know the Power Within, *be still and listen.*

I believe all the mystics of the world have gained their wisdom by this process. It is not an intellectual process, and the physical organs of hearing have no part in it. It is a turning away from the noise of objective life to the calm and peace of the subjective. All the physical faculties are stilled, and you become passive to the voice of the Absolute.

This experience is a very real one to many people, but it would be impossible to describe it in words so that a material minded person could fully grasp its meaning. It must be *felt* by each one for himself.

All the problems which your reason fails to solve, all the annoyances of the objective life, all forms of inharmoniousness are transmuted in this subjective realm, and you take up the thread of the outer life again with a warm glow at your heart, with a consciousness of harmony with all things and an abiding faith that your path is straight before you, and that it leads to all that is best and good for you.

BE STILL AND LISTEN.

This will give you the key to the wisdom of the ages.

PERMANENT RESULTS. How shall we obtain results that are permanent in the application of the New Thought? This question is being asked by a great many students. It is a question that everyone has to meet and solve who follows this line of thought for any length of time. It is so easy to get results at first, we are so full of enthusiasm, so hopeful for the future. Then something goes wrong after a time and we lose a little of our enthusiasm, and after that it does not seem so easy to apply the truth as it did at first.

What is the cause of this difficulty, and what is the remedy?

In the first place we use too much brute will force at first, too much *mental* effort, and do not pay enough attention to *letting* the truth *grow* within us. Health, success, happiness, whatever it is you are striving for, can only come to you as a result of growth—unfolding. Under the influence of enthusiasm, when the New Thought first becomes familiar to us, we employ brute will-power to such an extent as to *force* the growing process, and following this comes an inevitable reaction. If our faith is only sufficiently strong we weather the storm, and as soon as it is passed we take hold again with more courage than ever. But if we lack faith, if we judge only from a limited field of vision, then we may lose a little ground at each succeeding re-action until finally the forces of success and health are blocked in the performance of their duties.

Now, then, to obtain permanent results we must start out with the idea at first that time is required to grow health and success. We must hold the mind serene in the face of apparent failure. We must make the mental statement of what we desire and then *let* it unfold itself in the sub-conscious mind without trying to work it out with the brain. We must *cultivate* the habit of letting go with the physical mind and trusting and depending upon the sub-conscious mind to work out success and health for us by degrees. We must coöperate with the sub-conscious mind and remember that the brain cannot solve all problems accurately and satisfactorily except as it becomes passive to the sub-conscious mind.

Most of us are constantly holding on so hard mentally that we cause mental congestion and the natural working of the bodily functions is interfered with to a great extent. We need to come into harmony *with* those functions. When we use brute will power to *force* these functions into a state of harmony reaction results. When we *grow* into harmony *with* the bodily functions health results. And the results so obtained are lasting results.

Doubt will prevent success always. Therefore always make your statements and decisions apart from the element of doubt. This will grow success and health in you. *Listen* to the higher self and *let* its promptings work their way out to the surface. Let go of the desire for excitement, the

craving for something new every hour in the day. Stop seeking for something *outside* yourself to give you health and happiness. Many people are so strongly hypnotized in the mad rush for pleasure or health which modern society cultivates that they never become acquainted with themselves. They feel lost or dazed if left alone for half an hour. Is it any wonder that such people go down with the first wave of adversity that comes to them, attracted by their own violation of the Law of Individuality which makes it absolutely necessary that, sooner or later, "every tub must stand on its own bottom?" Yet many of these people develop unlooked for strength under the compelling power of adverse conditions. They learn the lesson which they have attracted to themselves and learn to live more in the universe of eternity and less in the world of time and space.

This world is for *use*. "Use this world as not abusing it." He who abuses his physical life is bound to live in a world of change and to find himself constantly facing needed adjustments of the physical body.

The permanent things of life come out of the silence, and in the silence all permanent growth is rooted. If you would obtain permanent health, permanent happiness, permanent success, quit striving for it on the physical plane. LET it grow up on the sub-conscious plane. When you seek to build health and happiness by brute force of will-power, you are doing exactly what a carpenter would be doing if he attempted to erect a house before putting in a solid foundation.

Find *yourself*. Listen for the promptings of your sub-conscious mind. Be not anxious about results. Let health and success grow up within you without unduly forcing them to manifest by exercising your physical brain to compel results. If life seems all a blank at first it is only because the desired blessings are growing. Growth is carried forward best at some stages in darkness. Above all trust your own god within, your I AM, your sub-conscious mind, and let it teach and guide you into the way of truth.

In this way you will obtain results that are lasting because founded upon the bed rock of eternal truth.

THE "MOTHER CHURCH." We were in Boston recently a day or two and took advantage of the opportunity to visit the Christian Science church there, known as "The First Church of Christ Scientist" and also called the "Mother Church." It is located on the edge of the fashionable Back Bay district, and is a truly beautiful edifice. The building was dedicated on January 6, 1895, and a considerable portion of its expense was met by contributions from the Christian Science Sunday School children. These children were organized into a society known as "Busy Bees" for the purpose of raising money to help erect the church, and with their contributions was built the "Mother's Room." This room is designed for the private use of Mrs. Eddy upon the occasions of her visits to the church, and has been occupied by her but three times since it was dedicated in 1895. The appointments of the room are most choice and elegant. The walls are delicately tinted and covered with texts from the Bible and "Science and Health." The adjoining lavatory contains a beautiful marble wash bowl, while the faucets are plated with gold. The three windows of the "Mother's Room" are works of art. The Christian Scientists seem very proud of their beautiful church, as they have reason to be.

We can but feel the greatest respect for the reverence, amounting almost to worship, with which her followers regard Mrs. Eddy. She has started a movement which will ultimately result in greater good to humanity than even her followers themselves dream of.

A HAPPY UNION. My friend, Alice Wolverton Eyre, sends me a full-page article, clipped from a San Francisco paper, announcing her marriage on August last to Mr. Ernst Benninghoven. Readers of NAUTILUS will remember Mrs. Eyre as the former editor of "Ideal Love." The announcement of marriage was publicly made without the aid of church or State, as both the parties to the announcement hold radical views upon the subject of marriage. Mrs. Eyre retains her own name. The happy couple are now engaged with several others in the promotion of a coöperative colonial enterprise to be carried into effect somewhere along the Pacific Coast. This colony is to be composed of men and women who have outgrown the competitive system and existing order of society, and is to be known as "The Ideal Commonwealth." Anyone interested can secure a booklet giving full particulars by sending ten cents to Mrs. Alice Wolverton Eyre, 1429 Market street, San Francisco, Cal.

PEACE AND GOOD WILL. This is the season when the spirit of Good Will is abroad wherever the Christmas tide is celebrated. The Christ spirit of Love, Gentleness and Peace broods over the hearts of men. It matters not to what sect or school of thought one belongs, he can but feel this quickening impulse. He may be an Atheist, Jew or Mental scientist, he may be rich or poor, he may be at home or abroad, yet at

Christmas time his heart will warm towards humanity.

At this time I feel that I cannot give you a better thought than this of William Walker Atkinson's: "I believe that the greatest happiness consists in maintaining toward the Absolute the attitude of the trusting child, who, feeling no doubt of the parent's love—no doubt of his wisdom—places his little hand in that of the parent, and says: 'Lead Thou me on.'"

In closing this article I send to each reader of THE NAUTILUS cordial greeting, with the earnest desire that each may realize the choicest blessing that comes from an at-one-ment with Infinite Law; that is, PEACE now and for eternity.

—Frank T. Allen says in a private letter that "if ever the Mental Scientists decide to elect a pope Elizabeth Towne shall have my vote." This is a polite way of accusing me of "dogmatism." I plead guilty. I speak as one having authority because I AM authority. I AM the way, the truth and the life, and as fast as I find myself out I put it down in black and white, that whoever desires may read and prove for himself. These ideas are not to me mere matters of opinion, to be argued out with due deference to some other fellow's opinions and sharp corners. I have demonstrated certain things; I state them in the plainest language at my command; and I bid you *prove them for yourself*. It is none of my business whether you believe my words and prove them, or not. *That is your business.* It is my business to express positively what I know. It is my business to eliminate the "ifs," "ands" and "buts," the "maybes" and "perhapes" that make impotent the Truth. It is my business to think and speak directly to the point of *Good*. It is my *aim* to do this. Therefore my words are full of power for good. Mr. Allen said in his written judgment of my horoscope that "dogmatism is my strong point and my weak point." Dogmatism is simply *positiveness*, and positiveness is POWER. I speak the Word of Good and I *could not* speak it too positively, too powerfully. I speak more and more powerfully the Word which is *transforming the world*. * * * Dogmatism has no "weak point." It is all-mighty. But if I should put dogmatism, positiveness, power, into *un-true* instead of true Words, then would I find a "weak point" and my Words would crumble into nothingness.

—I consider that little book, "Magnetation," by Albert Chavannes (see ad) a liberal education in the principles of sex.

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—We have been buying gifts for Christmas, and among them was one I'd love to duplicate for every boy and girl in this beautiful world. It is Ernest Seton-Thompson's "Lives of the Hunted." This copy is destined to delight and make warmer and tenderer the already loving heart of a blessed little yellow-haired nephew of mine, out in Portland, Oregon—a child of eight years. "Lives of the Hunted" is a collection of life stories of different animals—a ram, a faithful dog, a coyote, a cock sparrow, a bear, a mother teal, a kangaroo, a rat and a chickadee—and is written in each instance from the *animal's* standpoint, just as you might write faithfully the life story of your dearest friend. The book simply compels you to realize from the animal's standpoint, and will do more toward waking real humane instincts in the heart of child or adult than all the "societies" and crusades and talkings-to that were ever invented. And it will give a better understanding of natural history than any text book I ever saw. "Lives of the Hunted" should be in every school and home. Buy it for *your* child, and read it to him and to yourself. Don't grudge the \$1.75 the book costs—it contains \$175 worth of soul-culture, not to mention the beautiful illustrations. Order through any book dealer in your town, or send to Charles Scribner's Sons, New York.

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ELIZABETH TOWNE.

What do you go to sleep on? Success, or failure? In the day time your little 5 per cent conscious mind is so active that the other 95 per cent of your mind has little chance to help you. But if you will set your 95 per cent sub-conscious mind when you go to bed it will grow more success while you sleep than your little 5 per cent consciousness can grow in a month. And if you go to sleep with your 95 per cent self set *wrong*, it will *tear down* more than a good day's work. Never go to bed "half asleep." When your head touches the pillow you should be wide awake. First, *let go* of everything, good, bad or indifferent. Tell yourself you are going to bed to *rest* now—to float in a limitless sea of power which is to flow through you and rejuvenate you and *grow* your powers. Then take slow, full, quiet, *even* breaths of this power, keeping your mouth shut. Say I AM, as you slowly inhale, and SUCCESS, as you slowly exhale. Say it *positively* at first, and gradually get sleepy over it. Go off to sleep on SUCCESS. Sleep is a concentrator of energy, and if you say SUCCESS as you go to sleep, all night long your 95 per cent mind will concentrate energy in the success direction. Keep this up night after night this whole new year, and your progress will be a marvel to yourself and others.

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—"The Path-Finder" is making tracks to the very heart of its readers. Its editor, Edgar Wallace Conable, and Mabel B. Pace and Ione are a trinity to swear by, bless 'em. Roswell, Col., is the address.

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—"The Psychic and Psychism," by A. C. Halphide, M. D. (and the rest of the alphabet), of 1020 East Fifty-ninth street, Chicago, a dollar book, is a really valuable treatise on psychic phenomena. In one place Dr. Halphide says: "Theoretically Autosuggestion ought to be able to cure every ill that flesh is heir to, but up to date it has succeeded only in a limited number of cases. *Its failure is due no doubt to our lack of confidence in ourselves.*" He goes straight to the point in all he says, and does it in a simple and lucid manner.

—One of the most cultured and scholarly as well as judicial and concise writers I know of on new thought lines is Eugene Del Mar, and he has just issued his best thought up to date, in a handsome cloth-bound volume which sells for 75 cents. "Spiritual and Material Attraction, a Conception of Unity," "sets forth a presentation, from the point of view of the Man of Science, of the fundamental principles underlying the Philosophy of the New Thought." This little book might be called an interesting compendium, and at the back is given a list of "References and Authorities" of great value to the careful student.

—"And so you are 'Betsy Lois.' Well, ever since I read of you in one of Thomas J.'s 'Christians' I have desired to know more about you. And now, lo, I find you again. Thank Heaven that the *only practical* one in these lines has come

to the front. And you have the courage to tell others 'what to do to be saved.' The *usual* way is to say to all who are groping blindly along, 'each one must find out for itself.' As well say 'do your algebra without any rule, let x equal the unknown quantity and there you are!' Yes, indeed, there you are! And so are you 'there' with the usual mental science talks. But you are fine and practical and not afraid to help others up and out of bondage. I GLORY IN YOU, Betsy Lois! You are helping me and I send names of those I know you can help."—A. H.

—"I am happy to say I have been a member of the Success Circle nearly two years. Have had more real pleasure; my health and looks have improved 100 per cent; our home is a thousand times happier; and last but not least my husband's business has become everything we could wish for. I have a new lease on life and am happier than I have been for years. For all of this we have you to thank."—C. J. * * * "My circumstances are greatly improved since joining your Success Circle, and I have some good business chances. Papa has a new \$75 position, thanks to you again, and my sister begins her musical education January 1. So we are all getting just what we want."—M. A. * * * "My business has picked up remarkably and I thank you heartily and bless the day I joined the Success Circle."—C. M. * * * "I was not expecting results so soon but they have begun to appear."—L. S. * * * "I have been very successful during the past year. When you consider how young I am (sixty-three years), and how radical a change had to be made in my life, I am sure you will be proud of my progress."—M. B. * * * "My financial circumstances are much better."—E. J. * * * "Some two or three years ago you treated me for indigestion, and very successfully."—D. S. * * * "My success has been phenomenal since joining the Circle."—G. A.

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