

THE NAUTILUS

October, 1909

We want
A World-Agreement
For Peace
And Disarmament.

We want our war fleets
turned into Public
Schools for Foreign
Travel;

Students to be chosen by
merit from all the High
School graduates of the
land.

We want these things.

We believe in them.

We speak the Word for
them.

We pray for them
and work for them.

—Elizabeth Towne.

Published by
ELIZABETH TOWNE,
HOLYOKE, MASS.

THE NAUTILUS.

The Greatest Bargain Ever Offered



50 CENTS Secures this Great Reference Library

This magnificent reference work, costing three-quarters of a million dollars to produce, is a dictionary and encyclopedia combined. In fullness of definitions, number of words defined and accuracy, it is superior to reference works selling for five times its price. It has been recently revised and enlarged by a staff of American editors. Its five big volumes contain an inexhaustible mine of information on every subject, defining 250,000 words. Our bargain offer takes off two-thirds the price, and we pass the work on to you at less than one-third the price of any other first-class reference work. We send the complete set to your home for examination without charge, and if you decide to keep it, a first payment of 50 cents secures the set.

\$5.00 Atlas FREE

The Modern Atlas of the World sells regularly for \$5.00. It contains more than 100 maps in colors. There is a map of each state, territory and country. It gives the population of all cities of importance. This invaluable Atlas is bound in red cloth and is 10 x 13 inches in size. We will send it to you, absolutely free, if your order for the Encyclopedic Dictionary is received at once.

Free for Examination If you reply at once, we will send you a complete set at once, all express charges prepaid for examination. And we will also send, absolutely free of charge, the Modern Atlas of the World. If you like the books and the Atlas you can pay for the Dictionary in little monthly payments. If you don't like them, return them to us and we will pay return charges.

Half Leather Binding

Mail the Coupon Today

This is only a limited edition, and will not last long. You must reply promptly to take advantage of the bargain.

THE WERNER COMPANY, Akron, O.

Five Massive Volumes

There are five volumes, each one foot tall, and strongly and handsomely bound in three styles of binding. The set contains 5,000 pages and thousands of illustrations. It is up-to-date in every particular. It is absolutely reliable; the names of its editors are among the greatest in every field of research. As a dictionary, it defines 25,000 more words than any other dictionary. As an encyclopedia, it treats 50,000 subjects, covering the whole field of human knowledge.

MARK AND MAIL THIS COUPON

The Werner Company, Akron, O.

You may send me on approval for 30 days one set of the AMERICAN ENCYCLOPEDIA DICTIONARY, bound in the style indicated by having the "X" beside.

Full Sheep Binding. Regular price \$64.00. I will pay for the same, if I decide to keep the books, as follows: 50 cents after I examine them and \$2.00 a month until your special price of \$25.00 is paid.

Half Morocco Binding. Regular price \$56.00. I will pay for the same, if I decide to keep the books, as follows: 50 cents after I examine them and \$1.50 per month until your special price of \$20.00 is paid.

Library Cloth Binding. Regular price \$40.00. I will pay for the same, if I decide to keep the books, as follows: 50 cents after I examine them and \$1.25 a month until your special price of \$26.50 is paid.

You are to send the set of five volumes and the Atlas of the World, delivery charges paid. If not satisfactory, I will return books and Atlas within 10 days after delivery, at your expense for return charges.

Nautilus

Name

Address

State

THE NAUTILUS

October, 1909

We want
A World-Agreement
For Peace
And Disarmament.

We want our war fleets
turned into Public
Schools for Foreign
Travel;

Students to be chosen by
merit from all the High
School graduates of the
land.

We want these things.

We believe in them.

We speak the Word for
them.

We pray for them
and work for them.

—Elizabeth Towne.

Published by
ELIZABETH TOWNE,
HOLYOKE, MASS.

NEW THOUGHT CENTERS.

Following is a list of New Thought centers, reading rooms, bookstores, etc., where New Thought publications may be found, and where visitors are always welcome.

- ASPEN, COLO.**—Matilda L. Ross, 116 East Cooper Avenue.
- BOSTON, MASS.**—The Metaphysical Club, 211 Huntington Chambers, 30 Huntington avenue.
- BOSTON, MASS.**—The Scholar Business Building Service, 101 Tremont street.
- BOSTON, Mass.**—Smith and McCance, 38 Bromfield St.
- BRUNSWICK, O.**—Co-operative Book and Subscription Agency, R. 3.
- BATTLE CREEK, Mich.**—Philas Champagne, care Macfadden Sanatorium.
- CHICAGO, Ill.**—The Progressive Thinker, 40 Loomis street.
- CHICAGO, Ill.**—The Progress Co., 515-519 Rand-McNally Building.
- CHRISTCHURCH, New Zealand**—Ida M. Bruges, Fendalton.
- DENVER, Col.**—Dr. Alexander J. McI. Tyndall, 526 14th street.
- FRESNO, CAL.**—Mrs. L. F. Sanders, 944 O. street.
- SANTA BARBARA, Cal.**—Ramona Book Store, J. M. Barbour, Prop., 707 State street.
- HELENA, MONT.**—Mrs. S. J. Rumans, 1051 N. Ewing street.
- KINGSTON, JAMAICA, B. W. I.**—Hale's Popular Variety, 51 Luke Lane.
- LONDON, England**—Higher Thought Center, 10 Cheniston Gardens, W.
- LONDON, England**—L. N. Fowler & Co., 7 Imperial avenue, E. C.
- LOS ANGELES, Cal.**—Metaphysical Library, 611 Grant Bldg., 355 South Broadway.
- LOS ANGELES, Cal.**—Occult Book Co., 213 Mercantile Place.
- MELBOURNE, Australia**—Miss E. R. Hinge, 178 Little Lorne street.
- NEW YORK CITY**—New Thought College Free Reading Room, 1 Carnegie Hall, ground floor.
- NEW YORK CITY**—Roger Bros., 429 Sixth avenue.
- OAKLAND, Cal.**—Rest Reading Rooms, 719 14th street.
- PITTSBURG, Pa.**—Dr. H. Lewis Belknap, 813 Wood street, second floor Wilkesburg Station, P. O. Box 174.
- PORTLAND, Ore.**—W. E. Jones, 291 Alder street.
- PROVIDENCE, R. I.**—S. C. Dunham, 104 Olney street.
- RICHMOND, Va.**—M. E. Davison, 1002 E. Clay street.
- SPOKANE, Wash.**—Spokane Book and Stationery Company, 114 South Post street.
- ST. LOUIS, Mo.**—H. H. Schroeder, 3537 Crittenden street. German publications a specialty.
- ST. PAUL, Minn.**—Ida Willis Goldsmith, 419 Iglehart street.
- SAN DIEGO, Cal.**—Loring & Co., 762-766 Fifth street.
- SAN FRANCISCO, Cal.**—Olivia Kingsland, corner Haight and Devisadero.
- SAN FRANCISCO, Cal.**—Occult Book Co., 1141 Polk street, near Sutter.
- SEATTLE, Wash.**—Thomas A. Barnes & Co., 1325 Third avenue.
- SEATTLE, Wash.**—W. H. Wilson & Co., 903 Pike street.
- SPRING VALLEY, Minn.**—Mrs. Rose Howe, Box 165.
- SYDNEY, Australia**—Progressive Thought Library Co., 5 Moore street.
- TOLEDO, Ohio**—Progressive Book Co., 417 Adams street.
- TOLEDO, Ohio**—Mrs. Anna L. Stoeckly, 622 Navarre avenue E.
- TORONTO, Can.**—W. H. Evans, 488 College street.
- VALAPARAISO, CHILE, S. A.**—Georgina Hammer-ton, Carilla, 271 P. O. B.
- WASHINGTON, D. C.**—Oriental Esoteric Center, 1443 O street, N. W.
- WILLIMANSETT, Mass.**—Mrs. S. A. Emerson, 30 Emerson street.
- WINNIPEG, Man., Can.**—Prof. R. M. Mobius, 494½ Main street, Suite 1.
- WIMBLEDON, S. W., England**—Power Book Co.
- YOUNGSTOWN, O.**—Flora G. Whiteside, 108 West Wood street.
- THE AMERICAN NEWS COMPANY**, through its various branches, supplies *The Nautilus* on a returnable basis to all newsdealers who request it. If your newsdealer hasn't it on sale please suggest that he request his branch to supply him.

LIST OF BOOKS

BY ELIZABETH TOWNE.

PRACTICAL METHODS FOR SELF-DEVELOPMENT, SPIRITUAL, MENTAL, PHYSICAL.

160 pages on antique paper, new half-tone of the author; well bound in cloth; price \$1.00.

THE LIFE POWER AND HOW TO USE IT.

176 pages, well bound in vellum cloth, with autograph picture of author. Latest book by Elizabeth Towne. Price \$1.00.

JOY PHILOSOPHY.

75 large pages, bound in purple silk cloth stamped in gold; price \$1.00.

YOU AND YOUR FORCES, or The Constitution of Man.

15 chapters, green and gold, flexible cover, half-tone of the author; price 50 cents. "Full of thought starters." "In many respects the most remarkable book I ever read."

HOW TO GROW SUCCESS.

71 pages, strong paper cover, picture of author; price 50 cents. "A well of information and help."

EXPERIENCES IN SELF-HEALING.

A Spiritual autobiography and guide to realization, intensely alive and helpful; price 50 cents. "A book of strong common sense, lighting up what to many is a path of fear and mystery."

HAPPINESS AND MARRIAGE.

Treats of the everyday problems of married life and tells how to solve them successfully. 80 pages, heavy paper covers, picture of author; price 50 cents.

JUST HOW TO WAKE THE SOLAR PLEXUS.

Paper bound; price 25 cents. German translation by Bondegger, price 30 cents. "It contains a FORTUNE in value." "Breathing exercises of great value." "Not only the key, but explicit method."

JUST HOW TO CONCENTRATE.

Paper; price 25 cents. "A bugle call to those who sleep." "A power and an inspiration." "So helpful."

HOW TO TRAIN CHILDREN AND PARENTS.

Paper; price 25 cents. German translation by Bondegger, 30 cents. "It is great! Every father and mother should have it."

JUST HOW TO COOK MEALS WITHOUT MEAT.

Paper; price 25 cents.

HEALTH AND WEALTH FROM WITHIN.

By William E. Towne.

Cloth bound, half-tone of author, 156 pages. Price \$1.00 postpaid.

PROSPERITY THROUGH THOUGHT FORCE.

By Bruce McClelland.

Cloth bound, half-tone of author, 160 pages; price \$1.00.

PSYCHICOM, or Soul-Sleep, by Helen Rhodes.

New light on self-development. Practical and helpful. Cloth bound. Price \$1.00. Selling like hot cakes!

THE STORY OF A LITERARY CAREER, by Ella Wheeler Wilcox.

This book contains a foreword by Elizabeth Towne, who publishes it; and a supplementary chapter by Ella Giles Ruddy. Beautifully printed and bound in heavy paper, with illustrations. Price 50 cents.

NEW THOUGHT PASTELS.

A volume of the latest and some of the best of Ella Wheeler Wilcox's beautiful poems. Paper, 50 cents; silk cloth bound, price 90 cents, postpaid.

THROUGH SILENCE TO REALIZATION.

This is the latest book by Floyd B. Wilson, author of "Paths to Power," etc. Handsomely bound, green and gold, 200 pages, price \$1.00.

NEW SCIENCE OF LIVING AND HEALING, by Wallace D. Wattles.

Ninety-six pages, heavy paper binding; price 50 cents.

THE EVERY DAY BOOK.

Compiled and portions of it written by Suzanne Wardlaw.

A "birthday book," "year book" and "every day book" combined. Gives zodiacal sign, precious stones, colors, flowers, musical composers, and special sentiment for every month, with appropriate quotation for each day of the year. A little beauty, heavy finished paper, rich red silk cloth stamped in white leaf, 130 pages, and blank pages for further sentiments. Size 4½x8 inches. Price \$1.10 postpaid.

Any of these books sent postpaid on receipt of price. Order of

ELIZABETH TOWNE, Holyoke, Mass.

Nautilus News.

BY THE EDITORS.

"The City Shadow."

ter!

Although Sinclair Lewis is still in his twenties, he has had a large amount of the wanderings and experiences which appertain to the new school of American writers. He is a graduate of Yale, where he was an editor of the *Yale Literary Magazine*. During his college vacations, he twice crossed the Atlantic in the forecables of cattle ships. On one occasion he was "broke" in Liverpool, and had to sleep in stables and "four p'ny lodging houses." While in college he specialized in literature. After graduation he went into newspaper work, doing reporting and editorial work for a number of newspapers. He was the assistant editor of *Transatlantic Tales Magazine*, of New York, during 1907. Later he became an investigator for the Joint Application Bureau of the Charity Organization Society of New York. His experience on cattle ships, a steamer voyage to Panama, and various like excursions into the realm of the "down and out," together with his work for the organized charity are reflected in the descriptions of the temporary poverty of the principal characters in "The City Shadow."

Mr. Lewis has been particularly interested in institutions and things which decline to remain under the yoke of the Old Conventionism. He was a member of the "Helicon Hall" colony which included among its famous members: Upton Sinclair, Grace MacGowan Cooke, Alice MacGowan, Allan Updegraff, Professor Montagu, of Columbia, and others who, although commonly reported by the newspapers as primarily interested in Socialism, had actually a broad interest in all the manifestations of the modern spirit.

He has published verse, short stories and humorous matter in a large number of magazines, including *Century*, *Red Book*, *Smart Set*, *Woman's Home Companion*, *Life*, *Puck*, *Judge*, *Circle*, *Housekeeper*, *New England*, *Open Court*, *Pacific Monthly*, *Youth's Companion Reader*, *New Age*, *Overland Monthly*, and others.

"The City Shadow" brings out well some of the chief problems of the new thought. The life of Now, of the great metropolis of New York, is presented in detail to give a picture which appears real. And the characters of the principles are carefully outlined, that they may appear actual folk, not the lay figures on which are hung the conventional emotions of the typical, essentially unrealistic, love story.

It may seem to the reader at first, that the characters of "The City Shadow" are but kindergartners in thought. The average reader won't be very far wrong, for it is only by be-

(Continued on Page 2.)

In this number is the first instalment of Sinclair Lewis' new serial. You will like the second instalment still better!

Doremus & Company's

Special Quality

FINE OLIVE OIL

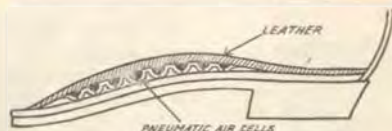
Pure and Genuine

Selected and Imported by us exclusively for its medicinal and food values. Nature's own remedy for Stomach Trouble and Constipation. A spoonful before meals and retiring will relieve the most obstinate cases. Edgar Wallace Conable in August, 1909, *NAUTILUS* says, "Olive Oil is a splendid food and supplies all the fat the body needs." Unsurpassed as a food dressing—particularly salads. Large bottle or quart can \$1.00. Trial bottle 20 cents postpaid. Correspondence invited. Write

DOREMUS & CO., Importers, 111 Sullivan St., New York

Our pure OLIVE OIL SOAP will be found a delightful innovation for the toilet and bath.

10 cents per cake unscented, 20 cents and upwards scented.

EASE YOUR FEET

Tired, aching feet and limbs, lameness, weak instep and rheumatic pains, instantly and permanently cured by wearing **BULLARD'S PERFECTION ARCH CUSHIONS**. They are light, soft, flexible and comfortable. They remove all muscular strain from the arch—equalize the weight of the body—and enable you to stand or walk all day without fatigue or pain. Price, 50c per pair, by mail. Give size of shoe. Money back if not satisfactory. A fine proposition for good live agents. Write for particulars and free booklet. **BULLARD MFG. CO., 129 Summer St., Boston.**

Make \$10,000 A Year In The New Profession

The most remarkable system of drugless healing ever discovered is the Howard System of Physiological Adjustment. It finally solves the cause of all diseases and their permanent and prompt cure. If you will study and practice this new

Howard System of Drugless Healing

you can earn from \$50 to \$100 a week. It is a new profession, the field is world-wide, sufferers are tired of drugs, and the demand for Howard System operators far exceeds the supply. It enables you to detect disease at once, know the cause and remove it. It will make you financially independent.

**Makes \$574.50 In First 60 Days**

Dr. Walter says: "I took in \$100 the first month after graduating, and \$474.50 the second, and \$500 the third month."

This new system is based on unchangeable, natural laws. Its results are positive. It is so simple that anyone with ordinary intelligence can learn it quickly. If you cannot attend our school in Chicago, we teach you the full course at home.

You Can Learn It In Your Spare Time

You receive the personal attention of the entire faculty. Be a Howard System graduate and you will achieve honor and reputation in your community. Don't hesitate about your career—the Howard System awaits you. Besides, you

Make Money By It, While You Learn

Write for our free book "How To Learn Chiropractic," together with proof of graduates' wonderful successes, and our special scholarship offer to the first student in your town.

NATIONAL SCHOOL OF CHIROPRACTIC
1732 W. Congress St., Dept. B4 Chicago, Ill.

(Continued from Page 1.)

ginning his characters on a low plane of accomplishment that their progression can be shown. The critics and teachers of rhetoric are fond of symbolizing a novel by an angle; the characters not moving on a single plane, but, with the progress of the story, either rising to heights, or first sinking and then rising. Again, the circle which figures in so much of the mystic symbolology is used to indicate the manner in which the story must be a perfect whole. If our new serial is studied, in it will be seen the occult signification of these symbols, as the characters follow the lines of the circle; rising to the top in their love, then on the down curve of the circle as difficulties beset them; then finally rising again with their subconscious mind-entities trained, and circumstances yielding to their conquest.

Our Nautilus New Year.

What ho for Vol. XII! This number of *The Nautilus* closes eleven years of steady publication. Not a number

missed, no changing hands; just a steady growing in purpose and in quality. And now for Vol. XII, and more growing for all of us.

The number 12 resolves to 3 and stands for "healing the sick and blessing the world." Our purpose is to heal and bless more and yet more.

Will you help?—with Good Will, Love, suggestions, subscriptions! A magazine is a collaboration—let's all collab!—you in your little corner and me in mine.

What can YOU do?

First, read my "Prophecy" for Vol. XII, on pages 6 and 7.

Second, fill out the "What-do-you-think" ballot on page 57, and send it to me.

Third, enclose with it a dollar for that special offer on page 73.

Fourth, make good missionary use of your extra copies of *Nautilus* and ask your acquaintances to subscribe!

Fifth, smile!

Next!

For our November number of *Nautilus*—the first number of the twelfth year!—we have

some specially good things. Just a few—

Read Wallace D. Wattles on "Constructive Speech" and you will catch a new view of the "idle words" and how to transmute the judgment to come!

Read the first of Dr. Julia Seton Sears' series on "Cosmic Therapeutics" and you will be eager for the balance.

If you are a woman you will be delighted with Adelaide Keen's "Habit of Charm and Fascination." If you are a man you may see a light!

Be you man or woman you will enjoy what Thomas Dreier has to say on business principle and practice, and you will appreciate and smile over Frank Andrews Fall's "Karma on the Job."

My editorials will include some new views

of happiness, what it is and how to tap the source.

There will be some surprises in our November number—be on the lookout!

To You!

Oh, yes, this is something still better you can do for us and we for you and your

friends!

Send us \$2.00 for three one-year subscriptions to *The Nautilus*. At least two of these subscriptions to go to new subscribers, and no two to one address.

This is our regular Christmas offer, and this year we are beginning it a month early.

Think what it would mean if every *Nautilus* subscriber took advantage of this offer! Oh, won't you do it, please?

Why we could give you several surprises quick! Things you'd like and we've wanted a long time. Do it. Do it!

Send us more than a \$2.00 subscription order apiece—you may have additional subscriptions, for new subscribers, at 65 cents each; and you may have ten new subscriptions, to ten different addresses, for \$5.00. Do it, friends and see what happens!

Other Changes in the Office.

We lost another girl by marriage, too. Grace Hunter, who has been our very efficient secretary of the advertising

department, is now Mrs. Tracy, of Hartford, Conn. She was married in April, and very kindly came back to keep things going right until our return. She has initiated Frances Walsh for this work, who bids fair to be equally as efficient.

And we lost a third girl by marriage!—the marriage of her sister. Her sister, Flora Schmidt was in our office a year or two, then left for a better paying place in a mill office, near home. Wilma Schmidt was with us two Christmases, and followed her sister into that same position! So Edith Southwell, her understudy, succeeds Wilma as head stenographer in the main office.

We have understudies for everybody, so vacations and changes cause almost no disturbance. Mr. Kaufman, our new manager, says he thinks it a wonder that a business should be so well organized that a girl like Leila, a right hand for six years, could step out and cause not a ripple or a hitch. And even a new manager came in just six days before we left on that three months' trip, and yet *Nautilus* kept sailing right along without a mishap! (A well organized printing plant helped!)

When somebody asked Philip Armour where he got his smart heads of departments he replied, "We raise 'em!"

As soon as we got home we advertised for another girl or two to get in line for raising. We had an unusual number of very promising applicants. I wondered why, until one pretty girl naively remarked: "Two of your girls just left to get married, didn't they?"

With 76,000 odd females in Massachusetts no wonder the girls hope matrimony is catching.

NATUR VIGOR

The IDEAL HEALTH DRINK

Composed of THREE OF THE FINEST COFFEES IN THE WORLD (after the Poisonous Caffeine has been taken out by electricity). These are blended with WHEAT, RYE, BARLEY, OATS AND SALT so to extract the natural healing, invigorating and nerve-quieting virtues, thus making the most healthful beverage known to science.

Price, 30 cents per Pound.
10 lbs. for \$2.50, F. O. B.

AGENTS WANTED EVERYWHERE

Send a dime for a sample right away;
Health improves as you drink it day by day.
You will sleep sound as a top
And feel strong as any "cop,"
When your table has on top

!!!!NATUR-VIGOR!!!!

Prominent physicians recommend it to persons suffering from NERVE or STOMACH TROUBLES and INSOMNIA.

It is NOT AN INSIPID DRINK like many of the Coffee Substitutes, but has the NATURAL COFFEE TASTE and ODOR, WITHOUT ITS DELETERIOUS EFFECTS.

MODIFIED COFFEE CO.

1612 McKeen Street, : : Philadelphia, Pa.

Guaranteed by Modified Coffee Co., under the Pure Food and Drugs Act, June 30, 1906. Serial No. 27,045.

THE BERKSHIRE BODY BRACE

(Patent applied for.)



The most comfortable garment of its kind invented. It positively has no equal. It prevents curvature of the spine, straightens round shoulders, thereby compelling deep and proper breathing—an essential to good health. It is pliable, weighs four ounces, made of fine washable material, fits figure perfectly, covers



ridge made by corset and gives smooth back.

The Berkshire Body Brace with garter supporter is easily adjusted—the side straps are elastic. It is of especial value to women who cannot wear corsets.

We Guarantee Entire Satisfaction or money refunded after ONE WEEK if returned unsoiled.



PRICE OF BRACE, \$2.00. PRICE, WITH GARTER SUPPORTER, \$2.50. (POSTPAID TO ANY ADDRESS.)

When ordering give measure from center underarm, round back to center of other underarm; from armpit to waistline; height; waist measure. State whether male or female. Ladies' brace with or without garter supporter.

THE BERKSHIRE BRACE CO., BOX 1248, PITTSFIELD, MASS.

MRS. GERVAISE GRAHAM

MRS. GRAHAM'S QUICK HAIR RESTORER

Restores Gray Hair

to its original color in ten days, making it glossy and beautiful. (For brown, dark-brown or black hair not more than one-third gray.) Absolutely harmless. Price \$1.00. At all druggists or by express prepaid upon receipt of price by manufacturer. Send ten cents for trial bottle and booklet "About the Hair" to

Mrs. Gervaise Graham,
1475 Michigan Ave., Chicago, Ill.
(McEason & Robbins, Eastern Wholesale Agts., New York)

YOU WILL NOT DIE!



If you were convinced of this truth would you not plan your life more carefully and cultivate a nobler aim? Will it be heaven or hell to

live with your own memory for an indefinite time after laying aside the garment of flesh?

If you knew would you not begin now to cultivate those qualities of character from which happiness springs?

Health has been restored to the sorrowing by removing the belief in death. Read, "You Will Not Die," (price 25 cents postpaid) and the other "Books That Heal," by Walter DeVoe.

VITA PUBLISHING CO., 5606 Drexel Ave., CHICAGO, ILL.

ANNETTE KELLERMAN

Is Teaching Women How to Acquire Health and a Beautiful Figure.

Nearly every woman in this country knows Miss Kellerman by reputation—thousands have seen her perform at the leading vaudeville houses.

And it is doubtful if there is a single woman who has either seen or heard of Miss Kellerman who has failed to envy her superb health and wonderful development.

This very fact is responsible for the **Annette Kellerman Correspondence School of Health and Physical Development.** Miss Kellerman contends that any woman can possess good health and comeliness of form provided that she will take the necessary steps to acquire them. And so she has organized a school to teach this very thing—to make it possible for every woman in America to know how to go about securing a graceful, well-proportioned figure and abundant health.

Miss Kellerman proposes to teach, in a series of ten practical lessons, the methods



ANNETTE KELLERMAN

which have enabled her to become the most physically perfect woman in the world.

The lessons are plain, simple and direct and can be practiced by any woman, no matter what her condition in life is, or what the circumstances that surround her. They are equally beneficial to the school girl, the business woman, the matron or the grandmother.

Miss Kellerman's course makes for endurance, physical development and beauty—the three qualities most needed and desired by women.

**PERSONAL ATTENTION IS
GIVEN TO ALL COMMUNICA-
TIONS BY MISS KELLERMAN
HERSELF. THE TERMS ARE
WITHIN REACH OF ALL.**

In order that you may know just what Miss Kellerman accomplishes in her course of lessons, she has prepared a little illustrated booklet which she wants to send you, free of all cost, provided you are interested in bettering your health or personal appearance. A postal card will bring it.

**THE ANNETTE KELLERMAN HEALTH AND PHYSICAL DEVELOPMENT SCHOOL OF
CORRESPONDENCE FOR WOMEN**
Room 605, 1133 Broadway, - - - New York City

A BRAIN-CELL BUILDING BOOK THE NEW ETHICS

By J. Howard Moore.

Instructor in Zoology in Crane Technical High School, Chicago.

CONTENTS:

- I—The Nature of Opinion.
- II—The Thesis of the New Ethics.
- III—The Human Attitude Toward Others.
- IV—Silent Martyrs of Civilization.
- V—The Cost of a Skin.
- VI—What Shall We Eat?

- VII—Is Man a Plant-eater?
- VIII—The Food of the Future.
- IX—The Peril of Over-population.
- X—The Survival of the Strenuous.
- XI—Flashlights on Human Progress.
- XII—Conclusion.

You Will Enjoy Reading It.

"This is a book to make one think—full of simple, straightforward, well-founded truths. Dr. Moore is not only a scholar in the collegiate sense, but a scholar who has the power—usually lost in the erudition factories—of clear, daring, original reasoning. The book is a liberal education to him or her who will read it with attention and open mind."—Dr. Latson, in September "Health Culture."

"We have read it, from first to last, with unwavering interest, and have nothing but the highest praise for it. Our only regret is that it could not be placed in the hands of every thinking adult in the world."—Dr. Tyrrell, in August "Health."

SEND FOR A COPY—TODAY.

\$1.00 POSTPAID

SAMUEL A. BLOCH, The Bookman,
1310 N. Oakley Ave., - - - Chicago, Ill.

Mention NAUTILUS when answering advertisements. See guarantee, page 5.

THE NAUTILUS.

Vol. XI.

OCTOBER, 1909.

No. 12.

CONTENTS:

Editorials,	Elizabeth Towne,	9 to 16
The Meaning of Beauty,	Lanette Foster,	17
Materialism and New Thought,	William Cassander Cope,	18
Love's Hero World, (New Poem),	Edwin Markham,	21
Man Building,	Thomas Dreier,	22
A Question of Moods, (New Poem),	Mabel S. Dyer,	23
The City Shadow, (Serial Story),	Sinclair Lewis,	24
The More Abundant Life,	Edgar Wallace Conable,	29
Mental Medicine and the Chemistry of Life,	E. R. Hough,	32
Cell Management,	Katherine Quinn,	34
Marriage,	F. Milton Willis,	36
Lessons in Constructive Science,	Wallace D. Wattles,	37
Self-Made Destiny, (New Poem),	Sheldon Clark,	39
A Psycho-Biological Conflict,	Edgar L. Larkin,	40
The Inner Quiet,	William E. Towne,	42
Briefs,	William E. Towne,	43
An August Afternoon at Netop,	William E. Towne,	45
Circle of Whole World Healing,		46
Things That Make for Success,		47
The Way the Wind Blows,		49
Family Counsel,		50
Little Visits,		51
Anent Books and Things,		56
Nautilus News,		1

YEARLY SUBSCRIPTION, \$1.00.

SINGLE COPIES, 10 CENTS.

Copyright, February, 1908, by Elizabeth Towne.

Published Monthly.

Holyoke, Mass.

Entered at the Post Office at Holyoke as second class mail matter. Foreign postage 36 cents.

THE NAUTILUS.

ELIZABETH TOWNE
WILLIAM E. TOWNE

Editors

Edwin Markham
Ella Wheeler Wilcox
Florence Morse Kingsley
Grace MacGowan Cooke
Prof. Edgar L. Larkin
Karl Von Wiegand
Wallace D. Wattles
W. R. C. Latson, M. D.
Thomas Dreier
Adelaide Keen

These Are
NAUTILUS
Contributors
for 1909-10.
Others
Coming!

THE NAUTILUS, monthly, \$1.00 a year; Canadian postage 25 cents extra; foreign countries, 5 shillings, 8 pence, by international money order. Foreign money, stamps or postal notes not acceptable. THE NAUTILUS is owned and published by Elizabeth Towne, Holyoke, Mass., to whom should be sent all subscriptions and all correspondence regarding the magazine.

If special receipt is desired for subscription sums less than \$1.00, send self-addressed and stamped envelope or card.

You will save me, and perhaps yourself a lot of trouble if you will state whether your subscription is new or a renewal.

We will send you a notification when your subscription expires.

Give full name and fullest address in every letter.

Send prompt notification of change of address, giving both old and new address. This is most important, for

names cannot be found on list unless town and state are given.

I assume no responsibility for copies of NAUTILUS lost through failure to notify me promptly when address is to be changed.

All articles and items appearing in NAUTILUS which are not otherwise signed or quoted, are written by the editors.

All articles, poems and items in this magazine are written especially for THE NAUTILUS, unless otherwise indicated; and are protected by copyright. Other publications are welcome to quote from our columns provided credit is given THE NAUTILUS.

The word NAUTILUS is pronounced exactly as spelled, accent on first syllable. Its significance is hinted in the NAUTILUS verse at top of page 7.

ADVERTISEMENTS.

The publishers of THE NAUTILUS use every reasonable effort to see that only advertisements of reliable concerns appear in its columns. While we cannot undertake to adjust mere differences between advertisers and their customers, yet we will make good in Dollars and Cents, the actual loss any paid up subscriber sustains by being defrauded through any advertisement in this number of THE NAUTILUS, provided you mention THE NAUTILUS when answering advertisements, and that complaint is made within thirty days of the publication of this number, and provided also that you made remittance to the advertiser in such form that it can be traced.



The Nautilus

For 1909-10



A Prophecy by the Editor

With our November number THE NAUTILUS begins Volume XII, the twelfth year of its existence. The number 12 resolves to 3, and stands for the trinity that "heals the sick and blesses the world." The trinity in this case comprises the magazine, the editors and the subscribers; and between us we shall work to "heal the sick and bless the world," shall we not?

The Spirit of Life moves us to make the best magazine we can, and it moves the subscribers to subscribe and to get others to subscribe.

To organize new thought for healing and blessing, is our special desire and purpose for the coming year. Will YOU help?

The Editorial Purpose

A LETTER reached us the other day that is significant: "I can't afford to buy all the new books that are advertised," the letter read, "so I send \$1.00 for a subscription to *Nautilus*; then I just ask Mrs. Towne my questions and she gives me the gist of all the books, with her own views added!"

For 1910 she will write on many and varied topics "to heal the sick and bless the world." Some of the subjects already prepared are, "Sow a Thought," "The Drink Habit," "The Faith Cure and the Surer Cure," "The Mental Specific," "Emotion and Thought," "Psychology of Happiness," "How to be Happy."

William E. Towne will answer questions, too, and many of his articles are suggested by letters from our subscribers. In addition he writes thoughtful articles, "Briefs," humorous and otherwise, and Netop Notes and nature fakes, as the spirit moves. Both the editors are bent on doing all they can to make 1910 the biggest, brightest, best and happiest year yet for all their readers.

Mental and Spiritual Healing CONSTRUCTIVE THINKING.

There are two secrets of health, happiness and wealth; one is FAITH, which cannot always be summoned to order.

The other is CONSTRUCTIVE THINKING, which can be applied by anybody at any time and anywhere.

WALLACE D. WATTLES has struck a really new lead in the science of life. We have engaged him to teach this Constructive Science through *The Nautilus*, Vol. XII. His special practical work on this line begins in this number and will run through all of 1910.

COSMIC THERAPEUTICS, by Julia Seton Sears, M. D.

Dr. Sears is one of the widest known healers and teachers in the country, with a very large work in New York City. Her philosophy and practical methods of healing will prove specially valuable to our readers.

THE TRUE WAY TO HEALTH, HAPPINESS AND PROSPERITY, by Florence Willard Day.

Mrs. Day is a prominent teacher and healer in Washington, D. C., and out of her experience she has written for us two articles on self-healing, giving with each beautiful affirmations for health and success treatments.

OTHER WRITERS on the special science and art and methods of healing will be the editors, Edgar Wallace Conable and other writers, old and new.

Self Help Through Self- Knowledge

THE MAKING OF THE HABIT SELF, by Adelaide Keen.

This delightful writer will give us many new ideas the coming year. "Faith and Courage," "Triumph and Victory," "Charm and Fascination," and "Peace and Abundance," are some of the good habits she will inspire us to.

MAN BUILDING AND BUSINESS BUILDING. Our popular and helpful department of "Things That Make for Success" will be continued through 1910.

In addition to this we shall have special articles on business success by Thomas Dreier, Frank Andrews Fall, Wallace D. Wattles, the editors and others. Two other articles on this line are "Money," by Katherine Quinn, and "Two Easy Aids to Success," by Adelaide Keen. No business man or woman can afford to miss this special business-building and man-building service for 1910.

EATING, FASTING AND PLAYING TO LIVE, by Edgar Wallace Conable.

Mr. Conable and his wife have performed great feats in the way of dieting, fasting, living on raw foods, doing athletics and gymnastics, all with a view to gaining in wisdom and knowledge, and joy and power of being. The practical results of their work Mr. Conable will give our readers.

SPECIAL WRITERS on kindred lines are Adelaide Keen on "Mental Foods and Poisons," and Gurdon Fory on "Vitality and Food."

OTHER WRITERS in this special self-knowledge and self-help teaching will be Anita True-

man Pickett, Cora Linn Daniels, Frank Andrews Fall, Jessie L. Bronson, Katherine Quinn and others.

New Thought in Story

THE CITY SHADOW, by Sinclair Lewis.

This new thought serial story begins in this number and will run through the seven first numbers of Vol. XII. Don't miss it. Don't let your friends miss it. New thought serials are scarcer than hen's teeth, and this is the one in a thousand.

THE FAITH OF A WOMAN, by Wallace D. Wattles.

A new thought serial story that grows in interest and effectiveness with every one of its eight instalments. Three times while reading the manuscript I discovered a lump in my throat and tears in my eyes, not to mention the joy left in my heart.

And I am well satisfied with the way Mr. Wattles has worked out the new thought problems of his three heroines and several heroes. His disposal of the villain in the last instalment leaves a problem that our readers will be invited to help us solve. There will be a cash prize offered for the best solution.

The story will begin shortly after the conclusion of Sinclair Lewis' "The City Shadow," now running.

THE NEW FOURTH OF JULY IN CHESTER, by Marietta Holly.

This is a charming and whimsical short story by the famous creator of Josiah Allen's Wife and their adventures. It depicts a new and practical kind of Fourth of July Celebration with the fun, fancy and mating that came out of it. This story will appear in our June number, in time to influence other Fourths than Chester's.

AND OTHER SHORT STORIES, by Grace Mae Gowan Cooke

And other writers will appear in our pages next summer. Better things are coming to us all the time.

Extra Special Features

OUR POETS.—For Vol. XII we have more and better poems as a whole than ever before. First, there are our poets laureate, Ella Wheeler Wilcox and Edwin Markham, who will write for no new thought publication but *The Nautilus*. In addition to these we have the cream of about 2,000 poems submitted to us in the last year. We have stored in our safe extra good things, grave and gay, by Susie M. Best, Florens Folsom, the Marchesa Alli-Maccarani, Augustus Witfield, Jack Opdycke, Katherine Quinn, Eleanor See Inslee and others.

In addition we have numerous poems from writers new to our pages. A notable one is a humorous soliloquy on life, a la Hamlet, by Agnes M. Cole. This poem is longer than our limit, but it was too good and amusing to miss! Watch for it. It would make a capital encore at a Shakespeare recital!

FLORENCE MORSE KINGSLEY

Will write for us more of her beautiful prose poems for healing. This year there will be a

change in her work for *The Nautilus*. You will enjoy it, I think.

THE ORIENTAL RELIGIONS AND WHAT THEY CAN TEACH US, by Swami Vyavananda.

This is a series of remarkably readable articles by the one person best equipped to show us the history and the roots of new thought philosophy. No one can follow this interesting series without coming out a bigger, better brother of all the world. The first article will appear in our November number. At the close of the series you shall meet the Swami's photograph and maybe guess his American name.

ON SCIENCE MADE PLAIN

We have Prof. Edgar L. Larkin, director of Mt. Lowe observatory, one of the widest known and most popular scientists in America.

ON PSYCHIC LAWS AND SCIENTIFIC DISCOVERIES

We have Hereward Carrington, just returned from a period of study and discovery in Europe, with the greatest scientists and psychics of the day. He promises to give us the gist of his discoveries in short, readable articles. The first one, "Creating Life," will appear very soon.

ALSO WE HAVE Karl von Wiegand, who promises to keep us informed of any new developments in his researches with Mme. Aida de Nile, one of the most remarkable psychics in the world today.

Further Aids to the Joy Life

OUR SPECIAL DEPARTMENTS

Will be continued, since interest in them seems to increase rather than flag.

The Family Counsel is open to all our subscribers, and I mean to increase its value as fast as possible.

Little Visits is open to everybody; everyone welcome to say his or her best say on any subject of interest. Many bright letters are already waiting their turn to appear in this department for 1910.

The Way the Wind Blows is another welcome-all department. Send us brief original items or clippings that show the trend of the times toward new thought in matters social, civic, world-uniting.

The Department of Whole-World Healing will evolve a bit and inspire our readers to organized thinking to help along unfoldment of self and the world.

Anent Books and Things will contain latest news about books and new thought organizations. This department is now being edited and written by S. Jay Kaufman, our new business manager, supplemented by an occasional item from the editors.

Your Part!

A magazine is a collaboration between editors and readers. Can you suggest anything more we can do to increase the power of *The Nautilus* to "heal the sick and bless the world?" We shall be prompt to profit by every practical suggestion!

Write us about it—and send in \$1.00 for a year's subscription! Send several dollars for several subscriptions to friends! This is a vital factor in our collaboration!

Yours for Life and Love,

Holyoke, Mass.

ELIZABETH TOWNE.

The Words You Speak

Are the outward marks of your intellectual capacities. When you speak do you show everyone that you are educated, cultured and refined, or do you simply publish to the world the fact that you are a person of only ordinary intelligence and average culture? In other words

Do You Speak English Correctly?

Command of English is the one big step in accomplishing something worth while, not only in a monetary way, but in a social way as well, for it adds to one's money-making possibilities and furnishes a noticeable final touch to one's personality. And in this progressive age, the ability to read, write and speak English correctly is the greatest asset anyone can possess.

You are the best judge of how you stand, and if you are not satisfied, do not put it off until it is too late. There is a popular, interesting and even fascinating way to polish up your English. You will not have to wade through "dry," uninteresting text-books. The magazine, "Correct English," and the book, "The Art of Conversation," will give you invaluable aid. Read what they are and see the Special Offer.

Correct English

Edited by JOSEPHINE TURCK BAKER

The aim of this magazine is to bring out all the important and special facts bearing upon the correct use of the English language; to bring it out popularly, so that all can understand and apply it in their every-day life.

Heretofore the study of English and everything pertaining to it has been regarded as "dry," and most people have been frightened away, so to speak, from taking up the subject because of this so-called "dryness."

The study of English is not "dry" or uninteresting. There is a new way, and that way is exemplified in the regular monthly issues of "Correct English." Through its columns the study of correct English is made not only practical, but interesting and fascinating as well. It is published not merely for the school or college student, the teacher or the professor. It is also for the use of the every-day person and the business man. Every one can apply its teachings and drills with equal success.

SEND 10 CTS. TO-DAY

In order to introduce "Correct English" into fields where it will be appreciated, we offer to send for 10 cents (stamps or silver) a copy of "The Art of Conversation" (Premium edition) and one copy of "Correct English—How to Use It." Send the 10 cents to-day and get in touch with this literature immediately.

The Art of Conversation

By JOSEPHINE TURCK BAKER

A useful and valuable book by the editor of "Correct English." It contains twelve indispensable rules of inestimable value to the person who would know the art of conversation.

"The Art of Conversation" contains twelve indispensable rules for conversation, and if carried into every function in life would aid greatly. Such are the chapters on "Tact," "Contradiction," "Harmoniousness," and "Exaggeration." The rules are relieved from tediousness by the spicy way in which they are advanced. Dialogue is used throughout, and the conversation in all the chapters is bright and full of interest.

Nothing adds so much to one's personal standing and refinement, and to the charm of one's personality as to be entertaining in conversation. By following the rules of the book, no one should experience the slightest difficulty in acquiring this ability.

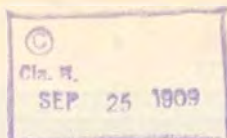
CORRECT ENGLISH PUBLISHING COMPANY
521 Rand-McNally Bldg., Chicago

Enclosed find ten cents, for which send me a copy of "The Art of Conversation," and one copy of your magazine, "CORRECT ENGLISH."

Name.....

Address.....

Town..... State.....



"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,
'Till thou at length art free,
Leaving thine outgrown shell by life's unresting sea."
—Holmes, "The Chambered Nautilus."

THE NAUTILUS.

Self-Help Through Self-Knowledge.

MONTHLY,
One Dollar a Year.

OCTOBER, 1909.

VOL XI
No. 12



We want a world agreement for universal peace.

We want our disarmed war vessels and battleships turned into a White Fleet, a Public University of Travel that will tour the world every year.

We want these ships manned by the best instructors in Foreign Art, Literature, Travel, Sociology, Human Nature and Universal Brotherhood.

We want the students selected by all-around merit from the graduates of Public High Schools and Industrial High Schools of all states.

We want this post-graduate year of travel given at the expense of the nation, the students co-operating systematically in all the work done aboard ship.

We believe in these things.

We speak the Word for them.

We pray for them.

We talk for them.

We work for them.

We vote to this end.

—Elizabeth Torone.

We Want!

Above this appears
our New Thought
Declaration of
Peace.

We want world-peace.

We want our war fleet turned to good purpose. Why not use it in the inter-

ests of peace and universal brotherhood? Why not a free post-graduate course of a year in foreign travel for graduates of our public schools? Students to be chosen on merit, so many per thousands of population.

The same money that maintains our navy one year would give a year's foreign travel and education to anywhere from *fifty thousand to a hundred thousand or more* young men and young women. Think of the value of such a year of travel and study to each individual. Think of the influence for world-peace and oneness.

Think of a hundred thousand young Americans every year *taking in the world* like that.

It is time to beat our swords into pruning hooks and ploughshares and turn our war fleets into Public Schools that teach usefulness and human kindness instead of death and destruction.

We can put our war fleets to this good use even before they are disarmed by peace agreement. Why not in times of peace use them for schools? Why let them lie absolutely idle between wars? Why not another tour of war vessels around the world next year, with just marines enough to run them



EDITORIALS

-BY ELIZABETH-

and all the other space filled with post-graduate students and teachers?

Why not superannuate teachers for the purpose? Who would combine learning, experience and staidness; and to whom such a journey might mean rejuvenation as well as usefulness and honor?

Visionary? Not at all. World peace is coming, and with it the question, *What shall we do with our billions of dollars worth of war equipment?* What answer more natural than this?—What course more sensible than to evolve war dogs into peripatetic Brother Jonathans to bless the world?

Beauty and Character.

In my editorials for January, '08, and in Family Counsel items I have said much about beauty, its principles and practice. I thought I had said the last word on the subject.

But here comes another letter, wanting to know. Here is the letter, and following it a new statement of the matter to make it still clearer:

The more I study new thought matter and the science of cause and effect, the more surprised I am that it tells so little concerning the cause of female beauty of face and form. To be sure it does teach that external beauty is the result of beauty of character, and we know to some extent this is true; but this rule needs much qualifying, and this is the important part that is left out in the teaching. One of the most wonderfully beautiful girls I ever beheld had exquisitely delicate features, an ethereal complexion and eyes beautiful beyond expression, and teeth like little pearls. This girl had hardly a thought beyond her own personal comfort. Could one call her a beautiful character? And yet look at the beauty of form! Therefore, I say the subject of beauty needs explanation deeper than the few rules we are taught in general. I am hoping that some of

the *Nautilus* writers can explain this matter and will do so at his earliest convenience. If there is any subject more interesting I know not what it is, unless it be the subject of health.—E. S. T.

It is not character that makes beauty. Beauty of form and feature comes from LOVE and FAITH, which are one. We grow like what we think upon and believe in and love.

Form and features are practically completed when we come into this world; worked out by the soul itself co-operating with the mother, before the child is born.

It is the *nature* of the child, not its *character* as commonly understood, that gives the body form and feature. The nature flowers from hidden roots away back in past incarnations and gestations.

Character is formed after birth; formed by the *procession of choices* which one makes between the beautiful and the good, and the less good as they crop up every day and hour of the life.

Every choice made has its formative effect upon a feature or features.

But the effect is so slight that a whole-lifetime of choices makes scarcely a noticeable change in a single feature. A sharp nose becomes sharper, thin lips thinner, perhaps, but one carries through life practically the same features he had at eighteen or twenty, features designed and fixed somewhere, somehow before he was born.

Were they not so designed and fixed by countless reincarnations of lives in which features were slowly evolved by successions of choices? Just as in this life they are infinitesimally modified by daily character-making choices.



EDITORIALS

BY ELIZABETH

The Spirit of Beauty.

But *beauty* is not confined to form and feature.

Beauty is more than skin deep, and it makes and lights the skin.

Beauty lights and softens the face and straightens the form.

Beauty is the SPIRIT that uses form.

Beauty is *Love*.

Love is God.

Love is the spirit that beautifies and glorifies whatever it flows through or looks upon.

Beauty is *Life playing*.

Features and form are the hills and dales where free Life plays and the sun of Love shines and fleeing shadows chase the fleecy clouds.

Beauty is LOVE. Love flowing free.

What matters it that features and form are those of the Venus de Medici, if they are distorted and darkened by hate or deceit or ill temper?

Love is the great beautifier, and love is no respecter of persons—love may love self as well as another.

And as long as love *does love self* it will glorify and beautify self.

The only trouble with self-love is THAT IT CANNOT LAST.

Love must flow out to others, to a larger world, or the stream of it gets choked and stagnant, is tired of itself, turns inward and becomes self-disgust and self-hate. Then *good-bye to beauty*.

The young can love and glorify and beautify self. It is "natural" for youth to do this.

But soon a larger love must draw love out of self, or love stagnates and beauty dies.

"She was a beautiful girl, but she is dull and plain, now," we say.

Of another we exclaim, "She used to be positively homely, but now she is simply beautiful. I wonder why?"

It is because she began early to make the right choices that build the sort of character that *lets love flow out* to others and yet others.

The first girl—through ignorance, and through lack of right training, perhaps—made the choices that dammed her love up instead of letting it out to bless others and beautify herself in passing.

But it is never too late to begin making right choices, that wear away the dams and let love play out!

How? *Affirm* love to others, feeling or no feeling.

Choose to love.

Think love.

Act love.

Feeling will follow with beauty in its train.

It may take time, but results are sure to her—or him—who persists and insists upon loving others.

What *is* love? Love is the *joy* of giving joy to another. For a meditation on love use the thirteenth chapter of first Corinthians.

But the first step toward beauty is to count beauty as nothing beside the joy of giving joy.

A fourteen-day fast, or a forty-day fast *with much loving thinking*, is the greatest aid to beauty for self-disappointed grown-ups.

Plain living, water, exercise of body



EDITORIALS

and mind, *with much loving thinking*, are every day indispensables.

Anent That New Tariff.

There is work for you to do if we are ever to have a tariff for all the people, and a government run for somebody besides the "predatory rich." *The Nautilus* is not the medium for full discussion of such matters—it can only give a hint here and there.

But *Collier's Magazine* (New York) is prepared to tell you what and why and how. Get the number of *August 14* and read Mark Sullivan on the tariff, on page eleven. Note particularly at the bottom of that page, "How Your Senator Voted." Find out how *yours* voted and cut throats accordingly. See?

And speaking of subjects we cannot discuss at length, though we are all interested in them, read the Woman's Rights number of *The Fra*, East Aurora, N. Y.—the Elizabeth Cady Stanton number, August.

Ho, for Los Angeles.

From Denver we dropped down as the crow flies, due southwest to Los Angeles. By the new San Pedro route that runs through bones-strewn Death Valley. And up over mountains that show rock ribs and sand to the rising sun and green fields and orange orchards to fleeing Sol.

Los Angeles is an overgrown town of 315,000 people, with aspirations for a million. Owned by Harriman, who bottles Oregon and grooms Los Angeles for the Panama canal opening. Oregon can wait until everybody else is served, says

Harriman. Or she wakes up and serves herself, says Oregon. I wonder if she will.

Los Angeles is a hospitable city. That is her business. She receives tourists, vacationists and tuberculosis-ists. The latter she doesn't want. During the panic in New York, when the rich folks had to sit tight, Los Angeles summer palaces and cottages hibernated with the shutters up. Last year 1500 real estate men went out of business. So one of them told us, and two others said, "I guess so."

A Ban on Education.

Los Angeles is growing so fast now that she has a hard time getting enough money to pay her running expenses. Therefore she squeezes all the cash she can out of everybody that goes there, without being too particular as to the right or wrong of it. *So one of her city officials told me.*

This in extenuation of the fact that at the moment of my third lecture at Blanchard Hall appeared two officers who demanded \$7.50 license, or no lecture. It was too late to do anything but pay the fee. This was the first time Los Angeles ever demanded a license fee for a religious or educational lecture. But they proposed to keep on demanding \$7.50 for every lecture delivered under Miss Reesberg's auspices.

She has been in this work for eight years and has "managed" about every new thought lecturer of note. To pay \$7.50 a day is more than most new thought lecturers can stand. But they have to pay it anyhow, from the year of Elizabeth Towne on.



EDITORIALS

BY ELIZABETH

Unless Los Angeles gets ashamed of herself and amends that law.

In the meantime, all new thought lecturers who go to Los Angeles must pay \$7.50 a lecture, *a greater rate per day than any saloon pays for its right to rob men of soul and brain.*

I said all *new thought* lecturers. Up to date no Christian Science lecturers have to pay this fee. And no others of the numerous cults that lecture for pay in Los Angeles.

Why? What is behind this?

Will Los Angeles permit this disgrace?

Will she stand for a twentieth century inquisition?

Will she permit a law to stand whereby a license collector can suppress religion and education to suit his own notions?

Will Los Angeles continue to stand pilloried before the world for taxing education along with whiskey? Against the constitution, the federal laws and the sentiment of the American people?

Will the newspapers of Los Angeles stir the people and the council to correct this evil?

If not, will it be because there is nobody to pay for it?—as I am told the Christian Scientists pay for all the pro-Science sentiment that appears therein.

New Thought People in Los Angeles.

Los Angeles is the greatest new thought city on earth. I really believe there are more cults there, with more active workers and thinkers than you could find in any other city on earth except possibly New York. And they are such appreciative, well-balanced

and good looking people. I am proud of them!

And they were so nice to us. We were dined and lunched and breakfasted, visited and automobiled until we literally couldn't rest. We *couldn't* accept all the delightful invitations that came, and we saw no more than half the sights, though we stayed nearly a week over our limit!

Of course Miss Eleanor Reesberg, head of the Metaphysical Library, in the Grant building, is the hub of Los Angeles new thought. She is a wonderful little dynamo that runs so smoothly you hardly know she is there. But all alone she does more real work than any half dozen other new thought people think of attempting.

We went to Catalina Island with Eleanor one lovely day, and saw the submarine gardens and the flashing giant gold fish and green fish and blue fish, through the glass bottom of a big boat. And the brown boy dived down there after great pearly shells. That had been discreetly sown for the occasion, somebody confided to us!

Among the many interesting folks we became acquainted with in Los Angeles was Dr. Leon Elbert Landone, who has a beautiful home on a hill in Hollywood. Here he conducts a sort of healthorium, where lots of nice folks go to learn how to live more. This work is a means to the one end Dr. Landone has in mind, which he expects to realize this fall.

He has original ideas about Burbanking the human race through right environment; ideas similar to those of Prof. Boris Sidis, of Harvard, an account of whose wonderful eleven-year-



EDITORIALS

BY ELIZABETH

old boy's education appears in September *Success Magazine*. (Read that sure!)

Dr. Landone proposes to turn his truly glorious home into a school where children shall be *inspired to learn through playing*, as little William James Sidis is learning. There are those who believe Dr. Landone is the educational genius of the century. I hope so, and here's the best of Good Will and Good Wishing that his proposed school gets going right away.

His artistic home stands on top of a hill with seventeen acres of beautiful gardens around it. Right next to his place are other green hills, 3,000 acres of which constitute a state reservation that will always remain in the wild state. At the foot of Dr. Landone's hill lies beautiful Hollywood. An ideal place for children to live and learn through play.

Dr. Landone is a regular M. D. as well as an educator and a lecturer of note. We met some delightful people at his home, among them Mr. and Mrs. J. Edward Fairbank, who have for long been charming mutual friends of ours and Dr. Landone's.

Then there was that princess of musical entertainers and good fellows, Carrie Jacobs Bond, whose "Bond Shop" in Chicago and whose music are known to every artist. And beautiful Mrs. Charles Wellington Rand, "the Mrs. Potter Palmer of Los Angeles," harpist and pianist of genius and singer of charm, mother of two musical artists just emerging.

In our own hotel we found Ella Giles Ruddy, the sweet little friend of Ella Wheeler Wilcox. She is a writer of vividness, club woman of enthusiasm, and friend of unfailing thoughtfulness, sym-

pathy and ready wit. To her and her husband, George Drake Ruddy, we owe many kind attentions.

And there was Madame Severance, ninety odd, bright and keen and logical, white haired, blue-clad and gracious as a queen. We visited her at her own home, the Mecca of women's club women.

And Marie Elliot, whose playing weaves a spell and whose "demonstration" of new thought principles is a marvel. And Mr. Pritchard and his wonderful submarine paintings and studio in Pasadena.

These people are all "more or less" new thoughty. Among those who are *all* new thought were the friends at the Home of Truth, founded and headed by Annie Rix Militz. She was in San Francisco and Mrs. Wiggin, the trim, slim, bright-eyed and bright head of the 'Frisco Home of Truth, was spending a month in Mrs. Militz's place.

The Los Angeles Home of Truth is a thriving center, owning its own home, with a handsome auditorium annexed. We dined with Mrs. Wiggin and the Home teachers and healers, and spent an evening with them. At eight o'clock the big doors opened and there was the auditorium *full* of folks waiting to hear us talk! It was like rubbing Alladin's lamp! And such cordial responsive people, too, that followed with a healing meeting and much testimony to the power of the Word. And of *The Nautilus*, too!

There are scores of lesser new thought centers in Los Angeles, each with its own peculiar accent and emphasis, most of them doing good and successful work, so it was reported. Several of the teachers spoke at the Metaphysicians' Festival

and we met them nearly all. I shook hands with about 1,500 people that day!—May 1, afternoon and evening. And nearly every new thought leader in town was there and greeted me. They are a creditable looking lot of people. But we had not time to visit them at their centers.

There were other delightful people—too many to even name. But I must not leave out our own Prof. Larkin! We went to visit him with Mr. and Mrs. Martin of the *Pasadena Star*. Mrs. Martin is our poet, Lannie Haynes Martin. And we had dinner with the Martins at their home in Altadena, with George Wharton James for dessert and champagne! He is both and then some.

Professor Larkin looks exactly like the little picture of him in *Nautilus*, and he showed us his great telescope and told us some interesting things about the heavens in a most original fashion that made us realize them.

San Diego and More New Thought.

William and I spent two days in San Diego, where we met more delightful new thought friends who showed us the sights and inveigled me into giving two addresses where none was intended!

We motored out to famous Point Loma, Mme. Catherine Tingley's Theosophical school. But it was Sunday and no admittance, and we had not time anyway.

This center has a theater in San Diego where entertainments and lectures are given. Point Loma shines amethyst and white domes on a long high peninsula with the blue bay lapping one side, the ocean breaking white over blue upon the other. A magnificent spot.

The soil is rich and rare. Full of little lumps that look like brown pebbles,

not so hard. Some scientist says it is the only soil of the kind on earth. The Tingley Theosophists claim Point Loma is the only bit of a lost continent that remained above the waters.

The grounds and buildings here are rich, well kept, rather odd. One of our friends exclaimed, "Look—there is one of the students; the soldierly young fellow in khaki; I can always pick them out by their expression—a blend of peace, purpose and quiet assurance; they are intelligent and trained."

San Diego rambles all over the sloping hills around one of the loveliest bays in the world, with the ocean beyond. The new railroad, a giant irrigation plan, and the Panama canal are working together to make San Diego a great city in the near future—one of the most beautiful on the continent.

My first address in San Diego was given to a houseful gathered in the nicest auditorium in town, at the San Diego Club house. Reverend Solon Lauer holds meetings here every Sunday evening, and he had invited me to "occupy his pulpit." A notice in Saturday evening's papers and some friends on the 'phone did the rest.

They wanted more!—but the hall could not be had for Monday night. Then rose up Rev. Mr. Wing, the bright young pastor of the Spiritualists, and offered us their own new Temple. So more notices came out Monday, more friends 'phoned and behold a crowded house Monday evening. Two delightful audiences, quick and appreciative. And so kind and hospitable to the new thought exponent from Holyoke.

An odd little incident in connection with the first meeting: Mr. Lauer has been holding meetings in the Club House under the name of Suggestive Therapeutics. The Sunday before my appearance he announced to his congregation that

the term "Suggestive Therapeutics" sounded too technical, too medical to satisfy him, so he had decided at last to acknowledge himself an exponent of new thought; so beginning with the following Sunday there would be New Thought preaching in that church.

Late in the week he heard I was coming to visit new thought friends and San Diego, and he asked those friends to request me to "preach" that first new thought sermon. So I really "christened" that New Thought Church for Mr. Lauer. Wasn't that a nice little "happening"?

Another: Mrs. Slocum pinned a little abalone-and-silver pin on my dress, saying, "*That makes you a member of our little secret society; we want you with us; wear the little pin always for good luck!*" So I said I would and asked who the other members were. And there were just four in all, and I made the fifth. And I remembered then the "Big Four" in Denver that wanted me to make it the "Big Five!"

Odd and amusing, isn't it?—the way the Law of Attraction reiterates numbers and incidents in one's experiences.

"The Little Landers."

While we were in San Diego two movements came to our attention that may prove a solution to the crowded-cities problem.

One is the La Prosperidad Colony Association with general offices at 46 East Congress street, San Diego, Cal.

The other is called down there the "Little Landers," and Bolton Hall is said to be its inspiration or its moving spirit or something. This colony likewise has offices in San Diego.

Drop a line to William E. Smythe, 1320 D street, San Diego, Cal., and he will give you any desired information

about the Little Land League (or Little Landers) of that vicinity.

Both these colonies are co-operative, but on some new business basis that seems to promise success. Each man is lord of his own little farm and works it, and they all co-operate in marketing produce, and in improvements of public, educational and social character.

I know nothing about the business management of these colonies, and we had not time to visit them. We inquired of several people about the Little Landers, of whom we had heard in Los Angeles, and were told that they were apparently prosperous and very much alive.

If I were a poor man with a few hundred dollars and a liking for farming I should certainly look into these colony schemes very carefully, with a view of making my home with one of them.

But I would never buy a place, little or big, until I had first seen it and found it desirable.

All Southern California has a great future before it, when that Panama Canal comes through, but much of it needs irrigation to make it livable all the year around, with crops sure.

There is a tremendous irrigation scheme now working out around San Diego. And these colonies propose to do all sorts of things for themselves. But I'd have to be sure of water a-plenty before I'd buy land.

Don't.

In Los Angeles people said, "Tell your Eastern friends not to come out here without money. For a man with money to buy land, and energy, brains and adaptibility to work it, fortune is sure. But we have enough penniless tuberculous ones now—tell them to stop coming!"

And in some places they are enforcing laws against tuberculous ones.

I told them we New England folks have discovered that New England air is just as sure cure for tuberculosis as California air!—if folks will only *breathe*

it. And that we are forming societies everywhere for looking after such cases right at home before it is too late; besides teaching folks to prevent the white plague by proper ventilation and cleanliness.

The Meaning of Beauty.

By LANETTE M. FOSTER.

A woman came to a window and looked out. Opposite were towering houses of brick and the narrow street of the great city was stifling in its poverty of air and light. The woman leaned far out and looked down upon the street below. There men were lounging about smoking black pipes; women nursed and slapped their babies; children swarmed in ragged crowds playing shrill games and discord filled the air.

The woman's dull eyes dwelt without interest. She was one with it all. The poverty and squalor had been the environment of her childhood; her youth and her aging life had brought her no glimmer of beauty. Hunger and blows had often stirred a fierce resentment, while her joy had been only in the pleasures that besot and shrivel. She was old now and the stiffening chill of the settling night was closing around the unconscious spirit lying deep and unpierced by any ray of light.

As she leaned out of the window a gust of sparrows swept by to neighboring eaves. Her glance idly followed them, and as she looked up her eye was caught by a bit of color. In the great open above there floated a cloud, a fragment of the sunset. It glowed upon the

woman's upturned face and attracted like a heart full of sympathy and love. There was the color that her life had lacked,—the freedom of the infinite spaces looking down into the confinement of the alley,—the purity of light itself suffusing all with a tender yet searching inquiry.

The woman's eyes were holden. The spirit felt; it stirred and awakened with an awful longing; it beat upon its thick prison walls and called for light, height and freedom. Dimly the woman was conscious. "God," she said, and a tear rolled down the withered cheek.

The color and the cloud faded, but their mission was accomplished. The woman drew in from the window with a feeling of newborn unrest and deathless hunger for the true and beautiful. Thereafter she was submerged again in her soiled and petty life; nevertheless that which could never die, a truer side of her nature, had been awakened into consciousness.

This answers the question of my life—the meaning of beauty? The briefness of the flower? The flash of color? They speak to the immortal spirit and touch in a wordless language aspiration which is of the Eternal.

Materialism and New Thought.

MATTER AND MIND—HOW IDEALS AND CHARACTER
ARE FORMED—THOUGHT WAVES FROM A MILLION
BRAINS—QUESTION OF FREE WILL AND CHOICE.

By WILLIAM CASSANDER COPE.



"What is mind?
—No matter!"
"What is matter?
Never mind!" was
the old metaphys-
ical quibble we boys
used to delight in
at college. It was
a definition that
was pleasing alike
to the Idealist and
the Materialist in

its ambiguity.

Since Bishop Berkeley in the Seventeenth Century "destroyed this world in two volumes octavo," as Sidney Smith puts it, the doctrine of Idealism has had numerous advocates. This doctrine, the largest number of its adherents today being the Christian Scientists, is that we are concerned only with ideas and are ignorant of everything else. Idealists argue that what our senses convey to us is not evidence of an external world but only of our sensation. Further we are utterly ignorant and must ever remain so of matter itself, and that it is easier to conceive that God directly causes our sensations than that they are conceived to us through the unknown world of matter.

Materialists aver on the other hand that little as we know about matter in its essence, we are conscious of its existence and that we cannot go back of consciousness. Our eyes, it is true, are only sensitive mirrors connected with nerves which convey the impressions received by the eyes of the brain, the same being true of all the organs of sensation. But when the five senses all agree in conveying to consciousness a co-ordinate impression, the evidence is about as complete as anything can be. Take a pot of coffee for example: The eyes see it, the nose smells it, the ears hears it boiling, the hand touches it, and the tongue tastes it. If this is not sufficient evidence, we can call in any number of persons and their consciousness will give the same report. So the Materialist claims that the fact of the material existence of the pot of coffee is certain. And as a further step in the same direction, he claims that we really know nothing outside of matter and force, the latter being exerted only by matter. Thus, thought is a force exerted by the brain and has the power to influence other brains in proportion to its strength and the resistance offered by the other brains. And if thought finds its analogy in electric

force, the subtlety of which it so closely resembles the brain is a material body that has many of the qualities of the electric battery though possessing many other qualities which no artificial electric battery possesses.

As a Materialist, I believe that human beings are the sum-total of their heredity plus their environment. Heredity explains those family traits which Theosophists accept as proving reincarnation, while environment accounts for the differentiation of the individual from any of his ancestors. "I am part of all that I have met," Tennyson says. The thought waves sent out by a million brains acting upon the natural bent received through heredity form the ideals and the character of each human being. There is no such thing as freedom of the will in that large sense in which most new thought advocates accept it, and yet I think there is no real antagonism between Materialism and new thought.

To explain my position let me quote from Thomas Hobbes who was the greatest metaphysician of his time, and whose language Macauley characterizes as more luminous and precise than has ever been employed by any other metaphysical writer:

"The question is not whether man is a free agent, that is to say, whether he can write or forbear; speak or be silent, according to his will; but whether the will to write or will to forbear come upon him according to his will, or according to anything else in his own power. I acknowledge this liberty that I can do if I will; but to say I can will if I will, I take to be an absurd speech. It is true that very few have learned from their teachers that man is not free to will; nor do they find it much in books. What they find in books, that which the poets chant in the theaters, and the shepherds on the mountains, that

which the pastors teach in the churches, and the doctors in the universities, and that which the common people in the markets and all mankind in the whole world do assent unto, is the same that I assent unto—namely, that a man hath freedom to do if he will; but whether he hath freedom to will is a question it seems they have never thought upon. A wooden top that is lashed by the boys and runs about, sometimes to one wall, sometimes to another, sometimes spinning, sometimes hitting men on the shins, if it were sensible of its own motion, would think it proceeded from its own will, unless it felt what lashed it. And is a man any wiser when he runs to one place for a benifice, to another for a bargain, and troubles the world with writing errors and requiring answers because he thinks he does it without other cause than his own will, and seeth not the lashings that cause that will?"

Now the question is, whence come these "lashings," spoken of by Hobbes, that cause us to will to do or will not to do certain acts? They come both from within and from without, from heredity and from environment. Heredity gives us those urges and natural bents that all are conscious of possessing, which accentuated by environment—by teaching, thought, reading and conversation, becomes our ideals that govern our conduct by influencing our will.

Environment is only another name for our everyday surroundings. Anything that makes an impression upon us is part of our environment. If you live in the country, the trees, the birds, the grass, the sky outside, down to the old kitchen stove inside the house is part of your environment. If you are a Spiritualist and believe that you receive messages from a little Indian girl, "Sunflower," or from "Little Bright Eyes," whether

they exist outside your imagination or not does not matter—they are part of your environment and their imaginary messages influence your will. A pair of tumble-bugs I watched working together last summer were part of my environment, as they gave me new ideas of co-operation and harmony, and influenced my will through accentuating my brotherhood ideal.

So the new thought ideal is not antagonistic to the Materialist belief. New thought teaches that by dwelling on one's ideals one may in large measure realize them. Is success your ideal? Then new thought teaches you that by dwelling upon the thought of success you achieve success. The intensity of the thought lashes the will to resolve. But the suggestion to dwell upon the thought of success comes from without—from your environment—and reacts upon your instinctive desire for success—suc-

cess meaning to you that you shall be able to live well, have what you desire, and possess the approbation of your fellow-men, so influencing your will to do the things that produce success.

Many a man of ability has failed to achieve success through want of concentration upon it. New thought teaches him to concentrate. The suggestion from without given through the new thought book or teacher influences his will. He concentrates upon success with the result that he achieves it. Rightly he gives the credit to new thought which pointed out a road he was earnestly seeking. But it was not the Invincible Will, but the Invincible Ideal influencing his will that produced the result he desired. "Men," says Herbert Spencer, "are rational beings in but a very limited sense. Conduct results from desire, to the gratification of which reason serves but as a guide."

Great Minds Run in the Same Channels.

THE THEORETICAL.

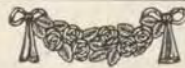
If the devil had not entered into man he would have remained a naked fool. He did not have sense enough to pin fig leaves together for a garment. The devil opened his eyes. He began to think. Thought led him to clothe his body. He kept on thinking and built himself a house. He went right on building until he is ready to invent an airship. It is all the work of the devil. How many lies will the devil have to tell us before we begin to learn the truth? The whole history of humanity is the onward march of the liar. Step by step he has advanced from a Nobody to a Somebody by listening to the liars.—T. J. SHELTON, *August Christian*.

THE PRACTICAL.

"Hit's dis way, Sis Mirandy," says Br'er Ben, an' I tell you dat Br'er Ben is a mighty edifyin' man, "hit's dis way. You an' me is jest po' weak critters dat is in de hands of de Lawd. In de winter we's strong in de faith, 'eaze we's all braced up with de cold, but ef he sees fitten to send de sun in de summer an' take de stif'nin' out of our good resolutions, hit ain't for us to question de wisdom of hit. Mo'over in de winter you ain't got de thirst, but in de summer time all de objections dat I is got to de workin's of Providence is dat I ain't a giraffe wid a throat a mile long."—DOROTHY DIX, "The Good Old Summer Time," September *Cosmopolitan*.



Love's Hero World.



By EDWIN MARKHAM.

Alas, how much of life is lost—
How much is black and bitter with the frost,
That might be sweet with the sweet sun,
If men could only know that all are one!
But it will rise, Love's hero-world at last,
The joy-world wreathed with freedom, and heart-fast—
The world love-sheltered from the wolfish law
Of ripping tooth and clutching claw.

It comes! the high inbrothering of men,
The New Earth seen by John of Patmos, when
The comrade-dream was on his mighty heart.
I see the anarchs of the Pit depart—
The Greeds, the Fears, the Hates,
The carnal wild-haired Fates.

O world, rejoice with me,
For the joy that is to be,
When all the world far as the blue sky bends
Shall be a light-heart company of friends.

Written for The Nautilus

Man Building.

By THOMAS DREIER.



Get Thee Hence— And he hasn't performed the Ultimate Stunt yet. There are several Big Things

"You are a lucky dog," I said to Bill— whose name is not Bill. "You have a job for which thousands of fellows of your age and older would give

Always there is sounding in the ears of the truly ambitious young man "Get thee hence for this is not thy rest."

He never is satisfied.

He is urged on by something which he cannot explain. He leaves certainty for uncertainty and does it gladly. Somehow he feels that he would rather be first in the village than second in Rome.

And all this is good. The men who have helped the race forward, who have done new things or who have done old things in a better way have been those who wanted to "put over a stunt" of their own. Thousands have failed in the attempt. A few have succeeded. Let us not smile at those who try. Perhaps next year their names will be linked with those of other wise men. Help men to express themselves in the best way. That is all true leaders can do and all true teachers should do.

The greatest are those who help others to help themselves.

The Tiger—

The animals in the jungle, so the

their eye-teeth. Of course you intend to hang onto it and become more and more intimately connected with the institution as the years slip by."

"That's where you prove yourself an almighty poor guesser," said Bill— whose name is not Bill. "It's just like this, old man. I am a lucky dog in many ways. I have a good job. *But I wouldn't have this good job for a minute if I wasn't a pretty fair sort of an employe.* I am doing my work and getting paid for it. I get two salaries. One is paid in money; the other is paid in knowledge. I always insist on getting both when I work for an institution. So far I have paid most attention to the learning. I don't care for the money. I figure that the world will be compelled to pay dividends on what I know a little later on. And I am going to get paid for putting over a stunt of my own. My employer has a big thing. He has made a big name for himself. He has done much good. But it is *his* stunt.

fable runs, met and determined to punish those who had broken the forest laws. The tiger addressed the meeting. His closing words were, "Let no guilty one escape." And there then followed much applause. All the animals hurried for reform. The jungle papers got out special editions, and the jungle magazines told the story on special colored inserts. Ree-form, to be sure! First they caught a monkey that had disobeyed the anti-gossip ordinance, following that by disciplining a thieving jackal and a bloodthirsty wolf. A rabbit that had disregarded the Keep Off The Grass signs was banished. But the reformers didn't stop there. They went higher up. They found that the Greatest Grafter was the brother of the tiger who had made the original reform address. But when they got close onto the Great Grafter the eloquent tiger interposed. "You have done most noble work in this glorious movement of reform," he said. "You have shown the jungle that the laws cannot be trampled on with impunity. I glory in the work you have done. But I must point out to you, and I do this in a most kindly and forgiving spirit, that you are about

to make a great mistake. Believe me this advice I am about to give comes from my heart. It hurts me to find that you have not learned the lesson of knowing when you have finished. Let us cease this strife for reform. Let us keep in mind the good name of this great jungle. Let us not let the breath of scandal or slander blacken its fair fame. Let us all forget the past, live in the present and work only for the future. I hope you understand and agree with me." Then he showed his teeth. And that is the way of most reform movements. In San Francisco the people went wild with the desire to punish the grafting supervisors and Mayor Schmitz. Heney was called in and paens of praise were sung at the mention of his name. But when Spreckles and Heney found that the grafters who were responsible for civic rottenness were the big business men, then the tiger made his speech. It is all right to reform *the other fellow*. But when the reform movement strikes home we begin to talk tiger. And there are many of us who talk tiger—more do it than is realized. Do you talk tiger to yourself?

A Question of Moods.

By MABEL S. DYER.

Why should your sadness
Mar another's gladness?
Life is so brief.
Rather should your gladness
Dispel another's sadness;
Then Life would be complete.





By SINCLAIR LEWIS.

"YOUTH."

CHAPTER I.

*"Youth" is the call of the city,
And the strong young men come forth.
They give their youth and vigor
In eager sacrifice;
And out of the stress of their toiling
Shall the City of Beauty arise.*

ANNA LOUISE STRONG.

The vast tumult of the streets of New York sounds so like a battle because it is indeed a battle. Unnumbered soldiers of the spirit fight there; men and women of abundant youth, and some are triumphant, because they war with a calm clearness of thought to direct their sword-arms. But those who are afflicted with blindness in their spiritual eyes must learn to see before they can conquer. However strenuous are their violent strokes, however sharp their courage, they strike vainly if they strike in the darkness that environs the blind. There came, says my story, a young man into the war of the New York streets. He was a glorious thing of youthful vigor, but he was blinded. The eyes of his spirit were thick bandaged with cloths of convention, though he thought that he saw clearly. He was doubly conventional in thinking that because he had heard, but not digested, the truths of Thought, therefore were his eyes freed.

But he met certain wise people; he groaned through certain midnights of sorrow, and he learned really to open his eyes. He digested the truths of the

might of Thought. He learned that the "things that make for success" were not dead words but living verities and then was his sword-stroke sure and triumphant in the battle.

The cabmen about the door of the Grand Central station, in New York, paid no great attention to a young man who issued from the revolving doors, one July morning, and stood on the steps, bewildered by the clangor of Forty-second street and the formidably towering hotels; with the bewilderment of the visitor first pilgrimaging to New York from some hamlet unvexed by trolleys and skyscrapers. Though he was neatly dressed, this young man of twenty-three had evidently little money to spend on cabs.

Ralph Pierson had come to New York from the little Massachusetts town of Spring Hill. He had gone through high school, then worked in a country store, diligently too; for he had ideals of hacking out some tremendous success in business. When his widowed father died, Ralph was left a couple of hundred dollars, which seemed to him a fortune sufficient to make his beginning in New York assuredly successful. And he had a sturdy physique, though of a slender medium height. He had spent so many hours out of doors that his skin, naturally tending toward sallowness, was of a fine, even tan.

He made a pleasant picture as he stood

there, before the Grand Central station. Under his fine, thinnish brown hair, were regular though undistinguished features; his cheeks were so smooth that it was evident he did not have to shave more than once a week. He had the stubby, short and hard-nailed hands which bespeak more energy than thought. As he moved down the steps and asked a direction of a policeman busily doing nothing in front of the station, the officer was surprised to hear so deep a voice from one so slender and quick-spoken as Ralph Pierson. The policeman would have felt, had he cared to feel anything in particular, that this young man could better handle and more strongly use a voice less deep.

Ralph had been advised by friends not to go to a hotel, but to a boarding house. The policeman suggested that in this search for a room Ralph should start at Fourteenth street and take in order the side streets. That sounded delightfully easy. Just one numbered street after another; and a paper scrawled "Rooms to Let" posted on nearly every other doorpost.

But when the late afternoon was casting the shadowy trail of the Metropolitan Tower far across the city, Ralph was still toiling wearily from high stoop to high stoop, dismayed by the number of undesirable rooms. He was allowing himself only three dollars a week for room rent, and the rooms obtainable at that price had proved to have, in every case, something radically wrong. How shocked and astonished the landladies had seemed when Ralph pointed out that the cockroaches were rather too abundant; that a certain room lacked light, or air; that the bath room was filthy; that the hall smelled of countless generations of virulent scents; that a hall bedroom was so crowded as to leave no room for an occupant, by its quota of furniture—

a bed, a straight-backed chair and a discouraged wash stand! How grieved had the good landladies been by Ralph's more and more faint objections to being persuaded into renting some impossible room. He felt that he must be a very fastidious person indeed, when the number of astonished landladies had increased to scores.

At dusk, after a dish of ill-cooked beans and a "fry-egg-san'wich" in a lunch room (for Ralph had not yet found his desired vegetarian restaurants), he climbed the steps of another typical high-stooped house on East Twentieth street. The door was opened by a plump old Irishwoman, of two chins and little smile-wrinkles radiating from the corners of her eyes.

"I want to see a room. Single room. No, I haven't anybody to room with me. Don't care how many flights. Three dollars," droned Ralph. He had been learning the room-hunters' stock phrases.

"Roight up this way, sor," chirruped the landlady. Her voice was comfortable as her motherly face; quite without the cracked irritation of the average, worn-out landlady. She preceded him to a fair-sized room on the third, the highest story; opening off a hall illuminated by a skylight.

"Ye'll not be foinding a better top-floor-back than this un," laughed the landlady. "See here, sor, the bed is good and clean." She turned back the spread and the top sheet for his inspection. "And the rocker is a foine comfortable rocker, it is; and there's a bath room on the floor below, with a porcelain tub." At this climax of luxury she grinned a wide, all-involving grin of cheerfulness which hit Ralph's very heart. "And them windies gives a fair wonderful light, sor. Shure, ye'll not be foinding another room like this."

"How much do you charge?" ventured Ralph.

"Shure and O've been gitting four dollars the week for it," responded the landlady. "But ye look loike a noice, sober young man, and Oi'll let ye have it for three dollars. Oi do like to be having noice, sober young men for lodgers, and that's the truth!" There was unmistakable honesty in her broad smile.

Ralph dropped his wearied body into the wicker rocker and looked about the room. The roof at the back sloped slightly toward the windows; but the windows were clean and wide. The room was spotless. The bureau, though its mirror was dim, was large and comfortable as the landlady's smile, with a neat bureau cover. There was a cheerful rug on the matting-covered floor, beside the wooden double-bed. And there were goodly spaces that suggested a circulation of air between the pieces of furniture. A typical "roomer," trained to know just what price lodgings brought, would have said that the landlady was undoubtedly right in declaring that this room usually brought four dollars.

"I'll take it, Mrs. —," said Ralph. "My name's Pierson!"

"Mrs. McSwingle is me name, and bless ye, sor," courtesied the old Irish-woman. "Won't ye be coming to the kitchen and having a cup o' tay? Ye look tired, sor."

"No, but thanks awfully. I think a bit of fresh air and some rest will be better for me than a stimulant, don't you?" suggested Ralph, brightly.

"What, not care for tay? Why——"

"No, Mrs. McSwingle. You see, it has tannin in it; and that's harmful to the body. But thank you again. Here's my first week's rent. May I go up on the roof—I see there's a trap door, out

there in the hall—and look around!"

"Shure and ye may, sor!" bobbed the old landlady, and bustled off down stairs, murmuring in astonishment, "Tanning in tay? Well, boi the saints but I wonder if that's whoi it don't be resting me as much as it used to, even if I take ten cups of an afternoon!"

Ralph climbed the short ladder from the top-floor hall to the roof and passed along the slanting, tin-roofed surface to the coping, in front. It was now evening. He gasped as though he had been struck full in the face, with the naive wonder that went through him as he lifted his eyes, which he had kept fixed on the roof that the full flood of the city splendor might strike him all at once when he reached the front.

To the south rose the Singer Tower, set with lights like a wonder-jewelled Atlas. Then came a space of darkness, across which shot a line drawn in fire; the illuminations of Fourteenth street. Broadway writhed and glowed like a thousand-tinted serpent. It chanced that the brightest spots were indeed befitting a serpent; the gaudy signs advertising cheap musical comedies and cheaper liquors; but Ralph could not know that. He sighed over the tropical field of incandescents that was a famous roof garden. He tingled with the mystery of a glimmer on the horizon—the hint of Coney Island. Then a searchlight mounted on the Madison Square Garden Tower was swung through its giant circle of illumination; seemingly piercing the very zenith with its great, golden shaft; then touching the white splendor of the lofty Metropolitan Tower with blinding radiance. Ralph throbbed with an exultation that was, for the moment, almost unbearable.

For this kingdom of the many glories was his, his, *his*! His it was, to live in; his to enjoy and conquer. He uttered

a little cry, such as must have broken from the half-open lips of Napoleon when he stood on the summit of the Alps and saw Italy before him. New York, New York! Here it was, the living, burning answer to the doubts which had assailed him during his day of room-questing. It was worthy the conquering; he would conquer it!

And how could he help doing so? he felt. For Ralph Pierson was one of those incomplete men who have sound, uninspired formulas which are, they believe, keys to every problem. Ralph could not know yet, not know till life had taught him in its rough-seated school, that his formulas, his mere theories of life, were useless unless they became living verities; parts of his consciousness, his spirit. He had any number of excellent bits of knowledge regarding conduct; regarding hygienics, what not. He knew that the landlady ought not to take tea, because of its tannin. In fact, Ralph Pierson was an uninspired genius at catching hold of such facts as adorn the cook books and almanacs. But he was not, as yet, awakened to fundamental principles. He knew that he ought not to gorge on meat. He did not know that he ought in all things of the daily life, eating, sleeping, breathing, working, so to live in tune with natural laws that his body would be a dynamo of power. He had never plunged into great, general causes; had never worked out real laws for himself; using his nice little theories only as starting points. And that was why he never made these theories atoms of a whole which should be a living, shining, eternal truth.

But he was not a hopelessly hide-bound conventionalist. He was young, very young; he had not been awakened. Perhaps it was because his subjective mind saw in the city, flashing before

his objective mind, just what he needed, that he hailed this glory. His was a nature that responded best to a loud organ tone. He had it, indeed, in the city clamor.

His fight was not a cause foredoomed to be lost. Rather, it was not begun. Though he had, up to this time, instead of using his spiritual forces as living essences, merely acquired cut and dried examples of the action of these forces; yet his untrained early life had been largely responsible for this. He needed someone whose spiritual language he could thoroughly understand to point out to him that he must always and constantly be in the process of growing; someone to teach him to *use* his powers, not tuck them away. But it was, nevertheless, a fact unmistakable to one reading his well-featured face aright, that here was a sturdy soul with the chance of awakening.

While every divine cell of his brain was quickening with the impulse to awaken, Ralph Pierson himself, unconscious of all this growth, would merely have said that he was standing there almost stunned with the night of the city.

Slowly he came down from the roof and, in his top-floor-back, unpacked his two valises. They were not suit cases, not natty Gladstone bags; just old-fashioned valises, and not roomy for their bulk; but they held all of Ralph's belongings; his clothes and enough trinkets to bring back many a thought of the Spring Hill home and the friends who had pressed this scarf pin or that collar box on him as he left. But he was too thoroughly intoxicated with the city to feel lonely long in the silent room.

Turning out the gas—whose use he had learned as a boy, during a memorable trip to Worcester—Ralph drew his chair up to a window at the back of his

room, and sat looking out into the warm summer night, still in a comfortable glow of exultation. He wondered at the hints of life to be seen in the flats and "housekeeping rooms" of the houses which, across the well-like area way, had their rear toward him. It was late. Ralph had been dreaming, up on the roof, for a long time. Light after light, the lamps across the area way, went out as bedtime laid its drowsy finger on family after family. But the two large windows of a room exactly across remained illuminated, after the others grew blank. As the windows were partly raised, the curtains could not be down, and Ralph saw a trained nurse, in her neat uniform, moving about the place—undoubtedly a sick room. Ralph knew that trained nurses were, for the most part, instruments in keeping the sick sick. But he was tremendously attracted by something trim and graceful in the quiet movements of this nurse. Quite without thought or intention of discourtesy in so watching—rather with the naive interest of the healthy youngster from out o' town—Ralph stared on.

The nurse came to the window, opposite there, and knelt down with her rounded elbows on the low sill. She leaned a bit out, breathing deeply of the night air, sweet and clean even in the city area way. Though the distance between her window and his was not inconsiderable, they seemed to be close, with only darkness separating them.

Ralph saw that the nurse's broad, calm forehead was crowned with sumptuous hair. Brown hair it seemed to be, though he could not quite tell. Her shoulders were softly rounded, yet strong and hinting of self-reliance and health. Apparently she was of about Ralph's own age—twenty-three; perhaps a year older. She was not pretty, particularly; though certainly not in the least uncomely. The fact was that one didn't think much about the question of whether she was pretty or not; when he had once taken in the force of her calm, clean, sweet strength. Surely this girl would be a wholesome companion, thought Ralph. He sighed, a little. She was separated from him by only a few yards of empty darkness; yet, in the City of Walled Hearts, that was, he feared, so solid a partition that she could never be "wholesome comrade" of his. But when hearts are young they spring with gypsy hope, and Ralph's heart was truly young that night of soft summer.

While she knelt there, dreaming, Ralph dreamed back, at his window. With an impulse he did not even try to explain, he too, slipped down and put his elbows on the window sill of his darkened room; remaining there in quiet contemplation till she had risen and turned back into the room.

Then he rose and slowly undressed. He fell asleep like a weary, happy child; to dream of triumphant youth in cities of light—and of fine, calm girls, like the nurse across the area way!

(To be Continued.)

When you have drawn from your present environment all that it was intended to mean to you and contributed to it what it was meant you should, the dissolving process will manifest your further needs.—Helen Rhodes in "Psych coma."

The More Abundant Life.

COMPLETES FOOD ARTICLES—IMPORTANT ADVICE
ON UNCOOKED FOODS—MENTAL FORCE IN CONJUNC-
TION WITH FOODS—ONE UNCOOKED MEAL A DAY
AT FIRST—A CIVIC CONDITION.

By EDGAR WALLACE CONABLE.



In concluding, for the present, the writer's discussions on the problem of uncooked food, it is necessary to take up a few phases of the subject which have not, as yet, been considered.

In the first place, no one should undertake to live exclusively on uncooked food or even partially, unless the mental forces are in perfect sympathy with the undertaking. That is to say, we should not *will* ourselves to do a thing which the appetite constantly fights against. It will be of no benefit to the body to force ourselves to live on one kind of diet in the face of constant mental protests. The stomach (nerve) cravings for the more stimulating foods must first be appeased before there can be a harmonious working out of this problem. So long as the appetite demands cooked food we must enter into a compromise with it, at least a portion of the time. Furthermore, it is never desirable to eat any kind of food, cooked

or uncooked, which requires more energy in the various processes of handling such food than the food itself supplies. There is nothing gained in this. It is a backward step. And unless all the forces, mental and physical, work harmoniously together at the meal hour, the maximum of good which any kind of food may contain cannot be appropriated. The mind must be at peace with all the world when we are putting food into the stomach, otherwise it were far better to refrain entirely from eating, no matter how persistent the pangs of hunger. Inharmony and lack of sympathy with the sort of food one eats neutralizes the power of both digestion and assimilation.

Again, at the outset, we would advise no one to attempt to eat more than one meal a day on uncooked food. Let this meal be at the noon hour. Let the cooked meal be at the end of the day. This is on the presumption that all "reformers in food" have long since discontinued eating breakfast. If they have not, then it is high time they did. Breakfast is a superfluous meal and has no legitimate origin. It is only since the race began to heavily dissipate that the breakfast plan was introduced. Up

to the middle of the fourteenth century no such thing as eating previous to mid-day was ever heard of. And the noon hour only a light lunch was indulged in, with the "heavy" meal at five o'clock. The breakfast meal is merely a habit, but it is one of those habits which have become strong factors in the lives of the greater percentage of the race, much to its detriment. This is because so much of vital energy is constantly being unnaturally dissipated. We are obliged to eat oftener and of excessively stimulating food in order to make up for the constant waste of bodily energy.

So, we say to all these, keep right on with the three meals each day until such time, through the conservation of the vital forces, less food is required and at less frequent intervals. For the maintenance and preservation of normal bodily conditions, we do not require nearly so great an amount of food as we ordinarily consume. It is the loss of virile energy, which so depletes the brain and body forces. Anything which tends to neutralize the virile forces of the body affects the whole nerve organism. With the loss of virile energy, except in the presence of actual prostration, there is an immediate demand for such food stimulants as will restore normal conditions. The early morning meal is the outgrowth of this sort of dissipation.

No person who indulges in excesses will ever be satisfied to live exclusively on fruits, nuts and vegetables. All such must have quantities of meat, milk, eggs, butter, cheese, etc. Indeed, the fruitarian disciple never cares to dissipate. He does not waste his energies. There is no incentive for him to be intemperate; and yet he gets the very best there is in life, for he is always in close touch with nature and all her wondrous workings.

Another point which it is important to emphasize is this, that in the absence of the ability to secure pure, sweet, ripe fruit, nuts and vegetables it is better to keep right on with the cooked food. Of course it seldom transpires that one cannot obtain something desirable in the line of uncooked food, but variety is essential—not variety at each meal, for the fewer kinds of food we indulge in at a meal the better—but there must be constant and repeated changes lest one become weary of the sameness. In all such cases it is better to indulge more or less in cooked food, provided the cooking is done properly. Foods that are boiled, stewed, steamed or fried are anything but desirable. Both the flavor and nutritive values have been greatly dissipated in this mode of treatment. If we are to cook foods at all they should always be baked and "dry" baked at that. By this method the cell life is practically all retained. Those who have never eaten of "dry" baked foods can have no conception as to their delicious flavor and satisfying qualities. Other foods, cooked in the usual way, are as chips in comparison. "Dry" baked foods stand next to the best of uncooked foods that is possible to obtain. They are much preferable to the unripe, sulphured fresh and dried fruits which are so common in every market. The latter look beautiful, but if one has any respect for his stomach the doctored foods will be left entirely alone. We know that a great effort is being made to convince the world that sulphured fruits are harmless, but let no one be deceived. Demand the pure stuff, everybody, and soon it will come. The whole proposition is in the hands of the consumer.

Great care should be taken in the preparation of proper food combinations by every one undertaking to live on an un-

cooked dietary. In the first place it is necessary to avoid the use of all store or other food preparations which are placed upon the market. Eat nothing in the uncooked line that you have not either prepared yourself or have witnessed its preparation. Practically all nut preparations are composed of peanuts, which are not nuts at all. These are most undesirable. All "pre-digested" and "semi-assimilated" foods which the commercial man would foist upon the credulous consumer, should be given a wide birth. It is best also to get as far away from all cereals and cereal combinations as possible. Nuts should be eaten only with green vegetables, not with other solid foods. Two different kinds of acid fruits do not go together at the same meal, neither do acid and sub-acid fruits go together. It is not well to take two different solid foods into the stomach at the same time. It is the wrong combination in the uncooked dietary the same as in the cooked dietary which makes all the trouble. If we are going to pay any attention to the food proposition at all we must eat intelligently—use our brain—otherwise the results will be disastrous.

Truly, the road of the prospective fruitarian is anything but a smooth one. He will be beset on every hand. At times he will wonder if the recompense is sufficient to outbalance the struggle which both the body and mind must endure. But this depends entirely upon the viewpoint. If we are in possession of a body worth saving, then there will be found ample compensation. On the other hand if we are dragging around an old shell that cannot possibly serve any further specific purpose in life, then, we say, let the uncooked food proposition alone. The struggle to make the change will wipe you off the face of the

earth quicker, perhaps, than you had intended going.

But, independent of the proposition of uncooked food, the glaring need of the hour is the presence of educated cooks—cooks who know how to cook. We have never seen but one or two. There should be ten million, and all these should be obliged to pass rigid examinations as to their knowledge concerning all food stuffs and the proper combinations. This is a thousand times more important than the presence of experts in any other trade or profession. Schools and colleges in the science of cooking are in demand. It is said that we already have numbers of these. The writer has never seen one, neither has he ever seen a graduate of one of these alleged cooking schools. Undoubtedly there are thousands of schools that pretend to turn out expert cooks, but they are all failures. None of them understand the first principles of the art of conserving and protecting the cell life housed within the fully fructified fruit, vegetable or cereal. And they know almost nothing about preparing and serving proper food combinations in order that the maximum of health, strength and vitality may be obtained.

This thing of food supply, which affects the whole human race, is the mightiest problem of the day. All other problems pale into insignificance in comparison. All life and all health are dependent upon the proper solution of this one problem. The future growth and destiny of the entire race is wrapped up in the solution of what man *should* put into his stomach.

There will be an awakening one of these days. Let us pray that it may not come too late.

Believe in the good you cannot see.—E. T.

Mental Medicine and the Chemistry of Life.

WONDERS OF THE HUMAN BODY—BRAIN AND NERVES THE INSTRUMENTS OF CONSTRUCTIVE POWER—HOW WE CAN AID REPAIR AND REGENERATION—HOW TO USE MENTAL FORCE—TWO THINGS WHICH MAKE FOR LONG LIFE AND HEALTH.

By E. R. HOUGH.

The human body or system is a collection of simple chemical elements arranged in an intelligent and wonderful order for the production of certain results and contains in life a certain proportion of the great elemental energy termed Mental Stress; Nervous Force; or Life; which presides over the operation of the different material parts and directs, curbs, and controls the chemical changes and processes which are ever going on each second of time for the regeneration of new cells and tissues to take the place of those destroyed, decayed, or weakened by activity, injury, or disease.

There are several different kinds of tissues entering into the construction of the body and each of these is formed under the direction of the vital intelligence from its own peculiar elemental substances as derived, normally, from food. Thus we find muscular, epithelial, nervous, connective, osseous and adipose tissue, and the blood and other fluids which contain and carry the elements for tissue repair and removal of waste, and which may also be called tissues. Each kind of tissue is a collection of Cells or micro-organisms of a certain variety

bound together in the form of Organs, and has a certain duty to perform. Each Cell is created, formed and grown from the union of the simple, original elements through the operation of the stimulating mental and nervous energy.

The brain and nerves are the instruments of this constructive force and through which it reaches and directs each of life's processes. The brain is like a keyboard or electrical switch-board with certain areas corresponding with certain organs or functions to be controlled; the nerves are cords or wire-like conductors through which the controlling messages are conveyed or telegraphed.

The brain is a very receptive organ which will respond with activity not only to physical stimulus and causes but which will also exert itself to direct, more perfectly, certain physical processes which may not be carried on fully or sufficiently at times, if it be trained to do this through the application of directed thought or self command commonly termed Auto-Suggestion.

Thus, when our system is weakened or worn; injured or decayed; we can aid repair and cause regeneration to go on

more perfectly if we strongly suggest to ourselves that this or that particular function be stimulated and aroused to normal activity; bringing all our mental forces into play in actually constructing the condition of the picture, and leaving out all fear of germs, microbes and life destroyers which are usually but the product of decay or disease itself, and not the cause of it primarily.

This use of Suggestion, Auto-Suggestion and Mental Force to strengthen our mental and physical forces is called Mental Medicine. And it is just as applicable for the purpose of strengthening the mental faculties themselves as it is for upbuilding the physical strength and functional power through them.

We are, today, in great measure, just what we have thought ourselves into being, currently, all our lives, and are strong or healthy, weak or diseased, accordingly as we have thought in total. Therefore, it behooves each of us to exert our energies toward thinking of conditions of health as we desire them while leaving to wither out undesirable thoughts, conditions and diseases.

For the maintenance of good health two great things are necessary. First, a supply of natural tissue nourishing foods, fresh air, and pure water. Second, power of thought force sufficient to correct any lethargy or weakness of the functions of digestion, assimilation and elimination if the power is deficient as it often is. For, as we recollect, the latter are controlled by the mental energy or sympathetic nervous force and are to

be stimulated, normally, by it, through the influence of directed thought and mind influence as brought to bear upon the areas of motor control of the brain substance in communication with the functions.

Were these two things properly observed and lived up to by all mankind there would be little weakness, disease and decay during life. People would live their allotted time in peace and die happy. But, ordinarily, some little imperfection develops somewhere in life's processes and no attention is given it until it grows into a serious tissue disease. Drugs and poisons, doctors and fakirs are then employed to correct the trouble and cure the disease, all without much avail to the sufferer, while even in this stage, a return to nature, natural methods of living, natural foods, natural tissue building remedies, and mental medicine could, probably, start the reaction so necessary for a recurrence of health, function and life.

Thousands die annually from mental laziness, poor feeding, drug poison and dope treatments, etc. — it is wise if you will decide to take time to watch nature a little as she works in your system, and correct, if possible, on the start, any imperfections found, with natural agencies of cure. By doing this you can greatly strengthen yourself day after day anyway and gain a better standard of health and resistance to disease, while the little observation and care may save your life and prolong your earthly visit many years.

All exercises are unprofitable unless they carry a thought in solution, refreshing the nerves as well as the muscles. To go through a form without incorporating it into the understanding and circulation is a waste of time.—Helen Rhodes in "Psychcoma."

Cell Management.

THE GOVERNING SELF AND HOW TO EMPLOY IT—A
PRACTICAL USE OF THOUGHT FORCE BY THE
AUTHOR—THOUGHT AND WILL SHOULD WORK IN
UNISON—TRAINING THE CELLS TO OBEY.

By KATHERINE QUINN.



was that when your book was finished you weren't sleepy any more?

Did you ever have a dreadful headache and have some one drop in and talk pleasantly for half an hour or so and leave you to the discovery that your headache had vanished? I am sure you have.

You may even have known people, who had taken to their beds to rise therefrom and go about as if they were not sick at all, because some other member of the household was taken ill.

But did it occur to you that you could be the fascinating novel, or the entertaining caller, or the friend in need yourself? Perhaps not. And yet you can every time, and for as long a time as you want. Let me tell you my experience.

I used to teach school five days and

three nights a week. I loved the work and felt fine when I was doing it, but it was hard and the hours were long, and I always rejoiced when it was Friday night. Yet, strange to say, I never felt quite well on Saturday. I would be chilly and depressed and my head would threaten to ache. I thought I knew the philosophy of that. I said that my brain cells and all the other cells of my body had been driven along certain paths during the five school days. They were accustomed to working according to a certain plan, but on Saturday they were asked to follow some other plan and they were unable to adapt themselves to the change. They were like a lot of children who were in the habit of marching in one direction. When some one called a halt and asked them to go some other way, they became confused and disorderly, and ran about higgledy-piggledy, and my head ached in consequence.

My reasoning was right so far as it went, but it didn't go far enough. I took no account of my "governing self." I thought I was at the mercy of those cells and had to ache or feel blue or cold just as they willed. But in time I made a discovery.

It was Saturday and the old uncom-

fortable feelings began to come. But I had been reading a great deal about thought force, and had decided to see what was in it. So at the first sign I made up my mind that I would get interested in some kind of work and thereby drive away the undesirable feelings. Now I wouldn't have you think that I had never done anything on Saturday before. I had always worked, but I had worked in a half-hearted way. I didn't consider that what I did was really my work, and I knew some one else would do it if I didn't, so I went about it without thinking of what I was doing. But this particular Saturday I resolved not only to work but to work with a will. I set about doing the very things I had always done on that day, but which I had never previously enjoyed doing. I willed to do them the best I knew how and to enjoy myself in the process. Within a short time I found myself engrossed in my work, warm and happy, with no trace of the headache which had been sneaking around earlier in the morning.

The difference was all in the way I worked. Before that when I had set my brain cells and body cells to perform certain tasks, I didn't care much how they got on, so I left them to themselves, and of course they muddled things. This time I stayed there and saw that they did things right.

Were you ever in a school room before the session opened, when the teacher was at her desk, and the pupils filed in and took their places quietly and went to work? And were you ever in the same room when the teacher was absent, and the children streamed in pellmell, and the place, so far as disorder went, was a very pandemonium? You think it is only naughty children who will not do their work

without being watched? Not at all. They are simply untrained. As yet they have not learned that wisdom's ways are pleasantness, so the teacher is there as a visible reminder. In their minds there is an association between the teacher and law and order, so that when they see her in her place they are reminded to perform their tasks in an orderly manner. But when she is not there the connection is not made, and having as yet no appreciation of order themselves, they act contrarily to rule. After awhile when they have learned the needed lessons, the connection will be made in their minds without the teacher's presence. Then they can be trusted to do their tasks without watching.

When we begin a new kind of work our cells are like untrained children. They don't know which way to turn and need to be directed at every point. After awhile they will know the way themselves. Then we can leave them and go do something else. But in the beginning they need to be watched. That is the reason all new work is hard, and all work which we have learned to do easy and pleasant. That is the reason that the newer and harder the work the more we need to pay attention. And that is the reason that when we don't pay attention things get twisted and tangled and we feel tired and dispirited as a result.

No matter how wayward or unruly the cells they can be trained to move in any direction we wish. They can be taught to enjoy darning stockings as well as playing the piano. They can be made to find the same pleasure in running five-finger exercises that they do in playing a beautiful harmony. It is all a matter of training.

Of course they won't want to. They'll cry and coax and wheedle, and

say they didn't ever do that kind of work before and they don't want to learn to do it now. Then if we have no backbone at all we'll let them off, like the mothers who wring their hands and bewail their lot because they can't manage their five-year-old children. If we have a little backbone, we won't let them off altogether, but we'll start them at work and then leave them to get through with it the best they know how. We won't stay to watch the ordeal, because we aren't sure we can manage them, and anyhow it's a nuisance to be bothered.

But if we have a lot of backbone we'll stay on the spot until the most wilful of those cells has learned to do its little best. We'll plan and connive and experiment until they have learned to obey the dictates of our will, until they darn stockings or play the piano just as we told them to do, and until they learn to do what they are told without resistance. When that is done we can leave them to themselves and day-dream, if we wish, because then school is out.

Marriage.

By F. MILTON WILLIS.

Marriage is a wonderful and a most holy thing. Here are two persons, each in the exclusiveness of individual life. Now a glance of the eye, a touch, or a spoken word bechances, and ere the import of the encounter can be conceived by them, has swept away with elemental impetuosity the personal limitations that separate them. These two, comprehending by an unerring intuition each the other, are by that mutual, secret understanding strangely reinforced and inspirited and mysteriously hurried out of their normal selves into an exaltation in which each comes nearest to each and from the viewpoint of which all things seem petty and unsubstantial save their own dreamy conceits and excogitations. This the beginning of that, of which, God willing, marriage is to be the end.

Marriage, indeed, is as peculiar as are birth and death. We enter it, when the moment arrives, as simply as we come into life, as simply as we pass on beyond. In theorising about marriage we are Solons and Solomons, but we pass

into the state in a blissful unsophistication and with a sublime indifference to details; we enter it in a sacred pre-occupation, serenely unconscious of the real significance and solemnity of the initiatory ceremony, necessarily ignorant of the heart-enriching responsibility issuing from the true marriage or of the morbidness and corrosive melancholy resulting from the false. After marriage—the true marriage, the perfect union of thought and feeling,—we look at things differently; they take a finer proportion, round out into richer fullness. We feel a burst of power, as if our new responsibility has roused a kindly Titan hitherto stretched out in sleep at the bottom of our hearts. And thou, lovely woman, thou most wonderful and entrancing product of the world, how adorable art thou when with thy loveliness is united that rare sweetness which blends ourselves, our work and our surroundings into so marvellous a harmony that we seem ever to be at that incomparable period when we are attaining the height of our ambition.

Lessons in Constructive Science.

THERE IS A CONSTRUCTIVE, OR INTEGRATING PRINCIPLE IN NATURE, AND A DESTRUCTIVE, OR DISINTEGRATING PRINCIPLE—POWER APPLIED THROUGH THE CONSTRUCTIVE PRINCIPLE BUILDS, FORMS, AND INTEGRATES; IT DRAWS ATOMS AND FORMS TOGETHER—POWER APPLIED THROUGH THE DESTRUCTIVE PRINCIPLE DISSOLVES AND DISINTEGRATES; IT DISPERSES ATOMS AND FORMS, AND THROWS THEM APART—TO LEARN HOW TO MAKE EVERY THOUGHT AND ACTION CONSTRUCTIVE, IS TO MASTER THE SECRET OF ALL ATTAINMENT.

By WALLACE D. WATTLES.

I.

CONSTRUCTIVE SPEECH.

It is not constructive to mention your dislikes. Dislike does not integrate, attract, or draw things together; it is always a repelling principle. When you sit down at a table, never say: "I do not like onions very well." There may be others at the table who do like onions, and your thought begins at once to cause inharmony and antagonism between you and them. When you tell me that you do *not* like something which I *do* like, you and I begin to repel each other at that point. It is the things we like in common which draw us together, and the things which one of us likes and the other doesn't like which make for repulsion between us. It is not necessary that we should all like the same things, but it is best for all of us to keep our dislikes to ourselves. The knowledge that you do not like a certain food will not add to the pleasure of the others at table; it will not make them enjoy their meal more; on the contrary, it tends to make them uncomfortable.

How do you possibly add to the joy, brightness, wealth and health of the world by spreading abroad the knowledge of the fact that you do not like onions? What can be built up, integrated, made greater by your dislike? Nothing; but on the other hand, you suggest the idea of antagonism to those around you who are eating onions, and you will injure their digestion by doing so. Onions eaten with the thought of dislike are indigestible; but eaten in love, cheer and harmony, they are a food fit for the angels. Never think or speak of dislike at the table; think and talk about the things you like.

Never discuss the wholesomeness or unwholesomeness of foods. Do not say: "I am very fond of cheese, but it does not agree with me." It does not help your friends to be told that cheese disagrees with you; it only tends to make cheese disagree with them. Put cheese out of your mind until you can see it without thinking that it disagrees with you; and when that time comes, you will probably find that you can eat it per-

fectly well. Instead of mentioning the fact that cheese disagrees with you, tell how very fond you are of mashed potatoes, and how good you always feel after eating them.

If you believe certain foods to be unwholesome, keep still about it. Never say that cucumbers are not fit to eat. If you believe that cucumbers are unwholesome, let them alone, but mind your own business, and let those who believe they are wholesome eat them in peace. So far as we are able to determine, all these things are purely matters of mental attitude; cucumbers are wholesome to those who believe in them, and unwholesome to those who do not. If you believe them to be unwholesome, do not eat them, but do not throw out the suggestion of their unwholesomeness. To do so is destructive; it sows the seeds of indigestion, disintegration, disease and death. Talk wholesomeness.

If you are a vegetarian, and there is meat on the table, do not descant on the danger and undesirability of a meat diet. Why convert meat into a poison to those who are eating it, by filling their minds with the poison thought? In the first place, if you are a vegetarian, you should not advocate your theory unless you can show that you are healthier, stronger and better than the average meat eater. Always demonstrate in your own person before you begin to teach. And if you can show that you are healthier, stronger and better than the average meat eater, you will not have to say a single word against meat to prove your theory; you will only need to point to the excellent results which follow the eating of vegetables, and those who look at you will want to live as you do. Demonstrate; praise the vegetable diet; advance the constructive thought, and do not attack meat in any way as a food.

If you feel that you *must* advocate some diet reform, do it constructively. If you believe that coffee is "bad for the liver" and that cereal preparations should be substituted for it, do not begin by describing what you believe to be the evil effects of coffee. For all you know, these evil effects may be merely the results of the way people *think* about coffee, and by increasing the evil thought, you will multiply the evil effects. Take a million healthy people who drink coffee, and make them believe that coffee is bad for their livers; two hundred thousand of them may give up coffee, and the other eight hundred thousand will develop liver complaint. When you describe circumstantially and in detail the evil effects of coffee (as you see them) on the nerves and liver, you are merely spreading nervousness and liver complaint. Praise your cereal drinks, and point to their good effects; but keep still about coffee. If you cannot demonstrate your good thing without attacking other things, then your good thing is no good.

To mention dislike or unwholesomeness in connection with foods is always destructive; never do it. Talk only goodness and wholesomeness.

It is not only destructive to mention dislike in the matter of foods, but in all other things as well. Never mention that you dislike any person or thing. Do not tell how you dislike Smith; what earthly good can you expect to accomplish by spreading such information? Who will be made better, or happier, or stronger, or braver, or richer by the knowledge that you do not like Smith? Not the people to whom you express your dislike; if they already dislike Smith, you will make them dislike him still more; and if they like him, you will make them dislike you. In either case, you will only add to the sum total of

existing hatred, which is a disintegrating force. And since action and reaction are always equal and in opposite directions, the result will be disintegration and dissolution in your own mind, body and business affairs. Do not mention your dislike for Smith; tell how much you like Brown. That will be constructive; it will help Brown, it will help those who hear you speak well of him, and it will help you.

Never speak disparagingly of other people's habits, or ways of doing things. Do not say: "I do not like to see a girl chew gum; I do not like to see a man smoke;" or "I do not approve of novel reading." Nobody will ever stop doing any of these things because you dislike to see them; and you will only add to the hatred and ill-feeling in the world by your destructive expression. But you may tell how very sweet Jessie looks, who does not chew gum; and you may mention how clean and wholesome and kissable (if you are a woman) a man is who does not smoke; and you can show what splendid brainwork is done by those who do not read novels. If you do not like a thing, praise its opposite. That is constructive.

Nothing good is accomplished by crusades for the stamping out of evil, and the suppression of vice. Such movements only increase vice. Progress is not accomplished by suppressing evil, but by cultivating good. And the good that is to be cultivated is always within yourself. You have no business to go around trying to cultivate the good in other people unless they invite you to do so. It is an unbearable impertinence

for you to try to make other people better, until they request you to do so. Mind your own business, and speak constructively of everything and of everybody.

If your wife makes a cake and it is a failure, do not tell her about it; she knows it. Tell her that her failures are better than any other woman's successes; and eat the cake; ask for a second piece. She will try her very best to make good cake, if she has a husband who is worth making good cake for; and your husband will try his best to please you, if you are worth pleasing. If no one seems to care about pleasing you, you can easily guess why. Set to work at once to make yourself worth pleasing. If you think other people do not love you enough, never mention it; it is a thing to be ashamed of. It shows that you are not winning their love. Love cannot be given; it must be won.

Therefore, do not mention it when other people have not treated you "right." What good can you do by telling about it? You will only cause somebody else to be mistreated by telling the story; and you will spread the evil. No matter how much you have been "misused," keep it to yourself; never mention it; forget it. Stories of misuse, of ill temper and quarrels only cause other people to misuse each other, lose their temper and quarrel. If a friend has mistreated you, never on any account tell it to anybody; when you mention that friend, let it be to tell what a good time you had with him on some other occasion.

Self-Made Destiny.

By SHELDON CLARK.

Stripped for the race in the New Life I stand;
The sky is above me, my feet on the land.
The illusions that bound me shall bind me no more;
I now answer the call, heard ages before.

A Psycho-Biological Conflict of Opinions and Theories.

DIFFERENCE BETWEEN A DEAD MAN AND AN ALIVE
ONE—MATERIALISTIC THEORY AS TO CAUSE OF
LIFE, HEAT, MOTION—THE MIND THEORY—MYSTE-
RIOUSNESS OF THOUGHT.

By EDGAR LUCIEN LARKIN.



I saw a human form on the sand down by the sea. It was the body of a dead man who had been drowned. The differences between this inanimate form and a living man were striking. The first to be noticed was the complete stillness and total absence of motion. The heart and lungs were at rest. No part of the body moved. Another difference was the absence of animal heat; the body was cold, and also devoid of color and very white. These changes from the living, the absence of life, pulse, motion, heat and color, could easily be detected by the startled bystanders.

But there were two other most wonderful differences: first, he could not speak. The faculty of human speech had become lost. This was wonderful enough; but there was something beside so much more wonderful, that all the others subsided into insignificance—the form of the man could not THINK. This was the most astonishing phenom-

enon to be discovered; the power of thought had forever vanished.

The cessation of thought has long been explained by the materialistic or chemical and of late by the electro-chemical theories. These are, in brief—that the many different chemical substances unite, disunite, act and react upon each other according to chemical laws. These reactions, it is taught, cause life, heat, motion, speech and thought. Mind is therefore a product, a result of chemical affinities and activities. It is evolved like the gastric fluid and all others, and all products in all parts of the body. The instant that organic chemistry ceases, thought, speech, motion, life and heat all come to an end. And that this is an end which exists forever.

When electrical effects or perhaps causes were discovered in living bodies, electro-chemistry was substituted for plain ordinary chemistry. Life became an electro-chemical output of the manufactory. So did mind, and of course speech, for we cannot speak a word without first thinking it. This is the materialistic theory of life and mind. By it all phenomena of life, mind, thought, emotion, will, volition, speech,

writing and activities of the living are results.

Opposed directly to the materialistic hypothesis is one diametrically opposite. This is that mind made all living bodies, all life on earth, and all phenomena of life and thought. Mind existed in nature before any animal or man. Mind seizes a cell in the brain and causes it to send forth thoughts, using it as an instrument of expression, a tool.

Not only this, mind made the cell, and further still, mind made the entire universe. A higher refinement is to say that mind created the universe. Here is the seat of conflict; the mighty and momentous questions are, did the man's body down by the waves die because mind escaped, or left it; or because chemical activity came to an end? This man when alive differed from all other human beings, since no two are alike, or greater than this, think alike. Then an entity left his body differing from any which could depart from any other. The life which vanished was like that disappearing from all human bodies, because the chemicals and chemical reactions are the same in all.

Now the entity which ceased to act in or on through the brain is now called a personality. It entered the cells of the brain, dwelt there for a time and retired or departed. At the moment of departure chemical action ceased. This is the mental theory of man, his origin and career on earth. No two hypotheses could differ more. And the contest is raging with more activity than ever.

By the personality theory, this per-

son existed before it began to act upon a congeries of cells called a human body; before it began to make expressions as flows of thought through, into and out of cells in the brain.

I am surprised somewhat to note the heavy increase in the numbers of those who believe in the external and pre-existing personality. Indeed, the person, the tenant, the one who occupies a body and brain for a season, is rising to great importance in the late psychological tide. Since all human brains are alike, or so nearly alike that the microscope cannot detect any difference, this wondrous difference between personalities certainly assumes transcendent importance. How can a person, a mentality, that of a high mathematician make life-long expression through or by means of a set of brain cells; and a poet, artist, mechanic, sculptor or musician make use of a similar series or an exactly alike series of cells, and be unable to ever think of anything mathematical? If the person was in existence before entering into organic cells, the inference is that it will still exist after escaping, or taking departure. And here is the argument for immortality. These are hypotheses merely. The truth is, not one thing is known as to the nature of mind. None knows what thought is, none knows aught of this mysterious personality. Here is an astonishing thing: We cannot think about mind; indeed, it is the only entity of which we are unable to think. For deep and wide is the field of modern psychology.

The one who seeks bargain sales for spiritual outfits grows impatient as he realizes that the spiritual life is a process and not a plaster.—Helen Rhodes in "Psychoma."

Inner Quiet.

By WILLIAM E. TOWNE.

Life is a unit.

But Life has many forms of expression.

You are one of the forms through which Life is expressing itself.

You, the individual, are expressing—bringing out to the surface and into material form—Life Universal.

In the process of expression you make many mistakes. Your finite mind clogs and falters in its attempt to understand and formulate and finally give material body to the Infinite. Your mortal mind is often lost in a maze of its own creation. It sees a portion of truth and immediately believes it has grasped the whole. This attitude shuts the mind away, for the time being, from the reception of further light, and after a little the mind finds it has been mistaken in thinking it possessed the secret of the universe, and it again becomes receptive.

A mind always open and receptive to truth is the means of maintaining harmony and health.

You cannot receive the impression of truth, you, the individual, cannot catch the vibration of Life Universal, when your mortal mind is straining and working overtime in the effort to acquire wealth or power in the material world.

It becomes necessary to have a withdrawing time, a period when the mind is stilled, the body relaxed, when the whole being is receptive.

During this time of rest the consciousness is more active at the center—the solar plexus—than at the surface.

Through the solar center, when you are peaceful and quiet, you come into a fuller consciousness of the universal. You can renew your physical life, in this way, receive a new impetus to your thinking, drink in inspiration from Life Universal and develop courage, patience and equipoise.

This habit of inner quiet has been practiced by the mystics of all ages. It has also been an aid to many geniuses. It can be practiced with benefit by hard-headed business men and even the most material minded.

No one doubts the benefits of physical relaxation. To sit perfectly quiet for five or ten minutes after the mid-day meal and relax every muscle, *letting* the chair support the body and keeping the mind free from any thought of worry has long been declared a remedy for dyspepsia and an aid to health in every way.

One who practices this relaxation and the inner quiet habit takes somewhat of the peace and poise and inspiration of each sitting into his active life, with the best of results.

This simple practice helps to build up reserve power. During the period of rest body and mind are recharged with force. It helps to make life run more smoothly in every way.

The Quakers have long practiced this inner communion with the Universal Life. I recall a member of this sect whom I once met. He was a large, strong man, physically and mentally.

He was a man who had made a great success in life, who had climbed from the ground up to the top in his line. He was accustomed to dealing with men, and he dealt with them successfully. Many were engaged in carrying out his ideas. The one thing about this man, who was far advanced in years but still working, was his reserve power, and the quiet, simple methods of his life. He was efficient without waste or hurry. He impressed others not by a display of great mental or physical force, but simply by *being* what he was.

This habit of inner quiet takes us down into the foundations of being from whence our *real selves* spring.

Instead of wasting our forces in mere excess of zeal, often in fretting and worry caused by over-activity, we learn poise, reserve, the conservation of power, and the consciousness of *being* as well as *doing*.

We in America are so busily engaged in *doing* that we are apt to overlook and forget the *being* side of our nature. In the mad scramble for wealth we often forget that character has value. In our haste to grasp and regulate material things, we get away from the spiritual source of these things. And so, by the time we have grasped our fill, we are decrepit, old, diseased, world-weary and incapable of enjoying what we have acquired at such fearful cost.

This custom of inner quiet keeps us closer to the fountain of Life. It helps us to save somewhat of the wear and tear of modern life upon the nervous system.

Many great inventors have drawn the inspiration for their activities in just this manner. Through the habit of inner quiet they have related their consciousnesses to the Universal, and thus been enabled to work out new and original plans.

Of course, like any other good thing, you might easily carry this principle into excess. A too negative condition or an excuse for laziness might easily be grafted upon this philosophy.

The balance between objective and subjective activity should always be carefully maintained. What is conceived in the stillness has its normal fruitage in the objective.

In the objective we *prove* whether or not our translation of subjectively conceived ideas is correct and founded upon Absolute Truth.

Those who would disregard this method of relaxation and inner quiet simply because it has a mystical origin may find plenty of material authority for its practice.

Try it for yourself, without prejudice, and its value to you will soon become apparent.



By WILLIAM E. TOWNE.

* * * We believe that *Nautilus* has a special and peculiar place to fill through its YANKEE TRADER department. Our people are traders. When we had a Neostyle duplicator for sale, we advertised it in *Nautilus*, and sold it. When we needed a housekeeper we advertised in *Nautilus* and got one who lived with us a year. *Nautilus* reaches every state in the Union, and among its readers there are doubtless many who would be interested in what YOU have to buy, sell or exchange. We intend to make the YANKEE TRADER a department especially for our readers, a place where they can meet each other and make exchanges to the profit of all concerned.

* * * Do you not fail and fail again, in the small things of life as well as in many big affairs through lack of concentration? You stop pushing at the wrong time. You start out a little way and then fizzle. You get side-tracked over trivial things. You quit when you ought to be pushing harder and harder and then some.

* * * Success is made up of a series of small efforts. Just consider for a moment the enormous series of small, patient efforts which many of those old monks of the middle ages put into their hand illumined and printed books. They returned to the *one thing* which engaged their attention over and over again, often during years and years of time. Such work is almost bound to be a success.

* * * The *New York Sun* man who "eats 'em alive" for the supreme delectation of the jaded mental palates of the Gothamites has again turned his attention to *Nautilus*. We say "again," because this is not the first time this mighty knight of the quill has roared forth his little song and hurled his inky thunderbolts in our direction. We doubt not he is greatly surprised that we continue to live. We presume he honestly feels that we owe him an abject apology for continuing to inhabit the earth at a distance of only 144 miles from his own lair. However, he must earn his salary; and all joking aside, we are pleased to have been the innocent sacrifice by which this man of brilliant parts was enabled to earn a square meal or two. Herewith we append a few excerpts from the *Sun's* radiations in our direction: "We may confess that the phrase 'new thought' has puzzled us. * * * But why is it called new? And why thought?" The writer then quotes at length from Mr. Larkin's article,

"Deeper Within the Maze of Mind," remarking that it is appropriately named and continues: "Just as the new painting is produced without seeing, so the new writing is produced without understanding. * * * We used to wonder how the *Nautilus* was done. Now we know. And the rest is obvious—new thought is thought without thinking." And there you are.

* * * It is not so much a question of working more hours as it is of *giving attention* when we work and not becoming side-tracked.

* * * Attention requires will. Just analyze your actions for half an hour and you will be surprised at the amount of will required to keep attention focused. Yet this sort of will power is easily developed by almost anyone.

* * * It requires will, too, to keep from wasting time and energy in contemplating past mistakes. I saw a letter the other day—a long letter—written by a person who had spent numberless hours of valuable time in brooding over a trivial affair that happened several years ago. This person's life had been made miserable and unhappiness had "held the fort" when a little use of the will would have brushed the whole affair from the memory and left the mind stronger and brighter than ever.

* * * People often become so absorbed in the contemplation of small troubles that they have no life outside them. Almost their whole attention is taken up in thinking over their wrongs, so that it seldom occurs to them to look for the things close at hand that might give joy. And when their troubles have passed, they even cling to the memory of them. They will talk of them to anyone who will listen, and then they wonder why more happiness and success do not come their way! Why, success

and happiness would be withered in the mental atmosphere with which they surround themselves. Needless to say this kind of people are not found among the busy ones, the workers of the earth.

* * * De Maupassant has beautifully illustrated the truth I have tried to convey in his classic little story, "A Piece of String." A Norman peasant on his way to market picks up a piece of string. An enemy of his sees the act, but is too far away to distinguish what it is he has found. Later it transpires that a pocketbook has been lost on the

road. The enemy of the peasant accuses him of having found it. The Justice finally allows the man to go, for lack of more definite proof of guilt, but all his neighbors and friends still believe him guilty. He talks incessantly to convince them of his innocence, but always without success. Within a year he has fretted himself to death. And all for what purpose or to what effect? A little use of will would have turned his thought into healthy channels of accomplishment and a serene old age would have been his lot.

An August Afternoon at Netop.

By WILLIAM E. TOWNE.

When the typewriters all cease their clicking at 1.30 on Saturday afternoons, and Mr. Kauf-



man has read and sealed the last of his letters and everybody goes home, it always gives us a sort of vacation feeling.

So on this particular Saturday afternoon we decided to go to Netop. Mary put up a supper of muskmelons, bread and butter, milk, etc.

We took along the camera, magazines, and a copy of "Penny Classics," containing copious extracts from the wisdom of Marcus Aurelius Antoninus.

A trolley ride of about three-quarters of an hour and we were at our destination.

The path which leads up to the cabin is lined with a dense jungle of undergrowth, and thickly carpeted with dead leaves. It had been raining recently and the fresh, damp smell of the woods filled the air.

As we strolled along, observing everything in sight, we noticed in the path and along the sides a series of shallow, round holes, about an inch in diameter, where the leaves had been worked apart down to the earth. The holes appeared to have been recently made, and we interpreted them to mean that there was a partridge family in the vicinity.

Sure enough! When we got as far as the chestnut and hemlock trees where we swing the hammock, there came the familiar *quit, quit, quit*, and a thundering whir of wings as the old partridge flew out almost from under our feet. She alighted in a distant thicket, across the highway. We stood still a moment and two young birds ran out from a thicket right at the back door of the cabin. Their neck feathers were fiercely ruffled after the manner of their kind. They stood and gazed at us a moment out of the corners of their wild, bright little eyes and then followed their mother.

We opened up the cabin, swung one of the hammocks and proceeded to enjoy our half holiday.

And such a day as it was.

The sky a clear, bright blue, with here and there a drifting fleece of cloud. Cool, still, not a breath of wind blowing, while that hushed, indescribable drowsiness of late summer and early fall was omnipresent. It seemed as if all nature had spent her force in the lavishness of spring and early summer, and was simply resting.

Locusts were singing along the highway. The soft, lazy caw of young crows could be heard from the pasture hillside, mingled with the harsher, sharper and more enterprising calls of their elders. And through all other sounds we could distinguish the steady, musical tinkle of the cow bell down in Byron Smith's pasture.

Elizabeth established herself in the hammock with "Penny Classics," while I loaded my pockets with three plate holders and started out to snap-shot any likely view or object of possible interest.

Mr. Smith's cows had just come up to the brook for an afternoon drink. They gazed at me as if I were an interloper. I tried to persuade them to have their pictures taken in a group. They raised heads and tails and departed. All but one, whose feminine curiosity overcame her fear of the camera. She consented to pose, but only on condition that I stay upon the opposite side of the brook from herself. As a consequence I got a picture of a very large expanse of pasture with a very small cow in the center.

After using up what plates I had with me I went back to the cabin for more, and found Elizabeth waiting to spring on me a half-dozen sayings of Marcus, which she thought I needed to hear. I told her if I could spare the time I'd find more than half a dozen sayings of Marcus that would apply to her.

After a little she hunted up the marvelous red axe which she bought last year for personal use. (I objected to her using my axe because she tried to cut stones with it.) This red axe would do credit to a French Canadian woodchopper. It weighs enough to please a giant. Armed with this and the pruning shears she proceeded to discourage some of the bushes that were growing too fast.

I split wood, carried away the brush which Elizabeth cut, broke up wasp nests in the cabin, put up the ladder and sawed some high-up dead limbs from the chestnut, and did various other things.

It was a busy, happy and health-creating afternoon.

We expect to have some more like it soon.

Circle of Whole-World Healing

Conducted by THE EDITORS.

Would you be at peace? Speak peace to the world.
Would you be healed? Speak health to the world.
Would you be loved? Speak love to the world.
Would you be successful? Speak success to the world.

For all the world is so closely akin that not one individual may realize his high desire except all the world share it with him.

And every Good Word you send to the world is a silent, mighty power working for Peace, Health, Love, Joy, Success to all the world,—
Including yourself.

Will you join all the readers and the editors of *The Nautilus* in daily periods of Whole-World Healing? No membership, fees or special duties, no joining of anything but a spiritual movement. The entire visible sign and direction of this Circle of Healing appears in this column, in each number of *The Nautilus*. You join the Circle in thought only; no letters, fees, etc., are connected with it. You are free to secede when and how you choose.

No duties are attached and only one privilege. That of holding your own version of the thought expressed herewith, sending it out to all the world each night before you sleep, and as many times during the day as you think of it.

Each number of *The Nautilus* will carry in this column the thought to be used daily until the next number appears.

The emolument of membership in this Circle is *The Cosmic Consciousness*.

Which includes Health, Happiness and Prosperity to every creature.—THE EDITOR.

Key Thought for Daily Meditation

I want a world-agreement for universal peace and disarmament.

I want our war vessels turned into a White Fleet that shall carry travelling schools into closer touch with all peoples of the world.

I DESIRE these things.

I speak the Word for them.

I pray for them, believe in them, talk them and work for them.

—Elizabeth Towne.

THINGS THAT MAKE FOR SUCCESS.

A Correspondence Department.

Conducted by the Editor.

If you have discovered something that makes for success, or if you have seen some one find and surmount, or remove an obstacle to success, let us hear about it.

We are publishing herein many bright thoughts from our readers, each over the name of the writer, unless a *nom de plume* is substituted.

Letters for this department, which must not be too long, should be plainly written, on one side of the paper only, and should not be mixed up with other matter of any description.

To the writer of the most helpful success letter published (as a whole or in part) in this department of any number of the magazine, we will send THE NAUTILUS for two years, to any address, or two addresses, he may designate.

To the writer of the most helpful success letter printed in six months, we will send \$5.00 in money in addition to the subscriptions. Prize winners announced in number following publication of their letters.

—EDITORS.

Success Letter No. 207.

I have lived much among artist folk and have noted some points that might be helpful to some of the art student readers of the *Nautilus*. In the first place I think that a great deal of what is generally believed about talent is superstitious, and that any one who cares enough about any art can develop himself along that line. Of course a person who is stone deaf can never expect to be a great singer, though I have known even that defect to be almost entirely cured by faithful practice. Or a person who suddenly gets a craze for playing the violin must content himself with being a mere amateur so far as technique is concerned, as the mechanical skill required to handle this instrument must be striven for from childhood up—so that it becomes second nature. But music hunger can be satisfied in other ways than art, and it is about painters and sculptors that my theories are mostly concerned. When a student starts to work in an art school he is very apt to lose sight of the fact that the tutor for art is expensive. Almost invariably in any large class there will be several shining lights. Some who shine by dint of hard scrubbing and others by means of a natural facility so often mistaken for genius. It used often to amuse me very much on criticism day to watch the lesser lights crowd round those who had won the master's praise. Invariably some of them would ask, "What kind of paper do you use?" (or charcoal or stump), and the information received rush off to buy that particular paper or char-

coal so as to make good drawings likewise! And this idea does not stop with the young student. Let any man in Paris have his picture bought by the state or get a *Medaille d'honneur*, at the next salon you will sell dozens of pictures so much in the style of the big man, that at a distance you think it is one of his. A closer view shows complete emptiness. Imitators always copy the superficial mannerisms which are very often faults, easily forgiven because they are the individual expression by which the painter conveys great thoughts. Let the student think of *nothing* but expression. The style will form itself as it must when the bent of expression is formed. And then we have a *new style*.

And above all do not envy the man with facility. I have seen so many who seemed to have a magic touch, for whom forms seemed to take shape with little or no effort on their part; who could "slap up" a figure in four hours that others in the class would struggle the whole week to get in shape, (and which would show pitiful signs of the struggle, too). But I cannot think of a single one of these prodigies who has ever "amounted to a row of pins" or was ever heard of later in life. It was a fatal facility to them. They felt natural to resist, while those of art classes who had to dig and strive for every point, and who *cared enough* to hold and *suffer enough*, yield the heart's blood and still hang on—they are the ones you hear about today. Now as they start in a piece of work it comes as a sort of wonder to them the way it grows under their hands. The knowledge so painfully gained was firmly fixed and ready to serve always. And now they have the joy in their work, enough, at least, so that the satisfaction of what they have overcome makes them face new obstacles with pleasure—for the true artist will always find things to struggle with. I don't believe that old story of the great artist who wept over a piece of work, sorrowing because he had at last made a *perfect* thing and could therefore do no more. I don't believe any artist was ever so great that he did not have ideals above what he had accomplished. A *small* man could be more easily satisfied.

Of course if a student with the great facility had big ideals and the "capacity for taking pains"—then would the world have another tremendous giant in whatever line he followed.—IRNA BEAVER.

(This letter was written by a distinguished sculptor, for our artist readers.)

Success Letter No. 208.

Laughter is defined by Webster as the inarticulate expression of merriment. A treatise on anatomy states there are three muscles to draw the mouth up and one to draw it down. This physical construction may be accepted as significant that we are to laugh three times as much as we are to cry. Furthermore, it is conceded by scientists that nature's plan of mankind is all to a good purpose. Therefore, there must be three times the benefit from a laugh as from a cry. It is said by those who profess to know the laws of health, that crying, when moderately indulged in, is good for babies and growing children, in that it develops the lungs and strengthens the muscles of the chest. These do not endorse crying as useful in any way to the vigor of the mature person, but they approve laughing as a symptom of that genial mental poise that conduces to normal digestion and equalization of circulation of the blood—a sequence of the relationship of brain and stomach. Clearly, crying is but an exhausting relief for the emotions, a wearying panacea for the feelings, whereas laughing promotes the worth of living through buoyant health and happiness. So laugh as much and as often as you can and cry not without most serious cause and then only in company with yourself. Laughter is essentially humanizing. The mist of care and sorrow fade and fly before its genial influence. A hearty outburst of genuine merriment is the index of good fellowship and sincerity. Only honest men are good laughers. "A man may smile and smile and be a villain," but the poet doesn't say he may laugh. A good laugh is the outlet for all the bitterness of life, the promotor of social harmony, the lightener of trouble, the balm of pain.—E. G. K.

Success Letter No. 209.

When I used to teach school, I had one little boy who was always behind his classes. He kept saying, "I can't, I can't," and it seemed as if he couldn't. He came from a family of weak characters on both sides and I thought he couldn't, and was as much dis-

couraged as he. One day I seized upon a determination that he must learn, so I went to work. I began by jollying him, and after we had some fun and a good laugh I said, "Now Harvey every time you feel that 'I can't' coming, change it to 'I can.' Keep saying 'I can' as long as you feel it. Say it right out loud if you want to." His eyes sparkled and next month he was at the head of his class and he stayed there. He gave the rest some merry chases in arithmetic, his old-time bugbear, but he came out a little ahead every time. Now, do you know I got more good out of that experiment than he did, for I can go on and say what the "I can's" did for him they will do for me and for you all.—BELLE.

Success Letter No. 210.

A sculptor saw the angel in the marble. Patiently he chiseled, till a beautiful statue appeared. The people wondered, and by their acclaim, the artist name was written high in the halls of fame. The statue was sold for a fabulous sum and the sculptor was classed among the men of wealth. All this was success but varying in kind and in degree. One said the price the statue brought was the measure of its success. Another measured the sculptor's success by the acclaims of the populace. But the artist in the silence of his soul compared his statue with his vision of the angel in the marble, and he said, "I have done my best. Thus far I have succeeded. Yet I have a higher vision. I must try again." Each success, then, is a step in the progress toward a higher success.

"All our architects of fate,

Building in these walls of time."

The pattern has been shown from the Holy Mount. The ideal is the thought of God. In this idea stands embodied what each man should be and what each man should do to fulfill the object of his life. So far as a man lives out and works out God's idea for him, so far he wins the highest and the best success. Success, then, is transferring the Creator's ideal into life's real and its measure is the artist's obedience to the Heavenly vision. Blessed are they who can say with Paul, "I was not disobedient to the Heavenly vision."—LUELLA D. SMITH, Hudson, N. Y.

No. 202 wins the September prize. Mrs. Platt of Mt. Camel, Ct., wins two subscriptions to *Nautilus*. Write us Mrs. Platt and you may have them sent where you wish.



Friends, the Wind Blows toward the new heaven on earth! We are all wafting that way. If you are not TOO BUSY you can see such indications all about you every day. And every paper and magazine you pick up contains little straws that show it! Here are a few the editor and some of our friends have culled while reading the daily papers and weekly reviews, etc. We shall be glad to have our readers keep an eye out for other Straws that Show the way the Clean Winds blow, sending us any items they may think suitable for this column of very brief mention.—E. T.

Ella Starr Young is superintendent of public schools in the city of Chicago. She was recently selected to take the place which, up to her time, had always been filled by a man. Her salary is ten thousand dollars a year, which was the amount that her predecessor was paid. She has charge of property valued at fifty million dollars. She looks after six thousand teachers and two hundred and seventy-five thousand pupils. She hires and fires six hundred janitors. Mrs. Young is the widow of a schoolmaster, but this did not weigh in the scale in her selection to the office. She is sixty-four years old. The fetching powers of a widow, I am told, are in abeyance after fifty, and she then goes in on her merits, accepting no favors nor giving any. She is the only woman I know of in the world who gets ten thousand a year.—*Elbert Hubbard in N. Y. American.*

Cleveland, Aug. 19.—With the theory that purely academic studies in the grammar schools have outlived their usefulness in this commercial age, Superintendent of Schools William H. Elson will introduce this fall one of the most radical revolutions in school curriculum ever attempted. Academic studies will not be, however, wholly sidetracked.

The change will take place in the fourth or fifth year of schooling. For the boys shops will be installed with all necessary machinery and in charge of competent instructors. They will be drilled in the intricacies of the different trades, both through books and the technical knowledge gained by working in the shops. The girls will be tutored in household duties, part of each day's work being devoted to teaching them how to sew, cook, sweep, dust and how to arrange a home in an artistic manner.—*New York American.*

A good many of the folks who stay at home nights do not know, perhaps, that the paved streets of the down-town section are washed and scrubbed three or four times a week with almost as much care as the good housewife bestows on the kitchen floor or the front stoop. Night workers see it done, however, and appreciate how much the flushing of the pavements does for cleanliness and how grateful is the cooling of the air on a hot summer's

night. The practice of washing down the streets with hose from the hydrants has been going on for some five or six years and it is common to most cities which have smooth pavements that are easily cleansed in this way. The idea seems to have originated in no particular place but to have sprung up spontaneously with the installation of smooth paving. In this connection, however, it may be recalled that in Mayor Newrie D. Winter's administration in 1896 the plan of washing down the streets with fire hose was tried, the purpose being to give the firemen practice and to test the hydrants, as well as to clean and cool the streets. The firemen did not cotton to the institution and made game of it, so that it was not long continued. There was the germ of the modern idea in it, however, and so far as is known, it was original with Springfield. For six or seven months in the year the smooth pavements of the city are washed down every other night, part of the work being done each night. The powerful stream from the hose is effective in washing into the sewers what dirt the rotary sweepers pass by. This method uses a lot of water but ordinarily when there is plenty of it this is not a serious objection. Last year was the only time when it was felt necessary to suspend street flushing, and such a water shortage is likely never to be experienced here again. New York city is now experimenting with high pressure flushing tank wagons for street cleaning. The tanks are charged from the hydrants, the inflow of water compressing the air so that it gives the water great force when released. This device is several years old, but it is new to New York and promises to be successful. Another cleaner just put on the market, is being used in New York City, Troy, N. Y., and New Haven, Ct. It consists of a rotating spiral rubber scrubber with a tank to feed just enough water to make it effective. This is thought to be an economical affair for it does the work of both the rotary sweepers, such as are used here now, and the flushing hose. The initial cost, however, is high. The appearance of such devices shows that the desire for cleanly streets is growing in American cities.—*Springfield Republican.*

The president of one of the largest steel plants in America has issued an order requiring all the employees of his company to sign a temperance pledge. This is in line with the action of some of the railroads. Men rendered untrustworthy by alcohol are not fit to be employed in dangerous occupations.—*Youth's Companion.*

Mrs. Jennie F. Metcalf, of Worcester, has just won the private secretaryship in one of the largest English tea firms in the world at a salary of \$1,500 a year and all expenses. The place was awarded by a competitive examination in which there were some twenty-five competitors, sixteen of whom were men. The appointment is for three years and she is to go first to Hongkong and then to India.—*New York Sun.*



"Oh, wad some power the giftie gie us
to see oursel's as ithers see us!
"It wad frae mony a blunder free us,
And foolish notion."

A DEPARTMENT OF
CONSULTATION AND SUGGESTION
CONDUCTED BY ELIZABETH TOWNE.

In this department I will try to reply to the 1001 odds and ends of life-problems and home interests which are presented to me, answers to which are not of general enough interest to make them suitable for the regular reading pages of *The Nautilus*. Every reader is welcome to what advice and suggestion I can give, and I sincerely hope that with the aid of this department we can reach and help many more people. Welcome, all!

ELIZABETH TOWNE.

J. B.—A habit of hiccoughs in a child of twelve must be due to bolting her food or to eating much highly seasoned stuff. See that the child has only the plainest of nutritious foods with very little meat and no nibbling between meals. Then see that she takes small mouthfuls and chews her food *thoroughly*. This is important. Use your ingenuity to rouse her imagination and desire so that she will *want* to eat deliberately. But be sure you see that she does it anyway, even if you have to deprive her of favorite dishes to impress it upon her. Bolting foods results in ugly manners and worse diseases than hiccoughs. No child should have highly seasoned condiments. As a temporary relief for hiccups let her try slow, full breathing through nostrils, mouth closed. Or nine swallows of water without taking breath.

A. C.—You ask me what I think of the articles in current magazines by Dr. Woods Hutchinson. Somebody calls him "iconoclast in ordinary to the medical profession." Accent on the "ordinary," I should say. He seems to me a rather clever man with a mania for refuting anything that anybody else announces as truth, and he is none too careful to differentiate between arguments and sophistry. Also, he apparently never discovers or announces anything to take the place of what he refutes. Of course I don't mind quoting him when he knocks what I knock, but on general principles I don't bother to read a man whose sole aim is to knock.

M. E. C.—Hypnotism nothing! It is "personal magnetism" that gives her such success. That means that she is bright, hopeful, tactful, and believes in herself and her goods. Look your own best, smile, talk to the point, believe in yourself and be *thoroughly interested in your goods* and conversant with their merits, and you will get as many orders as she. If you go around looking forlorn, or sloppy, or if you waste time excusing yourself, and if you feel that "luck is against you," you will repel peo-

ple and they won't buy of you. *Be attractive, be brief and pointed, EXPECT A SALE*; these are the combination to success as a salesman. Practice until you can work them with ease.

E. L. V.—I don't see that "marrying for a home" is in itself a wrong, or that it need bring evils in its train. But *deception* always spells trouble, and as nearly as I can make out you were *both* marrying for money and *both* trying to hide the truth. Then when it all came out afterward—as it was dead sure to do—you were both disappointed, and you both showed the ugliest that was in you. A poor beginning. No wonder troubles grew and grew. Neither of you could believe a word the other said and you always attributed to each other the meanest possible motive for every act. Each of you brought out the ugliest that was in the other. Maybe it needed to be brought out. The wonder to me is that the man has stuck to you so long. A man instinctively abhors an ailing, complaining, sensitive woman, and four men out of five would desert one such as you describe yourself to be. *Why doesn't he?* If you had no money it can't be that that holds him. And you say you can't pay your bills now. Is it a sneaking suspicion of love that holds him? Or conscience? Or pity? Or a blend of all three? Probably. And why do you stay with him? Well, there is only one way out of troubles, and that is to forgive, forget, displace evil thought (or thoughts of evil) with thoughts of good, love. Just you stick to those lessons faithfully, persistently and you will find the way out. Quit blaming him any more than you blame yourself. Be honest and kind in your thoughts, and keep mum except when you have something nice to say. *You alone* and unaided can make, right there, an atmosphere of love and wisdom in which you will all three be transformed into healthy, happy, useful beings. I have seen it done in worse places than yours. To be still mentally and physically and *LET love live you*, is the solution of the problem; while at the same time you let go of him and trust the One Spirit to do its work in and through you all. *Keep still and let go*, no matter what he does or says. Send out love-thoughts only, to everyone. *Speak peace to your world*. Speak peace and health and joy to the little girl. Live out-

doors with her all you possibly can. Play with her. Teach her to garden and to make mud pies. By the way, see that mud pies are the only kind of pies she has any acquaintance with. She should have only the plainest nutritious food with next to no meat at all, and no piecing between meals. And no unpleasant excitement. *You can heal her.* Be wise and strong and loving for her sake—that is the medicine for such trouble. Health, happiness, love, peace, success are yours and theirs. *Be still and know.* You are on the right track and all the unseen powers of the universe are with you, including the Good Will and Word of all new thought people everywhere. Get into our Circle of Whole World Healing and help and be helped.

R. B. C.—Have just finished a series of editorials on happiness that were suggested by your letter. They will appear soon. In the meantime and forever, your problem is to *adjust yourself* to all your family, and *make light* for your mother as well as yourself and others. You are looking too much at appearances. BELIEVE IN THE GOOD YOU CANNOT SEE—everything is working for good.

C. T.—I certainly do believe that the soft, beautiful child-body and skin is the perfect expression of the child mind. But the milk diet of a baby may have something to do with the texture of flesh and skin, as you suggest. As to "the specific state of mind of infancy, which causes this delicate skin": The infant mind is first of all free from tension. It *lets go* to perfection. The consequence is a free flow of thought and spiritual energy through every particle of its body. Babies and young folks are very active, too, which with plenty of water, or liquid keeps the body washed clean. Later in life people are less active, and the pores become clogged and distended by matter that does not get washed through as it should. The result is coarse pores, blackheads and pimples. And mental tension makes sharp lines and furrows on the face. But I know women of sixty odd with skins like babies. These women all *enjoy* living, cut out worries as much as possible, and clean their faces with cold cream at night besides using lots of water inside and out. And most of them have "protected their skin with powder when going out" for a great many years. From much observation and experiment I conclude for the present that a fine, soft skin is the result of *letting go* plus *keeping clean*. And that keeping clean is a matter of plenty of water and plain diet plus exercise and enjoyment of living. With cold creams and powder sparingly used if at all. "Face specialists" are on a par with masseuses in general—palliative and vicarious—good for paralytics and cripples, for those who can't or won't exercise their own bodies. A really fine skin begins in a good digestion—such as lazy and starch-stuffed women never have. Its essential is pure blood well circulated.

Little Visits

A Cozy Corner Department where everybody chats and the Recording Angel puts down what she can find room for.

Woman: the Disinherited:—

I believe there was a time—at least we like to believe there was—a long while ago, when Woman gave Man the worst of it. But as I remarked that was a long time ago, and man has had plenty of chance to get even, and he hasn't neglected the opportunity. He did get even. Then some. Then some more. So that it is generally taken for granted now by both sexes that the best a woman can expect is the worst of it. I am like the boy who had such a wonderful memory. He remembered how scared he used to be when he would get to thinking that maybe he would be born a girl. I never saw a man yet so utterly ungrateful to a benevolent providence, that he did not occasionally thank the doctor that he had announced to the waiting world, "It's a boy." Now I don't like to make you girls feel bad by reminding you of what "might have been." It can't be helped now—you had better just make the best of it and pretend you don't care. I have occasionally heard some overburdened woman exclaim, "Oh, how I wish I was a man!" and then I would think, "Sister you might find yourself sadly disappointed. Even being a man isn't such a picnic as you may imagine." However if we are to believe everything these new thoughts are telling us, it won't be long until you can take your choice. Thinking along that line, and contemplating the future scarcity of women, has caused me to decide to make the sacrifice, and I am daily becoming more womanly. Oh! no I am not fooling. If I am going to be a woman I will certainly have to begin at once lopping off some of my noble manly qualities and privileges. I will really have to begin being decent. A man doesn't begin to realize his superiority until he contemplates such a change as I have suggested. The sacrifice really looks too big and I am half inclined to back up. Still they do say the soul being sexless we will have to sacrifice our masculinity before we can sprout wings. Did you ever stop to think what an awful fix a man would be in if he should suddenly find himself in heaven with a big wad of "Climax" in his jaw? I like to think of heaven as a pretty free and easy place, but I can't quite make myself believe they have any spittoons there. Can't figure out who would clean them. Now here I am clear off the subject; but thinking about women naturally leads our thoughts heavenward, for we all admit that a pure woman is the highest conception we can form of an angel.

Anent William E. Towne's idea that we don't need to give woman the ballot because the truly domestic woman don't want it, let me give you a hint. Isn't the thing you want most the hardest thing to ask for? Not nearly so

hard to ask that "one woman" to go to the opera with you, as it is to ask her to go through life with you. Now is it?

My mother is one of those sweet, womanly "domestic" women who unconsciously radiate the highest qualities of love and good will. She never was known as a woman suffragist, or a strong minded or a masculine woman. Yet I have heard her tell this story, and as she told it her voice trembled and tears filled her eyes. It was something like fifty years ago when she was a young wife and mother back in southern Ohio. It was Sunday, and because father had told her that he wanted to invite the preacher home to dinner, she said that she didn't care about going to church. While other folks were dressed in their best and enjoying the beautiful Sabbath day, she was cleaning chickens and baking and stewing over a hot stove. She wasn't feeling bad about it either. Feeling really a little honored to think that she was "permitted" to spread the feast for the preacher and the presiding elder and a few more of the Lords of Creation. They arrived. While father listened to the words of wisdom and salvation that flowed from the mouths of the divines, mother, with red face and perspiring brow, spread the feast. As the meal progressed she was of course duly complimented—but some way the words of praise didn't seem to reach the right spot. As she had journeyed back and forth between the table and the kitchen she had been able to catch a little of the weighty conversation going on about the table. She had caught the name of Susan B. Anthony. Miss Anthony's name was just beginning to be known and mother had heard of her, but that was about all. There was jest and wit at Miss Anthony's expense. Satire and sarcasm, innuendo and scripture. Feminine inferiority and masculine superiority were fully exploited and firmly established. Woman's place—in the kitchen—was loudly proclaimed and ably defended. All for woman's sake too. That was where she wanted to be—where she belonged—and none but an "unsexed" woman would dare contemplate otherwise. Mother was referred to and held up as a shining example of what woman ought to be. She was contrasted with Miss Anthony—greatly to Miss Anthony's discredit. Finally one of the divines thinking to clinch and close the discussion appealed to her for a final word of confirmation upon the apparently unanimous decision. Mother's hearing suddenly failed. She had business in the kitchen,—then on out the back door and around the corner of the house. When she was sure no one but God was listening, she raised her clinched fists to high heaven and—while the tears streamed down her face—cried aloud, "God bless Susan B. Anthony; God bless Susan B. Anthony." And, though mother doesn't tell it that way, I have always had a suspicion that she must have let her voice fall and added, "And God damn those hypocritical preachers." Now you know why your Uncle Billy can't listen to this judicial palaver about the "domestic" woman and all that without getting nervous. I've even gone and spoiled this letter. I had a lot of funny things I was going to say, but I can't

think of them now. I don't like to be serious—I really don't. The biggest joke I ever saw was a serious man. Its truly pathetic to note the load some of us want to carry. Many a man has burst a blood vessel trying to tip old mother earth over on the other side,—and many another has raised hell because his wife didn't recognize him as God Almighty in disguise. But some things are too sacred to joke about, and when some fellow throws out insinuations that my mother and my sisters are not just what they ought to be, and that they are not being robbed when they are denied the rights of citizenship, I'm ready to scrap. I have to summon all my new thought philosophy to keep from thinking bad words.

Excuse me for this fizzling out of what was to have been a funny letter. I'm going out in the back yard and explode a few thought torpedoes in the direction of the "Stern New England coast."—UNCLE BILLY.

Stars and the Spiritual:—

Success Letter No. 159 to me was most interesting. A discussion of the stars is always so. Years ago I used to see Venus, "a full-orbed lamp," hanging low in the western sky and to the east was Mars, we called him then. Mars was smaller than Venus, but I don't suppose that mattered in his astral powers, for a mighty God of War, was he. Venus has never shone in the heavens within my vision since the night years ago when each nocturne for days she held sway. Now the stars that attract me are quite late ones. They are very small and in groups. But to refer again to "Miss Colorado's" letter. How right she is that each good thing that enters our life is replaced by a better one. It is good to keep this in mind. American people need to lay aside past fears and regrets and step more firmly out in the great unknown. Do not cling to the materialistic but realize the spiritual, the *Now Good*, and battle on.—HAZEL DILLE, Chicago.

Brain Records and How to Make Them:—

The theory that the mind shapes the brain for its own purposes and that thought really makes the brain, instead of the brain making thought, is believed by most thinkers upon the subject. The belief that the shape of the skull has little to do with the development of the brain is, however, an erroneous one. The brain has been likened to phonograph records, upon which you record things you wish to use afterwards and the theory is advanced that in childhood there is a blank record. One may become a musician, an artist, or whatever particular brain center he fills out. Now, parents, if you want Johnnie to be an artist or Mary a pianist, get after them and have them build up that particular record. There is no limit. But alas! the fact remains that Johnnie will not build up that "artist center," but insists upon using the set of carpenter tools grandpa gave him for Christmas, and Mary had much rather sew than practice upon the piano. Why is it that one child with the advantage of the best teachers fails to become

a good musician while another who must struggle along, finally has a brilliant record? The fact is the shape of the skull plays a very important part in the building of the brain. Assuming that the different centers of the brain are like phonograph records, are not the different records of varying sizes in the different skulls?

One child has a large "bump" at the music center, another at the language center and so on. Does it not stand to reason he would have more room and larger records to fill out than a child whose skull was flat or depressed at those centers? A child can become what he wills, but not what you will. He should be allowed to choose what particular center he will build up, for he is sure to choose the one where he has plenty of room to fill out the records. Of course nearly all the centers should be developed to a certain extent, but when it comes to choosing his *life work*, he should be allowed his choice.

A criminal has generally grown up from a child whose right center was not developed, or whose "bumps" were in the wrong place and should have been vigorously suppressed instead of having records made thereon.

Parents! Watch the records!—MRS. MABEL A. GERBERICH, Parkland, Wash.

How Prejudices were Overcome:—

I wish to tell you how much good the January number did me. It is a perfect magazine and must certainly assume an undisputed leadership of its kind. But that is not what I wanted to tell you. For years it has been coming to my house ignored by my wife who had been prejudiced against new thought by her orthodox friends. Of late months, however, she has been reading an article now and then and this number she has read, perhaps half of it. I have been waiting for this for eight years, for it is something that cannot be hurried. She has evidently found something that suits and I am delighted with the prospect.

I am mailing this copy to a friend in San Antonio who seems to be reaching out for something better. My opportunities for mentioning the magazine to others are very limited but I am going to help you all I can for it seems that you have a knack at finding the gentle side of untamed humanity. From a broad observation I am thoroughly convinced that something has got to take the place of present irreligion, and that new thought is, by the very necessity of it, destined to do this thing. It supplies not only the religion but the practical need of something to counteract the hell of a competitive age and becomes wealth to those who have but the treasures of mind. God pity us today if we had not the new thought. I verily believe that without its uplift the race would retrograde to barbarism, cannibalism and the darkness of primeval night. This is not difficult to imagine if one considers the powers of darkness and anarchy that are even now only held at bay.—L. I., Texas.

Mention NAUTILUS when answering advertisements. See guarantee, page 5.

Know Now

And Will Never Forget the Experience.

The coffee drinker who has suffered and then been completely relieved by changing from coffee to Postum knows something valuable.

He or she has no doubt about it. A California lady says:

"I learned the truth about coffee in a peculiar way. My husband who has for years been of a very bilious temperament decided to leave off coffee and give Postum a trial and as I did not want the trouble of making two beverages for meals I concluded to try Postum, too, and the results have been that while my husband has been greatly benefited, I have myself received even greater benefit.

"When I began to drink Postum I was thin in flesh and very nervous. Now I actually weigh 16 pounds more than I did at that time and I am stronger physically and in my nerves, while husband is free from all his ails.

"We have learned our little lesson about coffee and we know something about Postum, too, for we have used Postum now steadily for the last three years and we shall always continue to do so.

"We have no more use for coffee—the drug drink. We prefer Postum and health."

Look in packages for the famous little book, "The Road to Wellville."

"There's a Reason."

Ever read the above letter? A new one appears from time to time. They are genuine, true, and full of human interest.

That Drinking Cup Matter:—

Your editorial in May *Nautilus* on the public drinking cup, was certainly timely! The Boston contrivance would seem to solve the question if it was not for the fact that a large percentage of the public that quenches

(Continued to Page 54.)

The Doctor's Wife

Agrees With Him About Food.

A trained nurse says: "In the practice of my profession I have found so many points in favor of Grape-Nuts food that I unhesitatingly recommend it to all my patients.

"It is delicate and pleasing to the palate (an essential in food for the sick) and can be adapted to all ages, being softened with milk or cream for babies or the aged when deficiency of teeth renders mastication impossible. For fever patients or those on liquid diet I find 'Grape-Nuts and albumen water' very nourishing and refreshing."

"This recipe is my own idea and is made as follows: Soak a teaspoonful of Grape-Nuts in a glass of water for an hour, strain and serve with the beaten white of an egg and a spoonful of fruit juice for flavoring. This affords a great deal of nourishment that even the weakest stomach can assimilate without any distress.

"My husband is a physician and he uses Grape-Nuts himself and orders it many times for his patients.

"Personally I regard a dish of Grape-Nuts with fresh or stewed fruit as the ideal breakfast for anyone—well or sick."

In any case of stomach trouble, nervous prostration or brain fag, a 10 day trial of Grape-Nuts will work wonders toward nourishing and rebuilding and in this way ending the trouble.

"There's a Reason," and trial proves.

Look in packages for the famous little book, "The Road to Wellville."

Ever read the above letter? A new one appears from time to time. They are genuine, true, and full of human interest.

The dice of God are always loaded.—Emerson.

(Continued from Page 53.)

their thirst at the public fountain has not the penny to spare.

Why not do away with the cup? Here in San Diego the late Mrs. Capron erected a fountain which surely seems to meet all demands.

A large oval basin always full of water for horses, on the inside of this nearest the sidewalk is a smaller oval basin from the center of which a jet of water is thrown about four inches high. Put your mouth over this and drink hearty.

On the foot of the fountain on each side, near the sidewalk, are smaller basins for dogs. —J. A. E. THOUSTRUP, San Diego, Cal.

I have seen these fountains in several places and wondered why there are not more of them.—E. T.

Seeing Colors in Names:—

The fact that some "sensitives" "see colors of names and letters of the alphabet" viewed from standpoint of physiology and anatomy presents no difficulties of explanation. It's simply a case of asymmetry, of which both the genius and the imbecile is a result. Careful inquiries will bring to light facts that go to show that prior to the hearing of names or letters there was no vibratory presentment of any color which shows that there is an aural influence of co-ordination. In fact nature has skipped a cog in her bringing into being certain parts of the brain. Hit on the head with a club we "Lie still," so to speak, and it causes no particular comment, as we know it is but a reaction of certain parts of our optical tract. The areas of five sense perception are supposed to be "short circuited," to consciousness in our highest state of development, but unconsciously they are in semi-unison of vibration three filaments, branches of the main lines of nerve communication. In some sensitive natures there are certain defects in the nerve trunk lines that allow of a so-called "long circuit" being established which brings the normally unconscious into the abnormally conscious. The telepsychic is a notable case of the long circuit, every thought being clearly projected. The psychic is simply a case of high specialization gone wrong, a fact of super-normal co-ordination. These super-normal co-ordinations are but an obscure "echo" of the ancient day when the first bits of protoplasm went to form the "amoeba" which shows a "long circuit" from pole to pole, no areas of sense perception being developed.

As matter is continuous and man is a part of his environments, we see the beauty of the homogeneous bringing into action heterogeneousness of co-ordination. These psychic examples but show the trend of matter from an aquarius medium to a complete gaseous one. Man as at present constituted, is in a state of being between the two, an asymmetrical one. —H. S. LEVALLEY, Kankakee, Ill.

Are You Well? Have You a Good Figure?

You can surprise your husband and friends by giving 15 minutes a day, in your room, to special directions which I give you to strengthen vital organs and nerves, so



you are relieved of chronic ailments. Your body can be rounded and you can have as good a figure, as gracefully carried as any woman of your acquaintance.

A pupil who was thin writes me:

"I just can't tell you how happy I am! I wore low neck and short sleeves the other night and I was so proud of my neck and arms! My bust is rounded out and I have gained 28 pounds; it has come just where I wanted it and I carry myself like another woman. My old dress looks

stylish on me now. You remember I have not been constipated since my second lesson and I had taken something for years. I guess my stomach must be stronger too, for I sleep like a baby and my nerves are so rested. I feel as if I had missed so much enjoyment in life, for I never did have such good times before. I feel so well all the time."

I have built up thousands of women—why not you? Write me, and if I cannot help your particular case I will tell you so.

I give each pupil the individual, confidential treatment which her case demands.

SUSANNA COCROFT

Department II, 246 Michigan Avenue, CHICAGO

Note: Miss Cocroft's name stands for progress in the scientific care of the health and figure of woman.

"Methods of Soul Culture"

A new book of 12 special lessons, dealing with the science of Experimental Psychology, by W. T. Cheney, A. B., Ph.D., member of the Society of Psychical Research of England and of the American Institute of Scientific Research.

Here is a partial synopsis of the 12 great lessons contained in this book:

1—How to Test the Susceptibility of a Subject to Psychological Influence—2—Scientific Methods of Induction of the State of Psychotism—3—How to Produce any Particular Stage of Psychotism—4—How to Treat or Cure any Special Disease or Pain—5—How to Psychologize a Student Unknown to Him—6—How to Win the Confidence of Others—7—How to Correct Bad Habits or Moral Degeneracy—8—How to Give Therapeutic Treatment in Natural Sleep—9—How to Produce the Wonders of Post-Psychotic Suggestion, Cultivate Thought Transvoyance, etc.—10—How to Blot Out Unpleasant Scenes and Memories and Recall any Desired Scene—11—How to Teach a Subject Difficult Music or Recitation by Psychological Suggestions—12—How to Remove Fear, Timidity and Bashfulness and Inspire Courage and Confidence.

The lessons are bound in camel's hair black, gold lettering. Single Lessons, 25c. All 12 lessons in one fine volume, \$1.00. Sent postpaid on receipt of price. Address PSYCHIC PUBLISHING CO., Rome, Georgia.

THE MYSTERIES OF MAGIC

OUR AMERICAN
EDITION NOW
READY

A Digest of the
original 6 Vols. of
the Writings of
Eliphas Levi

BY ARTHUR
EDWARD WAITE

High priced
Editions of this
famous book
have been sold
by English and
American
book-sellers,
who forced the
buyer to pay
from \$3.50 to
\$5.00 for their
cheap edition,
before he could
possess this



noted book which every student of Magic and Occultism knows is the best on the subject.

Our Edition is complete, and contains the essence of the original 6 Vols., now published in one large volume of almost 600 pages. Bound in Red Silk, stamped in Gold.

Price, \$2.15

Send stamp for circular in red, black and gold.

L. R. CHARLTON & CO.

715 Oakwood Boulevard

CHICAGO, ILL.

I Can Reduce Your Flesh

Would you like to reduce it by natural means and in a scientific, dignified manner?

I have reduced 25,000 women in the past seven years by a few simple directions followed in the privacy of their own rooms.

I can reduce you and at the same time strengthen stomach and heart and relieve you of such chronic ailments as rheumatism, indigestion, constipation, weak nerves, torpid liver and such difficulties as depend upon good circulation, strong nerves, strong muscles, good blood, correct breathing. You can be as good a figure as any woman of your acquaintance. Why not?

One pupil writes:

"Miss Cocroft, I have reduced 75 pounds and I look 15 years younger. I have reduced those hips and I feel so well I want to shout! I was rheumatic and constipated, my heart was weak and my head dull, my liver all clogged up and oh, dear, I am ashamed when I think how I used to look."

Send 10 cents for instructive booklet showing how to stand and walk correctly.



SUSANNA COCROFT

Department 63, 246 Michigan Avenue, CHICAGO

Author of "Character as Expressed in the Body," Etc.

RHEUMATISM

Don't Take Medicine. Try My Guaranteed
External Remedy WITHOUT COST

Send Your Name on a Postal

Return mail will bring you, prepaid, and without your paying a cent, a regular \$1 pair of **Magic Foot Drafts**, the great Michigan External Cure for **Rheumatism, chronic or acute, muscular, sciatic, gout, etc.**, no matter where the pain or how severe.



FREDERICK DYER, Corresponding Secretary.

The Drafts are curing old chronics after 30 and 40 years of cruel suffering, as well as all the milder stages. Why not test this harmless, simple cure—the trial costs you nothing. Just send us your name and address, and try the Drafts when they come. The directions are very simple. Then, if you are fully satisfied with the benefit received, send us One Dollar. If not, they cost you nothing. **You decide and we take your word.** Address **MAGIC FOOT DRAFT CO., 1039R Oliver Building, Jackson, Mich.** Send no money—only your name. **Write today.**



New Thought Centers

Why not start a New Thought Center or headquarters where people who are interested in these teachings can get together for meetings, for study, etc.; a place where helpful literature along these lines can be obtained?

If you are a worker and want to do something of this sort, or if you are already established as a teacher of new thought, be sure to write for our special letter on the subject. Address,

ELIZABETH TOWNE, Holyoke, Mass.



Mr. Field

GOVERNMENT POSITIONS

A Civil Service Manual by Ewart, Field and Morrison prepares for the examinations. Adopted by over 500 Business Colleges, Y. M. C. A.'s, and Public Evening Schools.

Three volumes with maps, \$2.50 postpaid
250 page Home Study catalog free. Write to-day.

THE HOME CORRESPONDENCE SCHOOL
Dept. 127, Springfield, Mass.



When sending books for review please remember to give selling price, and address where books may be obtained. We notice on this page all cloth bound books sent us, and as many paper bound ones as we can find space for. Small space forbids our reviewing music. The notices are written by Anna Parker Levy unless otherwise signed.

—A daintily bound little book that is just filled to overflowing with the most sensible kind of advice is Edward Earle Purinton's "How To Be Happy." It is divided into five chapters, the value of each one of which is many times the price of the book. The author has splendid insight and covers a remarkably varied range of ideas, and uses simple, lucid English. A paragraph a day, selected at random, will be a mile post on The Way to Happiness. Boards, 42 pages, 35 cents with free leaflet. Harmony Club, 30 Church street, New York, N. Y. (K)

—"Penny Classics" is worthy of a better name. They are little volumes containing selections from the world's master minds, chosen admirably. Cloth, 130 pages. Price, \$1.00 per volume. Ten minutes a day with these books is liberal education. Four volumes are already published. "Penny Classics" Publishing Company, 77 Plymouth Place, Chicago, Ill. (K)

—Bloch, the Bookman, has just put out a good book. It is "The New Ethics," by J. Howard Moore. His theme is a message to the thinking world and yet so true that for the person floundering in the hopeless confusion of the many present day theories—and aversion to theories—it is a logical relief. He compares the practices of today with those of

(Continued on Page 62.)

OSTEOPATHY IN A NUT SHELL

Dr. Goetz's Manual tells you how to cure all diseases **WITHOUT DRUGS.** This is one of the many indorsements received:

"Your manual received which I like very much. I can do anything that is laid down in the book, as it is so plain."—J. W. CARTER, McMoresville, Tenn.

Our prospectus and sample pages free, tell you all about it. **NATURE'S CURE CO., Dept. D, 118 E. Liberty Street, Cincinnati, Ohio**

ARE YOU A TALKER?

Beware! Schopenhauer says: "Never tell a friend what you would not tell an enemy!" Read our Penny Classics—*The Short Cut to Culture*, 10 cents each. Only the best thoughts of the world's greatest—Emerson, Thoreau, Seneca, Goethe, Plato, Hegel, Schopenhauer, Confucius, etc.

Don't lose a minute, but write now for **FREE SAMPLE PAGES OF TWELVE BOOKS SENT ON REQUEST.**

PENNY CLASSICS, 75 Plymouth Place, Chicago.

FREE A valuable SELF-Healing Lesson now selling for 25c will be sent FREE to all who enclose a 2-cent stamp for postage. Address, **EDITOR, "Occult Truth-Seeker," Box N., Ruskin, Florida.**

Mention NAUTILUS when answering advertisements. See guarantee, page 5.

Merry Christmas, Dear People

Too early?

Not a bit of it.

What makes Christmas anything but merry is waiting till the last minute before selecting gifts. Starting in October guarantee wisdom, leisure, economy, and two whole months of blessing in anticipation of giving.

I have a suggestion for making the Christmas of 1909 the best in the memory of you and your friends. You know me from the writings in *Nautilus*, *New Thought*, *Naturopath*, *Soundview*, and other magazines of progress. So, without any introduction, let us proceed.

The idea is this.

Instead of putting ten, twenty or a hundred dollars into a few expensive presents for close friends who don't need them, take that same money and buy a large number of dainty, helpful, inexpensive tokens for everybody you know. What people want is just to be remembered with a loving thought. And gifts that reek of money are not in good taste—they obligate our friends instead of liberating them.

"How To Be Happy" is the title of a little book I have written, that will carry the real gift spirit into each life it touches. In five brief chapters it explains the physical, mental emotional and psychic laws of Happiness; tells why we are not happy and how we can be; gives the author's experience of ten years in studying, teaching and helping the discontented—and says it all in a way that many people seem to enjoy.

Will you risk 35 cents for a de luxe bound copy, on my promise of satisfaction?

Then as the book appeals to you, you may care to order more—for Christmas-giving, or Thanksgiving, or Birthdays, or any happy occasion.

The Center Monthly, which I edit the best I can, may also please you. Sample, 5 cents. Book and Monthly both very attractive to look at; and pocket-size, meant to be carried for everyday inspiration.

Please don't send me anything but good-will; forward remittance to the Harmony Club of America, 30 Church street, New York City. When you know the work of these friends as well as I do, you will feel like telling everybody, just as I am telling you.

Edward Earl Purinton

The Oriental Esoteric Center

as conducted under the direction of the Initiates of Thibet. Of Washington, D. C.
for the aid of those seeking a knowledge of the Eastern Wisdom. Besides local lectures and Class-Work, the Center publishes a weekly Bulletin, containing a helpful editorial, suggestions for courses of reading and other useful matter. This will be sent free for a time to those requesting it. The Center has a library of books on theosophy, occultism, psychical research and allied subjects which will be loaned to persons in any part of the United States or Canada, some free, others at a small rental. It sells books on these subjects. All receipts go to the Library Fund. For Bulletin library lists, of free and other books, price list and other information regarding the work of the Center, address THE LIBRARIAN, 1443 Q Street, N. W., Washington, D. C.

What Do YOU Think?

Will our friends please collaborate with us by answering these questions? Cut out this coupon, or answer by numbers on a sheet of paper and be sure to put nothing else on that sheet! Now—

1. What do you like best about *Nautilus*?
2. What do you like least?
3. Name your favorite contributors.
4. Name the one or ones you like least.
5. Any outside writer you want to come into our pages?
6. What do you think of our new thought fiction? Shall we continue it?
7. Which of the stories, short and long, have you liked best?
8. Would you prefer the small paper or magazine again, with nobody in it but Elizabeth and William?
9. Do you like the departments?
10. Which department do you prefer?
11. Can you suggest a new department?

12. Can you suggest improvements in the present departments?

13. Can you suggest any improvement in other parts of the magazine?

14. What premium, privilege or benefit would be big enough or attractive enough, if offered in *Nautilus*, to induce YOU to secure for us three new subscribers? Or more?

15. Can you make missionary use of back numbers of *Nautilus*? How many?

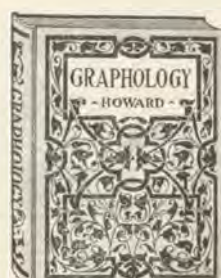
For the best practical reply to either or all of questions number 11, 12, 13 and 14, we will award the writer a cash prize of \$5.00. For each of the three next best suggestions we will award \$1.00 worth of our own books or a year's subscription to THE NAUTILUS.

Observe the rules at the head of this offer and address your letter to SUGGESTION EDITOR, care of THE NAUTILUS, Holyoke, Mass.

Just the Books You Want!



Popular, brief, but crisp and complete hand books for busy people. Each is a modern, carefully prepared, and expert treatment of its subject. Every book in the series is readable. Some will be found indispensable. No one can afford to be without them. They average 200 pages, are of a handy pocket size—6x4½ inches—well printed on good paper and handsomely bound in cloth, with a heavy paper wrapper to match. **Each 50 cents.**



DREAM BOOK.

By Madame Xanto.

There is "something in dreams." From the earliest ages their meaning has been eagerly sought. This book is free from vague, morbid and pernicious matter, and presents the old traditions proved by time and the experience of famous Oriental, Celtic and early English observers. The book includes also the Xanto Oracle, which answers questions everybody is asking. Read for mere amusement or for something more, the book is worth while.

ASTRONOMY: THE SUN AND HIS FAMILY.

By Julia MacNair Wright.

Can you tell what causes day and night, seasons and years, tides and eclipses? Why is the sky blue and Mars red? What are meteors and shooting stars? These and a thousand other questions are answered in a most fascinating way in this highly interesting volume. Few books contain as much valuable material so pleasantly packed in so small a space. Illustrated.

PRACTICAL PALMISTRY.

By Henry Frith.

The hand shows the man but many who believe in palmistry have found no ready access to its principles. This little guide to it is complete, trustworthy, and yet simple in arrangement. With this book and a little practice anyone may read character. Fully illustrated.

GRAPHOLOGY: HOW TO READ CHARACTER FROM HANDWRITING.

By Clifford Howard.

Do you know that every time you write five or six lines you furnish a record of your character? Anyone who understands Graphology can tell by examining your handwriting what sort of a person you are. There is no method of character reading that is more interesting, more trustworthy, and more valuable than that of Graphology, and it is the aim of this volume to enable anyone to become a master of this most fascinating art.

PHYSIOGNOMY.

By Lella Lomax.

How can we judge whether a man may be trusted to handle money for us? How can a woman analyze a man who would marry her? Partly by words, partly by voice, partly by reputation, but more than all by looks—the shape of the head, the set of the jaw, the line of the mouth, the glance of the eye. Physiognomy as explained in this book shows clearly how to read character in each face, with every point explained by illustrations and photographs.

HEALTH: HOW TO GET AND KEEP IT.

By Walter V. Woods, M. D.

What is the use of Dumb Bells every morning and rigid dieting three times a day when there is an open drain in the cellar? Why shield the baby carefully from draughts and then feed him on infected milk? Do you know the things that make for Health?—proper exercise, rest, bathing, eating, ventilation, and good plumbing—these are only a few of them. This book tells what Health is, what makes it, what hurts it and how to get it.

SOCIALISM.

By Charles H. Olin.

Socialism is "in the air." References to the subject are constantly appearing in newspapers, magazines and other publications. But few persons except the socialists themselves have more than a dim comprehension of what it really means. This book gives in a clear and interesting manner a complete idea of the economic doctrines taught by the best socialists.

LAW, AND HOW TO KEEP OUT OF IT.

By Paschal H. Coggins, Esq.

Most legal difficulties arise from ignorance of the minor points of law. This book furnishes to the busy man and woman knowledge of just such points as are most likely to arise in everyday affairs, and thus protects them against mental worry and financial loss. Not only is this information liberally given, but every point is so explained and illustrated that the reader will not only understand the law on the subject, but cannot fail to remember it.

ADDRESS

Price 50 Cents Each

William E. Towne

Dept. 1,

Holyoke, Mass.

HOW FOODS CURE

I can tell you **HOW FOODS CURE**,—that is, how to select, combine and proportion your food, so as to remove the causes of all kinds of stomach and intestinal trouble, and all forms of malnutrition. Then Nature will do the curing.

Health is your natural condition. Disease is an unnatural condition. Health being natural, it follows that you can secure it only by obeying natural laws. The most important of these laws is that governing Nutrition. Food is the building material—the iron, stone and timber of the human temple. If your food (your building material), is wrong, you will be sick. If it is selected, and combined rightly, you will be well, full of life and vim. Food is fundamental. It is the chief factor in making both health and disease, according to how it is used.

My methods are as far advanced in the science of health, as wireless telegraphy is in the transmission of thought. Why not investigate them?

If you are ill—not up to the mark in every respect, no matter what the trouble is—send for my little book, "How Foods Cure." It is mailed free, together with a blank on which you can mail me all your symptoms and I will tell you just what your condition is.

EUGENE CHRISTIAN, Food Scientist, Dept. 70, 7 E. 41st St., New York.

My new book, "Suncooked Foods," from the press October 10. Price, \$1.00.



AN APPEAL TO YOU



This poor old Pessimist World needs changing, and if you are an Optimist we want you to help us bring this about by joining hands with us to help push along an Optimistic Wave that is already far advanced. An Optimistic League was formed some two months ago, having a beautiful pin and button, of blue and gray enamel on gold for an emblem. **Wear Your Colors. Don't be Afraid to Display Them.** The cost to you for a **Life Membership**, including gold button or pin, is \$1.00. The League is not in existence for financial gain. The pin and button cost the League within a few cents of the price you pay, and this is on large factory orders.

Write for further particulars, or, better still send \$1.00 and receive emblem and membership card.

THERE ARE NO DUES!

League Centers will be formed throughout the United States where lectures and courses of study will be given. You will receive much in return for your dollar in the way of uplift and good cheer.

We need workers, but as there is no profit, we can pay neither salary nor commission. Will you be one? You will be blessed in the doing. **All are Welcome!**

NATIONAL OPTIMISTIC LEAGUE,

4665 LAKE AVE., CHICAGO, ILL.



We will MAKE you HEAR!

At last the perfect treatment for deafness. The genuine Pneumo-Oscillating method now ready for use, right in your own home. Our Free Book "Perfect Hearing" tells you how you can treat your own ears, just as well, yes, even better than the highest priced specialist.

Remember, the Pneumo-Oscillating Treatment has cured thousands of cases of deafness. The road to perfect hearing is before you. Complete communication with the world. **WRITE TODAY FOR THE FREE BOOK "PERFECT HEARING."** Sent free for just your name and address. Get details of our Special Introductory Offer, which lasts for a short time only. Just your name and address and we will send "Perfect Hearing."

The White Cross Ear Oscillator

The wonderful machine which gives our famous Pneumo-Oscillating treatments. You should read about this marvelous instrument anyway. The road to perfect hearing is before you. Complete communication with the world. **WRITE TODAY FOR THE FREE BOOK "PERFECT HEARING."** Sent free for just your name and address. Get details of our Special Introductory Offer, which lasts for a short time only. Just your name and address and we will send "Perfect Hearing."

LINDSTROM-SMITH CO., Dept. 298B, 253 La Salle Street, Chicago

Study Art At Home By Mail

Earn \$25-\$50 a week Learn to draw or paint in Water-Colors, Oil and Decorate China.

BE AN ARTIST, Illustrator, Designer or Cartoonist. Enroll in our Home Study Art Courses. No previous experience necessary. Cost exceedingly small. Competent artists are in great demand. **YOU CAN EARN \$2,000 to \$3,000 A YEAR** and even more. We employ the same methods as those used in the famous Ateliers of Paris, and guarantee to teach you with complete success by mail or make no charge for tuition. Eminent teachers, graduates of leading European and American Art Academies. Write for our beautifully illustrated "PROSPECTUS." Tells "How to Learn Art at Home" and describes our methods. Sent FREE. Postage prepaid. Gives just the information you want. Write for it NOW. Do not delay. Address:

5th FINE ARTS INSTITUTE, Studio 2987 Omaha, Neb

Save 10 Per Cent

Of your purchasing power on all new thought books by my rebate coupon system.

Don't buy books until you see my new book catalogue, just out. The latest and best books on **Success, Personal Development, Hindu Philosophy, Names and Numbers, Dreams, etc., etc.**

Send postal for catalogue.

WILLIAM E. TOWNE, Dept. 1, Holyoke, Mass.

Brainy Diet

Read "Tests of the New, Brainy Food System." Twenty years' successes. Expectoration, coughing, colds, night sweats, constipation, rheumatism, diabetes, tumors, etc., all arise from deposits and accumulations from unsuited combinations and proportions of foods. Health without drugs. Fat people are reduced easily by a liberal brainy diet. Very much increased energy and improved appearance for all by the **digestible brain foods**, not patented foods. Waterless cooking is tasty and highly nutritious. Very helpful booklets by addressing **EDUCATIONAL FOOD CAMPAIGN, "N," Washington, D. C.**

Mention NAUTILUS when answering advertisements. See guarantee, page 5.

Vitality Represents the Creator on Earth



There is no life without life and no continuation of life without other life. Throughout nature, one cell or collection of cells eats another cell or collection of cells and so life goes on, one living by means of the other and the peculiar thing about it is that the eaten cell does not die as is ordinarily supposed. It simply enters the circulation through the bowels of the thing that eats it and joins its vital forces with it by a species of grafting, called assimilation (the knowledge of this grafting process enabled me to save my leg when it was practically cut off and was ordered amputated by several surgeons).

Time and again I have saved animal and human life by this and related knowledge for it is a violation of the law of life that causes all sickness and death.

The principal violation is the killing of the cells by cooking before the cells are eaten by human beings. If you wish to see the disastrous effect of cooking on life try the following experiment: Take a portion of good rich dirt, divide it into portions. Cook one portion of the dirt thoroughly. Leave the other natural. Plant any kind of seed in both portions of dirt and note that the seed will sprout in both portions of dirt, but that as soon as the nutriment in the seed has been used up the ones in the cooked dirt will die, especially quick if they are watered by distilled water. The reason for this is that all good earth contains millions of living cells which are killed by the cooking. Darwin says that there is an average of 350 pounds of worms and other living matter in each acre of earth. All food is composed of living cells; so is your body. These cells constitute your stock of vitality or God power which you can increase and cultivate at will if you will live according to the laws of vitality which I tell about in my free book, "Raw Food and Vibratory Exercises," and teach in my course of treatment.

My teachings are now endorsed by all health magazines.

Special Interest to Men

I wish to publicly thank the readers of this magazine for their hearty response to my ideas regarding the Prostate Gland. Nature and experience has taught me much that I cannot say in this article, but do say in my literature regarding the Prostate Gland.

I have a special treatment for the Prostate Gland. It consists of a fountain syringe with a special attachment for cleansing the lower bowel and region of the Prostate Gland. This special attachment enables the patient to thoroughly massage the Prostate Gland, thus relieving congestion and inflammation. When the Prostate Gland becomes congested, it becomes very heavy and falls very much the same as special organs do in the female. In this condition, it produces all sorts of nervous troubles and lowered vitality.

Stomach-Ease

is a food having remedial qualities. Did you ever see a cat or a dog eat grass when they were not feeling well? Surely you have. Well, Stomach-Ease is intended to do for human beings what catnip does for cats, for it is composed of raw herbs which cleanse and purify the stomach and bowels of gas, acid and catarrhal matter or slime. The fruits act on the liver, kidneys and spleen. The protoplasm feeds the nerves and enriches the blood. If this food is eaten with other foods it helps to digest them, especially milk. I could fill this magazine with letters endorsing this combination food, which is made like a confection and is sold at \$.50 a box, but should be ordered six boxes at a time so it can be sent by express. A book of endorsements and samples will be sent on request.

DR. JULIAN P. THOMAS

Dept. 6E

522 WEST 37th STREET

NEW YORK

Are You an Undeveloped Champion Heavy Weight Lifter

Physical Culture men and women should be strong and well-formed. The experience of thousands teach that my Human Mould is the very best means for accomplishing this result quickly for it develops your latent powers. It brings out unsuspected powers. It makes you know that you are strong. It enables you to "show" the other fellow. It gives you a contempt for the other fellow. It developed my strength until I thought of ordinary men as children. Why just think what it has done for me! It enabled me to save my leg when it was practically cut off and now I can stand on that one injured leg and lift 1,000 pounds without effort. Can you do this on two legs? If not, get a Mould at once and develop your latent powers, for you may be an undeveloped champion heavy-weight lifter.

Perhaps you do not care to be so strong, but remember that strength, mental, physical and genital is the quality denoting superior manhood and, like money, is worshipped all over the world. The price of the Human Mould is \$5.00. Send your name, address, height, weight and waist measurements.



Special Interest to Women

For ten years I have been assisting Dr. Thomas in his great work of helping humanity, and I have prevailed upon him to assist me to devise a special course of instructions for women. No man unaided can understand a woman and her troubles, unaided no matter how good a physician he may be. I have, therefore, decided to devote my life to this important work.

If you girls, married women and grandmothers will write confidentially to me, I will tell you things every woman, young and old, should know. I will also answer your special questions, and give you confidential advice. You need not suffer in silence. Write today.

HULDA THOMAS.

Get a Natural, Beautiful Complexion in Twenty Minutes

Did you ever see the color leave a person's face when they fainted? Surely you have. Well, it was caused by the blood leaving the face and going into the body.

Did you ever see a girl blush? Well, I guess you have. It was caused by the blood rushing to the skin from the interior of the body.

Knowing the above facts and applying them practically, I have discovered an external treatment that will make the blood come to the surface of the oldest, most wrinkled, most sallow face in the world in twenty minutes, making the signs of old age disappear as if by magic and the beautiful youthful color of a healthy young girl appear in its place. Make no mistake. This is not a powder or paint. It is based upon a natural principle and is so wonderful that you cannot imagine it or believe it without a demonstration on yourself which you can have if you will send 25 cents for a sample treatment. I would send the sample for nothing but the ingredients are imported and, therefore, expensive.

HULDA THOMAS.

IMPORTANT NOTICE

A dishonest employe in my office has caused me a good deal of trouble by destroying orders and especially letters of complaint. This employe has been discharged. I advise anyone who has written to me and not received satisfaction to immediately write again and receive satisfaction.

DR. JULIAN P. THOMAS

Dept. 6E

522 WEST 37th STREET

NEW YORK

IF YOUR HAIR IS GETTING THIN

Hair won't right itself like a cold will. It needs immediate and well considered attention. A treatment that will get action on the source of supply is invariably the most logical and beneficial. If you get right down to the roots where the hair is made and nourish and strengthen the dying follicles you lose no time in getting the very best of results. The next thing is to get the agent best suited for his work. Let us suggest for you what fifty thousand persons believe in.

Beta-Quinol

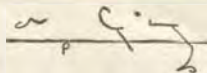
The very best of only absolutely necessary ingredients for the beautification, health and perfection of the hair is used in Beta-Quinol. Its application for all hair troubles is an assurance of the best results obtainable. It is the doctor of the home of the hair. Since we started the manufacture of Beta-Quinol three years ago, we have received flattering testimonials from wholesale and retail druggists and users from nearly every state. Every bottle makes a friend. Sold in 1-ounce bottles only. Price, 50c; each bottle makes

One Pint Full Strength Hair Tonic.

Get the Beta-Quinol at any drug store and mix at home with $\frac{1}{2}$ pint alcohol and $\frac{1}{2}$ pint warm water, or mix with one pint Bay Rum. If your druggist won't get Beta-Quinol for you, send direct, enclosing 50c, to
COOPER PHARMACAL CO. CHICAGO

Apply BETA-QUINOL every other day for one month, then two times a week until trouble has entirely ceased. Sample to make enough for good trial, by mail, 10c.

Shorthand



Study a complete, practical system at home. Lessons by a practical stenographer. Improve your spare time for a few months and make yourself an efficient stenographer. Any young man or woman starting in a business life will find shorthand a most valuable help in gaining a foothold. Full particulars FREE. You will be surprised how little the complete course of lessons will cost you. Address:

WILLIAM E. TOWNE, Dept. 1, Holyoke, Mass.

ARE YOU A LOVER?

You should read the exquisite tribute Coleridge wrote to LOVE. Read our Penny Classics—*The Short Cut to Culture*, 10 cents each. Only the best thoughts of the world's greatest—Emerson, Thoreau, Seneca, Goethe, Plato, Hegel, Schopenhauer, Confucius, etc.

Don't lose a minute, but write now for
FREE SAMPLE PAGES OF TWELVE BOOKS SENT ON REQUEST.
PENNY CLASSICS, 75 Plymouth Place, Chicago.

Mention NAUTILUS when answering advertisements. See guarantee, page 5.

yesterday in so authoritative a fashion that it is convincing; and it is good reading. Address 1310 N. Oakley street, Chicago, Ill. Cloth. 216 pages, \$1.00 postpaid. (K)

—"Isn't this some going?" Grace MacGowan Cooke and her sister Alice have written a little story which appeared in *August Everybody's*. It is the first color line story which *Everybody's* has printed, and by all means read it. It is supposed to be an important departure in fiction, and is regarded as an unusual achievement for a pair of story writers thus to be able to attain and express so detailed a view on a question which is being so agitated in this country. Aside from its academic value, the

(Continued on Page 66.)

LISTEN!



Elizabeth Towne says: "My hair is thicker and better than it has ever been in my grown-up life." She has used "Mrs. Rhodes' Great Hair Maker," and has recommended it to many friends.

WHAT MORE DO YOU WANT?

Year's treatment with Hair Hints, Tale of My Experience, testimonials, and pictorial illustrations for only \$1.00. Think of it! Pictures of information free upon request.

MRS. GRACE G. RHODES, Dept. B., Corry, Pa.

P. S.—"Mrs. Rhodes' Great Hand Beautifier" is par excellence for bleaching and softening the hands. Sent postpaid for 50c.

PERFECT HEALTH IMPOSSIBLE

If there is constipation, it causes over 90 per cent of all diseases. I cured myself without drugs or artificial means after 30 years' terrible suffering from this trouble. My booklet, *How to Overcome Constipation by Natural Methods*, 25 cents (silver) or ten 1c stamps and addresses of five persons in poor health. Instructions for Taking the Milk Cure in your own home for \$1.00. Simple and complete. It will cure anything curable not excepting Old Age which is a disease. A folder telling how I gained health, 30 lbs. and the complexion of a child in three months. Sent Free.

MILK DIET

Mrs. E. M. Field, No. 3, Cor. Avon & Husted Sts., Los Angeles, Cal.

POWER OF PERSONAL INFLUENCE

An invaluable book of 130 pages. Just out. Price 25 cents, or six 2c stamps and addresses of six persons likely to be interested in it. Tells why many are total failures while apparently less competent succeed in every undertaking. Nothing comes by chance all is cause and effect. It tells plainly how those who succeed in gratifying every desire and ambition, did it. LEARN WHAT THE REAL FORCE IS, AND HOW TO USE IT. Address **A. W. MARTENS, Pub. O. B. E. BURLINGTON, IOWA.**

SUPERFLUOUS HAIR PERMANENTLY REMOVED.

A WOMAN'S OWN STORY.
HOW SHE CURED HERSELF forever by a home treatment that is safe, positive and true to nature. Write me today, enclose stamp and I will tell you all. **FLORENCE HAWTHORNE, 555 White Plains Ave., New York.**

Perpetual Life or "Living in the Body Forever."

If you are seeking truth, perpetual life, joy and happiness, send for this remarkable book. It explains the simple law of life and its truths are marvelous. Price, \$1.00. (The book is copyrighted.) **YONA S. MIDDLETON, Pewee Valley, Kentucky.**

DEAF?

**Accept This Offer
of Instant Relief.**



The Electrophone in use—
almost INVISIBLE.

Send us the coupon below for particulars of our Service Test Offer. Get a Stolz Electrophone and try it for a full month in your own home. See for yourself how clear and distinct it will make all sounds. Take it to the theatre or church with you, sit in the back row, and enjoy every note, every word. It has marvelous sound magnifying powers. Investigate how

easily it overcomes ear noises, and let it take the place of your ugly and possibly harmful drum, horn, or trumpet. Put it to any test you please for a month, and prove to your own satisfaction that it can amply meet your every demand. By that time it should have begun to improve your unaided hearing; it usually does.

The latest improved Stolz' Electrophone cost \$40.000 to perfect. Let us send you a perfect instrument exactly the same as that provided for the Queen of England, President Diaz of Mexico, etc. Send coupon for offer.

Read This—Then Fill In Coupon

E. P. Rogers, 159 La Salle St., Chicago, says: "I have used your Electrophone since July, 1908. It enables me to hear speakers over fifty feet away. Without it I could not hear their voices. It has improved my natural hearing at least 50%, and has stopped the head noises."

Ask Rogers, or W. M. Hoyt, Whol. Grocer, 1 Michigan Ave., Chicago; or, better still, write for long list of satisfied users, who will answer inquiries. We will mail you a copy FREE OF CHARGE.

Your name.....

Address.....

Send me without obligation on my part full particulars of your Service Test of a latest improved Stolz Electrophone.
STOLZ ELECTROPHONE CO., 71 So. La Salle Bldg., Chicago, Ill. Branch offices in Philadelphia, Cincinnati, Seattle, Indianapolis, Des Moines, Toronto, Pittsburg, Los Angeles; and 89-95 Fleet Street, London, England.



Grow Mushrooms For Big and Quick Profits

I have had 13 years experience—largest grower in America. I teach you how and tell where to sell them. Business pleasant and safe and my instructions enable you to add \$5 to \$60 per week to your income without interfering with regular occupation. Women as well as men. Send today for free book giving particulars, how to start, etc., of this big paying business.

JACKSON MUSHROOM FARM

3112 North Western Avenue, Chicago, Illinois.

ARE YOU MISUNDERSTOOD?

Emerson says: "To be great is to be misunderstood!" Read our Penny Classics—*The Short Cut to Culture*, 10 cents each. Only the best thoughts of the world's greatest—Emerson, Thoreau, Seneca, Goethe, Plato, Hegel, Schopenhauer, Confucius, etc.

FREE Don't lose a minute, but write now for **SAMPLE PAGES OF TWELVE BOOKS SENT ON REQUEST.**

PENNY CLASSICS, 75 Plymouth Place, Chicago.

"ALLSHINE LIFE"

Divine Science of Thought Magazine. The Way to the Beautiful Life; Ideal Sexology; Fountain of Youth. Short Paths to Success, Marriage Papers, How to Secure Annual Income for Life for Little Money or Work, Easy Way to Secure Land for Orange Grove and Farm or Town Lot, In Profit Sharing New Thought Colony. \$25 a year. ALLSHINE PUB. CO., 58, Route 1, Richmond, Va.



Feel Better Than Ever In Your Life

*The ideal Food Medicine
for Brain-workers, the over-
worked, busy man, or the
care-worn nervous woman.*

A remarkable discovery has been made in the Alfalfa plant which chemical Analysis shows to contain most of the elements which go to make up the ingredients of the human body. Already the ingredients of this

medicinal food plant have been used with remarkable results, and a well-known expert has testified after a careful analysis that Robinson's famous **Alfalfa-Nutrient** contains no alcohol, poisonous drugs, narcotics, opiates, or deleterious ingredients of any kind.

Ten Day Treatment Sent Free To Prove It

The Alfalfa plant has been known for its wonderful fattening properties, but not until recently has it been known to be a specific for weak nerves, Indigestion, Dyspepsia, Constipation, Catarrh, Loss of Appetite, Weak Circulation, Blood Impurities, Pimply Complexions, Sallow Face, Dead Looking Eyes, General Weakness, Lack of Ambition, Kidney Troubles, Torpid Liver, Rheumatism, Locomotor Ataxia, Anemia and Female Troubles.

Read Miss Howe's Strong Letter

Miss Maud Howe, 375 Manhattan Ave., N. Y. City, writes:

"I was very anemic, thin and run down. Four boxes of Alfalfa cured me, and Alfalfa-Nutrient will give you such a vivacious feeling, put strength in your nerves, rich blood in your veins, regularity in your bowels and have all your vital organs working in such splendid order, that your face will clear up at once, your complexion become velvety and rosy, and your whole body bound with new life and vigor. I owe my present, perfect physical health alone to Robinson's Alfalfa-Nutrient which of all the Blood and Nerve remedies I have tried is certainly the best."

To prove to anyone that this is absolutely true, we will send for 4c postage a 35c ten day treatment of Alfalfa-Nutrient in plain sealed package with 56 page scientific booklet "How to Develop the Form and Secure Perfect Health." Lady and gentlemen ag'ts wanted. Write today for free trial. **Alfalfa Chemical Co., 799 Unity Bldg., Chicago.**

DRUGLESS HEALING

BY MENTAL METHODS



We Cure People suffering from all kinds of diseases by THERAPEUTIC SUGGESTION alone and without drugs; when they cannot come we reach and cure them at their homes in any part of the world. We correct bad habits in young and old, help people to **Business Success**, reform **Moral Perverts**, reclaim **Wayward Boys and Girls**, and restore **Insane People** to their reason. No matter what your ailment, how serious your case or what you may have done before, our methods succeed after all others have failed. We teach our **Methods to Others**, under the legally incorporated and registered authority of the St. Louis School of Suggestive Therapeutics. All work done by the **ablest and most experienced teachers and practitioners** of Suggestive Therapeutics in America. Finely engraved **diplomas** on the best parchment. Booklets fully explaining **Suggestions** and the **Psychic Methods** we employ in treating absent patients. **Sent Free** to everybody! All afflicted people should read these Booklets. Send for them now. You will enjoy reading them. Address, **GEO. C. PITZER School of Suggestive Therapeutics, G. H. Hampshire, M. D., Principal, 1045-B, South Union Ave., Los Angeles, Cal.**

Success is hard work and luck is common sense.

—May Irwin.

Mention NAUTILUS when answering advertisements. See guarantee, page 5.

Remington Leads in

**Improvements
Simplicity
Efficiency
Sales**



¶ It not only led at the start but has **maintained** its position by sheer force of superiority.

¶ It pays to use a Remington. It will pay you to see the new models **10** and **11**.

Remington Typewriter Company

(Incorporated)

New York and Everywhere

Learn to "Demonstrate"

The book, "A NEW CHRIST," tells you how. Read what these people say:

"You have done a mighty work in 'A New Christ.'"—WM. F. THOMPSON, South Chicago, Ill.

"Oh, that wonderful book! It has done more for me than all the other books I ever read. It shows the way."

—AURELIA J. EDGECOMB, Vinton, Iowa.

"In 'A New Christ' you have struck the quintessence of the all-healing powers, and have made the way perfectly plain. I have read and re-read the last three chapters, and am filled with enthusiasm."—A. C. MEAD, 1525 58th St., Borough Park, Brooklyn, N. Y.

This great book, by W. D. Wattles, is printed in two colors, and handsomely bound; and it is only 25 cents. SEND FOR IT TODAY.

OTHER BOOKS BY MR. WATTLES:

"LETTERS TO A WOMAN'S HUSBAND." Five letters to Mr. Man, telling him how to have a happy home. Mrs. Woman should read them, also. Price, 15 cents.

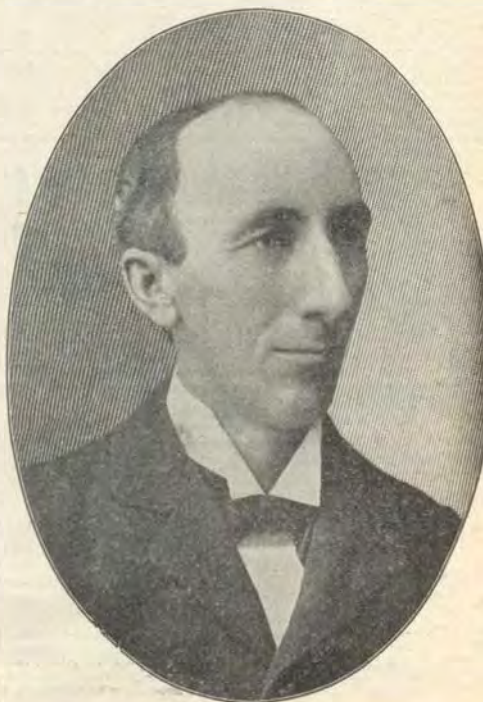
"THE CONSTRUCTIVE USE OF FOODS." The best of all food science books. Complete knowledge on the eating question. Only 15 cents.

"NEW SCIENCE OF LIVING AND HEALING." Price, 50 cents.

All four books, \$1.00.

WALLACE D. WATTLES, universally acknowledged to be one of the most clear, practical and scientific of New Thought writers and teachers, conducts a CORRESPONDENCE SCHOOL OF CONSTRUCTIVE SCIENCE, and positively teaches his students how to DEMONSTRATE in health, wealth and all attainment. 12 monthly lessons, at \$1.00 each. Careful personal instruction in addition. Write for particulars.

Wallace D. Wattles
Elwood - - - Indiana



Mention NAUTILUS when answering advertisements. See guarantee, page 5.

HOW TO GET RID OF WRINKLES

A Simple, Safe, Reliable Way, That Produces Marvellous Results Without Massage, Face Steaming or Masks of Any Kind.

CUT OUT FREE COUPON BELOW AND MAIL TODAY.

Those who have become prematurely wrinkled, whether from trouble, worry or ill health, know full well the priceless treasure they have lost. There is no need, however of anyone injuring their chances of social or financial success in life by carrying around these marks of time, as they can be easily removed by a simple home treatment that often produces surprising results in a single night.

In the fall of 1907 I first realized that time, trouble and care had all left their marks on my face, that my skin had become dry and leathery, and that the clear, fresh complexion, the smooth skin and the curves of cheek and chin that go with a well preserved woman were mine no longer.

Realizing my position keenly and knowing that the fine, clean, alert, well-cared-for-looking woman has many advantages over her more unfortunate sister, I tried many advertised remedies, hoping that I would find something that would smooth out the lines that time and trouble had brought me, and restore the color and bloom of my youth.

But, after trying beauty doctors, facial massage and almost every other known method and after experiencing disappointment time and again, I took out my own wrinkles by a simple home treatment of my own discovery, which brought back my beauty and the freshness of youth. Doctors say it is the only treatment in the world that will actually remove wrinkles and make old faces look young and beautiful. Many of my friends look twenty years younger since trying my treatment, and the marvellous results it has produced in so many cases has prompted me to give it to the public.

THIN OR WRINKLED

This coupon entitles the holder to free information concerning the marvellous discovery for removing wrinkles and making thin faces plump.

GOOD FOR FIVE DAYS ONLY.

DELLA ELLISON,

884 Burr Building,

SCRANTON, - - - PA.

It is easy to apply and is an entirely new discovery of my own. It is absolutely harmless and so simple that it can be used without the knowledge of your most intimate friends. It is also an excellent beautifier, and aside from removing wrinkles and filling out the hollows in face or neck, it may be used to enlarge the breasts and greatly enhance their beauty. People often write, "It sounds too good to be true." Well, the test will tell. If interested in my discovery, please address **DELLA ELLISON, 884 Burr Building, Scranton, Pa.**

Just enclose the above Coupon and state that you wish full particulars of my new discovery, and they will be sent to you in a sealed envelope, absolutely free of charge.

Would You Like to Discard Your Glasses?



JUST TRY
The Ideal Sight Restorer

THE NORMAL EYE

for 10 days at Our Expense

Minor eye weaknesses are caused by poor circulation of blood. Near-sight, far-sight and astigmatism are caused by their becoming distorted (out of shape). By a gentle massage **THE IDEAL SIGHT RESTORER** produces a normal circulation of blood and moulds the eye painlessly but surely to its normal shape. Thousands have used it with perfect success and without danger, as it does not come in direct contact with the eyes. Five minutes manipulation twice a day is all that is necessary. If you wish to relieve eye strain and headaches, and in a short time be entirely independent of your glasses, write for booklet, records and **10 days' test** to

THE IDEAL CO., 136N. West 65th St., N. Y.

Home Cure for Eczema

Oil of Wintergreen, Thymol, Glycerine, Etc., Used as a Simple Wash

It really seems strange that so many people suffer year in and year out with eczema, when it is now no longer a secret that oil of wintergreen mixed with thymol, glycerine, etc., makes a wash that is bound to cure.

Old, obstinate cases, it is true, cannot be cured in a few days, but there is absolutely no sufferer from eczema who ever used this simple wash and did not find immediately that wonderfully soothing, calm, cool sensation that comes when the itch it taken away. Instantly upon applying a few drops of the wash the remedy takes effect, the itch is allayed. There is no need of experiment—the patient knows at once.

Instead of trying to compound the oil of wintergreen, thymol, glycerine, etc., in the right proportions ourselves we are using a prescription which is universally found the most effective. It is known as the D. D. D. Prescription, or Oil of Wintergreen Compound. It is made by the D. D. D. Co. of Chicago, and our long experience with this remedy has given us great confidence in its merits.

A free sample bottle may be obtained by writing direct to the **D. D. D. LABORATORIES, Dept. 2987, 112 Michigan St., Chicago, Ill.**

Mention NAUTILUS when answering advertisements. See guarantee, page 5.

ASTRO-BIOCHEMISTRY.

What is it? A way in which health is found by Nature. It is the first and the last way. Are you ill? Then send two-cent stamp for circular. *Nautilus* readers, this is for thinkers. ALFRED J. STRAUGHAN, 820 Anderson St., Pittsburg, Pa.

COLONY 500 members—will soon be completed; 250 allotments taken. New Thought dominant; land for orange grove and truck farm with town lot for \$110; other property advanced 400 per cent; colony price stationary for a limited time; industrial college. **CO-OPERATIVE HOMESTEAD CO.,** Ruskin, Florida.

Life's Greatest Secret "The Key to Health, Wealth and Love."

By Julia Seton Sears, M. D.

This book is the revelation of the age. It teaches every one how to secure dominion over his own conditions. Life is a science and we secure its highest expression through the understanding of its finer laws. The great Secret by which we gain Health, Wealth and Love is new to the minds of men, but powerful and simple in its application. Popular edition, 25c, silver, postpaid, anywhere. **Sears Publishing Co.,** 8 Carnegie Hall, New York City.

ARE YOU A MEDDLER?

Stop it! Goethe says: "We always feel an inclination to sweep our neighbor's doorstep." Read our Penny Classics—*The Short Cut to Culture*, 10 cents each. Only the best thoughts of the world's greatest—Emerson, Thoreau, Seneca, Goethe, Plato, Hegel, Schopenhauer, Confucius, etc.

FREE Don't lose a minute, but write now for **SAMPLE PAGES OF TWELVE BOOKS SENT ON REQUEST.** **PENNY CLASSICS,** 75 Plymouth Place, Chicago.

Milk Diet

Correctly Taken Takes ten years from your age, gives you a plump figure, complexion of a child and increases weight 10 to 25 lbs. a month. It is a Complete Food, rapidly builds FIRM NEW FLESH, easily taken at home, and is the MODERN CURE for RHEUMATISM, CONSUMPTION, CONSTIPATION and INDIGESTION. My complete instructions by a physician and diet specialist tell JUST HOW. Price \$1. Sanitariums charge \$100 or more for same.

B. MORRIS,
917B E. Ninth St., Kansas City, Mo.



Prof. Genuag
English

Home Study Courses

Over one hundred Home Study Courses under professors in Harvard, Brown, Cornell and leading colleges.

Academic and Preparatory, Agricultural, Commercial, Normal and Civil Service Departments.
Preparation for College, Teachers' and Civil Service Examinations.

250 page catalog free. Write to-day.

THE HOME CORRESPONDENCE SCHOOL
Springfield, Mass.



story is charmingly told, and we are mighty proud of its having been written by a *Nautilus* contributor and her sister. (K)

—"The Training of Children," by Rev. Nona L. Brooks. A daintily bound booklet of thirty-two pages, price, 15 cents. A sensible discussion of child training, character building, rewards and punishments etc. Order of the Power Publishing Company, 730 East 17th Avenue, Denver, Col.

BOOK ENDS

FOR LOVERS OF BOOKS.

They will surely interest you because they are Practical, Inexpensive and Ornamental. They insure order, which is "Heaven's First Law." Send for free circular now. **SWITZER'S ART SHOP,** 114 Franklin St., New York City.

WHAT THE WORLD WANTS



Hints on Self-Help
Teaches Mental Culture, Will-Power, Right Living, Power of Love & Kindness, Personal Influence, etc. Everything that tends to make life higher, happier, healthier and more successful. Full of grand and inspiring thoughts which enkindle the kind of enthusiasm that wins. It multiplies one's ability by awakening sleeping powers, stimulating latent energies, and bringing forth resources before undreamed of. Over 100 pages, 25c., or 10c. and addresses of five persons likely to be interested in our books. Circulars free. Address

SELF-CULTURE SOCIETY, O. N. Estes Ave., Rogers Park, Ill.

FAT IS NOT FLESH

WHY NOT RID YOURSELF OF UNSIGHTLINESS AND DISCOMFORT

It is unquestionable that Superfluous Fat is a destroyer of Health as well as Personal Appearance. Why resign yourself to a condition that means discomfort, unsightliness, wrinkles, flabbiness, loss of vigor, and heart troubles?

WE HAVE THE REMEDY THE LORING & CO., Ltd.
REDUCING TABLETS
Unfailingly restore health and vigor and reduce the figure to normal proportions, quickly and safely, without exercising or dieting. Not only are these *Reducing Tablets* marvelously effective, but simple and harmless, and can be taken any time without inconvenience. They are made wholly of roots and herbs—no chemicals.

FREE Upon request, a liberal sample supply of Tablets for trial treatment, likewise a Physician's Personal Advice.

PRICE, \$2.00

LORING & CO., Ltd., 10 W. 22d St., N. Y. City

THE DR. C. O. SAHLER SANITARIUM

The Sanitarium (large, new addition, modern in every particular), is roomy, homelike, free from all institutional treatment and erected with especial reference to the care and treatment of MENTAL, NERVOUS AND FUNCTIONAL DISORDERS by the

PSYCHOLOGICAL METHOD EXCLUSIVELY.

Large verandas, cheerful, sunny rooms, and sun parlors are features of this place.

Physicians and friends who have mental and nervous patients whom they desire to place in an institution having the principles of home and family life; non-restraint, and having tried all other methods of treatment without success, should inquire into the merits of this Sanitarium.

NO INSANE CASES RECEIVED.

Write for Circular.

THE DR. C. O. SAHLER SANITARIUM,
Kingston-on-Hudson, New York.

Mention NAUTILUS when answering advertisements. See guarantee, page 5.

You Must Eat To Live



W. S. Ensign, Phys. Ch.

Nothing will take the place of material food if you want to keep the material body in repair. The Creator gives the normal animal intelligence enough to feed itself and expects it to use it; otherwise the body will be destroyed. When you come to consider necessary foods, Rohe, in Textbook of Hygiene, gives: (1) Water; (2) Salts; (3) Proteids; (4) Fats or Carbohydrates. Currier, in Practical Hygiene, gives: (1) Water; (2) Salts; (3) Albumens; (4) Fats and Oils; (5) Starch and Sugars. Dr. Henry Reed Hopkins, President of the Medical Society of New York, in an article on the Mineral Nutrients, says that Air is the most important food, Water the next in importance, and Salts the third, the three constituting Class One. The reason is plain: A person can live but a few seconds without air, a few hours without water, and a few days without the mineral nutrients. A person will die in less time when fed on food from which the salts have been largely extracted than when given no food at all.

The absence of the mineral nutrients in part, so that the necessary proportions in the animal body are disturbed, causes disease, and that kind of disease which only the restoration of the equilibrium will cure. Nature cannot heal because her supplies are wrong. She will cure as soon as she gets the needed supplies in usable form.

The Ensign Remedies are composed of mineral nutrients in usable form taken into the body they are readily assimilated, and are used promptly in the restoration of tissue waste. They are the most important foods in the world where there are diseased conditions—nothing can possibly equal them. If you want to know more about the Remedies write us to-day for our literature. We cure all diseases. There are incurable cases, where the body has been so destroyed that it cannot be repaired—but these are comparatively few. Write us for booklets on General Diseases, Private Diseases, Women's Diseases, Various Veins and Varicose. They are free to all.

ENSIGN REMEDIES COMPANY,

Department E, - Battle Creek, Mich.
Canadian Office: Windsor, Ont.

Remarkable Invention

"Actina" a Scientific Appliance for Relieving Defective Eyesight—Has Achieved Wonderful Results.

If your eyesight is defective, or you have any form of eye trouble that might endanger your eyesight, you should lose no time in investigating "Actina." It is applied directly over the eye, and its potent action stimulates and maintains the circulation of the blood, thereby removing congestion and assisting nature to repair the defects and restore the eyesight to normal condition. Hundreds of people owe the restoration of their eyesight to "Actina." Among them are the following:



Prof. T. S. Sligh, Mansfield, La.
Rev. J. M. Foster, Burton, Wash.
Rev. W. C. Goodwin, Moline, Kan.
T. F. Lees, Great Barrington, Mass.
Mrs. S. A. Donnelly, Agt., U. S. Secret Service, Louisville, Ky.

Many persons wearing spectacles might better be without them. Strengthen the eye by improving the circulation and it will not require an artificial lens. If you are interested and desire to know what the "Actina" is and what it is accomplishing, write today for our FREE TRIAL OFFER and OUR BOOK—TREATISE ON DISEASE. The book contains most valuable information. A postal card will bring it to you. Address ACTINA APPLIANCE COMPANY, Dept. 124H, 811 Walnut Street, Kansas City, Mo.

CONSUMPTION

BRONCHITIS
CURED CATARRH
ASTHMA



To all sufferers from nose, throat or lung trouble, we will mail, free and post-paid, liberal supply of Condor Inhalation in order to prove that it is possible to be permanently cured at home, without change of climate, loss of time or stomach dosing.

Do not neglect pain in chest or between shoulder blades, raising matter, constant spitting, lingering colds, hoarseness, chronic cough, tickling in throat, loss of taste and smell, flushed cheeks, night sweats, chills, fever, hemorrhage, hay fever, stuffed nose, foul breath, head noises, deafness, sneezing, shortness of breath, sense of oppression, choking, gasping, wheezing, falling strength, weakness, loss of weight, etc., etc.

Drawn through mouth or nose, this powerful, germ-destroying, healing, curative Inhalant reaches every part of the nasal passages, bronchial tubes and lungs—exactly where affected. Disease quickly disappears no matter in what stage, and health is restored.

FREE Write Today for Complete Trial, Illustrated Book and How to Get Well Without Taking Medicine, all sent absolutely free.
Condor Medicine Co., Dept. 48K Los Angeles, Cal.

MAKE YOURSELF WELL WITH

OXYDONOR

Discoverer and Inventor.



Hercules Sanche.

Copyright 1907 by Dr. Hercules Sanche
All rights reserved.

No matter from what form of disease you suffer, though physicians have pronounced your case incurable, do not give up hope until you have tried OXYDONOR, the great discovery and invention of Dr. Hercules Sanche.

OXYDONOR places the body under the forces of a great Natural Law which compels the body to absorb quantities of oxygen, thus instilling new life and vigor, impelling a natural and strong functioning of the vital organs with the result that disease is overcome and good health restored.

Sara M. Hughes, Ridgeway, N. J., writes:

"By using Oxydonor I am perfectly well after eight years of suffering from Rheumatism and Stomach Troubles."

Mr. Geo. P. Goodale, President Free Press Co., Detroit, Mich., writes: "I would not voluntarily forego the benefits of Oxydonor for a deed in fee simple of Greater New York."

Send for Free Books and you will realize that in OXYDONOR you have an ever-present protection from disease.

There is but one genuine OXYDONOR, and that has the name of the Discoverer and Inventor, DR. H. SANCHE, stamped in its metal. Beware of fraudulent imitations. DR. H. SANCHE & CO., 61 5th St., Detroit, Mich.; 489 5th Ave., New York, N. Y.; 364 W. St. Catharine St., Montreal, Canada.

Can You Keep A Beauty Secret?

Would you tell others how to beautify the complexion, remove wrinkles, pimples and blackheads and develop the bust, if you were told how?

Could you keep to yourself the knowledge of how to do these seemingly impossible things if you were told how to do so in the privacy of your own room?

If so, and you desire to have a copy of our new book entitled, "How to Gain and Maintain Beauty"; if you wish to know all about the new invention called "The Beauty Wand" absolutely free of charge, write at once to the Imperial Products Co., Dept. 24, No. 205 St. Nicholas Ave., New York City, N. Y. It will be sent to you by return mail without any charge whatever. Don't delay, send now. A postal card will bring it.



FREE Hair Food TRIAL BOX

To Prove Its Worth

The ONLY WAY to know the cause of falling hair in men and women, is to send to Prof. J. H. Austin, with The Harvey-Austin Co., the thirty years' Scalp Specialist and Bacteriologist, who completely demonstrates that there are two different principal conditions of the scalp, scaly and not scaly, which characterize these troubles. The Harvey-Austin Co. now offers to send, ABSOLUTELY FREE, a sample box of the Professors' remedy to demonstrate its power, together with booklet on the care of the hair and scalp. Enclose 2 cents postage and write today to THE HARVEY-AUSTIN CO., (Not Inc.), 56 McVicker's Theatre Bldg., Chicago.

Panova Fattens Thin Men and Women and Gives Fairness

I positively guarantee results, if you follow instructions. Panovo, the Perfected Wheat, is a scientifically combined food of whole wheat and fruits. Nothing like it ever originated before, or ever will be. Hundreds have added ten to thirty pounds of flesh, increased their mental and physical fitness and generated more BRAIN-POWER by its use. It's delicious, hunger-provoking. Price, \$2 for a month's supply, express prepaid. Send for my beautiful little brochure, Guide to Scientific Nutrition. It's FREE. Address: DORTCH CAMPBELL, (Inc.), Middlesborough, Kentucky.

Sane Living

Correct Diet, breathing and exercise in the prevention and cure of constipation, rheumatism, corpulence, leanness, indigestion, nervous prostration, gout, consumption, insomnia, headache, colds, catarrh, bronchitis, debility, liver and kidney diseases, piles, drowsiness, diabetes, the alcohol, opium and tobacco habits, and for students and thinkers. Each treated separately. Also, special chapters on breathing, eating, exercise, ventilation and bathing. By a physician specialist. No drugs. For both well and sick. Price \$1.00.

V. D. ALLEN,

917B East 9th, Kansas City, Mo.

Mention NAUTILUS when answering advertisements. See guarantee, page 58

AGENTS—My Sanitary Coffee and Tea Makers produce a pure, sweet cup. Needs no settler nor strainer and never wears out. Saves tea and coffee, money and health. Every wife buys at sight. No w. inventions. Send 15c for 50c size of either, postpaid, or will send sample of both for 25c. Without question the two best selling articles ever invented. Order both.

COFFEE MAKER **TEA MAKER**

Dr. Lyons, 1438 Day St., Pekin, Ill.

A CLEAR SKIN Or Money Returned

20 DAYS To introduce Victoria Cream, which we guarantee will remove Pimples, **FREE TRIAL** Freckles or Brown Patches. Cures Eczema and all skin diseases. We will send enough for 20 days' trial on receipt of this advertisement and 10 cents in silver to cover cost of mailing. F. H. Young, 28 Oakwood Ave., Toledo, O.

PERSONAL MAGNETISM MEANS MUCH

Its possession means health, friends, success. Latent forces can be developed. New discoveries which impart greater strength, courage, and confidence. You can secure Good Will and greater success in your undertakings. Disease is eradicated and life prolonged by these methods. Abundant satisfaction guaranteed. Private, personal instruction given by correspondence. Write at once for several evidence of **delighted thousands**, sent together with interesting literature **free**. Don't delay. This means more to you than you can now realize. 160 page book: "Success," 50c. "How to Win," 35c. pages, \$2.00. Three important booklets: 25c. Business established 1876. National Inst. of Science, N. O. 6945 N., Clark St., Chicago, Ill.

ARE YOU UNHAPPY?

Seneca says: "A good conscience is the foundation of happiness." Read our Penny Classics—*The Short Cut to Culture*, 10 cents each. The best thoughts of the world's greatest—Emerson, Thoreau, Seneca, Goethe, Plato, Hegel, Schopenhauer, Confucius, etc.

FREE Don't lose a minute, but write now for **SAMPLE PAGES OF TWELVE BOOKS SENT ON REQUEST.** PENNY CLASSICS, 75 Plymouth Place, Chicago.



"SUGGESTION" THE SECRET OF SUCCESS

This book of over 200 pages tells why many are total failures while others apparently less competent succeed in every undertaking. Nothing comes by chance, all is cause and effect. It tells plainly how those who succeeded in gratifying every desire and ambition, did it, what the real force is and how to use it. Price \$1.00. Also have the true secrets of the only rational, natural and never-failing method of growing **Luxuriant Hair**, preventing and restoring **gray hair** and **Removing Wrinkles**, and **developing and strengthening weak and atrophied parts of the body**.—50c each or all for \$3.00. If preferred, and you will order at once, you can send half with your order and agree to send balance or return goods within ten days. Circulars gratis. Address A. W. HARTERS, PUB. 8-109, BURLINGTON, IOWA.

THE WHITE LODGE

A Society of Initiates, through their Chosen Representatives, are quietly training a few properly qualified ones for special opportunities in connection with the **Coming Social Order**. They have purchased, near New York, large tracts of choice Hudson River property to be used partly for colonization purposes. Does this mean an opportunity for you? Send your date of birth and you may receive something that will interest you. Send to THE WHITE LODGE, Peekskill-on-Hudson, N. Y.



Make the Farm Pay

Complete Home Study Courses in Agriculture, Horticulture, Floriculture, Landscape Gardening, Forestry, Poultry Culture and Veterinary Science under Prof. Brooks of the Mass. Agricultural College, Prof. Craig of Cornell University and other eminent teachers. Over one hundred Home Study Courses under able professors in leading colleges.

250 page catalog free. Write to-day.
THE HOME CORRESPONDENCE SCHOOL
Dept. 139, Springfield, Mass.

"HOW TO TAKE CARE OF A WIFE"

The Latest of the Keith Books. Price 25c



Melville C. Keith, M. D.

The Keith Books tell in a clear, concise and comprehensive manner how to treat and cure every known disease without the use of poisonous drugs or the knife, consequently without the aid and expense of a physician. They will save many times their cost in the household every month. There is special mention made of the following: Consumption, Rheumatism, Paralysis, Indigestion, Constipation, Appendicitis, Female Diseases, Nervous troubles, Insanity, Kidney and Liver troubles, Periodical Headaches, Catarrh, Cancer, Tumors, Heart trouble, Epilepsy, Piles, Skin Diseases, Deafness, Venereal Diseases, all forms of Fever and Diseases of Children.

It costs you nothing to carry knowledge with you

A COMPLETE LIST MAILED ON APPLICATION:

KEITH & GINTER, Pubs., BELLVILLE, OHIO



CATARRH, ASTHMA CURED WHILE YOU SLEEP

Two or Three Cents a day if you are satisfied, and Nothing if you are not. Harmless, Convenient, Agreeable, Private, and Marvelously Certain. INHALANT is Discovery of an Eminent Physician, improved by us through years of experience, and is Best in the World. INHALER is our Patent and is Best Ever Devised. Its cures of CATARRH caused patients to name it, "THE LITTLE WONDER." Its cures of ASTHMA have looked like Miracles. By far the best for BRONCHITIS, HAY FEVER and Catarrhal Disease in every form and stage. Best Remedy for COLDS, and prevents Pneumonia. Cures or prevents DEAFNESS, and restores LOST SMELL. LITTLE CHILDREN infallibly and easily cured. BAD BREATH it never fails to cure. Succeeds as nothing else can, because it is the Right Medicine

applied in the Right Way,—that is, CONTINUOUSLY. A healing Balm laid directly on the Sore Spot, whether in Nose or Bottom of Lungs. Change of Climate without Change of Residence. Takes none of your time, does not hinder the breathing, and may be regulated to any force desired. Needs no help from other medicines. A Triumph of Science and Common Sense. LONG TRIAL. Sold always under STRICT, LEGAL GUARANTEE, which would have ruined us long ago but for the Astonishing Reliability of the Remedy. Write today, as you may not see this again; for never before has come to you a thing so Wise in its Means, so Strong in its Proofs, so Easy in its Application, so Generous in its Terms, so Certain in its Results.

E. C. C. CATARRH-ASTHMA CURE.

3041 Van Buren Street, CHICAGO

Mme. N. FOULAIRE'S WRINKLE REMEDY

Removes Tan and Prevents Sunburn

I have a remedy that will speedily eradicate any case of wrinkles on earth, no matter how bad or what the cause.

Makes Men and Women of 50 Look 25



TRADE MARK

To those unacquainted with the remedy this may seem a broad statement, but I am prepared to prove it by the same men and women whose appearance speaks for itself.

The remedy has created a genuine sensation in this city by entirely restoring the youthful appearance in a number of bad cases of long standing, after all else had failed and they were given up as hopeless.

Here's what it will do:

It Makes Old Faces Young.
Removes All Lines and Wrinkles.
Corrects a Flabby or Withered Skin.
Makes Thin Faces Plump.
Fills Out Hollow Cheeks.
Develops the Bust Full and Round Without Massage.

If you have wasted your time using massage creams, roller, plasters, etc., this remedy will prove a revelation to you, and I want you to test it free and judge for yourself.

My remedy is never sold through agents.

FREE Full directions and sufficient of the remedy to show what it will do will be sent, plain sealed, to anyone for 4 cents postage. Address,

MME. N. FOULAIRE,

Station B,

Cleveland, Ohio.



BROWN YOUR HAIR

"You'd never think I stained my hair, after I use Mrs. Potter's Walnut-Tint Hair Stain. The Stain doesn't hurt the hair as dyes do, but makes it grow out fluffy."

It only takes you a few minutes once a month to apply Mrs. Potter's Walnut-Tint Hair Stain with your comb. Stains only the hair, doesn't rub off, contains no poisonous dyes, sulphur, lead or copper. Has no odor, no sediment, no grease. One bottle of Mrs. Potter's Walnut-Tint Hair Stain should last you a year. Sells for \$1.00 per bottle at first-class druggists. We guarantee satisfaction. Send your name and address on a slip of paper, with this advertisement, and enclose 25 cents (stamps or coin) and we will mail you, charges prepaid, a trial package, in plain, sealed wrapper, with valuable booklet on Hair. Mrs. Potter's Hygienic Supply Co., 988 Grotton Bldg., Cincinnati, Ohio.

Mention NAUTILUS when answering advertisements. See guarantee, page 5.

Health and Wealth From Within



How to Apply New Thought to the Attainment of Health, Success and the Solving of Everyday Problems.

By WILLIAM E. TOWNE

This book is plain and homely, so that he who will, may understand how beautifully simple new thought is. "Literature is a confession," 'tis truly said of this work. The author has received benefits from this new way of living—and he now offers them to you. He has been a well-liver always. He is preparing for life not death; he knows others for he really knows himself; he is happy, healthy and, yes, wealthy though he doesn't count in dollars. And having lived he points out the way of cheer; he eliminates absurd conventions, forms and rituals; he faces you "Right-about" to the East! All in his new book, "HEALTH AND WEALTH FROM WITHIN." It is true, direct, forceful. He gives you the cream of his work and thought on many lines, and if you're wise, you'll USE the book getting an impetus that will keep you evolving.

HERE IS THE LATEST OPINION OF IT.

The Boston "Ideas," August 21, 1909, says: "It teems with vital helps for practical living. Its author, William E. Towne, associate editor of NAUTILUS, not only knows whereof he writes, but he has a clear, forceful way of so putting his thoughts that others can profit by them. There is no attempt to sacrifice sense to literary beauty of expression, nor does he soar above the understanding of even his humblest reader. There are 160 pages, divided into 22 chapters, and each is full of good healthful mind food."

It was written In a fever of new inspiration, and the result is a Good Book that is bringing some of the best reviews yet accorded a new thought publication. And in its blue silk binding and artistic printing it makes the handsomest volume we have put out.

Contents: Health from Within—The Awakening of the Soul—Will, Love and Work—Obsessed by an Idea—Live Wills and Dead Wills—The Voice of Life—Non-Attachment—The Woman—The Man—Harmony in the Home—Words and Health—Environment—How to Establish Health and Harmony—The Supreme Ruler—How New Thought Helps One—The Power of Imagination—Health, Happiness and Busy Hands—To Make Yourself Valuable—Practical Self-Healing—The Way to Gain Results—One of the Secrets of Mind and Body Vigor—To Lengthen Life—To Make Life Brighter.

"HEALTH AND WEALTH FROM WITHIN" is printed from large, clear type, beautiful initial letters at beginning of chapters, on extra antique paper. 160 pages, half-tone portrait of the author, silk cloth binding. Very artistic and dainty. Price, \$1.00.

SPECIAL.—A copy of this new book free for two NEW subscriptions to THE NAUTILUS, at \$1.00 each; or for one NEW subscription and 60 cents extra.

ELIZABETH TOWNE, Holyoke, Mass.



Arizona Ruby FREE
To Introduce Our
Genuine Imported
Mexican Diamonds

We will send you FREE a genuine Arizona Ruby in the rough, with illustrated Catalogue of GENUINE MEXICAN DIAMONDS and other gems. Mexican Diamonds exactly resemble finest genuine blue-white diamonds, stand acid tests; are cut by experts, and yet we sell at one-fortieth the cost. Only gem of its kind guaranteed permanently brilliant. **SPECIAL OFFER.** For 50c deposit as guarantee of good faith, we send on approval, registered, either $\frac{1}{4}$ or 1 carat Mexican Diamond at special price. Money back if desired. Write today. Agents wanted. Catalog FREE. MEXICAN DIAMOND IMP. CO., Dept. 86, Las Cruces N. M.



Dr. Campbell
Principal

NORMAL COURSES

Our Home Study Courses for teachers prepare for Certificates of every grade. Special courses in Pedagogy, Psychology, Primary Methods and Kindergarten.

We assist in securing positions.

Over one hundred Home Study Courses under Professors in Harvard, Brown, Cornell and leading colleges. 250 page catalog free. Write to-day.

THE HOME CORRESPONDENCE SCHOOL
Dept. 185, Springfield, Mass.

ARE YOU A COWARD?

Don't worry. Aristotle says that courage is only a habit—to be acquired! Read our Penny Classics—*The Short Cut to Culture*, 10 cents each. Only the best thoughts of the world's greatest—Emerson, Thoreau, Seneca, Goethe, Plato, Hegel, Schopenhauer, Confucius, etc.

Don't lose a minute, but write now for **FREE SAMPLE PAGES OF TWELVE BOOKS SENT ON REQUEST.**
PENNY CLASSICS, 75 Plymouth Place, Chicago.

Mention NAUTILUS when answering advertisements. See guarantee, page 5.

Health, Peace, Power

If you desire to realize more of Health, Happiness and Success, send for my little booklet, **RADIO MENTATION.** It's FREE, and will surely interest you. Write at once to

KATHERINE JARVIS CHENEY,
Lock Box 538 - - - Chicago, Ill.

Helpful Books for Every Reader

Especially You. A large variety of Advanced Thought books. **Just Out** Our Invisible Supply, Mrs. F. L. Warner. Part 2, \$1.10 postpaid. Our 48 pp. catalogue free. Sole authorized agent for works of Judge T. Troward. Send 10c for Trusting and Resting, by H. E. Cady. **ROGER BROS., 429 Sixth Ave., N. Y. City.**

MAN AND CREATION

God created man only a little lower than the angels; but dogma and superstition have crushed from him the greatest of his given faculties—and a mouldering Church harps of his "worm-of-the-dust-depravity."

Man has the Power WITHIN himself to inbuild into his character riches, happiness and health. It is his to choose between godliness and sin. The time is NOW.

A 4-cent stamp will bring all information concerning "White Magic." **Philosophical Pub. Co., Allentown, Pa.**

LIKE PEARLY TEETH?

Try **Ouida's Antiseptic Tooth Powder**, the new oxygen producing powder. Different from others, and **Absolutely harmless.** 25c the can. Sample mailed for a 2c stamp. **WOEPPEL CO., Box 819 A., Buffalo, N. Y.**

FREE FLESH BUILDER

Any Man or Woman Can Now Be Plump and Well Developed

50 CENT PACKAGE FREE

Just because you are thin and underweight, do not think you have to stay in that condition.

Thanks to a new discovery, you can be plump, symmetrical, well developed and vigorous, with the bones covered with good solid flesh, the hollow places filled out and the cheeks and face made plump, full and attractive.

And the beauty of it is, it will not cost you a penny to see whether this treatment will do all this for you or not, as a full sized 50-cent package will be sent you by mail without charge if you simply write for it. (See coupon below.)

There is no strenuous exercising required, no drastic diet necessary. All you have to do is to take four times a day a little tablet of Sargol, the new flesh-building principle, then weigh yourself once a week to note the increase as the pounds pile up.

This new treatment increases the red corpuscles in the blood, strengthens the nerves and puts the digestive tract into such shape that your food is assimilated and turned into good, solid, healthy flesh instead of passing

through the system undigested and unassimilated. It is a thoroughly scientific principle, this Sargol, and builds up the thin, weak and debilitated without any nauseous dosing. In many conditions it is better than cod liver oil, and is certainly much pleasanter to take.

Simply cut out the coupon in this notice and send it with your name and address and 10 cents to pay distribution expenses to the Sargol Company, 45 K Herald Building, Binghamton, N. Y., and you will receive by prompt mail a regular 50-cent package without charge and without incurring any obligations.

COUPON.

This certificate and 10 cents to help defray distribution expenses entitles the holder to one 50-cent package of Sargol, the home treatment which makes thin folks plump and attractive.

Issued for account of

THE NAUTILUS.

The Sargol Co., 45-K Herald Bldg., Binghamton, N. Y.

HOW TO CURE DISEASE Simply Remove the Cause

The Toxo-Absorbent is a Mineral Compress which has the power of drawing out and eliminating from the system the Germs and Poisons which are the cause of disease and ill-health.

The Toxo-Absorbents are the most successful treatment for Throat and Chest disease, and have cured disease of Kidneys, Liver, Stomach and the Ovarian tract.

They have promptly absorbed Goiters, Fibroid, Tumors, and abnormal growths.

THE CANCER ABSORBENTS

Are the only remedy which cures by eradicating the Cancerous Poisons from the system. Hundreds have been cured and the cures are permanent.

The New Tissue Food has proved a cure for Nervous Prostration, Nerve diseases, Kidney disease, failing strength and waste of tissue. Sample box sent free on application.

Let us send you our free Books and Absorbents.

TOXO-ABSORBENT CO.,

83 State Street,

Rochester, N. Y.

Mention NAUTILUS when answering advertisements. See guarantee, page 5.

ALWAYS LOOK YOUR BEST BEAUTY OF HAIR REVEALED

Gray hair and age are inseparable in the mental vision, yet gray hair is not always the emblem of age, but so long has it been regarded as such, other causes are not considered. Ever so few silver threads among the lustrous waves and tresses greatly interfere with the success of both men and women in social or business life. It should therefore be the duty of everyone to combat in every way possible this terrible blight and to preserve as long as possible the beauty and attractiveness of the hair by making use of

JOHN H. WOODBURY
Colorosis
TRADE-MARK

Standard One
Application
Hair Coloring
of the World

Restores gray hair to its natural color.
Renders bleached hair any shade desired.
The effect is immediate and natural.
Saves time, worry, disappointment, expense.
Produces uniform shades. Takes at the roots.
Won't rub off, streak hair or stain scalp.
Its shades are durable. Cannot be detected.
Not affected by perspiration or bathing.
Can be personally applied by anyone.
Eight distinct shades, black to blonde.

2 oz. bottle \$1. 6 oz. bottle \$2.

Send with order lock of hair that is to be colored, cut close to the roots and describe the shade desired.

John H. Woodbury Hair Destroyer \$1.00

No. 1 for soft hair. No. 2 for stiff hair.

John H. Woodbury Redno Compound . . . \$1.00

For excessive redness of nose or face.

John H. Woodbury Mole Eradicator . . . \$1.00

For horry, protruding or surface moles.

John H. Woodbury In-gro-nail \$1.00

Instant relief and positive cure.

By mail prepaid on receipt of price.

Literature free: How to Care for Skin and Scalp.

Address all communications to Dept. 16R.

JOHN H. WOODBURY, 30 West 22d St., NEW YORK

CEREAL COFFEE

Five cents a pound. Easily made. Recipe and directions for One Dollar.

CASSANDRA GRAESSLE, 74 Union St., San Jose, California.

FREE

You may have our NEW descriptive catalogue for the asking. We carry the largest stock of books in the U. S. on New Thought, Occultism, Magic, Theosophy, Spiritualism, Astrology, Dreams, Palmistry, Phrenology, Metaphysics, Success, Healing, etc. No matter what you may think of these highly important, though often much abused subjects, it will pay you to know. Ignorance is error and darkness—our books the remedy and cure. When you ask for our catalogue put in 25 cents for Walrond's "Practical Guide" to Astrology, Healing and Occult Sciences. You will be pleased with it. Address, WALROND PUB. CO., Dept. E7, Rochester, N. Y.

HAIR LIKE THIS



FREE Let me send you a remarkable treatment for Baldness, Dandruff, Gray Hair, etc., at my own expense. It will surprise and delight you. Write today to

Wm. Chas. Keene, President Lorrimer Institute, Dept. 2605, Baltimore, Md.

MAKE \$100 A WEEK

IT IS A COLD FACT thousands of people are making more than \$100 a week in the profession I teach, suitable for either men or women.

Requires Only a Few Dollars and Spare Time to Start. Let me tell you FREE, all about a big paying business that can be started in your own home or one room during your spare time. The proof and FREE literature will be sent for the asking. Address: MCKEAN, Dept. 241, 2232 Eighth Avenue, New York

TIZ—For Sore Feet

Cures Tired, Aching, Swollen, Smelling, Sweaty Feet, Corns, Callouses and Bunions, Ingrowing Nails, Frostbites and Chilblains.

At last! here is instant relief and a lasting, permanent remedy for sore feet. No matter what ails your feet or what under the sun you've tried without getting relief, just use TIZ.

Powders and other remedies merely clog up the pores. TIZ cleans them out and keeps them clean. It works right off. You will feel better the very first time it's used. Use it a week and you can forget you ever had sore feet. Smaller shoes can be worn because TIZ puts and keeps your feet in perfect condition. Send 25c in stamps for box or buy of your druggist. Money-back guarantee. W. L. DODGE & CO., 417 Dodge Bldg., CHICAGO

MAKES FAT VANISH



I have such marvelous records of reduction in hundreds of cases with the Kresallin Treatment that I have decided, for a limited period only, to give free trial treatments. A reduction of 5 pounds a week guaranteed. No person is so fat but what it will have the desired effect, and no matter where the excess fat is located—stomach, bust, hips, cheeks, neck—it will quickly vanish without exercising, dieting or in any way interfering with your customary habits. No starving, no wrinkles or discomfort. Perfectly harmless. Easy and quick results. Don't take my word for this; I will prove it to you at my own expense. Rheumatism, Asthma, Kidney and Heart troubles leave as fat is reduced. Write to-day for free trial treatment and illustrated booklet on the subject; it costs you nothing.

Address DR. J. SPILLINGER, Dept. 740E, 41 West 95th Street, New York City.

OKLAHOMA REAL ESTATE!

Now is the time to INVEST! Satisfaction guaranteed as to title and good bargains! Oklahoma City property a specialty. Will buy anywhere in Oklahoma for you, and guarantee everything! Address, R. L. FINCH, 614 W. Logan Ave., Guthrie, Okla.

Books Loaned Free!

For list of books on New Thought, Occultism, Vedante, Theosophy, Psychical Research, etc., which will be loaned FREE BY MAIL, and for terms on which other books on these subjects are loaned, apply to THE LIBRARIAN, Oriental Esoteric Center, 1443 Q Street, N. W., Washington, D. C.

Hair Grows!



when our CAP is used a few minutes daily. Sixty days' free trial under option to buy for \$25 or return Cap. Cures Dandruff, stops falling hair, starts a new healthy growth. Send name for testimonials and booklet.

MODERN VACUUM CAP CO., 598 Barclay - Denver, Colo.

ARE YOU A DREAMER?

Right! Keep on dreaming! Thoreau says: "Your castles should be in the air." Read our Penny Classics—*The Short Cut to Culture*, 10 cents each. Only the best thoughts of the world's greatest—Emerson, Thoreau, Seneca, Goethe, Hegel, Schopenhauer, Confucius, etc.

FREE Don't lose a minute, but write now for SAMPLE PAGES OF TWELVE BOOKS SENT ON REQUEST.

PENNY CLASSICS, 75 Plymouth Place, Chicago.

CORRESPONDENCE LESSONS IN HIGHER PERSONALITY

These lessons, while teaching the way to higher spiritual and moral life, develop the mind by study of Psychology and selections from the most celebrated authors, each selection studied with reference to value in Elocution and application to life. Physical Exercises, Breathing and Rhythmic Movements vitalize the body. Lessons in Conversation and Social Culture give grace and ease in social relations of life. Three different courses. Address, Katherine H. Carter, Box 695, Syracuse, N. Y.

SEXUAL LAW

AND THE

Philosophy of Perfect Health

Has helped thousands to better health and will show you how

YOU MAY HAVE PERFECT HEALTH.

Sent postpaid to any address for 10 cents. Address: DR. C. W. CLOSE,

Department 8, Bangor, Me.

M. ELLEN VAN VOAST

Teacher and Practitioner. Relieves Physical, Mental and Spiritual Inharmonies. Send 25 cents for booklet.

RE-EDUCATION OR FACTS ABOUT THOUGHT to 1412 Chapin St., Washington, D. C.

Brother

Accidentally on camping trip have discovered root that will cure both tobacco habit and indigestion. Gladly send particulars of this wonderful root. No drugs.

C. L. STOKES, Mohawk, Florida.

Making the Man Who Can

Why Not Be Bosser Instead of Bossee? ? ?

Why remain the hired man? Why not promote yourself? Why not make live-wire connections with success? Why not begin teaching Yourself instead of being taught? Why not be the MAN OR WOMAN WHO CAN instead of the man or woman who "some day will"?

Every question is answered by "No reason"! Still the impetus to do the thing is lacking—you are afraid of yourself; you think "Some day." Here is the IMPETUS. A beautiful book by Wallace D. Wattles, "Making the Man Who Can." And nothing after has been named in many a day. Contemplate! "Who can," it says. This means you *can* if you know how. "Making the Man" is the rest. Hence this book tells how YOU, WHO CAN, CAN be made, if you will follow out his simple, sensible, far-seeing thoughts. This book is a really new view of yourself and your world, with easy lessons in Making Yourself the Man Who Can. Mr. Wattles is the original Man Who Can Think and Do. Catch his vibrations! We know the worth of this book and we know it is right in line with the things for which *THE NAUTILUS* stands. So we want you to have them both. The two together—"Two heads are wiser than one." Used together they will make you the man who does what he desires to do.

MAKING THE MAN WHO CAN

BY WALLACE D. WATTLES.

A book that will make you understand why the man at the next machine was made foreman last week; why the house across the street is "free and clear"; why your method is "charge it" and never "I'll take the change, please"; a book that is not a man's opinion of what things should be, but a man's KNOWLEDGE of things as they are and the effect and use of these things on you.

The language is so simple that a Century Dictionary need not be carried about with it. You can tuck it in your pocket and read a paragraph at noon. It's the kind of a book that makes troubles mile posts on the way to happiness.

Here are some of the things this new book contains:

Contents

The Business Attitude—What You Desire—Becoming What You Want to Be—Promoting Yourself—The Advancing Thought—The Law of Opulence—To Transmute Competition—Man and Money Talk That Builds.

OUR SPECIAL OFFER

To New Subscribers Only

The Nautilus Magazine, Twelve Months
In Advance \$1.00
Twelve Back Numbers
A Copy of Making the Man Who Can....

All FOR \$1.00

The back numbers contain a wealth of good things including Mrs. Wilcox's and Mr. Markham's poems, Mrs. Kingsley's articles, the serials, "The Way Out," by Grace MacGowan Cooke, and "The City of Perfection," by Caroline Wood Morrison. On this offer sets containing either or both of the serials complete will be sent **UPON REQUEST AS LONG AS THEY LAST.**

NAUTILUS

THE MAGAZINE OF SELF-HELP

Is the leading magazine of the new thought and mental healing movement. Helpful articles each month on health, success and personal development. Regular contributors: Ella Wheeler Wilcox, Florence Morse Kingsley, Edwin Markham, Prof. Edgar L. Larkin, W. R. C. Latson, M. D., and many others. Elizabeth Towne's editorials are a part of the magazine monthly and are said to have the largest number of readers of any woman's writings in America.

"The City Shadow," by Sinclair Lewis, a new serial story of thrilling interest, begins in October *Nautilus*. The story deals with the adventures of a young man who goes to the city to make his fortune. How he sounded New York deeps and found his bride, and their problems and their experience in climbing out, form a story of great heart interest and illumination.

This is one of about 3,000 reasons why we are proud of our magazine:

A lady came to consult me as to what tonic she could take as she was feeling run down, etc. I lent her a few copies of *NAUTILUS*, and told her that was the very best tonic I knew of and which I used myself. One of the new subscribers I send with this is the lady.—G. E. HAMMERTON, Valparaiso, Chili.

We get request after request for reprints of old articles; we hear that an old number of *Nautilus* accidentally falling into someone's hands awakens him or her to a new life; often we have requests for spare copies to send friends; more often people ask for back numbers. So, WHILE THEY LAST, We will give TWELVE back numbers on this offer, FREE. JUST THINK OF IT. This is the most liberal offer we have ever made. Begin your Xmas shopping with this:

ELIZABETH TOWNE,
Holyoke, Mass.

Enclosed is One Dollar. Please enter my subscription for *The Nautilus* for one year and send me free as a premium a copy of **Making the Man Who Can**, and also twelve back numbers of *Nautilus*.

Name

Address

Town

Mention NAUTILUS when answering advertisements. See guarantee, page 5.

FREE — NEW THOUGHT, its progress and other literature. Sent upon application. **W. E. GOULD, Hotel Pelham, Boston, Mass.**

I HELP WOMEN

To Have LUXURIANT HAIR, Exquisite COMPLEXION, GOOD FIGURE.

I will give you explicit information, free and confidential, to remedy beauty troubles, thin, lifeless hair; a complexion showing wrinkles, pimples, freckles; a figure that is **Too Fat or Too Thin**. I will tell you how to have a clear, fresh complexion, soft, fluffy hair, shining eyes, a good figure, which gives **ONE** an attractive, magnetic personality. Address, **ELOISE CLARKE, Dept. 4, Syracuse, N. Y.**

Why Be Too Thin

when we offer you a full 50 cent treatment of Dr. Whitney's Flesh Builder **FREE** to prove that it will give you a perfectly developed figure?

If there is any part of your figure which is undeveloped—if your bust is too small—if your shoulders, arms or limbs are not prettily rounded—if there are hollows in your cheeks, neck or upper chest—we ask the opportunity to prove at our expense that we can give you a beautiful bust, prettily rounded neck and shoulders and well-developed limbs. It does not matter whether your thinness is all over or in one particular part. This treatment has been delighting women with its permanent results for over ten years, enlarging their bust measurement when desired from 2 to 4 inches—it is purely vegetable, safe, and sure in its results, that's the reason we can make this offer. Just write now, before this offer is withdrawn, to **THE C. L. JONES CO., 52K FRIEND BLDG., ELMIRA, N. Y.**, enclosing 10c to cover mailing expenses, and a full 50c treatment will be sent you in a plain package by return mail.



WHY

You Have Colds, Catarrh, Influenza, Etc.?

BECAUSE, You neglect keeping your nasal passages in a clean hygienic condition.

BECAUSE, You continually breathe dust, dirt and bacteria which cause colds, catarrh, hay fever, etc.

HENCE, The only way to cure catarrh, etc., is to **KEEP THE NASAL PASSAGES IN A CLEAN, HEALTHFUL CONDITION.** Nature does the rest.

You clean your face—why not things more delicate?

The best, simplest, most efficient devices to introduce antiseptic liquids into the nose is the

HARRIS NASAL DISH.

By its use it will prevent colds, catarrh, hay fever, etc. We are proud of our results and our descriptive circular will tell you all about it, if your druggist does not have it. Sample by mail, 50c.

H. L. HARRIS, Dept. A1, 100 William Street, New York, N. Y.

Anything to Sell?

We want to hear from every reader of **THE NAUTILUS** who has anything to buy, sell or exchange. Have you real estate for sale? Have you a bicycle, gun, camera, musical instrument, or books that you would like to exchange for cash or for other articles of value equal to yours? We have in mind a plan to connect the small trader with possible customers, and the one who wants to buy or exchange with those who are willing to "dicker." If interested write at once for full details.

Address, "Special," Care of **THE NAUTILUS, Holyoke, Mass.**

THE ART OF MAKING A PERFECT BABY

Physically, Mentally, Morally. Mother by training can produce any type of genius as she may **WILL**. Is it not worth while to **Know** how this is done? To pregnant women and women who desire motherhood: Private instruction, 8 parts: 1. Preparatory. Explains best hours and conditions for conception. 2. Gestatory. Minute instruction how to parent genius—Musician, inventor, etc. 3. Nursing. Training continued. Great results. 25 pages of personal, private instruction (result of ten years' study) typewritten; express prepaid, \$3.00. **MRS. C. M. BERRYMAN, 270 Woodward Ave., Gladwin Bldg., Detroit, Mich.**

A Book with New Ideas

Scientific Living

For prolonging the term of human life. The new domestic science. Cooking to simplify living and retain the life elements in food.

By Laura Nettleton Brown.

New views on the health question, especially as related to food. It treats of the life in food, showing that in its preparation by the usual methods the life-giving vitality is destroyed; that is, the organic elements become inorganic. It also shows that food which cannot be used uncooked can be rendered palatable and digestible without destroying its food value. The reason is clearly stated and recipes and directions for cooking with menus for a balanced diet, are given. A clear line of distinction is shown between food and stimulants or drugs. It treats of the chemistry of food in a way that is easily understood and made practical, and should be read by all who are interested in the maintenance of health and longevity and by students and teachers of domestic science, by whom its new and practical ideas will be appreciated. 300 pp. Cloth, \$1.00. For sale by booksellers or sent prepaid.

Address, **THE HEALTH CULTURE CO., 1135 Broadway, New York.**

N. B.—If you mention *Nautilus* in ordering will send Health-Culture 3 months **FREE**.

Divine Healing!



OLIVER C. SABIN.

A 112 page book containing a series of **Healing Lessons**; telling how to heal the sick by the **Power of Prayer, Divine Science, Laying on of Hands, etc.** The book is written by Col. Oliver C. Sabin, who has had years of practical experience in healing work.

The book is the outgrowth of his own practical work in healing, and tells just how to proceed to treat yourself and others by this new method which is attracting so much attention, even in the churches.

Send **12 cents** now for a copy of this remarkable healing book.

Address, **OLIVER C. SABIN, Box 374, Washington, D. C.**



..THE YANKEE TRADER..

A Department for all of Our Subscribers Who Wish to Buy, Sell or Exchange.

COST

Only 3c per word for Ads in this department, cash with order and no discounts. No display. No Ad accepted for less than 75c; none longer than 200 words.

CLOSING DATE

Ads must reach us by the 1st of the month to secure insertion in issue of month following.

ADS BARRED

Stock Investments, Character Readings, Mediums and Matrimony Ads are barred. If you find a dishonest advertiser in these columns, let us know and the favor will be appreciated.

Address **THE NAUTILUS, Holyoke, Mass.**

(FLORIDA)—For sale, desirable property, fronting on Banana, East Indian river. Four acres in citrus fruits, two-story house, tropical surroundings; reasonable price. Mrs. L. A. MacKenzie, Canaveral, Fla.

CYLINDER LETTER PRESS COPYER for sale at big bargain. Address "Copyer," Box 496, Holyoke, Mass.

FOUNTAIN PENS for sale at low price. Write for full particulars. You will be surprised. Address, William E. Towne, Dept. 1, Holyoke, Mass.

GET WELL. Orange Manna will make you well if you will give it a chance. It is the great natural cure for all chronic, wasting diseases. All grain and fruit, no drugs. Send for free samples and circulars. W. W. Knight, proprietor, 1649 Tremont Pl., Dept. N., Denver, Col.

VIBRATORS (Lambert Snyder patent) for sale at two-fifths the original price. These are the instruments so widely advertised. Send only \$2.00 now for one of these wonderful vibrators. Holyoke Vibrator Bureau, Box 496, Holyoke, Mass.

BEAUTIFUL Self-Playing Musical Instrument (an Aeolian) for sale or exchange. A bargain. Cost \$750. Address, F. D. Page, City Hall, Fitchburg, Mass.

NATURE'S Simple Food Restoratives (no drugs), cures constipation and piles. Write J. J. Calkins, Jackson, Mich., enclosing stamp for reply.

MUSIC FOR SALE. 200 copies of the beautiful new thought song, "Good Luck is Coming My Way." Balance of a big edition. The lot for sale very cheap. Send 15c for sample copy. The Nautilus, Holyoke, Mass.

SUBSCRIPTION AGENTS send 10 cents for sample copy of a new 25c Magazine and receive our novel plan for taking subscriptions. You get the most liberal commission ever offered—and then some. The Twentieth Century Co., 5 Park Sq., Room 44, Boston, Mass.

BEAUTY OF FACE may be yours for a few minutes given daily to my method. Money refunded if not satisfied. Directions, 25 cents. Mrs. Vergin, Box 368, Covington, Louisiana.

IDAHO Post Card Exchange. Life membership and Alaska card for 10c. Stamps of any country accepted. Prompt returns. A. P. Nelson, Box 906, Boise, Idaho.

AN IDEAL OCCUPATION for men and women. Our Guarantee Certificates practically sell themselves. Our continuous renewal commission system gives you a generous and permanent income. Agents' Bonanza No. A free. Securities Guarantee Company of America, No. 15 Beacon St., Boston, Mass.

REGENERATION through milk cure, physical and mental culture. A constructive, scientific treatment, endorsed by celebrities. Cases of extreme nervousness and incapacity solicited. Glenwood, Covington, La.

Overland 10,000 Miles



Is the title of the leading article in September **AMERICAN NEW LIFE**. It describes the recent journey of the editors.

Be sure to read "Your Thoughts and How to Treat Them," by Elizabeth Towne.

"New Wine in Old Bottles," by William E. Towne.

"How New Thought Helped Us."

"Causes of Bad Memory," by A. T. Story.

You will find all these articles in September **AMERICAN NEW LIFE**, the magazine edited by William E. and Elizabeth Towne.

Special book sale in this number.

Books are advertised at special prices in nearly every issue and unique, special offers are made. You can save many times the price of **AMERICAN NEW LIFE** if you buy new thought books. **Subscribe now.** Be sure to read the magazine before you buy books. I will put you in touch with the **Best** and save you from **trash**.

AMERICAN NEW LIFE is published quarterly. Price only 10c per year. Send 10c now—today—and receive the Magazine a year. Address **WILLIAM E. TOWNE**, Dept. 1, Holyoke, Mass.

Cosmic Consciousness is Power!

Seven lessons by Correspondence, \$10.00. Full and Complete Instructions for Normal, Psychological Development of Conscious and Subconscious powers.

Write **HELEN RHODES**, 601 W. 127th Street, New York City.

Mention **NAUTILUS** when answering advertisements. See guarantee, page 5.

9 LESSONS ON

Health, Success and Happiness

Practice and Philosophy are the two legs on which the conquering New Thought comes! No matter which foot you put foremost the other must follow and advance, or there is no progress, and enjoyment dies!

Nautilus is apt to put the practice-foot forward with most emphasis!—as I was reminded when I read these NINE LESSONS ON HEALTH, SUCCESS AND HAPPINESS.

Straightway I wrote to the author—a modest scholar who doesn't like the look of his name in print—inquiring for terms that would enable us to offer the NINE LESSONS to our readers. He sent me 100 sets at a special price, hence this offer to you.

For I was struck with the completeness of the philosophy in the NINE LESSONS. A very great many people make little progress in new thought because they can't see how these things can be. The NINE LESSONS explain every phase of new thought. If you get the point of view you can't help living the new life.

The NINE LESSONS will give you the point of view if you use them aright.

And I have written a special letter of instruction that I will send free with each set of the Lessons.

The NINE LESSONS cover every point of new thought affirmation and practice, in lucid and orderly arrangement. Following is a brief partial synopsis of contents:

No. 1. *A Glimpse of Justice—A Hint from Shakespeare—Reason—The Principle of Birth—Pain and Pleasure—To Live in Harmony.*

The NINE LESSONS are complete, printed in nine neat, artistic little booklets of antique paper, leaves uncut, and the author's price is \$2.00 for the set. You may have a set free and postpaid, with my special letter of instruction, for only \$1.25—as long as they last.

OR you may have a set FREE for two new subscriptions to *The Nautilus*. Renewals not to count on this offer. Address. **ELIZABETH TOWNE, Holyoke, Mass.**

No. 2. *Circumstances—The Law of Luck—Rewards of Pain—When Many Persons are Injured by Accident—Miraculous Escapes—The Secret Thoughts of a Man.*

No. 3. *Trial—Seeking Satisfaction—Happiness Here—The Animal Life—How to Escape Pain—Rightness—No Reality in Evil—Doubts and Their Message—Sensitiveness to Criticism.*

No. 4. *Work and Health—Unreality of Matter—Properties of Matter—The Human Body—The One Law of Health, Success and Happiness—Where to Begin—Disease—Certain Divine Forces—Why Medicines and Health Rules Sometimes Work and Sometimes Fail—The Spiritual Mind—Modes of Feeling—Habits of Living.*

No. 5. *Rewards of Rightness—Impulse to Enlighten Others—Rules and Maxims—The Spontaneous Life—Abandonment—Trust—Selfishness and Unselfishness.*

No. 6. *Order and Habit—Healing and Death—Alcohol—Lies—Insanity—Divine Mind—Regenerated Man—Selection of Experience—Intuition—The Power to Heal.*

No. 7. *Government—Woman in Politics—The Privileged Man of Wealth Who is Dishonest—Purpose—Erroneous Theories—Egotism.*

No. 8. *Jesus—Origin of the Gospels—Christianity—Evolution of Religion—Intellect.*

No. 9. *The One Law—Health—Success—Happiness—Desire—Love—Hate—Sex—Nervousness and its Meaning—To Discover Mental Origin of Pain and Misfortune—Fear—Impulses and Desire—Anticipation and Realization—Suppression of Desire—Sympathy—The Life of Joy.*

New Thought Tracts

Written by people whose words count. Just right to tuck in a letter to a friend or to distribute free to those who need the light.

WHAT I KNOW ABOUT NEW THOUGHT,
By Ella Wheeler Wilcox.

Her definition of it, couched in her usual inspiring, everyday words, and her idea of how helpful new thought may be.

HOW TO USE THE NEW THOUGHT,
By Florence Morse Kingsley.

In this little booklet Mrs. Kingsley tells how new thought has helped her and what further she expects from it.

MARITAL UNREST,
By Wallace D. Wattles.

Whose practical, scientific articles in *Nautilus* have been so well received. Here he offers a new remedy for the discontent and unhappiness so often found in the marriage state.

Each booklet contains eight pages, 3½x6½ inches, printed in bronze, blue and black, respectively, all from clean, new type.

Price, 25 cents for twenty copies, \$1.00 per 100; \$2.25 per 500, postpaid.

NOTE.—These New Thought Tracts will not be sold in quantities less than twenty copies, but orders of twenty or more may include all booklets. Order of **THE NAUTILUS, Holyoke, Mass.**

RARE BOOK OFFERS.

"The Great Book of Wonders." Oriental mysteries and valuable secrets: worth its weight in gold; sent postpaid for 10c. Address **GEORGE A. WHITSEL, Mount Union, Pa.** FREE interesting literature (if requested by letter).

THE WHEEL OF LIFE

It deals with origins. Do you understand Human Instincts, Ideals and "the greatest thing in the world"—Love? Would you be interested in the origin of Marriage, Ethics, Religion, Brotherhood and the Belief in Immortality? Such subjects are treated every month in the **WHEEL OF LIFE** in plain, interesting and spicy language. Send 10c for 6 months' trial subscription, or 25c for a year, to **LIFE PUB. CO., Desk N., St. Louis, Mo.**

ARE YOU SINCERE?

Carlyle says: "Sincerity is the hall-mark of the great man." Read our Penny Classics—*The Short Cut to Culture*, 10 cents each. The best thoughts of the world's greatest—Emerson, Thoreau, Seneca, Goethe, Plato, Hegel, Schopenhauer, Confucius, etc.

Don't lose a minute, but write now for **FREE SAMPLE PAGES OF TWELVE BOOKS SENT ON REQUEST.**
PENNY CLASSICS, 75 Plymouth Place, Chicago.

ARE YOU SICK?

I have a method of treatment that will cure you. It embraces all that there is in Mind Cure, Mental Healing, Christian Science, New Thought, Spiritual Healing, Osteopathy, etc. You can cure yourself. My little book tells you all about it. This book, which fully explains everything, can be had for 25 cents. Address: **T. C. WALSH, M. D., 512 So. Salina St., Syracuse, N. Y.**

Keep Sweet!

Mention NAUTILUS when answering advertisements. See guarantee, page 5.

THE MARVELOUS HEALTH VIBRATOR

RELIEVES SUFFERING. CURES DISEASE.

When you hurt yourself you instinctively rub the spot. When your head aches you rub your temples. Why? Because vibration is Nature's own remedy, and rubbing is Nature's crude way of creating vibration and starting the blood to going. Disease is only another name for congestion. Where there is disease or pain there you will find the blood congested and stagnant. There can be no pain or disease where the red blood flows in a rich and steady stream. Good circulation means good health. Congested circulation means disease and pain.

THE LAMBERT SYNDER VIBRATOR

is one of the great medical discoveries of the Twentieth Century. It is a light, compact instrument, weighs twenty ounces, can be operated by yourself with one hand by moving the steel head over the rigid steel rod, and can be placed in contact with any part of the body, and is capable of giving from 9,000 to 15,000 vibrations per minute—100 times more than is possible with the most expert master of massage. It is Nature's own remedy developed and concentrated, and with one minute's use sends the red blood rushing into the congested parts, removing disease and pain.

ENDORSED BY PHYSICIANS

The Lambert Synder Vibrator is used and endorsed by hundreds of physicians because it is based on scientific principles of health. It cures by removing the cause, forcing the red blood through the congested parts at once. Don't pour drugs into your stomach for a pain in the knee or back; the trouble is not there.

WHAT IT DOES TO DISEASE AND PAIN

Rheumatism, Sciatica, Lumbago, Gout, etc., are caused by uric acid in the blood in the form of urate of soda. This acid, through poor circulation at some particular part, gets stopped on its way through the system, and congregating, causes pain. Apply the Vibrator to the spot and you will relieve the congestion and get relief at once.

Deafness, Head Noises, Ringing in the Ears, in most cases, are caused by the thickening of the inner membrane through catarrh or colds. To cure this vibration is the only thing, as it is the only way to reach the inner ear drum and loosen up the hard wax or foreign matter, so sound may penetrate to the drum.

Stomach Trouble, Indigestion, Constipation, etc., are caused by the food not properly digesting; it lacks necessary saliva and gastric juices, thus creating congestion in the stomach, forming gases, causing pains, bad breath, etc. Apply the Vibrator to the stomach; it settles the food down, releases the gases, regulates the action and brings about relief instantly.

THE LAMBERT SYNDER VIBRATOR will often give marvelous results in the following cases:

Locomotor Ataxia	Lameness	Asthma
Writer's Cramp	Pleurisy	Earache
Nervous Debility	Varicose Veins	Toothache
Neuralgia	Varicocele	Catarrh
Neurasthenia	Bronchitis	Headaches
Goitre	Hay Fever	Insomnia
Weak Eyes	Piles	Sprains
	Anemia	

and many other diseases.

DEVELOPMENT OF THE BUST

An undeveloped bust is brought about by poor nourishment, tight lacing, or run down health. Apply the Vibrator a few minutes each day and your breast, neck and arms soon fill out and become firm, round and healthy. It forces the blood through the famished parts.

A FEW OF OUR MANY TESTIMONIALS

I suffered from severe Rheumatism, which made my hands and arms swell and caused me pain beyond description. I bought your Vibrator, and the first application of it reduced the swelling and conquered the pain so much that I was able to get a good night's sleep. Since then I have stopped all medicines and use only the Vibrator. C. C. WARREN, 68 Virginia avenue, Jersey City, N. J.

Lambert Snyder Co.

October 20, 1906.

Gentlemen: I received your Vibrator and my hearing was so bad I could not hear a watch tick. I can now hear a watch tick holding it a distance from the ear, and can hear sounds that I have not heard in years. I have spent a good deal of money for ear drums and other things, but your Vibrator has done me more good than them all. ROBERT IRVING, 122 Goodling street, Lockport, N. Y.

The makers and owners of the Lambert Snyder Health Vibrator assure you that it has cured tens of thousands of people in the United States and in many foreign countries. It has given relief and eventual cures in cases where the patient has suffered for years and had been unable to obtain even temporary relief by other means.

For a Limited Time we will sell our \$5.00 Vibrator for \$2.00 sent postpaid.

DON'T WAIT.

DON'T SUFFER.

SEND TODAY.

Address

HOLYOKE VIBRATOR BUREAU, Box 496, Holyoke, Mass.

This Great Beauty Book is Free

**5,000 Copies of this Wonderful Work on Beauty
by the World's Most Widely Known Beauty
Specialist Will Be Given Away to
Readers of This Paper**

**This Remarkable Book Tells of Marvellous New Process That Often
Makes Wrinkles Disappear in a Night; That Commences to Grow
New Flesh and Tissue on Flabby Cheeks Within 24 Hours' Time**

**It Reveals the Complete Formula for the Wonderful Hair Grower That Was Awarded the
Gold Medal by the Vienna Jubilee Exposition, and Gives the Original Pre-
scription for Making the Great Skin Preparation Which Was
Awarded the Gold Medal by the Paris Inter-
national Exposition.**

Don't Be Ugly, Plain or Homely When This Great Book Can Be Had for the Asking.

The Institute de Beaute has secured the exclusive American rights for the publication of one of the most remarkable works on beauty of modern times on condition that they give away 100,000 copies of this book this year free of charge. The author made this an absolute condition of the contract.

The book is written by a woman who is herself a living example of the beauty and marvelous efficacy of her own beauty discoveries; a woman who took her own wrinkles out by her own discovery after face massage, masks and steaming pots and beauty doctors had all failed; a woman who stopped her own hair from falling out and prevented what seemed to be almost certain baldness by the same formula which she reveals to you in this book, and which was awarded a gold medal by the great Vienna Jubilee Exposition held under the auspices of His Imperial Majesty the Emperor of Austria.

This book also gives the exact formula for making the marvelous preparation for removing pimples, blotches and skin blemishes and for treating eczema and other skin diseases, which was awarded the gold medal by the Paris International Exposition.

We absolutely guarantee that a good druggist can fill these formulas for you without any difficulty whatever at small cost.

This wonderful book tells of a marvelous new process which commences to grow new flesh and tissue on soft, flabby cheeks and scrawny necks within twenty-four hours' time; that often makes wrinkles disappear over night, and works surpris-

ing wonders in developing the bust and bringing back the bloom of youth to the skin and complexion.

It is richly illustrated with the finest photo-engravings, and contains a true picture of the world's most widely known beauty specialist.

No matter how deep your lines and wrinkles may be, no matter how flabby your cheeks or how scrawny your neck, no matter how small your bust nor how sallow and swarthy your complexion may be, no matter what remedies you may have used or what beauty specialists may have treated you, write for a copy of this great beauty book today and test the new methods explained therein at your own home. Each and every one is guaranteed to be absolutely harmless.

These methods have taken gold medals at every international exposition at which they have been exhibited.

It has cost the author years of time and \$10,000 in cash to gather the material and make the discoveries of which this book tells you.

Do not waste your money on high priced beauty doctors or in buying expensive products which disappoint and dishearten, when this great book may be had without one cent of cost.


Write for a copy today. Address Institute de Beaute, Suite 52P, Syracuse, N. Y.

No money is required, but you can send stamp to help pay postage if you wish. The book, however, will be sent anyway, as the Institute is compelled to give away 100,000 copies this year to retain its ownership to the copyright.

Mention NAUTILUS when answering advertisements. See guarantee, page 5.

INCREASE YOUR WEIGHT

And Gain  MORE VITALITY, PERFECT DIGESTION

And Gain  TRANQUIL NERVES, SUPERB HEALTH

YOU MAY---YOU CAN---YOU WILL IMPROVE EVERY WEEK



If you are thin, weak, nervous, worn-out, worried, sick or convalescent, try Kada-Yaga. If you possess or know of any child that needs a genuine nutritive to build up its little body and bring the joy of health, give it Kada-Yaga. Give it to the aged and to the infirm. Take it yourself.

Kada-Yaga makes for good; it is the true drugless remedy, is as harmless as pure water, but is highly potential. I assert and defy contradiction that Kada-Yaga is the **most complete proteid preparation in America.** Prof. Gamgee, the famous English dietetic specialist, says: "We may be deprived of starches, sugars and fats and yet live, but unless we have Proteid we die."

With Kada-Yaga you can increase weight. Think of it—the joy of adding solid, healthy flesh! There is nothing equal to Kada-Yaga for the development of the body. It is the remedy of Nature, the highly concentrated powder extract of milk and eggs. An enthusiast says: "One teaspoonful of Kada-Yaga does me more good than a pound of beefsteak or a whole dinner of vegetables."

Kada-Yaga makes thin people stout, fills out the scrawny places on the arms, neck, etc., improves the figure, builds up the flesh, blood, muscles and nerves of run-down folks, creates plumpness without corpulency, aids in strengthening the lungs, stomach, heart and all other vital organs. Smooths out wrinkles and crow's feet, regulates blood circulation, imparts a natural, healthy color to the skin, makes the eyes bright and magnetic, overcomes insomnia and nervousness—in fact Kada-Yaga increases weight, improves health and lengthens life.

If you take Kada-Yaga according to the simple directions, I guarantee to increase your weight. This new flesh will be healthy and permanent.

Prove what I say. Send 10 cents for a six days' supply of Kada-Yaga. I know you will be only too glad to keep on taking Kada-Yaga until you have developed to full normal weight. Note the increase every time you step on a weighing apparatus. See how much your appearance has improved every time you look into the mirror! Hear the compliments of your friends!



What Kada-Yaga Does for Nervous Men



What Kada-Yaga Does for Thin Women

Kada-Yaga is a triumph of science, it supersedes medicines, it is real concentrated food and what I say about it is absolutely true. **Don't be misled** by advertisements which offer medicines that are said to do such absurdities as adding seven pounds every week; if this could really be done, then only powerful and dangerous drugs could accomplish it, certainly no rational treatment. Your common sense will tell you this.

Kada-Yaga brings joy and contentment every day. I want you to try it and be convinced. I prove what I say and even more. **Note my \$100 Guarantee; it means just what it says.**

HUNDRED DOLLAR GUARANTEE

I, William J. Thompson, hereby offer a reward of \$100 to any person who will show that Kada-Yaga contains alcohol, quinine, nux vomica, strychnine, aloin, zinc, arsenic or any other noxious drug, and I also offer a special **REWARD OF ONE HUNDRED DOLLARS** to any physician, chemist, or other scientist who can prove that, in principle, Kada-Yaga is not capable of increasing the weight safely and with comparative quickness, as well as improving the health.

Do it Today. Don't put it off. Send 10 one-cent stamps or a silver dime for a 6 days' supply of Kada-Yaga, and note the improvement daily. If not satisfied, I'll repay you the dime and postage. **This is a genuine offer and I speak the truth!**

Thousands of testimonials; wonderful success! The greatest boon of the century to thin and weak people. Address: **WILLIAM J. THOMPSON, Secy., 649 W. 43d St., K. Y., 21 New York, N. Y.**

THE LAW OF Financial SUCCESS

10
CENTS

TELLS YOU IN PLAIN ENGLISH

HOW to make money safely and judiciously.

HOW to judge investments properly and realize financial success.

HOW to acquire the faith necessary for success.

HOW to analyze, develop and utilize your dormant abilities essential to success.

HOW to guide your ambition, concentrate upon your aim and persist until you achieve it, etc., etc.

SPECIAL PAPER-BOUND EDITION
 104 Pages - 10 CENTS - 16 Chapters
100,000 COPIES SOLD

MAKING MONEY

is not difficult for the man or woman who follows the instructions contained in the sixteen chapters of this most successful book of the year. The tremendous editions enable the publishers to sell the book at 10c, a price at which no man can afford to be without a copy any more than he can afford to refuse payment for his work or services. **Fill out the Coupon now.**

Read These Letters

Thos. C. Land, General Manager Conway Telephone Co., Pawnee, Okla.: "I have read the book and consider it one of the best books published. It is worth more than its weight in gold. I would like to see every young man read this book. I can certainly recommend it."

O. A. Jackson, Mason City, Iowa: "It is a great and good book."

James T. Castle, Manager Buckeye Engine Co., Pittsburg, Pa.: "Have read the 'Law of Financial Success' and find it of so much interest I want you to send me one-half dozen copies, as I would like to distribute same among my friends."

Harry A. Fries, Newark, N. J.: "Book is O. K.; worth twice the money with \$10.00 added to it."

W. L. Wagner, of the Foss Gas Engine Co., Webb City, Mo.: "I cannot tell you in words just how well pleased I am with the book."

John G. Gretzinger, Fullerton, Cal.: "It is worth its weight in gold to me, far better than I expected."

Many others on file. None solicited.

Just Write Your Name and Address Right Here!

Name

Address

Tear out this advertisement, wrap a dime or stamp in it, enclose in envelope and mail to

THE FIDUCIARY CO., 1017 Tacoma Building
CHICAGO, ILL.

and **DO IT NOW**

The book will be promptly mailed, postpaid. Whenever you wish to part with it, return it and the 10 cents will be instantly refunded.

THE NAUTILUS NEW THOUGHT EDUCATION

(LTD. BUT NOT INCORPORATED!)

Dear Friends:—

You have been asking me how to get a thorough and practical New Thought education.

I've been thinking it over.

Also I've been working out a complete new statement of new thought from A to Omega, which organized itself into Seven Lessons that I gave to large classes in Los Angeles, and which I am still further working out. I cannot send you these lessons. They will not appear in print; but will be used only for occasional PERSONAL class work.

BUT—

Out of all this thinking and rethinking I have evolved The Nautilus New Thought Education plan which will fill the want you have been expressing to me.

The course requires a number of books, and these I have selected from the best works of all publishing houses, regardless of race, color or profit mark.

These books we will supply YOU at regular

publisher's RETAIL rates, one or more at a time as desired.

This is the way to do it.

(a) Answer the questions on the attached Examination Blank; send your answer to me with \$1.00 and I will outline The Nautilus New Thought Education to fit your needs, and send you my special letter instructing you how to use this course to the best advantage.

(b) The \$1.00 paid for this service will be refunded to you upon receipt of your first cash order for at least \$4 worth of books.

(c) Or better still, send \$3.00 cash with your Examination Blank and you may have the full \$3.00 in books at regular rates, and The Nautilus New Thought Education instructions will be sent to you free of charge.

Yours for More Wisdom,
ELIZABETH TOWNE.

EXAMINATION QUESTIONS.

1. Give a list of all New Thought books you have read. Make this list as complete as possible.
2. Are you, or have you ever been a church member? Of what denomination?
3. When and by what were you first interested in New Thought? Answer briefly.
4. What is your present object in studying New Thought?

5. To what extent are you interested in psychic phenomena?
6. To what extent are you interested in socialism?
7. What is your aim in life?
8. What do you know of Christian Science?
9. Are you interested in the Emmanuel Movement?
10. What is your daily occupation?

Answer these questions *briefly, clearly*, numbering your answers; enclose with money as stated in above letter; give your *fullest* address and mail to **ELIZABETH TOWNE, Holyoke, Mass.**

Mention NAUTILUS when answering advertisements. See guarantee, page 5.

BE CLEAN INTERNALLY

AND YOU MUST BE HEALTHY

Extracts from Letters.

"It is such a joy to once more feel well."

—Mrs. H. Davis.

"Using your Cascades on a case with excellent results."

—T. C. Schenkelberger, M. D.

"I can do twice the amount of work with less fatigue."

—Dr. T. C. Busse.

"My stomach is strong for the first time in three years."

—C. B. Goodwin.

Addresses on Application.

experiences and interesting facts about the Internal Bath, its purpose, its operation and results, are contained in a little book, "The What, the Why, the Way," which is sent free on request. It might be well to write for it now while it is on your mind.

TYRRELL HYGIENIC INSTITUTE, 131k West 65th St., New York

Poisons gather in the colon and, coming in contact with the blood-flow twice in 24 hours, are distributed throughout the system. That's the reason irregularity causes so many other diseases including the deadly appendicitis.

There is just one natural way to flush out every atom of these poisons safely and surely—that is the

J. B. L. Cascade

This Internal Bath has been used for years by thousands with the most effective and satisfactory results. Their

SING HO!!!

ELIZABETH TOWNE

Will come and

LECTURE

For You!!

At last her work is so arranged that she can go away as often as she likes—but she'll only give about a dozen lectures a year. On her summer tour she gave 26 talks and this is what some of the good people said:

Elizabeth Towne appeared before an audience that filled the auditorium. The noted lecturer captivated her audience with her cheering, strengthening and inspiring address.—SAN DIEGO UNION, May 18, 1909.

The spell in which the lecturer held her audience was marvelous, and the intense, interesting manner in which Mrs. Towne handled her subject was a revelation to the lecture platform.—OKLAHOMA STATE CAPITOL, April 24, 1909.

She is a woman of brilliant, intellectual attainments, having an enviable reputation as a writer and lecturer; and, while possessing a queenly graciousness that would make her shine in any circle, her chief charm is her simplicity of manner, which comes from a fund of rare common sense and a general genuineness that radiates from her personality.—PASADENA STAR, May 10, 1909.

The naturalness and poise of manner as a speaker; the power which she possesses to hold the attention of her hearers and carry them right with her into coming conclusion, makes Mrs. Towne one of the most expert new thought lecturers. She held our mid-week meeting in rapt attention for over an hour and talked as fluently as she writes.—UNITY, May, 1909.

The sweetness of her message harmonizes with the sweetness of her person, the chasteness of her language and the softness of her voice. An orchestra playing a symphony could not be more in harmony in all its instruments than this lady's physical, ethical and spiritual charm, which instantly captivated the audience. She does not orate her message; she radiates it as the sun.—OKLAHOMA STATE REGISTER.

So, Mr. Quaker and Miss Jersey, write me NOW, and instead of what I wrote the other time, we'll talk subjects and dates.

Secretary to ELIZABETH TOWNE, Holyoke, Mass.

Mention NAUTILUS when answering advertisements. See guarantee, page 5.

VIBRATION IS LIFE!

Read What Others Say

Here are a few of the hundreds of unsolicited testimonials from people who have used the White Cross Electric Vibrator and know what it has done. It will do the same for you.

PARALYSIS TREATED BY VIBRATION

Upon the request of my sister, who urged me to use her great Electric Vibrator on my son when I was thoroughly hopeless of his cure from physicians' treatment, I write you this recommendation. My son is 16 years old, and eight months ago became paralyzed from the after-effects of diphtheria. He was so badly afflicted that his arms and limbs were twisted out of shape and was confined, all doubled up, in his bed. Medicine and attention did no good, and I had become discouraged in all ways. After treating first his spine at the base and then his limbs with your vibrator he felt such relief that I kept up the treatment regularly, with the result that we soon had him around in a wheel chair. Next he was going around on crutches, and now, after three months' treatment, he is going around with a cane and will soon be entirely cured.

3122 Indiana Ave., Chicago.

MRS. C. KNIGHT.

WHAT A DOCTOR SAYS

I have received your Vibrator, and to say that I am well pleased with it is not enough. I wish I could tell every physician just how bad he needs one in his office. I am sure he would not hesitate to place his order for one at once.

Longmont, Colo.

DR. W. H. EASTER.

VIBRATOR BEST FOR RHEUMATISM

My husband uses your vibrator for rheumatism and says he never had anything so good in all his experience. I would not be without it myself, as I find it is good to relieve stomach pains, back ache, and besides I continually use it for face massage. I used to go down town for that, while now I save the money and the time, besides being comfortable in my own home.

MRS. S. H. BROWN.

2625 Vernon Ave., Chicago, Ill.

Here is a picture of the wonderful WHITE-CROSS ELECTRIC VIBRATOR, the only vibrator in the world which combines the three great forces of Vibration, Galvanic and Faradic Electricity. This is the very same machine which has cured thousands of cases which had been given up by the best physicians as incurable. Read the letters above, then send the free coupon at once.

The secret of the ages has been discovered in Vibration.

Great scientists tell us that we owe not only our health but even our very life to this wonderful force. Vibration gives life and vigor, strength and joy to everyone.

Vibration is the most marvelous curative agent known. It is the remedy provided by Nature for all illness and disease. It cures like magic. Simple, sure and inexpensive—it banishes drugs and doctors forever.

The White Cross Electric Vibrator On Free Trial!



This wonderful instrument gives you the three greatest natural curative forces in the world—Vibration, Faradic and Galvanic electricity.

We want to prove to you at our expense what the great White Cross Electric Vibrator will do for you. We want you to actually feel its invigorating, health-giving thrill coursing through your own body. We want you to see for yourself how quickly it removes pains and aches—how marvelously it cures. We take all the risk.

Cures These Diseases

Rheumatism, Headache, Backache, Constipation, Kidney Disease, Lumbago, Catarrh, Scalp Diseases, Skin Diseases, Deafness, Weak Eyes, General Debility, Nervousness.

A Vibrating Chair Free

With the White Cross Vibrator you can make a perfect vibrating chair out of any chair. A chair which will give you the same results as the kind used in the biggest hospitals and sanitariums. You cannot do this with any other vibrator in your own home. You can give yourself the very same treatments for which specialists and sanitariums charge from \$2.00 to \$5.00 each. The nervous, irritable, worn-out man or woman will obtain quicker and more permanent benefit from a few minutes each day in the vibrating chair than from hundreds of dollars worth of medicine.

This Valuable Book, "Health and Beauty," NOW SENT FREE

This wonderful book describes the human body in health and disease so plainly and clearly that anyone can understand. It tells how to get healthy and beautiful and how to keep so. This book tells you what vibration will do for you and how you can get the White Cross Electric Vibrator sent right to your home for an actual free trial.



SIGN this COUPON

Get this valuable free book at once. No matter how healthy you may be now, the time will come when you will need this book badly. It may save your life or the life of some of your loved ones. Learn all about our offer—the most astounding and generous offer ever made. Don't wait. Don't delay. Sign the coupon NOW!

LINDSTROM SMITH CO.,
253 LaSalle Street,
Dept. 2987,
CHICAGO, ILL.

LINDSTROM SMITH CO.,
253 LaSalle St.,
Dept. 2987,
CHICAGO, ILL.

Without obligations on me please send me free your special reduced price offer, free Book on Health and Beauty, treatment of disease by vibration and electricity, and complete catalog.

Name.....

Address.....

SIGN THIS COUPON AND MAIL TODAY



Mention NAUTILUS when answering advertisements. See guarantee, page 5.

TRANSCRIPT (ORIGINAL LABEL) HOLYOKE, MASS.

9151