NAUTILUS

MAGAZINE OF NEW THOUGHT

1944

DECEMBER

Your Part in Peace SHELDON SHEPARD

Sleep, the Soul's Opportunity M. L. SITGREAVES

Are You a Worrier? IRMA HEGEL

How to Increase Your Prosperity GENEVIEVE BEHREND

What You Can Do About Trouble PAUL ELLSWORTH

Seven Gifts You Have HAZEL PICKETT

That Your Joy May Be Full EDITHE WEARE

What I Have Learned About Going to Sleep ELIZABETH TOWNE

Edited by ELIZABETH TOWNE
WILLIAM E. TOWNE

PRICE 20 CENTS

It Will Always Be a

CHRISTMAS DAY

when the Christ thought about God's love and helpfulness is born in the mind of an earnest Truth Student

GEORGE C. HUBBS

What's Cooking FOR NEXT MONTH?

Peace Needs the Help of Youth That youth should be trained to become useful units in the great peace structure which the world will try to build after the wars, is the theme of a thoughtful and suggestive article just received by NAUTILUS from a new contributor, Nellie L. Drew. She gives practical suggestions for training the imagination of children as a means of discovering their natural trends — what they might take up as a serious work in later years. So why not try teaching your children to use their imagination for constructive use in the service of peace, says Miss Drew in TRAINING THE IMAGINATION OF YOUTH, her forthcoming contribution to NAUTILUS.

A New Kind of Resolution Start your New Year by putting the accent on ENDINGS instead of BEGINNINGS advises Marie Hapgood Tongue. That way you can keep up your enthusiasm and greatly increase your production, she says. And she has had experience in this very thing — about which she will tell us in her forthcoming NAUTILUS article, ARE YOU A GOOD ENDER? Mrs. Tongue contributes very frequently to the Sunday edition of one of the oldest and best known newspapers in the country. She says: "I have a lot of fun writing those short articles for the Sunday paper. Incidents, bits of conversation, in fact any interesting little thing which happens, I work into a sketch. They are all a bit too small to be used elsewhere." (This might be a valuable suggestion for those who want to write for pin money.)

Freedom From Fear Dortch Campbell says: "The Ninety-First Psalm is a scientific formula showing you how to live yourself out of trouble." Now that idea intrigued me no end. I read along, fascinated, to the end of the manuscript in which Dortch expanded upon this idea. He clinches his plea for this great idea by telling how it accomplished the healing of a fifty-five year old woman — a healing and a resurrection, we might say, of her entire personality. We think you will agree with us that THOU SHALT NOT BE AFRAID deserves the place of honor we propose to give it in the next issue of NAUTILUS.

Important to Nautilus Subscribers

If you find an expiration notice attached to this space it means that your subscription expires with this issue UNLESS your renewal has crossed the notice in the mail. IF YOU WILL RETURN THE RENEWAL BLANK WITH YOUR REMITTANCE SO THAT IT REACHES US BY THE 29th OF THE MONTH OF THIS ISSUE WE WILL CREDIT YOU WITH 13 MONTHS FOR $2.00. Extra month for prompt renewal. Or we will send NAUTILUS two years for $3.00 (30c extra per year for Canadian postage; and 60c extra postage per year to foreign lands). Do not look for change in credit mark on wrapper of your NAUTILUS before second month after your renewal.

WE AFFIRM that the basic truth of all religions is one. And that this truth — understood and applied — frees, heals and prospers the individual — HERE AND NOW.

NAUTILUS takes its name from the following verse from Holmes' poem, *The Chambered Nautilus:*

BUILD thee more stately mansions, oh, my soul,
As the swift seasons roll!
Leave thy low-vaulted past!
Let each new temple nobler than the last,
Shut thee from heaven with a dome more vast,
'Til thou at length art free,
Leaving thine outgrown shell by Life's unresting sea.

More About Combining Deep Breathing With Affirmations Dr. Thomas Tapper will provide our readers with an interesting sketch about a man he knew in southern England many years ago who had very original ideas upon this subject. He carried these ideas into daily practice and Dr. Tapper says his appearance suggested poise and power to an unusual degree. He will tell us all about it (as the newsboys say) in BREATHE OUT YOUR BLESSINGS.

Don't Hang On To Yourself Too Much? That is the gist of the latest contribution from that splendid writer, Edithe Weare. Her article is short; it won't occupy much more than a page in NAUTILUS, but we believe it will help many to open themselves more fully to life. We quote a few lines just to give you an idea of what it will be like: "It has been my lot in life to know many people with closed in souls, fine, salt of the earth people who long for, but never get, life's choice experiences, because they keep

(*Please turn to page* 2, *col.* 2)

A Woman Finds PEACE Within

"Never felt so quiet and peaceful. Can't praise this work enough." — M. B., Wis. So writes a student of ELIZABETH TOWNE'S FOUR LESSONS ON HEALTH AND SUCCESS. Others write: "Have left off tonic and sometimes walk over two miles a day. Instead of studying ABOUT Truth, or thinking ABOUT Truth, these Lessons make you know that you are LIVING TRUTH." — M. S. B., Ga. "Strength increased. Haven't felt so ALIVE for years." — Mrs. J. H. D., Ind. "Have accomplished every single thing I put on my written list of desires. Please send Lesson II." — G. H. C., Ga. "Was losing weight. Much depressed. Now gaining weight and mental attitude completely changed." — E. E. M., Ill. "Health and appearance improved. Eyes sparkle, complexion better." — G. C. L., Md. "Am thankful for PEACE AND HARMONY IN HOME and small increase in income." — C. E. H., Pa.

Price of the Four Lessons and two booklets used with them, $1.60.

THE ELIZABETH TOWNE CO., Inc.
Holyoke, Massachusetts

(What's Cooking: Continued from page 1)

their hearts barred instead of flinging wide the doors and inviting Experience in." So then, watch sharp for LOOSE IT AND LET IT GO!

Overcoming the World Just what do you suppose Jesus meant when he spoke of "Overcoming the world"? I think our good friend, Paul Ellsworth, is as well qualified to answer that question, from the New Thought viewpoint, as anyone I know. Perhaps you will think so, too, when you read his next article, THERE IS A PERFECT WAY.

Your Desires Of course we all want to make our desires become reality. From the man who builds thousands of ships down to the modest housewife who demonstrates her pound of butter, we are all working to see our ideals take shape and form. So I know you will welcome still another help along the way such as you will find in the manuscript which has just come to my desk from one who is new to our pages, Alice Hodgins, of Canada. She calls her article HOW TO MAKE YOUR DESIRES MANIFEST.

Only One Edition — So Order NOW!

NEW DAILY LIGHT BOOK 1945

***"Never so much help from anything"* — M. S.**

Price 50¢ each • Five $2.00 • Ten $3.50

BE READY when the New Year dawns to join the hundreds who will use the DAILY KEY THOUGHTS from the minds of the illumined and the great. In union of THOUGHT there is strength! "Through the idea, lo, the immortal reality" (Whitman). These daily KEY THOUGHTS from the world's great minds will help you to greater peace, poise, power, courage, faith. Here are selections from the Bible, Emerson, Markham, Wilcox, Browning, Whitman and many others. DON'T FORGET TO ORDER COPIES FOR YOUR FRIENDS FOR CHRISTMAS — NOW! Help THEM to a KEY THOUGHT each day of 1945!

NEW DAILY LIGHT BOOK for 1945 is attractively printed. Bound in paper cover printed in two colors with pleasing combination. Book contains complete calendar plates for 1945 and 1946. Remember — ONLY ONE EDITION so order NOW — for yourself and friends.

IN CHRISTMAS ENVELOPES

Where more than one copy is ordered, each copy will be sent you enclosed in a separate Christmas envelope ready to stamp and remail if you wish.

One copy 50¢ • Five $2.00 • Ten $3.50

THE ELIZABETH TOWNE CO., INC.
Holyoke, Massachusetts

PUBLISHED MONTHLY

NAUTILUS

$2.00 A YEAR
20c A COPY

Magazine of New Thought

Vol. XLVII DECEMBER 1944 No. 2

CONTENTS

		PAGE
God's Bright New Day (Page Poem)	*Mildred Meeker*	4
EDITORIALS	*ELIZABETH TOWNE*	5
That Your Joy May Be Full	*Edithe Weare*	8
Your Part In Peace	*Sheldon Shepard*	9
Let Go — THEN Ask God To Solve Your Problem	*Sarah Mizelle Morgan*	12
Seven Gifts You Have	*Hazel Pickett*	13
Sleep — The Soul's Opportunity	*M. L. Sitgreaves*	15
Are You a Worrier?	*Irma Hegel*	16
How To Increase Your Prosperity	*Genevieve Behrend*	18
Purifying The Subconscious	*Emmet Fox*	20
How I Got the Thing I Wanted (Concluded)	*Anonymous*	21
How Does Your Garden Grow?	*Marie Hapgood Tongue*	22
What You Can Do About Trouble	*Paul Ellsworth*	23
VIEWS AND REVIEWS	*WILLIAM E. TOWNE*	25
Success In Prayer	*Edited by W. E. T. and E. T.*	27

EDITORS: Elizabeth Towne and William E. Towne. Chester Holt Struble, Managing Editor. SUBSCRIPTION $2.00 yearly. Two years, $3.00. FOREIGN $2.60 per year by international money order. CANADA $2.30. Foreign currency, stamps and postal notes not accepted. Add 10¢ to personal checks for collection. CHANGES OF ADDRESS must give old as well as new address or change cannot be made. DATE OF EXPIRATION is on the wrapper of your magazine. MANUSCRIPTS must be accompanied by postage if they are to be returned.

Published by THE ELIZABETH TOWNE CO., Inc., Holyoke, Mass.

Copyright, 1944, by THE ELIZABETH TOWNE CO., Inc. Entered in the Post Office at Holyoke as second class matter.

God's Bright New Day

BY MILDRED MEEKER

Awake, my heart,
Behold God's bright new day!
His dawn unfolding in the East,
Pushing back the night,
Reveals the fruited earth increased
In beauty for thy sight.

Awake, my soul,
The fearsome night is passed.
His sun ascending in the sky,
Illumines now thy way,
And hope and truth and peace
are nigh —
Behold God's bright new day!

Editorials

By ELIZABETH TOWNE

All the breath and the bloom of the year in
the bag of one bee:
All the wonder and wealth of the mine in
the heart of one gem:
In the core of one pearl all the shade and the
shine of the sea;
Breath and bloom, shade and shine, — wonder, wealth, and — how far above
them —
Truth, that's brighter than gem,
Trust, that's purer than pearl,
Brightest truth, purest trust in the universe —
all were for me.

— *Browning*

*

What I Have Learned About Going To Sleep

I have learned that if you wish to insure good sleep at night it is well to observe some such regime as the following:

See that you earn your sleep in the daytime by enough good physical exercise to make you reasonably tired. At least a goodly portion of your exercise should be taken in the open air — working in your victory garden or walking or any other active exercise that you enjoy.

When you go to bed at night, go to bed for the purpose of going to sleep. Let your subconscious mind know that it is your serious intent and purpose to go to sleep — now. Do not allow yourself to think of the possibility of doing anything else, after you are once in bed. Deny your doubts, defy them and cast them into outer darkness! Before you lie down, see that your windows are open, your feet warm, and the proper amount of covers on your bed, with an extra blanket at the foot to be pulled up in case you get chilly in the night. Do not use too much cover, but just enough. If your feet are not as warm as toast when you go to bed, be sure you take a hot water bottle. If it gets uncomfortable you can kick it over on the other side of the bed out of the way and you can pull it back if you need it in the night.

As soon as you get into bed, turn over on whichever side seems the most comfortable, close your eyes and begin to breathe slowly and regularly as if you were already sleeping. Simulate sleep in your position and in your breathing as nearly as you can. Breathe fully, but not too deeply. Take slow, easy breaths, moderately full, and with the inhalation affirm "I Am." Hold the breath a moment, just comfortably. Then with the exhalation say to yourself the single word, "Sleep."

Let the exhalation be equal in length with the inhalation. Keep right on saying "I am sleep" with each slow full breath, inhalation and exhalation being equal, until you do really go to sleep. Do not move your lips, but make the affirmation in your mind.

Persist in this practice. Keep right on doing this. Every time your mind slips the track, bring it back to the slow breathing and the affirmation. No matter what other thought slips into your mind, stick to your slow breathing and affirmation until you

go to sleep.

If you will observe these instructions and keep on observing them for a few weeks, not allowing yourself to lie in bed and let your mind wander all over creation, you will very soon find yourself forming the habit of sleeping when you are in the sleeping position. The very act of lying down becomes a suggestion of sleep that should put you to sleep instantly. The only way to make that suggestion effective is to keep right on affirming, "I am sleep" until the proper position of lying down brings sleep automatically.

*

Advice to a Drifter

YOU SAY that you are troubled with a "conflict of opinion." Everyone has conflict of opinion in his own mind at times. In fact, this is common to all human beings. But this conflict of opinion need not harm you *unless* you try to go in two different directions at the same time. Choose which opinion you will act by. Jesus gave us a sure way to deal with this problem when he said, "Choose ye this day whom ye will serve." The trouble with you is that you float on your feelings and you choose to go with whatever feeling is uppermost at the time.

You need to cultivate self-confidence. You remind me of the lunkhead who knew he was a lunkhead and therefore always stayed a lunkhead. Your friend who is now the governor of a great state was just as much a lunkhead but he visualized himself as a great man with power and will. He kept on thinking about that so much that *he got hypnotized with the idea* and finally he worked the idea out into visibility. You, on the other hand, were hypnotized with the "can'ts"; your friend with the "can's." Of course, you did not always follow the can'ts. No one does. Part of the time you got your eye on the "can's" and you did things at such times. But always you kept your other eye on the "can'ts." Do you remember that place in the Bible where it speaks of the man who thinks this way today and that way tomorrow, and the first way the next day, and so on? The Bible says that he shall be like the water that never gets anywhere, but just flows on and on.

The only possible way for you to pull yourself out of your difficulty now is to choose the "can's" of life. Choose your ideal and stand by it every moment of your life. Stick to it in spite of appearances, in spite of circumstances, in spite of everything. Having a long row of metaphysical books on your desk will do you very little good. It is only by practicing what those books teach that you can benefit by them. It is not too late to see yourself as you really are, to get hypnotized or enthused with that vision of yourself as you really are and keep on living in that thought until it works out through you and you become a real success. Put yourself "all on the altar." Accept everything that comes to you as coming straight from God for your best good, at the same time *knowing* that God's will working through you is for every beautiful thing that you can possibly desire. But peace must come first — the peace of oneness with God's will. Rise up and ask in faith, believing. Desire is prophecy. Let patience have her perfect work in your life and in everything that you

do. All things are working together for good to you — they are all working together to manifest every good and true desire. Be still and know. Get interested in life as it comes to you and make the most of it. And make the best of it, too. Play at life as a child plays with his toys. Become as a little child, and enter into the kingdom of heaven within you here and now.

*

Yes, You Have Time Enough!

HERE IS part of a letter which I dictated a long time ago to a man who complained that he did not have time enough to do the necessary things which he wanted to do and which he considered it necessary and desirable to do. Here is the letter:

It seems to me there is just one mistake in your thinking which you must eliminate if you are to make progress. For success is primarily an attitude of mind, and a mistake in your thinking makes your attitude of mind entirely wrong. The mistake in *your* thinking seems to me to be your constant holding on to the idea that, "I have no time." This is a fundamental error. Wipe it out of your consciousness by denying it and by persistently and repeatedly affirming: "I have all the time there is. All eternity is ahead of me. There is nothing pushing me, ahead or behind. SO THIS ONE THING I DO, casting aside every weight of thoughts of the things I would like to do and cannot do NOW. I do THIS thing that lies under my hand, with all my love and interest and good will, in the most thorough manner, better than it was ever done before by myself or anybody else!"

In other words, you should concentrate upon the work of the PRESENT MOMENT. Instead of that, *your* present is always surrounded by a discontented multitude of thoughts of things you would like to do but can't. When you succeed in really concentrating all your interest and love and energy upon the thing you are doing in the present, you will forget all about this discontented multitude surrounding you.

That does not mean that you will never think of any of these other things at all, but that you will think of them IN THEIR PROPER PLACE — that is, in the hours when you can devote all your interest and love and attention to them, instead of to some piece of work which you now have in hand.

To make a magnificent success of the day's work, and at the same time to reserve and use a definite amount of time for loving thought and study on the lines of yet greater things which you desire to do or be, is the method of success. The successful life is a succession of such days. In other words, I believe it is desirable to divide each 24 hours into three

(Turn to page 29. Thank you!)

Affirms the UNITED NATIONS of the WORLD

That Your Joy May Be Full

By EDITHE WEARE

DID YOU ever stop to think how much the Bible stresses the word joy? According to the concordance it is mentioned there forty-five times. "Enter thou into the joy of thy Lord." "These things I have spoken to you that my joy might remain with you and that your joy may be full." To me, it seems sad that religion has come to mean long faces, negative virtues, restrictions, privations, denial of the joy of living. For denial of joy is, precisely, what religion does *not* mean. The whole intent and purpose of religion is to teach people to live so that life may be full of joy. It is to teach one to eschew the hard way and to live, instead, the easy way, the way of pleasantness and peace.

I don't know where the concept crept in, but, somewhere between the time of Christ's teachings and the present day, teachers of religion got the idea that there was virtue in putting all joy out of their lives and asceticism was considered the perfection of religious attainment. It is now the aim of metaphysics to put the joy that they took out back into religion.

Not long ago I had a delightful correspondence with a man who was especially responsive to the ideas of metaphysics and, without realizing it, I must have brought the word "Joy" into many of my letters. Anyway, in a letter from him he quoted the word "joy" and in parentheses the comment, "*your* word." I smiled when I read his little pleasantry and then I thought seriously, "Of all the thousands of words there are in the dictionary, if I were to choose one word for mine, what lovelier word could I have than the word 'joy.'" Then and there I took it for my talisman; and, as soon as I adopted the word, it adopted me. In just an instant I felt an uplift and a release. An uplift into the positive things of life, and a release from all the negative things.

I think it is interesting to see what Webster says about joy. He says it is the emotion of gladness. Take that phase alone and see what meaning it has. We are all familiar with our daily emotions, the emotion we feel when the mail comes and we don't get a letter, the emotion we experience when the cake falls, or the pies run out and the laundry fails to come back; the emotions of heartache, disappointment, frustration. All these we know too well. But how many of us know the emotion of gladness? Think of it! If we could feel as deeply glad as we feel sad, how different life would be. And yet that is possible.

But let us continue with the definition of joy. Joy means happiness, gaiety. Let us consider gaiety. I like that word. Somehow it is vibrant; there is nothing passive about it. You can have passive happiness but gaiety — no! That is a pulsing, lilting, active state. I know a girl whom I never think of without associating her with the word gay. It is "her word." Her furniture is gay; her clothes are gay; and, somehow, all her adventures turn out to be gay. I like to think of this joyous young

friend with her bright outlook on life and I feel that in just being gay her little candle is sending a far beam into the world.

To continue with Webster, he says that joy is that which inspires gladness; that which cheers, comforts and exhilarates. Think of that — to cheer, comfort and exhilarate not only ourselves but others, our family, our friends, our daily associates. What greater satisfaction could one have! And yet, that satisfaction can be yours. It is yours now for the taking. But you must choose. Will you enter into the joy of the Lord? Will you be happy and gay? Will you inspire others with gladness? Or will you keep on rebelling against fate, rejecting joy, groveling in the mire of your own unhappiness? It is up to you. Willy nilly your destiny is determined by the word that is your talisman. What shall it be? My word is "joy" but I have neither corner nor copyright. You may have it, too. Take it and make it your own. And God bless you and may your joy be full.

Your Part In Peace

By SHELDON SHEPARD

"Your Mind Has a Mission"

THE MIND has wings, wings to fly the skies, to find the "uttermost parts of the earth" and to sail the winds of tomorrow. There is a great deal more to right thinking than the finding of proper individual attitudes in present circumstances, more than seeing the objective results of better thought in one's own conditions and circumstances.

Whoever discovers the importance of thinking in his own life has found a message for the world. When he learns that control of emotions is vital to him and his affairs he has discovered a mission for men. Knowing the inner and unseen first cause, he becomes a part of every high endeavor everywhere.

We shall miss the sublimest opportunity of our time unless we engage in the processes of creative thought for all men and for tomorrow. We shall live through the world's severest crisis, partaking of its uncertainty, fear, loss and misery without reaping its chief benefits, unless we realize that these pains are but the birth-pangs of better things. The creaking and cracking of forms and institutions are the breaking of old husks to release new life. "That which thou sowest is not quickened except it die." And of this understanding we shall not probe the most significant meaning unless we know that the bases of all institutions and events are thought, ideas, purposes, philosophy. Nothing in all the world is receiving a more thorough bombing than humanity's whole set of false, materialistic, negative ideas.

What is the hope for humanity? What bright light is seen in the clouded sky? Who promises "fair weather" tomorrow? Where can the

race look for signs that all the present strife and destruction can be made worth while? It cannot be of value in itself, for only positive action and constructive means produce good results. The best any negative and destructive process can do is to clear the ground so that building can begin, to dig out weeds so that good seed can be planted.

There are some persons who see no good hope for tomorrow. They slog along through the mud of a belief that "there have always been wars and there always will be," and they can see that as wars grow bigger and bigger, worse and worse, such a prophecy paints a dreary and dismal future for the race. They shout that "you cannot change human nature" and declare that human nature is basically selfish, warlike and destructive. For them no light shines on any path we might choose.

But there are those who do see signs of brightness when they look to the eastern sky for advancing rays of the coming tomorrow. Dreamers maybe, but their feet are on the ground and their hands are busy. There are plans for the wide spread of progress, for universal human security, for maintained peace, for increasing happiness. There are actually hundreds of carefully formulated programs for attaining these desirable results. Cynics and pessimists point out the vast numbers and deplore the hopelessness of agreeing upon any. But the fact that there are so many formulated charts, and hundreds of others partly formed, and thousands of groups and classes studying various methods, is the real rainbow in the sky of the storm of war. And this is where your mind has a mission.

What is the basic difference between those who would prepare for defense and war on a grander and bigger scale and those who would establish the institutions and means of cooperation, mutual helpfulness and peace? There is a fundamental antithesis, and it is in their ideas, their interpretations of life and its purposes, the philosophies by which they live.

There is a far deeper question than that of military victory for "our side." More far-reaching, more determinative of destiny, is the question as to what kinds of purposes and interpretations we shall allow to rule our decisions as conquerors. The fruits of a military triumph can conceivably be vaster misery. This again is where "your mind has a mission."

Students of mind learn that in this world of cause and effect human affairs have not been granted an exemption from the general rule. They know that all reaping is the result of a sowing. And they know that in the relations and conditions of men and women the first cause is in the realm of thought, emotion, spirit. Results of objective action depend largely upon the motive with which it is driven. That does not mean that one should be careless of his objective action, unthinking in planning. He should constantly study and work that his acts be in harmony with his highest purposes. A function of the mind is properly to integrate life into the physical environment. It is true that good persons can do a lot of harm through ignorance.

But it is also true that a person can do the right thing with such a wrong inner drive that the net result is damage to all for which he hopes.

A nation wholly right in its program, mistreated, attacked and maligned, could fight a war to victory with such a spirit of revenge, vindictiveness, selfishness and lust for power that its own triumph would bring disaster upon its people.

We Americans have abundant cause for sincere rejoicing that our people have, as a whole, kept themselves motivated in the present struggle by a hope for a better future and by the dreams of a warless world. While fighting AGAINST something is a primitive drive, easily aroused in many people, fighting FOR ideals, hopes, humanity is in the long run more effective and the only fruitful struggle.

One who discovers the power of thought, emotion, motive, who learns that goodwill, faith, hope, trust, love are vital currents of creativeness running from the heart of the universe, has found more than a path for his own travel. He has discovered a mission in life. He knows something to do which hits at the heart of all humanity's problems. He can array his forces against every enemy of peace and happiness. He may always be busy at the sublimest job of all.

His plans of battle are simple and direct. First is the tactics of his daily life. The immediate objective is poise, trust, confidence, love and peace for himself. These are "fruit of the spirit" and can be brought forth only by cultivation of the orchard of the heart. Unless he can win here, how can he hope for victory throughout the world?

One who can now, in the storms whirling about him, establish a temple of peace within himself, will be the one who can believe in the coming of peace to all the world. One who can play his part in the organized life of his nation, keeping sweet in spirit, hopeful in outlook, pure in purpose and constructive in plans may be a component part of whatever instruments are used to advance men along the climb to heights of ordained attainment. This is the immediate tactical job of every one.

But our minds cannot be pegged down and restrained to the territory of our own experiences. They think of loved ones thousands of miles away, we work with the plans for the future, all the nations come within our purview. A good citizen will be capable of strategy, too. That is, he will have the broad look and the long view. His secret victory of peace and goodwill he will know as the only possible triumph for the race. The tactics by which he does his personal conquering he will understand to be the only successful strategy for the nations.

Knowing that his mind has a mission, the sincere student will find himself dedicated, set apart, chosen, for a vital part in these critical times. He will know that he is as important in the final issue as any one can be. He will understand that the instruments he uses are the ones with lasting results. He sees that he is among those who lay foundations for permanent structures, and that unless there is construction there is no excuse for the tearing down. So he finds his own best good and his consecration to the good of all in the mission of his mind — to live by and to spread the spirit of goodwill, confidence, peace and dedication to the Universal and Unfailing Good.

Let Go—THEN Ask God To Solve Your Problem

By SARAH MIZELLE MORGAN

TRULY life's experiences coming thick and fast *are* the soul's appointed means of growth.

A recent experience of mine proved the infallible truth of Jesus' statement, "Ask and ye shall receive."

My husband had been transferred to another state and I was left with the responsibility of disposing of property which we owned. Naturally, I wanted to close matters as quickly as possible and join my husband.

An offer which I accepted was made on a house which we had owned for some time. Our attorney, whose opinion we trusted, had passed on the title when we purchased the house, and no question as to clearness of title had arisen.

However, the would-be purchaser's attorney refused to pass on the title. It was decided that we would have to go into court and clear the title before the deal could be closed. Going into court would not only be expensive but might take an indefinite length of time. Besides, it would delay my departure.

In my outer consciousness the matter immediately took on the appearance of a problem. For several nights I could not sleep for trying to work out some solution without having to go into court.

Then one night as I prepared for bed the thought flashed into my mind: "I am God's child. This is his business."

On retiring I decreed earnestly: "God, you come forth and handle this matter with divine justice for all concerned. Give me your peace and see that my attention is kept off this problem."

I slept soundly and awoke next morning with a deep feeling of calmness and of unconcern about the whole thing.

That afternoon I was advised that the purchaser's attorney had reversed his opinion and had approved the title.

By the next afternoon not only that deal but deals on all other property had been closed and I was free to leave.

We may be aware of the Truth, and yet, in moments of human weakness forget that God, and God alone, is the solver of all problems. But God must have a free hand in solving them.

My answer came when my conscious mind ceased its struggling to solve the problem and turned the matter wholly over to God, the I AM Presence within me.

Much of worry and unrest comes from trying to solve our own problems. Even after we have turned them over to God, we still do not let go entirely.

For centuries we, as human beings, have been trying to solve our own problems and direct our destinies,

forgetting the God-Presence within which is all Life, Energy and Power.

When we re-educate ourselves to give full recognition to this God-Presence, the source of our being, then — and then only — will all problems cease to exist.

But even this recognition can come only through the application of God's infallible law. And with each manifestation, faith is surely strengthened and courage renewed.

Seven Gifts You Have

By HAZEL PICKETT

YOU MAY NOT even see them there on the Christmas tree, these wonderful gifts that are yours. But just imagine that right behind the silver star, at the very top of the tree, is a little package like a jeweler's box. It is marked "Selective Thinking." And fastened to it with trailing ribbons are six other small packages. Small, yet wonderful and important, for they have the power to bring you every other gift you could desire.

Let us look first at selective thinking. That is a magic gift, for "As a man thinketh in his heart, so is he." People often ask, "Why doesn't God do this or that or the other thing?" Because God is not a dictator. He has given us, as Tagore said, the right to deny him. He has given you free will to think what you please. You have the privilege of doing what you please also, up to the point where it opposes certain laws of the universe or the privileges of some other person. You may think poverty, disease, failure and misery and reap the harvest. For freedom brings great responsibilities. Or, since the law of selective thinking works constructively for the ultimate good of all mankind, you may think success, health, prosperity, happiness and harmony. And all these will manifest in your life and affairs. You merely let the I AM of you, Christ in you, take charge in your life.

Selective thinking works through three other little gifts. They are: Idealization, Visualization and Manifestation. You want a home of your own. Good! It is right that you should have a home, a home as lovely and beautiful as you can imagine. You begin to build in your mind, by selective thinking, the kind of a home you want. You picture an ideal home. You select the type, size, material and location, ruling out everything else. You have the architect make a blueprint of it and you begin to visualize it. You see it completed and yourself living in it. Through the avenues of your ideas and your work, you accumulate money to pay for it. Your conscious mind taps the resources (which are limitless) of your subconscious mind and new and successful ideas come to you to make money.

Then comes the manifestation in the visible world. But it all stems back to your selective thinking, for the architect, the carpenters, the

plumbers, the electricians, the painters, follow your ideal picture of the home.

I had always pictured a large tree in front of my home, and when I bought a house two years ago I found one with a huge beautiful maple tree in the front yard. I did some redecorating because I wanted a blue and white bathroom and a blue and yellow bedroom. I wrote two magazine articles which brought me plenty of money to transform these two rooms in my house. Then when I had finished the bedroom, using a well-known wall paint to cover up the soiled wallpaper, a friend told me to listen in to a certain radio program. I did and it was running a contest, sponsored by this wall paint company. For writing a two-hundred-word letter on how I'd used their product, I won a fifty-dollar war bond.

Your selective thinking will be cumulative.

The other three gifts are the Past, the Present and the Future. Your past has been the result of selective thinking. You can't change it, but when you think about it, you can learn whatever lessons it held for you, and you can dwell on the good and the true and the beautiful in that past. If it has been unhappy and unsuccessful, you can make up your mind that in the present and in the future you will select the right thoughts, the happy thoughts, the prosperous thoughts for idealization, visualization and manifestation.

The present you have. Make the most of it. Start this moment to select the thoughts you want to become permanent in your life. You want health, success, opulence, happiness, harmony and peace. Start thinking health, success, opulence, happiness, harmony and peace, NOW. Keep on thinking them in the future.

You have the future. Write down your desires or make a treasure-map of them. Start idealizing, visualizing these desires today, selecting the thoughts that will bring them into manifestation. Rule out everything else. Rule out all negative thinking, all regrets for past mistakes, all failure and frustration. Lift your attention away from these things and center it on the kingdom of heaven within you. Face your problem, your circumstances, and rule out everything you don't want, and think only of the good you do want. Keep a notebook and check off these desires as they manifest. It will surprise you by next Christmas, how many things you have demonstrated and how far you have advanced in the Truth.

"Choose ye, this day, whom ye will serve," health or disease, good or evil, happiness or sorrow, success or failure, riches or poverty. Unwrap the gift of selective thinking and put it to work for you. Idealize, visualize, manifest the desires of your heart. Bless the past and learn from it. Live in the present and plan your selective thinking for the future. The Giver of every good and perfect gift has already given you the kingdom of heaven.

Buy War Bonds

Sleep—The Soul's Opportunity

By M. L. SITGREAVES

UP TO this time we've looked upon sleep largely as a means of compensation, a vital necessity for restoring the wear and tear of everyday existence.

In reality when we are sleeping Nature in her kindness and all-wisdom opens a new world to us, and gives us what may equal from twenty to thirty years in which to explore it and take advantage of it, once we know it's there. For the purpose of sleep is not merely to rest the body through the suspension of mental and physical activity; it is a period as full of action as our waking hours, and we may double our over-all power and usefulness by directing this period constructively.

Our daytime accomplishments are nothing as compared to our possibilities when asleep, once the power of self-direction is understood. With our sleeping hours designed for purposeful activity, our daytime never need be spent in worry and hurry. We can simply affirm that which we want and be sure that it's ours, meanwhile making ready for its manifestation joyfully and surely.

When we go to sleep physically we awake subconsciously. We should lie down to sleep not so much from fatigue as because we are alive to the marvelous possibilities of the hours just ahead in the realm of the subconscious. It's a world of its own where space and time do not exist, where we are not hampered by the physical, where the great storehouse of the superconscious is open to us. But we must show alertness to our opportunities, a keenness to take advantage, a willingness to cooperate.

The subconscious is never tired. Once we fix firmly in our minds that our sleeping hours afford us vast privileges for great advancement, we'll begin to take definite advantage of them. We'll go to sleep with a plan for the hours ahead. And we'll awaken each morning far more valuable for having lived during the night on this exciting and marvelous plane.

We exist in a sea of thought, mostly other people's, and much of it polluted. When asleep we are sensitive to external impressions. We are especially susceptible to the influence of passing thought currents. Whenever we are not in control of our own thoughts, we respond more readily to stimuli from without. That is why we experience and read so much about strange dreams that have their root in the external . . . as when a few drops of water sprinkled on the face of a sleeper becomes a torrential rain in his dream. Or a light pinch of the toe turns to the bite of a ferocious beast to the dreamer. Asleep or awake we protect ourselves against unhappy outside influences when we direct our thoughts constructively.

"Night is the daytime of the soul" on the subconscious side. If it is knowledge you want, say with your last waking thought, "I demand that such and such knowledge pass into my subconscious." If it is health you wish, say just before sleep comes,

"I renew my body tonight. I fill every cell with rejuvenating energy." Be careful about asking for specific things, for we get what we ask for and then sometimes wish we had left it to the wisdom of the All-seeing Eye. Don't just "*tell*" the subconscious; impress it through *feeling* that that which you desire is a reality *now*. Convey the impression as you wish it fulfilled. Keep your vision upon it.

You are affected physically, mentally and morally by your last thoughts at night. Think on lofty things and you will draw around you during sleep thoughts which are high and holy. Your rest will be peaceful, your mind open to inspiration. Without effort other than thought, for hours every night, you can guide your soul upward. Your inner being will unfold, your light burn steadier, brighter.

It's a marvelous goal. Don't waste your sleeping hours.

Are You a Worrier?

By IRMA HEGEL

To Worry Is To Be Emotionally Immature

SUPPOSE another depression comes after this war? My husband was out of work three years at the last one. I couldn't face unemployment again."

"Harry's coming home any day now. He has a plastic eye. The other one is weak. If he can't go back to his old job, he's going to be unhappy. And suppose that weak eye goes?"

Optimists may go on painting pictures of a glorious postwar world yet there are women all over the United States, beset by personal problems, worrying, unhappy. One thing is certain: for normal living and happiness in the postwar period, emotional education is vitally needed. We must understand emotion, particularly fear and worry. The expression of "I can't stop worrying" is as out-of-date as the dodo. You *can* stop worrying. And you will be a healthier, happier, more useful citizen when you start understanding and controlling those fears that are causing your worry.

Practice faith first. Not the sort of faith that causes one to go to church on Sunday and, while the minister delivers his sermon, to turn over all the worries of the coming Monday in one's mind. Faith is that daily moment-by-moment consciousness that God is really with you. Say it in the early morning hours when you pack the lunch boxes and get the children off to school. *God is with me.* Say it again when the worry-moments come. Keep repeating it all through the day. Have a special worship time when you are alone. Read a chapter of the Bible. Kneel and talk to God.

Without love, faith would be an empty gesture. The two are synonymous. A common mistake is that the worrier thinks herself an overly-loving person. She loves her family so much, she argues; that is why she worries over them. The worrier must try loving *more* than her immediate

family. Love must be expanded to one's community, one's country, the unfortunate. It must be expanded until it includes even those we despise. The best way to overcome hate is to do a favor for the person you dislike the most. Ever try it? The story is told of Leonardo da Vinci and a fellow-artist with whom da Vinci quarreled and came to hate. When da Vinci started painting the fresco of the Last Supper, he painted his enemy's face on Judas Iscariot. Now, thought da Vinci, my enemy's face is pictured even for coming generations to loathe. But when da Vinci came to paint the face of the Master, the features would not come to life. The artist worried and finally realized his inadequacy. He went to his enemy, made amends and painted a picture of the Master that will live as long as there is Art and appreciation of it.

Yet even love and faith are not enough. There must be purpose in your life if you are not to become a worrier. Clear the decks for action. Stop cluttering up your life with books you don't enjoy, movies that bore you, friends that waste your time. Simplify your life to a shining, clear-cut purpose of desire for the most important.

What is important? Being a person is. The person you know you ought to be. Make certain you are not underestimating your own individual contribution to the world. There was a newspaper woman who married and after the novelty of the first two years of married life wore off she found her day too cluttered by an overstuffed house, a year-old baby, a husky husband who demanded his three good-sized meals a day. This former newspaper woman became a worrier. She worried over the baby's health. She worried over her husband's business. She worried most of all about herself and her unhappy state. Suddenly, more than anything else in the world, she wanted to go back to writing. One day her husband discussed a saving of two hours in his business that he had brought about through the ousting of an obsolete machine. This young woman had a prompt idea. If business could work short cuts, so could a home. She started simplifying her housework — removing all the dust collectors in the house for the next church rummage sale. She packed away dishes that were not used every day and kept only those that were used. She set the daily table in the kitchen, using oilcloth instead of damask. She learned to sprinkle clothes as they hung on the line and leave sheets, pillow slips, towels and rayon undies unironed. Each task begun was finished before the next was started. She planned the week as a general maps a campaign. Her reward was two undisturbed hours each day in which she would write while the baby napped. And write she did. Articles first, small time-savers she had invented and wanted to pass on to others. Then stories. The last I heard of this young married woman she had begun her first novel and was a happy, healthy person once again. There was no longer room in her life for worry. She had purpose.

Another must is to feel confident. This is not easy, I know. The worrier invariably has a sense of inadequacy. She feels she cannot tackle tomorrow's job. She believes she is not strong enough. If you are this type of worrier, you need more imagination. Pretend you can weather tomorrow's problem. Go through the mo-

tions. Throw a bluff. You'll find that the mere practice of courage establishes courage almost before you know it. What does going through the motions mean? It is going on with the job whether you feel like it or not. It means looking at that job with new eyes — be it housework, office work or factory work. Read the books and magazines that give you new ideas for your work. Walk taller as you go about your tasks. Show that attitude of confidence as well as feel it.

Watch your diet. Most worriers are dyspeptics. In this day of the newer knowledge of nutrition, there is little excuse for sour stomachs, pasty complexions and overweights. Sometimes cutting down weight will build morale for the worrier quicker than anything else. Diet calls for moral fibre. That's what worriers need.

Rest. This is a last must but by no means a least one. Rest does not mean staying in bed until 9 A.M. or indulging in that long sleep Sunday mornings. Get up at five if that is what your schedule demands. Do, however, form the habit of short fifteen-minute naps during the day, preferably after the first hard stint of work or before the big meal of the day. The *habit* must be formed because there are too many women who insist they cannot nap. Sleep may not come in the beginning. Try simple rest then. Let yourself go limp as an old sock, close your eyes, think of something pleasant — a green woods on a summer's day — the peace of stars. That attitude kept for fifteen minutes means revitalization, rested nerves. Try it.

Remember that to worry is to be emotionally immature. Grow up!

How To Increase Your Prosperity

By GENEVIEVE BEHREND

A STUDENT of Mental Science wrote to his teacher recently that he had received a substantial increase in salary overnight. His experience having been a gratifying one, perhaps the method he used to bring about increased freedom will be of inspiration to others. It came to pass in this way.

The student was told that the first step in getting out of the rut of limitation and into a new freedom was to make up his mind firmly and resolutely that he would do so, with Spirit's ever-present help. He then chose for himself certain salient points suggested, some of which were these:

1. To give himself a thorough introspection at the end of each business day to determine how successfully he had used Truth in his every-minute effort that day; and to strive harder each day to give his employers better service and more valuable ideas.

2. To know himself, and control himself, and to deny supremacy to his *little* (human) self, all through better acquainting himself with the God-Self within him.

3. That each person, quoting from Troward, "is *certain* to externalize *in his outward circumstances precisely his idea of Universal Mind.*" He kept that wonderful thought in the foreground of his consciousness almost continually and later combined it with another thought from Troward which was given to him in a subsequent lesson, i.e., "Life means power; and Infinite Life, therefore, means *limitless* power; and limitless

power moved by limitless intelligence can not be conceived of as stopping short of the accomplishment of its object."

The student's primary object in the study was to manifest more money so he could better provide for his family. He was taught the fallacy of keeping his whole being centered on "more money" as such, since thus he would be using the *limited* power of *secondary* causation. He was advised to dwell in *thought* and *feeling* upon the Independence and Freedom and Security of First Cause, which is infinite, and how to put It into his every thought and word and act so that he would take greater interest in his work for the sake of the work, and to recognize the fact that the more valuable he made himself to his employers the more value they would place upon him, and at once.

"To get good results we must properly understand our relationship to the great *im*personal power we are using," he was taught in another quotation from Troward. That power is intelligent, and each of us is intelligent; and in achieving any good result there must be close co-operation between the "two" (which are only one in reality). The great secret of true wealth is the constant recognition of the fact that we are It and It is each of us.

The student took his efforts seriously. He set aside a quiet hour each day for earnest study and consecrated meditation. He learned that study *alone*, and affirmations *alone* and prayers *alone*, would do little if any good, and that instead, if he hoped to develop power with Spirit, he would have to diligently *use* the Truth in his daily, hourly, even minute-by-minute *living*, in everything he thought and said and did. He tried conscientiously. Naturally his work showed remarkable improvement in a very short time and with improved *service* to others there always comes full *recognition*. Six weeks after he began this undertaking he was advanced to a much better position and his salary increased $100 per month — "overnight," he said. He continued his practice of Truth and soon it became a fixed habit with him to *use* Truth automatically. His consciousness thus expanded into greater freedom and independence. Before a year had ended he had received a fine promotion, and became the personnel manager of his entire plant with thousands of employees. And with this came another salary increase amounting to $125 per month. He felt that the key to his success was contained in these words: I know always that of myself alone I can do nothing. "The Father within me, he doeth the work."

For one to thus Be, through the instruments of thought and feeling, what one desires to *have*, and to thus be at-one with the Spirit within all things, is the unfailing road to success.

The smallest effort is not lost;
Each wavelet on the ocean toss'd
Aids in the ebb tide or the flow;
Each struggle lessens human woe.
— *Mackay*

PURIFYING THE SUBCONSCIOUS

By EMMET FOX

IN THE Bible, the heart usually stands for what we call the subconscious mind, and it is our subconscious mentality that we have to redeem and purify. To keep one's mentality consciously loyal to the One Power is only half the battle, though it is the first and therefore the more important half. The other half is to purify and re-educate the subconscious from the errors which have accumulated there in the course of time. If we do this work faithfully, we shall sooner or later arrive at the point where we really have a pure heart in the full Bible sense, and then we shall see God. Jesus had reached this stage when he said "the prince of this world cometh and findeth nothing in me," meaning that his subconsciousness was so purified that no limitation thoughts could have any effect upon him; although at one time he was "in all points tempted like as we are."

This purifying of the soul, not merely from the grosser sins which everybody recognizes, but from the thousand-and-one concessions to limitation belief that fill the everyday life of humanity, is the one and only pathway to freedom. It is a wonderful beginning when we accept the Spiritual Basis of the Allness of God; but it is only when we have begun to apply this truth in every practical detail of our lives, day after day — when we are not in the humor to do so as well as when we are — that we really begin to get results. This is to have "clean hands." The hand is always the power of manifestation or expression, and unless our expression — our all-day thinking — is "clean," that is to say, spiritual and true, we have not clean hands, and we cannot expect to ascend that wondrous "hill of the Lord."

This wonderful lesson receives its emphasis by repetition in a slightly different form, as in the Hebrew literary tradition. So we are told that the redeemed, or saved, is he who does not give his soul unto vanity — another way of saying one who does not look for his happiness to manifestation instead of to Cause, or believe in more causes than the One. To swear deceitfully is to pin your faith to error, to have a real conviction, as so many people have, that evil is true.

"He shall receive the blessing from the Lord, and righteousness from the God of his salvation."

"This is the generation of them that seek him, that seek thy face, O Jacob. Selah."

To many it may seem that the purification of the heart, or the redemption of the subconscious, will be a long and wearisome task, but we have to remember that when we pray it is God who works and not we, and that tasks difficult or impossible to us present no difficulty to Him. If you will use the power of the Word to declare that God is purifying you, that God is setting you free, that God is inspiring and enlightening you, you will be amazed how seemingly impossible difficulties will be overcome; how old habits of thinking will fall away and new ones come in; and this is because you will receive your righteousness, or right thinking, from God. You have "sought His face," and, under the Great Law, you must begin to express something of His nature, for we always grow like unto that which we contemplate.

How I Got the Thing I Wanted

(Concluded)

ANONYMOUS

I BELIEVE that my experience (as related in last month's NAUTILUS) has valuable lessons for Truth students, and in this article I shall tell you what I think some of these lessons are.

Have you ever felt that you couldn't make demonstration work for you? Of course you can't — nobody can — so don't even try. Christ himself couldn't do this, and admitted it when he stated that it was not him but the Father working within that "doeth the works." You can't make a demonstration work. All that you can do is to place yourself in such a position as to allow it to work in you. When you do try to actually make it "work" you work against yourself. For you place yourself in such a position that the Higher Intelligence cannot work through you, or, as it says in the hymn, cannot ". . . have his way with thee." God cannot guide and direct your life until you take your own hands off the steering wheel and turn it over to him, any more than an experienced aviator can "take over" a falling plane unless the student releases his own grip upon the controls and lets the more skilful pilot have complete control. The subconscious cannot manifest itself until the conscious mind "lets go," gives up its volition, to the subconscious control. This is one reason that physical and mental relaxation have been prescribed for centuries by spiritual leaders as aids to those who would procure help from God.

We find this advice in such phrases as "Be still and know that I am God" — "let go and let God" — "In quietness and confidence shall be thy strength," and "God giveth to his beloved in sleep," which is almost complete physical and mental relaxation.

When you make your affirmations, first relax your muscles — give up your own volition — take your will out of them. This has a reflex action upon the mental, and helps us to assume an attitude of mental quiet and relaxation. Then relax your mind. Give up all your ideas, desires, passions and prejudices, take your own hands off the mental steering wheel and allow God to "take over." Make your affirmation, but totally without effort or strain. Above all, do not attempt to "make it work." Just plant the seed — that's your part. Let God worry about the harvest.

It took me several years to find out by personal experience that demonstrations aren't made by frantic or frenzied efforts and that "Whosoever shall save his life" (by his own efforts) "shall lose it: but whosoever shall lose his life for my sake" (take your own hands off the steering wheel), "the same shall find it."

The person who worries, who is anxious or harried, simply does not trust God. The person who fears to take his own hands off the steering

wheel and give God complete charge in his life, does not really believe that God is infinite wisdom, infinite power, and infinite love.

THE END

HOW DOES YOUR GARDEN GROW?

By MARIE HAPGOOD TONGUE

HAVE YOU a Victory garden? Nearly everyone had one this year and he reaped rewards commensurate with his labors. I got vegetables as well as exercise and fresh air from my Victory garden. But I also learned a truth the hard way which has revolutionized my life.

This proposed garden, a vacant lot belonging to the family, had formerly yielded many bountiful harvests but, through years of neglect, had been overrun with blackberry bushes. It wasn't until I had put in long hours of toil cutting down those bushes, then, when the land was ploughed, digging and pulling out the long tough roots, that I got a glimmer of the truth.

Like many people interested in metaphysics I read inspiring literature at bedtime, visualized and affirmed what I wished to accomplish, then in the daytime backslid into the same old bad habits of thought and action. No vegetable would grow in my garden until I had thoroughly cleared away the bushes and weeds, so how could I expect good habits to flourish until I had dug out the bad ones? My mental garden was full of lusty weeds of years' growth and many had as tenacious roots as the blackberry bushes.

I knew most of the worst weeds by name. Laziness, self-indulgence and fear, irritability when tired and a habit of always biting off more than I could chew. My mind was a tangled jumble of thoughts, desires and plans and my surroundings were the same.

Sharp tools were needed to overcome the weeds, tools as strong as the pruning shears we used on the bushes and the grubbing hoe and spade with which we dug out the roots. Courage was the first tool I seized and persistence the next. Then patience and optimism helped the work along. For it was work — hard sixteen hours a day work. If I tried to knock off and put in an eight-hour day, the old weeds would creep up on me. But gradually the muscles of my mind grew strong and as supple as my physical muscles did in wrestling with the dirt garden.

To keep the tools sharpened and in good condition I used my Truth literature; but instead of only reading at bedtime I carried it with me during the day. If the weeds seemed unusually tough I would grab my little Truth magazine and read an inspiring paragraph or two, then set to work again.

As the weeds were uprooted I planted qualities I wished to see manifest in my life. Self-control, ambition, order and cheerfulness flourished in the cleared spaces and slowly my environment changed to match the change in myself. One other ingredient for success was as necessary as sunshine is to a growing garden. Love. I loved the mental plants I was growing and I even loved the labor necessary to keep the garden free from

weeds.

The work is easier now, the weeds are under control and the plants are strong and healthy. But I have had my lesson. I shall keep on with year round cultivating so that never again will my garden revert to a wilderness.

What You Can Do About Trouble

By PAUL ELLSWORTH

In a previous article in Nautilus I pointed out that most people begin to study New Thought because they are in trouble — serious trouble, which the usual methods of Caesar's world don't seem to help. The way out, the way Jesus taught, is of course by learning to keep a close contact with God, or with the basic Power of which each of us is an individual expression. But there is one very annoying thing about trouble: once it has moved into a life, it seems determined not to be turned out or driven away.

Students have told me, "My troubles have grown worse since I took up New Thought. There must be something wrong somewhere."

No, there isn't anything wrong anywhere. The truth is that Trouble is one of your best friends, because it is your most uncompromising teacher. Perhaps it would be better to say that trouble is like the fever which parches a sick man's lips and burns his flesh. In the old days doctors used various febrifuges — drugs which were supposed to drive the fever out and to bring the patient's temperature down to normal. Now except in very rare cases doctors look upon fever both as a means of killing off the invading organisms of disease and as a valuable indication of how treatment is progressing.

Whether these theories are true or not, trouble is certainly both a help toward curing human ills and an indication of progress toward right living. How does trouble help? First, by persistently heading the student off every time he tries to take the wrong turn out of his dilemma. It forces him to get into the straight path of Truth, and to stay there. That is important enough, but it is only a secondary value.

The big help that trouble gives the student of New Thought is in furnishing him with something to brace his muscles against. In times of easy living he may go into the Silence regularly, but — particularly in his early years — he is apt to become more and more easygoing about what he does there. I have known students to come to with a jolt after months of this kind of drifting, and to discover that instead of going into the Silence they had been sailing about in a sea of daydreams. It was a good stiff slap from Trouble, their true and never failing friend, that made them see this.

Now here is something very important: it is by seeing the Law clearly and persistently during times of stress

and fear and suffering that we really grow into abiding power. It is just at this time when the lower world seems to be in full control, when everything seems to be going as badly as possible, that each of us can do most for himself in the way of spiritual growth. But at these times there will be a tremendous temptation to lose heart and head and to rush back to some palliative — some common-sense "solution." Every such attempt is vain. It can lead only to temporary relief. In time the same old trouble will come crashing back.

The way out is through, not around or behind. Jesus' crucifixion has troubled many students. They think, "Why couldn't he have saved himself?" He could — temporarily — by any number of ways. He had the power to sway crowds, he could have roused such a roar of faith and loyalty from the men and women in those crowded streets that the people in authority would gladly have turned him loose. Or he could have walked through their ranks, invisible.

But Jesus was a student, as well as a teacher, and there was one thing he had not been able to conquer in the Silence. Perhaps it was his shrinking from violence and all that was cruel and sordid. He had not been able entirely to drive this personal fear out of his consciousness by prayer alone.

When that happens to anyone, there is only one remedy: the fire of trouble — the very trouble he fears — alone can burn out the cause of that fear. By going through the experience *in the right way* the student can prove for all eternity that the thing he feared was only an illusion. Jesus went through the experience we call death, but he did it in this right way. He held to the truth — that God was the one power and that he was God-in-manifestation. So the shadows closed round him and the devils of illusion did their worst, but they could not touch that inner peace and joy that awoke and grew till at last he knew that death was a lie, that suffering was just a surface appearance.

It is by sticking to your principle when things look their very worst that you can really conquer every appearance of evil. This is not the time to deviate or compromise. It is your golden opportunity.

I know this to be true, because I have tried both ways — the way of striving to escape, and the way of standing steadfast till the tempest knew itself beaten and died out forever.

When things go badly wrong, turn to one of your statements of eternal truth. Say, "I am the way, and the truth, and the life." Say it many times, relax your physical body, know that God — your source, your real self — is with you here and now.

And forget your feelings. You may not — when things are darkest — feel that your Father is with you. But if you follow the simple method of Jesus, you will get results. A law never fails and Jesus taught only law — spiritual law.

God always turns to you when you turn to him — that is law. It can't fail. So ignore your feelings and soon, when events have shown how wrong they were, they will meekly fall into line.

Views and Reviews

By WILLIAM TOWNE

You Are a Center of Life

YOU ARE a center for the expression of life. You exist for no other reason. Only as you fulfill your function can you continue to exist.

Now life is a thing of movement. It flows. It cannot stagnate. It cannot remain static. Activity is essential to life. Whatever phase of life you desire to manifest in greater measure you must express what you have and the greater measure will then come to you.

Expression means full coöperation on your part. It means putting your will, and above all your love, into your activities. If you act dully and half-heartedly, with little interest and no love for your activity, you put a brake upon the flow of life and you fail to get the desired results. The way opens before love. If you put intense interest — real, emotional interest — into your activity, it is made fertile. More and more of the needed materials of success will come to you. Opportunities, ways and means of realizing your desire, seem to be right at hand because you are fulfilling your function as a center of life — a center for the EXPRESSION of life.

If you get only very limited results it is because you have choked off the flow of life by doubts, fears, lack of interest. You cannot raise a healthy flower or child in an atmosphere of cold neglect and indifference to the conditions that make for a healthy, vigorous flower or child. Do you remember the intense interest you put into realizing some of your desires as a child? If you are a boy, perhaps you built a rough little hut, with other boys, like those shown in Our Gang comedies which were popular some years ago. Can you recall the pleasure of constructive activity? The joy and interest that went into the accumulation of the necessary materials? The joy of building? You managed to find the needed materials — somehow. Ways and means were made available by your strong desire and untiring activity. Or perhaps you wanted a .22 rifle or a fishing rod. And you found a way to earn the money all right. Love made the work a joy. Your mind was filled with the most delightful mental pictures of what you could do with that rifle or fishing rod.

You never doubted — you EXPECTED that you would get what you wanted, and the needed material was forthcoming. As a center of life you attracted MORE life. Your loving activity set in motion the law of attraction and the needed things came to meet your desire.

Now that you have become an adult, your greatest need in demonstration is that same youthful belief in the possibility of getting what you want. The realization that the supply is unlimited will help you to believe in the possibility of demonstrating what you desire. Believe in the Life WITHIN YOU. Give out of this life in interested activities and you will attract more life — more successful

demonstrations.

And remember, this Life in you is not a little trickling stream — it is a great stream that is boundless in its capacity. It flows in in exact proportion to the channels you open for it by your faith, love and action. You constantly attract more life by expressing what you have. Set to work NOW to use what Life you have to create that which you deeply desire rather than that which you fear. Let faith rather than doubt set the pattern for the manifestation of the life power within you.

WHAT do you think endures?
Do you think a great city endures?
Or a teeming manufacturing state? Or a prepared constitution? or the best built steamships?
Or hotels of granite and iron? or any chef-d'oeuvres of engineering, forts, armaments?

Away! these are not to be cherish'd for themselves,
They fill their hour, the dancers dance, the musicians play for them,
The show passes, all does well enough of course,
All does very well till one flash or defiance.

A great city is that which has the greatest men and women,
If it be a few ragged huts it is still the greatest city in the whole world.

— *Walt Whitman*

DO NOT run after happiness, but seek to do good, and you will find that happiness will run after you. The day will dawn, full of expectation, the night will fall, full of repose. This world will seem a very good place and the world to come a better place still.

— *James Freeman Clarke*

I go to prove my soul!
I see my way as birds their trackless way.
I shall arrive! What time, what circuit first,
I ask not; but unless God sends His hail
Or blinding fireballs, sleet or stifling snow,
In some time, His good time, I shall arrive;
He guides me and the birds. In His good time!

— *Browning*

Success In Prayer

(*Continued from page 28, col. 2*)

"How'll this help me to be brave and strong?" he asked.

"Try it and see," I said.

And he did. He prayed for Lydia M ——, who was so fearful she took to her bed and pulled the covers over her head each time she heard of a death. He prayed for other fearful people, too. I advised him to keep it up until he could see some change for the better in the lives of these fearful persons. In a short while, Lydia M —— moved to a new locality, in more congenial surroundings. She reported that she had overcome her fears as if by a miracle. Others for whom he prayed were also helped. Then he came to me to report that the fear had left him, too.

"I'm not afraid of anything now," he said. He left for the city to get a job in a defense plant as a draftsman. Before then, he had always been afraid to go more than two miles from home. And I could relate hundreds of other instances of how scientific prayer has helped people to get the things they want from life.

George Washington did not pray for himself. He knelt in the snow-bound woodlands of Valley Forge and prayed for his country, for his tattered men, that they might have the courage to march through to victory. And Washington became the Father of the Country for which he prayed! — R. M. W., Ky.

Success In Prayer

Edited by W. E. T. and E. T.

PRAYER CAN GET THE THINGS YOU WANT

WHAT IS IT you want from life? Health? Money? Friends? Courage? Love? All these good things and more you can have by the practice of scientific prayer. What is scientific prayer? It is asking, or affirmation, clothed with the warmth of sincere desire and made fervid by the flame of clear visualization. I said you can have the things you want by prayer. But you must be able to visualize the ideal conditions you would want to manifest. Can you take the most poverty-stricken person and "see" that person suddenly clothed with luxury? Can you "see" the most fearful person you know performing acts of heroism? Can you "see" a bedridden person running, playing, leaping for the sheer joy of good health? If you can, you are then ready to obtain the things you want by scientific prayer.

In my years of healing, I have had occasion to recommend the methods of prayer I am going to discuss. I know that they have worked and have helped many persons to attain the things they wanted from life.

First, however, you are not to ask anything at all for yourself. My methods of prayer require that you put self completely out of the way for a time. No selfish person can receive anything by prayer.

There is a cosmic law which requires that the good things you want for yourself must be shared with others. In other words, you must first pray that others have the good things you want for yourself.

For instance, you want more abundance. Here is the way to get it by scientific prayer. First, pick out half a dozen of the most poverty-stricken persons you know. Visualize these persons as living in abundance. Begin at once to pray that more abundance manifest in their lives.

You must keep up your prayers for these persons until you can actually see a turn for the better in their affairs. Scientific prayer will lead you to action. You will feel impelled to do something to help bring abundance to these poverty-stricken persons. However, you will work in secret, not letting your left hand know what your right hand doeth. When you can begin to realize a change towards abundance in the persons for whom you are praying, rejoice, for abundance is going to come your way also. You are loosing cosmic laws that will start the flow of abundance your way. You will have become a center of abundance, able to attract it in any amount you need. Through your prayers for others, you have become both a creator and a dispenser of abundance. You will be able to control the laws of abundance and can cause it to manifest for yourself. This will be true only if you have helped the persons for whom you have been praying to realize more abundance in their lives.

Is it health you want? Then pick out a dozen sick or bedridden persons. See them enjoying good health again. See them happy and strong. Pray for their recovery. Ask God to bring them speedy relief from their ills. Keep on praying and visualizing for their recovery, until you realize their good health again. The things you

ask for them will manifest for you. For you have become a creator and a dispenser of good health. And the good health which you have created for others will be realized in your own life.

I have seen this law of prayer work. There was Herman W——, who was the most poverty-stricken person I know. He lived in a shack on the river bank. He had a large family and was unable to keep them properly clothed and fed. He was partially crippled, and had to work mostly at odd jobs for the neighbors. He wanted to know of me how he might have more abundance in his life. I said, "Do you know of some other families who are poverty-stricken like yourself?"

He did, but what had that to do with his condition, he wanted to know. I said, "Pray for these families that they may have more of the good things of life. See them living in better circumstances. Visualize abundance as coming to them. Keep this up as long as necessary — until you can actually realize a change for the better in the affairs of these families."

"But how is that going to help my condition?" he wanted to know.

"Just try it and see," I said. "If you can help other poverty-stricken people to create abundance, you will become a center of abundance yourself and can have the abundance you want."

He made a list of five poverty-stricken persons and began to "see" them living in luxury. He began to pray for them, asking God to manifest his abundance for them. He kept this up for three months. Then he came to report that he couldn't as yet see any change for the better, either in his own affairs or in the affairs of the others. "Keep it up," I advised.

In a few days, he came to report that one of the families for whom he had been praying had moved to a defense area and that all the children had good jobs.

"Keep it up," I said. "Abundance is going to manifest for you too."

Among the things Herman W—— wanted was a nice painted cottage, a garden where he could raise vegetables for his large family.

About two miles from the shack where he lived, an aged couple lived in a neat five-room cottage. One day, their daughter came from the city to visit them. Suddenly, she decided to take her parents back to the city to live with her. On her return with them, she stopped at Herman W——'s shack and asked him to move at once to the cottage vacated by her parents. It was on a highway and had a garden. Herman W —— could have it as long as he desired.

Another man came to me wanting to know how to get rid of fear. He had been a fear-ridden victim from his cradle up. As he put it, "I'm afraid of my own shadow." His lack of courage kept him down, for he had talent, but was afraid to go out in the world and cope with life.

"Have you tried scientific prayer " I asked him.

"I've tried about everything," he said.

I said, "Pick out ten of the most fearful persons you know. See them as brave and strong. See them performing acts of heroism. Pray that they may manifest more courage in their lives. Ask God to help them be brave and strong."

(*Please turn to page 26, col. 2*)

Elizabeth's Editorials

(*Continued from page 7*)

sections, one to be devoted to efficient methods in the work which lies before us, one to exploring new realms of inspiration, thought and knowledge, and a third to be devoted to sleep and its subconscious mentation, rejuvenation and regeneration.

A long time ago I had a visit from an East Indian yogi. I want to tell you that while he was here he gave me a mantra stunt to do. I was expected to repeat certain Sanskrit vowels *36,500 times*, with appropriate breathing exercises! The East Indians claim that the repetition of these mantrams results in an equilibrium of the spiritual and physical particles that go to make up the individual.

After reading your letter I am convinced that it would help you if, many times a day, you would repeat the following affirmation: "THIS ONE THING I DO." When you have followed this plan for some time, I believe you will find yourself doing better work and more of it; and doing it all without that sense of pressure and compulsion of which you now complain. The sense of compulsion comes from your idea that time is running away and you must catch it!

*

God's gladness is not the absence of sorrow, but divine comfort overcoming sorrow.

— *J. R. Miller*

Buy War Bonds

DEMOCRACY'S DIVIDENDS

1. NATIONALIZE BANK CREDIT. Reduce still further the metal bases of money and use Power, or Work-Power, Consuming Power, or National Property Wealth — or all of them or either — as base for further issues of non-interest-bearing Legal Tender paper. Issue ENOUGH legal tender money based on the CONSUMING power, WORK POWER and CREDIT of the U. S. — which is better and greater and sounder, than *all the gold and silver in the world.*

2. PAY DIVIDENDS ON WHAT? Pay them on wealth piled up by the *collective working-and-consuming power of all American citizens.*

3. WITH NON-INTEREST BEARING NEW CURRENCY (or federal checks) *pay* $5 *Weekly National Dividend to EVERY citizen:* man, woman and minor from birth to death — rich or poor, unemployed or employed.

4. BEGIN WITH THE UNEMPLOYED: "unemployables" first, with all members of every family group, from aged parents down to infant grandchildren *et al*, each receiving $5 Dividend Each Week.

5. PUT EVERY SOUL AND EVERY FAMILY ON ITS OWN FEET, independent, *self-directing*, FREE to be and to buy what THEY desire — not what special privileged processors want to make profits on.

6. NO PAUPER'S OATH, no taking away from anyone the extra overcoat, or the little business, or the old automobile or other tools of service or trade, or the little home (or farm) mortgaged or not mortgaged, which he or she or they have been able to hang on to up to the present time.

7. BEGIN THE PLAN ON THIS BASIS, $5 Cash Dividends per week to *every member of every* family group, and to every lone individual who is now without adequate income beginning with all persons and families on relief or with incomes too small to report for income tax; then include families of small reported incomes, and finally *ALL citizens. From richest to poorest, from the day of birth to day of death.*

8. THE ONLY CLASSES EXEMPTED: (1) aliens, (2) persons imprisoned or hospitalized at public expense, voluntarily or involuntarily. Dividends to be resinstated immediately upon release. Remember that $5 a week for each and every one of us will *enable every American family to live FREE, self-respecting, healthy*, expressing genius and service each after his own FREE spirit; also *every family will be adding its consumers' power to the WELL-BEING OF ALL INDUSTRY AND BUSINESS:* an inexhaustible WELL of prosperity bubbling up *from the bottom* forever. — *Elizabeth Towne.*

Troward Had A Method for REALIZATION

Judge Troward, the English jurist, was one of the world's great teachers of Mental Science. Prof. William James of Harvard pronounced him a leader in clear thinking and writing upon this subject. Troward had one American pupil—GENEVIEVE BEHREND. She went to England for the sole purpose of studying under Troward himself. She presents his teaching upon PRAYER, VISUALIZING, ATTAINING DESIRE, etc., in her book—

YOUR INVISIBLE POWER

BY GENEVIEVE BEHREND

She begins with VISUALIZING as the first step to creative action. Then follows How to Attract to Yourself the Things You Desire and a chapter on How to Make Your Mental Picture, with Instructions how to pray or ask.

To learn how to use YOUR creative powers more effectively in getting what you want, read YOUR INVISIBLE POWER. *Price 55c*

THE ELIZABETH TOWNE CO., Inc.
Holyoke, Massachusetts

STUDY FOR THE DEGREE

of Doctor of Psychology (Ps.D.), Doctor of Metaphysics (Ms.D.), or Doctor of Divinity (D.D.), by correspondence in the quiet of your own home.

Write for further information

THE COLLEGE OF DIVINE METAPHYSICS, Inc.
Dept. 1, 2811 N. Illinois St. Indianapolis (8), Indiana

RENDEZVOUS WITH DESTINY

▶ In that amazing book, MIRACLE OF THE AGES, Worth Smith wrote—MORE THAN EIGHT YEARS AGO—that the DESTINY of the UNITED STATES and ENGLAND would be "BOUND UP TOGETHER" in "THE TROUBLESOME YEARS JUST AHEAD"; that these nations would become "THE SAVIOR NATIONS OF CIVILIZATION"; that all this would be a prelude to "THE AGE OF PEACE." This book is based upon Bible prophecies, and Pyramid prophecies which take their rise from what many believe to be the most mysterious creation of man—the Great Pyramid of Egypt. MIRACLE OF THE AGES contains ten full-page charts showing the strange inner secret passages, kept sealed from mankind for some 3,500 years it is estimated. MIRACLE OF THE AGES is cloth bound, 160 pages.

Price only $1.10. Order from

THE ELIZABETH TOWNE CO., Inc.
Holyoke, Massachusetts

THE world is so full of a number of things,
I'm sure we should all be as happy as kings.
— *Robert Louis Stevenson*

"THE DEMONSTRATION"

Presented in seven easy steps, carefully explained in seven lessons. Make your own demonstration.

LAURA BRITTON SNYDER
508 Taylor Building Rochester, New York

FLORENCE SCOVEL SHINN'S Correspondence Course giving definite rules for taking every trick in the game of life can be yours. Write for information about the course and Mrs. Shinn's books to **Shinn Press, 567 Forest Avenue, Buffalo 13, N. Y.**

STATEMENT OF THE OWNERSHIP, MANAGEMENT, CIRCULATION, ETC., REQUIRED BY THE ACT OF CONGRESS OF AUGUST 24, 1912

Of NAUTILUS Magazine, published monthly at Holyoke, Massachusetts, for October 1, 1944, State of Massachusetts, County of Hampden, ss. Before me, a Notary Public in and for the State and County aforesaid, personally appeared William E. Towne who, having been duly sworn according to law, deposes and says that he is the Asst. Editor of NAUTILUS Magazine, and that the following is, to the best of his knowledge and belief, a true statement of the ownership, management (and if a daily paper, the circulation), etc., of the aforesaid publication for the date shown in the above caption, required by the Act of August 24, 1912, embodied in section 443, Postal Laws and Regulations, to wit:

1. That the names and addresses of the publisher, editor, managing editor, and business managers are:

Name of	P. O. Address
Publisher, The Elizabeth Towne Co., Inc.,	Holyoke, Mass.
Editor, Elizabeth Towne,	Holyoke, Mass.
Managing Editor, Chester H. Struble,	Holyoke, Mass.
Business Managers, same as above,	Holyoke, Mass.

2. That the owners are: (Give names and addresses of individual owners, or, if a corporation, give its name and the names and addresses of stockholders owning or holding 1 per cent or more of the total amount of stock.)

The Elizabeth Towne Co., Inc.	Holyoke, Mass.
Elizabeth Towne,	Holyoke, Mass.
William E. Towne,	Holyoke, Mass.
Chester H. Struble,	Holyoke, Mass.

3. That the known bondholders, mortgagees, and other security holders owning or holding 1 per cent or more of total amount of bonds, mortgages, or other securities, are (if there are none, so state). None.

4. That the two paragraphs next above, giving the names of the owners, stockholders, and security holders if any, contain not only the list of stockholders and security holders as they appear upon the books of the company, but also, in cases where the stockholder or security holder appears upon the books of the company as trustee or in any other fiduciary relation, the name of the person or corporation for whom such trustee is acting is given; also that the said two paragraphs contain statements embracing affiant's full knowledge and belief as to the circumstances and conditions under which stockholders and security holders who do not appear upon the books ot the company as trustees, hold stock and securities in a capacity other than that of a bona fide owner; and this affiant has no reason to believe that any other person, association or corporation has any interest direct or indirect in the said stock, bonds or other securities than as so stated by him.

(Signed) WILLIAM E. TOWNE, Asst. Editor.

Sworn to and subscribed before me, this 1st day of October, 1944.

CHESTER H. STRUBLE.
(My commission expires March 31, 1950.)

[Seal]

Buy War Bonds

STUDY TO BE A DOCTOR

of Psychology or Metaphysics

Win the degree of Ps.D., Ms.D., D.D., or Ph.D. Be a Teacher, Lecturer or Accredited Practitioner. Teach others how to achieve Health, Happiness and Contentment. Chartered by State. Write for **FREE** book telling how. **THE NEOTARIAN FELLOWSHIP, 216 East 10th Street, Kansas City 6, Missouri.**

READ:

"TITHING TO RICHES"

Be on your way to riches, without delay. Write us about this book. **THE BOOK MART, Barnhart, Missouri.**

IF YOU HAVE A PROBLEM TO SOLVE WRITE ME

I will guide you in its SOLUTION through the law of CREATIVE PRAYER. Postcard requests will not be answered. Enclose stamp. *Address:* **DORTCH CAMPBELL, Box 832, Clarksdale, Mississippi.**

Men Prayed . . .

In the deep South a group of hard-headed men tried prayer, as a means of helping their loved ones. The way in which they prayed, and the results that followed, make a fascinating record. DORTCH CAMPBELL writes about it in —

WHAT I HAVE LEARNED ABOUT PRAYER

He makes many startling statements in this book. For instance, that *prayer is a science.* "The novice and the sinner and the wanderer upon the face of the earth can reach God as easily as the religionist," he says.

Some of the chapter titles are: **At 50 a Failure, Then a Success Through Prayer; A Mother's Prayer Remade Her Son; How Prayer Solves Problems; How Prayer Developed Personality; I Was Healed Through Prayer; Three of Us Prayed and Health, Success and Happiness in the Home Followed.**

If you would minister to some loved one through prayer for healing success, happiness or other blessings, this book will show you how others prayed for their loved ones with great satisfaction in the results that followed.

What I Have Learned About Prayer is printed from large type, attractively bound in paper covers. **Price 55c.**

THE ELIZABETH TOWNE CO., INC.
Holyoke, Massachusetts

Christmas Gift Suggestions

The* EMMET FOX *Publications



Pamphlets

THE EIGHTH SPARKS BOOK
Recently Published 25c
THE SEVEN DAY MENTAL DIET 10c
THE GOLDEN KEY 10c
HOW TO BRING ABOUT PEACE 5c
YOUR HEART'S DESIRE 10c
MAKE YOUR LIFE WORTH-WHILE . . 5c
LIGHT AND SALVATION 15c
THE SECRET PLACE 20c

Cards

THE PRESENCE 5c
THE WORD OF POWER 5c
FIFTEEN POINTS 5c
GOD IN BUSINESS 5c
WHAT IS SCIENTIFIC PRAYER? 5c
BLESSING AND CURSING 5c
TREATMENT FOR DIVINE LOVE 5c
THE GOLDEN GATE 5c
SOWING AND REAPING 5c

Write for a complete list

Order early from your nearest bookstore or Unity Center, or directly from

HARPER & BROTHERS, *Publishers*
49 E. 33d Street, New York 16, N. Y.

Postage extra

Truth Healing Practitioners

MARY CARTER ALLEN, Box 219, Sulphur Rock, Arkansas. Prayer treatment for spiritual and material needs, $1.00. Monthly rates. Fifteen years' experience.

MARIE WINCHELL WALKER, M.D., 6141 Saturn St., Los Angeles 35, Calif. Teaching by letter and treatments. Any problem. Letters $1.00.

Experienced practitioner. Free will offering. **AMELIA MATTINGLY, 1620 Brigden Road, Pasadena 7, California.**

GODIN GREENE, 4216 Redwood Avenue, Venice, Calif. Two fifteen-minute treatments daily, $3.00 monthly. One daily, $2.00. Any problem. No interviews.

Personal advice and instruction by correspondence. Special treatments, any problem. Letters $1.00. **JAMES HUNTINGTON, 444 St. James Place, Chicago 14, Illinois.**

JANE H. THORNBORROW, Ms.D., 1727 Price St., Rockford, Illinois. Healing treatments. Any problem. Voluntary Offering.

LINDA B. HUBER, D.D., Ms.D., R.F.D. No. 1, Hagerstown, Md. Healing treatments, two daily, any problem. Two Dollars monthly.

Letter instruction, treatments, problem advice. **ANNIE S. GREENWOOD, D.S.D., 2003 Aldrich Avenue, South, Minneapolis, Minnesota.**

MONEY TREATMENT, $1.03. **DR. A. A. RANDALL, 2744 4th Avenue South, Minneapolis, Minn.**

Health, Prosperity, and Happiness, through Problem Advice and Truth Treatments. **JOSEPH LOUIS SCHERTZ, 5338 Bartmer Avenue, St. Louis 12, Missouri.**

VORA DURAND. Metaphysician. Treatments and teaching. **910 Lafayette Ave., Brooklyn, N. Y.**

BETSY VAN ALLEN, 51 South Elliott Place, Brooklyn 17, N. Y. Healing treatments, instruction, advice. Offering.

HENRIETTA LEE, Unity Graduate. Prosperity treatment $1.00. No interviews. **349 West 58th, New York City. (19)**

DR. CHARLES CALLAHAN, Metaphysician, 112 N. Montclair, Dallas 11, Texas. Licensed Practitioner and Teacher. Degrees: Ms.D., D.D., Ph.D. Personal correspondence or private consultation. Modified fee basis. For appointment telephone M-4473.

THE INVISIBLE POWER LEAGUE, practitioners and counsellors. 25 years' experience. Daily treatments $10 per week, $40 per month. Written instructions included free. **The Invisible Power League, P.O. Box 1737, San Antonio, Texas.**

NELL TRUESDELL, Rt. 4, Box 547, Fort Worth, Texas. Healing. Instruction by mail. Free will offering.

WILL YOU — PLEASE?

★ A Doctor of Divinity writes us: "I read and re-read Nautilus in bed before I go to sleep. This practice has kept my faith in myself and in God. If I had not had this pleasure I would have an impoverished life and maybe (pardon me) gone 'nuts'." So you never can tell what good may come from passing on YOUR copy of Nautilus to some one who will really read it. Will you do this—please? Or, better yet, send $2.00 for Nautilus one year to be sent to someone you know will appreciate it. THANK YOU!
THE ELIZABETH TOWNE CO., Inc., Holyoke, Mass.

TO WIN MORE FRIENDS

If you desire to become more "charming," popular and attractive and to win and hold friends you will find aid in the little book, "CONVERSATION AND A MAGNETIC PERSONALITY." The author (a young Boston lawyer) tried the methods herself and found them effective. She planned to sell the lessons as a $2.00 course. We persuaded her to let us bring them out as a book instead, to sell at only 55c, postpaid. **THE ELIZABETH TOWNE CO., Inc., Holyoke, Mass.**

BECOME A DOCTOR
of PSYCHOLOGY or METAPHYSICS

Win the degree of Ps.D. or Ms.D. Teach the secret of contentment, happiness. Solve mental worries. Learn how to unfold spiritual powers. Experience the revelation of truth. Chartered College. Individual help. Write for FREE book. **COLLEGE OF UNIVERSAL TRUTH, 5153-F North Clark St., Chicago (40), Ill.**

GIVE NAUTILUS FOR CHRISTMAS!

To New Subscribers

SPECIAL INTRODUCTION OFFER

USE THIS COUPON and get NAUTILUS One Year and the Wee-Book, SEVEN WORDS THAT CHANGED MY LIFE—all for $1.50

(No Foreign or Canadian Subscriptions accepted on this offer.)

The Elizabeth Towne Co., Inc.
Holyoke, Massachusetts

I surely want to read all the special features coming in NAUTILUS. Here is $1.50 for NAUTILUS one year and the book free, in accordance with your special offer to new subscribers.

Name.....

Address.....

Dec.

RUMFORD PRESS
CONCORD, N. H.

CENTERS AND BOOKSTORES

The following New Thought Centers, Reading Rooms and bookstores carry publications of The Elizabeth Towne Company. (M) Indicates open meetings are held

ADELAIDE, So. Australia. — New Thought Society, Inc. Mrs. C. Stewart, Room 45, 2nd Floor, Eagle Chambers, cor. King William and Pirie Sts. (M)

AKRON, Ohio. — Akron Unity Center of Truth, 34 South High St. Rev. Ralph O'Day, Minister.
— Church of the Master, Y.W.C.A. Chapel, 146 S. High St. Dr. Perrie Mahaffey, Minister. (M)

ATLANTIC CITY, N. J. — Center Club, 700 North Indiana Ave. Mrs. Rose Fasion, Leader.
— Church of Christian Philosophy, 1325 Boardwalk. Rev. Raymond Holliwell, D.D. (M)

BOISE, Idaho. — Metaphysical Library, 204 Fidelity Bldg. Mrs. Emma M. Morgan, Librarian.

BOSTON, Mass. — Boston Home of Truth, 175 Commonwealth Ave. Eleanor Mel, Leader. (M)
— The Metaphysical Club, Room 511, Nottingham Bldg., 25 Huntington Ave. Dr. J. Frank Telfer, Pres.

BROOKLYN, N. Y. — Unity Society of Brooklyn, 3 Albee Square.

BUFFALO, N. Y. — Buffalo Unity Society, Room 4, Hotel Statler. Dr. E. H. Burrill, Leader.

CALGARY, ALTA., Canada. — Harry's News and Tobacco Shop, 109 Eighth Ave., W.
— Church of the Truth, 810a 1st St., W. Miss Ruth E. Chew, Leader. (M)

CHICAGO, Ill. — First Unity Church of Christ, Suite 1312, Garrick Bldg., 64 West Randolph St. Mrs. Nellie McCollum, Leader. (M)
— Unity Home of Truth, 905–8 Lake View Bldg., 116 South Michigan Ave. Miss Edith M. Reynolds, Minister. (M)
— Unity Fellowship of Practical Christianity, 1619–21 Kimball Bldg., 25 E. Jackson St. W. I. and Anna Hoschouer, Ministers. (M)
— Purdy Publishing Co. & New Thought Book Shop, 1723 Stevens Bldg., 17 N. State St.

CHIPPEWA FALLS, Wisc. — Les-A-Me Prayer Center, Route 1. Mrs. Lois Zuehlsdorff, Leader.

CINCINNATI, Ohio. — New Thought, Temple of McMillan at Grandview Ave. Dr. Harry Granison Hill, Leader.

CLEVELAND, O. — Church of Truth, Hotel Olmstead, Room 224. Mary A. Prince, Leader.
Cleveland Church of New Thought, Carnegie Hall, Studio 810-1220 Huron Rd. Rev. Gladies Johns Heine. (M)
— Unity Center, Hotel Cleveland. Earl P. Anthony, Leader. (M)

DALLAS, Texas. — Unity Center, Church of Practical Christianity, 1708 Commerce St. Hobert G. and Ruth D. Gillespie, Ministers. (M)
— Universal Truth Center, 1130 Allen Bldg. Mrs. M. L. Hursey, Minister. (M)
— Science of Mind, 1119 Liberty Bank Bldg. Mrs. Freeman, Leader. (M)

DAYTON, Ohio. — Unity Center of Christianity, 611 Canby Bldg., 137 South Main St. Rev. E. J. Crouch, Leader. (M)

DENVER, Colo. — The Publication Book Store, 514 15th St.
— The Divine Science College, East 14th Ave. and Williams St.

DETROIT, Mich. — Detroit Unity Association, 1124–34 Maccabee Building. Herbert J. Hunt, Minister. (M)

EUGENE, Oregon. — Truth Center, 213 Miner Bldg. Alice B. Wilson, Leader. (M)

EVERETT, Wash. — Unity Center, 2919–207 Wetmore. Mrs. Estella M. MacPherson. (M)

FORT WORTH, Texas. — Christ Truth League, 912 Dan Waggoner Bldg. Nell Truesdell, Leader. (M)

FRESNO, Calif. — International Truth Center, 415 Mutual Life Bldg. Radna Michaela, Leader. (M)

HIGHLAND PARK 3, Mich. — "Seven Lights," 317 West Buena Vista Ave. Rev. Herbert Hocker, Leader. (M)

HOUSTON, Texas. — 2421 Milan St. Royal Dixon, Leader. (M)
— The League for the Larger Life, 818 Franklin St. Dr. H. M. Ward, Leader.

INDIANAPOLIS, Ind. — Unity Truth Center, 1514 Park Ave. Rev. Murrel Powell-Douglas, Leader. (M)

JAMAICA, N. Y. — Unity Center of Truth, 89–39–163rd St. (M)

LANSING, Mich. — The Book Nook, 317 W. Madison St. Mrs. C. J. Severance, Director.

LEBANON, Ohio. — The Lebanon Truth Center. Mrs. Shirley Bell Hastings, Leader. (M)

LOS ANGELES, Calif. — The Church of Light, 2337 Coral St. (M)
— Classes in Truth. Mamie B. Dean, 1129 S. Catalina St. (M)

MILWAUKEE, Wisc. — Divine Science Church, 2211 North 18th St. Clara B. Letsch, D.S.D., Minister.
— First Unity Center, 208 E. Wisconsin Ave., Suite 301. Elmer M. Gifford, Leader. (M)

MINNEAPOLIS, Minn. — Divine Science Fellowship, John Seaman Garns, Dean, 1 Groveland Ter. (M)
— The Unity New Thought Center. Dr. Amelia A. Randall, 2744 4th Ave., South. (M)

NEW YORK CITY. — Church of the Healing Christ (First Church of Divine Science), Hotel Astor. Dr. Emmet Fox, Pastor. (M)
— Church of the Truth. Rev. Ervin Seale, Minister. 9 East 40th St. (M)
— Unity-New York, Room 410, 500 Fifth Ave.
— Unity Universal Church, 137 W. 110 St., Studio 28, New York (2). Nanna B. Sutton, Minister.

OMAHA, Nebraska. — Omaha Unity Center, 423 Electric Bldg., 17th & Harney Sts. Mabel B. Schopf, Leader. (M)

PEORIA, Ill. — Unity Center of Peoria, 505 Central National Bank Bldg. Rev. Mathilda McNemar, Minister.

PHILADELPHIA, Pa. — Chapel of Truth, North American Bldg., 117 S. Broad St. Rev. Mary Butterworth, Leader.

PHOENIX, Ariz. — Center of Spiritual Education, 128 No. First Ave., Suite 206. Mrs. Myrtle E. Cate, Director. (M)

PITTSBURGH, Pa. — Unity Center of Pittsburgh, Hardy & Hayes Bldg., Oliver Ave. John G. Coulson, Leader. (M)

PLAINFIELD, N. J. — Plainfield Unity Center, 418–419 Babcock Bldg. Florence S. Hutton, Leader. (M)

PORTLAND, Ore. — Metaphysical Library, 313 Alderway Bldg. James E. Dodds. (M)

PROVIDENCE, Rhode Island. — Providence New Thought Center, 72 Weybosset St. Paul LaPrade, Leader. (M)

RENO, Nev. — Reno Unity Center, 314 Clay Peters Bldg. Dr. Robert W. Caswell, Leader. (M)

ROCHESTER, N. Y. — The Unity Church of Truth, 27 Gibbs St. Raymond Charles Barker, Leader. (M)

SACRAMENTO, Calif. — Unity Center, I. O. O. F. Bldg., 9th and K Sts. Naomi J. Anderson, Leader. (M)
— Church of Truth, 2724 Capitol Ave. Rev. V. Manley Ayers, Pastor. (M)

SALEM, Ore. — Truth Center, 265 N. High St. Olive Stevens, Leader. (M)

SAN ANTONIO, Texas. — Institute of Revealed Science, Room 301, 105 Broadway.

SAN FRANCISCO, Calif. — Metaphysical Library and Book Shop, 177 Post St. Free Reading. Noon talks. (M)
— Unity Temple, 126 Post St., 2nd Floor. Robert Hulbert, Leader. (M)

SANTA BARBARA, Calif. — Truth Center, 227 E. Arrellaga. Harriett B. Coolidge, Leader. (M)
— The Aquarian Ministry, P. O. Box 336. George B. Brownell and Louise B. Brownell, co-leaders.

SEATTLE, Wash. — Truth Center, 9511 Rainier Ave., Estella MacPherson, Leader. (M)
— International Truth Center, 415 Mutual Life Bldg. Radhma Michaela, Leader. (M)

SPOKANE, Wash. — Church of Truth, 6th and Jefferson. Erma Wiley Wells, Minister.
— Metaphysical Book Shop, W. 821½ 1st Ave. Free Reading Room. (M)
— Truth Reading Room and Unity Book Shop, 13 South Wall St. Rev. Erma Wells, Minister. (M)

ST. JOSEPH, Mo. — St. Joseph Unity Center, 1202 Felix St.

SYRACUSE, N. Y. — Radiant Life Truth Center, 135 Cordova St. Blanche Marie Peters, Leader. (M)
— Unity Church of Truth, Hotel Onondaga. Rev. Mae G. Lundahl, Leader.

TOLEDO, Ohio. — Church of Universal Truth, 1821 Collingwood Blvd. Mary Mace Underwood, Minister.

WALLED LAKE, Mich. — "The House of Light," 29250 North Beck Road. Mrs. Dora Wood Kaiser, Leader.

WASHINGTON, D. C. — A Truth Center, 1713 Kay St., N. W. Mrs. Appleton, Leader. (M)
— Metaphysical Library, Leona Feathers, Librarian, 731 Shepherd St., N. W.

WICHITA, Kansas. — Wichita Unity Center, Eaton Hotel. Carl Moran, Leader. (M)

WOODSIDE, L. I., New York. — 48–20 Forty-Sixth St. Henry C. Hudson, Leader.

Printed Letterpress in U. S. A.

Self-Help Books for Truth Students

ALL BOOKS SENT PREPAID AT PRICES QUOTED • CATALOG FREE ON REQUEST

Newest Books

DAILY LIGHT BOOK 1944. Price 50c.
SEEING THE WAY AHEAD. Dortch Campbell. Paper; price 55c.
WHAT I HAVE LEARNED ABOUT PRAYER. Dortch Campbell. Paper; price 55c.

Financial Success

POWER AND WEALTH. Emerson. Paper; price 55c.
FINANCIAL SUCCESS THROUGH CREATIVE THOUGHT. Wallace D. Wattles. Paper; price $1.10.
HOW TO VISUALIZE. Ethel Whitney. Price 28c.
THE BOOK THAT HAS HELPED MOST IN BUSINESS. By "A Doctor of Human Nature." Paper; price 25c.
THOUGHT FORCE FOR SUCCESS. Elizabeth Towne. Paper; price 25c.
THE SUCCESS PROCESS. Brown Landone. Flexible covers; price $1.60.
POWERS THAT TURN FAILURE INTO SUCCESS. Brown Landone. Price 55c.
MAKING MONEY: How to Grow Success. Elizabeth Towne. Paper, 71 pgs.; price 55c.
THE PSYCHOLOGY OF SALESMANSHIP. Atkinson. Flexible covers, 210 pages; price $1.60.
YOUR INVISIBLE POWER. Genevieve Behrend. Paper; price 55c.
TRUE STORIES OF FINANCIAL SUCCESS AND ADJUSTMENT. George C. Golden. A method book in story form. Paper, 92 pgs.; price 55c.
IT'S FUN TO MAKE MONEY. Pauline Cleaver. Showing how to begin, and how to carry through to business success; price 55c.
WHAT CHRIST SAYS: About Economics, Politics, Healing. Wattles. Price 28c.

Healing

EXPERIENCES IN SELF-HEALING. Autobiography. Elizabeth Towne. Price 55c.
JUST HOW TO WAKE THE SOLAR PLEXUS. Elizabeth Towne. 28c.
THE RADIANT PATH TO ACHIEVEMENT. Kate A. Boehme and Rev. Frederick Elias Andrews. Price 25c.
THE HEART OF HEALING. Mizanna Wolff. Price 55c.
THE HEALING POWER IS LIFE. Genevieve Behrend. Price 55c.
MAGIC OF UNCOMMON SENSE. C. W. Chamberlain. Paper; price 55c.
HOW TO DEMONSTRATE HEALTH, MONEY, FRIENDS. Gertrude A. Bradford, Ph.D. Paper; price, 55c.
THE HEALING TRUTH YOU WANT TO KNOW. Vivian May Williams. Paper; price 55c.
PRACTICAL METHODS FOR SELF-DEVELOPMENT. Elizabeth Towne. Price $1.60.

Personality

BETTERING PERSONALITY AFTER 40. Paper; price 55c.
REDUCING IS FUN. Mrs. F. S. McGraw. Paper; price 28c.
CONVERSATION AND A MAGNETIC PERSONALITY. E. Gwendolyn Stimpson. Price 55c.
HOW I ELIMINATED FEAR. George Wharton James. Price 25c.

Effectual Prayer

TRUSTING IN GOD FOR $5,000,000. Geo. Mueller. Paper; price 55c.
MY PILLOW PRAYER BOOK. Ella C. Waterhouse. A pocket ABC book of alliterative affirmations, paper, pocket size. 78 pgs; price 55c.
THE STORY OF A HEALING. Daniel Boone Herring. Price 28c.

Other Truth Books

WHAT YOU SHOULD KNOW ABOUT TELEPATHY. 87 pages; price 55c.
THOUGHT RADIO AND THOUGHT TRANSFERENCE. Viola Gertrude Rich. Price 55c.
GIST OF NEW THOUGHT. Paul Ellsworth. Price 28c.
HISTORY AND PRINCIPLES OF NEW THOUGHT. Atkinson. Price 28c.
LIFE POWER AND HOW TO USE IT. E. Towne. Flexible, 176 pages; price $1.60.
PSYCHIC SCIENCE MADE PLAIN. Vol. II. Edward B. Warman, LL.D. Flexible covers. Price $1.60.
SOUL POWERS THAT TURN FAILURE INTO SUCCESS. Brown Landone, F.R.E.S. Paper covers; price 55c.

For Beginners

FOUR LESSONS IN THE REALIZATION OF HEALTH AND SUCCESS. Elizabeth Towne. Price $1.60, including How to Wake the Solar Plexus and How to Concentrate, which are used with the Lessons.
KEYS TO A NEW LIFE. Daniel Boone Herring. Price 55c.
YOUR INVISIBLE POWER. Genevieve Behrend. Paper; price 55c.
A-B-C OF TRUTH. Brown Landone. Paper, 98 pgs.; price 55c.
METHODS OF TRUTH WHICH I USE. Landone. Paper; price 55c.
UNCOMMON SENSE OF APPLIED PSYCHOLOGY. Claude William Chamberlain. Paper; price 55c.
HOW TO WAKE THE SOLAR PLEXUS. E. Towne. Price 28c.
JUST HOW TO CONCENTRATE. E. Towne. Price 28c.
THE STORY OF A HEALING. Herring. Paper; price 28c.
EASY WAYS TO MENTAL SUPREMACY. Paper; price 55c.
SELF RELIANCE. Emerson. Paper; price 55c.

Self-Analysis

HOW TO CHANGE YOUR CONDITION. S. Valdianathan. Flexible covers; price $1.60.
A NEW DEAL IN JOBS. Marie Winchell Walker, M.D. Paper; price 55c.
FREEING OUR MENTAL FORCES. Marie Winchell Walker, M.D. Flexible covers; price $1.60.

Self-Development

LIFE INTERPRETED THROUGH COLOR. Myrtle Hodges. Paper; price 55c.
PRACTICAL METHODS FOR SELF-DEVELOPMENT. Spiritual, Mental, Physical. Elizabeth Towne. Flexible covers, 160 pgs.; price $1.60.
HOW TO BE A GENIUS. Wattles. Pocket size, paper; price 55c.

When ordering publications ask for the Prosperity Seed Plan — FREE

Order of THE ELIZABETH TOWNE CO., Inc., HOLYOKE, MASS.