NAUTILUS

MAGAZINE OF NEW THOUGHT

DECEMBER 1945

Are You Self-Controlled?
EDNA TRADEWELL

How I Tapped the Giant Power
ALFRED BARRETT

Three Steps to Becoming Liked
ZELIA M. WALTERS

How to Overcome "Nerves"
EVELYN MEEKS

Tuning In on the Vibrations of Love
W. Y. M.

Take the Road That's Open
SHELDON SHEPARD

What to do About That Insomnia
DORTCH CAMPBELL

Your Own Word of Power
ELIZABETH TOWNE

Edited by ELIZABETH TOWNE
WILLIAM E. TOWNE

PRICE 20 CENTS

Our Wall of Defense

By GEORGE C. HUBBS

A FEW DAYS AGO I opened my Bible at the 4th Chapter of Nehemiah. He and his helpers are building the wall at Jerusalem.

As the story unfolds, these statements occur:

"So built we the wall . . . for the people had a mind to work."

"Be ye not afraid . . . remember the Lord."

"I sent messages unto them, saying, I am doing a great work . . . why should the work cease whilst I leave it and come down to you?"

That might be called "The Story of the Truth-Seeker," for aren't we at work building a spiritual wall against earthly lack of every kind?

We should give particular heed to the statement that the wall was built because "the people had a mind to work." Is our wall being built by a *persistent* spirit — a settled determination that nothing shall hinder us from knowing the healing Truth?

How insistently our business or household affairs say, as did Sanballet, "Come, let us meet together" — which often is a masked invitation to discontinue our Truth-seeking for "more practical" matters.

And there is where the test comes. For although these other duties must be looked after, unless we can say with Nehemiah, "I am doing a great work . . . why should I cease it," the building of our wall of defense may be long delayed.

A spiritually hungry man once wrote me, "Please help me find God."

That spirit — and that one only, I think — is the spirit that completes its wall of defense.

What's Cooking
FOR NEXT MONTH?

"Behold, I Will Do a New Thing" Many people need to follow this ancient suggestion, says Judith Burden. They need to re-hitch their wagon to a star. And the place to do this is in their own mind. Mrs. Burden will tell us about it in PERHAPS YOU NEED A NEW BEGINNING.

The Passing of Brown Landone On October 10th we received a telegram reading, "Brown Landone passed on this afternoon." No further details. A letter to our managing editor, dated July 31, 1945, apologized for delay in answering his letter in these significant words: "Sixty days have gone by, and perhaps that means I've had a chance to grow a little more 'time' before answering your letter." Characteristically, the letter listed some of the writer's activities during the past year: "Three new books, four new courses, and each one of the courses fifty-two lessons." This in addition to a correspondence which would be enough by itself to occupy an ordinary man. The New Thought world has lost one of its most brilliant lights. Mr. Landone was a prolific writer in many fields. He contributed to NAUTILUS over a period of some thirty years. His books in other fields than New Thought included a play ("Mrs. Radford, Humanist"), "Which Road to Permanent Peace," Editor of "The Victories of Scholarship, Science and Art" (7 vols.), etc., etc. At times he contributed editorials to many metropolitan newspapers, both in this country and in Paris and London. At one time he was Executive Chairman of International Committee of New Educational Movement. He was a Fellow of Royal Economic Society of Great Britain, member of National Editorial Association and National Institute of Social Science in this country — to list but a fraction of his interests and activities. Bon voyage to a gallant soul!

Know the Truth of What You Affirm How often we affirm great truths without half realizing that they relate to us — right here and now. Louise Gray Cason did this — for a time. And then a great crisis jarred her out of her rut and suddenly her affirmations came alive for her. More about her remarkable experience in HOW I PROVED GOD'S PRESENCE IN MY HOUR OF CRISIS.

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 (30¢ extra per year for Canadian postage; and 60¢ 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.

Out of the East How did it come about that the world's three great religions — Christianity, Judaism and Mohammedanism — all originated in the Arabian Desert? George M. Lamsa, the distinguished author of several interpretative books about the Bible, who is himself an Assyrian, born in the East, has written an article for NAUTILUS that will throw light upon the reason why the great religions of the world all came from the East. If you are interested, watch for STARS IN THE DESERT.

A Lift for The Old Morale The next morning that you awake feeling blue, dull and rather hopeless about the affairs of the world and your own affairs in particular — try music as a morale builder. "It is great," says Marie Hapgood Tongue. Everybody can sing, whistle or hum a tune. At least they can make a try at it. More on this interesting subject in Mrs. Tongue's next NAUTILUS article, BOOST YOUR MORALE WITH MUSIC— SELF-MADE.

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

IS THIS OUR 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

(What's Cooking: Continued from page 1)

Liking Perhaps you think your job is of such a nature that it does not inspire liking on your part. If you think you are chained to dull daily routine in your work, read a contribution sent us by Roy Temple House, instructor at the University of Oklahoma, under the title THESE THREE MEN LIKED THEIR JOBS.

Your Words Reach Far A few words, spoken without thought of their far-reaching effect, changed the whole outlook on life for one young girl. "There were wings on my feet as I went down the street toward home," she says in describing the immediate effect of these words. The experience has been written for NAUTILUS under the title WORDS HAVE A STRANGE POWER.

Truth and Business Success Yes, you can apply New Thought to success in your business, says Henrietta Lee. In fact, she believes there is no place where Truth principles are more greatly needed or where they can be more productive of good.

(Please turn to page 30, col. 2)

For Christmas  *A Beautiful Gift!*

NEW DAILY LIGHT BOOK FOR 1946

One KEY THOUGHT for Each Day in 1946

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

"Thoughts rule the world," said the great Emerson. Rule YOUR world with thoughts of HEALTH, PEACE, POWER, JOY if you want these things in your life.

Come in and join the thousands who in 1946 will use these daily KEY THOUGHTS to add to their poise and strength. Bring your friends with you — via a copy of this book for Christmas. THIS IS THE GIFT THAT LASTS A YEAR!

Here are great thoughts from the Bible, Emerson, Whitman, Wilcox, Browning, and many others of the world's great thinkers, philosophers, poets.

The book is attractively printed, bound in paper covers which are printed in two colors. Contains calendar for 1946 and 1947. 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.

THE ELIZABETH TOWNE CO., INC.
Holyoke, Massachusetts

PUBLISHED MONTHLY

NAUTILUS

$2.00 A YEAR
20c A COPY

Magazine of New Thought

Vol. XLVIII DECEMBER 1945 No. 2

CONTENTS

PAGE

Merry Christmas! (Page Poem) . . . . . *Edgar Daniel Kramer* 4

EDITORIALS . . . . . *ELIZABETH TOWNE* 5

Are You Self-Controlled? . . . . . *Edna Tradewell* 8

How I Tapped the Giant Power . . . . . *Alfred Barrett* 9

Three Steps to Becoming Liked . . . . . *Zelia M. Walters* 11

Take the Road That's Open . . . . . *Sheldon Shepard* 14

How Affirmations Help . . . . . *Mary Carter Allen* 16

Tuning in on the Vibrations of Love . . . . . *W. Y. M.* 17

How to Overcome "Nerves" . . . . . *Evelyn Meeks* 19

What to Do About That Insomnia . . . . . *Dortch Campbell* 21

When I Let Go, God Poured Us Generous Blessings . . *Anonymous* 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 10c 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, 1945, by THE ELIZABETH TOWNE CO., Inc. Entered in the Post Office at Holyoke as second class matter.

Merry Christmas!

BY

EDGAR DANIEL KRAMER

MERRY CHRISTMAS! In these words,
If your heart is right with man,
There is kindness that exalts,
There are rainbow dreams that span
All the shadows and the grief,
There is hope that laughs at fears,
There is faith that glorifies
All the vista of the years.

Merry Christmas! In these words,
If your soul is right with God,
There is all the mystery
That transforms the lowly clod
Into phlox and violets
Trembling in the ghostly dew,
There is beauty that exults,
Till the earth is heaven, too.

Editorials

By ELIZABETH TOWNE

MY PART

By DORIS R. BECK

Up from the depths of sorrow,
Out of the swamp of pain,
Knowing there is tomorrow,
When today's loss becomes my gain.

Keeping a brave song singing
Like a fire deep in my heart,
Working, living and praying,
Thus may I do my part.

*

Your Own Word of Power

Your healing word is Spirit and Life and it accomplishes that whereunto you send it.

The outer details of your life are negative. They are being worked upon and changed daily, hourly, by your word. If you speak words of health, happiness, prosperity, your outer conditions will increasingly reflect these words of positive truth. The only way in which heredity or surroundings can limit you is by your taking them into your mind and declaring that they do have power over you. The negatives have no power over you except the power that you give them. Negative words acquire their power by your I-AM-ING them. In other words, we unconsciously *claim* power for all sorts of negative ideas, thus making limitations for ourselves. The very first thing to do is to sweep these limitations all away by declaring the omnipotence, omnipresence, all-wisdom and life of the Word of Truth. There is nothing in the visible world that cannot be conquered and transmuted into something more in keeping with the desires of our heart. That is the simple and unadorned truth. All we have to do is to practice the truth of our being — to speak truth words which are Spirit and Life and Creativeness, and which have power to transmute anything in the outer world.

Get your Bible and read the eleventh chapter of the Gospel according to St. Mark. You will note that Jesus and his disciples had been talking together about healing. And Jesus blasted the fig tree to show that even a fig tree, in the season of biggest leafage, was under the dominion of his Word of Truth. And then Jesus went on to tell his disciples that they could even remove the mountain and cast it into the sea if they believed and affirmed and spoke the Word of Truth — the word of their dominion over the mountain, the trees, everything in the outer world.

And Jesus summed it all up by admonishing his disciples to: "Have faith in God. What things soever ye desire, when ye pray, believe that ye receive them." This means believe that you receive them from God, the Spirit of Life and Power within you and within all the world — the Spirit to whom you are praying.

And then Jesus went on to mention something else which was an important feature of all healing:

"And when ye stand praying, if ye have aught against any, go your way and make your peace with him and then come back and make your prayer to God, that your Father in heaven may reward you openly." (The latter part of this quotation is in my own words. Get your Bible and read it for yourself and you will note the changes I have made.)

You will note that Jesus said nothing about what the other fellow may think of you or may have against you. All the emphasis is put upon your own attitude: "If *you* have anything against anybody." It is you who must make your peace with the other fellow and forgive him to the very best of your heart.

Oh, you need not say, "I can't," because this is one of the things that you can ask of the Father "believing" and he will help you to forgive and to understand. Holding misunderstanding thoughts and resentments against other people will cause you to harden your heart. And these hard feelings cause your nerves and your arteries to tighten up so that there is only a restricted flow of the "elan vital" to all parts of your body. The flow of abundant life within you becomes pinched and restricted because you entertain a succession of hard thoughts and hard feelings toward other people or toward outer conditions. Now when you let go of these hard feelings and trust to God to wipe them all off, when you forgive the trespasses of other people even as you would like to be forgiven yourself — in proportion as you do this, you *free* your nerves and arteries and veins and all the parts of your body to receive abundant life — more and more abundant! And that is what Jesus came to the world for: to show us all how to have abundant life by forgiving trespasses instead of holding them in our thoughts and in our feelings. And the same thing works when we are foolish enough to set our hearts on outer things of any kind. We need to let go of all these outer things in one grand sweep of Truth treatment. It is that feeling of trying to grasp *things* which tightens our nerves and arteries so that we cannot receive life abundant from the Spirit within us.

Every single thing that you hold *against* your friends or family or the world around you in any way, shape or form, adds to your tenseness toward life and prevents the abundant life of Spirit and Truth from moving through you into expression. Have faith in God and *let go* of the outer world.

*

This One Thing I Do

HERE IS a perfectly competent and healthy woman, who would be able to meet almost any kind of conditions and adjust to them and turn them to beautiful results according to the deepest desire of her heart — except for one thing: she has withdrawn her attention from the success that lies right at hand and centered it on being "discouraged and worn out with worry" over a mortgage upon her home. She is filled with resentment against her relatives whom she holds responsible for the conditions under which she is living. Her love is turned inward against herself and against the things she desires.

This woman does not realize that the attitude of her relatives can have no effect on her other than the blowing of a gentle wind — so long as she

does not allow her *attention* to be drawn to their attitude.

If this woman would put her loving interest into her own rooming house and try to make life attractive and pleasant for her roomers, she would find herself making better progress toward the paying off of that mortgage. Every time she goes around her house telling herself that she "ought" to do this that or the other but has neither the energy or the money to do it — every bit of thought and attention which she spends in this way makes her home unattractive instead of attractive to others.

An attractive home is one that shows forth the loving attention of the woman of the house in (1) orderliness, everything in its place; (2) cleanliness, everything carefully wiped daily so that it will be free of all dust, all table covers, couch covers, etc. shaken out or wiped dry. Every piece of furniture should be put in its place daily and kept there during the day; (3) the rooms should be made as attractive as the house wife is able to make them look with the materials she has available. If there are any flowers around, flowers to be arranged every morning, bowls washed clean and filled with fresh water. Everything about the house should have this freshly arranged look. Special attention should be paid the first thing every morning to one's own doorstep and door to see that they are swept clean and washed clean if necessary. If one has a bit of yard, that too must show forth the loving care of the housewife. There should be no dying plants or long-dead grass to express lack of loving care to those who happen to visit the place with an idea of taking rooms there. Windows and doors should be kept clean and neat. The curtains, if any, no matter how cheap the material, should express that loving care of the housewife. The only way to make it express loving care is to put loving interest and good will into caring for every detail. This loving care is the *life* of your home.

So I say to this woman, by directing your love in reverse — turning it against conditions and against your relatives — you have created an unhappy and worried state of mind which will not only reflect itself in your household but also quite possibly in physical ailments. The first thing you should do is to reverse this attitude and direct your good will toward your relatives and toward your surroundings. Love your household and everything in it, whether it comes up to your ideals or not. Make the best of what you do have. Make it express your loving attention. Oh yes, you *can* do it! I know because I have done it myself.

Begin right where you are and in everything you do express the loving

(*Turn to page 29. Thank you!*)

Affirms the UNITED NATIONS *of the* WORLD

Are You Self-Controlled?

By EDNA TRADEWELL

I HAVE poached eggs countless times, but poaching eggs for lunch today was a revelation to me.

I placed a small frying pan two-thirds full of water over the gas flame. When the water boiled, I broke two fresh eggs into it. And when those nice fresh eggs landed in that water, they set. The heat set them, cooked them.

Likewise, when we throw ourselves into a fit of anger or passion of any variety, we set ourselves, we cook ourselves even as the eggs were cooked when they struck that boiling water.

When we give ourselves to destructive emotions, we slow down the activity of our bloodstream; the organs become torpid and sluggish in their otherwise normal endeavor. The nerves burn themselves out. The arteries harden.

Our bodies, which should be agile and porous to the good, become solidified, crystallized. Sometimes we appear as if we had been poured in a mold and jellied.

Our bodies should be radiators of energy; and to radiate this God-force efficiently, we must be uncooked by passions of any name or nature.

If we persist in cooking ourselves, we literally become hardboiled; not only mentally, but physically as well. Ossification becomes an experienced fact.

To be conductors of this infinitely fine life energy, we have to be uncooked; because if we cook ourselves with the destructive fires of negativity, we become impervious to the fine radiations of the Spirit.

Cooking ourselves corresponds to closing out the light of God. And this cooking process is more common than we sometimes consciously realize. In fact, it is alarmingly common. Hence, disease, unhappiness, lack — a separation of ourselves from the source of our being — God.

If anyone says, "You're hard-boiled," search about in your mind and emotions to find what passions are cooking you. Those passions — be they anger, hate, jealousy, excitement, fear, lust — are your worst enemies for they are shutting you away from the fountainhead of your life — that creative energy, God.

It's no fun to be cooked. We do not realize that we are cooking ourselves until we find our joints stiff, our heart action imperfect, our digestion impaired, our thinking faculty less alert. The symptoms of having been cooked we could enumerate ad infinitum.

If your life and affairs do not outpicture what you want them to reveal to the world, then find out how you are cooking yourself. Look bravely and detachedly into your mind and heart and you will discover the scorching thought or feeling that is gradually cooking you to death.

If the water isn't boiling it takes longer for the eggs to set, to cook. If your negative emotions are just warm, it will take a longer time to get thoroughly cooked than if they were hot. If your mind and heart are

passion-swept, you're as good as cooked already.

Are you like the fresh eggs before they hit the boiling water? Are you functioning in poise and harmony and self-control?

How I Tapped the Giant Power

By ALFRED BARRETT

"The Subconscious Is Its Name"

It was a rainy afternoon and very still all over the house. My wife was seated at her desk with some colored prints of modern artists which she was studying. I happened to walk by, and as I did, my eye just caught the corner of a reproduction of one of Peter Hurd's canvases — *Ascension Island* — a striking scene of an enchanted isle in the most sapphire of waters. And that was all. I sat down at my regular week-end hobby, writing. I made no inquiry about the artist, nor tried to retain what I had seen. But indelibly retained it was! That night I was laboring through one of those confused dreams where everything is topsy turvy. Suddenly an inner eye appeared to open and I saw the painting before me just as I had noted it in passing that afternoon, in all its gorgeous colors, with every detail present. And remember, I had looked at it in the most casual manner, almost effortlessly.

This gave me an idea. As a Truth student I believe in the power of affirmations. Affirm the positive and it will come into being. Happiness for example is one of these positives. It is our grand heritage. We are made to be happy, to function harmoniously, to be forever firm in word and deed. And isn't that what happiness is — harmony of mind and body, perfect co-operation between spirit and matter? I believe it is, and I believe in claiming the abundant life, and in speaking it into existence. Hence the first thing I usually do on awakening is to affirm that harmony is the law of my being, and that I am healthy, wealthy, and wise. I continue this at different intervals throughout the day. Then one afternoon came the experience I have just related; and as I said, it gave me an idea: *affirm when the conscious mind is off guard, when it is utterly still, when it is least aware.* That must have been it.

Heretofore I had always made an effort to affirm. Often the more I tried the less were the results. One day by accident I had cast a casual glance at a picture, and lo! it had registered somewhere. At last I had it. Whereas I used to force myself into affirming, I would now employ a different method. I would first close my eyes and relax mentally. I would bathe in the thought of peace, until every muscle of my body was relaxed, and every movement of the thinking process quiescent. Then audibly, but without strain or will power, I would affirm: "I am a harmonious being, healthy, wealthy, and wise," or any similar affirmation which might be

necessary at the moment. And so I began altering my tactics. At first it required some time to train the mind to be completely stilled. After a while however it became very easy. Now I can change the center of attention instantly. I may be walking down a quiet street and immediately I lapse into the thought of perfect peace. I allow it to clothe me so completely that I am oblivious of all else. Actually I am made one with the calm that surrounds me. Then I speak into being whatever may be right for me to have at the time, or affirm the condition I desire to manifest, or claim the power I need for the coming day. And the results are unbelievable. But there is a time which is better still for this daily exercise, and that is just before dropping off to sleep, in that half-conscious state when the mind is absolutely quiet. Affirm gently that you are Life, hence healthy; Substance, hence wealthy; Mind, hence wise. Affirm what your particular need may be. Affirm it in the consciousness of your oneness with God, believing and not doubting, and it will come to pass. How will it come to pass? After this manner.

I was exceedingly weary one evening, and I recall that in that restful state between waking and sleeping I commenced to affirm in just a whisper. Surely that may not seem sufficient. But shortly afterwards I dreamed that I was climbing a mountain. On looking up I saw that a huge portion of it was sliding down upon me. As I crept near the side to shelter myself, I felt the terrific mass crushing me; but instead of crying for help I started to say: "I am Spirit, no material power can harm me." I repeated this again and again as my life ebbed away. But in place of passing on, I quietly awoke still repeating, "I am Spirit, no material power can harm me." And marvelous to state, it was not my conscious mind at work but my *subconscious!* I had often tried to instruct it but in vain. Now I had at last tapped it. I knew exactly how to reach it. I saw that it would serve me to the letter.

Within my grasp was an omnipotent power, capable of changing man into the person he wants to be. It would carry out any order and perform any command. But woe unto him who misused it! Why? Because the subconscious is like a sensitive plate recording every word, every statement, every injunction. Whisper to it that you are perfect, and you will become perfect in anything you may endeavor to accomplish; that you are imperfect, sick, poor, powerless, and you will manifest those very qualities. For this mind is a taskmaster who will make you or break you, an officer who will turn you over to the judge, a film outpicturing all that has been impressed upon it. Try it and you will find this out. Make an effort to register the condition you desire and you will obtain no results. *All dealings with the subconscious must be effortless.* Don't forget it.

Act as if you already are what you want to become. Be the man or woman you are destined to be, if free from illness, then go about your duties as if in radiant health; if effective in your business, then think and work effectively; if positive in what you do or say, then throw out all negative thoughts. Refute every evidence of the physical senses. Believe that the best is being offered you every hour of the day. Live in the

thought of the abundant life. Abide in the consciousness of perfection. *Know that there is a giant power within you.* Learn to turn it into effective channels. Remember that it will give you dominion. Seek it and all things will be added unto you. The *subconscious* is its name.

Three Steps to Becoming Liked

By ZELIA M. WALTERS

IT WILL give you some idea of what sort of a person Mary Blank is when I tell you that I, the least secure person in that large office, thought of going to her with my problems. I knew she wouldn't laugh at me. I felt that she would understand. She was a successful business woman. When I say successful I'm not talking about money. She had a responsible job with excellent salary, but she had much more. There is a sort of aura that surrounds the person who has found her place in life, and is filling it effectively. Mary had that.

Yet when I started to her office that Saturday afternoon I turned back three times. What a silly, inadequate person she would think me. What trifles my problems were! Yet they were shutting all light out of my life. At length I scurried through the empty office as if I were pursued.

"O, hello!" said Mary when I stood in her room. "I'm glad you've come. I've been wanting to know you better. You're the newest girl in the office, aren't you? I've just finished up my work and we can have a talk."

"I want to ask you some things."

"About your work? Perhaps I can help you. I started in here with that same job. You should do well. I know you are competent. It was I who looked into your qualifications. Are you fitting in so that it goes smoothly?"

"No, I'm not fitting in. I will be the first person to be let out when there is less work." My words were coming with a rush now. I poured out the whole sorry story before I could reconsider and be held back by shame. "No one here likes me. If I come near when the girls are talking together they sort of drift away. The supervisor hates me. She is always looking for some fault in my work. I'm ignored and slighted. You know there is a dinner for all the office force next Saturday. I wasn't consulted nor invited when it was planned. This morning a woman came and asked me for my share toward paying for the dinner. I told her I hadn't been invited. She said no one had really been invited, and it was just an oversight that no one had talked to me. She thought I ought to go. But I know they don't want me. And besides I can't afford to pay the three dollars they asked. And — and I haven't been to a party since I was in high school. I wouldn't know how to act. I'd be awkward, out of place. I thought I'd ask you whether you thought that under the circumstances I'd better go. And ought I try to keep

the job? And what is there about me that makes people dislike me?"

I knew I had just revealed a total failure in business life to an outstandingly successful business woman. Probably there was nothing to be done about it. Some people were just born to make their way and others to be pushed back. I looked up. Mary was smiling.

"You think it sounds pretty bad," she said, "and there's just nothing there at all. You need to take three forward steps, and you'll be well on your way to the best there is in your line of work. It's easy for me to tell you what the three steps are, but it's going to mean an effort for you to take them.

"Let us consider the statement you have just made. You began by saying no one here likes you. That is a mistake. I like you."

I can't tell how this moved me. I was so alone in the world, and here was this lovely woman saying she liked me. I held back the tears, for Mary was going on.

"The real question is, do you like them?"

I answered honestly, "No."

"The supervisor who hates you — do you hate her?"

"I — yes, I suppose I do."

"That's the first step forward. I need not go into that any more. You're bright enough to figure it out. You know what you must do. Begin on Monday morning. Isn't it nice you'll have all day Sunday to think it over, and plan. Look at every person who approaches you for some quality you can like. You'll find it. Don't think of yourself at all when you're with another person. Be watching for that fine thing in him that you can really like and admire. And that supervisor doesn't hate you. She's too impersonal in her work to hate anyone. She's an icy sort of person, but I've seen so many icy people melt that I never give it a thought. And you'd better heed if she criticizes your work. She's probably getting you ready for the next promotion.

"And now the second thing: You think you are slighted and ignored. You are looking for slights, and when you do that you will always find them. I hesitate to hold myself up as either a shining example or a horrible one. But here is one thing that may be worth your consideration just as good business. If people want to slight me they will have to tell me outright. I shall not know it otherwise. I never am conscious of slights. I do not believe the people I know would ever try to hurt me. If they should hurt me carelessly, I wouldn't give it a thought. You know why one feels slights. It is because she has placed self at the important place in life. She wants people to always pay honor and tribute to her. Modern psychiatry says a great deal about the inferiority complex. It's not a new thing. The wise of all ages knew about it. They called it by another name — selfishness. Christ told us how to cure it. When we can say with him, 'Not I, but the Father that dwelleth in me, he doeth the works,' then we shall be forever free.

"You hesitate to go to the dinner because you fear you may not make a good impression on those you meet. Stop worrying about the impression you make. What does it matter? In the long run you will appear just what you really are inside. You'd better put your attention on being a finer person, more lovely, more

friendly, more helpful and happy. And at this dinner, just for a change in your old bad thought habits, try to think what sort of impression the ones you meet are making on you. It may be so interesting it will put you quite at ease. Of course you are going to the dinner. You will put on your prettiest dress and manner, and then you will not think of self again. At least two people want you to come, the woman who talked to you this morning, and I. Three people of one mind can always have a good time. And it's up to you whether a dozen people want you to come the next time.

"Will you not take the second step forward: Take self out of that place of idolatry, and put a new spirit of love and service in its place?

"Do you want me to go on?"

"Oh, yes, please do. It's as if you were opening windows in a dark room."

She had spoken of Christ in business as naturally as if she felt he were there beside her. Religion? Why, I had left it out of business entirely. But this was different.

"I gave you some severe jolts, I know," said Mary smiling. "But you need them. Now I'll go on and give a few more. Look back at what you said when you came in. What a pattern of defeat and unhappiness you laid down! Do you want it to work out in your life? Though you are well trained for this work you said no one wanted you here, and you would be let out at the first change. You cannot build up a good place in business, nor anywhere else, on such a pattern as that. Change it now. Begin to say, 'I can do this work. I do it easily and in happiness. I like everyone here, and they like me. They are all helping me. I am a part of a great organization that is benefiting all the people. I rejoice that I have a share in it. I'm going to learn to do better and better.' When you've said something like that often enough in the very depths of your soul, you will find that the windows are really open, and the sunshine pouring in.

"Now for the third point: You said you couldn't afford the money for the dinner. You can afford anything you ought to have. 'I can't afford it' is a well beaten path leading to poverty and despair. Never say that again. Think of yourself as rich. Even the most careless of us think of all the wealth of the universe as belonging to God. You are a child of God. Claim whatever you desire from the family resources. You are doing good work, and being well paid for it. We expect that you are going to do better work, and receive better pay. Use it wisely. You will never come to poverty, and there is nothing that you cannot afford when your Inner Wisdom tells you that you ought to have it.

"Will you take a third forward step, and know that infinite resources are yours?

"I've called it three steps forward just to make an easy memory peg for you. After you take these three steps you'll see others for yourself. You've been sliding back toward the morass of failure for some time. You need to take your three forward steps and then keep on going forward. Yes, it will be hard, but not nearly as hard as going backward. And remember you always have help.

"Perhaps you will think Love a strange word to use in connection with business. But it is the word that covers everything: our dealings with

our associates, our attitude toward our work, and our thoughts of the vast, unknown public that we serve. So let us put it up as our guidepost to better business."

Yes, love was the guiding word. That was why Mary took time to set a confused new girl on the right track. I am everlastingly in debt to her for what she did for me in that half hour. As I came out of her office I started on my three forward steps, and I've kept on going forward.

Take the Road That's Open

By SHELDON SHEPARD

RALPH GILDEN, president of the Board of State Stores, couldn't remember when he had approached a board meeting with such disappointment and hesitation. He was the one who had insisted that the corner of Adams and Maryland be purchased, maintaining that the proper zoning variance could be secured. And he had had good grounds for his confidence. Gordon, the zoning engineer, had said that it was the custom of the board to allow variances in similar situations and had expressed his opinion that the request in this case would be granted.

So the stores had bought the northeast corner of the busy intersection. Adams Street, running north and south, carried a heavy stream of mixed business traffic. And Maryland Blvd., running east and west, was busy all day with the cars of tourists, clubwomen and travellers to and from the fine Western Hills section. An ideal spot for a new State Store. The difficulty lay in the fact that the city planning commission had not seen this growth coming, the entire territory was zoned for residence only, and the other three corners, as well as adjoining sites, were occupied by magnificent homes. Now the owners of residences had exerted sufficient influence to secure refusal of the zoning variance sought by State Stores. It was the necessity of making this report to the board which made Mr. Gilden approach the meeting with something less than enthusiastic anticipation. He explained the situation in detail and added, "I am sorry, gentlemen." No one said anything for a minute. Then Daniel Baird, the oldest member of the board rose.

"Well, gentlemen," he began. "That's that. I don't blame Mr. Gilden for being disappointed. He had made fine plans for use of this site and had done hard work on it. And perhaps, too, he is young enough to think we lose a good deal by this refusal. But I have had sufficient experience to know that usually when one road is barred, you will come out just as well in the long run by taking another one. I think there is something better for State Stores than that corner. Let's go ahead and work on some of the other propositions. When the road you think you want to take is closed, take the road that's open."

Mr. Baird touched on a basic element of human conduct and achievement. There is always an open road. It is the nature of the human spirit and the world in which life is spent that always there are open roads of expression and opportunity. And it is a law of life that pleasant vistas and desirable destinations await him who, with confidence and energy, happily takes to the road that's open. Who has not at some time found the most enjoyable part of his trip was an unexpected view or visit which he discovered because the road he planned to take was barred?

It happens often in the automobile. It occurs constantly on the highway of life. There is fun in negotiating any road; there is misery in sitting before a "road closed" sign and bewailing fate. There is progress in studying the map and finding the best way; there is decay in turning back in despair.

Down in the hookworm country, a visitor's attention was attracted by a forlorn dog which sat by the station platform, while his nose pointed to the skies, and howled piteously.

"What is the matter with that dog?" the visitor inquired of a native.

"Hookworm. He's lazy," was the answer.

"Is hookworm painful?"

"No. He's lazy."

"Well, why does he howl like that?"

"He's settin' on a burr," explained the man. "And it hurts him. But he's too lazy to move, and so he just sets there and howls."

A graphic illustration of the life technique of many persons! They sit amid their griefs, or disappointments, or misfortunes, and howl. And the real and basic reason is that they are too lazy, or do not know enough about life, to get off the burrs that are hurting them. Every bad turn of experience, real or imagined, hurts as long as we center our attention on it and do not get busy with something else. Misery increases and misfortune seems greater all the time.

In fact, it is our remaining on the painful burrs that gives them their lasting power to hurt us. The pain we feel in missing something we want is due to our imagination. We picture what we think we might have had; we fail to think of that which we can have, and so experience more sadness than the situation justifies.

Visitors being shown through an insane asylum stopped before a cell in which a man sat playing with a beautifully dressed doll.

"This man," explained the attendant, "was engaged to a girl who jilted him and eloped with another man. Ever since that loss he has been like this. And here," pointing to the next cell, "is the other man." If we knew enough we should say that we are beaten down by imaginary loads made of the erroneous interpretation of that which comes to us.

The journey of life presents a constant choice of roads. Sometimes we travel the one we choose, just the way that seems to us best. Sometimes that road is barred, and we have our choice — to sit down and weep, or to take another road. And it is the way of the Divine with the human that when we take the best road that is open, it becomes the highway of life.

WHAT do we live for, if it is not to make life less difficult to each other? — *George Eliot*

How Affirmations Help

By MARY CARTER ALLEN

IF SOMEONE tells you a thing often enough you will come to believe it is so. For example, if several different people tell you that you look sick and ask if you've been sick, you will begin to wonder if you are not sick. You may even examine your feelings for symptoms, or else recall a previous illness. Take for another example, a child who is told that he or she is bad. If this suggestion is repeated long enough and with enough force, the child will actually start acting just like you have suggested. This is because it is a law of nature that if we tell ourselves, or others, anything and keep on repeating the suggestion, our wonderful subconscious self of God, which is unlimited wisdom, love and power, causes us to act in the manner to make it so. This is the unfailing law upon which is based the use of affirmations by Truth students to help bring a desire to pass. By this same law if we tell a person they look well, and continue our suggestion, the person will feel encouraged to express as much health as they dare to. Their courage will grow steadily day by day until faith becomes knowing, and then when we know a thing to be true by proving it we lose our fears and start moving in the direction of what we want. The desire may be for more friends, better family relations, increased service to others with increased income, to name just a few of the desires everyone has. They are all brought into expression by this law of suggestion, or affirmation. In the matter of prosperity we can tell a person they "look like a million" and they will believe it and do the things which bring prosperity in their affairs. These results are due to the fact that mind power like any other power operates according to definite laws, our part being to know the law and apply it. What would you think of a person, for instance, who tried to solve a problem in arithmetic without using the rules applying to the problem? The subconscious works by the direction we give it. We may give it a pattern of our desire through the spoken word, treasure-map pictures, by association with those who understand the law of suggestion, and by many different ways we can impress the power within and put it to acting to express more abundantly everything we desire. Its nature is to increase substance. We should also dream, imagine, and work for, large ideals as well as small needs; for we thereby impress the God-self of us that we want to be a channel for its unlimited use. Sometimes it requires a long time to awaken this power to the point where we believe our goal is attainable. For example, I wanted to learn to drive my own car. At once there were well-meaning friends who said it was impossible. But there were others who assured me: "Of course you can drive a car." I felt free to discuss my desire with them. I avoided the ones who tried to discourage me, for indeed, I needed all the courage I

could develop to overcome the fear of driving, and it took constant affirmation and practice for eighteen months before I dared to drive alone. But today I go wherever I please and get enjoyment from driving my car. As Elizabeth Towne says: "If you want to, try to, and keep at it, you can do it." Or words to that effect. What makes a star performer in any line? Study of the rules and practice. One's faith is increased by giving thanks in advance to the subconscious power which Jesus Christ called Father. For example, I wanted a new home with more room for living and working, so I affirmed like this: "Thank you, Father, for my lovely new home, in the right location." This practice of gratitude gives one a feeling of harmony and makes us magnetic to attract the friends and situations that help us along towards our goal. In the 4th chapter of Philippians we read: "By prayer with thanksgiving let your requests be made known unto God." I am now living in the home I built in the Ozark mountains of Arkansas. I feel secure, as I continually give thanks to the Father for His guidance and protection. Whatever you desire, give thanks for it now, though there may be no visible sign of it, and your constant expression of faith, through thanks, will bring your dream to realization. It required some time for me to find the right town for my new home, and my affirmation guided me to this ideal spot and helped me to build a charming house. Let us affirm with thanks, believe with faith and receive with joy the blessings which are ours now.

Tuning in on the Vibrations of Love

By W. Y. M.

(Reprinted by request)

I HAVE made a discovery! Doubtless others before me have made the same discovery, but doubtless countless numbers have not. And that is why I want to tell to the world the thing that I have learned.

In the first place, I loved to sit on the banks of a quiet stream and watch the peaceful, quiet waters flow by. I loved to toss in little stones or pebbles, and watch what came of it.

If a pebble was tossed in near the bank on which I sat, the little waves would start from the point where it struck the waters and flow steadily onward and outward to the opposite bank, while if one was tossed across the stream to the opposite side the little wavelets would come swiftly back to me.

Sitting there I thought of the radio and the lesson it had taught us about sound waves. And if sound waves, then why not love waves?

Then I began my wonderful experiment with love waves. At night, when all was quiet and dark and I was alone in my room — alone but

for the spirit of the Most High in me — I would close my eyes, get very quiet and realize the presence of God within and about me. I would meditate on the thought that, "God is love," that "In him we live, move and have our being," that truly I live, move and have my being in a sea of love — God's love that knows no bounds or limitations. Then quietly I would vision little waves of love flowing in toward me from all directions, like the little waves of water.

My words, were the little stones tossed out in God's great sea of love. I would toss them far, far into this great sea of love and O, the joy the little wavelets of love returned to me!

I would think of some person who in olden days had hated me, when I lived under the old law of an "eye for an eye." Then I would cast in the little stone, "my word," very near to me, within my own heart, and I would declare that, "my love flows out freely to you," at the same time visioning this person and visioning my love flowing out to him in little wavelets, very much as the little water wavelets would flow out to the opposite bank of a quiet stream. On and on would flow my little wavelets of love, until they would enfold my friend-"enemy" and I would see clearly the little wavelets enter into his body.

Then this thought would I send to my friend-"enemy": "Your love flows out freely to me now, and I am bathed, yes even filled and thrilled, with its pure warmth." My "stones" being cast far out into the great sea of love, I would vision, feel, and see, little wavelets of love starting from the very heart of my friend-"enemy." On and on they would flow, until they reached me, and enfolded me, and entered into my being, and lo! a miracle was performed. My friend-"enemy" loves me with a pure, spiritual love, a love that knows no hatred, envy or criticism and in him I now see only pure, true, loving traits.

Again I cast in many little "stones" near me, even within my own heart, and direct the waves to go out into all the world and carry the little wavelets of love to all creatures. By and by, these little wavelets of love come back to me from all this great world, and from every child of God and from every creature flows little wavelets of love to me. My happiness knows no bounds, for I have discovered the "Pearl of great price," I have discovered the magnet that draws unfailingly my own to me. Am I not a child of God, heir to all that the Father possesseth? He holds the wealth of the world in his hands. I know now that love is the key that unlocks the great storehouse of health and prosperity.

I have practiced this only a few short months, but now good flows freely to me in all ways. I am prospered, I am blessed. Kind friends surround me. Great and unexpected opportunities open up almost daily to me. People who would have scorned me a year ago now eagerly seek to do me great favors. I am trusted by perfect strangers, without security other than my own word. I know that twelve months ago these same business people, who now trust me utterly, would have laughed in my face if I had asked for the opportunities they eagerly place in my hands today.

What is the great miracle of this? It is God in me. God is love, and since I have much of love I have much

of God and he radiates through me love, trust and confidence in all the world, and these things rebound and come back to me, "Good measure, heaped up, pressed down and running over."

I know now that I can direct these wavelets of love into the plants that I grow and see marvelous results in perfect growth and fruition.

For instance, we planted a field of cotton, as did a dozen or so of our neighbors. Just as the planting was finished, there came a heavy downpour of rain, simply cementing the ground over the little tender cotton seeds. It was the verdict of every one that the seeds could not break through the hard earth and come forth. But oh, I knew a way and I visioned my little wavelets of love flowing freely into and about the little seeds. I told them that God's pure love warmed and strengthened them. I told them that God's love bathed and filled the earth about them and gave them strength to come forth in perfect order and harmony.

Did I have to replant my field of cotton? Never! A *perfect stand of cotton came up*. In places, large clods of hard earth, larger than both my fists, were rolled easily aside for the little plants to come forth. *There was not a single field for several miles around us that was not plowed up and replanted.*

I have bathed our plants in wavelets of love in time of drouth, when all about was ruin, and the great and perfect love of God was as food and drink to the fields entrusted to its tender care.

I have used this same great magnet of love to heal, and it works, dear discouraged, unloved ones, it works. Begin the practice this day and continue until you can flood the world with your love, God's great love through you, until you can feel the sweet peace and warmth of the love of all the world, "God through every creature," flowing freely to you, filling, thrilling and enfolding you.

Love is the magnet that draws your good to you.

How to Overcome "Nerves"

By EVELYN MEEKS

Push Back Your Horizons If You Don't Want to Become a "Nervous Wreck"

THE MOST COMMON, most agonizing, and most doctored ailment among men today is "nerves." On every side, in groceries, at bridge clubs, at church, I hear people discuss this subject. Little children even have begun to take up the term to explain inconsistent and perverse behavior. "Nerves," the general term, covers a multitude of ills; and I am inclined to think the doctor would rather treat almost any other ailment. "Nerves," although they affect the body, spring largely from a discontented or confused mind. Their damage ranges from the mild case evident in upset stomach to those hopeless, confined cases, who live out their

days in tragic darkness and mental unreality.

"Nerves" can sap more mental and physical strength than any other disease. "Nerves" can send one to the depths of depression and despair. Some are inclined to smile at the term and to think that the individual afflicted can pull himself out at will. This is entirely a false assumption. I have had "Nerves." I know that the days can be black. I know, too, that more than medicine is required to pull one out. There must come a complete change in one's way of thinking.

My husband and I were married during the depression. Those were days to beat an average man down to his knees. We started housekeeping in a three room furnished apartment, which all my efforts failed to beautify. Three rooms weren't enough to keep my mind busy after I had spent sixteen years pushing it to its limits in school. As the days passed, and I spent long hours doing nothing, I became increasingly unhappy. At that time I did not know what the trouble was. I thought it must be a physical ailment. When the truth finally came to me, I realized that I was limiting my mind to three rooms. I had stopped its growth, and it was dying.

It was as if God were knocking outside my window, but the windows were too dirty for me to see clearly. The walls were too thick for me to hear, but little by little, if I listened very quietly and humbly, I knew the way to go. Since then the opportunities to improve myself and to be useful to others have been many. Truly I have learned the meaning of, "Ask, and it shall be given you; seek, and ye shall find; knock, and it shall be opened unto you." (Matt. 7: 7, 8.)

Very often people who live in small towns think that there are no opportunities. There is always, everywhere, a path open to self improvement and usefulness to others. God has offered me these. First, a chance to teach children too ill to be in school. I have always been eager to learn about music, about languages, about art, but I thought that required money and freedom from household cares. However, as I turned to each new field, strange and marvelous was the manner in which it was opened to me. I wanted to study Spanish. A Mexican, educated and capable of teaching, appeared in our town. I wanted to study Russian. A course was inaugurated on the radio. I wanted to improve my shorthand. A high school a few miles from my town was offering night school courses. As I came to each door, I knocked and it was opened. There were more opportunities to push back my horizons than I could seize. Housework and child care were no longer a drudgery. Even those became fascinating subjects in which I could improve my mind by learning. I don't say that I am not subject to "nerves" at times, but they are not the "nerves" which destroy the mind. When I am nervous, it is because I have begun to pull in my horizons, to fail to listen to the voice outside my window.

I am certain that if women would push as hard on the horizons of their minds as they do on the dirt in their homes, there would be less "nerves" and more contentment. If one is completely busy learning, improving, and helping others, confident that God can show the way, nerves are calm because the mind is content.

What to Do About That Insomnia

By DORTCH CAMPBELL

IF I WERE offered a close-fitting cancer in exchange for my insomnia, I think I would snatch it up as a bargain," wrote the famous and brilliant Dr. Colby Cooper more than a quarter of a century ago. Dr. Cooper said that in sincerity after experiencing the long-drawn-out delights of wakefulness for more than four decades. He suffered because he could not forget that he suffered. Nor is his experience unique; all insomnia's victims feel they are afflicted with the meanest of maladies, which leads one to believe that the attitude regarding insomnia is the psychical cause.

What makes sleeplessness so bad? The terror of it. Wheels of terror begin to revolve the moment its victims go to bed, gathering momentum as night goes wearily on. Imagination makes cowards of us all. You can look at the affliction somewhat philosophically in daylight hours, but in the still watches of the night the best of philosophy goes aft agley.

"But insomnia is not bad at all; it is delightful," observes a friend of mine. He sleeps four or five hours each night and sometimes three hours. He tells me he wrestled with insomnia for years when he was a young man. "I tried everything I could think of to get rid of it," he asserted. "Then I gave up trying to go to sleep. Now I eat and drink and do things to keep awake. I want to be wakeful at night because the sweet, cool silences are delightful."

Here is a brave, fine soul! He is at least seventy-seven years old, and I have a suspicion that you could add thirteen years to what he has told me and arrive more accurately at his real age. But he is young and vigorous in body, mind and heart. He seems headed for the hundredth span. He has discovered a sovereign remedy for insomnia, which is: Stop being afraid of the affliction.

The very truth is you cannot *control* sleep in any possible way. For sleep is a psychical process granted by Angels of Mercy to overcome what you have done to yourself in daylight hours. Sleep *comes to you*. You cannot woo it. All effort drives it farther away. Let sleep alone. Do not try to stop thinking. Let your mind wander as it will. Mind control is only pious homily. That tired mind will come home to rest and refreshment like a wayward boy if you let it alone.

Men and women tell us they have suffered for forty or fifty years from insomnia. That is very good proof that wakefulness does not maim or kill. If insomnia is as bad as painted its victims would die long before forty or fifty years. There is no ailment that stays longer, sticks closer and does less harm than insomnia. There are those who think that insomnia leads to insanity. That belief is without foundation. Some of the clearest-minded persons I have ever known have been insomnia sufferers all their lives. The dull, the drowsy and the queer often indulge in too much sleep. Your middle-of-the-

night worries and fears, and not insomnia, bring about all those unpleasant symptoms the following day. Prove this by getting intensely alive in doing that which you desire and love to do. You will have discovered that all unpleasant symptoms disappear before night comes again. Your mind will be far keener than would have been the results had you slept the night before.

I hold no brief at all for insomnia. My purpose is only to relieve your mind of the fear of it. No persons should attempt to relieve fatigue with only a few hours sleep each night. But sleep is largely a habit. More than five hours sleep is perhaps a pernicious habit. Your temperament and nervous system have much to do with your sleep needs. But most persons could negotiate life very handily on a few hours sleep each night if they had trained for it from early years. Break the habit of fear of insomnia if you have become its victim.

Ultra scientific books tell us that insomnia is brought about by either mind or body overstimulation. Like all other ailments, it doubtless has multiple causes, but the main causes, the scientific books say, are due to too much of everything. Among causes of brain fag are stimulating foods; foods taken in excess; too little food taken; indigestion with its train of morbid sensations; mental and physical overwork; overstimulating drinks, excesses and irregular hours — I list only a few of the many causes given by the scientific books.

But scientists talk only regarding the body, but I do not believe a word they say, for I am talking about the ailing psyche which is responsible for all the insomniac's woes. Too much of anything or everything will, of course, cause transient or acute wakefulness. But there is another kind of sleeplessness that is continuous and chronic, whose terrors are so great to its victims that a noted physician said he preferred cancer.

Insomnia of the chronic kind is not brought about by any condition that has to do with flesh and blood, even if you overwork mentally and physically. Insomnia is wholly a psychical disease. And, braving ridicule, I submit that chronic wakefulness results from *thinking of the psyche — thinking of self*. Yes, I have positive knowledge that this is the cause of the trouble with which so many wrestle. Thinking of self you are certain to fear. Dread piles up and piles up until the habit of fear gets fixed in the subconscious mind.

Thinking of self, fearing the daylight hours to come, is the only cause. But what, in heaven's name, asks the insomniast, is the remedy? The answer is quite obvious — stop that emotional agony you magnify because you cannot sleep, and the dread of its consequences.

You should *do nothing* in order to get the sleep you need, but most of you will have to undo a lot of things. You are told to take hot baths; take more exercise; relax at retiring time; eat a full dinner; eat a light dinner; read yourself to sleep; count sheep; count goats or break through the fence with them. You have read a great deal of inane palaver about forcing your mind into quiescence or willing sleep, or taking deep breaths. These are all pernicious habits that make you think of self. They add to your terrors subtly. Some folk have only one purpose in all their daylight hours and that is to sleep that night.

The best remedy for sleeplessness

in all the lexicon of life is to leave the question of insomnia wholly to God. God has some purpose in all that misery that is yours. He is not going to desert you. Submit that problem to God, knowing that in spite of sleeplessness you are going to live forever, and let that problem rest there.

When I Let Go, God Poured Us Generous Blessings

ANONYMOUS

I WOULD LIKE to pass on to others the great good I received from an experience that happened to me several years ago.

Our case was desperate when my husband and I found ourselves, within a short period of time, without funds and practically without a roof over our heads.

We had owned our own business, but like so many others during the late depression we were completely wiped out. All we possessed at this time was our indebtedness. We soon were forced to apply for relief from the W.P.A.

We were able to find one small room containing a skylight in place of any window. A one burner electric plate provided the means for preparing food. This was the only available place we could find which came within the rental allowed by the relief association, and also the only landlady who would give us the privilege of moving in under these conditions. So many claimed they had had experience with the relief association paying two weeks rent and then leaving the tenants stranded, without further help.

We were allowed stamps equivalent to four dollars a week purchasing power on food supplies.

Being forced into these conditions was a tremendous blow to our human pride. For the time being there was nothing else we could do but accept what we thought was the inevitable.

My husband, because of a lack of carfare, and because we were at the extreme opposite end of town from the industrial district, was forced to walk ten miles each way each day in search of employment. He had not had occasion to look for employment for twenty-three years, as he had his own business through those years, and he was woefully unfitted for the experience. Each night he would return with that old defeated look in his eyes. His feet became actually raw from the unaccustomed walking.

My brother owed me the then magnificent sum of forty-five dollars and I wrote him a letter explaining my circumstances and asking him for the money. His answer was in the

negative. He could not see his way clear at the present time, he said, to take care of this obligation. I was very resentful when I received his answer. I pictured him in his luxurious home in another city. I felt that even though he didn't have a great amount of money he did have so much else that we were doing without that he could have strained a point to pay me. I thought of all the miserable things one can think of in circumstances such as these! And the more I contrasted my lot with his the more resentful I became, the more unjust I thought him. Finally the day arrived, six weeks later when our landlady knocked upon my door and informed me the relief association upon her calling them had refused utterly to pay the current two weeks rent.

She had argued with them in our behalf, but this was their final answer. So she informed me that she would have to have the room within an hour and a half as she had a tenant waiting. I tried every available plea I could think of, but she was adamant.

After the landlady left I sat as if frozen, facing the stark prospect of being homeless. And with a little child to care for as well as ourselves. I don't know how long I sat thus, but finally I was awakened from this trance-like state by my little five-year-old daughter standing beside me with large tears glistening in her eyes.

"Don't cry, Mama, God will help us," she said. "He always does, you know."

I looked at this innocent little face and this thought came to me and I heard myself saying, "Yes, darling, God will help us! No one else can now. We are at the end of our rope and cannot help ourselves. God has got to do something now. He couldn't send a darling child to us to be taken care of and then not provide the means by which she can be cared for. It's up to him now. We can do no more."

With this statement, which I not only spoke aloud but felt from the depths of my soul, I immediately was conscious of the heavy load being lifted from me as if I had literally placed it in God's hands, which I now know I did. I knew that somehow things would be taken care of.

And they surely were, for when the allotted time came for us to get out, my landlady failed to appear and I sat on, my little girl beside me fast asleep, until my husband returned from his fruitless search for work. I related to him what had occurred and he went in to see the landlady. She told him that for some unknown reason the relief association had called her and told her they had reconsidered and would take care of the rent for another two weeks.

The next day the unexpected check arrived from my brother, for the debt which he had before refused to pay, and that same evening my husband came home with a good position.

Perhaps you can realize what a happy family we were that night, and how I gave thanks to God.

I learned from this experience, what I have since understood more fully as a truth student, that when I faced the complete realization that our human ability could not help us and turned my problem over to God, through the faith of a little child, with the complete surrendering of self, we were immediately provided

(*Please turn to page 26*)

Views and Reviews

By WILLIAM E. TOWNE

"The Father Within"

"I DO NOTHING of myself," said Jesus. He attributed all his power to heal to "The Father" — "the Father is in me and I in him." And again he said, "I and the Father are one." And finally, "The Father that dwelleth in me, he doeth the works." (John 14–10.)

And Jesus made a wonderful statement of truth that affects every individual. He said to his followers (specifically to his disciples) that he would pray the Father to send to each one "The Spirit of truth" which would dwell with them and be in them. He said this "Comforter" would teach them "all things."

So here we have the highest authority for going to the Father within for help and guidance in all our troubles and problems. "Whatsoever ye shall ask the Father in my name, he will give it you." Few of us may follow the inner guidance so completely as the man whose experience we published in last NAUTILUS (page 11) but that article shows the possibilities of guidance for those who learn to trust it. It also shows that age need not prevent us from making changes, if we feel that we have a deep desire to do so, and that success may come late in life as well as in youth. (The author of the article referred to is seventy-six.)

"The Father within" works through the laws of nature as well as by inspiration. The processes of nature, as they express themselves through us, are friendly processes. Disease itself is an effort of these processes to cleanse the body and establish health. Genevieve Behrend expresses this truth very clearly in the following words: "The whole Life Principle is a responsive power. The secret of Jesus' power to heal was his ability to relate himself to the Principle of Life through his recognition of its presence as specialized life in himself." It is by *recognition* that we gain the help of "The Father within." It is by recognition, faith and trust of "The Father within" as a living power that we can hope to restore harmony where there is inharmony in our body or affairs. It lies within our *choice* to recognize the Power that can aid us or to deny it. The Father helps those who *seek* his help. Not even God can aid you against your own deep desire or belief. Jesus could do no mighty works where the people lacked faith. "According to your faith be it unto you," he said. (Matt. 9–29).

Recognition of the Power to aid you comes through the use of your imagination. By using your imagination you put the power of The Father — unlimited power — over against the power of inharmony and the inharmony disappears. Even psychology recognizes a great principle involved in this practice. Says Rolf Alexander, M.D.: "Outer events are only important to you in the measure that you react to them, and if you control your imagination, you con-

trol your reactions." (Quoted from "The Doctor Alone Can't Cure You.")

Not only can we dissolve inharmony by turning to "The Father within," but we can shape the nature of coming events in our lives. Our choice, and the use of our imagination *now*, controls to a great extent what happens to us later.

And here's a bit of good advice as to how we can get help from "The Father within," which Dortch Campbell records. It came to him from a fellow newspaper man: "I know now," he wrote to Dortch, "that if you want to get divine guidance and direction you will have to quit jostling and brawling with life. Struggle wracks us and keeps us from hearing what the Lord has to say. When I stopped I heard his voice. Now that I am at peace I can always hear clearly."

In my own experience, I have found great help in the simple quotation, "Order is heaven's first law." You cannot have order in your affairs if you are constantly resisting something.

LOVE IS NOT ONLY SPOKEN

By MOLLY C. RODMAN

Love is not only spoken,
But Love is lived each day.
How many hearts are broken,
Believing what men say .

For flattery is cruel
While Love is ever kind.
True praise is like a fuel
That warms a lonely mind.

Love is not only spoken,
But Love is lived each day,
And no heart need be broken
If we live the words we say.

FRUITS OF LOVE

BY INEZ CLARK THORSON

Man's wealth does not consist of gold
And land and works of art,
But in love's fruit that grows within
The garden of the heart.

His land becomes a desert space
And thieves may steal his store,
But fruits of love will live and bloom
And flourish evermore.

Within yourselves deliverance must be sought,
Each man his prison makes.
— *Sir Edwin Arnold*

Success in Prayer

(*Continued from page 28*)

had crawled above my reach. But the snake only glided up on the highest limb and stayed there as if to say, "Now get me if you can!"

I felt very much provoked. How could I scare that mischief maker away? I wondered about it as I was going back to the house.

Presently I knew that God would help me. I asked him and he did. Later I went out and looked about the garden. No black snakes were there and I have not seen one since.

At the present moment the wrens are pouring forth volumes of sweet bubbling notes and the catbirds are busily carrying insects to their little ones.

This is just a little experience to prove that when we apply the principles of Truth, God always helps us. — *H. C. F., Pa.*

(*Continued from page 24*)

for.

I have never forgotten this profound experience and still thank God for the lesson I have learned from it.

Success In Prayer

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

CONSTRUCTIVE PRAYER BROUGHT ME A GOOD POSITION

SOME YEARS AGO I was in the depths of despair with seemingly no hope for the future. Within a few short years I had degenerated from a smart, well groomed hotel executive into a fat, frowsy old woman that scarcely knew where her next meal was coming from.

I had read New Thought literature for some years and was interested in the subject. One day I heard a woman talking on the radio. She said something like this: "An isolated thought held in the consciousness will outpicture in the affairs of the one holding the thought." This started me to thinking. It occurred to me that if I put the thoughts of negation out of my thinking and deliberately chose a constructive thought to replace them and held to those thoughts, I would be doing what the woman on the radio described. I decided to try it. All day I worked on my statement which I decided to use as a key thought. This is what I finally arrived at: "I am a child of God and therefore heir to his good. His good is my good and I do believe if I do my part he will help me to demonstrate constructive activity."

Well, I had to figure out just how to do my part. I was all at sea and decided to sleep on it. I went to sleep on my "isolated thought" and in the morning when I awoke I went through my living quarters like a cyclone. By afternoon I'd gotten around to myself. A good bath, a shampoo and a manicure made me feel like going out somewhere. I did so and met a friend on her way to register for a free course on how to become a hotel hostess. This was being offered in the local vocational school. I went along and there were so many women there to register that could not qualify that the man in charge said he would try to arrange something more suitable for that group. I went home and forgot about it for I was very busy. With no experience in treasure-mapping, and not knowing why, I pasted a picture of myself sitting at my desk in the center of a large square of cardboard and hunted through hotel magazines and found a picture and description of a modern furnished hotel room and various articles on hotel management and pasted these on my cardboard. I had regular periods when I "held my isolated thought" and I formed the habit of taking my treasure-map to the chair I sat in at that particular time. Pretty soon I began putting down on the map thoughts like these that came to me: "Jesus opens the door of success for God's children." "God wants me to be happy and do the thing that I please, if it is right." "I *know* I am a child of God, therefore I do not fear the future." Well, things happened fast. In less than two weeks from the time I started my treasure-map I was given a position as teacher of a class in hotel housekeeping, even though I'd had no experience as a teacher and had no teachers' certificate. When the man in charge of the work sent for me he explained that for some reason, he did not know why, he decided to look through the applications for the hostess course and came across mine

wherein were stated my qualifications. Somehow he had been impelled to find out if I would like to try for the job. I did this work for two years and made a big success of it.

My treasure-map was just one way of asking. But we must also *do our part* for "Faith without works is dead." — *M. H., West Palm Beach, Fla.*

I PRAYED AND THE PESTS DEPARTED

WE HAD some unwelcome visitors this summer that were taken away by prayer.

Just when the flowerbox was beginning to become a real beauty spot, I discovered the ground moles had made a tunnel from one corner and were trying to heap the earth up in the center. After undoing their work for several successive days, I noticed the plants were beginning to droop their heads and wilt. If only I could get rid of those pesky moles! In a few days the plants would be dead at that rate. What could I do? I stood in deep thought for a moment then asked God to take them away.

My prayer was answered, for the next day there was no sign of their work. And this morning I counted fifteen lovely blooms on the geraniums and dozens of pretty petunias silently calling to the bees and humming birds, "Come to breakfast, please."

Our next unwelcome guests were black snakes. One morning I found a snake coiled under a cabbage head which I had stooped to cut for dinner. The Jenny wrens box was close by and the little parent birds were busily flying back and forth for insects to feed their young. I quickly got the rake and chased the snake out of our garden saying, "Get out of our garden!" You're after those wrens!"

Years ago I was taught in my biology class never to harm a black snake. They were the friends of man we were told. Through experience, we have learned they are *not* friends of our birds. They seemingly relish the little ones in the nests. I have seen them up at the robins' nest and one day mother discovered a snake with his head in the wren's box. After witnessing the grief of those parent birds, no black snakes were welcome afterward.

Walking on to the rear of the garden, I noticed a catbird fluttering about in great distress in the old plum tree. There above my head on one of the limbs lay a larger black snake than the one I had chased from the garden.

For a moment I stood quietly and watched that bird and snake. I had been told stories of snakes mesmerizing birds, and never had believed it. But that poor catbird acted just as if it was being charmed. As if against its will the bird seemed to be drawn nearer and nearer to that black head. Suddenly the bird uttered a low and most pitiable cry. Quickly I picked up a stone and threw it at the snake. It hit the snake, which moved slightly. Four times I tried again. The fifth time the snake crawled over on another limb. Then the bird flew from the tree. But the next moment it was back with cries of distress.

Then I noticed a nest among the thick foliage. Running for the longest pole that I could find, I was back and jolting the limb on which the snake

(*Please turn to page 26*)

Elizabeth's Editorial

(*Continued from page 7*)

attention of God within and through you, to each thing that your hand finds to do.

*

Follow These Rules and You Won't Sneeze

FROM Boston U.P. comes the following directions, good for any time of the year:

BOSTON, (U.P.) — If you want to avoid colds and keep healthy the coming winter, State Public Health Commissioner Vlado A. Getting said today, you should observe these six rules:

1. Eat plenty of the seven basic foods daily — oranges, tomatoes and grapefruit; salad greens, potatoes or similar vegetables; milk, meat, poultry, fish or eggs; bread, flour cereals, butter.
2. Sleep at least eight hours in bed.
3. Maintain house, office and car temperatures at about 68 degrees. Sleeping quarters should be lower, but avoid drafts.
4. Keep away from cold sufferers "to the point of risking your popularity."
5. Dress sensibly, seasonably and comfortably.
6. Maintain good hygiene and grooming by using plenty of soap and water.

But if you contract a cold, Dr. Getting suggested:

Go to bed and stay there.

Don't waste money on patent cough medicines, cold vaccines and expensive vitamin pills, unless specifically advised by a physician.

Cover up cold sneezes and coughs with a handkerchief.

Call a physician if cold is severe.

Dr. Getting warned that pneumonia and sinusitis start from minor colds and that influenza often is mistaken for a cold in its first stages.

A WORD of the faith that never balks,
Here or henceforward it is all the same to me, I
accept Time absolutely.

— *Walt Whitman*

LILIES OF THE VALLEY

By MARGARET McCARTHY

THE CLOISTER-QUIET WHITENESS of these bells
Upon a slender pedicel of green
Holds all the fragrant breathlessness of dawn,
And eyes are slow forgetting that have seen
This hush of flowers, deep in soundless knells.

No chime escapes the creamy-throated bells
That fill the forest with a voiceless ring,
But votive lights of lesser flowers burn,
And pilgrims hear the priestly forest sing.

No whispered supplication fills the air,
For silence in the templed woods is prayer.

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, 1945, 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 of 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, 1945.

CHESTER H. STRUBLE.

[Seal

(My commission expires March 31, 1950.)

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

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.**

VIVIAN MAY WILLIAMS

Teacher and Practitioner of Absolute Science for 25 Years

teaches you how and what to think in her courses of lessons prepared for home study. Write for terms and free lesson. Address **Vivian May Williams, P. O. Box 1367, Hollywood 28, Calif.**

(*Continued from page* 2)

Her forthcoming contribution to NAUTILUS is called APPLICATION OF TRUTH IN BUSINESS.

Dream Gladness "One of the most delightful experiences of my whole life came to me as the result of a dream," says Eva Olive Morrison. She will tell NAUTILUS readers about it in A LETTER FROM GOD.

An Answer to Your Prayer Too often prayers are not answered because the one who makes the prayer asks for one thing while he *really* wants something entirely different. The reason for this is explained in a forthcoming NAUTILUS contribution entitled PRAY FOR WHAT YOU REALLY WANT IF YOU EXPECT AN ANSWER.

THEY helped every one his neighbor; and every one said to his brother, Be of good courage.
— *Isa. xli: 6.*

HERE'S NEW LIGHT ON YOUR BIBLE

You can know more of what it* REALLY *said — in its original sources

For fresh understanding, for new revelations of beauty and truth—read THE SHORT BIBLE, American translation in brief, by Edgar J. Goodspeed, Ph.D.

It is the same Bible you already know, condensed, but the original Greek has been translated into clear and understandable modern English.

You can learn more about the real life and truth recorded in the Bible by the special aids this book contains. And you get these helps in quick and convenient form.

Such aids as these: A brief text precedes each book of the Bible giving a brief history of the writer; facts about the state of mind of the people at the time it was written; the state of government at that time; *Why* the book was written, etc.

The Bible will take on new and fascinating meanings for you with the aid of THE SHORT BIBLE. The book will aid you in clear thinking and understanding of what has before seemed to you obscure and difficult. THE SHORT BIBLE contains 545 pages. It includes several pages that have never been in any Bible before.

Price, postpaid, cloth, $2.20

The Elizabeth Towne Co., Inc.
HOLYOKE, MASSACHUSETTS



BY TRUTH MADE FREE

A helpful, inspiring lesson on Truth and the Higher Metaphysics is yours for the asking. Send name and address to **UNIVERSAL TRUTH MINISTRY, Box 3265, 4102 Manchester Ave., St. Louis, 10, Missouri.**

REINCARNATION

Send today for your FREE copy of an inspiring new article on this vital and interesting subject.

Warren Chandler
Suite 1216, 15 Park Row, New York 7, N. Y.

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, Illinois.**

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.**

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

THE EMMET FOX PUBLICATIONS



The small size of these pamphlets and cards enables the reader to carry them in pocket or purse, and are thus immediately available for ready reference. Printed in clear, readable type.

Have you read the following:

THE NINTH SPARKS BOOK (just published)	25c
THE SEVEN DAYS OF CREATION (just published)	25c
THE LORD'S PRAYER	25c
YOUR HEART'S DESIRE	10c
LIGHT AND SALVATION	15c
THE LIONS' DEN	15c
GETTING RESULTS BY PRAYER, THE GREAT ADVENTURE, YOU MUST BE BORN AGAIN. Each	15c
MAGIC OF TITHING	5c
GOLDEN GATE (card)	5c
SOWING AND REAPING (card)	5c
WORD OF POWER (card)	5c
REINCARNATION	25c
AMERICAN SPIRIT	10c

Write for a complete list

Order at once from your nearest bookstore or Unity Center, or from the Publishers

HARPER & BROTHERS
49 E. 33rd 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.

MARIE WINCHELL WALKER, M.D., 29 N. Electric Ave., Alhambra, Calif. Letters and treatments. Any problem. Letters $1.00.

GODIN GREENE, 306 West 38th Street, Los Angeles 37, Calif. Two fifteen-minute treatments daily, $3.00 monthly. Any problem. No interviews.

CARMEN SHEPHERD, 1736 S. W. 14th St., Miami, Fla. Experienced Practitioner, Dynamic work, any need. Offering.

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

JEAN MOWAT, writer, lecturer, practitioner, individual treatments and letters, $10 per week. **190 E. Pearson Street, Chicago (11), Illinois.**

ORPHA MAY PURKAPILE, Ms.D., 1235 Broadway, Rockford, Ill. Prayer Treatments and Truth Teaching. Love Offering. Interviews by appointment.

JANE H. THORNBORROW, Ms.D., 1727 Price St., Rockford, Illinois. Healing treatments. Any problem. Two Dollars monthly.

DR. E. W. ELLIOTT, 718 Lafayette St., Fort Wayne, Ind. Any Problem. Love Offering. 22 years' experience.

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.**

Problem Advice, Truth Treatments, Letters $1.00. **JOSEPH LOUIS SCHERTZ, Ps.D., 5338A Bartmer Avenue, St. Louis 12, Missouri.**

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

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

HENRIETTA LEE, Unity Graduate. Healing and Prosperity treatments $2.00 weekly. No interviews. **349 West 58th, New York City 19.**

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.**

JOHN RAY HINKLE, A.B., College St., Dayton, Va. Teaching by letter and treatments. Any problem. Letters $1.00.

BERNICE RUNKEL, 818 1st St., Wausau, Wisconsin. Religious Psychology. All letters individual. Personal problems. Letters, $1.00.

Troward's Mental Science Methods

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

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. Her last book "The Power of the Spoken Word" now ready. (Foreword by Dr. Emmet Fox.) **Shinn Press, R. F. D. 3, Hamburg, N. Y.**

For Christmas
To New Subscribers

USE THIS COUPON and get NAUTILUS one year and the SUNBOOK, Emerson's SELF-RELIANCE —all for $1.50.

Offer Good Until January 1st

(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 SELF-RELIANCE 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 Truth publications. (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.

BIRMINGHAM, Ala. — Metaphysical Center and Church of Divine Metaphysics, 902 Martin Bldg. Dr. Joseph T. Ferguson, Minister.

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)
— Purdy Publishing Co. & New Thought Book Shop, 1723 Stevens Bldg., 17 N. State St.
Progressive New Thought Center, Inc., 3311 W. North Ave. Dr. McDonald, Pres. (M)

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

CINCINNATI, Ohio. — New Thought, Temple of McMillan at Woodburn. Dr. J. Lowrey Fendrich, Jr., 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, 2030 Commerce St. Ruth D. Gillespie, Minister. (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)

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)

INDIANAPOLIS, Ind. — Unity Truth Center, Claypool Hotel, Lobby Floor. Dale C. Newsum, Leader. (M)

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

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)
The League for the Larger Life, 617 Venice Blvd. Dr. H. M. Ward, Leader. (M)

MILWAUKEE, Wisc. — 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)

MOBILE, Ala. — Universal Ontological Assn., 903 1st Nat'l Bk. Bldg. Nadie S. Howell, Ph.D., Leader. (M)

NEW YORK CITY. — Church of the Healing Christ (First Church of Divine Science), Hotel Astor. Dr. Emmet Fox, Pastor. (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.

PHOENIX, Ariz. — Center of Spiritual Education, P. O. Box 807, Phone 9-3197. Mrs. Myrtle E. Cate, Director. (M)

PITTSBURGH, Pa. — Unity Center of Pittsburgh, Hardy & Hayes Bldg., Oliver Ave. Dr. Edward E. Robinson, 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, 336 State 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. — Metaphysical Book Shop, W. 821½ 1st Ave. Free Reading Room. (M)
— Truth Reading Room and Unity Book Shop, 928 West Riverside Ave. Rev. Erma Wells, Minister. (M)

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

SYRACUSE, N. Y. — Unity Church of Truth, Hotel Onondaga. Rev. Mae G. Lundahl, Leader.

UTICA, N. Y. — The Utica Truth Center, 525 First National Bank Bldg. Laura Britton Snyder, Leader.

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 1945. 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

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.
NEW THOUGHT HEALING FOR CHURCH WORKERS, by Rev. Geo. C. Golden. Paper; 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.
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.
HOW TO CHANGE YOUR CONDITION, by Vaidianathan. Flexible covers, 245 pages. Price $1.60.
EASY WAYS TO MENTAL SUPREMACY. Paper; price 55c.
SELF RELIANCE. Emerson. Paper; price 55c.

Self-Analysis

HOW TO CHANGE YOUR CONDITION. S. Vaidianathan. 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.