

THE NAUTILUS.

A Journal of Practical Ideality. The Organ of no School, bound by no Creed. "Consistency" and "Conformity" clipped from its vocabulary. Growth and usefulness, Good and Joy of all, its object.

Learn of the little nautilus
how to sail.—POPE.

Build thee more stately mansions, oh, my soul,
As the swift seasons roll. Leave thy low-vaulted past.
Let each new mansion, nobler than the last,
Shut thee from heaven with a dome more vast,
Till thou at length art free; leaving thine outgrown shell
By life's unresting sea.—Holmes' "The Nautilus."

VOL. I. MONTHLY.
Fifty Cents a Year.

JULY, 1899.

ELIZABETH LOIS STRUBLE,
555 Yamhill Street, Portland, Oregon. No. 9.

Strength and Courage.

It takes great strength to train
To modern service your ancestral brain;
To lift the weight of the unnumbered years
Of dead men's habits, methods and ideas;
To hold that back with one hand, and support
With the other the weak steps of a new thought.

It takes great strength to bring your life up
square
With your accepted thought, and hold it there;
Resisting the inertia that drags back
From new attempts to the old habit's track.
It is so easy to drift back, to sink;
So hard to live abreast of what you think!

It takes strength to live where you belong
When other people think that you are wrong;
People you love and who love you, and whose
Approval is a pleasure you would choose.
To bear this pressure and succeed at length
In living your belief—well, it takes strength.

And courage, too. But what does courage mean
Save strength to help you face a pain foreseen?
Courage to undertake this lifelong strain
Of setting yours against your grandsire's brain;
Dangerous risk of walking lone and free
Out of the easy paths that used to be,

And the fierce pain of hurting those you love
When love meets truth and truth must ride
above.

But the best courage that man has ever shown
Is daring to cut loose and think alone.
Charlotte Perkins Stetson.

THE CONSTITUTION OF MAN.

Lesson VIII.

DESIRE.

I wonder if you have realized yet that Reason is a very poor guide? The very highest intelligence is inadequate as director of even the everyday affairs of life. The man who depends most absolutely upon his reason is the very one who makes the most mistakes. And then he wails, "Why is it that when I always try so hard to do right everything turns out wrong?"

Reason is a blind guide and through allowing reason to usurp the throne as director, all the disease and unhappiness that is, has come into the world.

And yet reason is altogether good, and infallible—as far as it goes. It does not go far enough to be a safe guide to any man.

Reason's after-sight is better than its foresight; because EXPERIENCE is the teacher of reason. Experience furnishes the premises from which reason draws its conclusions.

Every hour man is passing through new and hitherto untried experiences. Not until he has passed them has he sufficient data for correct conclusions.

Therefore man must have a better guide than reason, if he would avoid mistakes.

Man has instinctively recognized this and evolved a God to do his leading for him.

As each new experience is added to his stock of knowledge man has re-arranged his concept of God. His God is the product of his REASON, and is small or great according to the premises he has to reason from.

In this way man at last has evolved the conception that God is the LAW inherent in each

atom of the universe; the Law of Attraction by which we are held in form, or dissolved at the bidding of a stronger attraction, only to be again organized.

The Law must be our guide, and the enlightener of reason.

But how are we to know the mind of the Law, and recognize its leadings?

The Law is inherent in each atom of the universe, and in each organization of atoms. The Law manifest is the simple sensation we call Desire.

Desire is the voice of God. Desire is the Law of Attraction recognized.

Desire is the unreasoning and UNERRING cry of the ego—every ego, from the original atom to the Christ man—for that which is related to itself; for that which is its next NECESSITY in the process of unfoldment. The blade of grass DESIRES the sap, without which it must die. The animal DESIRES its prey. And each of these gratifies its desires, and unfolds normally and quickly.

But man refuses to gratify his desires, and consequently gets into all kinds of troubles—i. e., new experiences. The more he denies his

EVERY READER

Of The Nautilus who, within the next
thirty days sends in his subscription
money of fifty cents, accompanied by
stamped envelope for reply, will be entitled
to one month's treatment for

FINANCIAL SUCCESS,

without extra charge. Look out for
prosperity, for I AM speaking the Word.

desires, the more experience he gets—new premises from which to reason.

Desire, whether gratified or not, is the enlightener of reason.

Desire denied, is perverted and brings bitter experience. Desire gratified brings healthy experience. All experience teaches.

Reason has for ages denied Desire its right to rule. The result is a multiplication and complication of ills, physical and environmental.

From this bitterness reason is learning her mistake, and in due time will again enthrone Desire as ruler—then shall the individual experience "Paradise Regained."

Every organism has a conscious and a sub-conscious mind. The conscious mind is employed in gaining new experience.

As the new is gained it gradually descends into the sub-mind, the HABIT mind, and there functions as INSTINCT DESIRE. Instinct is the KNOWING quality of DESIRE. Desire is the ACTIVE quality of Instinct. The two are one.

NOTHING EVER DESCENDS INTO THE SUB-MIND, THE HABIT MIND, UNTIL IT HAS BEEN FIRST COMPLETELY DEMON-

STRATED AND ACCEPTED BY THE CONSCIOUS MIND.

The conscious mind therefore, while it is ever engaged with HIGHER knowledge yet attained, is of necessity less reliable than the sub-mind, for the reason that its deductions are not yet DEMONSTRATED, or proven. The moment they ARE proven they become a part of the INSTINCT mind, the sub-mind.

Through all past ages the individual has acquired knowledge by this process.

IN THE SUB-MIND IS STORED ALL THE WISDOM OF THESE AGES OF EXPERIENCE.

This sub-mind IS THE HUMAN BODY. Every atom in the body, and every organization of atoms, every organ; is the store house of its own peculiar kind of knowledge, ALL gained and TRIED and accepted in past ages, by the conscious mind, the REASONING mind.

It is said by psychologists that 95% of our thinking is done sub-consciously.

All this sub-conscious thought is TRIED and proven. Therefore it is more reliable as far as it goes, than the conscious reasoning.

ALL SUBCONSCIOUS KNOWLEDGE IS CONNECTED WITH THE CONSCIOUS MIND, AND CAN BE RE-CALLED, REMEMBERED AT THE BIDDING OF CONSCIOUS MIND.

The only reason that this is not a demonstrated fact with every individual, is that REASON HAS DENIED A HEARING to this previously acquired knowledge. It has more or less completely divorced itself from its own previous conclusions, by simple denial. Here is the little Garden of Eden story enacted—woman (instinct, intuition, desire, TRIED WISDOM) taken from the side of man (reason) afterward subservient to him; reason WILLS to be self-sufficient, but is TRIED by Desire; falls; is cast out of Eden (innocent self-gratification); wanders, an outcast, dragging Desire captive; but finally redeemed again by Desire; AT-ONE-MENT; Paradise regained.

How shall we open up this knowledge stored in the sub-mind, that we may have its premises, as well as our daily newly acquired premises, to reason from?

By understanding and desiring, instead of denying the voice of INSTINCTIVE wisdom.

Every atom of knowledge stored in the body, the sub-mind, has its little cry for MORE! MORE! This little cry is DESIRE. ALL these atoms of tried knowledge, wisdom, unite in one GREAT DESIRE for something as yet unattained. This SOMETHING is to the individual what the sap is to the tree—it's LIFE; that whereby it grows.

To deny this desire its gratification is to refuse life to the organism. Man grows ONLY by desire gratified.

Desire is the Law recognized and is UNERRING ever.

Desire gratified brings NEW EXPERIENCE, affording new material for reason to consider. To DENY Desire is to shut off from

reason its ONLY means of orderly development.

DESIRE WILL NOT BE DENIED. It is Omnipotent. Through all these ages when man has TRIED to deny Desire, it has tempted him and MADE him "fall" in spite of himself. AND EVERY FALL HAS BEEN UPWARD.

Man has grown by gratifying his desires—NEVER by repressing them.

Repression but makes Desire the greater, and sooner or later it will BREAK the bonds imposed by reason, and have its will. This is the process by which most of the growth of the ages has been; and all the terrible experiences of humanity come from the bursting forth of Desire after periods of repression; days, or years, or generations of repression, as the case may be. Calamities have multiplied until the world is filled with bondage, and force, and fear, explosions and death.

But in the midst of all this, as the tiny germ in the kernel of corn, is growing the self-knowledge which shall burst the last band and set us FREE.

"The truth shall set us free from the law of sin and death."

Conscious mind and sub-conscious mind are One. There is no dividing line between them. EXCEPT as conscious reason places a division and says to the sub-mind, "Thus far and no farther shalt thou come."

Conscious mind is REASONING WILL; sub-conscious mind is INSTINCTIVE DESIRE. The RESULT of past REASONING WILL.

Reasoning will and instinctive desire are both based in nature and in the character of God. The RECOGNITION of that fact is the AT-ONE-MENT which all the ages of growth have been leading up to.

There is no war between right and wrong, no good and evil, except to the mind which denies its own AT-ONE-MENT—at-one-mind.

The AT-ONE mind knows that ALL is good and leads to greater good.

It has found its good (God) in itself; and has learned that Desire is the voice of God.

"And there shall be no more war;"

"But each in his separate star

Shall draw the thing as he sees it,

For the God of things as they are."

A TESTIMONIAL OF HEALING.

"Inclosed please find money order for Mr. Jerome Early. He commenced to improve in health as soon as I wrote to you for him. I never have before seen such a radical change in any one in so short a time. I would willingly give my life to be able to accomplish such a feat of healing a man given up as incurable by the M. D.'s. Mr. Early is able to do a full day's work now, and is in better health than he has been for two years.

A. M. HALL.

Joseph, Oregon, April 27.

This testimonial was published in part in the June number, minus the names. I have since received permission to use the names, and do so with much pleasure. The letter was written after about three weeks of treatment, and the case of healing is really remarkable, so remarkable that many other patients have come to me through the influence of these two named men. I have many successful cases in their immediate vicinity, and receive new requests for treatment from there almost daily.

To me the converging objects of the universe perpetually flow;

All are written to me and I must learn what the writing means.

—Walt. Whitman.

HOW TO REALIZE.

About five or six years ago I read a story of Lady Henry Somerset, the great English W. C. T. U. leader, which illustrates a law of mind, and has been of inestimable value to me in my own development.

It is related of Lady Somerset that she was agnostic in her belief until she was past thirty years of age. As she walked in the garden one day she fell to musing upon the Christian's God. Dissatisfied as she was with the uncertainties of agnosticism and yet impressed with the impossibility of knowing anything about God, she was greatly distressed. "Oh, if I could only KNOW whether there is a God!" she exclaimed to herself. And at that moment, a voice seemed to speak within her, saying, gently, "Act as if I were and thou shalt know that I am."

From that hour Lady Somerset began to question herself in each exigency of life, "How would I act if I KNEW there was a God?" She conformed her life to this thought of God and soon she was able to say, "I KNOW that God is, and is a rewarder of them that diligently seek him."

Jesus referred to the same law of mind when he said: "Do the will of the Father, and ye shall know of the doctrine."

If you will begin to apply this law in your own life you will find it work out for you all the things you desire.

What do you want, Sweetheart? Love for all people and things? THEN ACT as if you loved them. Never mind the FEELING—that has nothing to do with the case. Accustom yourself to ask, "What would LOVE do?"—as each new experience comes to you; and ACT upon the best conclusions you can form at that time. Never mind the failures; you will learn in due time and THEN you will have all the SENSATIONS of love—the joy of love.

Do you want health? Well, how would you ACT if you had health? How would you THINK? For thinking is acting. Think and act health, and you will quickly know that you have it.

Do you want wisdom? Then instead of walling, "Oh, I am so weak and foolish and I never know what is right or best,"—ask yourself, "What would wisdom dictate in this case?"—then ACCEPT what comes to you as WISE UNDER THE CIRCUMSTANCES, and ACT upon it. Never mind what comes afterward—You did your best to follow Wisdom and you are learning. In due time you will KNOW that all wisdom is in you.

Do you want greater faith in yourself? Then THINK of yourself as being all you desire to be, and ACT as nearly like a full-of-faith man as you can. You will soon KNOW that you ARE full of faith.

Whatever your desire, ACT as nearly as you can as if you ALREADY realized the desire, and it will come to pass.

If you want to heal people, ACT like a healer—all to yourself at first, Sweetheart. Speak the Word for others; keep on speaking it until you KNOW you can heal. "Let patience have her perfect work," for "ye shall reap if ye faint not."

—Self-esteem is the only adequate moving power of the individual and THE ONE indispensable element of success, and it can be cultivated to an unlimited degree. Positive suggestion; and keep at it.

—"Love is the loadstone of love."—Mrs. Os-good.

—"They do not love that do not show their love."—Shakespeare.

—Love in the present tense is life eternal.

—Love is God, and is free. The more love one realizes the greater god is he.

—Yes, I intend to publish in book form my Lessons on the Constitution of Man.

—Treatments for all manner of diseases, one to ten dollars a month, according to what you feel able to pay.

—Cultivate positive thought. Eliminate all the "ifs" and "ands," "buts" and "maybes" from your thought and speech.

—Desire is LOVE—God. Love, Sweetheart, and gratify thy love. So shalt thou increase thy capacity for more Love—more of God.

—Please, Sweetheart, send me no more manuscript for publication. I cannot make room enough for my own ideas, let alone other people's.

—"Your treatment letter dated May 7th received. My serious trouble (piles) began to remove two days before your letter came, and within one week was gone."

—"After this six weeks of your treatment I feel like a new being, and look like one. All my old pains and aches and worries are gone, and I am interested in life once more."

—Desire is the WILL of our 95% sub-mind. Will is the DESIRE of the 5% conscious mind. In the free man WILL and DESIRE point in the same direction. An aim single; success certain.

—"You are treating my father-in-law and he says he is getting well. And you are treating others here who say they are getting better every day. I do not see why I cannot get better as well as they."

—"My sister is entirely well, cured by one month's treatment. She is so enthusiastic that she is healing everybody else that she can hear of. And she is having fine success. We are very grateful to you."

—"What you have taught me has simply revolutionized the world for myself and my husband. Of all your pupils and patients you have not one for whom you have done more, or who is more grateful to you."

—Desire is your creative energy and is guided by your intelligence. The most rapid advancement comes to him who holds most steadfastly to his HIGHEST desires instead of compromising with something less.

—There is no dis-ease, mental, physical or environmental, that my Word cannot cure if received, and there is no one who cannot receive it if he makes up his mind to stick to it until he does. The Word will grow up in him and make itself perceived in due time.

—"The Harp in the Hands of the Harper," is an interesting narrative of the life of Francis Schlatter, the wonderful healer. Schlatter was entertained as a guest at the home of Mrs. Morley, Datil, New Mexico, who is the author of the book. Price 50 cents, bound in paper.

—"Let me write you how I am getting along. Oh, I feel ever so much better since you began to treat me. I feel altogether a different person. I am so hopeful, courageous and fearless and free from all the mental troubles and worries. Oh, Sweetheart, the letter of the 13th ult. is simply grand! What strength it contains! Send me, please, one more."—A. K.

—As long as you imagine your happiness depends upon another you are doomed to disappointment. The fifth creative principle, the Satan of the Bible, is indefatigable in its efforts to knock ALL the props from about us, so that we are always getting falls; until we

learn at last to lean upon nothing and nobody. Nothing and nobody are props that never give out; and the man who uses them is self-centred and knows no pain. He is god.

—There is just one thing that will give to a human being true poise of soul: A PRESENT TENSE faith in the Law, or "God." To believe whatever is will DEVELOP into good gives hope; to believe that what is is ALREADY GOOD gives a present tense faith that keeps him in perfect peace. And no man can have that perfect poise of faith except by familiarizing himself mentally with the idea that whatever IS, is good, and is hourly unfolding to fuller good. ALL GOOD will "keep him in perfect peace whose mind IS STAYED" on It.

—"One month ago to-day you sent me the blessed assurance that your Word would bring me joy and success. I believe it will. I am better every way, sleep better and my digestion is better. And best of all I feel stronger spiritually, and have more confidence in myself. When I received and read your letter I felt a great glow of warmth and strength all through me, especially in the region of the solar plexus. Again last evening when the June number of The Nautilus came, I could not leave it until I read it all, and I felt strengthened as I never did before."

—"Getting into this new thought is like waking up in the morning; some of the atoms or spirits want to get out and the others want to lie still and have a little more slumber and a little more roiling of the arms to sleep—they don't want to be disturbed."

That is a very apt illustration and particularly so to me, for I used to be such a sleepy-head in the morning. But I wanted to waken quickly and I made up my mind to do so. We can do ANYTHING we MAKE UP OUR MINDS to do. We can train ALL the atoms of the body to WANT to do what we CHOOSE to do. Positive suggestions and stick-to-it-iveness are the ingredients of success.

—Do you remember "Mrs. Jellyby," in one of Dicken's stories?—"Bleak House," I think—who was so anxious over the poor heathen who had to exist without pinafores and red flannel shirts, that she couldn't even hear the baby when it tumbled bumpety-bump, bump, bump, down a whole flight of stairs? Aren't we first cousins or twin sisters of hers when we declare so glibly, "All is good," and then fail to discern that all our little home trials are good, too. That each experience is OUR OWN attraction and has its peculiar lesson? And each is a little problem to be overcome by patient, faithful, loving THOUGHT; not by hasty, ill-judged STRIVING.

—"I have lent your papers, quoted from them, and clipped articles to send away and to tack up where they would be observed. The paper has been loaned to orthodox sneerers, to discouraged workers, to invalids, and to thinkers. One young lady invalid said: "Humph! She is surely a cheerful idiot!" Seemingly she cared nothing for what I supposed she would like. But it will please you to know that when I handed her my next batch of Spiritualist papers and Theosophical journals she turned the mall over and disappointedly said: "Didn't you get another Nautilus?" So evidently there is a need for you and your work even among people who crave the thoughts of a "cheerful idiot."

—Say to yourself I WILL. Note the sensation of force that goes out from you as you say it. That is a radiation from your I AM sun—the solar plexus. Now say "I WILL NOT," and note how you, by adding the NOT, seem to cut off the radiation and stop the sensation. The NOT is a negative, a denial of will. Cul-

tivate the positive, affirmative way of thinking. Instead of saying, "I will NOT be sick, or weak or ignorant," say "I WILL be whole, or strong, or wise," as the case may be. That opens up the solar plexus and allows the WILL to radiate to all parts of the body. As the WILL radiates to the whole body you FEEL it, and that makes you able to exclaim "I AM whole!" That is the process of realization. Evolute out of the negative, Sweetheart.

"The way of self-development is through self-indulgence; but the idea that happiness can only be achieved through self-denial is so habitual that it seems sinful to speak favorably of self-indulgence. Instinctively we know that we ought to do what we want to do, but we have not the courage of our instincts. We think there is some sort of virtue in doing what we do not want to do. It should, however, be clear to any one who can think and will think, long and patiently, that development comes through gratifying rather than stifling our desires. But, of course, many readers will not think this out. They will simply deny it, and go on trying to develop themselves by stifling themselves, with the foolish and erroneous idea that we are inherently bad. The fact is that we are all right and will come out all right much sooner than otherwise by rejecting the false total depravity notion and following our natural instincts. It takes courage to live so, in the face of the opposition of the whole world, but what is gained by living so is worth all it costs. You would better read this all over many times, and then think about it often and long." Hugh O. Pentecost.

—The TRUTH will transform you, body, soul and environment. Cut everything loose from you. Stand ALONE in your own thought—stripped of everything. Recognize your own I AM as your creator, not only of the things you WANT and mean to have, but creator also of the things YOU ALREADY HAVE. ACCEPT them philosophically, as present unripe conditions WHICH YOU ARE RIPENING. There is nothing to strain or strive for. Things will change without an EFFORT on your part. They would have changed long ago if you had generated the sort of thought which ripens conditions. Fear, doubt, discouragement and such like are to environment AND THE BODY just what a frost is to budding plants. Recognize your relation to things about you and begin systematically to generate sunshiny thought—the kind that ripens. Study SUCCESS as assiduously as you have heretofore studied FAILURE. THINK Success. Try to realize the SENSATIONS of Success. "PRETEND" to yourself that you ARE successful, even though "appearances" are against you. Appearances are deceitful. Stick to it through thick and thin—change or no change—good or bad appearances. No matter HOW many vicissitudes you pass through you will REALIZE SUCCESS eventually. THEN you will be invincible.

The secret of health and happiness is in faith, knowledge, and love. Train yourself to believe that no mistakes are being made, by yourself or by any one else; that whatever occurs to you or to anyone else is the best that could possibly occur at the time and under the circumstances. Train yourself to feel that you are perfectly well, and that you are growing younger all the time. Train yourself to feel when you get up in the morning that this is positively the best day of your life. Train yourself to think and speak affirmatively, positively; to see that every person is good, beautiful, agreeable all the time, that all sights are beautiful, and all sounds harmonious.

Train yourself to be hopeful and cheerful all the time and under all circumstances. Believe thoroughly in yourself—that you are good, beautiful and agreeable. Trust your own thoughts. Accept your own beliefs. Assert and maintain perfect freedom of conduct. Train yourself to like life, the world you live in, and everybody and everything in it. Train yourself to understand that you always have lived and always shall live. Accustom yourself to realize that you are an expression of the Supreme Reality; that whatever God is you are; that whatever you desire to be you can be; and that whatever you need you can get. Get plenty of sleep, and eat nothing but food.—Hugh Pentecost.

Limit everything else in preference to limiting your ideas. Outside changes don't count much for growth. Only a changed consciousness counts. Our best solicitations are made in the silence. God is never hard up. Man was born to be rich. You are not advancing your best, if you fail to inject your spirit power into every act. No matter how big the house is you live in. How big are the thoughts you live in? We think a lot of fine things which we fail to make our own. If you would maintain a comfortable physical existence, first maintain a comfortable mental existence. First get your mind free, then keep it evenly balanced. Believe that you are one of the fountains through which the infinitely beautiful stream of life flows—vitality, inexhaustively. You can grow love into a child. You cannot whip it in. Some people think God is an enlarged preacher. Do not think Him anything. Just feel Him. Most of us think too much and feel too little. Self-mastery is the art of life. There is in this world one real thief—fear! Keep gaining, if it is only an atom a day. Don't be ignorant, and then also ignorant of your ignorance. New thoughts are your best friend. Old, worn-out ones your worst foe. The reason we fail so often is because we look for help outside of ourselves. However far your mind travels in space you never can get away from yourself. Know yourself, then, better than any other self. Love does for us what air, light, water and sunshine do for flowers.—I. G. P. in Positive Thought.

—"I wish that I might be with you. I want to ask you questions which puzzle me, and I think just to see you would be an inspiration."

When you are in doubt about anything, ask the question of your own I AM and then TRUST it to answer you. Sometimes the answer will come immediately, sometimes it will be days, or weeks, or months, or even years, before you will understand. But you WILL understand IN THE FULLNESS OF TIME. Think of it this way: If you were a school-girl again and some question akin to your every day studies should arise in your mind, you could understand the answer right away. But if you were to think of some question whose answer came away up in the higher classes where you would be in a few years, then you could not understand until you had passed through all those classes between, and at last had developed the CAPACITY necessary to understand that particular thing. That is the way in all things. When you cannot understand at first, remember that you are gaining every day new knowledge that all LEADS UP to the things you want to know. There is NOTHING the human brain is not capable of understanding; but all knowledge is gained in an orderly manner. By doing our best to apply PRESENT understanding, we develop ourselves most quickly to the point of knowing all the things we can ever desire to know.

—"I was advised by a friend to consult you about family troubles. My wife is a teacher, and refuses to stop at home. She has been

teaching for several years, and it makes home a curse instead of a blessing. She is a woman striving to gain the top round no matter what it costs others. She is of the opinion that a man has no more rights after marriage than before. If you can do anything for me please let me know what you will charge."

I sympathize with you in your trouble, but nevertheless you are entirely wrong in your views. You have no more right to expect your wife to sacrifice her aims and ambitions to please you than SHE has to expect YOU to stay at home and do housework. She has the same right—which is none at all—to ask you to do that, that you have to ask her. She is an individual and should follow her individual desires. If you do not like what she does and thinks, why do you want her to live with you? LET her go, and seek a wife whose aims agree with your desires. You two are not fit to be together. SHE is all right and you are all right. But you are misfits. That is all. Let go the misfit and look elsewhere for your mate. There are others. You need no treatment. You only need to use the common sense that is in you instead of hanging on to her, under the impression that "What God hath joined" must STAY joined. GOD IS LOVE, and you two are NOT joined, for you do not LOVE. The marriage ceremony is NOTHING in itself—simply a public announcement. LOVE IS THE MARRIAGE BOND. When that ceases, marriage is simply legalized living together.

—"Cellular Cosmogony," by Koresh, otherwise Dr. Teed, of Chicago, is well worth reading. Dr. Teed is the only and original discoverer of the fact—if it is a fact—that the earth is a hollow sphere and that we are on the inside of it with a minified sun in the center of the hollow. I rather object to being put into such a box as that; and I am not reconciled in the least by Dr. Teed's assurance that the outer layer of the globe is solid gold. I am afraid to accept this theory, lest I find myself short of breath! Which reminds me of a story. A man who was afflicted with "smothering spells" went to visit at a friend's home. He and another friend were to occupy a room together. In the middle of the night our friend waked with a very bad spell. He shook his friend violently and gasped out that he must have air or he would die. His friend in great alarm, made his way in the dark to the window and made every effort to open it, but without success. All this time the afflicted man was gasping and groaning in the last agonies of his spell. His friend tugged in vain at the window. "Oh," gasped the sick man, "Air! air! If—you—can't—raise—it—smash—the—glass!" His friend promptly put his fist through it. The poor man grew easier immediately and in a few minutes was able to thank his friend for his efforts in his behalf. With plenty of air from the broken window he passed the remainder of the night comfortably. But when they arose next morning it was discovered that the windows were unbroken and tightly closed. The friend had saved the sick man's life by smashing the glass in the front of a book-case!

"As you have taken the liberty of putting my name on your books, I thought I would send you the subscription price, or we might get into a squabble and I know you would have it all your own way. Well, your squabble with Shelton alone is worth the price, saying nothing about the thought gems. So you are welcome to it, I assure you. I hope you will continue to be 'pious' and 'fess' to the public so everybody can enjoy the squabbles. Some of us have read 'Christian' and we understand you perfectly, if all do not. I know some people neither Shelton nor you could help. Now tell us why."—E. M.

Because they don't stay with it. The Word

we speak will heal any man under the sun if he will receive that Word. Some people are slow to respond. Instead of MAKING UP THEIR MINDS to stick to it until they do respond, they go into it in a half-hearted way and then spend their time watching their aches and pains and wondering why they are not healed. So the vibrations have about the same effect upon them that they would upon a stone or a piece of soft putty. I prefer the stony kind to the putty kind. The man who puts his WILL into his work will get well every time. There is no question about healing the man or woman who says—and means it—"I intend to get well if it takes all summer, or half a dozen summers, or even as many re-incarnations!" It is said by scientists that a single man with a violin can shake down Brooklyn bridge. By sounding persistently a certain tone; the one to which the bridge is keyed; he can cause the bridge to vibrate, gently at first, then more and more powerfully, until the great structure would snap like a taut violin string. It is just as really, "materially" true that a good healer can reiterate The Word until the patient is compelled to respond, and the vibrations will destroy even the most "set" conditions. Even the half-heartedness can be overcome. The healer has very little to do with the length of time required. My Word will heal you in one minute if you can respond that quickly; that is, if you can LET yourself be changed that quickly. But no matter how slowly you respond you will be healed eventually if you stick to it. My Word and my patience NEVER FAIL.

Dear Friend—"I want to ask you a question bearing on this law of attraction. I want you to tell me if you think that two persons can attract work or employment where there is place for only one person? You may know—you must know, that with the increase of machinery in every department of industry, the chances for employment grow smaller and smaller. Here, for instance, if the linotype be introduced into our daily newspaper office, one man does the work of eight, or something like this. What are you going to do with the other seven? They know not much of anything else, and the other places are very well filled already. Must not some of those 'go to the wall?' You will perceive that I am something of a socialist. However, I do not believe in any CLASS-CONSCIOUS struggle; but want ONE CLASS, and believe that LOVE will do the work better than HATE every time. It puzzles me to know how the Law of Attraction will bring us this or that good thing, if there be not good things enough to go around."

Society as it is, is an immense machine for COMPELLING the individual to THINK himself into dominion over environment. It means individual development, or stagnation and death. The fit survive. That is, those who can adapt themselves to present environment and at the same time generate thought-force positive enough to project a NEW environment. The ones who ALLOW it are pushed, moaning and lamenting "to the wall." The energy which would have saved them if properly directed is expended in useless lamentation. And death wipes off the slate. We shall ALL learn in time, from the same teacher, Experience. The chances in the OLD lines are ever growing smaller. But there are infinities of occupation still in the Uncreate, ready for the receptive brain. Every man must save himself and the only power by which he can save himself is the power of thought. "Keep thinking."

—"Works, not words, are the proof of love."—Dryden.

—"Best men are moulded out of faults."—Shakespeare.

—"In a thousand pounds of law there is not an ounce of love."—Paget.

NEW DISPENSATION.

Published monthly at Corvallis, Oregon, by J. L. Jones. Price 25 cents a year.

OCCULT TRUTHS.

Published monthly at one dollar per year by CHAS. W. SMILEY, Washington, D. C.

HELEN D. PHILIP

Gives treatments for financial success, and correspondence when desired. Enclose not less than one dollar for one month's treatment, to 122 Sutter, San Francisco.

FRED BURRY'S JOURNAL, TORONTO, CANADA.

Fifty cents a year. Send for a free sample copy of this mental science monthly.

"TRUE HEALING."

A pamphlet of the newest and most original ideas upon "Mind Cure" treatments and one copy of "Universal Harmony," published monthly in the interest of the Highest Mental Unfoldment, will be sent to any address upon receipt of only ten cents in silver. Address, S. LINCOLN BISHOP, Daytona, Fla.

HANDS AND STARS.

This publication, in the interests of Astrology, Palmistry, Diet and the Occult, is issued monthly by Albert and Albert, of the Albert School of Astro-Phrenology, authors and publishers of easy works on Astrology and Palmistry; 50 cents per year; sample copy for stamp. Persons sending 10 cents and date of birth will receive a 32-pp. illustrated horoscope and a year's predictions. Address Albert and Albert (N.) Atlanta City, N. J.

DO YOU WANT

Health, Happiness, Success? Study PRACTICAL MIND SCIENCE, a series of plain, progressive essays on the true Science of Being. "Your booklets received. They are little beauties, and contain good practical common sense between their covers. M. A. W." Sample lesson 10c. Order of W. E. TOWNE, Holyoke, Mass.

JANE W. YARNALL'S BOOKS.

Practical Healing for Mind and Body. Price \$2.00. Is the best book ever written on Mental Healing.

The Good Time Coming, or the Way out of Bondage. Price \$1.00. Is a scientific exposition of the theological trend of the day. F. M. HARLEY PUB. CO., 87-89 Washington street, Chicago, Ill.

MRS. MADA PADDOCK SPRAGUE

Reads character through the color vibrations that come with any individual's name. Reads and interprets inherited tendencies, past and future conditions, and throws light upon how to mould one's affairs and environment by knowing one's self. Give full name, and date of birth. Price \$2.00. The Lucania, 561 E. Sixty-Second St., Chicago.

THE TRUMPET.

A monthly journal, an exponent of the Higher Thought and Freedom. Its columns are devoted to the teaching and healing of all humanity, of the seeming ills of environment, of conditions, circumstances and diseases; all of which are overcome through the understanding of the Science of Life. \$1.00 per year. Sample 10 cents. Address: THE TRUMPET PUBLISHING CO., P. O. Box 55, Oakland, California.

Expression—A Journal of Mind and Thought

PUBLISHED MONTHLY.

Terms: 6s. 6d. per annum, net. Single copies, 6d. It teaches practically the power of thought and its application as a means of securing health, happiness and prosperity through the recognition of the Divine nature of man. For subscription and correspondence, address the Editor, care of W. Isacke, 211 Edgware Road, W., London, England.

SEXUAL LAW AND THE PHILOSOPHY OF PERFECT HEALTH.

By CHAS. W. CLOSE, Ph. D., S. S. D. Price 10 cents, silver or 12 one-cent stamps. "Have you arrived at a point where you must settle the sex question?" Chas. W. Close has just published a neat pamphlet which will help you to see that sex is good, not evil."—The Nautilus. Order of.

C. W. CLOSE, 124 Birch street, T. N., Bangor, Maine. N. B.—Special offer to the sick free.

MIND CURE—THE GREATEST HEALING POWER ON EARTH.

Lay your prejudice aside long enough to read this sworn testimonial of a cure that seems miraculous. This is to certify that my upper lip and a large portion of my nose and one cheek were eaten away with cancer of so pronounced a character that physicians declared the case incurable and me a doomed man. My situation and my feelings were beyond description, when I heard of Mrs. Helen Wilman and her power over every form of disease. After I put myself under her mental treatment the eating of the cancer ceased and new flesh began to grow from the edges of it, which gradually spread over the cheek until the unsightly opening was closed. The nose at this time is about completed, and the lip is nearly filled in. I am able to pronounce her effort a success. My general health is fully restored, and I have gone to work again with my customary strength. This testimonial is given from a thankful heart; and I am glad to add that my faith in her is so great that I believe she can cure any disease under the sun. All this was done without the use of medicines, by mental treatment alone. Respectfully, J. M. ENGLISH.

Subscribed and sworn to before me this 1st day of March, 1896, at Daytona, Florida. C. M. BINGHAM, Jr., Notary Public.

I am acquainted with Mr. English, and can truly say the case is not only true in every particular, as set forth by Mr. Bingham, our notary, but that the cure spoken of, I must confess, surpasses human comprehension. During more than forty years of observation and experience I have met nothing like the above case. This contribution is voluntary. Sea Breeze, Fla., March 2, 1897. DR. E. E. DAYTON. C. A. BALLOUGH, Sea Breeze, Fla.

I have thousands of testimonials of other cures embracing every form of disease, some of which are published in a pamphlet called THE MIND CURE TREATMENT. Write to me for my terms; they are moderate; and ask for the "Mind Cure Pamphlet." It is free to all who want it. Address, HELEN WILMANS, Sea Breeze, Fla.