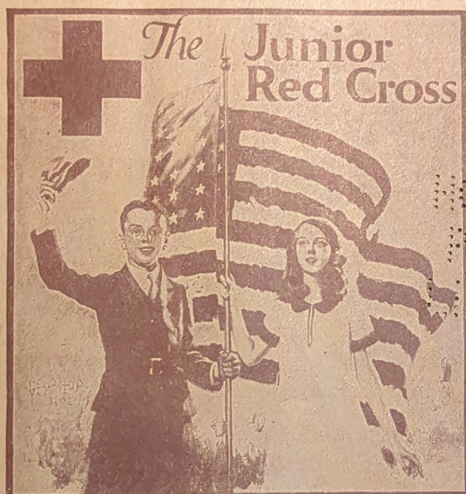


NAUTILUS

MAGAZINE OF
NEW THOUGHT

EDITED BY
ELIZABETH TOWNE
AND
WILLIAM E. TOWNE



America needs
trained girls and boys -
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This Issue of Nautilus is an
Effective Treatment for
Prosperity, for all who read
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and morning. Try it!

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BER
21

AN OPEN LETTER

DEAR FRIEND:

I hold the degree of A.B. and A.M. from the University of Missouri, the degree of D.D. from the University of Kentucky, the degree of L.B. from the Washington University. I was editor of the Harriman Lines Railroad Educational Bureau, was attorney for the White Pass R. R., and practiced law in six states.

It was my privilege to have the personal friendship of Judge Hanna and Mrs. Eddy, of Christian Science fame, of Ella Wheeler Wilcox, and of John E. Richardson, better known as T. K., founder of the Great School of Philosophy.

I organized the Law and Commercial Company of Snow, Church and Company, with offices in many large cities, and the Lyceum League of America, with Theodore Roosevelt as its first President, and Edward Everett Hale, William Dean Howells, Frances Willard and Senator Lodge on the Board of Trustees.

I recently came to St. Louis from my home in Long Beach, California, for the purpose of studying the Master Key System at close range and getting into personal touch with the Author, Charles F. Haanel.

I have been here long enough to find that while all other systems of thought are concerned chiefly with the manipulation of things, the Master Key System is interested in the causes whereby conditions are created. For this reason it is Universal and unlimited.

It is the key to every system of thought in existence, either ancient or modern, religious or philosophical, occidental or oriental. It is the key that is being used by the strong people of the earth, those who do not believe in the virtue of poverty, or the beauty of self-denial. Let me demonstrate this by sending you a few sample papers, without cost or obligation of any kind. The busier you are, the bigger things you have in view, the less you can afford to be without the Master Key System.

WALT LE NOIR CHURCH, 216 Howard Bldg., St. Louis, Mo.

NAUTILUS NEWS

BY THE EDITORS

**WILL YOU JOIN US
FOR WORLD PEACE
AND DISARMAMENT?**

Will all the hosts of readers of *Nautilus*, every morning and every night, and whenever the subject comes to mind at other times, join together with us in the Prayer of Faith that God's Peace shall prevail through the work of the International Conference at Washington. Use the following affirmative prayer, or your own version of it:

WORLD PEACE is NOW being done on earth as it is in heaven, through ALL OF US. God's Infinite Wisdom and Power NOW work in ALL OF US and in each and every member of the International Conference, to will and to decree world peace and disarmament. Not by man's might nor by man's power but by the Father's Spirit, peace comes here and now.

**FOR A MERRY
CHRISTMAS DAILY.**

The next magazine issued from this office will be the twenty-fourth Christmas number of *Nautilus*! It will

carry with it the quintessence of divine truth applied to the solution of human problems, so far as these twenty-four years of experience can distill it into one small magazine. It will carry to every reader a Special Treatment for the realization of prosperity in all departments of life, spiritual, mental, physical and financial. Look for my treatment editorial.

Among the good things that will appear in December *Nautilus* are these:

"The Second Revelation of God: Divine Love Is The First 'New Thought' of Christ," by Brown Landone, in which he gives the true experience by which an emaciated body was changed to the freshness and fullness of health. This is Part II, Lesson 6, in his wonderful series on "The Idealized Process of Unfailing Methods of Healing."

Dr. Orison Swett Marden's article will help answer for you in a most illuminating way, the question which is his title: "Is Your Past Spoiling Your Future?"

Dr. Frank Crane contributes a beautiful "treatment" which he calls, "On the Uses of God."

There will be a poem "treatment" for playing and giving, written by Helen Cowles Le Cron, Des Moines, Iowa, and which she calls "Life."

Claire Morgan (which is not her real name), who is secretary for a very large business concern in one of the largest cities in the United States, contributes an article on "Learning Concentration," which gives her personal experience and methods of realizing her desires for success, happiness and financial prosperity.

Philip Edwards (another nom de plume) contributes his illuminating experience and method, under the title, "How I Lifted Myself

Important Notice To Nautilus Subscribers

If you find a red expiration notice and order form attached to this space it means that your subscription expires with this issue. **UNLESS** your renewal has crossed this notice in the mails. Please renew at once so as to avoid missing an issue, and to save the expense of removing and replacing your name on our list. **IF YOU WILL RETURN THE RED ORDER BLANK WITH YOUR REMITTANCE SO THAT IT REACHES US BY THE 20TH OF THE MONTH OF THIS ISSUE WE WILL CREDIT YOU WITH 13 MONTHS FOR \$2.50.** We can afford to give you an extra month for prompt renewal.

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which remove lines and "crows feet" and wrinkles; fill up hollows; give roundness to scrawny necks; lift up sagging corners of the mouth and clear up muddy or sallow skins. It will show how five minutes daily with Kathryn Murray's simple facial exercises will work wonders. This information is free to all who ask for it.

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Say you saw it in NAUTILUS. See guarantee, page 5.

From A Business Rut to Long-Hoped-For Success Through New Thought."

For the Co-Operative Study Club Work, the subject will be "Cellular Consciousness," in which Paul Ellsworth gives you a new and spiritualized idea of the body, and he gives you methods for realizing health in still more positive measure.

With the children in mind, and their Christmas needs in the way of books, we will give a splendid article on "Fairy Tales and Mysticism," by Dr. Gudrun Friis-Holm, M. D., of San Francisco. It will help you in your Christmas problems.

Among my editorials will be a little Christmas story for the children—of all ages. And another long editorial on "God Your Healer and Surgeon."

William E. Towne's Views and Reviews will deal with "The Expression of Desires."

GOOD CHEER FOR THE CO-OPERATIVE STUDY CLUB.

Before the October *Nautilus* was fairly in the mails we received the First Love Offering for the support and extension of the Club work! Glory to God in the highest! Such a wave of love came with the letter, and such a thanksgiving and love wave went forth from us to meet the writer of it, that it seems as if all our C. S. C. members must have felt the blessing.

That you may rejoice with us again and send

Before the October *Nautilus* was fairly in the mails we received the First Love Offering for the support and extension of the Club work!

"My Health Has Been Better The Past Six Months Than in Ten Years"



Miss E. H., Oklahoma City, Okla., writes: "I have derived great benefit from Mrs. Towne's Lessons. I have more confidence in myself, have a much better position, also my health is better the past six months than for ten years."

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"Please send Lesson III. A suppurating ear which has emitted pus and noxious odors for 20 years has stopped discharging, there are no more buzzing noises, no aches and hearing is daily growing more acute. Gradually and surely I am gaining strength and health. My business has shown decided growth."—L. P., Hillards, O.

The price of the Four Lessons and two small books that go with them is \$1.60. Or, the Lessons alone are FREE with an order for our own publications (at full retail price) amounting to not less than \$5.

THE ELIZABETH TOWNE CO., Inc., Holyoke, Mass.
These 4 Lessons are used in Courses 1, 2 and 3 of The American School of New Thought.

a loving thank you with us to her, I will quote her letter, which accompanied a check for \$10. Mrs. M. S. Higgins of Hastings-on-Hudson, N. Y., was the writer, bless her. She says:

"I am so happy over the prospects of the new Co-Operative Study Club with Paul Ellsworth as teacher, that I am sending my love offering in advance. Thankfully yours, Bertha I. Higgins."

I have been sitting daily before breakfast for a half hour, also using your correct deep breathing, keeping epiglottis open (didn't know I closed epiglottis and could keep it open with full breath). Work doesn't "use me up" and upset my digestion, and my brain is clearer. Wife says she sees a big improvement. More contented with position, a very busy, nervous one (X-ray diagnosis and therapy). Haemoglobin jumped from 75% to 100%, showing increased oxygen in blood.—LEIGHTEN R. CORNMANN, M. D., Boise, Idaho.

THE AMERICAN SCHOOL

METAPHYSICS PSYCHOLOGY CHRISTIANITY



IN addition to the new COOPERATIVE STUDY CLUB work conducted by Paul Ellsworth through the special department in *Nautilus*, beginning on page 28 of this number, the American School offers the following individual and class work for (1) students who wish to accomplish individual work in healing self or friends, and (2) for those who desire to enter Christian metaphysical ministry as healers, teachers or leaders of centers:

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Two Home Study Courses of Training are now ready as follows:

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My scope of service has been continually widening until now it embraces every state in the Union, Canada, England and "the Isles of the Sea."

And I want to tell you that the good effects of it all transcends my fondest hope.

I find that it is by following up instruction with iterated and reiterated suggestion that results are best obtained.



Says one of my correspondents:

"I would not take a thousand times what I have paid you, for the good you have done me. Staying right with a teacher and leader like you until the work is done is what every struggling soul ought to do. It is wonderful how you can transform people without ever seeing them!"

I make no boast of my qualifications in reminding you of my forty-three years of experience in the cure of disease. I am sure that most of you recall me as an author of books, medical and psychological, to the number of eighteen; as a teacher in medical colleges before coming into psychotherapy; as editor of the magazine *Thought* for six years; as the recent editor of *The Helping Hand*; as a practitioner, with patients in all parts of the world; as one of the honorary presidents of the *International New Thought Alliance*; and, lastly, as the champion of the WILL in the cure of disease.

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But I must be convinced of your entire sincerity and earnestness. I encourage no mere experimenters, for they succeed at nothing. I want only those who seek the best there is in life for them and who will heartily co-operate to win it. If all you want is to have your hair restored to its original color, or a better one; the adored but reluctant object of your affections brought to your arms; certain wrinkles smoothed out of your face, or a fortune laid at your feet, do not write. I want those who are eager to make the most of themselves; who desire to walk the heights of health, happiness and prosperity in their true sense. To all such I pledge my heartfelt efforts.

Do not delay. The heights beckon to you.

Address, Dr. SHELDON LEAVITT, 4665 Lake Park Ave., Chicago

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"PRACTICAL PSYCHOLOGY"

DO THESE TWO WORDS MEAN ANYTHING TO YOU? TO MANY THOUSANDS OF PEOPLE THEY ARE THE TOKENS OF NEW HOPE AND INSPIRATION—THE PASSWORDS TO HEALTH, SUCCESS, LOVE AND HAPPINESS.

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Do you remember the happy confidence with which you faced the world in the days of your youth? You had no doubt then that your life would be a complete success. Surely you would have plenty of everything and to spare. You would be well and strong, and your friends would be the very nicest people in the world. And, oh, such a love as would be yours! And such happiness! A voice within you which spoke with power and authority urged you on to happy achievement after happy achievement, with never a whispering of doubt or defeat.

But your feet missed the highway of life, and you came into by-ways where there were pain, and disappointment, and worry, and sorrow. You have much to be thankful for, but you have fallen far short of your ideal, and you feel that many of your cherished youthful hopes are gone forever—gone unrealized and unfulfilled.

PRACTICAL PSYCHOLOGY invites you to be still for a moment and again harken to the voice within you which speaks with power and authority, and urges you on to happy achievement after happy achievement, with never a whispering of doubt or defeat.

That inner voice is not stilled. The cares, worries and problems of life have merely detracted your attention from it. It is still calling you, and still urging you on to the achievement of your heart's desire.

It is the voice of the real "I" behind your personality—of the ultimate "I AM" of all existence, timeless, changeless, deathless, possessed of all wisdom, clothed with all power, and abundantly able and willing to give you what things soever you desire.

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Be Sure To Read: "How to Attract Prosperity," Page 18.

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THE NAUTILUS

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WILLIAM E. TOWNE

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Brown Landone
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Kate Atkinson Boehme

These Are
Some of
The Nautilus
Contributors
For 1921-1922
Others
Coming

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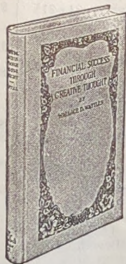
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NEW THOUGHT CENTERS.

Following is a list of New Thought Centers and Reading Rooms. The letter (M) following address indicates that open meetings are held.

- ALBANY, N. Y.**—Albany New Thought Center, 113 State st., Tuesday eve. (M)
- ALBUQUERQUE, New Mex.**—Unity Truth Center, Jim Coffman, 1224 North Second street. (M)
- AUCKLAND, N. Z.**—The First New Thought Center, Helena Warren Gibbons. Box 1353, City Post Office.
- AURORA, Nebr.**—Mrs. J. N. Cassell, 1004 16th st.
- BALTIMORE, Md.**—New Thought Center and reading room. 603 N. Paca st. Rev. Grace A. M. Diggs. (Col.)
- BISBEE, Ariz.**—Episcopal New Thought Center, St. John's Episcopal Church, Rev. Geo. C. Golden. (M)
- BOSTON, Mass.**—Mrs. Mary E. T. Chapin, 158 Newbury st. Mid-week meeting. (M)
- The Metaphysical Club, 212 Huntington Chambers, 30 Huntington av. (M)
- Astrological and Occult Book Centre and New Thought Library, 687 Boylston st.
- BOURNEMOUTH, England.**—Mrs. Helen Rhodes Wallace, Leader, 127 Lowther Road. (M)
- Progressive Thought Library and Center, Trinity Chambers, Old Christchurch Road. (M)
- BUFFALO, N. Y.**—New Thought Society, Library, 795 Elmwood av., Tues. and Thurs. at 8, Sun. at 4 p. m. (M)
- CANTON, Ohio.**—Unity and New Thought Center, 703 Walnut st., North, Suite 1. Mrs. Margaret Coan, leader. (M)
- CHESILHURST, N. J.**—New Life Fraternity, Mrs. Grace Collins, 26 New st., Woodbridge, N. J. (Colored.)
- CHICAGO, Ill.**—Church of Silent Demand, 913 Masonic Temple, Mr. E. E. Gragg. (M)
- CHICO, Calif.**—New Thought Center, The Esplanade. Mrs. John Daly. (M)
- CINCINNATI, Ohio.**—New Thought Temple, 1216 Mercantile Libr. Bldg. Mrs. May Cornell Stoiber, Leader. (M)
- CLEVELAND, Ohio.**—Cleveland Truth Center, 332 Lennox Bldg., Mrs. Mary A. Prince, Leader. (M)
- COLLISON, Ill.**—Truth Center, Mrs. Mary Fritz.
- COLORADO SPRINGS, Colo.**—New Civilization Center, Mrs. M. S. Rossignol, 118 E. Dale St. (M)
- DAYTON, Ohio.**—Metaphysical Library, Carl W. Hubert, 601-602-603 Mutual Home Bldg. (M)
- DENVER, Colo.**—Universal Truth Center, 415 Tabor Bldg., Rev. Nancie V. Simmons, leader. (M)
- DETROIT, Mich.**—Higher Thought Assembly, 214-215 Chalmers Bldg., Elizabeth King, Secretary. (M)
- EDINBURGH, Scotland.**—Edinburgh New Thought Center, 37 Castle st. Library. (M)
- ERIE, Penn.**—Erie Truth Center, 720 Commerce Bldg., Mrs. Josephine Schabacher, leader. (M)
- FRESNO, Cal.**—"Unity of Truth Center." Met. Library, Mrs. Annie M. Westfall, 331 Forsyth Bldg.
- FT. WAYNE, Ind.**—Truth Center, G. W. Maxwell, 2521 Hoagland av. (M)
- GREAT FALLS, Mont.**—New Thought Center, J. H. Meyer, Box 1493. Phone 6221. (M)
- HAMILTON, Ohio.**—New Thought Temple, Anderson Bldg., Front and High sts. Miss Louise Tahse. (M)
- HONOLULU, T. H.**—"Downtown" New Thought Center. Mrs. Melville Moncrief, Rm. 5, Love Bldg., Fort St.
- INDIANAPOLIS, Ind.**—Unity Truth Center, 1115 Odd Fellow's Bldg., Muriel G. Powell, leader. (M)
- JACKSONVILLE, Fla.**—Miss Mary Stallworth, 1311 E. Duval st. Phone 1935-J. (M)
- KANSAS CITY, Mo.**—The De Neil Beauty Shop, 1515 East 12th st.
- KINGSTON, Jamaica, B. W. I.**—The Imperial Book-room. Florence J. Bennett.
- LONDON, W., England.**—Higher Thought Center, 39 Maddox st. Regent st. Alice M. Callow, Sec'y. (M)
- LOS ANGELES, Calif.**—Metaphysical Circulating Library, 909-914 Black Bldg. (M)
- Branch Metaphysical Circulating Library, 9th Floor, Brack Shops, 7th and Grand av. (M)
- Universal New Thought Studio, Jessie W. Boerstler, Sixth Promenade, Brack shops, 7th and Grand av. (M)
- The New Thought Center of Spiritual Helpfulness, 1476 West 49th st.
- The Brotherhood of Light, 410 Douglas Bldg. (M)
- MELBOURNE, Australia.**—The Self-Help Book Depot and Lending Library, 367 Little Collins St. (M)
- MELROSE, Mass.**—Center of Practical Christianity, 11 West Emerson St. Mrs. E. Isabel Noyes. (M)
- MEXICO CITY.**—Libreria Orientalista. Tacuba 53. Mr. Luis Leal. "Las Nuevas Ideas." (M)
- MILWAUKEE, Wis.**—First Unity Center of Milwaukee, 130 Oneida St. (M)
- MINNEAPOLIS, Minn.**—The New Life Fraternity, Dr. Amelia A. Randall, 2744 4th av., south. (M)
- MONTEREY, Tenn.**—Mrs. Anna M. Fleming.
- MONTREAL, Canada.**—83 Sherbrooke St., West, Apt. 4, Evelyn Le Moyné.

- NEVADA, Mo.**—Welter School and Sanitarium, 2 South Ash st. Free library. (M)
- NEWARK, N. J.**—Newark Truth Society, 435 Power av., near Roseville av. and 472 Broad st. (M)
- NEWARK, Ohio.**—New Thought Study Class, Public Library "Assembly" room. (M)
- NEW YORK CITY.**—Mrs. Mary E. T. Chapin, Hotel Commodore, Sun. Serv., Commodore Ballroom, 11.15. (M)
- League for the Larger Life, 222 W. 72nd st. (M)
- Unity School of Practical Christianity, Hotel Ansonia, Richard Lynch, Speaker. (M)
- OAKLAND, Cal.**—Truth Center, Mrs. Letitia A. Andrews, Ebell Club Bldg., 1440 Harrison St. (M)
- Sarah C. Morse, 1425 Harrison st., Wed. and Fri. 2 p. m.
- OKLAHOMA CITY, Okla.**—First New Thought Center, 212 Baltimore Bldg., Dr. L. H. Hilsmeier, leader.
- OSCAWANA, N. Y.**—Summer School of Divine Wisdom, Andrew J. Hornung, leader.
- PALO ALTO, Calif.**—New Thought Truth Center, Mrs. Myrtis Hodges, leader, 451 Channing av. (M)
- PEORIA, Ill.**—Mrs. J. K. Curry, 600 Frye Av., Phone B469.
- PHILADELPHIA, Pa.**—Dr. Elizabeth M. Clark, 14 North 18th st. By appointment.
- Emmanuel Center, Margaret Cutting-Ives, 1327 Spruce st., Public Healing. Wed. 3.
- Truth Center, 1507 Walnut st. Bookshop, M. L. Butterworth, Pres. Noon talks. (M)
- PITTSBURGH, Pa.**—Aquarian Truth Seekers, 722 Lemington av. E. E. Mary E. McGonigle. (M)
- Mrs. Catherine Carr, 506 Collins av. E. E.
- PITTSFIELD, Mass.**—New Thought Center of Truth, Emilie D. Clark, leader, 10 Myrtle st. (M)
- PORTLAND, Ore.**—Metaphysical Library, 412 Center Bldg., 10th and Alder. Nettie Taylor Kloh. (M)
- PORTSMOUTH, Va.**—Metaphysical Library and Reading Room, Mrs. R. C. Moore, 214 Mt. Vernon av. (M)
- QUINCY, Mass.**—Percy N. Lane, 335 Water st.
- ROCHESTER, N. Y.**—New Thought Center, Library, May Isabel van Dusen, leader, 451 East av. (M)
- SALT LAKE CITY, Utah.**—New Thought Center, Elizabeth De Lap Baker, 428 Pleasant Court. (M)
- SAN DIEGO, Calif.**—Metaphysical Library, 1023 7th St., Rm. 10-11. Mrs. Cella B. Slocum. (M)
- New Thought Center, 3405 5th st. Mary C. Perkins. (M)
- Maude Johnson Beane, Occult Book Shelf, 95 Eighth st.
- SANTIAGO, Chile.**—Inst. de Ciencia Mental "Armnia" Casilla Num. 636, Senora M. P. de Varalla.
- SAN FRANCISCO, Calif.**—Metaphysical Library, 14 Post st. Free Reading Room. Noon Talks. (M)
- Olivia Kingsland, Kingsland Art Shop, 1915 Sutter st.
- SANTA BARBARA, Cal.**—Truth Center, 1419 Anacapa st. Harriet Brown Coolidge. (M)
- SEATTLE, Wash.**—Raymer's Old Book Store, 113 First av. (M)
- New Thought Congregation, 1311 5th av., Chas. I. Orange, Leader. (M)
- SHERIDAN, Wyo.**—Olive Ross, 528 Delphi Av.
- SPOKANE, Wash.**—Spokane Book & Stationery Co. 903 Riverside av. Opp. P. O. Free reading room. (M)
- SPRINGFIELD, Mass.**—Unity Center, 356 Main st. Mrs. Mary Margeson. Meetings, Fridays, 3 p. m. (M)
- ST. LOUIS, Mo.**—New Thought League Headquarters, 509 North Newstead av. Phone Forest, 3959. (M)
- Society of Practical Christianity, Divine Science 3617-19 Wyoming st. H. H. Schroeder, Pastor. (M)
- Open Vision School of Truth, 720-721 Victoria Bldg. J. Ervin. (M)
- SYRACUSE, N. Y.**—Miss Katherine Carter, Reading Room, No. 2, 155 East Onondaga st. (M)
- TACOMA, Wash.**—Truth Center, 738 Market St., Mrs. F. J. Townsend, Phone, Main 8960-L.
- Metaphysical Center, 719 E. St. Lela D. Comb leader. (M)
- TEMPE, Ariz.**—Mrs. P. M. Smith, East 8th st., R. 3 Box 2.
- TENAFLY, N. J.**—Truth Seekers' Class. Mrs. C. I. Bennett. (M)
- TOLEDO, Ohio.**—Toledo New Thought Center of Truth, 603 Adams st. Mrs. J. H. Spicer, 503 Winfield rd.
- TRENTON, Tenn.**—"Silent Centre," W. H. Campbell, leader.
- WARREN, Ohio.**—Church Transcendent, 301 Buckeye st. Bookshop, 314 Main st. (M)
- WASHINGTON, D. C.**—Metaphysical Library, 188 "N" st., N. W. (M) Universal.
- Nat. New Thought Center, Miss Emma Gray, Dr. George E. Ricker, 902 F st.
- Esoteric Brotherhood, 1314 I St., N. W. President Agnes E. Marsland. (M)
- WORCESTER, Mass.**—Worcester New Thought Center, 216 Day Bldg., 306 Main st. (M)
- YOUNGSTOWN, Ohio.**—New Thought Center, 30 Elm St. Mrs. Carl H. Fuller. Wed. 2 p. m. (M)
- Aladdin Center of Psychology, 372 West Deloson Av. Gertrude A. Bradford. Sat. 8 p. m. (M)

BOOK STORES

The following is a list of Book Stores and News Stands where Nautilus and New Thought Publications may be had.

- ASHTABULA, Ohio.**—Quality Book Shop, Mrs. A. B. Zeile.
BATTLE CREEK, Mich.—E. C. Fisher & Co.
BOURNEMOUTH, England.—Miss Flora E. Pinchan
 Trinity Chhrs., Old Christchurch Rd.
CANTON, Ohio.—Ralph W. Young, 139 Cleveland Avenue, S. W.
CHICAGO, Ill.—The Advance Thought Publishing Co., 904 Masonic Temple.
 —A. C. McClurg & Co., 218-244 S. Wabash avenue.
 —Purdy Publishing Co., New Thought Book Shop, 1723 Stevens Bldg., 17 N. State st., and 16 N. Wabash street. The Temple Art Galleries, 1231 East Sixty-third street.
CLEVELAND, Ohio.—"Souvenir Post Card Shop," 4 Colonial Arcade.
GRAND ISLAND, Nebr.—The Book Shop, Tucker Bros., 118 South Locust street.
HARROGATE, England.—Talisman Publishing Co., 526 Station Pde.
LONDON, N. 2, England.—C. Maurice Dobson, The Bureau, Shakespeare House, 9 Fortis Green, East Finchley.
LONDON, E. C. England.—L. N. Fowler & Co., 7 Imperial Arcade and 4-14 Imp. Bldg., Ludgate Circus.
LONDON, W. 1, England.—"The Rally," 39 Maddox st.
NEW YORK CITY.—Goodyear Book Concern, 1400 Broadway.
 —R. H. Macy & Co., Herald Square.
 —New Thought Publishers, 108-110 W. 34th st.
 —John Wanamaker.
NORWICH, Conn.—Mrs. Emma E. Taber, 5 Fairmount st.
OAKLAND, Calif.—Hardy's Bookstore, 915 Broadway, between Ninth and Tenth streets.
OTTAWA, Onts.—Fred Kaiser, 232 S. Main street.
PHILADELPHIA, Pa.—John Wanamaker.
SACRAMENTO, Calif.—Mr. I. W. Letner, 207 K street.
SALT LAKE CITY, Utah.—H. O. Shepard, The Magazine Man, Auerbach Store.
SAN ANTONIO, Tex.—Emma V. Harrison, 421 Oppenheimer Bldg.
SANTA BARBARA, Calif.—Ramona Book Store, J. M. Barbour, Prop., 707 State street.
SIDNEY, N. S. Wales, Australia.—E. W. Cole, 346 George street.
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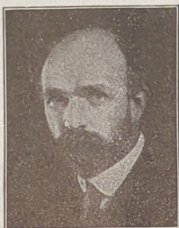
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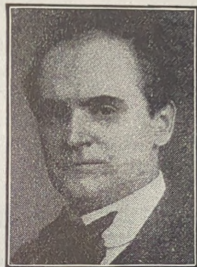
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When you understand the laws governing men's minds, then you know how to appeal to them. You know how to touch the springs of action and call forth the desired re-action.

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How I Improved My Memory In One Evening

The Amazing Experience of Victor Jones

"Of course I place you! Mr. Addison Sims, of Seattle.

"If I remember correctly—and I do remember correctly—Mr. Burroughs, the lumberman, introduced me to you at the luncheon of the Seattle Rotary Club three years ago in May. This is a pleasure indeed! I haven't laid eyes on you since that day. How is the grain business? And how did that amalgamation work out?"

The assurance of the speaker—in the crowded corridor of the Hotel McAlpin—compelled me to turn and look at him, though I must say it is not my usual habit to "listen in" even in a hotel lobby.

"He is David M. Roth, the most famous memory expert in the United States," said my friend Kennedy, answering my question before I could get it out. "He will show you a lot more wonderful things than that, before the evening is over."

And he did.

As we went into the banquet room the toastmaster was introducing a long line of guests to Mr. Roth. I got in line and when it came my turn, Mr. Roth asked, "What are your initials, Mr. Jones, and your business connection and telephone number?" Why he asked this I learned later, when he picked out from the crowd of 60 men he had met two hours before and called each by name without a mistake. What is more, he named each man's business and telephone number, for good measure.

I won't tell you all the other amazing things this man did except to tell how he called back, without a minute's hesitation, long lists of numbers, bank clearings, prices, lot numbers, parcel-post rates and anything else the guests had given him in rapid order.

When I met Mr. Roth again—which you may be sure I did the first chance I got—he rather bowled me over by saying, in his quiet modest way:

"There is nothing miraculous about my remembering anything I want to remember, whether it be names, faces, figures, facts or something I have read in a magazine.

"You can do this just as easily as I do. Anyone with an average mind can learn quickly to do exactly the same things which seem so miraculous when I do them.

"My own memory," continued Mr. Roth, "was originally very faulty. Yes, it was—a really poor memory. On meeting a man I would lose his name in thirty seconds, while now there are probably 10,000 men and women in the United States, many of whom I have met but once, whose names I can tell instantly on meeting them."

"That is all right for you, Mr. Roth," I interrupted. "You have given years to it. But how about me?"

"Mr. Jones," he replied, "I can teach you the secret of a good memory in one evening. This is not a guess, because I have done it with thousands of pupils. In the first seven simple lessons which I have prepared for home study, I show you the basic principle of my whole system and you will find it—not hard work as you might fear—but just like playing a fascinating game. I will prove it to you."

He didn't have to prove it. His course did; I got it the very next day from his publishers, the Independent Corporation.

When I tackled the first lesson, I

suppose I was the most surprised man in forty-eight states to find that I had learned—in about one hour—how to remember a list of one hundred words so that I could call them off forward and back without a single mistake.

That first lesson stuck. And so did the other six.

Read this letter from Terence J. McManus of the firm of Olcott, Bonynge, McManus & Ernst, Attorneys and Counsellors at Law, 170 Broadway, and one of the most famous trial lawyers in New York:

"May I take occasion to state that I regard your service in giving this system to the world as a public benefaction. The wonderful simplicity of the method, and the ease with which its principles may be acquired, especially appeal to me. I may add that I already had occasion to test the effectiveness of the first two lessons in the preparation for trial of an important action in which I am about to engage."

Mr. McManus didn't put it a bit too strong. The Roth Course is priceless! I am absolutely **count** on my memory now. I can tell the name of most any man I have met before—and I am getting better all the time. I can remember any figure I wish to remember. Telephone numbers come to mind instantly, once I have filed them by Mr. Roth's easy method. Street addresses are just as easy.

The old fear of forgetting (you know what that is) has vanished. I used to be "scared stiff" on my feet because I wasn't sure. I couldn't remember what I wanted to say.

Now I am sure of myself, and confident and "easy as an old shoe" when I get on my feet at a club, at a banquet, or in a business meeting, or in any social gathering.

Perhaps the most enjoyable part of it all is that I have become a good conversationalist—and I used to be as silent as a sphinx when I got into a crowd of people who knew things.

Now I can call up like a flash of lightning most any fact I want right at the instant I need it most. I used to think a "hair trigger" memory belonged only to the prodigy and genius. Now I see that every man of us has that kind of a memory if he only knows how to make it work right.

I tell you it is a wonderful thing, after groping around in the dark for so many years to be able to switch the big searchlight on your mind and see instantly everything you want to remember.

This Roth Course will do wonders in your office.

Since we took it up you never hear anyone in our office say "I guess" or "I think it was about so much" or "I forget that right now" or "I can't remember" or "I must look up his name." Now they are right there with the answer—like a shot.

Have you ever heard of "Holograph" Smith? Real name H. Q. Smith, of John E. Price & Co., Seattle, Wash. Here is just a bit from a letter of his that I saw last week:

"Here is the whole thing in a nutshell: Mr. Roth has a most remarkable Memory Course. It is simple, and easy as falling off a log. Yet with one hour a day of practice anyone—I don't care who he is—can improve his Memory 100% in a week and 1,000% in six months."

My advice to you is don't wait another minute. Send to Independent Corporation for Mr. Roth's amazing course and see what a wonderful memory

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VICTOR JONES.

Send No Money

So confident is the Independent Corporation, the Publishers of the Roth Memory Course, that you will find the Course indispensable that they are willing to send it on free examination.

Don't send any money. Merely mail the coupon or write a letter and the complete course will be sent, all charges prepaid, at once, so that you may take advantage of the special price and save \$2. If you are not entirely satisfied, send it back any time within five days after you receive it and you will owe nothing.

On the other hand, if you are as pleased as are the thousands of other men and women who have used the

Course, send only \$3 in full payment. You take no risk and you have everything to gain, so mail the coupon now before this remarkable offer is withdrawn. **Independent Corporation, Dept. R-3911, 319 Sixth Avenue, New York.**

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400,000

people have paid \$5 or \$7 for one of our Self-Improved Courses—and remember no one was asked to pay until he had five days to examine the course in his own home.

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SPECIAL PRICE \$3
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Act quickly as this special opportunity may be open for only a short time. Many purchasers have written letters similar to Robert P. Downs of Detroit, Mich., who recently wrote: "I can't see how you ask so little, while others with far inferior courses get from \$20 to \$60 for theirs."



God Singing

By Edwin Markham

WHEN men are brothers and All's for All,
A glory into the world will fall,
Love's star will soar into the brain,
Beauty will ease the heart's old pain,
And men be wildly glad of earth,
With all her mystery and mirth:
A starry light will touch each face,
A glory from the Inward Place.

Tongues can not tell the joy to come
When the sad lips of life—long dumb—
Shall break out into singing: waves
Will shout the glory to the graves;
Hills will repeat it to the sky,
Young seraphs answer with a cry,
Souls will ascend on lyric wing,
And God look out of Heaven and sing.

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Self-Help Through Self-Knowledge

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{ VOL. XXIV
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EDITORIALS

BY ELIZABETH TOWNE

*"Build thee more stately mansions, oh, my soul!
As the swift seasons roll!
Leave thy low-vaulted past!
Let each new temple nobler than the last,
Shut thee from heaven with a dome more vast,
'Til thou at length art free,
Leaving thine outgrown shell by life's unrest-
ing sea."
—Holmes' "The Chambered Nautilus."*

Wholeness and Light.

JESUS the Christ spoke to his disciples of all time and said:

"I AM the light of the world."

"YE are the light of the world."

"If thine eye be single (to the Christ within) thy WHOLE body shall be FULL of light."

In other words, If you look wholly to the Christ within, your body shall be WHOLE and LIGHT: full of *health and lightness*.

Thinking true to the Christ within us lets Christ's Life and Light play through our body.

Thoughts are *reflections* of that upon which we think: Christ IS Life and Light.

Thoughts are reflections.

Bodies are organizations of reflections.

Do my thoughts reflect Life and Light? Or do they reflect *not-life* and *not-light*?

"I AM the light of the world."

I AM reflecting *Life and Light* here and now.

Glorify God in the Christ of Me:
He is my salvation here and now.

I look to Him and there is none other.

▽ ▽ ▽

On Growing a Business.

ARE you putting the questions up to other people, which ought to be put up to God in your own soul?

You are THE ONE who can find the successful ideas for your business, by taking your problems to God within you.

Get into The Spirit and let your light shine on that business.

Have faith in God expressing through you and through each and every one of your associates in your business. Cut down expenses intelligently, wages last of all, and least. Let love express to human beings.

Do not accept the thought that present business conditions limit your amount of business! There never were so many pretty and useless things, as well as useful ones sold, in the history of the world. Get busy; *have faith in God*; improve your work all along the line and KNOW THAT SUCCESS IS YOURS HERE AND NOW.

Affirm the following night and morning, and whenever you happen to think of it:

God is the life of my business, here and now!

EDITORIALS *by* Elizabeth Towne

God is the Infinite Genius that goes into this business here and now.

God is the efficiency and the new ideas that go into this business here and now.

God is the infinite supply of myself, my relatives, my employees (or employers) and this business here and now.

This business is growing now: God is the Life that is growing it.

Go into the silence every morning and again every night and make these affirmations over to yourself repeatedly and positively. Then forget about them the rest of the day and get busy, *acting as if you already felt that they are true.* They ARE true; THEY ARE THE ONLY REALITY. Live with them; act according to them.

Whenever you catch yourself thinking anything in the line of discouragement, immediately deny that such thoughts are yours or that they have any power over business. They are simply mental tramps passing your window. They have no power over your business unless you invite them in and repeat them and live with them. So deny them, and immediately affirm the statements I have just given you.

You can do anything by wanting to, trying to and *keeping at it.* Go in to win. Success is yours *here and now.*

Practice with a willing persistency and what you desire will manifest. "Whatsoever thing you desire **WHEN YOU PRAY BELIEVE** that you receive it now, and you shall have it."

That is the promise; stand on it; affirm it.

▽ ▽ ▽

The Woodrow Wilson Foundation.

ON another page of this magazine you may read Walter Prichard

Eaton's article about Woodrow Wilson and the new Foundation. The editors of this magazine, and many thousands of its readers, will agree with Mr. Eaton in his estimate and enthusiasm.

We believe in the League of Nations, and in Woodrow Wilson's part in it, and we rejoice in the new Foundation, which will memorialize the greatest of aims, World Peace, and the man who gave himself to it.

▽ ▽ ▽

A School Teacher's Love Is Absorbed in a Man.

GOD is the satisfaction of all your desires. Be still and know.

Do not try to divert or suppress your love, your emotions. Just love the man all you want to when you are by yourself. Remember to love him *as God loves*, expecting nothing in return.

And instead of trying to divert your emotions *begin to express them in your work with the children.* When you come before your children in class give yourself and them a definite treatment like this:

My love is God's love,
Shining upon you, every one,
Awaking in your confidence, interest,
willingness to learn, and readiness to express.

I am God's love to you, and you respond to me with your love and your loyalty, and your Good Will to learn.

I am God's Love, shining upon you, evoking your divine intelligence.

Of myself I can do nothing, but the Father in me does the work; he works in me to Will and to Do of His Good Pleasure, which is *my pleasure* and my good, and it is also the pleasure and the good—the

 EDITORIALS *by* Elizabeth Towne

pleasure IN good work—of every child in this room.

I love you all! I serve you all, and rejoice in you all as my children, in whom I am well pleased.

I thank God that every hour of every day you are every one *growing in wisdom and in knowledge*, and I thank God that I Am the One who is helping you to realize your divine selves.

I am proud of you every one, and as you grow up and go out to help the world, my pride in you will grow and rejoice, and my heart will be more and more thankful to God who is the love, the health, happiness, prosperity, growth in wisdom and in knowledge, the glory and the Joy in Good Work of every one of us.

Glory to God in the highest! And right here and now, peace on earth, Good Will to every one of these beautiful children.

As I love them and give to them, so they love me and give to me their Good Will and their loyalty.

▽

Your Nature Is To Love; Fulfill It.

YOU see, my dear, you are first, last and all the time an ORGANISM EXPRESSING LOVE.

The more channels you make through which to let your divine love flow out into the world—the more of these channels you make, the greater is the glory and the happiness within you.

And it is through expressing love through more and more of these channels that you relieve the *disease* of trying to pour too much of your love into or through one channel—that is, one person.

Let your love be God's love: infinite, shining upon the just as well as the unjust, giving loving service to those who need it most!—To those who enjoy it most!

Do not seek to give less love to the one man! Give him all the love you can! Whenever you happen to think of him send your divine love to and through him, inspiring him to be and to do his very best. Let your love set his to shining on all the world. Do it all in your mind.

As you grow into the consciousness of this universal love expressing through you, your entire expression of body and face will change—you will become *illuminated* in mind and in body. Your light will so shine that men seeing you will *glorify God within expressing through you*. They will glorify your good works, your growing beauty of mind, face and body, and they will be *attracted* to you. Among those who are attracted to you will surely be THE ONE who can answer your soul's desire for a true and loving mate.

It is because we do not really express our self, our divine self, our LOVE in all that we think and do and say—it is because of this that "our own" does not recognize us as the one of all of the world, whom he wishes for his own. All our thoughts of limitation, of not-love, of not-interest in what we are doing, saying, thinking—all our thoughts of limitation make us seem heavy, uninteresting, unattractive: they are the "bushel" under which we hide our light.

So your entire problem is the problem of expressing your divine loving self wherever you are, whatever you are thinking about! Practice makes perfect and nothing else takes its place.

EDITORIALS *by* Elizabeth Towne

Intense Love Burns Out the Connections!

FOR some reason or other this man is afraid of you. You say you have loved him "intensely and painfully". No doubt he has sensed this *painfulness* and it has repelled him. Nobody is attracted by intensity or painfulness!

And the only way to relieve the intensity and the pain is to begin to express your love through your thinking and your doing for *other people*. Of course, your children first. Also for everybody else who comes within your circle of influence. Instead of concentrating your love to the point of intensity by *thinking* all the time of the loved one, set yourself to relieve the intensity by sublimating your love: by definitely directing it in thought toward other people. Love is an infinite flow of Life—let it flow out in infinite directions.

Dramatize yourself mentally as definitely directing Love to every one you know, to every one you can think of, to every one in the world and beyond it.

Love flowing out in infinite directions makes you peaceful, happy, active and attractive.

Practice New Thought faithfully, until you *find yourself in God*. Do not let this man monopolize too much of your time, nor your thoughts. Express your friendly interest in other men if you know them. Give loving kindness and friendly interest to more and more people all the time! Make *many* friends, and love and serve them all!

This man probably thinks that so much intense attention from you would prove painful to him! Until you find yourself and relieve your own tension by getting your balance through loving

many people instead of trying to love just one—until then you will probably make him so uneasy at the thought of marriage that he will not be ready to marry.

If this is the right man you will win him by the course I have outlined. If he is not, you will win a better one! But it is the only method I know of for finding your own.

You see, love is a *real energy*, it must be expressed or it causes pressure and depression. You have to treat it like any other energy, even like *water*: If there is too much water trying to get over the dam, you must open the sluices and let small streams of it run out to water the land in many directions! That relieves the pressure so that the dam is not swept away in too much emotionalism.

Whenever you feel depressed get out and take a long walk, breathe deep and declare universal love, flowing out to your children, to any individual who comes before your mind. Other than the one man you mention.

Yes, "feeling as bad as you can" and shedding a few tears will relieve the tension. But the practice I have outlined is far better, because in that practice you really direct your love energy to world service. You can get *lasting* satisfaction out of life, *deep* satisfaction, by serving your world, and in no other way.

Jesus said: "If any man would be great he must serve ALL."

Also He said: "You are to be perfect as your Father in Heaven is perfect." Your Father in Heaven (heaven is within you) is LOVE, and His Love is shed alike upon the unjust as well as upon the just.

That is your pattern. *Send* your love

EDITORIALS by Elizabeth Towne

to other people by definite affirmation, and it will relieve the pressure of love that you have been sending out too intensely in one direction.

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Environment.

IF YOU are a round peg in a square hole—be square.

If you are a square peg in a round hole—look round! Get busy, grow, and rub off the corners.

Environment may make the man. Yes. But who makes the environment? MAN!

Individual man collects his own environment by soul attraction.

To change environment, let your soul shine in interest, new thought and action.

Environment is opportunity: improve it

Improve environment by improving opportunity. And *vice versa*.

▽ ▽ ▽

The "World I Am" and the "World I Do."

THE worlds in which we live are two: the world I AM and the world I DO. It was Henry Van Dyke who said that, I believe.

I AM "God's perfect idea": pure spirit, all-wise, all-powerful, perfect, beautiful, bliss-full, glorious, useful, free, self-directing creator.

I AM the Son of God, radiant and life giving and shining as the Sun.

I AM created in God's image and of like substance, and, like Him, I have life in myself. All that God is and does I am.

All that God does I can DO because I AM in Him and HE in me, and He works in and through me. Of myself apart from The Whole God and His World I can do nothing.

According to my faith in What I am, it shall be done unto and through me.

I AM what I desire to be, for it is God who desires in me.

I DO what I desire to do because God Omnipotent works in me to Will and to Do what He desires—which is what I desire.

All things are possible to me because all things are possible to God who is my Wisdom, my Will, my Power to Do.

What I AM is manifested in proportion as I realize it.

What I AM expresses in what I DO in proportion as I realize what I AM.

God's idea of me is the Divine Life Urge and Pattern pushing for expression through me.

In proportion as I recognize God's idea of me I express it (*ex-press* or press it outward) in the World I DO.

What some teachers speak of as "the arrival consciousness," is what I call consciousness of truth absolute. We live in a perfect universe and as fast as we realize it, we express it. And also in proportion as we realize it, in that proportion we express it.

Our doings with each other are in the world of expression. That is, it is the things which we express, that other people can see and feel and sense. That is why we are moved to express—that

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THIS MAGAZINE

**Affirms the
UNITED STATES
of the
WORLD**



How To Attract Prosperity

By Orison Swett Marden

▽ ▽ ▽

“**A**MID all the mysteries by which we are surrounded nothing is more certain than that we are ever in the presence of an infinite and eternal energy from which all things proceed,” said Daniel Webster.

When your thoughts go out from you, they don't go into the “empty air,” as we so often say, but into this “infinite and eternal energy from which all things proceed.” There they take shape and materialize in your life according to their nature. The eternal energy or creative intelligence works in harmony with the laws of the universe and returns to you the fruits of your seed thoughts.

Ignorance concerning the part that mind plays in drawing to us the things that match our ambition is responsible for more dissatisfied, unhappy, discontented, poverty-stricken lives than any other one thing. There are millions of round pegs in square holes, and millions living in poverty, who might be in the place for which nature intended them; might be prosperous, happy and contented but for the unfortunate thoughts they are sending out into the “infinite and eternal energy.”

Most of us have no idea that thought has more to do with determining our conditions, with shaping our circumstances and environment, bringing us

poverty or wealth, attaining our ideal or driving it from us, than any other thing. Every one of us could be prosperous and happy if we only knew the powers locked up in ourselves and had learned to use our minds to back our efforts on the material plane.

Someone says, “Dare to fling out into the great cosmic mind greater assurance about yourself; dare to have greater confidence; dare to believe in yourself and your missions. Have a grander ideal, a nobler aspiration.”

Some people are afraid to do this; they don't dare to think well of themselves, to aspire to things that would make them comfortable and happy. They think that poverty is a decree of Providence; that they were born poor and are destined to remain in poverty all their lives. While they ask the Creator to help them in everything else, they feel that it wouldn't be right to call upon Him for money because, they will tell you, the Bible says that money is the root of all evil.

Nowhere does the Bible condemn money or the right use of it, but only an inordinate love of it. We were all intended to live the life abundant, and not the pinched, starved, stunted lives of paupers. The Father never meant His children to grovel in poverty, to spend their lives in drudgery, lacking all that makes living comfortable and harmonious. The earth is filled to overflowing with the abundance of His riches and there is no need for any one to remain in a degrading state of poverty. We have a right to our inheritance of all that is good and beautiful, all that is needful for our welfare, to enable us to do our best work free from limitations and embarrassments.

Dr. W. John Murray says, “Not because we wish to have great prosperity and riches in order to live like fools, but in order to live like angels, blessing

and benefiting others who do not realize the truth as we do. That's the reason why we want money. We are not making prosperity a God, we are making it a divine assistant."

Money rightly used is a blessing and not a curse. On the other hand, the poverty that condemns one to perpetual want has strangled more talent, blighted more aspirations, dashed more hopes, starved and stunted more lives than almost any other one thing. That kind of poverty is not a decree of Providence but a disease, engendered by our own ignorance of mental laws. It is the poverty to which the Bible refers when it says, "The destruction of the poor is their poverty." It warps and twists the whole nature; it fills men and women with bitterness, discontent, and unrest; it kills off tens of thousands of little children and drives multitudes of people to crime, to insanity, to death. In short, it is responsible for more human misery than almost anything else.

No one need remain in such body and soul-killing poverty as this. You can think yourself out of it, or your thoughts can keep you in it, just as you will. Of this you may be sure; you will never be anything but a beggar while you think beggarly thoughts, but a poor man while you think poverty, a failure while you think failure thoughts. The very hopelessness of such an outlook on life demoralizes effort and kills ambition. You cannot do your best, you cannot succeed in anything, while your mind is filled with failure thoughts.

The man who would succeed, who would have the good things he desires, must think success, must think abundance. He must think progressively, creatively, constructively, intently, and, above all, optimistically along the line of his desires. If he thinks otherwise, negatively, destructively, pessimistically, no matter how hard he works,

he will not succeed in attaining his object. A great many people defeat the end they have in view, because their mental attitude does not correspond with their endeavor. While working for one thing they are really expecting something else. They drive away the very thing they are pursuing by holding the wrong mental attitude toward it.

If all middle aged men and women who are down and out in the world, who are side-tracked, who believe that their opportunity has gone by forever, that they can never get on their feet again, and that about all they can do for the rest of their lives is just to keep their heads above water; if they only knew the greater power right inside of them, they could easily, by the reversal of their thought, get a new start and revolutionize their condition.

The law of attraction is as exact, as inexorable, as are the laws of gravitation and of mathematics. It will unerringly follow your thought, for it is the thought that sets the law in motion. Whatever your dominant thought, your habitual mental attitude, your attitude toward your job, toward the world, that will be made manifest in your life. The law will bring to you every time that which is exactly like your thought, your belief, your expectation, your feeling, your habitual mental attitude. Prosperity and prosperity thoughts go together. Prosperity and poverty thoughts will not go together. That would violate the law that like attracts like. While a man's mind is saturated with the poverty thought, the poverty expectation, while he continues to visualize poverty conditions, he can't attract anything but poverty.

If you draw a steel magnet through a lot of rubbish it will pull to itself the tacks and nails, the bits of steel, in whatever form, that may be there, but

(Continued on Page 37.)



The Idealized Process of Unfailing Methods of Healing

By Brown Landone

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PART I: WHAT CAN WE DO ABOUT
"MATTER"?—INFINITE ENERGY.

LESSON 2. GIVING LIFE AND MOTION TO
AN ARM PARALYZED FOR SIXTEEN
YEARS.

GOD is All and God is Life—these truths are as certain as the existence of Gibraltar and the Himalayas.

Yet, after asserting the above truths, many of us put on the brakes and hinder the free operation of these two principles by contradicting them with this statement, "In matter there is no life."

Since God is All, He is matter as well as spirit: and since God is life, then true matter is life—a manifestation of God,—a manifestation of the infinite energy of God.

In the preceding lesson it was shown that even physical and chemical scientists now realize that so-called matter is infinite energy—an *infinite* number of *infinitely* small centers of whirling energy held together by an *infinitely* extensive attractive force. The recognition that these factors are *infinite* means that they are God.

In this lesson we take up the second false idea of matter,—that is, that matter is lifeless. So long as we hold the mistaken thought that matter is

something apart from God, that it is something solid and lifeless, dense and energy-less, just so long will hindering doubts remain in our mind, no matter how much we affirm to the contrary.

Christ never asked us to affirm or deny; He asked us to *know* that we are God's!

Our present purpose, then, is to know the real God life—infinite energy in every form of God's manifestation—even in matter. When this is *known*, thousands of ills which now baffle us will be remedied as easily as a headache is healed.

In this lesson I refer especially to the case of a paralyzed arm—that of a young Frenchwoman, twenty-three years of age in 1913. At that time, she had been unable to move her right arm, from shoulder to finger tips for sixteen years.

When God energy manifests normally in life—whether in the single cell or the body of a human being—five primal activities are always in evidence: (1) *movement*; (2) *sensitiveness* to outside impressions; (3) *taking in* of all that is necessary to sustain the structure—food, air and life energy; (4) *throwing out* of waste materials and (5) *growth*—the increase of activity or structure.

When medical experts say that an arm or a limb is paralyzed, one of these five activities is subnormal—sometimes two or three of them, but *never* all five.

In some cases an individual is unable to move the part paralyzed; he may also be unable to feel anything when it is touched and the part may not have grown after becoming paralyzed. In such case three out of the five conditions are subnormal.

In other cases, the paralyzed part may continue to grow, but have no power of movement and no power of feeling.

But in most cases of paralysis, only

the power of movement is lacking. Pressure, heat and cold can be felt and the part grows normally in size. Every cell of the paralyzed part is fed by the blood and the waste materials are carried away by it.

In all cases of paralysis, the cells of the part affected, always take food from the blood and always eliminate waste. If this were not so, the part would decay and drop off. In such case, it would not be called a paralyzed part at all.

I cite these facts to give every person now suffering from this kind of trouble great hope, infinite hope.

When any expert says that nerves are *dead*, realize this: if dead, the millions and billions of cells would not receive impulses to take food from the blood or impulses to get rid of waste materials. Hence, no matter how serious the condition *seems*, it is undeniably evident that the nerves as a whole are not dead unless the part is decaying. Certain fibres of the nerves may be affected—may be asleep—but not dead!

Anyway, nerves are made of matter, aren't they? And matter, as we found in the last lesson, is but infinitely small centers of infinite energy held together by an infinitely extensive attractive energy—God.

And God is All Life!

Since it is God as attractive force that holds centers of energy together and forms what appears to be solid matter, God force can be used to change the form and condition of any substance—especially nerves, if they happen to be merely sleeping.

To arouse a consciousness of life—a consciousness of God life so impelling and stupendous that it lives *in us*—so ever present that we do not need to affirm or deny it—we should idealize the ever present and infinite energy of God in all existence, even in so-called matter,

(Continued on Page 37.)



A Mile Post on the Road to Progress

By Walter Prichard Eaton

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THE Woodrow Wilson Foundation, which a present honors and will some day commemorate our war-time President, is to take the form of a fund, the income of which will be awarded from time to time to individuals or groups which have "rendered meritorious service to democracy, public welfare, liberal thought, or peace through justice."

Quite irrespective of what your opinion or mine may have been, or is, regarding President Wilson's official acts and policies, none of us in whom the passions of war have cooled to the point of reasonableness can fail to feel that he was a man of singular force, who contributed something of singular potency to the minds of men during a stressful epoch, and that thus to honor him in his life time is both to render the homage due to character and to render publicly, for all time—in the awards—the homage due to idealistic service. I never voted for Woodrow Wilson myself—I voted for a man he put in prison. Yet I feel that the justice he so often spoke of compels me to plead for the purpose of the Foundation.

To me, at least, the Foundation is the recognition of what is greatest, not only in Wilson, but in any leader, in any man—the power of vision, and of

(Continued on Page 46.)



Pure Metaphysics: Knowledge vs. Ignorance

By Flora Stewart McGraw

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THERE is no positive and absolute statement of God, Man, and the Universe except the word "PERFECTION." But owing to the fact that it does require effort on our part to Realize it and so make it manifest in ourselves, our environment, and our bodies, we are obliged to use many words and many explanations, all of which, however, simply lead us to this one basic fact. When the words and explanations do not lead us to this one basic fact, they mislead us, which is worse than having had no metaphysical teaching at all.

At their best, words do not convey ideas very correctly. And when one reads or hears a spiritual truth stated repeatedly in exactly the same words, it begins to lose force and effect. That is why, no doubt, the most successful metaphysical healers do not use "formulas."

There is a great tendency at this time, in a present popular interpretation of Truth, to split us up into two, a material self in a material universe and a spiritual self in a spiritual universe which is called "Heaven." Even the assurance in the next breath that both our spiritual self and Heaven are right here does not exempt us from the *fatal sense of duality* which this gives. After describing a material self, giving it a

sort of a history or reason for being, it is next to impossible to wipe it out of our consciousness by any other statement made. All that is accomplished is to fix upon us a sense of being two, or at best, a divided self. It is with difficulty that one twists his consciousness into accepting this even as a premise, and the effort to do so is often very pitiful to one who has himself passed through this stage with its tortures.

I know I strike a sympathetic chord in the hearts of every Truth student when I confess that for weeks and even months I went around absolutely alone in my universe, with no body or even the assurance of having a universe. It was true, I seemed to have both, but never during this period would I admit them to myself.

Then it began to dawn upon me that, if my premise was correct, and the mind of the human man was wholly a falsity, there was no way for me to be sure its conclusions were correct about God. Even He might be an illusion.

The term "mortal mind" is used more particularly by Christian Scientists than any other body of people. Understandingly used, there is no other term which better covers the long range of false beliefs to which the race is heir. But used indiscriminately it is a confusing and almost dangerous expression. At the time to which I have just referred, I happened to open to page 9 of the book called "Rudimental Divine Science," by Mrs. Eddy. She wrote: "*Mortal mind*,—a false and temporal sense of Truth, Life, and Love."

With one mighty influx of understanding came such an illumination that even the mind's natural love of mystery and the occult could not again bring me into a position where illogical metaphysical teaching could tempt me away from my own spiritual convictions.

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VIEWS & REVIEWS

WILLIAM E. TOWNE

SUGGESTION AS AN AID IN EQUALIZING DESIRE AND SATISFACTION.

THE conditions of modern civilization are such that man can give expression to only a portion of his desires in *their original forms*.

His waking hours are filled with decisions, many of which will result in repression of crude impulses, unless, where expression is not expedient, he is careful to provide a substitute outlet. Day by day the conscious mind is kept centered upon certain ideals and standards of action. With sleep comes relaxation and suspension of the waking inhibitions. Then it is that the unconscious, the archaic self, takes command and seeks to more nearly equalize desire and satisfaction by giving expression to repressed impulses through dreams.

Most dreams are the product of an effort of the unconscious to gratify (through the dream) some desire that has been repressed during the waking state. Dreams are usually symbolical to such an extent that their real meaning is not apparent, unless the symbolical aspect is understood and taken into account.

If we are overbalanced in certain states while awake, the various states are collected and a sort of balance struck, during sleep.

This process can be aided by an understanding use of revery and self-analysis during the waking hours. The idea of equalization should be reinforced by auto-suggestion, or affirmation, made with a definite object in view to equalize the more divergent mental states and to find substitute means of satisfying any repressed impulses that may be pushing for expression.

It is desirable that these substitute methods should be aimed at some constructive activity, or be of such a nature as to add to the growth and well-being of the individual without injuring society.

It is an axiom of practical psychology that one cannot resolve a mental conflict on its own level. Two opposing tendencies can only be united by a new objective, a new ideal of expression, a new symbol, which will lift the whole situation to a plane above that on which the conflict of desires arose. In general we may say that one's ideals and objectives should progress from a selfish and anti-social state toward the social view point of service to society, or toward such action as will promote the welfare of the individual without injuring society.

A concrete example of what is meant by uniting two opposing tendencies in a higher synthesis or objective, is found in the case of a young man of some means who had found life sadly disappointing. He had started out with high ideals, none of which had been realized. His ideals were alive, but in actual life he was drifting idly without accomplishing anything. On one side was his ideals, on the other the natural tendency to laziness and inaction, to give way to obstacles and discouragement. In this unhappy condition he consulted a physician who was a student of practical psychology. The physician discovered by analysis that the young man greatly admired his grandfather, who had been a successful business man, and suggested to his patient that he enter actively upon a business life as a means of giving adequate expression to his

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tendencies and uniting them in a common constructive aim. The young man followed the advice and later became much happier and quite successful as a result of resolving the inner conflict of tendencies by constructive, directed action that relieved the pressure of repressed desires and turned his forces out and away from himself.

We may use the process of revery and suggestion (call it "going into the silence and making affirmations," if you prefer that term) to displace undesirable habits with more desirable ones. A French psychologist gives this illustration of the process: "Let us suppose the brain to be a board into which have been driven brads representing the ideas, the habits, the instincts which determine our actions. If we perceive that in any individual there exists a bad idea, a bad habit, a bad instinct—in a word, a bad brad, let us take another brad representing the good idea, the good habit, the good instinct; let us place its point directly over the head of the bad brad, and strike on it a single blow with a hammer; in other words, let us make a suggestion. The new brad will be driven a little way in, a millimetre perhaps, and the old one will be driven out for a corresponding distance. At each fresh blow of the hammer, at each fresh suggestion that is to say, the new brad will enter for an additional millimetre, and the bad one will emerge to the same extent. After a certain number of blows, the old brad will have been completely dislodged, and the new one will have taken its place."

The ideal condition towards which we should work is that wherein the life force flows freely out into the world of reality where it finds effective expression in successful action. There is then no lost motion, no mental conflicts to

exhaust the energy. Desire translates itself without conflict or delay into constructive and useful activities. Desire and satisfaction are equalized and we will then need no artificial methods of bringing this about.

NEED OF NEW IDEAS.

"THE mind is like a stagnant pool and in the absence of any fresh current of images and ideas, it tends to stability."

Progress comes through the introduction of new ideas into the mind. The ideas may be brought forth by reactions to the outer world of reality, through experience, or arise from the great unconscious realm within.

Life is the expression of ideas. When the mind becomes fixed in certain habits of thought and action and its rigidity is not broken by frequent change through contact with the outer world and by a progressive mental attitude, the individual begins to lose his grip on life and go backward.

The only man who really lives is the one who is making constant progress. He may slip back here and there, he may make many failures, but on the whole he goes forward.

The dying man is the one who becomes more and more static in his mental habits. He knows exactly where and how to classify each new experience, he pigeon holes every idea according to preconceived beliefs. He is quite apt to be satisfied. Dissatisfaction is usually an indication of increasing life.

Where there is a static condition of the mind, the muscles of attention be-

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come atrophied. The attention is not readily turned to new ideas for a sufficient length of time to really understand them and their possibilities as food for growth.

We should, therefore, train our minds to adapt readily to changed conditions and to welcome new contacts and new ideas. The natural tendency to stick to the old, the familiar, until we are driven out of it, should be overcome.

It is especially inimical to progress to allow oneself to feel that he has arrived at ultimate truth along any line. As soon as he gets the idea that he has achieved a perfect formula in religion, philosophy, politics, the problems connected with daily living, and begins to pigeon hole every new idea according to his formulas, he is building around himself a wall that will shut him off from life.

It will help us to adapt ourselves to new ideas if we have a clearly defined objective toward which we are working. When the mind is dominated by an objective, it readily adapts to whatever conditions are necessary to make its attainment possible. If we set our objective well in advance, we thereby give ourselves an effective suggestion to insure our progress.

RECOGNIZING THE WORLD OF REALITY WHEN MAKING SUGGESTIONS.

WHEN we speak of recognizing the outer world of reality we do not mean that it is desirable to regard that world as something inflexible, a great and powerful enemy of man. We simply want to convey the idea that denial alone will not wipe out the ma-

terial world. We exercise freedom and dominion in that world, not by denying it, but by understanding its laws and our relation to it.

The fact of denying disease, for instance, as a real condition, shows that we really regard disease as a great and powerful enemy, something to be feared and guarded against. By denying its existence we emphasize our fear of it.

If we zealously affirm the allness of health, instead of treating by the negative method of denial, our imagination is still filled with the concept of disease as a great and powerful monster. Under these circumstances if we allow the conscious mind to dwell upon our affirmations of health to any extent, we set in motion the law of reversed effort by which part of us questions, doubts and fears, even while we doggedly affirm the supremacy of health.

A suggestion to be most effective must be of such a nature and so presented that it will not be questioned by the conscious mind.

Wherever the will comes into action in trying to help out a suggestion, or the conscious mind begins to question, the law of reversed action becomes operative and neutralizes the effect of the suggestion or affirmation.

This is why general suggestions are usually better than specific ones. "Day by day, in all respects I get better and better" is far more effective than "I am perfect health now." The former affirmation takes into account the world of reality and allows for the fact that disease is a real condition, even though it has no foundation in reality, and therefore it does not arouse the oppo-

sition of the reason and the conscious mind so as to set up a counter suggestion.

Should you prefer such statements as "God is my life, my health, my supply," simply *end* your affirmation with "Day by day, *in all respects*," etc.

If your faith and understanding is great enough, you might secure success with such specific affirmation as "I am health now," but it would necessitate keeping your attention centered upon the fact that the affirmation represents *potential* truth, regardless of outward appearances. This would require mental effort. There would be lost motion. You would be under the necessity of interpreting the exact meaning of your statement to yourself, so that your conscious mind would not set up the counter suggestion, "but I am *not* health *now*." All this would waste energy.

Any one who has had an opportunity to observe the effect of suggestion or affirmation, as practiced by New Thought people, is familiar with that form of discouragement and failure to obtain results that finds expression in such remarks as, "I have affirmed and affirmed and still have grown worse. I repeat 'I am health' over and over and all the time I know it is a lie," etc., etc.

In such cases the effect of the affirmation has been completely neutralized by the questioning and doubt of the conscious mind, due to the fact that the affirmation was not worded in such a way as to make it appear reasonable and acceptable to this every-day mind.

The average person will make faster progress towards health and the realization of his ideals through the use of suggestion if he follows the methods recommended above. These methods are the result of many years of practical experiment and observation by men who have made the study of suggestion and

its laws (as applied in actual healing) the chief object of their lives for many years.

When You Need Money.

YOUR first and greatest need is to get out of your mind the idea or feeling that you are to *coerce* conditions in any way. When you plant a seed you do not try to force its growth by the use of your will power. You know that you cannot hasten growth by action of the will. All you can do is to make the conditions as favorable as possible for its growth and unfolding.

Now what you need to do is to *make conditions favorable for success*. Affirm that the Spirit in you *IS* success, until your creative faculties become quickened and you conceive new ways and means of increasing your earning power.

To put it another way, the thing for you to do is to give all your attention and thought to *creating* money through a constructive use of your mind and hands, without trying to *force* or *compel* wealth to come to you.

One other very important point is to repudiate the idea that what you desire has got to come to you in a particular way. Also, avoid the feeling that if the amount you desire is not received by some certain time your life is going to be a failure. So long as you entertain these thoughts and these feelings you limit yourself and inhibit the results you desire to achieve. Your mind cannot create wealth when it is filled with thoughts of poverty. You cannot see the ways and means by which you might get money when you are thinking about your debts.

Let go all thought about appearances and get your mind filled with the thought of the *principle* of wealth.

"RELIGIOUS emotion that is not hitched to action, is dissipation."



The Stingy Consciousness Healed: Recognition is Power

By N. N. S.

▽ ▽ ▽

WHAT you recognize you give POWER to.

To acknowledge a quality is to cause more of it to become perceptible.

To perceive generosity in another is to assist more of that God-given quality within him to manifest. There is *plenty of generosity in the heart of him*, and your recognition of it encourages him to draw aside the veils that formerly hid it from you. Warmly greet the generosity that you perceive, praise it heartily in your thoughts, and the veils that obscured your own vision will be removed. Bless the quality in every way you can, and it will increase and multiply to the perception of everyone concerned.

When it comes to a question of stinginess, I know what I am talking about, as any member of my family could bear witness, except my mother. And *at the time* that I seemed to them to hold the world's record as a "tight-wad," I was continually making mental plans to buy them comforts, build them homes, make them happy; but I was AFRAID to spend all my meager earnings lest I become dependent upon them and so deprive them of some of the comforts that they had or bring them to actual want. I wanted "to amount to something" for their sakes, to take care of myself, and to give more to them. But I was AFRAID, always AFRAID that my poor health would fail utterly, always AFRAID that I might get where I could not give them even a small part of the big gifts that I wanted to give. I loved them so that I wept many a night because I could not do more to alleviate their sufferings from poverty. I walked on tired feet hundreds of times to save nickels to hoard until I had enough to buy my sisters or nieces shoes, and

in consequence was dubbed "stingy" by my friends.

I sometimes look back with a most uncomfortable feeling of shame on some of the miserly little deeds that I then perpetrated, but I ought not to do so, I ought to freely forgive myself; for I WAS NOT STINGY; I WAS AFRAID.

My mother saw generosity in me, was greatly grateful for the small things that I could do for her, and *how I loved her!* Finally that love forced me (I was a quiet, frail, little homebody) a thousand miles away from her into a strange land with no acquaintance near. I could earn more there and, consequently, could send more to my loved ones.

Though I still worried from force of habit and was often wretchedly homesick, getting so far from the ceaseless petty trials and tribulations of our poverty-ridden household was the best thing that ever happened (?) to me, for I didn't see them nor hear much about them, and so, to a great extent, forgot them. There was no *dwelling* place for them in my mind, because it was occupied with my new work and adventures—though they visited any spare room that I had whenever I had time to entertain them, usually after one of the infrequent mails.

My health improved, I earned more, spent more, gave more, and saved more than I had ever done before. But the great thing the experience did for me was to start my *courage* working (for I maintain that I wasn't a COWARD in the God-given heart of me, either). It fanned the spark of latent fearlessness within me; so that the next year I went several thousand miles away and took a sick and dependent mother with me.

I continued to slave and worry, but for the first time in my life I dared to spend more than I earned; I used up my savings of the former year, and even borrowed a little, for mother's railway fare back home. We had run into a couple of relatives who were as deep in the poverty mud, due to bad investments, as we had been in the mire. We had crossed a continent, but we had not left our troubles behind; rather we took on their worries in addition to those we brought with us, mother's condition becoming so alarmingly bad that I had to send her back home.

My improvident relatives helped me; they loaned me money that they would otherwise have spent for "respectable clothes." But better than that, they taught me, by example, not to be AFRAID of poverty. They were then as poor as Job's turkey, but nobody could have called them stingy, for they were not afraid to spend

their last cent daily. I was shocked at this, and tried to reform them, but instead they started my reformation without trying. As soon as I had saved enough I helped them out of debt, and then we toddled on together for five years.

During that time we took a leisurely pleasure trip, first-class, across the continent and back, to see the folks and, incidentally, the sights by the way. We did many other interesting things together that have nothing to do with the main trend of my story. I may say that I was able to purchase two homes for needy loved ones as well as many other comforts, while my mother is enjoying a plenteous old age.

Next, opportunity brought me where I now am, a third of the way around the earth, an absolute stranger again in a strange land. The promising position that called me proved a bad joke on me—I've been "out of work" a third of the time during the past two years—but I'm sure that no one thinks me stingy; while several of my friends, including the woman who shares my home, declare that I am an object lesson in GENEROSITY and COURAGE!

(This isn't any plea for sympathy; I'm well and happy and "what is mine shall come to me." It is a wonderful place to live in; and while God has a variety of names here. He unfailingly takes care of those who trust Him to do so.)

Bless the heart of the woman who lives with me! When she came to me I pronounced her absolutely the stingiest person I had ever known and—misery likes company—rather exulted to think that she had anything I had ever seemed in the stingy line "beat a million miles." She skimped and saved, pleaded poverty from force of habit (for she had a fine position), and hoarded money, hoarded old clothes, hoarded everything, and for nobody under the sun but herself. She had no one to love her enough to *believe* her generous, to PERCEIVE her generosity.

She hadn't been with me long before a most terrifying thing happened to her in the night, and she called for me in the midst of it. I woke out of a sound sleep to go to a huddled heap of FEAR. A burglar had broken into her room, and her inarticulate cries of terror were the awfulest things I have ever heard—they scared the burglar away. She shook and quivered for hours, and it was weeks before she was anything like normal again. During that time I grew to love her—she needed me so. I came to know of her poverty-stricken, hateful childhood, the FEAR-FULL days of her youth. Once she asked me if I thought the experience with the burglar came to her as a punishment for being

stingy. When I replied, "You are not stingy, my dear," I was speaking TRUTH, and I KNEW it as I did so, though there were times thereafter when my eyes were veiled.

I didn't suddenly become and thereafter continue sweet and lovely to her. I criticized her in my thoughts as well as by word of mouth on occasions, that, however, grew further and further apart. I admit that I had to *work hard* to keep my thoughts free from blinding criticism; but work I did, for I KNEW under the surface of my own beveled mind that she was generous in her heart. She responded little by little.

Yesterday morning I said aloud, though not to her, that I KNEW her to be generous, and I wasn't "kidding myself along," either; it was rather as if all veils of obscurity were removed. Last evening when I told her of a plan of mine (that would seem extravagant to most people) which I meant to carry out as soon as I *realized* the money, she volunteered to lend me \$500 of her savings for an indefinite period of time without any security!

WHATEVER you recognize you give POWER to. I have proved it time and again, and have known others to prove it, consciously or unconsciously.

One more example stands strikingly out in mind today: A very brilliant friend of mine who came of a large family of bright children, told me that the "fly in the ointment" of her childhood was her brother John. When he was three years old, she said, he was left in bad condition by scarlet fever, his mental development seemed hopelessly arrested, and as he advanced in years he was as slow in regaining physical fitness as he was swift in becoming more and more slovenly and unpardonably lazy. She and her brothers and sisters were always ashamed of him; in fact, nobody really loved him except his mother. My friend declared that she used to get out of patience with her mother because she never would see any fault in John; she would never say anything against him, and apparently thought of him as normal. As for the others they tolerated him with more or less patience, usually less, seeing only shamelessness and stupidity, and he responded accordingly.

Whatever you recognize, you give power to. The mother, by the way, was an orthodox Episcopalian, with no "new fangled notions."

Finally all the children but John left home. He remained his mother's care, a man in years, and maybe twelve years old, mentally. After he had lived alone with his mother for five

(Continued on Page 48.)



When God Worked Through Me His Wonders to Perform

By M. Alice Waring

SIX years ago I was as a rudderless ship, storm-tossed and adrift on the sea of life; waiting—almost hoping for the rock that would shatter my sinking craft. But my life's work was not over. Through the advertisement of a magazine that offered help to those adrift, I was towed into calmer waters. The way was new and strange, and I traveled slowly with the burden that was laid upon me. Two years later when the crash came, I was completely submerged. I realized the grandness of the testimonials in the magazine that continued to come to me, but I THOUGHT that I was outside this glorious attitude, though I kept a-seeking.

One morning I was aroused from my state of coma, by the sudden illness of my daughter. The glassy appearance of her eyes arrested my attention, and, though she so bravely and dearly tried to persuade me that she was not ill but only tired, I took her temperature. The thermometer registered 104. The doctor was called and pronounced the dreaded pneumonia. For five days her temperature wavered between 104 and 105. I, in my anguish and blindness, knew not what to do. The morning of the sixth day, when the nurse had gone to rest and, as usual, I took her place, a new courage arose within me. The nurse's chart before me showed a straight line of 105 all through the night.

SOMETHING gripped me, and I cried, mentally, "O, God, must this go on for another five days?" for the doctor had said that we could hope for no change for the better until the crisis was passed. Then a voice within me whispered, "leave off the doctor's instructions, and do what your mother's heart bids you." At once I put aside the half-hourly tablets, and administered a simple remedy we were in the

habit of using in our home. Next I rubbed her spine with alcohol as the nurse had done. As my hand moved over her fevered flesh, subconsciously I held the thought and wish that one of the women healers that I had read about in books, could be there to give aid, for I was so ignorant of the methods of healing. When I had finished with the alcohol and was replacing the bed covers, my daughter said in her delirium, "what is that you have left under my back—a book?"

In my anguish I smiled, for I KNEW that there was something going out to her from me. I sat by her bedside and took her hand in mine. As I stroked her arm, I called upon God with all the power within me, to take the strength and blood from my body and infuse it into hers. I breathed, "dear God my little girl is just budding into womanhood, take the strength from my body and let me give my life to her."

And then God worked through me his wonders to perform, for suddenly I felt the blood racing through my veins and flowing down my arms, until it fairly oozed through my finger tips and entered my little girl's arm as I stroked. I was stirred beyond control, and I cried aloud, "Thank God," for the tossing head and rolling eyes had become calm. Sleep had come at last.

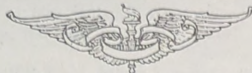
When the nurse took the temperature after my daughter had aroused from two hours' sleep, it had dropped to 101. The doctor, at noon, said that the nurse's thermometer must be out of order, but proved the fact with his own. Poor man, he did not perceive of the miracle brought about by the Great Physician, but accepted, himself, all the credit of the sudden recovery. When my daughter was able to sit up, her hair began to fall out as if it had been cemented to her scalp, and the heat from the fever had robbed it of its adhesive powers. Having had so much of God's kindness, we now asked his aid for her hair, which had been, indeed, her crowning glory. Every morning I massaged the scalp with vaseline while we both visualized an abundance of hair which we desired to grow in curly. In a few months her hair was luxurious, and stood out in wavy ringlets.

"If ye ask anything in my name, that will I do."

GOD is the only power, the only creator, and the only ruler, and man is his consciousness, the activity and demonstrator of the qualities of God.—F. L. RAWSON.

THE AMERICAN SCHOOL

METAPHYSICS PSYCHOLOGY CHRISTIANITY



The Co-Operative Study Club

Conducted by Paul Ellsworth

▽ ▽ ▽

EVERY Subscriber to *Nautilus* is a Member of this New Thought Co-operative Study Club without cost other than the \$2.50 paid for subscription to the magazine.

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Key Thought to be affirmed by C. S. C. members in the Silence the first thing every morning and the last thing at night; also to be affirmed at the opening of every Local Study Club meeting:

IN Divine Love I bless all my fellow members in the C. S. C. I glorify them all for blessing me. Day by day, we prosper together increasingly in God's Abundance.

LESSON II. THE SILENCE: HOW TO ENTER IT—HOW TO CONDUCT A GROUP SILENCE.

ON THE basis of the month's experimental work which the study group has now done with the Silence, it will be possible for us to consider some of the typical problems encountered in connection with this subject. For instance:

What is the Silence?

How can I be sure that I have encountered it?

How can I shut out the interruptions of the world?

What results can I expect to get?

As the last of these questions is the simplest, we shall get it out of the way at once. Into the silence you are to take all the problems, physical, mental, financial, etc., which are not easily solved by the routine of every-day living; and if you systematically develop the ability to use this master method, you can expect in the Silence to solve all of these problems. Remember, "Man's extremity is God's opportunity." The things which you cannot do as an individual or as a member of the race, you can do as a focal center in Divine Consciousness.

Now for our first question, "What is the Silence?" Before we can answer we must recall the fact that what we call "consciousness" is not a simple thing, but rather is a complex made up of definite parts. The concept of multiple personality helps us grasp this truth, for it teaches that every one of us is not a single self, but is rather a group of selves held together in a more or less loosely organized confederation. This principle is farther illustrated by the domination of what we call "moods." A mood is simply a little self, which at times comes to the front of the stage and at other times disappears behind the wings. During a period when the creative mood, for instance, is before the footlights of consciousness, the creator is able to do his work in a masterful way. When this creating self disappears into the unconscious, on the other hand, every creative effort is a stiff and an ineffective one.

With these materials for our definition, we are able to state that the Silence is simply that condition in which all our lesser selves are working harmoniously together. For practical purposes we can divide the many selves into six groups. Perhaps it will be better to define man as a sixfold being, with the understanding that each of the six sides of his nature must

be awakened and co-ordinated when he enters the Silence.

The first division is the physical. Man as we know him is partly an animal, functioning through a physical mechanism. And the first step that he must take in raising himself toward the perfect awakeness of the Deep Silence is to bring this physical mechanism into its most harmonious condition. What is this most harmonious condition? That of perfect poise. And as this matter of poise and relaxation is fundamental in every kind of work which man is called upon to do, the student should make a note of it in his assignment book and never lose track of it until the problem is really mastered.

Real mastery, remember, consists not just in mentally digesting a theory, but in *transmuting that theory into a way of living; into a genuine habit.*

The first step toward mastering physical relaxation is to discover by experiment that posture or those postures best fitted to the personal equation of the student. No stereotyped directions can be given for this part of the work; eventually it will be discovered that complete relaxation is possible in almost any sort of chair, or lying on the floor or on a couch. No effort should be made to maintain any prescribed position. The ideal posture is one in which the body holds itself without effort, and in which the circulation and the movements of the chest walls are not impeded.

When this posture most favorable to relaxation is discovered a few minutes of deep, easy breathing with the attention turned into the body, particularly into the muscle groups of the arms, neck, abdomen, and thighs, will enable the experimenter to induce a condition at least distantly approximating that of relaxation.

This practice should be continued, however over a period of at least six months; for it will be discovered that tension is a matter of stratas, and that week after week deeper layers of stiffness and strain are discovered and released. Long continued discipline also is necessary to reduce theory and understanding to habit, or second nature.

How to Control the Emotions.

THE second department of man's being that must be brought into harmonious adjustment at the time of entering the Silence is the emotional nature. This is too big a subject to be treated fully at this time, but a simple method which will soon give a considerable control over the emotions can be quite briefly described.

This method makes use of a mechanism of human consciousness which may be compared to the tuning coil of a wireless instrument. There are many indications that each of us receives from the big cosmic ocean in which we are immersed, many of the thoughts and feelings we assume to have been engendered by the personal self. It is also true that all sorts of emotions are radiating back and forth and up and down in this cosmic ocean. Most of us are open to many of these heterogeneous feeling waves.

The result is that we are capriciously moved to fluctuations of happiness, doubt and sorrow without any definitely perceived reasons therefor.

An understanding of the "keying" mechanism remedies this. We learn that two steps are necessary in securing any emotional condition: *First*, we must express that emotion physically as fully as possible; *second*, we must saturate the conscious mind with the emotional tone desired.

In the present instance the emotional condition that will do the most for us is one of absolute poise and serenity. Physically we have already taken a step toward attaining this condition by our systematic relaxation. The mental step, which completes the process, is even more easily taken: maintaining the condition of relaxation, we repeat from six to twelve times slowly, aloud, and putting into this vocal expression as much as possible of the quality we wish to attain, the key-words: "Infinite Calm."

That is all there is to this second step. An earnest and systematic practice of this method will enable the student to place himself in the physical and emotional attitude most favorable to an experience with the Silence.

The third facet of human consciousness which must be considered is that which has to do with the intellect. Although it is true that "As a man thinketh in his heart so is he," it is equally true that the thoughts of the mind or of the head form the only portal through which the thoughts of the heart, the deeper thoughts, can be reached or influenced. Obviously, this matter of changing the thoughts of the head and of the heart cannot be treated in a satisfactory manner in the limited space available to us in this lesson. We shall, therefore, simply note the fact that as the student's thinking is systematically disciplined, his experience in the Silence will be progressively more satisfactory.

Man, the microcosm, impinges upon the social and upon the cosmic levels of manifestation. The requisites for entering the Silence as

far as these two facets are concerned can be briefly stated. As a social being, man is part of a vast fabric made up of the isolated individualities of other men. In entering the silence he must be able temporarily to disentangle himself from this mesh of existence. The need here is for a concentrated attention to the within, so complete that everything in the outer world is forgotten. He is to enter the Silence as if he were the last man on earth, alone with God.

His attitude toward the WORLD MIND is one of friendly recognition and co-operation. He recognizes that there is a vast impersonal intelligence, or Soul of Things; and toward it he shows a smiling countenance.

The five phases of human activity which we have now considered are merely the foundation stones upon which the temple of the silence is to be erected. That temple is spiritual. Passing through the five ante-rooms of personal, racial and cosmic consciousness, eventually the seeker reaches that inner crypt where he is immersed in Eternal Being.

The keying mechanism must be used in this inner crypt also. The exact words used depend much upon the individuality of the student; he is to use that formulation of desire toward God which most fully expresses his own spiritual aspirations. The simple key phrase, "Thou art all," is supremely effective for those whose spiritual preparation enables them to grasp its inner meaning. For others some of the more extended aspirations found in the Bible, particularly in the Psalms, will be more satisfactory.

Perhaps the most important point in this whole method is to persist in the practice of each of the steps indicated until it is mastered, and then to remember to use the complete method on each occasion of entering the silence. If this discipline is persistently followed, within a reasonable time the complexity of theory will have become blended into a simplicity of application.

THE ASSIGNMENTS for this month's group study are an extension of those given last month. Each time the group meets a number of definite problems should be presented, preferably one by each member, and should be written down in the assignment book of each student. These problems may be connected with physical healing, or with financial, domestic or social adjustment. It is well to have at least one community assignment on the list—something which the group is doing for the benefit of the town or the city.

After these problems have been presented

they may be briefly discussed, if such discussion seems necessary to enable all of the members to grasp them clearly.

Next, one student should read from any book or magazine from which he has derived spiritual uplift. A practical method of handling this part of the work is to arrange the names of the members alphabetically, and to have each, in the order in which his name appears on the list, take charge of the reading for one meeting.

Following this reading comes the group Silence. This is simply a co-operative use of the method previously described. It should not be too long—from three to five minutes is ample, particularly during the first meetings.

In connection with the assignments or problems which the members have noted down in their assignment books, a record should be kept. These problems are to be taken into the Silence daily by each member of the group, at the time agreed upon for co-operative effort. At every meeting a verbal report should be made as to the results secured in each case. If this system is followed, it will add greatly to the interest and effectiveness of the club's work.

Spiritual Alchemy

By Marchesa Florence Alli-Maccarani

▽ ▽ ▽

"The preaching of the cross is to them that perish foolishness, but unto us who are saved it is the power of God."

THE Wise know well but gentlest flames are meet

On the scoria to beat

That turns gold retrograde;

But they know too, pure metals must be made
In strange alembics, in fierce fires be laid

E'er the retort can hold

Red copper turned to silver and silver turned
to gold.

They know the sad world should be caress'd,
The tired world offered rest.

No grievous cross they place

On souls that perish in Earth's fleeting race,
But clasped it reverent in their own embrace.

For so at last 'tis found

That upas trees are palm trees and deserts
holy ground.

WHEN fortune smiles, philosophy should
be her photographer. When fortune
frowns, don't have her picture taken.—*Purinton.*



A Wonderful Healing

By Dr. Amelia A. Randall

▽ ▽ ▽

I WILL tell you of one of the most wonderful healing cases I have witnessed in New Thought. Letter is attached to this, verifying it, from Mrs. J. Bohmer of Broton, a small town in Minnesota, about 104 miles from our city. She had been in bed six weeks with a temperature each day ranging from 102 to 104. They called in three of our able specialists from here and had the town doctor in consultation, but could not ascertain the cause of the fever—even after making the usual physical, blood and X-Ray tests.

When I arrived, the first thing I did was to say to the patient, "You have been in bed long enough, and from now on you have no fever, because you have now burned up all the old ideas in mind." She had been studying New Thought diligently for two years.

Again—I said, "Turn over and lie on your face, so I can find any tight places along your spine where this wonderful life is trying to go through." Back of the solar plexus and stomach, involving a part of the left lung, there was a slight swelling and tenderness to the touch.

Putting my hand on and loosening all the nerves, I said: "Your LOVE-CENTER is now opening up, and every part of you is ABSOLUTELY FREE." She laughed, and said, "Only you and I understand that." I proceeded, "We understand that the one life we speak of living, moving and having our being in is NOW flowing FREELY all through your body. It is not my physical hand but the power behind and through it, and now as Elizabeth Towne says in her 'Solar Plexus' book, let all the puckers out, and shine—shine—shine." Which she did.

Then we praised and blessed the life in her body by new thinking and talking to it intelligently, which is New Thought put into practice. I told the liver every cell in it was open and free, and the new life of vigor and energy was alert and active in it, awakening it from torpidity and inertness to a live harmonious organ, working in perfect tune with the life in the

stomach and the solar plexus, all together working to release power, energy, efficiency, intelligence to every nerve and fibre of her being.

Then I told the life in her abdomen it was no longer bound by ignorant or erroneous ideas, but that it was filled and thrilled with the energy and power of God.

I told her eyes that the great light of wisdom and understanding shone right through them, because they were drawing on an unlimited source. I told her heart that the pure love of the great God (good) flowed in and through its visible and invisible beatings, and that all her world within and the world without felt its joyous pulsations.

I went to every life center in her body (her temple of the living God) and spoke words of life and truth—strength and power and asking forgiveness for any condemning and depreciation, silently declaring the truth until they responded. Then I told these organs they were unbound—unfettered—unlimited and free spirit, centers of life and activity as the pure white light of omnipresent energy was flowing in and through them, lifting up the whole being and renewing the body temple.

In finishing my treatment I told her to keep the doors of her consciousness (her mind) wide open to All Good, to the steady inflow of the one great life and intelligence now surging through her. I am most happy to say she is a living example of the New Thought teaching and healing. (Dr. Randall's address is 2744 Fourth avenue, South, Minn.)

Realization

By Jess Moffett

▽ ▽ ▽

I'LL dream no more, I'll wait no longer
For a heaven that's far away—
No more pain of wanting things:
All the earth is mine today.

Every living thing on earth—
All are mine to love:
Woods and water, hills and meadows,
And blue heavens above.

I'll seek no more, I'll yearn no longer,
Life is joyous living.
I laugh dull care and toil away,
Happiness is giving.

I smile and smile and smile again,
Truth is joyous seeing;
I love life as it is today,
And I am rich, in being.



How I Rid My Lawn of Moles

By Maude B. Vickers

▽ ▽ ▽

I WOULD like to tell you, dear readers, how I rid my lawn of moles. We had about an acre of blue grass in front of our home. It looked like velvet and was my pride until all at once it became infested with moles. For three years my lawn was ruined. Every morning the grass was full of piles of fresh dirt and looked like it had been plowed. I was in despair. Many people advised me to pour hot water on them or poison them, but I never could think of hurting an animal.

At last I bought some of Mrs. Towne's books and, after reading them, I was convinced that we must love every thing that breathes. So I thought I would try Love's way to get rid of the moles. I went out early in the morning and talked aloud to the moles. I told them I knew they were an expression of the Divine Mind, and that I loved them and did not want to hurt them. I told them I had 1,200 acres outside my lawn where they were welcome to a home. I commanded them to go out and find another home.

I pressed the sod back in place, and the next day I found, to my relief, that there had been no more digging in my grass, and I noticed that they were busy at work outside my lawn under a large shady tree. They worked there all that summer and not once have they trespassed. That was several years ago. I think the same treatment would be good for bugs and worms which were bothering fruit or flowers.

It is an easy way at least.

PURE METAPHYSICS: KNOWLEDGE vs.
IGNORANCE

(Continued from Page 22.)

There it was, the simple truth in Mrs. Eddy's own words. The great, big thing which everyone was fearing was "a false and temporal sense of Truth, Life and Love." One could not throw an ink well at this, although, to many, the term "mortal mind" has carried no lesser meaning than the theological idea of Satan.

A "false sense" of anything has only the power of ignorance. Where ignorance is, there is always confusion. Nothing goes right, nothing comes out as one expects or plans it. And this is because there is no principle to ignorance from which to base a conclusion or from which one may accurately reckon with positive assurance.

If this ignorance is regarding the science of numbers, then one is liable to be what is known as "cheated." He can never know for sure whether or not he is being given right change, being overcharged, or what not. If this ignorance is of art, he may buy a worthless imitation of a masterpiece. And so on down the line of human activity. How much more are we being cheated when we are ignorant of the Science of Being?

But, when one tries to find a philosophical and logical explanation of what "ignorance" is, in whatever realm it is manifested, he is under the difficulty of trying to explain a negation. There is absolutely no reason that can be given for it. All one can do is to dispell it.

Now, two contradictory forces such as good and evil cannot exist at the same time in the same universe if one is omnipotent. Therefore, the only evil there is, is the seeming absence of Good. This seeming absence of Good is Ignorance, and ignorance is mental. By the law of externalization this ignorance of the law of our being appears objectively as sin, sickness and death in ourselves, and as decay in the universe.

Darkness is not real. Take a dark room, for instance, and press the electric button. The room is flooded with light. What becomes of the darkness? Does it go away some place? Does it hide itself? Has it any entity? Has it any power to gather itself together, reinforce itself, and come back into the room? Does it even pretend to wage war on the light? Is it anything occupying position or location?

When you have defined darkness, when you have found its origin, its location, its power, its entity, you know all there is to know about ignorance, whether it is manifested in the realm of numbers, art, or the law of our being.

In comparing spiritual facts with objective things, there is always a weak link in the chain of logic. The weakness in this reasoning is that light has to be turned on in order to dispell darkness. God, Good, does not have to be put where evil seems to be, for this presupposes a time and place where God is not. No: God does not have to be put where evil seems to be, for He is already there, waiting recognition, Realization.

The Infinite does not have to be lifted from one place and put into another, neither does He have to be transferred from one mind to another. He is the Ever Present Truth, the Ever Present Life, the Ever Present Love.

A positive Declaration of this spiritual and metaphysical fact instantly brings into conscious experience either the Whole of God or the particular aspect of Him of which we have the most need.

The illumined mind knows it is seeing God, even if He appears as "persons and things."

Isn't it wonderful and glorious and simple?

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THE PURPOSE OF THE I. N. T. A.

As Stated in Its Constitution.

The purpose of this Alliance shall be to spread the knowledge of the Infinitude of the Supreme One, The Divinity of Man and His Infinite Possibilities, through the creative power of Constructive Thinking and in Obedience to the edicts of the Indwelling Presence which is our source of inspirational power, health and prosperity, as taught and demonstrated by Jesus Christ.

Members of Alliance are invited to qualify as Field Secretaries. Upon request Headquarters will send information, questionnaire, etc. "Field Worker's Text Book" may be had for 25 cents. MEMBERSHIP DUES, \$1.00, including the Bulletin.

YOU ARE INVITED TO BECOME A MEMBER AND TO VOTE AT THE NEXT CONGRESS IN ATLANTA, GA., JULY 16-23, 1922.

HEADQUARTERS:

311-312 Ouray Building

Washington, D. C.



ALLIANCE NEWS FROM HEADQUARTERS

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THE next Congress of the New Thought Alliance meets in Atlanta, Georgia, July 16th-23rd, 1922. As a preliminary to that Congress, which it is intended to make the greatest New Thought gathering in the world, it is desired to organize and to send teachers of healing into all of the South.

To assist in this great campaign it is requested that all readers of this magazine send not only their own names but the names of any centers, study classes, teachers, or individuals they know of who are interested in this thought. Names should be sent to Mrs. Melva J. Merrill, Executive Secretary, I. N. T. A., 311 Ouray Bldg., Washington, D. C.

It is also requested that all persons who are desirous of assisting in such campaign as teachers, lecturers or healers send their names to the same address, with references, statement of qualifications, etc. Thank you!

ALLIANCE DAY: We wish to call attention of our friends throughout the country to the fact that the first Sunday in November is designated as Alliance Day. If it is not convenient to celebrate on this particular day, any other regular meeting nearest thereto will be equally good. We ask that you especially hold the Alliance in your loving thoughts, and give it such place in your program as the spirit may move you.

DR. THOMAS PARKER BOYD, Field Lecturer for the I. N. T. A., is lecturing in British Columbia and cities in Washington and Oregon, and will return to San Francisco and Bay Cities the Middle of December. Here he expects to do some lecture work, until the middle of January when he starts through southern California.

MRS. LOUISE PERRY, Field Lecturer for the Alliance, closed her work in Buffalo October 16th, and spent one week in Syracuse with Miss Katherine Carter, Dist. Pres., closing with a public lecture Oct. 23rd. She will work in Utica one week. Mrs. Perry's program for November will be in Providence and nearby cities, also Boston and vicinity. Full program of the work of Dr. Boyd and Mrs. Perry will be found in the Bulletin.

MRS. MARY E. T. CHAPIN, as Field Lecturer for the Alliance, has made an extensive trip on the Pacific Coast. We have heard enthusiastic reports from Portland, Seattle, San Francisco and other points where she visited. Everyone knows Mrs. Chapin as a healer and teacher of great value, and many were thankful for this opportunity.

MANY OF THE FIELD SECRETARIES listed in the New Thought Bulletin have reported that they are ready to form study classes and new centers any place where there is a demand. Among these are

Mr. Morrison P. Helling of the Home of Truth, Boston, who will spend the month of October in Jackson, Mich., with his relatives, and will do work while there. He expects to speak in Detroit, Grand Rapids, and other places in Michigan. Mr. Garnett January of Washington, D. C., is planning a trip through the southern states, leaving Washington the last of November. Inquiries may be sent to Headquarters. Mrs. Florence Willard Day, 1814 N St., Washington, D. C., announces that she is ready to help in forming study classes and new centers. Miss Helen Crane and Mrs. Josephine Ottaway are doing excellent work in Western New York as Field Secretaries, and are open to calls. Write in care of Headquarters.

EX-RABBI GOLDMAN, who came from Russia about five years ago, and found the Truth at Dr. Grier's Church in Spokane, has recently lectured at New Thought centers and in churches in Durham, N. C., Washington, D. C., Norfolk, Va., Philadelphia, and expects shortly to visit the Holy Land, where he will teach the Truth to his people. Rabbi Goldman has a most convincing message.

MR. CHARLES H. WATTS, our new treasurer, who is leader of the Men's Club, Philadelphia, recently visited Kansas City in answer to a call to speak to the Men's Club there. Mr. Watts stopped in Chicago, St. Louis, and other cities, working with the local centers in connection with their men's meetings. He will visit Springfield and Holyoke centers soon.

We notice by the program of the Annual Convention held by The Weltmer Institute of Nevada, Mo., that Mrs. Elizabeth Towne was the principal speaker. Her subject was, "The Road to Greatness and Beyond." The program says, "This one lecture will be worth coming as far to hear it as she comes to give it." Mrs. Towne also stopped at K. C. and spoke to a crowded house at Unity, October 23.

FLORIDA: The International College of Divine Science, with headquarters at 220 E. Monroe St., Jacksonville, Fla., gives training along the lines of Psychology, Suggestive Therapeutics, and Practical Christian Service. Its first term of ten weeks will open Tuesday, Nov. 22nd. For further particulars, address above.

PARIS. Mme. Florence Struve writes a most interesting account of a trip which she recently took into Germany. She was warned not to attempt the journey, because of the feeling there, but she went nevertheless, and writes that she met love on every side.

HOLLAND: Mme. d'Hamecourt, Dist. Pres. I. N. T. A., for Holland, has been working throughout England and Scotland for several

(Continued on Page 48.)

EDITORIALS by Elizabeth Towne

(Continued from Page 17.)

others may see our expressions and compare it with their own, and judge it by their own.

By your fruits or expression, I know your state of consciousness.

But in spirit I know you as you really are in the absolute, in truth.

And what you *express* is to me the ephemeral thing. What you *really are* in truth is the important and powerful and eternal thing. You are the Sun of God. Why not *let* your light shine? "Ye are GODS," affirmed Jesus. Why not act like one?

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The Congress Finds Itself.

THE Denver Congress seemed to (1) "*believe in itself 100%*" as the law-making body of the International New Thought Alliance, (2) believe in *expressing* individual viewpoints, (3) believe in *every individual* present as a voice of the Spirit of Christ to be listened to carefully before making one's own decision, (4) believe in *his own inner conviction* as the urge of Christ moving him to vote, and (5) *believe in the majority vote as the Decision of the Christ within ALL of us, for that time and place.*

This Denver Congress is the first that has *found itself one.*

The Congresses of 1915 to 1918 saw the building of the good ship Alliance practically accomplished. Cincinnati in 1919 found her moving on her own power—and creaking and shrieking her loudest! Kansas City tried her out and polished her up. And at this Denver Congress the ship finds herself, as Kipling expresses it in his story, "How the Good Ship Found Herself."

The *working* of the Denver Congress was like that deep, musical *hum-m-m* of satisfaction into which the creaks and squeaks and shrieks of the new parts settled, as all the parts of the ship found their *adjustment to each other*, as the ship found all her PARTS one with herself: not one with *some* of her parts, but with *all*, each doing its best in its place and finding itself valued equally with all others.

As I see it, the essential groundwork for this Congress was laid in Kansas City last year, where the Congress *unified itself* by considering and voting for two candidates for president, for the first time. So successful did this prove, that the K. C. Congress tried to insure two candidates at every Congress, by directing the Nominations Committee to bring in the names of *two* nominees for each of the six general offices.

This plan proved itself impractical at this Denver Congress: two names were put up for each office, and the *second* choice for each one promptly withdrew in favor of the first choice named! Of course. Wouldn't you? And if you were working on Nominations Committee

wouldn't THE SPIRIT lead you to favor THE BEST person for first choice? And then wouldn't THE SPIRIT of Truth, of Christ, lead you to select for second place the person BEST calculated to *step aside and let the FIRST CHOICE* man have the office? Of course.

You just couldn't do any other way if you *followed the Spirit*; for the reason that *The Spirit never guides anybody to do anything short of THE BEST thing for that time and place.*

The Spirit will guide you to vote for THE BEST man you know of. It will guide you to THE BEST method of *insuring his election.* But The Spirit never answers the question: "*What is the not-best thing to do?*"

So, dividing the responsibility of a committee results in the committee having to "play politics" in order to let the Spirit express!

The Spirit worked it out all right any way, but why create a devious and indirect channel through which the Spirit must move to guide a committee?

Therefore it was done away with, without discussion. Our Constitution again calls for nominations "(1) by *Nominations Committee* and also (2) by *petition signed by five or more members present at the Congress.* The Nominations Committee shall present one name for each office."

The Nominations Committee is made up of a chairman and two other members appointed by the President, together with all the District Presidents in attendance at the Congress. Two out of the three appointed members are required to be reappointed by the new president, to hold over.

Any five members of the Congress can resolve themselves into a "nominations committee" of their own, and nominate whatever person or persons The Spirit within guides them to agree upon as THE BEST. Thus may several candidates be nominated, each by a "committee" (petition) of five (or more) who believe him to be THE BEST. Then the Congress can decide, each individual voting for THE BEST as he sees it; and the majority vote expressing the Decision of the Lord God for that time and place.

All I Need

By Myrtella Southerland

▽ ▽ ▽

ALL I need within my soul
To be well and gaily whole,
Full of perfect happiness
With a smile to cheer and bless,
Is to know, from sun to sun,
God and I in Truth are one!



THE IDEALIZED PROCESS OF UNFAILING METHODS OF HEALING

(Continued from Page 21)

Every atom is a reservoir of infinite energy because it is a manifestation of the infinite God. Merely because we have not recognized the existence of this energy until within the last few years, is not proof that it does not exist. Discovery does not determine existence. Existence is forever and ever. Electricity existed in the clouds for millions of years before Franklin discovered it. Steam had the power to run engines during all the ages prior to Stevenson's discovery of its use. Radium has given out energy for all time, though we have not known of it until recently.

All atoms are reservoirs of infinite energy—all scientists recognize this—just as atoms of radium are reservoirs of limitless energy. I use radium as an illustration only because it is the one form commonly known.

Atoms give off energy by what scientists call tiny impulses or explosions. The words do not give the true meaning, but as yet we have no word that gives the true idea.

A grain of radium is a very small particle. Yet every single second every grain of radium shoots off 2,000 million impulses of energy, and after it has shot off 2,000 million impulses of energy every second for 1,700 years, it has used up but half of its energy—that is, it gives off 1,700,000,000,000,000,000 impulses of force and then has used but one-half of its energy of which we know at present.

The infinite energy in every atom of so-called matter! The infinity of God in every atom! All so-called matter is alive. It is alive with energy. It is God in manifestation.

To recognize and idealize life in every cell of the human body—in every one of the billions of atoms in every cell—is the second step in all healing. Once we idealize any part of the body as throbbing with billions of billions of impulses of divine energy every single second, there is no possibility of your mind believing that matter is dead or that sleeping matter cannot be revived or that so-called dead matter cannot be made living.

The power of resurrection resides in infinite energy of God in every cell and every atom.

It was the application of the truths contained in the preceding lesson—the truth of the non-solidity of matter—and the truth contained in this lesson that brought life and motion to the paralyzed arm of the young French woman mentioned in the preceding paragraphs.

But four steps were necessary:

First, there was no affirmation or denial of anything. For a denial of a paralyzed arm would have created doubt in the subconscious mind, even though the conscious mind declared such doubt did not exist. And an affirmation that the arm could move would have aroused doubt even in the conscious mind so long as the arm did not move.

Second, there was idealization of the matter of the arm as a manifestation of God's infinite

energy—little centers of infinite energy held together by God as infinitely extensive attractive energy. Thus there was created in the mind of the young woman an absolute knowledge that the condition of the arm could be changed. Idealization of these truths made denials and affirmations unnecessary.

Third, the matter of the arm was idealized as living. Every cell and every atom of every cell was held in consciousness as a reservoir of infinite energy of God, throbbing and pulsating billions of times per second with His energy.

Fourth, God was idealized as all and everything.

Fifth, every idea coming from the preceding idealizations were used.

In three months the arm was normal.

The healing in this case was not instantaneous; we did not limit ourselves by demanding that it should be. God is All; therefore, He is eternal! Eternity is limitless time. How often we restrict God's processes manifesting through us by contradictions: we assert that God is eternal, and then we demand that he operate instantaneously. Never place a limit—even a limit of time—upon your consciousness of God.

HOW TO ATTRACT PROSPERITY

(Continued from Page 19.)

it will pull nothing else; no paper, rags or other substances. In other words, it will attract to itself only that which has an affinity for it.

What you get out of life depends upon what you can attract with your mental magnet; upon how much of a magnet you make yourself for the thing you long to be or the thing you long to possess.

Just keep the idea constantly before your mind that you are a powerful magnet, enveloped by the great creative energy of the universe from which all things proceed, attracting to yourself the things which belong to you by virtue of your affinity to them; the things which match your thoughts, your motives, your ambitions, your desires, the longings of your soul. No matter how discouraging your environment, how distressing your condition, if you hold fast to this one idea you will be surprised how soon these things will begin to come your way.

There is no surer way of making and holding yourself a prosperity magnet than by cultivating the consciousness of your oneness with the Source of all Prosperity, the Source of All-Supply. When the pessimistic poverty thought tries to get hold of you, think of the abundance that is your Father's; think that you are heir to this abundance, and say to yourself, "The Lord is my Shepherd, and I cannot want." Hold that thought constantly in your mind, and fear, doubt, worry, anxiety as to the living problem, or your future, can never again disturb your peace of mind.

IT ALWAYS seems to me a little odd that folks who are so sure there is an "Almighty" are so anxious for fear that somebody shall prove there isn't. My God is abundantly able to take care of himself.—ROBERT WHITAKER.



For the advancement of the individual in all relations of life. Affording a clearing house of Ideas, evolved through practical use of New Thought in thousands of individual problems. Conducted by the Editors and contributed to by NAUTILUS readers everywhere, these departments afford a valuable symposium for a "copious unlocking of energies by ideas"—as William James puts it.



A Correspondence Department of Success Ways and Means Conducted by the Editors.

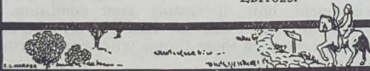
Have you discovered something that makes for success? We are publishing herein many bright thoughts from our readers, each over the name of the writer, unless otherwise directed.

Letters for this department should be concise, plainly written, on one side of the paper only, not mixed with other matters of any description.

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

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

EDITORS.



Success Letter No. 804.

When just through high school, I ran away to the Methodist parsonage and married a man older than myself, who neither feared or respected God or the devil. Fourteen years of the worst hell that anyone could suffer was the result. Debt, drunkenness, physical violence, hard work and the determination to keep morally good, against all force used to make me to the contrary, were only part of the degradations I suffered.

When my son was thirteen years of age I was compelled to sue for divorce. Anything to get him away from the horrible influences surrounding him. I had been raised to believe that

divorce was a "bad" woman's resort, and suffered agonies accordingly.

One day a woman I was sewing for began telling (while standing for a fitting) how she was regenerated and ALL was Love since she had taken up New Thought. I smiled. And she promised to convince me by sending me some copies of *Nautilus*. She evidently forgot it, as they never came. But the name lingered and clung to me, and one day I saw the little advertisement, "*Nautilus* for ten cents."

I sent for it, and from that day to this my life has been a song.

I do not remember the number—but it contained the assurance that GOD WAS LOVE. God WAS love and HE could not or would not punish with horrible torment. We did that ourselves because we did not KNOW.

For weeks I went singing around the house: God is Love—God is Peace, God is Happiness, and God is Plenty and Harmony.

I have now a beautiful home, valued at \$10,000, all electrified (washer, sweeper, toaster, iron, etc.), a car, diamonds, money loaned out to friends, a cottage at the Lake, money in the bank, and a lot across the street to build a smaller home. But best of all—the son went through the battles in France as a runner, in the shock troops, and came home without a scratch, one of seven of his company. All owing to God's protection and loving care, and our faith that this was granted to us.

But the things that makes me the happiest is the fact that a friend of the old poverty days who was undergoing a great many of the things that I had suffered has, by holding the thought, and by encouragement, obtained a home, and her husband is a regenerated man. Her home radiates peace and love.

And a niece, seeing the great change in her aunt, began investigating and studying, and has been changed to a thoughtful, loving, generous girl, who has demonstrated among other things a lovely fur coat.—E. K., Iowa.

Success Letter No. 805.

Coming from New York a few years ago, I met a lady who was very interesting to me, and we rode many miles and talked on many topics.

It was in the warm season, and I wore a short sleeve, which exposed a very brown birthmark, large as a quarter of a dollar. She spoke of it, *placing her finger on the spot*, and I told her how badly I felt about it.

I did not think of it again for several days after I reached home, when, to my surprise, it was not there. And to this day my arm has no trace of a mark on it.

I was thinking then what she had told me about *Nautilus* magazine, and immediately subscribed for it, and have taken it ever since, and it has been a great help to me.—E. C. R., Maine.

Success Letter No. 806.

Some time ago my husband was getting very discouraged, as business did not seem to pay. So I began to idealize the business, also to give him treatment for supply—or success—when he was asleep.

Your "treatment for a man who owes you money" was ideal for what I needed. So I affirmed it, word for word, up to where it says the happier you are the more successful you are. Then I add, "you are healthy and useful, Divinely Directed and Prosperous." And it *works*, thank you. I give him these treatments a few nights, then wait a while before another, unless I just repeat the last lines—these inspired words by Elizabeth.

Husbands says every time he feels discouraged and tells me of it it seems to brighten him up, and now he seldom feels discouraged.

And he has found a "leader," as Brown Landone calls it, in his business. Business seemed to be so slow, he said he wished he had something he could do besides just sit there and wait. We talked it over many times what he could do at the same time. I asked him if there was anything that he liked to do. "Yes," he said, "you will laugh at me if I tell you what it is." I said if I did it would be for joy at the new idea.

Then he said he thought he would get a shoe repairing outfit, and try it while waiting for customers. As this is so small a town, and

there were two others here already, he did not think there would be business enough. But he tried it, and now has more than he can handle. I knew he would succeed, because he liked the work and did it better than his competitors, and because I had faith in the treatment. Had I not been asking for new ideas to make his business pay? If we want our prayers answered we surely have to do our best to answer them ourselves.—Mrs. B. B. W.

Success Letter No. 807.

I'll just tell you the one good thing reading *Nautilus* has taught me. I now enjoy my work (I have lots of hard work to do). Instead of dreading to do things, I concentrate on the thing at hand, and tell myself that I like to do it, and am going to do it well, and I am *not* going to hurry too much, and, really, some things are a great deal easier to do. I do not become so tired. Best of all, the results I get are much better. I notice the difference in my sewing more than any where. Your article, "King Artists," helped me so much. I know all this seems trivial, but, believe me, it is important to me, to just be helped this much.—Mrs. W. H. A.

Success Letter No. 808.

Nature was very kind to me. She endowed me with a flashing intellect that enabled me to stand first in practically every class that I entered. This, coupled with physical beauty, caused my family and friends to predict for me a very brilliant marriage which, to them, constituted the summit of woman's achievement. Like most human forecasts, this expectation was not fulfilled.

Wholly devoid of the qualifications necessary to make a nurse, at nineteen I entered a hospital, where, in text books, I again became pre-eminent. In practical application I was almost nil, I think. But I was a general favorite with the doctors, who kept me busy after graduation. Unrighteous as I now see it to have been, I was given preference over older and less attractive, but certainly more experienced and capable nurses.

After three years of this career I grew weary. It was so against my temperament that I determined to change my vocation. A musical friend at the time discovered that I possessed a voice of color and volume. I had never studied, and there were many defects in my singing, two of which were a tendency to flat on high tones and a woeful lack of breath control. After three years of study in New York my inclination to flat was lessened,

but nervousness and panic for breath nearly always showed up this serious fault. It seemed impossible for me to hold my breath to the end of a moderately sustained phrase, and I was about to give up in despair when I came upon Elizabeth Towne's "How to Wake the Solar Plexus." That was two months ago. My breath is now not only sufficient but is controlled with almost no conscious thought. Only a singer can appreciate the vital significance of this. My tones are as true as a die and are full and resonant from top to bottom.

In addition to this wonderful victory I have received the greatest encouragement from my literary efforts. My imaginative faculty is literally reborn, and I am much heartened by the result of my output.

But far more important than these accomplishments is my conquest over vanity—one of the most pernicious and subtle of all human weaknesses. Compliments used to go to my head like wine. I actually fed upon them and was miserable without them. They are to me now, after less than a year's contact with New Thought, no more than the "water on a duck's back," so completely filled am I with this God-power that I have come to know and feel so intimately. To express this is my constant desire, and whatever talents I possess I shall use as active channels to further this purpose.

I am indebted to your magazine and many of your books for guidance, and I glory in your noble work.—L. B., Riverside Drive, N. Y.

THE PRIZE WINNER for October is C. A. Whitney, R. D. 1, Wysox, Pa., who wrote Success Letter No. 801. We shall be glad to send the prize of two subscriptions wherever the winner directs.—C. H. S.

FOR WORLD PEACE.

WE, the Rising Generations, demand a United States of the World.

We want our war vessels and battleships utilized in times of peace for a Public University of Travel, a White fleet that shall tour the world every year.

We want these ships manned with the best instructors in Art, Literature, Travel, History, Modern Languages, Sociology, Human Nature and Universal Brotherhood.

We want the students selected according to all-round merit from the graduates of public High Schools, and Industrial, Vocational and Technical Schools of all the States.

We want this postgraduate year of travel given at the expense of the nation, the students co-operating systematically with a minimum naval crew, in all work done aboard ship.

We believe in these things.

We pray for them.

We talk them.

We work for them.

We vote to this end.

—Elizabeth Towne.



A DEPARTMENT OF
CONSULTATION AND SUGGESTION
CONDUCTED BY ELIZABETH TOWNE
AND WILLIAM E. TOWNE.

*"O wad some power the giftie gie us,
To see ourselves as ithers see us;
It wad frae money a blunder free us
And foolish notion."*

We answer in this department the 1001 personal problems that are put to us—as far as space and time hold out. And we make one answer do for more than one questioner when possible. Letters that demand reply by letter should be accompanied by at least \$5.00 in payment. We would answer every letter gratis if it were humanly possible. We MUST curtail, hence the charge for querists who feel they cannot await their answers in these columns. To insure careful attention in our office write "Family Counsel" at head of sheet, and write your subscription order or other business on a separate sheet.—ELIZABETH TOWNE.

MRS. P. T. Le M.—The subconscious is the unconscious part of your mind—that part which is distinct from the consciousness of everyday life. The subconscious is the storehouse of the memory. In the subconscious is recorded the results of countless experiences of oneself and his ancestors. It is not necessary to define, or understand, what the subconscious mind is in order to use suggestion and obtain results. The method is simple. Every morning and evening, when you are relaxed mentally and physically, as between the sleeping and waking states, repeat a brief statement of that which you desire to realize or accomplish. Put the statement in positive form, if possible, but make it general rather than specific. You should do this for the reason that if you make a specific affirmation of something not yet realized, you arouse the doubt and questioning of the conscious mind. Word your affirmation so that the conscious mind cannot object. If you desire health, affirm "I am daily and hourly improving in all respects" rather than "I am well now." Repeat your affirmation from time to time through the day as opportunity offers, first relaxing mentally and physically. But do not watch yourself for results, do not let your mind dwell upon your condition or speculate about your improvement or lack of improvement. Most important of all, do not allow your will to enter into the practice of auto-suggestion. It is your imagination, not your will, that you are to exercise in making the suggestions, if you wish to realize results. Tension of mind or body through any attempt to exert the will in connection with the suggestions will defeat the very result you want. When you make an effort of the will by trying to force the realization of your suggestion, the conscious mind is immediately impressed with the idea that the desired result is exceedingly difficult, if not impossible, of attainment, and this idea, through the law of reversed effort, acts as a powerful counter suggestion, completely neutralizing the original affirmation. If

you carry out the directions given above, the will itself will be strengthened by the suggestions, so that it will enable you to fulfil the conditions of realization without special separate effort of will on your part.

OLD MAID SISTER.—A few weeks' vacation would make you better satisfied with life. You could arrange it so that someone could look after your brothers while you are away, if you really have a strong enough desire to do so. If you stay at home it is because, all things considered, you really desire to do so. We all follow our strongest desires. Your brothers are inspired by the same primitive human desires that you are, and they react to environment according to their past education and experience, just as you do. It is only by understanding them, and the source of their impulses to particular forms of action, that you can really get their co-operation. You might get some light on this subject by reading "Getting What We Want," by David Orr Edson, M. D. Published by Harper & Brothers, New York City. You will find it worth while to look about for some avocation that will give you opportunity for fuller self-expression. You need something that will really interest and absorb you in creative effort. There are plenty of opportunities for this, right where you are. It might take the form of growing some particular varieties of flowers, or small fruits, raising blooded fowls, a mail course in some study that interests you. Try to find out what you really want to do and then adapt your wants to your environment.

F. R.—The author of "A Clean Slate" was presenting a certain viewpoint that many people need to cultivate. She was, I think, referring to the fact that the more you discuss your differences with another the farther apart you become so far as a point of agreement is concerned. "Never explain, admit, confess," referred to verbal discussion rather than to the personal attitude. I do not think the author intended to imply that one should never admit a mistake or make good if he had done anyone an injury. It is a psychological fact that explaining, admitting, confessing, so far as discussion is concerned, arouses antagonism and leads to a greater sense of injury on one side and aversion on the other. Right action is the best remedy for such a condition. This and the forgetting of the whole matter. As far as happiness is concerned, it is purely a mental attitude, a matter of individual belief, faith, adjustment, and does not depend on whether one has or has not made mistakes in life. Many people who have lead the most impeccable lives, from the ordinary objective viewpoint, are the most unhappy.

M. J. H.—Do not worry about "the right one." You will not need to question and speculate when he comes, in order to make certain that he is the one. Affirm what you want just before you go to sleep at night and the first thing in the morning, but do not speculate too much upon the matter between times. Take up some avocation that will really command your interest and give you an opportunity for self-expression apart from your business. Self-ex-

pression means health and happiness. Repression leads to inharmony, unhappiness and disease.

H. A. F.—It is no more the girl's place than it is the place of the man to "set a good example." Quite possibly you were both somewhat at fault in this instance. It seems to me that you are wise to keep apart. Your reaction to her influence was apparently not the best.

DESPERATE.—There is nothing to prevent both of you from expressing love to the child. If you do not do so, it is because of some inhibition in your minds, and not because of any compulsion of circumstances. Possibly the inhibition is a hold-over of the emotional state engendered by the inharmony between husband and wife. A careful self-analysis might uncover the particular repression that is responsible. In the meantime, cultivate love, express good will. Read "Man's Unconscious Conflict," published by Dodd, Mead & Co., New York City. It will help you to understand yourself and to get rid of some of the inhibitions from which you are suffering. If the child's support and education could be assured, a separation might be better than life under such circumstances as you describe.

E. E. S.—Get out your back numbers of *Nautilus* and read all the articles on success and efficiency by Brown Landone. Keep in your mind the thought that there is some service which you can render to society which will bring you a good living and take stock of yourself, and of your environment, the opportunities around you for possible service, until you get an opening. Do not withdraw within yourself and keep away from people because of your need. You will find friends if you do not shut yourself off from your surroundings and the more acquaintances you make the more opportunity you will have to find some place which you can fill. Start out each morning with the affirmation that you are being led to the opening you need.

N. O. R.—Try suggestion in this way: Every night and morning affirm that this habit has no power over you, that you feel a positive distaste for the indulgence, that it gives you no pleasure, etc., etc. Make the affirmation rapidly, with as little attention from the conscious mind as will serve to enable you to repeat the words mechanically. Do not try to prolong the affirmation, to "hold the thought," and do not make any special effort to use your will in overcoming the habit. Be careful not to let your thoughts dwell upon the matter between times. The reason it is desirable to engage the conscious mind as little as possible, beyond making the affirmation, is that the conscious mind, in the case of a specific, definite affirmation regarding an objective aim, will set up a counter suggestion through speculation and comparison between the present state and the desired objective. It will list obstacles, picture failure, and thus neutralize the effect of the suggestion. I have known of several instances where such habits as smoking, drinking, etc., have been cured by the method outlined above.

Department Of
**Whole World
 Realization**

Conducted by THE EDITORS



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

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 desire except all the world share it with him.

And every Good Word you send into 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 *Nautilus* in daily thought of Whole World Realization? 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 *Nautilus*. You join the Circle in thought only. 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 *Nautilus* carries in this column the thought to be dwelt upon 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 AM
The Perfection of God
Manifesting in the flesh.
All mankind
Is the Perfection of God
Manifesting in the flesh—
Here and Now.

—E. T.

Don't Withdraw Your Support of the Red Cross!

The work of the American Red Cross might be hampered during the coming year by lack of support by the American people. It has today six million members. Each of those members paid in last fall one dollar, as his membership dues for the year. Yet the Red Cross spent ten million dollars last year in work for the disabled soldiers alone.

The Red Cross work includes public health nursing, the establishment of health centers, instruction in First Aid, Home Hygiene and Care of the Sick, Food Selection and Life Saving, Disaster Relief, work with the regular army and navy, care of European children, and last, and most important, assistance to the disabled soldiers, a thousand of whom are still reporting every month for care to the government hospitals.

This year the Red Cross will hold its Fifth Annual Roll Call during the two weeks from Armistice Day, November 11th, to Thanksgiving, November 24th. The Roll Call is not a campaign. It is simply the opportunity for members to pay their yearly dollar membership dues, and for non-members to join. It is the duty and the privilege of every loyal American to join.—(So say we all!—THE EDITORS.)

God Giveth the Increase in Denver!

Last July, during the I. N. T. A. Congress—as you gave your nine o'clock normal class lesson—a great urge came upon me, with an uplift and blessing, that gave me the needed courage to start a work in Denver.

The following Sunday evening (after conferring with Mrs. Merrill and Miss Brooks, and having their thorough approval), I announced a New Thought assembly in the Mag-nolia room of the Albany Hotel.

For several nights we had some speakers of the Congress, who were remaining over in Denver. Our audiences have been always from 75 to 175.

Denver is a new Denver, spiritually, since the I. N. T. A. came among us. Many are interested—not yet established, of course.

I had planned to open a center or school early in September—but one of our field secretaries came along and carried the crowd to her own classes, so I waited till she was through.

Then Harry Gaze came along, drawing hundreds—yes, thousands—so I have just found the place and time to start my own classes. I want to say that Harry Gaze was big and co-

(Continued on Page 44.)

The Vital Reason For The Internal Bath

In Chicago recently there was held a gigantic political meeting that attracted a crowd of some 15,000 men and women of varying ages. On the outskirts of the assembly stood a physician with a friend. Turning to his friend, the medical man said: "I'll wager that in this vast throng there aren't 100 persons who are in anything like normal health."

Much as we dislike unpleasant truths, there is significance in that physician's remark for all of us. Few of us can honestly say that we are over 50 per cent efficient.

We all want to be free from disease or ailment of any kind. We all want to have pure blood, normal heart, and sound nerves. We all want to enjoy restful nights and active, vigorous days. Yet most of us are half the time blue and worried, all the time nervous, and most of the time actually incapacitated by illness.

And why? Largely because we do not follow a few simple rules in the case of our physical condition. How many of us, for instance, practice internal bathing? True it is that this means of improving the physical condition is growing in use every day, but there are thousands of us yet who are strangers to the benefits of the Internal Bath.

The need for internal bathing is due simply to the fact that we have within our bodies such an organ as the large intestine, commonly called the colon. Accumulating waste as it does, the colon is the bane of our health. The waste is toxious, which means poisonous, and as the blood flows through the walls of the colon, it absorbs these poisons and carries them through the circulation. That's what causes Auto-Intoxication—which in plain English means

"Self-Poisoning," a condition which pulls down our powers of resistance and renders us subject to almost any serious ailment that may be prevalent at the time. And the worst feature of it is that few of us know when we are "Auto-Intoxicated."

The proper kind of Internal Bath is Nature's own relief and corrector—just warm water, which, used in the correct way, cleanses the colon thoroughly its entire length and makes and keeps it sweet and pure.

The effect on your physical condition is little short of marvelous. Your eyes take on a new sparkle, your step a new vigor. Your nerves relax, your appetite improves, and your sleep becomes more restful, more refreshing. You feel re-made.

To really understand the Internal Bath and all that it accomplishes, one should read the very interesting booklet by Dr. Chas. A. Tyrrel, the inventor of the "J. B. L. Cascade." Dr. Tyrrell's own life was saved and prolonged by Internal Bathing and he wrote on the subject like the eminent authority that he was. The booklet, which is entitled "The What, The Why, and the Way of Internal Bathing," will interest every man and woman. All that is necessary to secure this booklet is to write to Tyrrell's Hygienic Institute, No. 134 West 65th St., New York City, and mention having read this article in the NAUTILUS. The booklet will be mailed to you free of all cost or obligation.

There is nothing so important as the kind of health which keeps us fit, confident and enthusiastic for the day's work; and as the getting of this Book involves no expense, why not write for it now, while it is fresh in your mind?



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The wonderful, improved Acousticon has now enabled more than 500,000 deaf people to hear. We are sure it will do the same for you; are so absolutely certain of it that we are eager to send you the

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Keep it free from wrinkles, pimples, blackheads. Do not let your facial muscles sag. Keep the freshness of youth. Develop your own natural charms by improving your complexion. **WRITE TODAY for FREE Illustrated booklet of Beauty Hints.** It tells what our scientific exercises for correcting facial blemishes, wrinkles and other complexion troubles will do for you.

It tells how to have a youthful appearance, magnetic eyes, pretty eyebrows and lashes, graceful neck and chin, luxuriant hair, attractive hands, comfortable feet. Be free from lines, pimples, blackheads, lift sagging facial muscles by following our simple scientific directions at home. Thousands have accomplished wonderful results. Write for FREE book today.

GRACE BILMIED CULTURE COURSE
Dept. 11, 1819 Broadway, New York City
(A Branch of Susanna Corcoran's Work.)

"I got the book, 'Mother's Might and How to Use It,' and am well pleased. It has helped my little ones so much. There is such a change in them already."—MRS. S. R. Bremerton, Wash.

Say you saw it in NAUTILUS. See guarantee, page 5.

(Continued from Page 42.)

operative in every way with the local workers. Next week our work begins under the name of the School of Truth and Life, at 418-419 Chamber of Commerce building. We are having primary training classes Tuesdays and Fridays at 2.30 and 8 p. m. A Bible class Thursdays at 2.30. A children's class in Truth and Bible stories at 11 o'clock Saturdays. And, of course, are continuing the New Thought assembly at the Albany Hotel on Sunday evenings.

We are also opening a metaphysical library. Miss Brooks has donated a circulating library which they no longer use; some others have been giving us books which they no longer read, and we shall carry a line of metaphysical books and magazines for sale.

I should like information as to the list of the *Nautilus* publications, your terms, etc. We have Unity, Master Mind, and want as many of the best things as we can handle.

I am writing all this, dear Mrs. Towne, because you were the channel through which came the inspiration and courage to act. For I stood all alone—not being a representative of any school—but for the Universal Truth, yet desiring to be co-operative with the good in all. I find it takes courage, yes, and faith. But I do thank God for your word—your own individual manifestation of what you teach. The latter has helped me more since I first saw you (at Kansas City, last year) than the reading of many books or the listening to many teachers. I thank you, and I thank God for Elizabeth Towne.—MARTEA GOULD POWELL, 418-419 Chamber of Commerce Bldg., Denver, Colo.

Dr. Julia Seton in Cape Town:—

Dear Elizabeth: This is just a greeting from this far-off land of mystery. Am in the thick of the eternal battle for Truth!

This is a great country, a really wonderful people and a mighty work to be done. A great multitude followed it once, but beside them stalk the old superstitions and traditions grown almost fierce because they sense in their subconscious souls that their day of surrender is NIGH.

I'm enclosing folder of work and some clippings—they tell the rest. I'm working day and night. Remain here two months; then on to Johannesburg.

Do put a little word in the *Nautilus* so the friends in U. S. can follow me in thought.

The people here are asking for *Nautilus*. I shall try before I leave to get the center here to carry it. With a long thought of love and success to you and yours.—JULIA SETON, Cape Town, South Africa.

A Wonderful Healing:

Some time since, you wrote, asking if I knew of any faith or divine healings. Recently there has come to my notice this case:

A boy, 13 years of age, was suffering with cancer of the hip. How long, I do not know. When all medical skill had been exhausted and

(Continued on Page 46.)

Free Proof You Can Eat A Pound a Day Off Your Weight

Famous Scientist Discovers Remarkable Secret That Shows Results in 48 Hours! No Medicines, Starving, Bathing, Exercises or Bitter Self-Denials of Any Kind!

AT last the secret of reducing easily, quickly and safely has been discovered. No more painful self-denials or discomfort. Just follow a simple natural law, and a pound or more of your weight will disappear each day—the very first week! Most people begin to see actual results in 48 hours!

This new way to reduce is different from anything you have ever tried before. Men and women who have been struggling for years against constantly increasing flesh, who have tried everything, from painful diet to strenuous exercising, have found this new method completely successful! Thousands of women who have had to wear special corsets and inconspicuous clothes have been amazed at the rapid change in figure that enables them to wear the gayest colors and the most fluffy styles. Thousands of men whose stoutness made them listless and inactive, who puffed when they walked quickly, who were deprived of outdoor pleasures, are astonished at what this new discovery had done for them. Not only has it quickly reduced their weight, but it has given them renewed strength and vigor.

Nearly everyone finds that a reduction of a pound a day from the very start is not too much to expect. You'll be down to your normal weight almost before you realize it—and with practically no effort. Many users say that they enjoy their meals as never before and feel refreshed, invigorated, strengthened.

Here's the Secret

Food causes fat—everyone admits that. But Eugene Christian, the famous Food Specialist, has discovered that certain foods, when eaten together, are converted into blood, tissues and bone. And in the meantime your excess flesh is consumed at the rate of a pound or more a day!

In explaining this discovery, Christian has said: "Fat in the human body is like mercury in a thermometer—it can be

raised or lowered, that is, diminished or increased, by combining your foods [at meals according to certain simple, natural laws. There is nothing complicated, nothing hard or difficult to understand. It is simply a matter of following directions and learning how to combine foods so that fat is consumed instead of deposited in the body."

How You Can Have Free Proof

Realizing the importance of his discovery, Eugene Christian has incorporated all his valuable information into 12 simple lessons, called "Weight Control—the Basis of Health," which will be sent free to anyone who writes for them. These lessons show you how to control your weight and bring it down to normal by this wonderful new method. They show you how to eat off a pound or more of weight a day.

Prove it! Test this wonderful new way of reducing at our expense! See results in 48 hours. Fat people are not attractive; they suffer many discomforts; doctors say they die young. Why continue to carry this harmful weight, when you can lose it so quickly, so easily, so naturally?

Let us send you Eugene Christian's Course in weight-control on free trial. It's the only sure way to lose weight quickly and safely. We want to prove it. We want you to see your own unnecessary flesh disappear. Dieting, medicines, bathing and exercising touch only the surface; this new discovery gets right down to the real reason for your stoutness and removes it naturally.

No Money in Advance

This is a special Free Proof Offer. You need not send any money in advance. The complete 12-lesson course containing all of the valuable information regarding Christian's food combinations discoveries, will be sent to your door. Just mail the coupon and the course will be sent to you at once.

As soon as it arrives weigh yourself. Then throw aside all your medicines and salts and



dieting and exercises. Just follow the simple little rule outlined in the course, and watch results! In a few days weigh yourself again and notice how much you have lost. Notice also how much lighter your step is, how much clearer your eyes are, and how much better you feel. You be the sole judge of the benefits of this new discovery to yourself.

Don't delay. Get your coupon off at once.—now. No money just the coupon. When the course is in your hands, give the postman \$1.97 (plus postage) in full payment. It will be refunded immediately upon request if you do not see a most encouraging improvement within 5 days. If more convenient, you may remit with coupon, but this is not necessary. Here's the coupon. Clip it and get it into the mail box at once. Remember many people lose a pound or more a day—from the very start. Mail the coupon NOW.

Corrective Eating Society, Inc.
Dept. W-22611 43 West 16th St., New York City
(The course will be mailed in a plain container)

CORRECTIVE EATING SOCIETY, Inc.
Dept. W-22611 43 West 16th St., New York City

You may send me in plain container, Eugene Christian's Course, "Weight Control—the Basis of Health," complete in twelve lessons. I will pay the postman only \$1.97 (plus postage) in full payment on arrival. If I am not satisfied with it I have the privilege of returning the course to you within 5 days after its receipt. It is of course understood that you are to return my money if I return the course within this time.

NAME
Please write plainly

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STATE

Price outside United States \$2.15 cash with order

What Users Say

Loses 16 pounds

"My experience in following your suggestions was wonderful. I lost sixteen pounds. . . Your suggestions are the only way to reduce, and it is noticeable at the beginning."
Mrs.----- Woonsocket, R. I.

Takes off 20 pounds

"Eugene Christian's Course has done for me just what it said it would. I reduced twenty pounds. I will need to reduce some more, and with the directions of the course I can do that as fast or as slow as I desire. Many thanks for your interest and "THE COURSE."
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"I lost 40 pounds. . . ."
Mrs.----- Glen Falls, N. Y.

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"Both my husband and myself were benefited by following the suggestions given in Weight Control. I lost thirty-two pounds. . . We find our general health very much benefited."
Mrs.----- Charlestown, W. Va.

The above excerpts are from only a few of hundreds of letters on file at our office, describing amazing weight reductions through Weight Control. The names are withheld out of deference to our subscribers.

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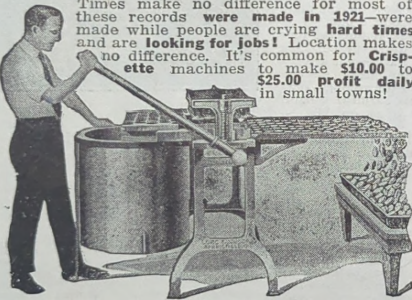
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Ira Shook, of Flint, Did That Amount of Business in 1 Day

—making and selling **Popecorn Crispettes** with this machine. He says in letter dated March 1, 1921: "I started out with nothing, now have **\$12,000.00** all made from **Crispettes**." Others have amazing records: Gibbs says: "Sold **\$50.00** first night!" Erwin's little boy makes **\$35.00 to \$50.00** every Saturday afternoon. Meixner reports **\$600.00** business in one day. Kellogg writes: "**\$700.00** ahead first two weeks." Master's letter says: "—sold **\$40.00** in four hours." During March, 1921, Turner was offered **\$700.00** clear profit above cost of his investment to sell. **There is money—lots of money—in Crispettes.**

Times make no difference for most of these records were made in 1921—were made while people are crying hard times and are looking for jobs! Location makes no difference. It's common for **Crispette** machines to make **\$10.00 to \$25.00 profit daily** in small towns!



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LONG EAKINS COMPANY

1124 High Street

Springfield, Ohio

(Continued from Page 21.)

the expression of a vision; the power of the idea. The history of the Peace (so-called) Conference is yet to be written. Time will doubtless reverse many judgments, and alter many estimates. But certain ideals which Woodrow Wilson put into currency before the Conference, and certain ideas which he carried to it and endeavored to write into the treaty, to create a League of Nations, quite apart from any immediately practical results, are the stuff which time does not alter except to augment, which men, even though at first discarding, come with the years to accept, and by accepting to move forward ever so little toward that "divine far off event." It is in no other way, indeed, that men do move forward. All progress is the slow advance of the masses of men toward the vision of a leader.

In how many minds, for example, had the idea previously existed that there is no victory in conquest? In a few, of course, always. But to the mass of men the idea was preposterous and even "pro-German." Peace without victory was a byword of scorn. Now that we have victory without peace, now that all have gone down together, conquered and conqueror, the idea put forward as wholesome leaven in unwilling bread, is beginning to work. It will go on working. It has set the whole world thinking on a new track.

The idea of the self-determination of nations, of course, was not a new one, either. But Woodrow Wilson gave it a currency it had never had before, and how far this idea will go, how much it will alter the world's map, the world's way of life, time alone can reveal. Certain it is that he set on foot a great stirring of many peoples, he roused dim millions to self-expression.

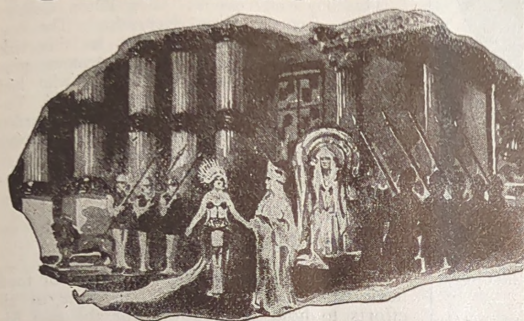
But above all, it seems to me, almost as much by his own habit of mind as by what he said—certainly more than by what he did—Woodrow Wilson put into the minds of his generation and the coming generation the idea that reason, not passion, can be a governing force in the world, or at least is the immediate goal of the world's struggle for government. Embody this idea in a League of Nations, embody it in a disarmament conference, embody it as you choose or can, the fact remains that to Woodrow Wilson, to his stubborn intellectualism, his habit of academic reasonableness, his ignorance, even, of "reality," is due the credit of making the common folk of this earth see the goal at last. To see the goal, to catch the vision, to be imbued at last with the idea—an idea as old as Plato and seeming sometimes almost as dead!—is to have set one foot, at least, on the road of progress. Because the fund will help to keep alive this idea, and by its name to honor justly the man who did so much to spread it, I am heart and soul for the Woodrow Wilson Foundation.

(Continued from Page 44.)

death seemed closely approaching, his father took him to a healer who was then at Sioux City, Iowa. Mrs. James Huffman of this place

(Continued on Page 48.)

The Secret of Caruso's Greatness



He Was a Musical Athlete

Caruso's marvelous voice was due to a super development of his Hyo-Glossus muscle. Your Hyo-Glossus muscle can be developed too! A good voice can be made better—a weak voice become strong—a lost voice restored—stammering and stuttering cured. Science will help you.



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YOU have a Hyo-Glossus Muscle in your throat. If it is large and vigorous, you have a beautiful voice, you are a "born" singer. If it is small, undeveloped, your voice is apt to be weak, or harsh, or shrill; maybe you stammer or stutter. Weaken and abuse this muscle by improper use and you lose what singing voice you have.

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Through Professor Feuchtinger's methods you can develop your Hyo-Glossus Muscle by simple, silent muscular exercises, right in your own home, in the privacy of your own room. Strengthen this muscle and your voice becomes full, resonant and rich. Your tones will have a color and purity surpassing your dreams. If you speak in public your voice will have vigor, expression, carrying power, endurance. All defects of speech will be remedied.

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Perfect Voice Institute

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Abroad, the name of Feuchtinger is one to conjure with. The grandfather of the professor was Court Director for the Duke of Waldeck; his father was a great musical leader during the reign of Charles, King of Wurtemberg. Professor Feuchtinger, A.M., is well known in the musical world for the work he has done in discovering and perfecting a series of exercises that will develop the Hyo-Glossus Muscle in any throat—the same training that is being offered you through the Perfect Voice Institute. He has lectured before many universities and colleges here and abroad. His personal pupils run into the hundreds.

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Managing Editor, Chester Holt Struble,	" "
Business Manager, same as above,	" "
Publishers, The Elizabeth Towne Co.,	" "

Owners:

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Known Bondholders, Mortgagees or other Security Holders—none.

Sworn to and subscribed before me this 1st day of April, 1921.

E. L. Twing, Notary Public.

(My commission expires January 16, 1924.)

[Seal]

Say you saw it in NAUTILUS. See guarantee, page 5.

(Continued from Page 46.)

is my informant, and a man who knew the boy and his family was her, Mrs. Huffman's, authority. This man's name can be had at any time.

He says: "I now know there is a God." He is a believer of the divine healing, where before this case he was heard to say: "Who is God?" He was known to deride God and his creation.

This boy's address is: Glen Tilton, College Section, Central City, Nebraska. The boy was healed August 2, 1921. In this sick condition, body swelled to enormous proportions, was told by the healer, who laid her hands upon him, to "get up." He did. Today he is well and was working in his garden when last talked with by this man who was converted by seeing him healed.

If there is anything more I may tell you regarding this I shall be glad to do so, if I can.—Mrs. J. N. CASSELL, Aurora, Nebr.

Why Food Prices Advance:—

Have you ever thought why prices of food have continued to advance, in spite of all efforts to hold them down, for the past fifteen years? Of course, we must consider the increased population up to the beginning of this war. Also the United States shipping extra food to Europe during the war and since. But if you will think back about fifteen years, when chicken was 12 cents per pound, eggs 10 cents a dozen, butter 18 cents, milk 5 cents, etc., you will find about that time there started a deeper, more powerful cause, in which we all thoughtlessly became partners to raising the price of living. About this time, if you have a good memory, the people began to think, talk and act out, the saying, "I had better buy now, or it may go higher. Each day, week, month, year after year, the constant fear thought. Prices have

(Continued on Page 50.)

(Continued from Page 28.)

years my friend went home on a visit, to find that John had made more mental progress in that time than he had in the twenty-five previous years; he was taking an interest in some of the work about the place, and showing some pride in his personal appearance.

In a loving, forgiving, patient, uncritical atmosphere, what might John have become? His mother saw in him what nobody else had the true vision to see. Her love rent the obscuring veils and revealed the qualities that increased with her praise.

INTERNATIONAL NEW THOUGHT ALLIANCE

(Continued from Page 35.)

weeks. She gave a three weeks' series of lessons in Hastings, England, and spoke several times at the Higher Thought Center in London, also at the Truth Center in Edinboro. Mme. d'Hamecourt was at the Convention in London, and spoke for Holland on "National Ideas." She speaks very appreciatively of Miss Callow of the Higher Thought Center in London, and of the work that is being done there.

JOIN THE ALLIANCE. One dollar makes you a member and entitles you to a Bulletin each month for a year, 10 cents for single copy.—MELVA J. MER-
RILL.

Be Well why not?

IT is easier to be well than to be sick when you learn how. When you learn to daily build your vitality, disease germs, grippe and cold have little effect upon you. Be free from nagging ailments! Weigh what you *should* weigh! Have a good figure! Be happy! *Enjoy* life! Be a source of inspiration to your friends. In other words—live.

You Can Weigh exactly what you Should

by following a few simple, healthful directions at home. I know it, for what I have done for **100,000** women I can do for you. Are you too fleshy? Are you too thin? Does your figure displease you? Let me help you.

I want to help you to realize that your health lies almost entirely in your own hands and that you can reach your ideal in figure and poise.

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Here are samples of letters from pupils:

"Last year I weighed 216 pounds, this year 146, and have not gained an ounce back. It is surprising how easily I did it. I feel so strong and at least 15 years younger."

"My weight has increased 30 pounds. I don't know what indigestion is any more, and my nerves are so rested! I sleep like a baby."

I receive a number of such letters every day. Leading magazines editorially endorse my work. Physicians approve it. Their wives and daughters are my pupils.

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If you are in New York, come to see me, but sit down and write me **now**. Don't wait—you may forget it. I will send you **free** my illustrated booklet, showing you how to stand and walk correctly and giving many health hints.

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FEAR

Have You Ever Analyzed Fear? Fear Has Many Forms

Have you lost self-confidence? Do you suffer from general nervousness? Do you worry? Are you depressed in spirits? Do you get blue and discouraged? Do you fear to travel? Are you afraid of crowds? Are you self-conscious? Are you a failure or do you BELIEVE yourself to be? Do you let finances worry you? Have you a general weakness that there seems no good physical cause for? Do you fear you are going insane? Are you in doubt regarding your religious views? Do you ever wish to die? Has life lost its color? Have you lost interest in life? Have you lost your grip on self? Are you nervous and restless without any seeming cause? Are you unable to control yourself? Do you fear death? Do you fear life? ARE YOU AFRAID OF YOURSELF?

ALL OF THESE ARE FORMS OF FEAR AND CAN BE DESTROYED, AND FAITH, CONFIDENCE AND COURAGE ESTABLISHED.

Certain strong emotional thoughts, such as FEAR, ANGER, JEALOUSY, DEEP SORROW, HATRED, etc., create a REAL poison in one's body and depress both mind and body tremendously. This is backed by our Government experts, who have themselves made tests and experiments.

Similar methods to those which I employ, and have employed for the past fifteen years, were used as much as the limited number of qualified practitioners would permit of, by the governments of England, France and the United States during our recent war in treating many types of disorder.

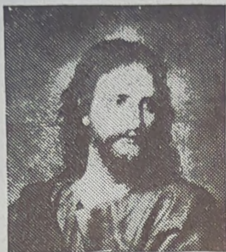
If your trouble has not responded to the usual treatment and has been looked upon as a "hidden" or "obscure" ailment, let me assist you in diagnosing your case through the means of Psycho-Analysis.

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(Continued from Page 48.)

been and are being drawn tighter by this fear and lack of trust and continual talk up of prices. Everywhere you hear "better buy now, or it will be higher next week." Thus have the profiteers waxed rich on the mental state of the people. Therefore, I believe the people are *all*, rich and poor, to blame for these high prices, simply because they are in a mental rut of continually talking about how high prices are going. Also being always ready to accept an advance as true, and to shoulder the burden as unavoidable.

Now, my idea is this: Why do New Thought people, when they know the power of such thinking, continue to help raise prices by talking and thinking along with the rest of the poor mortals, "who know not what they do?"

Why not start a general movement among all New and Advanced Thought followers to think, talk and affirm that prices ARE coming down and are bound to come down. If we make our efforts strong enough the big dailies will see the point and commence to talk about it in a short time. Thus the end for which we seek will be accomplished, that is, to change the mental state of all the people.

So, why not place in your valuable magazine a "key thought for daily meditation"—some key thought that would affect the mental state of the people.—G. T. S.

Thank you, my dear, for sending me your "smile" by post. Every time I look at you it draws a smile from me. You captivated my little granddaughter, Sallie Clover, and she took the photo to show her teacher at school, who asked Sallie to hold the picture before the pupils in her room and repeat the words on the back of the card, which she did. How contagious is a radiating smile. Fraternally and lovingly,—SARAH G. M. LA VAKE, Evans-ton, Ill.

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(Continued on Page 54.)

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