NAUTILUS

MAGAZINE OF NEW THOUGHT

APRIL 1948

What I Did to Overcome Fear and Worry
Prize Article — CLEO MOORE

Success Now — BEN SWEETLAND

"I Say Unto You, Arise!" — DORTCH CAMPBELL

Happiness Persons — HAZEL DEANE

How Mrs. Kennedy Reduced — WARREN CHANDLER

The Morn of A Perfect Day — ANNIE S. GREENWOOD, Ph.D.

Be Not Afraid — CARRIE OWEN

Budgeting Your Time — ELIZABETH TOWNE

Edited by ELIZABETH TOWNE
WILLIAM E. TOWNE

PRICE 25 CENTS

Keep On Trying!

By GEORGE C. HUBBS

HOW MANY times have you been weary of *trying* to demonstrate? With the best thinking you could do, the problem persisted. You wondered what more you needed to know before you could know *enough* Truth to meet your needs.

What student hasn't gone through such testing?

Let me quote a verse (II Chron. 15.7) and then ask a question:

> "Be strong, therefore, and let not your hands
> be weak: for your work shall be rewarded."

The question is this: Can you doubt that God gives you credit for *trying* to qualify to spiritually help yourself and others? Could a God that is all good, all kindness, all helpfulness, all power fail to recognize the earnest effort you make to imitate the work of the Master?

If you have children, don't you love them for their little *efforts* to help?

After it snowed here a few days ago the little 3-year-old girl next door came over with her wee shovel to help. Would she have endeared herself to you? Of course she would — as she surely did to me.

How about your efforts to help the Master? Do you suppose it gets less praise from God than my little friend got from me?

Remember — you were promoted from grade to grade years ago! So be not weary in earnest *trying*.

"All God's laws are on your side!

What's Cooking? FOR NEXT MONTH

Paul Returns Welcome another article by Paul Ellsworth. Or rather, two articles. They have to do with "spiritual dynamics." That sounds difficult but it is very simple. What Paul means is that he is going to tell you how to use Truth in your own life — the very clearest and best explanation he has been able to give you yet. The first article, YOUR *DEEP* MIND HAS POWER.

Do You Know Yourself? Probably not. Few of us do know ourselves very well. But every little bit of gain in the direction of more self knowledge may be a help in the business of living. So, here is a little piece by our good friend, T. J. Bourbeau, that shows how one woman gained by more self-knowledge. Watch for HOW AN INFERIORITY COMPLEX ALMOST WRECKED A LIFE.

But It Didn't! Warren Chandler is one of our most interesting new writers. New to the readers of NAUTILUS, I mean. This time he gives us something good in the true experience, WHAT IF HATE HAD WON?

Seeing and Healing I don't know how you feel about it, but I always enjoy Hazel Deane's humor. She has the best little funny stories of any writer I know. This time, she speaks more deeply and from the heart in what is, I think, her best article so far. The title, "WHEREAS I WAS BLIND, NOW I SEE."

Concentration Concentration is really a power in any phase of life. And nowhere is it a greater help than in the matter of success. So here comes Clifford W. Fitton (a former G.I., now a journalist) with a little piece called, CONCENTRATING FOR SUCCESS.

Don't Be So Afraid Rotary comes into its own in Dortch Campbell's latest piece. He relates two vital experiences in his life, each of which occurred during a Rotary meeting. Take a look at, YOU NEED NOT BE AFRAID.

Another Experience in Overcoming One of the best of the articles that came to us in response to our recent Contest announcement was from a man in Pennsylvania. He had found a unique help in overcoming fear and worry. He presented his subject from a man's viewpoint — the intellectual angle. There was so much that was unique and very practical in this man's piece that we are going to give it to you next month. The title, THE THREE THINGS THAT HELPED ME OVERCOME FEAR AND WORRY.

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 $2.50. Extra month for prompt renewal. Or we will send NAUTILUS two years for $4.00 (30¢ extra per year for Canadian postage; and 50¢ 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.

TRUTH

I SOUGHT for Truth. I long had thought
She dwelt on high, from the world apart;
I found her, nearer than I had sought,
In the love and trust of a human heart.

I listened for Truth. Her voice, I deemed,
Was the voice of wisdom, deep and strong;
I heard her, sweeter than I had dreamed,
In the simple notes of a little song!

— *Eugene C. Dolson*

THE HEALING LIGHT

A Meditation

THE purple light is everywhere. It is a finer form of the ether, vital and dynamic as no ordinary color or quality. It pours through the flesh, the mind and the heart, washing away all that is not of its own nature. Therefore it brings illumination also, for it opens the eyes of the flesh, as well as of the mind and heart. They are one — in this light. It makes plain all that was obscure, harmonious all that was discordant, and all things are seen to be equal in their diversity.

This light is Truth, and this is why it heals. There is no "sin" where it is, as there is no separation, for everything is in perfect relationship and correspondence.

My being flows. The light is in my hand, in the blood and the flesh of it, and wherever it is lifted, there is blessing. It is inevitable. The light is in my eye. Wherever I look, I see through disease, unhappiness and fear to health, joy, and understanding. They are evident, within these outer veils. The light penetrates them, and they appear to dissolve. This light, which is truth in its fullness and warmth and livingness is the reality, the true substance. The other is the shadow. Ignorance is the shadow. Within it is enlightenment.

It is eternally about us. We need but to open the doors, and it will flow through and in. And then there is no more an outer and an inner. For the light is everywhere.

The knots in the heart, resentments and doubts and anxieties are contractions. They close the gates. It is no use asking for anything real and true until the knots are loosened and the gates are opened. Then, when we let go of them, we need no answers. All are contained in the light flowing in.

It has been said that "where the difficulty is greatest, there is the point of release." Yes, for the light is concentrated there. It is power damned up. Only from there can the flower open, the central sun shine, the dynamic spring of the life-force itself be released. The realization of this truth helps us to understand Zen, which is a Buddhist term for spontaneous true reaction.

Gradually one learns the technique of healing. It is not enough to lift the sufferer in one's two hands. One must learn to open the doors to the light, so that both they and we are enlightened, purified and made whole. One must stand in the unity, the harmony, the sun. Then we know that the rays are pouring forth upon all those with whom we have contact.

And the light is also love. It is in and by and with the light that we love. According to our capacity to receive and let flow this light, this love, does healing proceed. Healing in us. Healing in them.

And when we move from it, after our meditations, the light is not withdrawn, but only veiled from the outer consciousness. It continues to radiate. Yet we shall not know it, unless we are regular and steadfast in our meditations, turning to it continually that we may learn, that it may teach us, that it may have its divine way with us and with those we love. Then all day, whatsoever we may be doing, the purple light is in and upon our wings, and it is by their reflection and their touch that people are healed. — *The Ralley*

PUBLISHED MONTHLY

NAUTILUS

$2.50 A YEAR
25c A COPY

Magazine of New Thought

Vol. L APRIL, 1948 No. 6

CONTENTS

		PAGE
April Rain (Page Poem)	*Lucy Margaret Clapp*	4
EDITORIALS	*ELIZABETH TOWNE*	5
Success Now	*Ben Sweetland*	8
"I Say Unto You, Arise!"	*Dortch Campbell*	9
Happiness Persons	*Hazel Deane*	11
What I Did to Overcome Fear and Worry Prize Winning Article	*Cleo Moore*	13
Your Words Are Like Boomerangs	*Estella Inez Carpenter*	15
How Mrs. Kennedy Reduced	*Warren Chandler*	17
Divine Intelligence In You	*Esther Swann*	19
Stop, Look and Listen!	*Doris Sellar MacGowan*	20
The Morn of a Perfect Day	*Annie S. Greenwood, Ph.D.*	21
Be Not Afraid	*Carrie Owen*	23
Views and Reviews	*William E. Towne*	25
Success In Prayer	*Edited by W. E. T.*	27

EDITORS: Elizabeth Towne and William E. Towne. Chester Holt Struble, Managing Editor. SUBSCRIPTION $2.50 yearly. Two years, $4.00. FOREIGN $3.00 per year by international money order. CANADA $2.80. Foreign currency, stamps and postal notes not accepted. Add 10¢ to personal checks for collection. CHANGES OF ADDRESS must give old as well as new address or change cannot be made. DATE OF EXPIRATION is on the wrapper of your magazine. MANUSCRIPTS must be accompanied by postage if they are to be returned.

Copyright, 1948, by THE ELIZABETH TOWNE CO., Inc. Entered in the Post Office at Holyoke, Mass., as second class matter. Additional entry at Concord, N. H.

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

April Rain

By Lucy Margaret Clapp

An April rain is one that sings of spring
With every crystal drop against the pane;
And every warm-wet drop that touches frost
Is like to flame on winter's ice-forged chain.

An April rain sings to imprisoned buds
A song that summons through darkness and cold earth;
Lending them courage to rise from frozen loam
And lift to springtime birth.

Lovely in form and hue these buds reach up,
To bloom in warm light above;
For flowers respond to urgent April rain
As our souls to the call of love.

Editorials

By ELIZABETH TOWNE

Doubts shroud man's path in fog and mist,
Yet God's revealments still persist,
And he who follows, day by day,
The best he meets upon the way
Shall ever climb, and ever learn
The truer good at every turn,
Until his feet are given wings
To haste toward eternal things,
And reach at last, upon the height,
The glory of unclouded Light.

— *Priscilla Leonard*

*

Budgeting Your Time

We find the most of freedom and happiness in rhythmic living. We do not find freedom in confusion. We do not find it in disorder. And the way to be free from disorder and confusion is to direct the daily activity as much as we reasonably can.

We should, of course, give the needed time to all the necessary functions of life. We should allot so much time for sleep; so much time for productive work; so much time for physical activities; so much time for social activities; so much time to study any subject in which we are interested; so much time to exercise — of mind as well as body. Of course, we should not be rigid about this. But we should be reasonably thorough.

Everyone must use his own best judgment about how he is to employ his time. He must think of his own needs and desires as he sees them. He must not be too much swayed by advice — even mine!

All round activity and development is what helps most to happiness. Every part of us — every mental and physical activity — needs to be active. It will not do to overwork and then fret and finally take a month's vacation at the wrong time — or perhaps a month's sick spell in the middle of winter — to get us back on the right road. Much better if we take a vacation time *every day!*

And I think we will all find it true that rest comes with *change*. So if you can't do anything else, change your daily routine.

*

Relaxation — Mental and Physical

The body and the mind are partners. They should work together in harmony. When a person gets tied up in knots at his solar plexus, there is a strain put upon the partnership.

For instance, a young man in college complained of anxiety and tenseness which affected his studies adversely. He felt as if he was carrying along a heavy physical burden while doing his mental work.

In his case, the trouble was perhaps partly due to a feeling of inferiority. Because of this feeling, he thought he had to make an extra effort to learn. What he really needed to do was to let go physically. Then life and energy could flow through his body and brain and into his mental work.

A woman musician who had met with a great personal loss found herself with a physical heaviness which remained with her constantly. Finally, in a two hour session — simply bidding the nerves and muscles to "let go," "let go" — she got complete relaxation. After that, she was able to repeat the process at will whenever she felt any tendency to heaviness or tension within her body.

In this connection, I recall the words of the ancient Negro lady who, when she was asked the secret of her robust health, replied, "Honey, I always sits loose." And in a recent piece of fiction occurred this good advice: "Loosen the clamps and take things as they come."

*

So You Want To Be A Writer

ONCE upon a time a would-be poet sent some of her rhymes to Ella Wheeler Wilcox. She asked Mrs. Wilcox to tell her just what she thought of the poems. Now Mrs. Wilcox was a very frank person. She wrote back to that woman that poets are born, not made. And she added that the writer of the letter was certainly not made to be a poet. She advised her to use her energy in some other way. And was the woman angry!

You see, she had not really wanted an honest opinion from Mrs. Wilcox. Like most of us when we ask for advice, what she really wanted was to have Mrs. Wilcox bolster up her own opinion of her own work. She wanted Mrs. Wilcox to write her a nice flattering letter, saying that her poetry was good — even very good. She wanted to have this letter so that she could show it to her friends and perhaps to possible editors.

Now to be a good writer, you must have imagination plus. You must have a natural command of language. This command of language should have been developed by an ever closer and closer acquaintance with the English language.

Most of those who want to write are not fitted for literary work either by nature or training. I suspect that many who attempt to write would not have made the attempt if they had known there was no money to be gained by them through taking up this particular line of work.

The best writers take up the work because inspiration boils up from within. They feel the *urge* to write just for the sake of writing — as a means of self-expression. And so to those who have a persistent desire to write for the sake of writing, I offer this advice out of my own unconventional experience: First of all, take a course in a school of journalism. This will get you somewhere quicker than any other means I know of. It will give you the inspiration of association with other persons with similar aims. Get in touch with a school of journalism, and if you can't pass the requirements of entry, ask them how you would best begin — where you can take hold of literary work to the best advantage. Many of the universities have courses in journalism. You will be able to find the advertisements of reliable schools of journalism in the standard magazines.

If you have the will and persistence to work at home, you can get along almost as well there as you could by

taking a course of personal training in a regular school of journalism. If you find you cannot persist in the work, and that your interest lags, then take that as a sure sign that you are not cut out to be a writer.

*

Who Compels You to Act?

DON'T fool yourself with the idea that you are compelled to do or be anything. You are not doing a thing because you are compelled to, but because you choose to. This is true because there is some line of reasoning within yourself that keeps you choosing to do the things you do. You never lift your hand unless you choose to. You never get out of bed in the morning except as you choose to. You could lie down on the bed this moment and never move hand or foot again if you chose to do so. And your friends, or your town or somebody in authority would take care of you.

Quit fooling yourself by laying the blame for your condition, or your feelings, or your thoughts or actions on anybody except yourself. Trace everything back to its root in your own choice. Ask yourself *why* you choose to do the thing you are now doing. Keep on asking this question until you know the truth.

Put the responsibility for everything on your own choice. Review the condition and make the right choice for every step. Do this and you will very quickly find yourself walking the straight and narrow path that leads to peace and freedom. You will find your prayers rising to the infinite and the answer lilting cheerfully in your own heart.

*

Standing Up For Your Own Rights

THIS IS something that can be overdone. Many of us are very apt to overdo it in our daily lives.

Perhaps your trouble lies in your always wanting your own way and never being willing to give in to the wishes and wants of others.

When it comes to standing up for your own rights, there is no end to the possibilities of bickering. If you are a stickler for exact justice, you will never get to the end of the hair-splittings. Harmony is love. And love dissipates the hair-splittings and covers all the unpleasantnesses. And love gives so readily that there *are* no hair-splittings and no unpleasantnesses left to cause inharmony.

To stand up for your rights once in a year or so may be right and necessary. But standing up for your rights every day is very apt to be merely a bad habit. Sit down, let go, let the other fellow take a few of your rights

(Please turn to page 29. Thank you!)

Affirms the UNITED NATIONS *of the* WORLD

Success Now

By BEN SWEETLAND

A YOUNG man had entered business during very good times and for years rode with the tide and did quite well. Then one day the tide turned. A depression hit the country and he found himself without business, a heavy overhead and very little running capital. He tried to hang on against what seemed to be terrific odds. But soon he found himself facing an indebtedness of many thousands of dollars. Creditors were pressing to such an extent that he reached a point where he dreaded going to his office because his days consisted of one telephone call after another from debtors asking for their money and predicting dire things if he didn't pay up. His battle seemed hopeless and he was getting up nerve to close up and take the count.

One morning while waiting for breakfast, this man picked up a book which contained an interesting story regarding mind. A caption caught his eye which read: "We first think in terms of success before we manifest success." At first this meant nothing to this discouraged man, but as he thought about it a light dawned upon him. He began to understand that the only difference between the man who succeeds and the one who fails is a matter of attitude. One thinks in terms of I Can, the other, I Can't.

This man gained Success Consciousness right then and there. Previous to that awakening he had been licked. With his eyes opened he hastened to his office and the moment he entered called his bookkeeper and asked for a list of accounts payable. He then instructed her to call the creditors on the 'phone, one by one, until he had talked to all of them. He started with the largest creditor first.

In talking to the president of a concern to which he owed over $8,000, he asked that a bit more time be extended. He stated that he knew he could then pay off the account in full and without too much delay. Prior to this time, this particular creditor had been threatening suit.

"What have you done, landed a big contract?" asked the creditor.

"Better than that," said the debtor, "I have a new spirit — one which will put me over the top."

"I believe you have," replied the creditor. "I can sense it in your voice. I'm going to help you because I am sure you will win."

In one year this man had turned his seeming failure into a success and had paid off every debt, dollar for dollar.

This illustration brings me to the point I have attempted to develop. When did this man become a success? After he got his bills paid? No! After he got the contract which enabled him to pay the bills? No! That man became a success the moment he acquired success consciousness, — which was that morning while he was waiting for his breakfast.

Success does not mean the things

you have acquired. It means the *ability* to acquire. And this means that the moment you acquire this ability to acquire, you *are* success. And this success can be acquired right now.

"I Say Unto You, Arise!"

By DORTCH CAMPBELL

An Easter Message for every Nautilus reader

JESUS of Nazareth came to demonstrate, to prove and to glorify, resurrection from the dead. Once and for all the magnificent truth was established that man can rise in youthfulness and freshness from his own ashes. That was the purpose of Jesus on earth. He came that we might understand that all that has died to mortal sense may be reanimated.

You, too, can rise again!

Flowers of health and rejuvenescence often bloom again when leaves of life lay withered. The immortal mortals overcome every handicap, emerge from each crisis, break their fetters, stand upon heights triumphant. I have witnessed their coming back from despair. I have stood aside and beheld the soul returning from the dead. The resurrection is our ideal in all the mundane affairs of life. All in everything can literally rise from the dead.

The Universe has a song that it forever sings. That song is, There is no death!

You find the story of the Resurrection written in every precept, parable and act of the wonderful Nazarene. Calvary was the zenith, the transcendental climax, of all the teachings and deeds and miracles that came out of Great Heart. Jesus prepared himself for the cataclysmic event. He moved with stately tread from Bethlehem to Golgotha. All that was done was only groundwork for the earth-shaking miracle. That triumph was not supernatural but divinely natural; for in the Universe all is law; all is order; all is purpose; and law, order and purpose hold together until each function fulfills its destined duty, which is to arise out of the old and dead into more beautiful and perfect forms of life.

What the meaning of the drama of the Risen Lord for you and me? Do we lightly regard it? Is it merely an event that we hold in mind with sacred reverence? Is it remote from our daily toil and problems?

That divine mosaic was fashioned on Calvary for you and me that we might better understand. How then can we regard it superficially? I doubt not that the Resurrection has many deep, spiritual and cosmic meanings. But, most of all, the picture was painted with his blood and sweat and unshed tears to show us once and for all that we can all arise like

the lily from its muck. After any death there is always rebirth. It is for us to know that we need not be consumed by the fire of our own past misdeeds or circumstances; that we can, indeed, like the phoenix, embodiment of the sun-god, arise from the embers of the dead past. The Resurrection is the vision of immortality. It is also the ideal of mastership over conditions of life great and small. For if even death itself stands still for such a soul is it not possible for us to be reborn in those circumstances of hardship and toil in which we die daily? Life is but a dream and he who waits or depends on Time dreams waking; and it is in these unobtrusive deaths that come so often in our lives and grieve us so from which we can arise, as from the tomb, to sweeter, finer things that are to be. There is resurrection for everyone and the need of it is with us always.

None of us really know how great the Spirit of Life that pulsates and throbs and thrills within us. We are but perambulating shells of what we might be if we understood the great awakening that is possible. There is evidence of this in the life of many an individual. When man or woman is fired with great purpose, there is something of the Resurrection. That person throws back the head, exultant; the body stands erect, straight, strong, breathing is deep; there is a rising from the feeling of inferiority, insufficiency and futility. Angels come and roll away the stone. That person is a new creature, triumphant. Jesus was fired by the Spirit. He did that which no man, prophet or seer, has ever done. He proved the powerlessness of death. Every heart can beat to that iron string who will accept the Resurrection in his own life in spite of all its mistakes and broken promises.

The Nazarene wrote the Book of Life by living. He lived through death.

I think that Peter and John and all must have broken down prison walls and made alive all that was dead by and of this Spirit of the Resurrection. There is a story of healing as beautiful as the gate at which it happened. You will remember that there was a certain man lame from his mother's womb laid daily at the gate of the temple which is called Beautiful. He asked for alms. And Peter, fastening his eyes upon him with John, said, Look on us. And he gave heed unto them. Then Peter said, Silver and gold have I none; but such as I have give I thee: In the name of Jesus Christ of Nazareth rise up and walk. . . . And he leaping up stood, and walked, and entered with them into the temple, *walking, and leaping, and praising God.*

Here is the power of the Resurrection not only in Peter and John but in a certain man lame from his mother's womb who leaped and walked with the spirit and power of that eternal life Jesus demonstrated and who by that walking and leaping and praising arose from the tomb of his dead past. And all the people saw him walking and praising God; and all the people ran together unto them in the porch. Peter said, Ye men of Israel, why marvel? Why look so earnestly on us? It is not our own power or holiness that has made this man to walk. And his name through faith in his name hath made this man strong, whom ye see and know

— the spirit of the resurrection which is by him hath given him this perfect soundness in the presence of you all.

Thus the Spirit of the Resurrection runs through all that wondrous story that Jesus of Nazareth wrote and whose power was inherited by his followers. From beginning to end of his pilgrimage in earth-life there is a constant unfoldment of the power and the pattern for us all. Jesus proved that any soul can rise from any tomb of despair. The divine ordinance is that none need remain bound. You can arise from your sorrow. For Christ is risen. Christ is risen from the dead. Let the divine anthem be sung.

Happiness Persons

By HAZEL DEANE

Don't you love to see a person riding high? One who can take the world in his stride? Nothing drives him into anger or worry. Nothing makes him feel he is down. From some source deep within himself comes a radiance of sheer well being. All obstacles are enveloped in this radiance until they melt into nothingness and disappear — just a chalk mark erased on a blackboard.

And isn't it true that all the world loves a happy person? By a happy person I don't mean one of those over-expansive souls who spout trite phrases — those who insist loudly that all is well when it's exactly otherwise. They leave you feeling sapped of vitality and crushed like a blade of grass run over by a steam roller. You have a sneaking sympathy for the woman who, complaining about something, was told blithely, "Oh now! now! Jesus never talked like that."

She raised her head and snapped, "Well, I'm not Jesus."

And there was that other woman who on a hot afternoon came, fresh and cool, to stand in the doorway of a steaming kitchen where another woman, serving on the same committee, sweated over getting ready a big dinner for a crowd.

"I'll just stand here in the doorway," said the fresh one, "and hold some nice cool thoughts for you!"

No, that's not what I mean by a happiness person.

I mean a person who's so wholly happy that outer events and conditions don't get the best of her. She bears her share of the burden, yes. But in bearing it, it ceases to be a burden. It becomes a work that you do together, and so it becomes fun. And if you are in real trouble, or unhappy, kindness is there — and sympathy. Not sympathy with the trouble, of course, but a deep, reassuring sympathy with you. You feel that you no longer walk alone, but always in a togetherness, where you are loved.

With such a person it's more fun to be happy than it is to be sad. I

think that the reason most people want to talk about their troubles is because they make a better story than their joys. But with a happiness person this isn't true. You see happiness shining out of the eyes of such a one — grinning at you in the upturned tilt of the corners of the mouth! You feel an ease of strain and struggle, for this person isn't trying to be something or become something. She already *is*. And so it's more fun to have fun with her than it is even to talk about your operation.

I know several happiness people. I met one of them downtown one day in one of the stores. She was strolling along as though she had all the time in the world. There was a bright, expectant interest in her eyes — just as though she fully expected to find exactly what she wanted. And at exactly the price she wanted to pay. But best of all, since I, myself, was hot and hurried, I was impressed by her air of complete leisureliness. Then when I spoke about it, she laughed.

"I'm just pretending," she said, "that I have lots of time. Really, it's my daughter's birthday." And then she told me about her own day. It seemed there was to be a birthday dinner for her daughter. So before she left home she had prepared most of the dinner, baked the birthday cake, dusted and put things in order — any woman knows what all that means. And after that she came down to her studio to give a piano lesson. Only then did she have a free half hour before she met her husband who would take her home again. And then would come an evening with a house full of her daughter's friends.

And yet she could say, "I'm just pretending I have lots of time!"

Don't you love it! She was pretending it so completely that when I looked at her I could just feel leisure. I had come into that store hot and hurried. But now, I, too, walked out and down the street pretending that I had lots of time.

I know another happiness person — the mother of a small child. She always leaves social affairs early on account of this child. I once heard a biting remark about these early departures. But there was no retort, no apology, from the happiness person. Nor did she go off with her feelings hurt. She just looked back at the speaker and smiled that wide, happy smile with that contented look still on her face. And in her eyes there was a quick sympathy for the speaker just as though she knew how the speaker felt and understood it. And she knew, too, that the speaker didn't mean the remark the way it sounded.

And under that sympathetic smile the barb lost its sting. It was as though it had never had a sting at all. That's the way with happiness people. Their glow comes from some hidden source within themselves and nothing on the outside of themselves cuts it off. It isn't that they have a hide like a rhinoceros. It's that they're not dependent on outer things.

They aren't happy merely because good is coming their way. They are happy. Period. And even when a real trial comes, there's an unselfishness in them that holds them steady and serene so that your heart goes out to them in admiration. I've seen at least two happiness people go through

even the time of death — the death of one near and dear — and yet keep an inner poise through the days that followed. It seemed almost a miracle to everyone who knew them.

I think that happiness comes from a deep, abiding conviction that heaven IS *now,* that all good is for us; that the trend of life is always upward; that God is good and man is fundamentally made in his image and likeness, as the Bible says.

Happiness isn't a surface thing, though, of course, it does show on the surface. It's a feeling down underneath. I think it's a feeling of complete and utter confidence in God.

What I Did to Overcome Fear and Worry

This is the Prize Winning Article

By CLEO MOORE

"I do not have to worry,
I do not have to fear;
I only have to feel and work
And know that God is here!"

A few months ago I received a circular from a big organization that pictured the awful destruction the atom bomb, poison gas and bacteriological warfare would soon turn loose on the world.

I'm mentioning the above because, coming down from the mountain top of high resolve and faith in a Divine Power, in spite of the ravages of war, I was plunged into an abyss of fear, doubt and worry that overwhelmed me.

I worried as I never had before. I was afraid of darkness, of the atom bomb, of newspaper headlines. I shuddered at the pictures of fires; plane wrecks; train disasters; automobile casualties. Finally, I myself, was a "mess," a prey to every negative thing.

I knew worry made wrinkles; that fear could eventually destroy us, but I just couldn't seem to help myself. I became physically ill; rarely left the house; and was practically losing interest in every normal activity.

Desperately looking about for relief, I sat down and faced the situation, (as we all must do when we find ourselves with our backs to the wall.) I knew if I did not find help soon I would be a fit subject for a psychiatrist. So, I asked myself, Why was I so afraid? Did I think God had lost interest in our world? Was Cosmic Mind absolutely omnipotent or not? Had I not had proofs of God's protection and love all my life? How could I have gone so far astray? Where was the faith I had once professed?

Of course there are tragic happenings — every day. There always will be. For man still has the power to choose — and men will continue to make mistakes as long as life lasts. But we can, if we want to, get still and know that "beyond the dim unknown, standeth God among the shadows, keeping watch above his own." Then, whether we live or die, He is with us still. Isn't that all that matters?

I turned to the Bible passages I had so loved — to the poetry I had repeated on sleepless nights. Then I said: "I'll turn everything over to God. Whatever happens, I'll depend on Him. If the atom bomb drops, God is there too with me; nothing can harm me, really." It was as simple as that!

Instantly, I felt a glorious release! I seemed caught up on the mountain top with God; no longer possessed with fears and worries, but peaceful and happy!

Do you know what Mr. Henley did when the surgeons told him it might be necessary to amputate his leg? He turned his face to the wall, and with a piece of charcoal wrote that immortal poem "Invictus" ("Out of the night that shelters me," etc.) There *is* something within us bigger than anything that can happen to us.

A soldier in the last war was terrified by a Jap attack which continued for fifteen hours. "This is death," he thought. In those fifteen hours, he remembered the trivial things he had worried about at home — jealousies in the office; criticisms; disagreements about food, bills, etc. Facing death any minute, how insignificant all those things seemed! So he vowed that if he lived he would never worry about anything again. When he got home he kept his vow.

So we, too, can determine here and now that we will not give up to fear and worry, no matter what disaster threatens. We will just know God is with us. Since that is so, nothing else really matters.

Oh you who fear and worry, try it! Take God at his word; use that power, whatever you call it, which is deep within each one of us, and be sure it will protect and guide you always.

Drop all your cares, big and little, and say "I lost them yesterday." Turn your back on the frightening headlines — refuse to read about crimes — *talk to God every day!*

Then the "night shall be filled with music," and the fears and worries that bother us by day will fold their wings and steal away.

MORE GOLD THAN GOLD

(After Sappho)

MEN SAY the passions should grow old
With waning years; my heart
Is incorruptible as gold,
'Tis my immortal part;
Nor is there any god can lay
On love the finger of decay.

— *Michael Field*

Your Words Are Like Boomerangs

By ESTELLA INEZ CARPENTER

EVERY WORD you speak has vibration and energy to return back into your life like a boomerang. Think for a moment — just what kind of words *are* you inviting back into your life? Are they words of peace and love? Of supply and of faith? Or are you sending out words of doubt and fear? Words of lack and inharmony?

It is plain that you risk your future happiness when you do not watch your words. For life is like a mirror, it reflects back whatever you put in front of it. If you think of your words as coming back to you in the form of a boomerang, you will be more careful in your choice of those words.

"By thy words thou shalt be justified and by thy words thou shalt be condemned."

If you are not getting what you want from life, still you are getting just what you sent out. You think, and out of your thinking come words and actions — words and actions that can never be recalled. You have sent them out into the ether. There they will bounce back to you multiplied and you will wonder "WHY?"

Start loving people instead of hating them. Don't be impatient with another's impatience. Advertise by your words such assets as love, harmony, peace and kindness. This is a good investment and will pay big dividends.

When unwholesome, venomous thoughts enter your mind, STOP! THINK! HESITATE! Reverse your thoughts to that old familiar hymn, "Count Your Many Blessings." When you start to count your blessings and name them over, one by one, you will be surprised to see how many blessings you have. These blessings are in the form of your home, your family, your position, your friends, your health, your car. Perhaps it's your new clothes or that new piece of furniture you just purchased that make the blessing. Everything good that enters your life is a blessing.

Often words and actions seem to leap forth before we realize what we have done. Everything brings forth after its kind. The farmer does not plant wheat and reap corn. Neither can you plant negative words and reap the good. It's against all Universal Principle. Life won't play that kind of a game.

When things seem to go wrong most of us blame conditions. Don't give power to seeming conditions. Be bigger than any situation. Your body accepts your own ideas. Your body is a vehicle of your own expressions. Start now and obey your God-ideas. Conceive good thoughts, then express them. You are reaping today the harvest of your yesterday's thoughts. Today you are shaping your tomorrow's. Regardless of conditions that appear, nothing can prevail against God.

You have the intelligent mind of your Maker; you have the ability to ignite that spark of God within you. Work diligently, persistently and

faithfully to make that spark flow through you and out to others. This will bring your heart's desires into your life.

Whenever you tap the source of the Intelligence within you, divine energy strengthens and supports you. Your *personal* planning often results in worry and tension. But working and planning to know that God is working with you, leaves you relaxed and free. Life is a constantly developing process and each new problem is an incentive to go on to higher and more spiritual thinking. Each new idea solved increases your creative ability.

Long ago, Epictetus said "God has delivered you to your care." In making this an affirmation, it could read, "God delivered *me* to *my* care."

No flower ever blossomed until the seed was sown. The good that comes into your life is the result of the seeds you sow. Life is logical. It has its own rules and principles. And unless we learn and follow these principles, life will not give us our heart's desires.

Let the boomerangs in *your* life be boomerangs of love, peace, patience and understanding! Then you will be glad to welcome the return of your boomerangs.

GOING INTO THE SILENCE

By HARRIET KING

HAVE YOU ever been able to go into the silence? It is when you think of God earnestly that you are raised in consciousness to where your spirit touches, unites and becomes a part of his spirit. It is then that your utmost desires are made manifest, whether you utter a word or not. You feel the assurance and know that all is well.

I have done it by repeating "Praise God from whom all blessings flow" over and over until I really felt it and was in the heights in consciousness. Then I could claim such things as I wanted and would see them in manifestation speedily. Two verses of Scripture that will lead you into the silence if you repeat them continually are "Bless the Lord, O my soul, and forget not all his benefits," and "Bless the Lord, O my soul, and all that is within me, bless his holy name." "God is my supply" is a true statement that, if repeated often, will guide you into the blessed silence even if you are in a crowd and people are talking to you. You will experience that feeling of direct union with his bountiful spirit and know that God's abundance is yours. And as you know, claiming it in spirit is a forerunner of its glorious manifestation. It's a mountain to experience and corresponds, I imagine, to that felt on the Mount of Transfiguration spoken of in the Bible. For later you can carry on with your earthly tasks and still be a recipient of the manifold blessings of spirit.

"God is my health" is an affirmation conducive to lift the consciousness to the "Great Physician" and effect a complete healing to the entire body. When you enter the silence and vision your body in union with, a part of and one with the perfect body of Christ to the extent that you feel it, a manifestation is sure to come provided you are careful not to let a doubt creep in.

How Mrs. Kennedy Reduced

By WARREN CHANDLER

MRS. KENNEDY was in her early forties. In a few short years she had reached a most enviable position in the business world. She was a designer for one of the most fashionable houses in America. Formerly her home had been in a small midwestern city. That was before she and her husband had separated.

Despite the fact that she designed some of the most handsome outfits in her establishment, Mrs. Kennedy was in a helpless position so far as her own person was concerned. On her own wardrobe she used every skill of her profession. Nevertheless, when she went out she always appeared dowdy. Like the lady in that popular song of today, she was much too stout!

In the preceding twelve years her weight had increased to alarming proportions. Her doctors had advised her to reduce. She wanted to reduce and she had tried to reduce. But nothing helped. Her appetite continued to increase and opportunities for satisfying it appeared on every side. She said she actually felt like a food-alcoholic! Something had to be done!

First, Mrs. Kennedy adopted a practice of carrying in her purse a tiny card on which was printed the word, "Think." Mrs. Kennedy always ate in restaurants. And whenever she was tempted to order a second helping or an over-fattening dessert, she simply opened her purse and looked at that card. She didn't order anything more!

In dining rooms and elsewhere she also adopted the habit of looking around her and comparing her own figure with that of other women. Up until then she had refused to admit the truth, even to herself. Now she made comparisons deliberately. The results set up a new train of thought and established some entirely new patterns of action.

In addition, she started a scrapbook at home in which she pasted pictures of the slimmest, most charming girls she could find. At night she studied these. In her bedroom she placed similar pictures of charming young people; each one slim, upright and alert. These also had an effect in the right direction.

In reviewing her efforts later Mrs. Kennedy said that her scrapbook and those pictures on her bedroom walls helped her immeasurably. They brought clearly home to her how extremely bad her carriage was. She had allowed herself to become very stoop shouldered. Those pictures helped her to correct that defect. Once corrected, it seemed as if she had lost many more pounds than she had. Acquaintances everywhere remarked about it.

Second, Mrs. Kennedy prayed each night for Divine Guidance in her efforts. And it came, most marvelously! Club and business invitations to six course banquets and heavy dinners elsewhere suddenly became tea time engagements. Tea and toast were far less harmful for her.

Special occasions when she might

have been tempted to overindulge were postponed in some instances. At other times they were held while she was absent from the city.

Later she said it was positively amazing how many times these things happened. It was more than unusual. It was uncanny! "God always helps those who try to help themselves!"

Third, one Friday night when she returned home, Mrs. Kennedy wrote out a check for one full month's salary for her maid, gave it to her with a marvelous written reference and dismissed the girl.

Thereafter each morning before going to work and each night after returning from work she did all the cleaning of her suite in the apartment hotel, everything except the laundry. That she continued to send out. Of course, she was exhausted at first. Scrubbing the bathroom floor and cleaning Venetian blinds was strenuous work for her but she kept at it!

This started in July and continued straight through until the following June. Then she returned to her former home for a month's vacation. Her friends and relatives were astounded! She had lost nearly fifty pounds and she looked fifteen years younger.

At a lodge meeting she met Mr. K. On the following Sunday they were seen having dinner together. But the next day Mrs. K. returned east. Less than a month later however she resigned her position. Today Mr. and Mrs. Kennedy are enjoying life together again. What brought about the change no one knows. Undoubtedly the loss of weight had something to do with it.

If in the past you have failed to reduce as much as you wish, do as Mrs. Kennedy did, use all three of the means you have at your disposal: (1) keep constantly before you the mental picture of what you desire to be; (2) pray daily for guidance and courage to carry on your efforts; (3) actually begin to do something physically which you know will be of help in attaining the end you desire.

SPRING ONCE MORE

'Tis spring again and the woods are wet
With the gracious gift of the April rain,
The sign of approaching summer is set
In the tender green of the plain,
The robin rests in his flight and shakes
A clinging drop from his shining wing,
And over the woodland silence breaks
The first sweet song of the spring!

'Tis spring again and the grasses hark
To the magic message the winds convey,
The flowers push through the damp and the dark
To star the meadows of May;
The rivers long in the winter's trance
Now over the rocks their waters fling,
Or softly steal where the sunbeams glance
Through the blossoms and buds of spring.

— *Denis A. McCarthy*

Divine Intelligence In You

By ESTHER SWANN

How does the lily grow? Scientists tell us the bulb unfolds from within. An invisible power guides the growing. This invisible power is Creative Intelligence. We know that the lily unfolds in an intelligent way. First the roots begin to grow. Then come the blades. And finally the flower breaks forth in all its beauty.

The lily does not take anxious thought about tomorrow. It does not worry about what it is going to bring forth. Why? Just because it does not get in the way of the Creative Intelligence which is working through it. Creative Intelligence comes forth from the invisible into the visible in the perfect lily and its bloom.

Man also is a center of intelligence. We believe there is only one source of intelligence. The intelligence shown within the atom is the same intelligence that is in the lily. It is the same intelligence that is within man. The vibrations of the radio and the life vibrations in man are guided by the one great Intelligence. It is called God.

Jesus said, "The words I speak unto you, I speak not of myself, but the Father that dwelleth in me, he doeth the works." By these simple words, Jesus recognized Universal Intelligence. He recognized the Universal Intelligence that is in man and in the atom and in the lily.

When we see God as the one universal Intelligence, governing all, we see all as infinite Good.

When we recognize God as being everywhere present, we are "acknowledging him in all our ways." When we do this, we show that we believe in the truth of the words "Your Father knoweth what things ye have need of, before you ask him."

When we see Spirit as the invisible intelligence at work for us in all places and at all times, we can pray in absolute faith. We can really believe in the promise of Jesus, "Whatsoever things you desire, when you pray, believe that you receive them, and you shall have them."

Since we know that Divine Mind works in an intelligent way, we can truthfully add to our prayer, "Thy will be done." This means that we let the Father within do the work. We see the One Mind and we let it work through us.

When we believe in God as the one Intelligence, when we know that this Intelligence acts through us — then we will naturally lose our faith in an opposite power. In a power the opposite of good. We will see that evil has no support except as we give it power through recognition. "As a man thinketh in his heart, so is he." By the law of cause and effect, we reap that which we sow. We reap that which we sow by our thoughts — be they positive or be they negative. This same truth is expressed in the saying "like begets like."

When we have once formed a new habit of thought — a habit which sees God as the one Intelligence — we shall have "put off the old man." This means that we have mentally and spiritually been born again. We

are now walking in "newness of life." We now see God as the one source of our strength. We see the law of God as the invisible power within. This is the power by which miracles are wrought. This is the power by which the invisible becomes visible for us. This law is as sure as the law of gravitation. It is by this law that our demonstrations are made.

Stop, Look and Listen!

By DORIS SELLAR MacGOWAN

STOP! Have you ever tried to stop thinking? Try it and see what a whirlwind and maze of inconsequential thoughts pour into your mind uninvited. It's a shock when tried for the first time. Where do the varied thoughts come from? Round and round they go like a squirrel in a cage. Thought control and discipline is a joyous achievement and can only be mastered by practice. Try thinking about one object or subject for five minutes the first day, then increase daily until through control you are able to concentrate on one line of thinking for at least an hour. Next step is to take some inspirational complex thought of a poet and think about it for half an hour. You will be amazed what a single thought held in mind, under control, will yield.

LOOK! Have you ever tried looking at familiar surroundings and really seeing them? We live through day after day without actually seeing. Try looking at your garden or at the view from your living room window as though seeing them for the first time. Try to recapture the mood of observation used when you originally saw a strange town or a new street. Remember? You enjoyed a keenness of being aware, of seeing and remembering what you saw, because you had never seen it before. If you will practice this habit while living amidst familiar surroundings you will develop an eye for observation, and better yet you will remember details. A keen power of observation is a valuable asset to anyone and it deepens with appreciation. It is a good habit to cultivate and it pays big dividends in pleasure.

LISTEN! Have you ever actually tried to listen? Sit out under a tree some day and be still. A world of sound exists around us that we never hear, because we are too busy living to stop and harken. Insect noises, the murmur of a summer breeze, a distant bird call will be heard that one was not conscious of previously. To sit silently and listen and become aware of the voice of nature will be a joy that will increase with practice. One learns to shut out worldly noises and be one with all nature. This faculty, too, increases and deepens as it is exercised.

There isn't a man or woman living today, perhaps, that does not desire more secure inner poise. A poise that

never fails when the world goes wrong. The way to obtain it for keeps is:

STOP — disorganized thinking.
LOOK — to observe and appreciate.
LISTEN — to be attuned to nature.

The Morn of a Perfect Day

By ANNIE S. GREENWOOD, Ph.D.

THERE IS something sublimely impressive in the experience of standing on the Pacific beach at Santa Monica, Calif., or any similar place, and watching the sun go down in a flame of gold and crimson over the immensity of the ocean. Whether or not it has been a "perfect day," we automatically think of Carrie Jacobs Bond's lovely song, and the worries of life seem temporarily to slip away. As the last pastels tint the waters and the white-crested breakers roll majestically in, we find ourselves wishing that the entire day might indeed have been as perfect as this tranquil scene. If we could have looked ahead to this hour of serenity, perhaps the day might not have been so hectic; the anxiety of busy hours not so carping. To be able in advance to realize this quietude and peace would have strengthened us and kept us calm through the day's strenuous activities.

Why, we ask ourselves, did we have to wait for late evening to find this gentle attunement with our surroundings?

That is a question worth considering. Let us do something about it. For instance, instead of pinning our thoughts sentimentally to the familiar words, "The end of a perfect day," why not, in place of looking backward, arrange for the ending ahead of time? We could center our attention on the beginning of a day, deciding that it shall be a perfect one. The morn of a perfect day ought to be much more interesting and profitable than merely a display of perfection in the evening. Perhaps we cannot put our yearning into such beautiful words as those so often sung and heard, but we can train ourselves resolutely *to do* something far more important, starting each morning with a determination to make for ourselves a perfect day.

How shall we go about it?

Whether the morning brings sunshine or clouds, cold or heat, calmness or blustery winds, we know it is God's new day, handed to us clean and fresh and ready to be used as we choose. Our first thought on awakening should be, "This is the day that the Lord hath made; I will be glad and rejoice in it." In a short time anyone of us can train the subconsciousness so that this joyous statement comes to mind at the beginning of each new day.

Gladness and rejoicing indicate thankfulness. Gratitude demands expression and that, in turn, increases the happiness and brings into con-

sciousness still other conditions or possessions for which we are grateful. It is a spiraling process which expands as it ascends.

To be sure, we may be aware of circumstances that are not what we desire. If we wrote them all down there might be quite a list; even so, a list of the good things we have would be a much longer one. Usually we take these blessings for granted; nevertheless, they are present and add greatly to the comfort, convenience and joy of life. A few moments' thought reminds us of that fact. Let us be courteous enough to the Giver of all Good to use at least a few seconds in offering thanks. This makes a good start on that perfect day toward which we are now expectantly looking.

We are not hermits; we do not live on a desert island. Even in the early morning we are daily in contact with someone else. Do we let our happiness spill over to those around us? We should.

"I can't be agreeable until I've had a cup of coffee," says someone. Nonsense! Every one of us can be and should be agreeable — yes, even the first thing in the morning. Why seek the shelter of such foolish excuses? They are not reasons; they are merely escapisms, paltry excuses behind which we hide to justify ourselves in actions or attitudes of which we are really ashamed. We admire the brave words of Captain Henley, "I am the master of my fate; I am the captain of my soul." Well then, let us practise that same spirit, not merely admire it abstractly.

Gratitude to God for the new day and gracious kindliness to those we contact are the first two steps in guaranteeing for ourselves the perfect day we want to have. We not only want it; we are doing something to secure it.

Of course, during the day there may be difficult decisions to make, exacting work to do, problems to face, patience and wisdom needed. All right! Everything required for all of these is at our disposal, ours for the asking. We are not expecting defeat; we are preparing for triumphant accomplishment. We cannot possibly look ahead and know what the day will bring forth; but we can fortify ourselves for it, assured of success, conquest, wisdom and Infinite guidance by quietly, trustfully and joyously asking and knowing that our prayer is immediately answered. It is utterly foolish to ask for Divine guidance ever so earnestly and then go on worrying. "Whatsoever you shall ask in prayer, believing, you shall receive," said Jesus. Well, we asked for Divine intelligence, skill and abundant supply for the day. Why not actually take Jesus' words at face value, knowing that we have what we claimed?

Now we are really ready to begin the day's activities, whatever they may be. Next we need to watch for chances to do or say something kindly and helpful, encouraging and appreciative, cheery and cordial. This is an important ingredient for the perfect day, so let us keep our eyes open. We cannot live solely unto ourselves; daily we contact others, with consequent opportunities to extend a cordial smile, friendly greeting, or helpful little service — anything which contributes to their mental or physical welfare. We step aside to permit someone, not so able physi-

cally, more easily to enter or leave the street-car; we assist the blind man across the street instead of leaving him to tap his white cane cautiously through traffic. We give a hand to the young mother with the clinging baby and the huge sack of groceries, or smile a "Thank you" to the driver who slams on his brakes to avoid striking us. We speak a word of praise to someone behind the counter or we use ten seconds of our precious time to exchange a cheery greeting with the elevator boy.

Not one of these detracts from our efficiency or wastes our time or energy, but how much they mean to others, and to ourselves as well!

Every hour of the day brings its quota of work and responsibility, but we can meet it because we made the right start by being glad; by claiming, accepting and expecting right outcomes; by making the day happier for others. This is the recipe for a perfect day. We need not wait until evening and then rejoice in the perfect ending; we can make the day perfect in the morning and keep it so seven days in the week and fifty-two weeks in the year. Let us train ourselves to say, "This is the morn of a perfect day," and then intelligently and happily go to work to insure its fulfillment. It is quite within our power to attract the happiness, success, joy and the "perfect day" we want. Let's!

Be Not Afraid

By CARRIE OWEN

YOU WILL never really *know* what you can do with your mind until you are in a tight spot and *have* to find out for yourself. When you feel that you have "come to the end of your rope," and that you *cannot* endure your hardships any longer, *then* is the time to act.

When things are coming easy for you and life looks rosy you are very apt to sit back and enjoy it all. But when you are broke and bills have to be paid or sickness moves in, *then* you start looking for a way out. That is the time, the very *best* time, to make your *thoughts* work for you.

When you are in this condition, you *know* what you need or want. You know it with all your heart and soul. There are no doubts flying through your mind as flies come through an open window. You have no time to waste. You must act *now* or never.

After you have once walked in this low valley and *thought* your way out, you will thank God for the experience. You will realize that for every valley you have trudged through there is a much higher land to explore — a land higher than you ever dreamed of before.

Life is a series of new experiences. Why not plan ahead and see yourself meeting them on the mountain tops instead of in a narrow sunless valley?

For as a man thinketh in his heart, so is he.

If you hit the bottom and give up and say, "What's the use?" there you are very apt to stay. But if you have an ounce of red blood in your veins and a fighting spirit you will say to yourself, "I will rise out of this!" And *nothing* on earth can stop you from doing just that.

Make a clear picture of your desire to carry along in your mind. Write down a simple statement of your wants and keep it handy where you can read it often. Then go ahead as if the problem were already solved.

Lock the door of your mind to doubts and fears. If you hear a fear thought knocking at the door, rush to meet it with *positive* knowledge that what you are working for will come to pass. You will find that fear thoughts are cowards. If they bump up against a desire that you persistently hold in your mind and *know* beyond a shadow of a doubt that it is coming to pass, they will fade away as an ice cube that has been dropped into boiling water.

* * *

I was in a hospital in a strange city without any of my family or friends within four hundred miles. The doctor explained about the serious operation that I must have in order to live. We set the date for it four days from that night. He left the room. I am just an ordinary human being. This was my first serious sickness and I knew nothing about surgery. Of course I was afraid! I felt *smothered* in fear. I wanted to *run* as you do on a dark night when you feel that someone is following you. But I *knew* that this was not the way out.

A thought sailed into my mind, "You can overcome anything, if you only want to hard enough." I got out of bed and walked over to the window. When I looked out I saw a tall fir tree waiting in the night. I thought, *be calm* like that tree. Think! What is it you want above all other things tonight? And the answer came crystal clear. *I want to banish this fear!*

I crawled back into bed and reached for pencil and paper. I wrote, "I know this operation must be done. I have perfect faith in my doctor. Therefore, *I am not afraid!*" Then I filled my mind with thoughts about back home when I was well and happy. I saw myself returning with perfect health and enjoying life to the fullest.

It was a fight but not a long one. You will be surprised how quick your thoughts will turn into action. On the morning of my operation I was actually happy. I was so busy thinking about what I would do when I got home that never once did I think about what they would be doing to me within the hour.

This is the working of a mighty law. It worked for me. *It will work for you.* Try it on your next problem and be convinced.

We need, each and all, to be needed,
To feel we have something to give
Towards soothing the moan of earth's hunger
And we know that then only we live
When we feed one another as we have been fed,
From the hand that gives body and spirit their bread.

— *Lucy Larcom*

Views and Reviews

By WILLIAM TOWNE

It Depends Upon What You WANT To Do

IT WAS Saturday night just before twilight. It was snowing. It was blowing. In fact, it seemed almost like a young blizzard. It was cold, too. My car had refused to start that morning — due to the cold. All day long I had been waiting to do the family shopping. And now, night was approaching. The men at the garage had all gone home except the foreman. He said no help for me until the next morning.

So I started out on foot to get the evening papers at the corner drug store and some groceries at George's little store opposite the Y.M.C.A. (George and his wife are always very nice to me. And they have two cats with whom I am on very friendly terms. So it is a pleasure to go there.)

Well, I had got less than a block away, wondering if I should go back or keep on, when I met a neighbor. He is old as the years go — 76. Yet there he was coming up the street, his eyes almost hidden by the driving, stinging snow which covered his face.

"Where's the bus?" he asked.

"Frozen up in the garage," I replied. "What are you doing out on a night like this?"

He went on to tell me that just three weeks before a car had backed into him and broken his leg. He had come home only a few days ago. Just as a side light, he added that the temperature in his room that morning had been 44.

"Not bad to sit around in," he commented. He continued with the information that walking made his leg "ache like the devil." (He had been all the way down town.) "But that doesn't do any harm," he concluded.

Well, sir, I felt ashamed as I continued on my short way. Here I was, in good health so far as I know, younger by years than this man, my legs sound, my heart good (I hope) and yet I was wondering if I could walk a few blocks on this snowy, blowy night.

You see, to a very great extent, man can do what he WANTS to do. My neighbor is of good old Yankee stock. He is somewhat of a stoic. Through rain and snow, through heat and cold, he goes his daily rounds without complaint. Always there is a good-natured joke or comment upon his tongue. But he keeps going all along the line.

You have heard of William James' explanation of the phenomenon known as "second wind." Something of the kind comes to the aid of the man or woman who is not afraid and who does not cringe before a little extra effort.

And best of all, the one who keeps on keeping on gets to really enjoy doing things — if he is sensible about his activities — sensible according to the best light of his own soul.

This experience of greater strength when needed comes to the person who

is not afraid, who faces life boldly and confidently.

It comes to the man who concentrates upon what he wants to do rather than upon the obstacles.

Above all, it comes to the one who lives earnestly and finds joy in so doing. For even a life filled with numberless responsibilities offers many opportunities for joy if one knows how to look for them and to use them with common sense and wisdom.

The important thing is not to lose sight of what you really WANT to do — not to allow yourself to be side-tracked by lesser issues.

INDIAN MAGIC PROVES MAN TO BE A TITAN

By D. R. LINSON

I WILL cite two instances to show that the Indian rope trick is not at all impossible.

The first case has to do with an incident that occurred at a dock in India a few years before the outbreak of World War II. On a merchant vessel that had just tied up to the dock, a yogi — one of the lower orders — was entertaining the crew and a few passengers who had formed about him in a semicircle. After doing several amazing tricks, he picked up an old tin can, showed that it was empty and then proceeded to extract gold coins from the can.

"That's a fraud!" one of the crew members protested, adding that if it was not, then the magician should permit him to withdraw the coins from the can. With a slow smile the magician invited the youth to inspect the can. Satisfied there was nothing inside the can, the magician then bade the seaman hold up his palm. When he did so, the magician turned over the can and a shower of tiny snakes cascaded into the sailor's hand!

Terrified, the sailor shook his hand free of the snakes and made a hasty departure. Actually, however, the snakes were not real. This was proven by the fact that others standing outside the semicircle, and on a hatch, above the magician and his spectators, *did not see the snakes*. Nor were any snakes found a few minutes later when the crew combed the deck, searching for the snakes. What occurred was that the magician projected a thought form between himself and his spectators. With his own mind he created this vision and then presented it to the atmosphere, so that those within a certain distance, looking upon this vision, believed it to be real.

In a similar way a magician recently horrified a young mother. In this case the mother and the baby's nurse were seated next to each other, the baby resting in the nurse's lap. Approaching the nurse, the magician uttered a few words and gestured, whereupon the child apparently left the lap of the nurse and levitated upward to a distance of about ten feet. There it hovered for a moment or so and then descended back to the nurse's lap.

The young mother then took to berating the nurse for letting go of the child. Almost hysterical with fear, she threatened to discharge the young nurse, who sat there flabbergasted. Because the fact was, she had

(*Please turn to page 28, col. 2*)

Success In Prayer

Edited by W. E. T.

NEAR DEATH, I PRAYED AND WAS SAVED FROM HARM

A HABIT of peacefulness in everyday life works wonders for day-by-day living. And in times of stress or peril that habit can work miracles. To talk peace, to want peace, or even to pray for peace on earth is of little avail if we are not at peace within ourselves. Discord and tension belong to the physical man. But peace is the attribute of the spiritual being.

Peacefulness within, *as a habit*, can change our whole life; can even save a life at times. I believe it did just this for me not long ago.

Let me state right here that peacefulness is *not* mere passiveness. It is *not* merely being submissive or inactive. Rather, peace is harmony within. It means that one is tranquil and calm at all times and under all circumstances.

For years I have made it a habit to repeat, morning and evening, and at moments of tension throughout the day, the little prayer that I memorized some years ago. It goes like this:

"Good is my help in every need,
Good does my every hunger feed.
Good walks beside me, guides the way,
Through every moment of the day.
I am now brave, I am now true
Patient, kind and loving too.
All things I am, can do and be
For Good is always here with me."

One day this summer, while driving my ancient Ford coupe along a dusty country lane, I came to a crossroads of the lane and the paved highway. It was about 4:30 in the afternoon and the sun was very bright and low in the afternoon sky. I had been driving east and wished to enter the highway turning to the right. About one hundred feet from the crossing the highway made a sharp curve, so that the highway and the lane ran almost parallel for some distance, with the river between. I stopped the car and tried to look both ways, but the brightness of the late sun was exactly in my eyes when I turned to the right, so that it was quite impossible to see anything at all.

I then put the car into low gear, and pulled slowly into the highway, turning right with the sun in my eyes. I heard no horn, no sound of a heavy truck. But suddenly I looked up and there, not ten feet away, was a huge yellow highway (State-owned) truck, pulling behind it an enormous trailer loaded with a large tractor, machinery, and all kinds of road equipment. The truck was coming at a terrific speed. Later, the driver admitted to sixty-five miles per hour. He was in the exact center of the narrow highway, and so was I! There was no help for it. The big double header truck and my little coupe were bound to hit, and hit hard! Accepting that fact instantly, I closed my eyes and repeated, "Good is my help in every need." I also remembered an old Indian trick I had once heard of when a child. I relaxed every muscle, as if falling asleep. I was under no tension. I was not consciously waiting for the impact, I was thinking of nothing but peace and calm. I had time to think only of the one line, the single thought. Yet I knew no fear, for I felt the utmost confidence that every-

thing would be all right.

And then a strange thing happened; a real miracle. The most impossible, one-in-a-million trick of fate saved me. The huge, heavily loaded truck struck the front end of the light car, lifted it by its front bumper, and rolled it on its hind wheels to one side and off the highway, released it, and stopped several feet beyond!

There had been no crash, no upset, practically no damage! When I opened my eyes, there I sat just as before, right side up, behind the wheel and totally unharmed; not a bump or bruise.

I climbed out and looked things over. There was nothing but a broken front bumper to show for the terrific encounter. A miracle for me if there ever was one! Even the patrolman who looked the situation over said it was next to impossible. I sincerely believe that if my reactions had been terror and fear, I might have been critically injured or killed. An attempt to jump or escape would most surely have resulted in disaster to me. I believe nothing could have been so effective as instant acceptance of the inevitable, complete relaxation and lack of fear.

The truck did not fare so well, but no one was hurt. The driver admitted he had not used his horn, for inasmuch as he could see me, he said, he supposed I could see him too. The highway was littered with so much machinery, and so soaked with gasoline from the tractors, that traffic was halted for almost two hours after I had left the scene, unscathed.

As long as I live I'll believe my life was saved that day by nothing else but my "peace within." — *R. E. S., Idaho.*

Indian Magic Proves Man to Be a Titan

(Continued from page 26)

never released her hold on the child. The child had never left her lap! And it was the mother who suffered the illusion in that the magician had merely impressed that thought upon her mind.

Tricks, you may say. But no mechanical tricks. And tricks which show the prodigious mentation of which the ordinary man is capable. To change the external world, to change and to affect reality as it exists about you with an act of thought, is not miraculous. It is merely to show that God has given you the power to change your conditions by the operation of mind over matter.

And I say "you," advisedly. Because God certainly has not singled out the adepts, the magicians and the yogis and conferred this power upon them exclusively. Not at all. In the first place, all men are essentially the same in that all men are composed of body, mind and soul. The only difference is that the adept and the spiritual person has taken it upon himself to develop not only his body, but first and foremost, his mind, his soul and his spirit.

WHEN WE are in the mood to do nothing but wait and see what will happen, we are sick. Our will is ill. Our vision is fading. We have given over our well-being to the false gods of chance. Nature has good intentions but it takes determination, responsibility and concentration to demonstrate any worthwhile vision. — *George C. Golden*

Elizabeth's Editorials

(Continued from page 7)

if he wants to. You will have plenty left — the right to smile and make light for instance.

Your common everyday rights that have to be fought for are probably not worth the bad habit that is being built up within you.

Let go all the rights you can in conscience and you will soon find that the other fellow is beginning to let go some of his rights too.

For fight begets fight.

Overcome fight with faith and kindness.

You can take all your true rights without talking.

You can't take your rights with your tongue. Be still and know that your best means of defense is that soft answer that turns away wrath.

GOD

By one great Heart, the universe is stirred;
By its strong pulse, stars climb the darkening blue;
It throbs in each fresh sunset's changing hue,
And thrills through low sweet song of every bird:

By It, the plunging blood reds all men's veins;
Joy feels that Heart against his rapturous own,
And on It, Sorrow breathes her sharpest groan;
It bounds through gladnesses and deepest pains.

'Tis felt in sunshine greening the soft sod,
In children's smiling, as in mother's tears;
And, for strange comfort, through the aching years,
Men's hungry souls have named that great Heart, God!

— *Margaret Deland*

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: "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. 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

To New Subscribers

SPECIAL INTRODUCTION OFFER

USE THIS COUPON and get NAUTILUS One Year and the new Wee-Book, YOU WERE CREATED FOR SUCCESS (by Ellsworth)—all for $2.00

(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 $2.00 for NAUTILUS one year and the book free, in accordance with your special offer to new subscribers.

Name.....

Address.....

Apr.



Wrinkles Destroy Loveliness

A FREE booklet sent in plain wrapper tells you how the famous Kathryn Murray 5-Minute Facial Exercises are the easy, natural way to regain young beauty. Simple exercises stimulate circulation; help to eliminate crow's feet, wrinkles, double chin and to make face and neck muscles firm. No straps! No massages! Many women say they look 10 years younger. Proved successful by over 36,000 women since 1912.

SEND NO MONEY

Write today for your FREE BOOKLET. Only a limited number on hand, so hurry. No obligation—no salesman will call.

KATHRYN MURRAY, INC.
Suite 435, 8 S. Michigan Avenue, Chicago 3

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.**

STUDY TO BE A DOCTOR

of Psychology or Metaphysics

Obtain a Ps.D., Ms.D., D.D., or Ph.D. degree. Be a Teacher, Lecturer or Accredited Practitioner. Teach others how to achieve Health, Happiness and Contentment. Chartered by State. Write for **FREE** book telling how. **THE NEOTARIAN COLLEGE OF PHILOSOPHY, 1212 Temple Building, Kansas City 6, Mo.**

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

BECOME A DOCTOR

OF PSYCHOLOGY OR METAPHYSICS

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

I HAVE no fear! what is in store for me
Shall find me self-reliant, undismayed.
God grant my only cowardice may be:
Afraid — to be afraid!

— *Everard Jack Appleton*

AUTO-BIOGRAPHY OF A YOGI



Paramhansa Yogananda

reveals for the first time the authentic, ever-interesting, memorable stories of the great masters.

"I am grateful to you for granting me some insight into this fascinating world." — *Thomas Mann.*

"A rare account."—*New York Times.*

$3.50 postpaid *500 pages*
32 pages of unusual photographs

Self-Realization Fellowship
Dept. 1A, 3880 San Rafael Avenue
Los Angeles 31, California

INVITING YOUR ANSWER

When was the need for an understanding of the principles and application of Divine Laws greater than now? The Law of Health, Success, Abundance are natural Laws, Nature is lavish, extravagant, the evidence is conclusive, there is health, success, abundance for all, and yet, only a few have found the source of supply. Why? The Key to this question is taught in six lessons. If you are interested, write for information. Address

G. G. LOWE, Ps.D., Ms.D., D.D.
Indianapolis, Indiana, Dept. A P. O. Box 746

HAVE YOU A FRIEND

who would appreciate reading Nautilus regularly? Why not send him a year's subscription?

A Doctor of Divinity writes us: "I read and re-read Nautilus in bed before I go to sleep. This practice has kept my faith in myself and in God. If I had not had this pleasure I would have an impoverished life and maybe (pardon me) gone 'nuts'." So you never can tell what good may come from passing on Nautilus to someone who will really read it. Will you do this — please? Send $2.00 for Nautilus one year (special rate to new subscribers) to be sent to someone whom you know will appreciate it? THANK YOU!

The Elizabeth Towne Co., Inc., Holyoke, Mass.

Was It Telepathic Influence?

A writer on TELEPATHY tells of a man who felt an unexplainable urge to go to a relative and offer help. He did not know WHY he went but *she* felt that she knew why he came. It was the result of telepathy, thought transference, or whatever you choose to call it, she believed, which she had consciously tried to use to win his help.

Mrs. Viola Gertrude Rich, educator and graduate of the University of California, has written a mighty interesting book upon the subject of Telepathy. Mrs. Rich spent much time in study and experimentation with this subject. Her book is called:

THOUGHT RADIO

It tells: How mental messages have been sent and received; how lost articles have been found; how to use thought force in business and much else upon the subject of telepathy.

If you wish to be informed upon many interesting features concerning Telepathy and to experiment with this strange phenomenon, send for a copy of Mrs. Rich's "*Thought Radio and Thought Transference.*" Paper bound. **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.

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

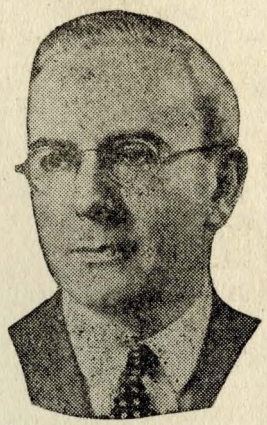
BY GENEVIEVE BEHREND

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

Now Again Under the HARPER Imprint



EMMET FOX's

THE SERMON ON THE MOUNT

A year-in, year-out best seller for more than a decade. Readers say it has accomplished "miracles" in their lives. $1.00

FIND AND USE YOUR INNER POWER

(formerly Sparks of Truth)

Start each day with one of the brief, to-the-point suggestions in this book — and you'll end it with peace of mind. $1.00

Some leading pamphlets

THE GOLDEN KEY
The spiritual way out of any difficulty 10c

THE SEVEN DAY MENTAL DIET
A unique method if you would change your whole life 10c

THE SEVEN MAIN ASPECTS OF GOD
What is God Like? How to pray 25c

Write for a complete list

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

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

Postage extra

Truth Healing Practitioners

MARY CARTER ALLEN, Box 219, Sulphur Rock, Arkansas. Daily prayer treatments for problems. Love Offering.

MARIE WINCHELL WALKER, M.D., 26 N. Second St., Alhambra, Calif. Letters and treatments. Letters $1.00.

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

ESTHER A. PAULUS, D.S.B., 249 North Larchmont Blvd., Los Angeles 4, Calif., Metaphysical Practitioner. Treatments and letter instruction. Love offering.

ESTHER SWANN, 1442 Constance Street, Los Angeles, Calif. Prayer, Personal Letters. Love Offering.

ETHEL B. LLOYD. Practitioner. **1703 Washington Ave., Santa Monica, Calif.**

BEATRICE S. HYATT, 1403 S. Carolina Ave., S. E., Washington, D. C. Metaphysical Practitioner and Teacher. Daily Treatments with Personal Correspondence, $2.00 Month.

CARMEN SHEPHERD, Ms.D., Ps.D. Metaphysician, teacher. Offering. **3015 S.W. 19 St., Miami, Fla.**

REV. CLARENCE GORGAS, LL.B., Ps.D., D.D. Healing. **3615 Ellis Park, Chicago, Ill.** No interviews.

JANE H. THORNBORROW, Ms.D., 1727 Price St., Rockford, Illinois. Healing treatments. No interviews. Love offering.

PERSONAL ADVICE and instruction by correspondence. Treatments. Letters $1.00. **JAMES HUNTINGTON, 444 St. James Place, Chicago 14, Illinois.**

MONEY TREATMENT, $1.03. **DR. A. A. RANDALL, 4815 Elm St., Skokie, Ill.**

THERESA SEDLACZEK, Ps.D., 337 East Gray St., Louisville 2, Ky. Healer, Counselor. Letter instructions, treatments. $2.00 per week.

LETTER INSTRUCTION. Treatments. **Annie S. Greenwood, D.S.D., 2003 Aldrich Ave. So., Minneapolis, Minn.**

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

DAILY HEALING TREATMENTS. Interviews — offering. **Dr. William Pelly, 353 Richmond Ave., Buffalo 13, N. Y.**

MRS. DALE SOUTHWORTH, Ps.D., Ms.D., Cheshildale Place, Medina, N. Y. Instruction by mail. Free Will Offering.

HENRIETTA LEE, Metaphysician, Teacher. Treatments $1.00 weekly. Letter Instruction. **349 West 58th St., New York City 19.**

SPIRITUAL SCIENCE PRACTITIONER. $3 Weekly. **R. Earl Toomey, P. O. Box 2389, Portland 14, Ore.**

LINDA B. HUBER, D.D., Ms.D., Elizabethtown, Pa. Healing treatments, two daily. Two Dollars monthly.

DR. RAFAEL PEREZ MERI, Ms.D., Ps.D., Box 5312, Puerta de Tierra, Puerto Rico, U.S.A. Counselor. Metaphysical treatments and teachings; personal correspondence. Write by Air Mail. Free will offering.

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

ALBERTA HILANDS, Metaphysician. **Rock River, Wyoming.** Treatments. Advice $1.00.

SPRING

The robin chants when the thrush is dumb,
Snow smooths a bed for the clover,
Life flames anew, and days to come
Are sweet as the days that are over.

The tide that ebbs by the moon flows back,
Faith builds on the ruins of sorrow,
The halcyon flutters in winter's track,
And night makes way for the morrow.

And ever a strain, of joys the sum,
Sings on in the heart of the lover —
In death sings on — that days to come
Are sweet as the days that are over!

— *Florence Earle Coates*

It is only a poor sort of happiness that could ever come by caring very much about our own narrow pleasures. We can only have the highest happiness by having wide thoughts, and much feeling for the rest of the world, as well as ourselves; and this sort of happiness often brings so much pain with it that we can only tell it from pain by its being what we would choose before everything else, because our souls see it is good.

— *George Eliot*

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)

BIRMINGHAM, Ala. — Institute of Metaphysics, Church of Scientific Truth, 1828½ North 3rd Ave., Rm. 208. Dr. J. T. Ferguson, Pastor. (M)

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

BOSTON, Mass. — Boston Home of Truth, 175 Commonwealth Ave., Eleanor Mel, Leader. (M)
— The Metaphysical Club, Room 214–220 Nottingham Bldg., 25 Huntington Ave. Mrs. Sara B. Aldrich, Pres.

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

BUFFALO, N. Y. — Buffalo Unity Society, Room 4, Hotel Statler, Dr. Gladys Goin Lent, 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)
Progressive New Thought Center, Inc., 3311 W. North Ave. Dr. McDonald, Pres. (M)

CHICAGO, Ill. — Metaphysical Library and Book Shop, 64 West Randolph St., Room 713, R. C. Spaulding, Director.

CHICAGO 18, Ill. — 2253 W. Cullom Ave. B. M. Von Holzer.

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

CINCINNATI, Ohio. — New Thought, Temple of McMillan at Woodburn. E. V. Ingraham, 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 B. Anthony, Leader. (M)

COLUMBUS 3, Ohio. — Phone un. 6139. Bryan Cotterman.

DALLAS, Texas. — Unity Center, Church of Practical Christianity, 2030 Commerce St. Ruth D. Gillespie, Minister. (M)
— Universal Truth Center, 1612 Bryan Street. Mrs. M. L. Hursey, Minister. (M)
— Science of Mind, 1119 Liberty Bank Bldg. Mrs. Freeman, Leader. (M)

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

DECATUR, Ill. — Decatur Unity Center, 317 West Decatur St., Rev. Maud Kellogg, Minister. (M)

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

DES MOINES, Iowa. — Science of Truth Center, 1416 Buchanan St. Theresa May Meeks, Leader.

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

EL PASO, Texas. — New Thought Society, 163 South Maryland Road, Lower Valley. Louise P. Morgan, Leader.

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

FT. LAUDERDALE, Fla. — Truth Center Reading Room, 16 S.W. River Drive. Frances Jarrell, Leader. (M)

FORT WORTH, Texas. — Christ Truth League, 903 Dan Waggoner Bldg. Nell Truesdell, Leader. (M)

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

HOUSTON, Texas. — 1910 Jean Street, Lavonia Eminian, Leader. (M)

INDIANAPOLIS, Ind. — Unity Truth Center, Claypool Hotel, Lobby Floor. Margaret Strahle, Leader. (M)
— Unity Prayer Group, 8 E. Market St. Rev. Frederick Elias Andrews, 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. — Truth Center, 1195 East 55th Street, Dr. Lucy Johnson. (M)

LOS ANGELES, Calif. — The Church of Light, 2337 Coral St. (M)

MIAMI, Fla. — Miami Truth Center, 34 West Flagler Street. Larned Brown Hill, Director. (M)

MILWAUKEE, Wisc. — The First Church of Divine Science and Reading Room, 2211 North 18th St., Clara B. Letsch, D.S.D., Minister.

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)

MOBILE, Ala. — Universal Ontological Assn., 250 Monroe St. Nadie S. Howell, Ph.D., Leader. (M)

NEW YORK CITY. — Center of Divine Freedom, 201 West 79 St. (Room 902) New York. Lily Manierre, Leader. (M)
— 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.

NEW YORK CITY. — The Psychic Book Center, 127 East 39th St., New York 16, New York, Adrian Wynnobel, Mgr.

NEW YORK, New York. — Church of Religious Science, 117 West 58th St. Dr. Raymond C. Barker, Minister. (M)
— Church of the Inner Light, Rm. 703, Steinway Hall, 113 West 57th St. Dr. S. R. Mandal, Leader. (M)

PEORIA, Ill. — Unity Center of Peoria, 501 Central National Bank Bldg. Rev. Mathilda McNemar, Minister. (M)

PHILADELPHIA, Pa. — Chapel of Truth, North American Bldg., 117 S. Broad St. (M)

PHOENIX, Ariz. — Unity Truth Center, 634 N. First Ave. Mrs. Myrtle E. Cate, Director. (M)

PITTSBURGH, Pa. — Unity Center of Pittsburgh, Hardy & Hayes Bldg., Oliver Ave. Dr. Edward E. Robinson, Leader. (M)

PORTLAND 4, Ore. — Metaphysical Library, 503 Guardian Bldg. James E. Dodds. (M)

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

RENO, Nev. — Reno Unity Center, 847 University Ave. Dr. Robert W. Caswell, Leader. (M)

ROCHESTER, N. Y. — Church of Religious Science. 29 Gibbs St. Rev. Joseph Murphy, Minister-Director. (M)

SACRAMENTO, Calif. — Unity Center, I. O. O. F. Bldg., 9th and K St. Naomi J. Anderson, Leader. (M)
— Church of Truth, Tuesday Club House 2722 L St Rev. V. Manley Ayers, Pastor.

SAN ANTONIO, Texas. — Institute of Revealed Science, 409–10 Ogilvie Bldg., 211 No. Alamo.
— New Thought Center, 720 Aganier. Mary A. Rankin, Leader.

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)

SEATTLE, Wash. — Truth Center, 9511 Rainier Ave. Estella MacPherson, Leader. (M)
Church of Divine Truth, 306 Palomar Bldg. Dr. Arthur Jay Green, Dean. (M)

SPOKANE, Wash. — Metaphysical Book Shop, Rm. 25, W. 819½ 1st Ave. Free Reading Room. (M)

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

SYRACUSE, N. Y. — Unity Church of Truth, 110 Onondaga Ave. Rev. Mae G. Lundahl, Leader.

TACOMA, Wash. — Truth Temple, 902½ North 2nd St. Dr. Morrison P. Helling, Pastor. (M)

TIOGA, Texas. — New Thought Center, Dr. Richard E. Gollhofer.

WICHITA 8, Kansas. — Wichita Unity Center, 3241 Victor St. Carl Moran, Leader. (M)

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

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.

THOUGHT FORCE FOR SUCCESS. Elizabeth Towne. Paper; price 25c.

YOURS FOR ACHIEVEMENT. Godin Greene. Price 55c.

THE BOOK THAT HAS HELPED MOST IN BUSINESS. By "A Doctor of Human Nature." Price 25c.

MAKING MONEY: How to Grow Success. Elizabeth Towne. Paper, 71 pgs.; price 55c.

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.

WHAT MAKES MEN SUCCEED? Robert C. Harris. Paper; price 55c.

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.

THE HEALING TRUTH YOU WANT TO KNOW. Vivian May Williams. Paper; price 55c.

THE LIFE POWER AND HOW TO USE IT. Elizabeth Towne. Price $1.60.

Personality

FASCINATING PERSONALITY. J. I. Billman. Price 55c.

HOW I ELIMINATED FEAR. George Wharton James. Price 25c.

Effectual Prayer

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 Books

MIND SURGERY. Daniel Boone Herring. Cloth; price $1.50.

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.

YOUR MIND AND HOW TO USE IT. Wm. Walker Atkinson. Price $1.60.

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.

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 WAY 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

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.