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NAUTILUS

Magazine of New Thought

*Edited by Elizabeth Towne
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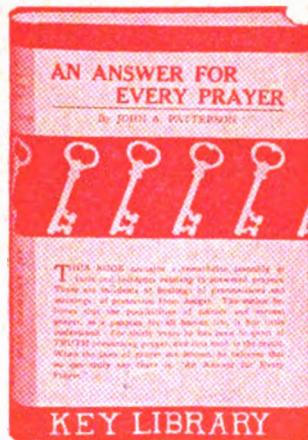
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other page.)

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books. These are all hand bound, in flexible cov-
ers, stained tops, gold printing on back and have
attractive printed jackets with the special KEY
design. For gift purposes, Landone's "Deep,
Deep Down in Your Heart," and "How to Turn
Your Desires and Ideals Into Realities" are espe-
cially suitable. Another appropriate book for
gift purposes is "An Answer for Every Prayer."
See the complete list on inside back cover of this
issue of *Nautilus*. When requested, we will en-
close a card with books ordered for gifts, giving
the name of the sender.



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have read *Nautilus*! I was tempted to commit suicide once, but I was saved from the depths of hell by the study of New Thought. I, who have received so much, am sending the enclosed contribution, hoping it may be of help to someone who has the same problem to meet." If you find contributions in this number that you think might be helpful to someone you know, why not send them a marked copy of the magazine? A very large proportion of the readers of *Nautilus* first learned of its existence through the kindness of our friends who have formed the "pass it on" habit and who keep their old copies of *Nautilus* in circulation. And surely Christmas is a fitting time for such action.

COMING IN 1927.

One of the most original of our contributors is Rafael Santoris. He writes from the heart, and frankly, of his own problems and the way in which he met them. "*The Experience That Caused Me to Change from a Negative Personality to a Positive One*" will throw light on a matter of interest to many *Nautilus* readers.

As a result of the new personal revelations described in this article, the author says: "I now

have a business of my own, money in the bank and a valuable patent pending."

Marie Winchell Walker, M. D., has written three new articles for *Nautilus* that will answer three types of inquiries that we are constantly receiving: "*What to Do While Waiting for Your Mate*"; "*Five Things to Do When You Have Lost a Lover*" and "*Ironing Out Your Child's Complexes*". We expect to make room for all of these in the next few months.

"*God Helped Me Outdistance Old Age and Sickness*," tells how New Thought healed a helpless invalid, so that she is a robust, well, happy woman, without an ache or a pain". It also gives a mental treatment for the hair which stopped the author's hair from turning gray and gave her "a heavy thatch of black hair, long and curly".

We have dozens of other equally interesting features that we cannot tell you about for lack of room, but watch the monthly announcements on page 2!

HELP! HELP!

Who will help the New York Public Library to complete their file of *Nautilus*? They have pleaded with us repeatedly to make an appeal for the first four volumes, which will give them a full and complete set of *Nautilus* from the very first issue. If you have one or more copies of *Nautilus*, dated previous to November, 1902, please write to us and give dates of issues. Do not send any numbers, either to us or to the Library, until you hear from us by letter.

Coming In January Nautilus

"**W**HAT to do While Waiting for Your Mate," by Marie Winchell Walker, M.D. With helps to insure success in marriage. Tells the kind of types that should marry, and how to attract the particular kind of mate you desire.

"**G**OD'S Healing Power Dissolves a Tumor." While waiting to become strong enough to have the tumor removed by an operation, the writer of this wonderful experience found a few old copies of *Nautilus*. She read about "Affirmation" and all day long, as she sat in the bright sunshine, she sent out her thoughts into the atmosphere "as a gardener plants his seeds". A few months later she went back to the doctors. They gave her a careful examination and gave it as their opinion that "God had worked a miracle". No trace of the tumor could be found.

"**S**ENDING Out the Call Over the Mental Wireless," by Rafael Santoris. How sending out thoughts of love made over a man's life. He found that "I had connected with the Power of God and knew that never again could I fail to see joy in life, never have that lonely feeling caused by self-pity. It will soon be a month



since I started this practice, and it has proved unerringly successful in all ways."

"**H**OW Dramatizing Love Prevented a Divorce," by George C. Golden. He was a young lawyer. His wife was a striking beauty. Yet he came to Mr. Golden with the statement: "Marg and I are through with each other. I am going to get a divorce." How New Thought

Psychology revealed the CAUSE of their differences and supplied a remedy is the subject of the "story". And they didn't get a divorce.

"**T**HINK Yourself Into Health," by Rose Wald. An interesting article on vibration and color. Tells how to draw to yourself any desired state by picturing the color which vibrates at the corresponding rate.

"**H**OW to Establish the Law of Rhythm in Small Children." Bringing the baby up to be methodical in its habits is made easy with the aid of these instructions. Gives practical methods for the young mother which will help her to make the baby happy and contented.

Read Them in January Nautilus

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JESUS realized that men and women living in this practical, common-sense world needed many different things for their comfort and happiness. Even at the time when HE was here, they needed food, and clothing, and shelter, and love, and music, and the means of travel and transportation. And the needs of present-day men and women are not very different from the needs of men and women who lived in Palestine nineteen hundred years ago.

Jesus Himself had all of these things. He wore good clothes, ate good food, and went when and where He willed. The comforts and luxuries of some of the best homes in Jerusalem and other cities and towns were His whenever He chose to avail Himself of them, and among His intimate friends were many men and women of wealth, refinement and high position. In the text illuminated by the ray of light at the top of this page He tells how to get these things.

The tragedy of the whole matter is that so few people have received the things for which they prayed, and that so many good Christians are poor, and sick, and disappointed, and miserably plodding along toward the end of life sustained by the hope that the next world will be better than this one.

Jesus was not a practical joker, nor did He give His people a stone when He knew they wanted bread. When He said, "What things soever," He meant "What things soever". He was not talking about some kind of vague spiritual blessings; He was talking about the things that men and women desire, and that would enable them to make their lives what they want them to be. But He requires that one who is praying for a certain thing shall believe that he already has it. The American version of the New Testament puts this belief in the past tense—"Believe that ye have received," etc. Such belief is practically impossible

in the great majority of cases, and that is why so many prayers go unanswered.

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THE NAUTILUS

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Some of
The Nautilus
Contributors
For 1926-1927
Others
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And many other subjects

Concentration in the larger sense means focusing one's efforts on a single ambition. All minor ambitions—all petty distractions are subordinated to this main ambition. Mind, body and soul are bent towards the winning of a single goal. With proper concentration, this goal is bound to be attained.

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tained, the mind attacks the problem and solves it easily. This intensified action of the brain is like a hot flame. It attacks and consumes all it comes in contact with. Such is the fire of genius—an intense and prolonged concentration that accomplishes the seemingly impossible.

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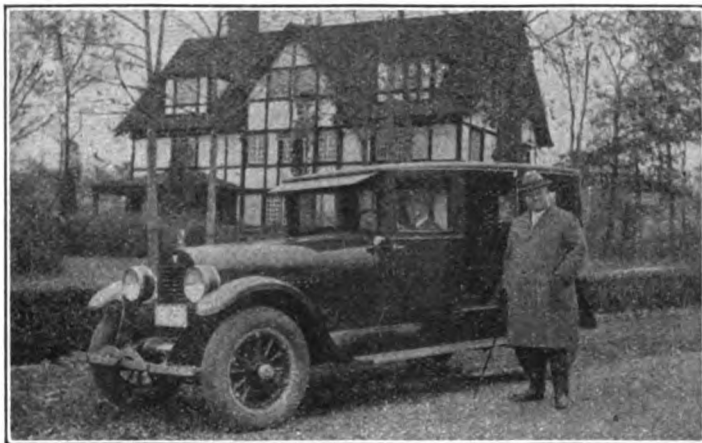
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ALL JOY NOW: "Now I have something to live with, and work for—something that gives me confidence. Have started tithing,—and this idea of radiating! Why, it's all a joy now!"—FROM A PRACTITIONER.

NOTHING ELSE SO CLEAR: "I knew so much of Truth before taking up this work with you, but it was never so clear and definite as you have made it,"—FROM A PHYSICIAN AND HEALER.





How, after 12 years' hard work as railroad brakeman, I got into real estate, and now make more in a month than I used to make in a year.

By L. C. CLARKE
(Address furnished on request)

FOR TWELVE YEARS I was a brakeman on the Mohawk Division of the New York Central.

During that time my wages averaged exactly \$638.40 a year.

Then I got started in the real estate business, and during the past year I made one sale that gave me a commission of \$4,500, which is more than I made on the railroad in seven years of hard work.

And I don't feel that I have done anything wonderful — anything the other fellow can't do if he will, I simply got into the right kind of business—a business of big opportunities—a business where big money is made.

You—who are reading these words—can do what I have done if you have a mind to. You don't need education, experience, capital or influence. I didn't have any of these things.

I had to leave school when I was thirteen, so I had mighty little education. I had no real estate experience. I never earned more than just enough to keep me out of the poorhouse, so I had no capital. And, as for influence, where would a \$50-a-month brakeman get any?

And you don't have to go to a big town to succeed. I am located in a little New York State town of only 8,000 population.

Of course, I'm pretty enthusiastic about the real estate business. I think it's the greatest business in the world. It has more advantages and bigger opportunities than any other business I know of. It is as permanent as the earth itself. It is almost

unlimited in its possibilities—about ten million properties are always on the market. It is easy to learn. You don't need capital to get started, as you do in almost any other business. The business can't grow smaller—it keeps getting bigger and bigger as population increases. And you can get started in the business right at home in your spare time. When I realize that I have an independent, enjoyable business of my own, a good home, two automobiles, and every convenience and comfort a sane man could want, I sometimes find it hard to believe that I'm the same fellow that put in twelve long years of hard work as a railroad brakeman.

Now if you are kicking about what I used to kick about—long hours, hard work and poor pay—if you want to get into a business where you can have the biggest kind of an opportunity to make good—simply send your name and address to American Business Builders, Inc., Dept. 8-Z, 18 East 18 Street, New York, and they will send you, without cost or obligation, a copy of their free book, "How to Become a Real Estate Specialist."

In five minutes after you start reading this fascinating book, you will agree with me that you have at last struck the best business opportunity that ever came your way—an opportunity to learn a splendid, money-making business and get started—right at home—in your spare time—without capital or experience—in a safe, sound, independent business of your own.

So get busy, if you want to grab something big. If you are ambitious to make something of yourself—get ahead—make more money—this is one chance you can't afford to let slip out of your grasp. It costs you nothing to find out what there is in this for you. You take no risk. So, mail the coupon at once. Take my word for it, you will never regret the day you send for this free book. And some day you may do just what I did—put through a deal that will put more money in your bank account than you ever saw in one pile before.

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Send me—without cost or obligation—your new free illustrated book, "How to Become a Real Estate Specialist."

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Address _____

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The Word

By HAROLD W. GAMMANS

"IN the beginning was the Word, and the Word was God,"

Before the worlds or suns by God were ever made;
"And the Word was made flesh and dwelt among us
full of grace and truth,"

And we beheld him as the holy Word of Life was
said.

The flesh of God was living and the Word of God
was spoken.

And I who am of God, I live, I speak his name,
His Word. The line of God in man remains unbroken,
Before all worlds, when suns shall cease, the Word is
still the same.



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No. 2

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 unresting
sea."*

—Holmes' "The Chambered Nautilus."

The Spirit of Love.

THE only way to think love is to take your firm stand on your soul's omnipotence, and look upward toward things, toward what other people do, in the same spirit of love that God Himself has and is. This is what Jesus meant when he said, "Forgive to seventy times seven and let your light so shine that men may see your good works and glorify your Father which is in heaven;" and it is what Paul meant when he said, "None of these things move me". It is exactly what Jesus meant when he admonished us to be "perfect even as your Father in heaven is perfect". Your Father in heaven is PERFECT LOVE, who smiles upon the unjust as well as upon the just, and who UNDERSTANDS that the unjust are so because they do not know any better. When they were killing Jesus on the cross, he said, "Father forgive them for they know not what they do". Let your love shine out, and ripen your world! That is the only solvent for troubles.

Until you have used that solvent to good effect, you will carry those troubles along with you no matter where you go. And you can use that solvent right where you are, and in any other place where duty and opportunity call you.

The only thing that can possibly make life worth living *anywhere*, is to live it as the life of the Sun of God. This way lies the realization of all your desires and the growing of yet greater ones. In proportion as you cling to your "troubles" and to your foolish resentment at other people's well-meaning but mistaken thought and speeches to you, in that proportion you will fail to live the life of the Sun of God. And only by living as the Sun of God, can you satisfy your desires and your soul, and attract to you the things you desire. It is what SHINES out of YOU, that makes your world beautiful; in proportion as it does not shine, in that proportion your world is not beautiful, and you are always looking about you and being jealous of other people, and resentful. That is the way God made us — so that our jealousy and resentment would drive us TO THE SPIRIT OF GOD WITHIN US, which is pressing to shine out through us, and ripen our world into beauty.

▽▽▽

A Treatment to Overcome Jealousy.

THE salvation of your beautiful home-life lies in God the Father, in His divine love expressing through you, turning even this situation to beautiful results.

The first thing for you to do now is to *definitely* "loose" your husband and let him go *his own way*. You may depend that God in him is working for the same end, that God in you is working for! It is up to you to do no interfering with the way that God in him is moving him.

Love your husband, and *know* that he and you are one; bless him in all his ways, and



EDITORIALS by Elizabeth Towne



know that God is making all things work together for good.

The one and only reason why your husband does not feel free in the presence of yourself with these other women around is because *you* are not blessing him in these little friendly associations because of your jealousy. No matter whether you say anything or not, you may depend that your husband will not feel free if you resist what he is doing. And the more you think about the possibility of his doing these things, the more you will resist! So, you will build up in your subconsciousness a sense of resistance *that he can feel without knowing what it is.*

The more you resist these little friendly relations of his in your own home with other women, the more he will feel the resistance, and the more likely he will be to go outside of his home in order to again realize the feeling of freedom! So your one job is to **LOOSE HIM AND LET HIM GO** his way in *all* things. And you must bless him and love him, and definitely free him every time you *happen to think about it.*

Your second step is to **AFFIRM YOUR ONENESS WITH YOUR HUSBAND IN LOVE**, and stick to it through thick and thin. Every time you think of it, loose him and let him go his way *in love and perfect freedom and safety*—bless him on his way. No matter where he goes, he cannot get beyond God's love and guidance. And God is the one who is doing the works of all good!

Then instantly, after you have definitely loosed him,—close your eyes and open your hands as if you were letting him fly away from you into God!—and immediately afterward affirm that he and you are one in love, in truth, in God; that nothing on earth, in Heaven, nor in Hell can come between you and separate you. You are one in God, in all good from the beginning of time to the end of eternity!

Simply sit down, or lie down, and go over this treatment to yourself, carefully, positively, definitely, every time you happen to think about it. Then *dismiss it from your mind*, and go on about your work. Do something active in the way of loving service to your husband or to your children! Then the next time you happen to think of it, take the same treatment over again. But do not *try* to think

about it except the first thing in the morning and the last thing at night, when you are to go through with the treatment carefully and positively, to clean your thoughts for the day, and again to clean your thoughts for the night time when you are asleep. Go to sleep with the thought of *definitely* committing all your affairs to God and thanking God that they are *working out right according to the highest ideals.*

Never mind how you *feel about these things*—feeling always follows a long way after the fact—it is like a shadow. You are to definitely affirm the truth, no matter what the feelings may be at that particular time. In due time you will find your feelings more representative of the TRUTH of your being and his, instead of as now, representing the not-truth of your unity.

▽ ▽ ▽

Suggestions To One In Doubt.

THERE IS only one way to do what you have in mind, so far as I know; and that is to develop something out of yourself—something entirely original—something which you can advertise to do *better than anybody else in the world does it.* It is not necessary that you should do an entirely original thing, but whatever you do must be done in an entirely original way, in order to accomplish this. It is not so much what you do in this world, as how you do it. Originality is success!

In my own case I tried a hundred different things, and planned a thousand and one other things which I never even started, for I found my own original thing to do—or rather, my own original *way* of doing it.

Dear lady, all you desire is yours, but the place to seek for it is *within yourself.* If you need bolstering up from the outside, then you have not yet hit your stride or your line. Ask the spirit within you what to do, and how to do it.

Follow the spirit within you.

Ask yourself first, what you can do best to serve the world? Then ask God within you how to begin, and where. And despise not the day of small beginning.

If you need to earn money, then serve the world with something that the world wants worse than it at present wants New Thought!

EDITORIALS by Elizabeth Towne

What can you do best in the world? Improve that thing, and market it. That is the way and the place to begin.

▽▽▽

*The Editors Are Home Again—
God Bless Us All.*

THE British Section of the International New Thought Alliance Congress in London, was "the best one yet," according to the statements of the British friends themselves, including every one of the leaders. Our Alliance president, Mrs. Mary E. T. Chapin, was there for Sunday, October 19th (while William and I were on the way back from Paris) and for Monday. We saw her and heard her speak on Monday. She sailed for home on Tuesday morning to our regret.

The meetings kept growing larger during the week; on the whole, "my meeting" on Thursday night had the record audience of the week, and my noon meeting on Friday was one of the best attended of the noon meetings, so they said. I was in practically every meeting from Monday morning to the following Sunday. William attended some of the sessions and went sightseeing most of the time.

On Monday at four o'clock following the Congress, Dr. Charles Wase, president of the British Section I. N. T. A., gave a reception and tea at his studio, for the Executive Committee and the General Council of the British Section I. N. T. A., to meet William and myself and any other Americans who were there. There were no other Americans, as I remember it. We had a splendid time and things were talked out better than ever.

The progress during the past year has been marked, and this Congress was the most successful they have ever had in interest, in attendance, and also in point of financial support. Mr. Wase and several other leaders assured me of this. They were all so cordial and nice to us and urged us to come back again next year.

The British Section has now organized a very representative General Committee which is in complete working order, together with a splendid large Council which brings in representation of every Center of New Thought, Psychology and allied interests, and which

connects up all of the Centers in Great Britain. They have meetings of the Council and Committee every three months, and they are all working together preparatory to a big assembly next year, when the Democratic principle will extend still further into the field. Their next Congress is to be held in July, 1927.

▽

The London Union of Women Voters.

SOME months ago, I was invited to speak in London for the Union of Women Voters, in All Souls Church, Unitarian, at Golders Green. I kept the engagement and had the pleasure of meeting intimately the leaders of this church, and of making one of several speeches in a most interesting and inspiring meeting. The minister of the church is Rev. Mr. Daplyn, and his young daughter, who is an ordained minister, Rev. Joyce Daplyn, is his assistant in the church work. They are located in a new church and among those whom I met were several who know us already as editors of *Nautilus*.

I felt very much at home in that interesting meeting. One of the speakers was Miss Wilkinson, Member of Parliament, a charming little woman and a splendid speaker.

This Union of Women Voters which held its conference there, was organized by Dr. Daplyn, and was inspired by a lady of his church who came to the United States and in Washington, D. C., came in touch with leaders of the League of Women Voters. She went back to the church and told them about it, and they immediately organized the new Union which is only a year or so old, and is doing fine work.

AS the individual knows more of the One Life, his organization of ideas records more of the One Life, more of the infinite, less of the finite. The mortal puts on immortality, through recognition of the One Life, until that recognition *informs*—forms *from within*, the entire mind and body.



This Publication

Affirms the
UNITED NATIONS
of the WORLD



BE YOURSELF

By Chester H. Struble



CARBON COPY is useful, but it doesn't enjoy the power and prestige of the original.

The originator gets the gold and glory, the imitator the dross and drudgery.

Those who believe in themselves become highly successful at it.

There is no limit to the thoughts of which the human mind is capable, but there is, all too often, a self-set limit to the thinking the human mind does.

Scientists have found the mind capable of countless millions of different thought combinations, so we are not yet out of the stone age of thinking.

The thoughtless take the paying way, the thinkers take the way that pays. Be yourself and win or be an imitation of the other fellow and self-extinguished.

How Acting in Harmony with the Law of Love Healed Mrs. B. of Rheumatism

By J. A. Eichwaldt

Showing How the Subconscious Mind was Used to Heal the Body Through Radiating Love Energy

THE MOST convincing demonstration of the efficiency of mental methods in accordance with New Thought principles consists in healing the otherwise incurables. Even then some of those healed fail to grasp or to apply the principles underlying their deliverance, and the trouble may return.

A conspicuous example of such healing came to my notice a few years ago.

Mrs. B. is a medical nurse, scientifically and practically trained for her profession. Her training, at the time of the occurrence related herein, had been re-enforced by many years of practical experience under many physicians and some famous surgeons.

While in some cases the years of experience as a trained nurse has a tendency to put a damper on the enthusiasm with matters medical and surgical, in the case of Mrs. B. her original faith in the medical profession had been increased and re-enforced. Had she not seen some marvelous operations successfully performed and had not her conscientious care helped her charges to recover in the face of death? To be sure she had also "lost" a patient now and then; she had also "spoken her mind" to doctors who did not come up to her standards of medical or surgical perfection. And — best of all — she had that implicit confidence in her ability which is the result of knowledge and is enhanced by experience.

But Mrs. B. had rheumatism of that particularly painful variety which, in her case, had been diversely and variously diagnosed and "treated," but absolutely without avail.

Mrs. B.'s Friend Was Healed by Christian Science.

One of Mrs. B.'s friends, a lady who had been transformed from a chronically ailing wreck of a woman to a state of health and

vigor through Christian Science, and consequently had become a Science enthusiast, advised her friend to visit her favorite practitioner. Even though very much prejudiced against any method or system of healing outside of the regular school of medicine, Mrs. B. finally yielded to her friend's pleadings and visited the Christian Science practitioner recommended to her.

Her condition was so painful that she succeeded, with difficulty, in climbing the front stairs of the cottage occupied by the practitioner, and the latter was obliged to assist her to a seat in the waiting room. While the practitioner attended a patient in another room, Mrs. B. glanced over the pamphlet handed to her, and in due course of time, the other patient having left, the practitioner gave our friend the required attention. This was done right in the waiting room because, on account of the rheumatic pain, Mrs. B. declined to move from her seat.

The treatment concluded, the practitioner dismissed our friend, advising her to call again the next day. On arising from her chair Mrs. B. begged the practitioner to assist her down the stairs, but—to her great surprise—she found that all pain had disappeared and that she could move freely and painlessly, and that she needed no assistance to descend the stairs. In fact, Mrs. B. considered herself healed and—while enthusiastically grateful—did not take another treatment from the practitioner referred to, or from anyone else.

In Three Months The Rheumatism Came Back.

About three months later, however, Mrs. B.'s troubles returned and her condition was as painful as it had been before when I met her at the home of a friend.

Of course I was told of Mrs. B.'s ex-

traordinary experience, and it did not take long to fairly accurately analyze the nature and kind of her thought-life. When asked for my "opinion" I failed to express any, but informed Mrs. B. that I could give her a simple, yet sure, means of forever ridding herself of her painful condition, provided that she agreed to follow directions implicitly. I advised her to communicate with me when she was ready to give me that assurance, and that I would not "treat" her, and all I would have to give her would be some simple, easily followed directions.

A very much mystified Mrs. B. met me by appointment a few days later. I did not waste time on many preliminaries or elaborate explanations. Knowing that she might not follow directions without understanding something of the reasons why, I gave my conception of these reasons as briefly as I am giving it here.

The fundamental truth which characterizes every mental quality and lends effectiveness to all mental (or, if you prefer the term spiritual) function is briefly expressed by the following rule:

IN MENTAL REALMS EVERY IMPULSE AND FUNCTION OF THE CONSCIOUSNESS BEGETS, MULTIPLIES AND ATTRACTS IMPULSES AND FUNCTIONS OF THE SAME KIND AND QUALITY.

The Law of Subconscious Reaction.

This is done through subconscious reaction, or, in other words, the Conscious or Ruling Principle, through its predominating thought-life causes the Subconscious Serving Principle to react corresponding conditions, because the so-called Subconscious Mind is the most perfect servant imaginable. We know, for instance, that anger generates a physical poison in the system because the Subconsciousness obeys the angry impulse consciously given. We also know that every other emotion has a corresponding effect upon the thought-impulses which carry it.

Love is a highly vitalized, positive and, therefore, creative function. Without differentiation or analysis, we can rightfully claim that Love partakes of the Universal Spirit and is, therefore, the highest mental function any individual is capable of. So true is this that an analytical examination of any individual conception of Love will not only enable us to establish that individual's status on the scale of evolution but such an examination will

also greatly aid us in determining the cause of whatever difficulty, discord or ailment may exist in that individual's life.

Mrs. B. was greatly amused when I questioned her about her conception of Love but frankly admitted that she did not "believe in" loving her enemies, and even as far as her attitude towards Mr. B. was concerned, there seemed to be very little love on either side.

Healing Through The Law of Love.

In carrying my explanation further I told Mrs. B. that the Law of Love alone, if put into execution, would carry her out from all the discord of the Law of Strife and place her under the Law of Harmony; also, that she could not continue serving two masters if she expected to escape the disease, discord and misery engendered through the Law of Strife. To be sure, she would continue experiencing occasionally the few and rare blessings as results of occasional compliance with the Law of Harmony, the fundamental law of the Innermost Self, or Ego. This Self—the Real and Permanent Self—has been variously named, but the name does not matter provided that its three fundamental principles are fully recognized.

In the first place recognize its real nature. This is not difficult, provided that you proceed without prejudice. Otherwise it is best to just assume it tentatively and then to convince the intellect that you—the real you—are fundamentally perfect. Seek support of this tenet in science or religion or philosophy. You will find ample evidence to corroborate it, even in common sense.

The next step is to realize that this Law of Perfection, of Love and Harmony, exists and operates in all persons and all things; that it is as universal as the universal ether, and that it unites you with all persons as well as with nature and the universe as a whole.

Finally, having accepted the first two tenets, it will not be difficult to carry the matter further by convincing yourself of your own unity with the Universal Creative Mind which some call Law and others call God and "God is Love." Again there is abundant evidence of the universality of this Positive Creative Principle, this Law of Love, which is operative in all men, creatures and things, to say nothing of the worlds and solar systems which are operated by It, or by Him, with utmost accuracy.

"Well, yes; I am able to grasp all that;

in fact I have been taught to regard myself as one of God's children; but in what way does it affect my rheumatism?" said Mrs. B. And then I explained that not only the painful condition called rheumatism but every other difficulty in all departments of her life was due to her tendency to serve two masters by attempting to live under both the Law of Strife and the Law of Harmony.

I concluded the conference with Mrs. B. by giving her the promised directions which did not include any affirmations or direct mental work of any kind. She had been affirming, but therethrough had evoked the operation of the Law of Reversed Effort. In her condition she was not ready to apply any mental procedure which would have a direct bearing upon the correction of that condition.

Fifteen Minutes Twice A Day.

I therefore advised her to take fifteen or twenty minutes twice or three times a day, preferably in the morning on awakening, at noon and again at night before falling asleep. First relax as thoroughly as possible AND THEN JUST LOVE. Begin by loving your friends, each one individually, then continue loving those who are not so friendly and finally, love your enemies.

It is important to begin with those you love. You will find that by the time you reach the "enemies" the impulse has become so strong that no difficulty is experienced in

forgiving whatever grievance may have been caused by the latter.

About ten days later I received a telephone call from Mrs. B. Not only did she not have any more rheumatic pains, but she was full of sincere enthusiasm for this extremely old but newly found process for health and happiness.

Before closing this article I would like to call attention to the message the late Luther Burbank sent, on his last birthday, to his friends, the children of the world:

"AS YOU HOLD LOVING THOUGHTS TOWARD EVERY PERSON AND ANIMAL AND EVEN TOWARD PLANTS, STARS, OCEANS, RIVERS AND HILLS AND AS YOU ARE HELPFUL AND OF SERVICE TO THE WORLD, SO YOU WILL FIND YOURSELF GROWING MORE HAPPY EACH DAY, AND WITH THE HAPPINESS COMES HEALTH AND EVERYTHING YOU WANT."

This is a vital message and, best of all, it was printed in nearly all newspapers published in the English language. If you read it aloud its superlative effect will be apparent to you and to those who hear it. As you read, let your imagination be stirred by its majestic harmony and a forecast of the grandeur of a new and glorious civilization which is now in the process of formation.

If you let these words of the famous plant wizard sink into your subconsciousness they will react in the form of an inspiration to Love—"The Fulfillment Of The Law."

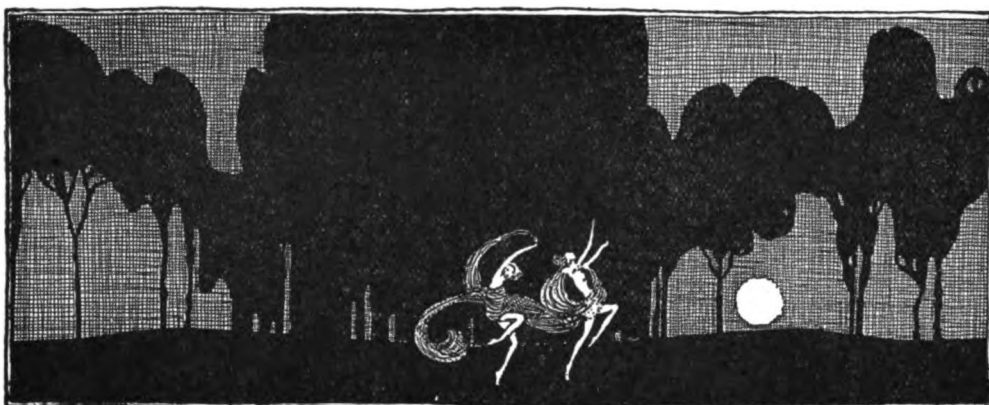
Impressions

By Lorna Keeling Collard

QUIET waters, where silken ripples
Glide up the sand with a ling'ring kiss,
Then ebb in the faint-breathed wash of
shingle—
Peace enters the heart like this.

Bells, filling earth and sea and heaven—
Melodies fragile as fairy-foam,
Bells that joyously chime at sunset,
Calling the sea-birds home.

Twilight, till mystery folds the ocean
With sombre wings, while the wet wide sand
Is swept by night-winds, and in the shadows
Pale Memory takes my hand.



WHY?

By Edna Smith DeRan

WHY should I grieve at sorrow?
 Why should I hold a fear?
 I've faith in Love's tomorrow,
 I know life's skies are clear.
 Because some gray goes creeping
 Between the sun and me;
 That's not a cause for weeping,
 Dark days are Love's decree.
 For if one's life were sunshine
 The whole long journey through,
 I know we soon would weary
 And long for something new.
 And so when clouds are hovering
 Between me and the sun;
 I search for silver linings,
 And treasure every one.
 The brave heart fears no sorrow,
 The hero sheds no tear,
 But trusts in God's tomorrow,
 And stands without one fear.

Wanted—A Human Interest When One Has Lost a Friend by Death

By George C. Golden

No. 6 of the True Stories

"I'M HAVING my sister come to see you." Mrs. Wrightson looked at me to see how I took this information. Her gaze was scrutinizing. Her glance was piercing.

"Mrs. Everets?" I inquired.

She nodded an affirmative.

It was no wonder that she looked to see how I accepted the announcement. Mrs. Everets was known practically all over the country as "a character". Stories of her eccentricities had been told over the teacups in apartments on Morningside Drive. Men on the golf-links in Southern California had been distressed over the problem of having to soothe in their wives some hurt ruthlessly inflicted by this same woman. She had considerable wealth but it looked as though, when nature cast her spirit, life had neglected to include the condiments of sympathy and humanity.

"Elsie has just committed another one of her indiscretions," Mrs. Wrightson continued. "Last night she had a big dinner party and what do you think she did? Sent word down with the maid that she wasn't feeling well and for them to commence without her. She appeared for about fifteen minutes during the evening—showing herself in the best of condition."

She waited for the details of this "social tragedy" to register.

"Elsie is not big enough or wealthy enough or socially established enough to do this kind of thing," the sister explained, "even if it were right. The people, of course, took it as a deliberate insult and today their telephones are simply buzzing."

I knew Mrs. Wrightson sufficiently intimately to realize that she was distressed not so much over the superficial side of the error as over the fact that her sister had betrayed, by her action, that an essential part of her spiritual nature was not functioning.

"I'm sure that Elsie has never found her-

self or she wouldn't do such inconsiderate things," Mrs. Wrightson finished. "We have tried nearly everybody and everything so do not feel badly if you are not successful with her."

Mrs. Everets was tall and immaculately groomed. I thought, at first, from the set of her lips, that her mouth was "hard" but, later on, watching her closely, I came to the conclusion that her lips indicated a sensitiveness that was highly developed. In her eyes there was a betraying restlessness that seemed to have its source in some hunger of the spirit.

She answered my questions readily enough. She told me that after but a few years of very happily married life, her husband had been drowned in his yacht and since that event she had really "not been herself".

"I've tried to rebuild my life," she said as though apologizing, "but some way or other I haven't been successful. I've seemed to have no foundation. I couldn't find anything to start building with."

"There is no reason at all why you should not be perfectly attuned to living," I told her, "for you have today, in reality, as much as you ever had or ever will have. There is just as much God today as there will be in a million years hence. There is just as much Spirit for you to enjoy and appropriate now as there can ever be."

"I wish that I could see it," she sighed. "It all sounds very fine but when you realize that the only being you have ever loved has been taken from you, it is hard not to be envious of others who have their husbands and children."

"Spirit in you is able to rebuild your life," I declared. "I do not mean that it would be a desirable end for you to forget your husband but I do know that if you follow your own Holy Ghost, here in this world, in this physical life, you will be able to make the contacts and establish the interests that will

draw out the same amount of emotional life that you might otherwise have expended on your own husband and children if fate had cast your life on different lines."

"How can that be?" she demanded. "Living is not mechanical. I'm not a battery with so much electricity stored in me that can be switched on and turned loose whenever it is convenient. Love is something that we can, of course, withhold but on the other hand, we cannot give it out unless our spirit voluntarily and spontaneously goes out to some one."

"That is true," I answered. "The energy has to be created from within. The well that springs up in us into everlasting life has already made its connection with the Infinite fountain. Your Holy Ghost is pointing you to the individuals that are needing to receive from you just as much as you are burning to bestow. You want that human interest for your body's and spirit's well-being and these 'human interests' are crying out for the ministrations that only you can give."

"But I have found no cause that really needs me," she protested. "Everytime I have thrown myself into some charity cause or altruistic organization, I have been discouraged with the forced character of my whole role. It was all, all artificial on my part—my interest, my work, my contact with the people!"

"That is because you have not discovered your particular interests," I declared. "I guarantee that you did not use the discrimination in selecting your 'human interests' that you display in choosing a modiste!"

She laughed. It was true and she knew it. However, she was not offended at my frankness and the interest in her eyes invited me to continue.

"When you were a youngster," I asked, "did you ever go to a party where they set a huge pie in the middle of the table—the kind that is baked, not in a pie-pan but in a dish-pan? In front of each guest there was the end of a ribbon. The string wound its way all over the table, and finally it led to a gift for you in the center of the pastry?"

She remembered the children's parties perfectly and I had to diplomatically steer her away from detailed accounts of all the parties she had attended when she was a girl.

"Life has at its center in you a gift and it is sending out a little ribbon of desire—many of them, in fact—showing you the way to what

is yours. We can, if we are careful, discover the windings of that desire for it is very plain and as we follow it up, we come closer to the revelation that is the gift for us.

"The Master had this idea in mind when he gave us his teaching of the Holy Ghost," I continued. "That is why one boy looks into a book-shop window and it bores him. His Holy Ghost is not drawing him to that interest. But the same chap may not be able to tear himself away from a shop displaying musical instruments. His Holy Ghost is trying to tell him that his career, his fulfillment, his success lies in the development of his musical talent. So likewise your Holy Ghost is endeavoring to tell you how your life can be completed and fulfilled — for God intends neither vacuums in nature nor emptinesses in human hearts."

With this introduction, I began my analysis of her for the free association of ideas from word reactions. I gave her the word "cold" and instructed her how to give me the chain of words that came into her mind.

"Cold — cold morning—snow — children playing in the snow," she repeated as though surprised herself at the thoughts that rose up in her mind.

Almost any word I could select—book, desk, house, sky and even moon, all led back to the "child cluster of ideas."

"In the terms of modern science," I informed her when the analysis was concluded, "your maternal instinct is demanding satisfaction. In the language of the Bible, Mrs. Everets, you are *hearing the angels sing*—the drama of the Annunciation is being repeated in your life. I can see where your complete happiness, your normality, your perfect health and realized spiritedness lies."

"Where?" she demanded breathlessly. I had the impression that at that moment she looked upon me in something of the light of a "fortune-teller" who would inform her that after going so many blocks west and then so many numbers south, a surprise would be awaiting her.

"In putting a child into your life so that your maternal interest will be satisfied," I answered. "Somewhere in this world there is a little youngster raising up its little hands and reaching towards you. It is lifting up its little voice and calling you. Owing to the distance, that voice is coming to you as the angels' song of desire. Follow your desire."

Let your divine maternal love lead you to that manger!"

However, when she came into the office the next day, she objected—strenuously. She would "never think" of adopting a child whose great-great-grandfather she had not known. What if she should blindly choose the offspring of a thief or the progeny of some drunkard?

I had expected this trouble. There is a perversity in our nature that seems to make us fight hardest against what we most desire. On account of this, I had phoned before she came, to my friend who is the Sister Superior in an orphanage.

"I have to stop in and see some children in an orphanage and be back in the office in an hour and I am wondering how I can make it. I haven't time to go to the garage for my own car." I was greatly concerned.

"Let me drive you up—my machine is parked outside." She fell into the plot for, of course, her real SELF was shoving her on to her own fulfillment.

It was an easy thing to have her come in to see the children who were already looking forward to their Christmases.

While I was talking to the Sister, Mrs. Everets hung around one little crib where a beautiful baby girl was exerting all the flirting qualities of her sex on the handsome woman bending over her.

"Do you think it would be possible, Sister, for me to have this little girl for over Christmas?" It was Mrs. Everets.

Mrs. Everets had the little girl for Christmas and she has had her every day since. It was three years ago since she "found" her.

One hears no more stories of Mrs. Everets' eccentricities. The good lady is too anxious to discuss even such remote subjects as girls' colleges with her guests to have any desire to do the ununderstanding indiscretions for which she once was so famous. Indeed, today, she is just as well-known for her "characteristic sayings" but they are of a very different type from the "sharp retorts" that once were so often on her tongue. Here is one that her friends quote frequently:

"We can all be as happy as God intends us to be—if we will only follow the angels' song of our heart's desire."

How I Found My Real Work In Life By Following Intuition

By Robert J. Barr

I Followed the Intuitional Promptings from "The Great Within" and Found My Work, Which Gave Me Happiness and Financial Success

"I am constrained every moment to acknowledge a higher origin for events than the will I call mine."—EMERSON.

THE LONGER I live the more I am impressed with the thought that I am working for a Master who plans and directs our actions. I do not claim to have seen or heard Him in any material sense, but I believe it is true.

I did not think so when I was a boy, and as a young man I fought hard to be the master of my fate and the director of my own des-

tiny. The plans I mapped out so carefully went wrong. It was not the fact that they went wrong which impressed me. One might account for that in a natural way, but it seemed as if there was some intelligent force checkmating my moves. I could not see the hand directing the moves on the board but I knew it was there. The matter got on my conscience. Was I disobeying God? Ten

years I stuck to my profession determined to fight it out, but I finally realized that I could not fight the unknown. It seemed to me that something was calling me into some other field of work. I was a lawyer. I had prepared for that as a life's work. If I should go into some other work would I not have to prepare all over again? It was impossible. I had a family to support now, and could not afford to give up my profession and take a four years' course in something else even if I was convinced that I should do so. With my mind so disturbed that I could not rest I sought advice. I did not want to go to any spiritual advisor in my home town. Not because I did not trust them, but because even privileged communications sometimes get out. It would hurt to have people know I was contemplating a change. I wanted advice from someone whom I felt was sincerely a religious man. An itinerant preacher came along at the right moment and to him I made confession. He heard me through and said, "If it is God's plan that you engage in some other profession, He will show you a way. You need not worry any more about it. Just say to Him that you are willing and unafraid and that is all you can do."

I did just that and no more. I said, "Oh Lord, if You will give me peace of mind I will go where I am needed. There is only one condition. I will not seek any other work but if it comes to me I will accept, provided I can support myself and family."

Then my mind rested. A great load had been removed and as nothing miraculous happened I dismissed it from my thoughts and had peace. One day I was invited to come to the public school and give an entertainment talk for the high school students. I had never done anything like that before. I accepted thinking it would be an interesting diversion for me. They heard about it at another town through a school teacher who happened to be present, and I had another invitation. Other invitations for speaking engagements came. I accepted then thinking it was great fun. It relieved me of the monotony. I generally got my expenses. A Chautauqua bureau sent a critic to hear me and then offered

me a twenty weeks' contract at a good salary. I accepted that. That was twenty years ago. I have been busy ever since. I have lectured from more than four thousand platforms. The work took me into almost every part of the United States and overseas. About seven years ago I had a hunch to quit. It was just as strong as the one to quit the law business. I offered my resignation, but the company I was working for offered me a larger salary and talked me into it, so I stayed two years longer. Then I took sick with a very aggravated case of malaria. I had to quit the work, and so I resolved to quit for good. I felt that the disease was an omen to stop me when nothing else would, so I turned down all offers to resume the same kind of work as soon as I was better. Friends advised me to stick. They said, "You have followed this so long you will be satisfied with nothing else," but I held out although I had no other work in sight and was needing money. It was a great trial to turn down one offer after another with nothing to do, but I did it.

When I had fully recovered I received an offer in an entirely different field. It was to become business manager of a college. It was strange work for me, but I accepted. It is a good work. It has even greater opportunities for service than the lecture field. I am with the red blooded young life where it counts more than with popular audiences.

In these twenty years I have had many strange adventures. I have worked for many different agencies and yet every single job came to me without my having applied for the position. The Great Master has kept the covenant and I have tried to keep my part. I have received my compensation and have been well cared for. Besides this, in speaking before more than a million people, I have gained knowledge that one could get in no other way, and have traveled in many places where I should never have been privileged to have gone if I had not made this agreement. After this experience one feels that there is a way open for every individual to do some work for which he is qualified if he will only put himself in harmony with the Divine will.

MY foothold is tenon'd and mortis'd in granite,
 I laugh at what you call dissolution,
 And I know the amplitude of time.

—Whitman.

Instead of Damning a Disease; Bless It!

By Brown Landone

(The Most Astounding Confession Yet Made by Mr. Landone)

THIS experience *began thirty-three years ago and was ended only this year*—"the mills of God grind slowly but they grind exceeding fine!"

In the spring of 1893, a young man—whom I had previously befriended, and who was then an ambitious and able young attorney—turned to me for help to heal him.

He had married at twenty-four, and for six years had been very happy. Then, when he was thirty, his young wife had run away, which (although it sounds trite) was a heart-breaking tragedy to him, and inexplicable to both of us—for she had not only left him without any apparent reason, but had also abandoned their little girl who was only two years old at the time.

Yet, through it all—during the three succeeding years, he was calm, patient, forgiving, sweet natured—an adorable character, most devoted to the little daughter—and truly noble in his spiritual attitude toward the woman who had left him.

Then came rheumatism—not a mild case, but persistent, joint-swelling, pain-twisting, and continuous. The doctors could find no cause for it, and were unable to help even temporarily.

So he turned to me for help, and I treated him in Truth as I then practiced it. At my earnest urging, we "*depended*" entirely upon "spiritual healing" as I then understood it.

I treated him thus: "God *IS* perfection and you *ARE* made in His likeness. There is *no* rheumatism in you—for God never made rheumatism. You are *PERFECT*. There is *no* sickness. There is *no* soreness; *no* ache; *no* pain!"

And yet, although we were both sincere—and worked thus for months—he did not get well. And, when he asked me why, I felt forced to answer that his "faith was not yet strong enough," or that he had "not yet perceived the true ideal of himself."

(Oh, it is so easy to use such phrases to excuse our failure to look deep down in the soul for causes!)

A few months later, I was called to Europe, and he and I drifted apart. He continued in law, becoming a judge; then a banker; and later in life, quite wealthy. Living for many years in different countries—we finally lost all contact with each other.

Then, a woman of thirty-eight registered last year with me for a Study of the Hidden Causes. Her problem was one of harmony in her home. She was married; had two children; she and her husband were most congenial—but the family was continually upset by her father who lived with them. Although she had devoted her life to him—yet, he was so grouchy, so fault-finding, so interfering, so irritable, and even hateful at times—that it made a happy home life impossible for her and her husband and their little girls.

After teaching her to solve the problem by blessing conditions as opportunities, she wrote: "You have helped me so much, that father has noticed it—and says that he wishes to register with you; will you accept him?"

I replied: "I shall be glad to do so—*IF he really desires to change himself—otherwise, no!*"

And—of course, you have guessed it—when his registration came in—the name was that of my old friend of thirty-three years before! And this woman of thirty-eight was the little girl—whom I had last seen when she was five—now grown to womanhood, married, and herself a mother.

The father wrote, "Of course, you remember me—but, don't let my daughter know that you do. She was only five then, and has not yet put two and two together as to who you are.

"I still have the rheumatism—but *worse than the rheumatism is my meanness*. I can't understand it; although I adore my daughter, it seems impossible for me to be decently kind even to her. The bodily condition is worse. I have *never* been free from pain these thirty-three years—but now I recognize that my soul condition is worse than my bodily trouble. Can you help me, old friend of

long ago? I am coming to you again—not expecting much help for rheumatism—but I do hope to find a little *peace*.”

When his Study Sheets came back, I saw that the cause was spiritual, as it is in every case. Color, sound, music, idea-association—all of them—showed long suppressed resentment and hate! And a clue here and a clue there proved that it was subconscious resentment against the wife who had run away so long ago.

(Of course, the point—dear reader—is not to tell you that resentment or hate will cause rheumatism. You know that. There’s something more important in this confession, so please watch for it.)

He also wrote that he felt I could never straighten out things for him—unless he saw me personally. Hence, partly because of old friendship, an appointment was made.

After a few minutes of fond reminiscences, I said:

“My dear old friend, in your Study Sheets, you’ve revealed what was previously hidden from me. They show that you have hated your former wife all the years since she went away; and, of course, so long as you hide conditions within your soul, there is *no* freedom of soul expression—for hiding means holding-in; and so long as the soul is repressed, there can be *no* freedom of bodily expression or health—for health is nothing but the result of freedom of expression.

“Have you not lately become conscious that you have hated your former wife?”

“Yes—although I didn’t, for a long time, know how resentful I felt. Then, when I did begin to realize it, I was ashamed of it. I tried to hide it—so, I suppose it was my hate which prevented your healing me.”

“Yes, partly your hate, and partly *my own*!”

“What!” he exclaimed, “you hated her also!”

“Oh no—but I hated your *rheumatism*—and in my treatment, used hate—so my hate added to your hate!”

“You! Why, you’re an - - - you’re an - - - Oh, rot! Why, you were always so conscious of infinite love—you taught me its divinity—even to love her. No, don’t try to blame yourself, because I was not healed!”

“It’s not a question of blame, but I must make clear to you that my old method of treating disease was in reality a phase of

hating it—otherwise, you will not understand what I now wish you to do.

“I use to treat disease as an *error* of thought and consequently, I disliked it. In your case, I disliked rheumatism both for itself and because it brought you such pain. As I disliked it, I condemned it—and *we can never free anyone by any form of condemnation!*

“Strange as it may seem, all dislike or denial of disease is based on a *materialistic* concept of thought; and, although I sincerely believed that I was thinking spiritually, I was in Truth thinking mainly of the *physical* effects and declaring that they did not exist for you.

“Three new principles of the Great Truth have been revealed to me through the years:

“First, you cannot condemn or deny anything or any condition without strengthening the condemning attitude of your own soul;

“Second, whenever you condemn a thing or condition, you suppress it and tie it to you; and

“Third, as soon as you *bless* a thing or condition, you discover its good and are able to use it.”

“You don’t mean to say that there is any real good in my rheumatism?”

“Indeed, I do! Remember the story of Jacob wrestling all night with an *adversary*. A disease is an adversary—but that does *not* mean that it is evil. Jacob was not freed until he was *blessed*! And, when he was blessed, he saw God *face to face*! Think of it: what Jacob ‘thought’ was an adversary, turned out to be God Himself! So it is with blessing every adversary! We have been wrong in disliking, condemning, and denying; but Christ was right—love your adversaries.”

“Since it was your condemnation which soured the blood and formed the crystals and produced the rheumatism in the first place, how could we have cured it by more condemnation?”

“Oh, dear old friend, bless every ache and pain of the past—for, through all the years, *they have been prophetic voices telling you of the necessity of changing resentment to forgiveness and hate to love!* It has continued as pain only because you have been dumb to its message. But, now you will be healed—because you have come for peace of soul, not for cure of rheumatism!

“Oh, if we had only *blessed* your rheuma-

tism years ago, it would at that time have revealed the trouble deep within, and you would not have suffered all these years. But, so long as we condemned it and denied its mission, we blinded ourselves.

"I am *not* teaching you that you *must* undergo suffering, but that—when we do suffer—we should *not* condemn but listen, and remedy the spiritual cause within.

"Your rheumatism has been telling you every day since it came to you that you should not have hidden hate of your soul—and you know how it has grown, so that it is now almost impossible even for your daughter to live with you. You recognize it yourself, and yet, you have failed to recognize—just as I did in the old days—that, the rheumatism itself was a voice divine telling you to change something infinitely greater than your body—to change the mistaken attitude of your soul. It is spiritual peace you want. What does anything else matter? You are wealthy now, but what does it profit you? And, even if you were free from rheumatism, what would it profit you if you passed on to another life in this irritable, fault-finding condition?

"So, dear friend, forget all my old denials

of condemnation, and accept love as the greatest healing power! From this hour, bless your rheumatism for leading you to see that you must free your soul of this resentment, and bless every pain of the past, *love* each pain for what it has made your soul understand.

"As to your wife, you and I have no right to judge her, perhaps she did no wrong—but you did a greater wrong when you hated her and covered it up. So bless her now, because you are made like God and *can* bless all things. Bless her, and condemn no longer!"

He was weeping!

That was seven months ago!

Today every trace of rheumatism is gone; and his daughter writes: "Father is so loving and agreeable—it's a miracle! I can hardly believe it!"

Use denials every hour to deny any limitation of your own soul! But, *never* deny conditions—even conditions of disease. For every denial of things or conditions includes some element of condemnation; and condemnation merely covers up diseases. It is love and blessings which heal!

What I Did When "The Other Woman" Entered My Married Life

By N. Endee

It Happened Several Years Ago and We are Happier than Ever Now. An Article for Every Jealous Wife

MY HUSBAND has not a demonstrative nature. I thought he did not love me as much as most husbands loved their wives. I was thin and he admired plump women, and pondering over these two things I began to fear I wouldn't hold him, that he would meet someone he admired more and would cease to care for me. This fear made me watchful when he was with women. Of course he became aware of the watching and it annoyed him and made him more attentive to other women. This made me jealous and the

jealousy grew and with it, its twin sister, selfishness.

Job said, "The thing I greatly feared has come upon me." So one day I knew that the dreaded "Other Woman" had come into my life. It was in the summer, yet I would sit on the warm porch and shiver and shake when I knew he was with her. No one who has not passed through that hell of jealousy can know the agony of those weeks and months. I tried and tried to overcome my fear and jealousy but they gripped me with

the grip of death, and I grew sick and weak and miserable. I longed to die but could not desert my children. Yet how could I live without the husband who had been my first thought for years? Many a night I lay awake all night long, thinking, thinking, thinking, crying, but no sleep.

Then down in the depths of hell came a ray of light in the shape of an advertisement that I saw for a trial subscription to *Nautilus*. I sent, grasping at the hope held out in the advertisement as a drowning man grasps at the rope. I devoured it when it came and sent for several New Thought books. I read these by day and thought and prayed by night. Into my crazed and unbalanced mind gradually the light dawned, a ray of hope, of peace, of truth came and grew brighter and brighter. I practiced the deep breathing, advocated in the Solar Plexus book, out under the stars every night and I resolved to be free.

I saw myself as I was and as I had been before the light broke. Envy, jealousy, hate, revenge, selfishness, were swept clean from my heart as I breathed in the "I AM LOVE." "I AM FAITH."

I tried to go into the silence to know what was best to do but without result. I could not experience the results I read of in *Nautilus*. Still I kept trying. One day a beautiful realization came that my husband and I were really married, not only lawfully but spiritually, that he needed me as I needed him, that we were real mates and co-workers. A sense of a real marriage came to me and "the other woman" seemed a dream, a mist that would pass away. With this realization a calm sense of happiness came to me.

My husband at this time was living under the same roof with me, but apart. He looked at me with disdain, even loathing. He spoke only when necessary. I knew that the disdain was the effect of my past sin of jealousy and with the wiping out of the sin the effect would go too. The disdain ceased to bother me because I had grown faith that it would pass away. "Faith steps out on the seeming void and finds the solid rock." So I pictured my husband kind and affectionate. I studied the Book of Job to find out what Job did when "the thing he greatly feared came upon him".

My husband noticed the change in me. He would come home at night and find me with bright eyes and a smile. I began to take

an interest in everything. I felt well and full of "pep". I could accomplish lots of work. All the work that came my way I "just ate it up and looked around for more". My husband said one night, "You look just as if something fine had happened or you knew that it was going to happen." Here was my opportunity to talk it all over with him but I couldn't seem to do it so I wrote him a letter and simply handed it to him and walked upstairs.

This was the letter:

Dear ———:

I wanted to talk to you yet it seemed hard for me to do so, yet I want you to know how I feel about some things hence this letter.

Some time ago I came to the realization that fear, jealousy and selfishness were governing me and spoiling my life and my happiness. I saw it and loathed it just as much as you do. I resolved to clean them out root, tree and branch. Because I have always known that I didn't suit you as far as looks are concerned, I have been afraid of losing you. That fear led to jealousy and jealousy to selfishness. I saw that my love for you had become the selfish thing you said it was. Right then and there I let go of you. I let go of everything. I will never seek to hold you any more. You are free—absolutely free. There are no ropes, strings, or even threads on you. When I came to this conclusion a great weight slipped from me and I too was free. I realized that UNCONSCIOUSLY I had been trying to bring people to MY way of thinking, to have things go MY way. Pure selfishness. Yet I never realized it. I saw how foolish and wrong I had been. I know that what every person is today is the result of his heredity, his environment, his ideals and desires and his experiences. Necessarily everyone is different. We see things differently so each person must be free to progress in his own way. Your standard may be all wrong for me and mine may be all wrong for you. Each of us must be free to live by his own light, to do right as he sees it.

I have known for a long, long time that I was enslaved. That you had complete power over my happiness and I railed at LOVE. I thought that Love had enslaved me. But it wasn't at all, it was fear. But now I am free. A whole lot of devils were swept clean out of my mind and I am going to keep them out. From now on that will be my passion, to keep my mind clean and to be free. If I

can do this I will be happy and I honestly believe that I can.

Don't think when I say "I am free and you are free" that I don't care anything about you any more. It means that I have seen things as they are, and that I have taken the selfishness out of my love. From now on I give you an unselfish love which is a cleaner, calmer feeling than I ever felt for you before. I am ready now to do as you wish. What service I give you from now on, will be for your good and I demand nothing in return. Consult your real desires. If you think you can't forgive me, that you can't feel friendly toward me again, I will be big enough to take my medicine and take it calmly and still feel no animosity toward you. But if you could give me your friendship and comradeship, I should feel that it was a beautiful free will offering and not as anything that I had a right to demand.

I have resolved never more to criticize, judge or condemn. Each one of us must do right as he sees it and our failures and mistakes will teach us the better way.

I have done you a great wrong by being so jealous and suspicious and I know you are deeply hurt yet I cannot believe that you, with your keen sense of justice will let a past craziness blot out the loving service of years. Though I deeply regret all the pain and trouble of the past months yet I am glad it happened for it seems I needed just such a jolt to awaken me to the truth and to make me see where I was drifting.

The victory has made the battle worth while.

Your friend and help-mate,

When my husband had read this long letter he came upstairs and I will never forget the look of love and pride in his eyes. He put his hands on my shoulders and said, "Mother,

that is a great letter. I believe you mean it but can you live it?"

"Time will tell," I replied. Then he kissed me as he had not done in months and months and said, "If you can live that you're a great little woman."

My heart sang and this verse flashed through my mind, "I know in whom I have believed and I am persuaded that he can keep that which I have committed unto him."

I exercised night and morning. I practiced deep breathing several times a day. I read and studied New Thought. I was growing stronger physically as well as spiritually. Whereas before I had been watchful and suspicious, now I had faith and love, joyousness and comradeship. My husband watched and wondered. He became interested and attentive to his own wife. Gradually we became friendlier and happier than we had been in years. Time after time, he tested me out to see if the jealous fits would return but I kept my poise and my smile. One day he asked me why I didn't get jealous any more? "Why should I?" I asked. "It is only a manifestation of the spirit of play. I like you to have a good time. It is change and rest after working. It is nothing bad." So the wonder grew.

I read and studied and went out more than I did before. I had many interests. I tried to grow into a big, well-balanced, poised, capable woman. I stopped watching my husband and watched myself and tried to be worthy of the love and appreciation I desired.

This all happened several years ago and today my husband is all that I would have him be. We are happier than ever before.

And the OTHER WOMAN you ask? Oh, yes, we sometimes see her but she looks very different to him now.

"Seek ye first the kingdom of heaven and all these things shall be added unto you."

The Knower

By France Hill Smith

HOW little we know in the morning
 What the evening has in store,
 But if from our hearts we give our best
 Even though it return no more,
 We know that the giving has not been wasted
 For a good thing can not die
 And God knows the heart of the giver
 Better than you or I.

The Mind and Religious Cures

By Pierson Worrall Banning

No. 7 of "The Power of Mind" Series

CURES or apparent cures are reported so often from this or that source, that confusion results in the minds of many as to what may be the real difference in methods, when such apparently different but successful processes are used.

Religious cures at this or that Shrine, some of a most remarkable nature are frequently reported in the press. These frequently are obtained by others than members of the Roman Catholic faith.

There are many renowned Shrines in Europe and America that have a long list of "miracles" to their credit. At certain religious celebrations we find that the devout who seek help for some disease or illness flock to them by the thousands. At practically every one of these great gatherings we hear of instances of remarkable cures being accomplished where the medical profession has given up.

A recent case that is somewhat more prominent than many, is that of John J. O'Connor, Roman Catholic Bishop of Newark, who has just been healed as a result of prayer, according to the press. The Bishop (who is seventy years of age has suffered from asthma to such an extent, that for more than a year he has been unable to carry on his episcopal duties.

After communicating with Brother Andre, a well known healer in Quebec, the Bishop decided to make a *Novena* (a nine-day devotion) to St. Joseph. On the ninth day all traces of asthma had disappeared. Clergymen who are in constant touch with the prelate, say that he has never felt better during the past fifteen years.

Let us analyse what took place and what resulted. First we do not know whether

Brother Andre of Quebec assisted in the healing, or whether he merely instructed Bishop O'Connor how to proceed. We will assume that he did not assist and that the effort was entirely on the part of the Bishop himself.

A primary basis upon which to establish any kind of healing is that of *faith* or *understanding*. In the case of the Bishop we assume his *faith* was practically absolute. Therefore he had that to start with.

Next, for nine days he gave himself up entirely to supplication for relief, to the One he had all faith in. This was most helpful in securing the results desired.

Third, he evidently dropped all else, devoting himself entirely to prayer and striving to become as near Godlike in attitude and understanding as possible. That is one of the most essential things required for any type of spiritual healing such as cures by prayer, or cures by "treatment" in any of the higher mental schools of so-called spiritual or divine healing.

And last but not least he succeeded in changing his mental attitude, from one in which he was conscious of his complaint, to that where he gradually outgrew a consciousness of it, or grew away from a consciousness of it.

The only reaction possible to secure, if he succeeded, was what he obtained, relief or absolute disappearance of his asthma, proportionate to his changed consciousness.

In Christian Science a different method would have been used, though in Christian Science exactly as in this instance the ultimate source for removing, eliminating or changing the consciousness in our material minds would have been the same,—a realization of God and His power.

THIS minute that comes to me over the past
decillions,
There is no better than it now.

—Whitman.



Views and Reviews

by William E Towne



WORK AND ADVENTURE.

**"THROUGH A Beautiful Truth Inspired
Dream I Found My Own Shop and A
Way to Financial Independence."**

Did you read that article in March *Nautilus*? If so you will recall that the author was restless and unhappy because she had everything but money—money of her own that she could hold and spend as she pleased.

Then she read an article in *Nautilus* on "Work." She had never thought of that way out of her difficulty! (So closely are we bound because we do not lift our eyes and take in the opportunities that are near at hand.) As a result, she started out upon the fascinating adventure as described in the article.

And since that article appeared, I am in receipt of an interesting letter from the author, in which she says:

"Though it is a year since the article was written, perhaps you would like to know how the little shop has grown. It has blossomed right out into *two* shops, one in the city and one at the shore. The one in the city outgrew its shell in the summer, when it was eight months' old, and when I returned to take up the reins in the fall I found I would have to take over a larger space and did so. I moved from a tiny back room where one had to have a chart to find me (the room was 9 x 15) to space on the same floor of 40 x 70.

"I now find that I have offered to me a ground floor location, which of course will mean more responsibility in every way, but should prove most advantageous financially. I have until August to make the decision, which is most satisfactory because at this minute I'd say, 'No, I do not want it'.

"It has been a wonderful experience all along the line, and very interesting to watch the unfolding of the Divine Scheme. I have learned so much and can understand now *why* things come upon people."

Adventure in some form, of however mild a nature is necessary to life and happiness. And

most people must get it from work. The man who retires from business usually dies promptly, because with the loss of work there is no longer sufficient interest in life to keep him alive. Furthermore, adventure is necessary if one is to retain his self-confidence in full measure. Colorless routine contracts the soul. Adventure gives one a sense of power; especially when it is an adventure in overcoming obstacles.

And one's daily work is apt to offer the most available opportunities in the way of overcoming. "But," you will say, "my work offers no such opportunities as obtained in the case of the writer to whom you refer. My work is very dull and uninteresting."

Is not this partly due to the fact that you have long since so labelled it in your own thought, and closed your eyes to what really goes on about you? Almost any work brings one into contact with other persons, and offers a chance to study human nature, to observe the reactions of different individuals. Often this may be used to one's own advantage and the improvement of his work or to secure advancement to a better position. Then there are few individuals so placed that there is not room for improvement in their work, if they really look for ways of improvement. And improvement offers an open way to advancement, either in one's present environment or through a change.

If you seem to be up against a stone wall in your work, you still have many spare hours and there is a limitless field of knowledge and activity open to you for experiment. Select some desired goal and work toward it.

What adventures await you, if you chose to embark upon them! The printing press brings to you the stored knowledge of the world's greatest men and women, if you choose. There is always something *new* ahead of you. Do you like to use your hands in creative work? How vast the field in which you may work and experiment, if you will but give a little attention to budgeting your time during your

waking hours. Are you fond of people and do you love to talk? On every hand are opportunities for social service or for commercial enterprises that will utilize your abili-

ty. But you must first open your eyes, lift up your head and look outside the narrow ruts of routine in which you probably move at the present time.

Making the Acquaintance of One's Higher Self

By Mrs. Harriet Schwartz

FEW people realize that they are more than a human animal. They are satisfied to remain a good animal, to eat, drink and have a good time is all they care about.

When friction arises they suffer helplessly. Not knowing that they can prolong the agony of the friction or shorten it and again restore harmony.

A lesson is to be learned from every friction, and the sooner the lesson is learned the sooner can harmony again be restored. So, often our greatest trials and sorrows come to us, and we learn nothing from them. The result of such waste is that the same lesson must be gone over and over again until we learn the needed lesson. We may not again go through exactly the same kind of trial, but we will have to face the necessary experience that will bring us into a conscious realization of the fact that we are more than a human animal.

This knowledge cannot be gained from books nor lecturer; it can be gained from observation. Books and teachers can lay down the rules whereby we can learn this information for ourselves, but we must explore our own selves in order to find out and know our own latent powers. Man has been a thinker as far back as history teaches us about, but he, as a rule, does not realize that **HE CREATES HIS OWN THOUGHTS.**

We are responsible for the thoughts we think about, and can change them at will. If we are always thinking of those things that will only benefit us for the present moment, we cannot make the acquaintance of anything more than our physical body. Do we ask ourselves on awakening from our night's sleep, "are we working for the good only for ourselves, or are we doing work that is for the good of the whole?"

It is important that we always watch our

own motive, and unless we do so it is utterly impossible to know anything more about ourselves than appears on the surface. If selfish thoughts creep into our mind, we must order them to leave. If we entertain them, they become desires, and if we entertain the desires they become motives for our acts. Man must know who his enemies are.

The enemies of our own household must be understood. They are the enemies that we allow to come and take possession of us, instead of us ruling them. How long are we going to remain blind to the **POWER OF OUR OWN THOUGHT?** We let haphazard thought rule us, instead of demanding our mind to think only such thoughts as are constructive. As soon as we begin thinking evil of others we attract all kinds of evil to ourselves, and vice versa, as soon as we begin to think good of other people we begin to attract good to ourselves.

That part of us that has the **POWER** to **THINK GOOD OR EVIL** is the **PERMANENT PART OF OURSELVES.** That is the part we must get acquainted with. The thoughts themselves are temporary and soon pass away, but that **PART THAT DOES THE THINKING** has always lived and always will live, even though it constantly changes its outward appearance.

There are three kinds of forces that we can control. The first is the Creative Force; the second is the Constructive Force and the third is the Destructive Force. We are at the mercy of the destructive force as long as we work unconsciously or consciously to harm another. That other is just as much a part of the whole plan of things as we are, and we cannot bring harm to one part or unit, without harming the whole. We drag down one part when we try to see the action of another as evil. (Continued on page 41.)



International Sunday School Lessons

Interpreted for Ministers, Teachers, Students and Others who Study the International Bible Lessons

Class Work by Rev. GEORGE C. GOLDEN

December 12. THE BOY SAMUEL or THE ORACLE OF THE SILENCE. I Samuel 3, 1-19.
Bible Readings: I Samuel 1-3.

GOLDEN TEXT: *Speak, Jehovah, for thy servant heareth.* I Samuel 3, 9.

NEW THOUGHT GOLDEN TEXT: *His name shall be called Wonderful Counsellor.* Isaiah 9, 6.

THE phonograph record is a large, flat, brittle disk, but it enfolds songs of surpassing sweetness, directions of invaluable purport and the dreams of man a genius. The music, the magic, the soul, the spirit is in the record to be expressed.

So in your soul there is a whole universe. The world of ten years hence is largely reposing in the minds of man like the song lies in the shining lines of the phonograph disk. All the developments of civilization, all the dramas of evolution that humanity will ever know and experience lie today, some surmised, most unguessed, in MIND.

How can this innate truth be brought forth? Can man summon revelation and the son of man be receptive to vision? He is modest in his demands. He wants just a little Truth to show him his way about in this universe. Just a little more Love to cement a little deeper the bond of brotherhood. Just a little more life that he may make more joy bloom for his fellow-men.

I am glad to be able to answer an emphatic affirmative to the question. I do it not on my authority. I have the history of Samuel to guide me. I have the assurance of the prophet Isaiah that when man shall recognize his SELF as the CHRIST-SELF he will discover the Wonderful Counsellor. I have the promise of the Master, who told us positively that the possession of the Truth would mean freedom and life more abundant.

When man has been still, he has heard the voice within. When man has baptized himself in silence, he has been reborn into complete identification with God—Life, Love and Truth.

To Samuel it came as a voice in the stillness of the night. Moses saw a burning bush in the grayness of the desert. The Master, who was in touch with God at all times, revealed a descending love and a voice from the skies. Bryant caught his inspiration in the templed woods. Wordsworth lent his ear to eloquent nature. A lawyer friend hears the Counsellor talking in the waves of the Pacific and an inventor-client swears that he imbibes inspiration by catching the universal rhythm from the sands of the seashore.

Silent Affirmation.

The richest knowledge is silent and the only reliable guide is eternal stillness.

December 19. THE SAVIOR'S BIRTH or THE SONG OF LIFE. St. Luke 2, 8-20.

Bible Readings: St. Luke 2, Micah 3 to 5.

GOLDEN TEXT: *Behold, I bring you good tidings of great joy which shall be to all people.* St. Luke 2, 10.

NEW THOUGHT GOLDEN TEXT: *Fear not, O land, be glad and rejoice for the Lord will do great things.* Joel 2, 21.

WHEN you put your ear down to earth, what do you hear? The groans of the slaves of an ironical destiny? Or the song of life? The pessimistic prophet may tell us that human duration is full of trouble, but the Master announced that man was truly free.

The Nativity is the destruction of false appearances and the revelation of truth. The story is told with a wealth of symbols, but the discerning can perceive the practical message of the record.

Another child is being born to obscure Jewish parents. How sad, one might say, to see a soul chained to poverty, toil and obscurity. The stable assures deprivation, the manger presages hunger, his parents can give him no inheritance but loneliness, and who can be foolish enough to hope that enlightenment will make noble and brilliant the temple of his mind!

Yet what a different story. A man who could turn water into wine and spread a banquet on the hot sands of the desert. A master who fed not only bodies but souls and spirits, one who opened the eyes of the blind and paged his friends even in the silent corridors of death.

How do you account for this exceptional life? How explain the faith that was receptive to him and the confidence that went out to meet this Carpenter? At his birth, they who had ears for the song of life heard the angels sing and they who were watching for his nativity beheld the sky dense with the heavenly choir.

Every man you meet is an individualization of God. Every personality is an interpreter of the Infinite. The Eternal Christ has made his dwelling in every human soul. To hear HIM in John Brown and Mary Jones, to hear the DIVINE ARTIST in the workman on the steel structure and the man driving the street-car is to harken to the Song of Life.

God's work is done. His creation is good beyond our expectation. All that can change is only our growing appreciation for the divine, our increasing dullness to the false and mortal.

Silent Affirmation.

I am deaf to false mortal limitation and alive to the Song of Life the Christ-Self is singing in every human being.

December 26. MOSES TO SAMUEL or PROCEEDING by INACTION. Review.

Bible Readings: The books of Numbers, Deuteronomy, Joshua, Ruth and I Samuel.

GOLDEN TEXT: *Surely his salvation is nigh them that fear him, that glory may dwell in our land.* Psalms 65, 9.

NEW THOUGHT GOLDEN TEXT: *But I say unto you that ye resist not evil.* St. Matt. 5, 39.

PEOPLE often wonder why it is that, earnestly striving, they seem to attain no spiritual benefits. "Why is it," they implore, "that no leading comes to me?"

There is but one answer. They are not still long enough to hear. They are so filled with petty, anxious thoughts that the great Unconscious has no chance to reveal to them their own divine power and wisdom.

Glance over the early leaders of Israel from Moses to Samuel and you will perceive that they all passed through a period of inaction, an apprenticeship to Silence. A time when they apparently turned away from the very thing their hearts desired. Yet they all led the emancipated slaves to the Promised Land.

We know, of course, that inaction alone will arrive nowhere. What we need to recognize is that, when the mind is concentrated because the body is in physical inaction preceding a critical time, the Holy Ghost or the Great Unconscious is opened up and its tide of God rushes through our bodies, souls and spirits, strengthening, refreshing and deifying us.

One of my teachers gave this rule: Never do anything until you see your way clear, but when the path is outlined, go ahead in perfect confidence.

Again and again I have to remind my people that a successful business needs the right amount of attention and the right quantity of neglect. There are times when we gain by locking up the studio, closing the desk in the office that we may dismiss a problem from our minds by occupying our attention with other things. Then, while we are engaged in recreation, the problem is presented to the Wonderful Counsellor in our unconscious and when we turn to it in the morning, the rough has become smooth, the hard is easy and the impossible has been attained.

Silent Affirmation.

I prepare for action by inaction, for speech by silence and for eventfulness by stillness.

January 2. THE CHRISTIAN AS A FOLLOWER OF JESUS or DIVINE SALESMANSHIP. St. Mark 1, 16-2, 17.

Bible Readings: St. Mark 1 and 2, St. Matt. 3.

GOLDEN TEXT: *He saith unto him, Follow me. And he arose and followed him.* St. Mark 2, 14.

NEW THOUGHT GOLDEN TEXT: *Let this mind be in you which was also in Christ Jesus.* Phil. 2, 5.

THE Master is revealed in this lesson as a divine salesman. He is selling to people merchandise of infinitely precious character, more costly than the rarest pearl, more delicate than India's finest lace and yet more lasting than the hardest flint. He makes his organization. He establishes his publicity department.

Before we ask ourselves the merchandise in which the Master is dealing, stop first to ponder this question: What do you desire beyond rubies? What is dearer to you than life itself?

If you are honest with yourself, you will give this reply: "To be myself."

To live life sincerely, to express love deeply and to be the exponent of our transcendent truth—this is the eternal prayer of humanity.

Other religious teachers—before and since the Master—have sought to minister to this urge. The tomes of the sacred writings of all nations are mountain high. But for the most part, they do not prove efficient. They only make men self-conscious—aware of temptations to be overcome, of diseases, mental and physical, to be fought, of difficulties to be removed and of commandments to be obeyed.

The Master had a technique that was individual, effective and logical. Through mind-control he worked and truth was his principle. His aim was "right belief" and his power was the vibration of the immaculate conception.

Two principles he taught. On two fundamental basic statements he built up his technique.

The first was the Allness of God—the ever-presence of Good. There was no human soul living, he taught, who couldn't open up himself to the Inner Fountain and charge and supercharge himself with the water that sprang up in him into eternal and perfect life.

His other fundamental was the falseness, nothingness and deception of evil. He called it "the devil"—the lie and the father of lies. Speaking today, he might have termed it the great race delusion. Bishop Berkeley, the English philosopher, gave expression to the same truth when he said, "There is no matter."

On these two fundamental platforms the Master built his technique. He taught his followers to have the same mind that was in him.

Silent Affirmation.

The same healing, truth-discerning, self-fulfilling mind is in me as was in Christ Jesus.

THERE is no stoppage and never can be stoppage.
—Whitman.

Parents And Children

Helps that
will bring



them closer
together

Subjective Mind Healing for Ailments of Children Less than One Year Old

How the Mother Can Use this Method With Her Children

By U. G. K.

IN ALL THE literature on suggestive healing very little space is devoted to very young children. I refer particularly to those less than a year old.

My own experience, ranging through a number of years, leads me to believe that the reason we find so little material on this very interesting and important subject is because the parent hesitates to submit the child to treatment and lacks the necessary confidence to apply the treatment personally. Yet the infant is the very easiest of all cases to handle, is the most docile of subjects, is readily amenable to suggestion and has the added feature, that the suggestions can be given with equal success whether the child is asleep or awake.

The professional practitioner is entirely unnecessary, as the mother in every instance can bring about the desired condition of health. The only requirement is that correct suggestions be given to fit the particular case. This does not mean that general suggestions would not answer,

but I question whether they would be as effective or as rapid in results.

Before citing particular cases and the exact methods used, I would like to briefly state the theory which led me to make the experiments.

Let us understand that in all suggestive healing we are dealing directly with the subjective mind of the individual and that it is the subjective mind which has absolute control of the functions, conditions, and sensations of the body. It is always amenable to suggestion, is very credulous, and does its best to carry out the instructions it receives.

Now, I believe that the subjective mind of the individual is perfect at birth, that it has a knowledge of all the laws of the universe, that its education is complete in every respect and that in itself it can never be taught anything that it does not already know. What is commonly called knowledge is, in my opinion, simply that small portion of infinite knowledge which we have been able to elevate above the threshold of consciousness.

If the above is true, then it follows that we may speak to a child in the same manner we would to a grown person with all the assurance that what we say will be understood, not consciously, but subjectively, and that our suggestions will be received and acted upon.

In a preceding paragraph I said a child can be treated just as well when awake as when asleep. The reason for this should now be obvious. The child, not having the power to reason, accepts all it is told without question, does not offer any counter auto-suggestions and as a result the ideal condition for healing exists.

In support of the above, I offer two instances of a complete cure of an infant seven months old. The first case I handled personally for the benefit of a small class of students. The other case was handled by the mother, under the supervision of my wife.

The child was brought to me on a Saturday afternoon. It had a cold in the head and chest and was slightly feverish. The doctor's method

Questions Answered

On Child Problems

We have arranged with Mrs. Carter to answer (through this Department) questions from parents and teachers regarding problems of the conduct, training, teaching, etc., of children. We will donate at least a page in each issue of *Nautilus* to these answers. No charge whatever. Write a separate letter for your question and address Mrs. Alberta M. Carter, c/o *Nautilus Magazine*, Holyoke, Mass.



in a case of this kind is, of course, to give medicine to break the cold; in other words, to cause the congested mucous to flow so that it may be ejected from the body. A dose of physic is generally added for good measure. The practitioner can do no better than to follow the same method, except, of course, that no medicine is given. In this particular instance I simply suggested that the nose would soon begin to run, that the cold in the chest would loosen and very shortly thereafter the child would be well. The operator should talk directly to the child in a soothing and monotonous voice, repeating the suggestions several times. It is well to get rid of any skeptics who may be present, as the child may telepathically receive a countersuggestion which will prevent the best results. The method is very simple, so simple that a child can understand it, and altogether too simple for the wise.

Before two hours had passed the child's nose began to run and the cold was evidently breaking up. The next morning the mother called me up to tell me the child was practically well.

In the second case, the mother called me up and wanted me to come to her home at once, as her baby was very sick and the doctor had told her that it was inflammation of the bowels. I was unable to go, but as I had instructed the mother in the method, I knew she was capable of handling the case herself. She finally did make me agree to send my wife. The suggestions in this case were simply that the child was getting well and that the inflammation was passing. Gently rubbing the affected part and repeating the words, "It passes," a number of times helps quite a bit.

It will be noted that the mother in this case had lost confidence in her own ability to handle the case and had sent for the physician, and it was just as well that she did, for it was he that completed her education and gave her the confidence she needed, for when he called the next morning he found the baby so nearly well that he told her it would be unnecessary for him to call again. Then she told him what she had done. "Do you really believe this, mother?" he asked her. She assured him that she did. "Your method is more powerful than medicine, and as long as your faith remains strong you will never need a doctor again." Need I say that she never has?

The method outlined here will never fail to give results if used with full confidence and faith on the part of the operator. You may be assured that the results of your efforts will be exactly what you expect them to be.

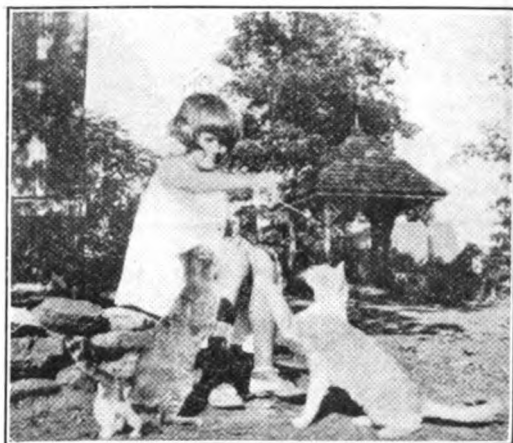
How I Taught Frances New Thought

By Katharine de Witt Vallotton

WHEN I first took up the study of New Thought it never occurred to me to teach it to a child. So different was it from the kind of thought in which I had been indulging that it seemed a difficult transition to make even for an earnest adult mind. You see, I had forgotten that the natural attitude of a child is far nearer

the Kingdom of Heaven than the careful, worldly wisdom we teach ourselves to substitute for it as we grow older.

We were also rather self-conscious about our new scheme of living in the beginning and hesi-



tated to talk of it before Frances. But it happened that the child herself was in urgent need of its benefits, and without speaking to anyone about it, I made use of suggestion to treat her both physically and mentally.

When she told me in surprise that she was no longer troubled with a distressing malady which had clung to her in spite of medical treatment, I explained—she was nine years old at the time—how I had talked to her while she was asleep, telling her she was a child of God and could not be troubled by anything unclean or imperfect.

We began then to talk more freely before her, and she had great respect for my periods of what she called "meditating". As soon as Mrs. Carter's articles began she took to devouring those. I began then to make up jingles set to tunes we all knew—one doesn't have to be a poet to do that—and this put practical affirmations regarding home problems in a handy, useful form. I remember being much impressed by an article I read once in a magazine by the mother of one of the prodigy children, and she spoke of the great value of jingles in impressing truths—she had taught the infant geometry in that manner.

When Frances was going off to boarding school I reminded her of the cure I had made for her in the spring, as well as minor ones later, urging her to try it for herself if she were to feel a cold coming on.

"Yes, I will," she said, "and I'm going to try that for my school work, too."

Her reports, as well as her letters home, have certainly shown a marked improvement over last year. I have put Mrs. Carter's stories in my letters to her, but have not thought it wise to force the note, as the school is conducted by "the Sisters" and it might lead to friction. No doubt she has lapsed a bit, but vacation is coming and there will be more "meditation" and more jingles—very likely more suggestion, too, when little Frances is safely tucked up for the night.

MRS. CARTER'S ANSWERS TO QUESTIONS.

Mr. H. J. W. R.—The fracture of Harry's skull at the base by an automobile, might easily be responsible for all those difficulties. His screaming and fright during sleep is no doubt the recurrence of the accident, which memory stamped on his subconscious mind. That he was kind, loving, gentle and obedient before the accident and now is the exact reverse, is illuminating. You say that when he first began to write, after the accident, he wrote backhanded and you could not read the writing until you held it before a mirror. Do you get the connection with his behavior? Hold Harry up in the mirror of your imagination. See him the perfect lad you desire him to be. Force your mind to hold that picture no matter how he behaves. He now writes naturally and he will some day suddenly change for the best. "Love is reflected in Love." Immerse Harry in Divine Love.

Bend over the little chap when he is asleep and say in a low tone but forcefully,—"The God mind in you does not remember an accident. God mind sets you free. You will not remember nor be disturbed by it any more. You are gentle and loving to your sisters and brother, to your mother and to me. You are choosing for yourself the best environment. You are God's perfect son, NOW."

Occasionally, rub the base of his skull gently with the tips of your fingers. As you do so, speak the words, "Perfect Life now Functioning." Go with him in a playful manner to that dump heap. From his standpoint, find what is interesting. Play with him a great deal. Be his chum as well as his father. Have him roll his eyes slowly and repeat, "God is my sight." Don't use the rod any more. I believe he has an inventive mind.

H. D. S.—That the eleven year old lad "never misses a chance to take money and takes all that is in the purse," shows that he has never been taught the real value of money. Again, "He will run away nights to be down town when the moving picture shows open." There is the secret. The boy's whole mind is on the "movies" and he knows that money will gratify his craving to see them. Read the article on Glenn Hunter in the May 1926 American Magazine. You will see what a powerful draw the love for acting has on an impressionable lad. Get acquainted with your son's ambitions. If he is as bright and handsome and lovable as you say, I predict for him a great future as an actor. You must teach him the value of money and give him a regular allowance. While he is away with your brother, always think of the lad as being perfectly honest, upright and the soul of honor. Tell yourself so until you believe it.

Write him encouragingly, and never mention his taking money. When he returns, satisfy his dramatic cravings by letting him give shows for his friends. A small moving picture outfit for his Christmas present might solve his problem at a minimum expense.

Mrs. R. M.—The pictures to which you refer may be purchased at any large art store. Send to your nearest city for a catalogue.



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

*"Oh wad some power the giftie gie us,
To see ourselves as others see us,
It wad frae mony 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. Correspondents desiring a personal reply by mail are referred to our ELTO SERVICE which includes a service fee of \$5. 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.—THE EDITORS.

J. T. W.—You have tried every known method. You are about to see, that in a sense, we cannot methodize God, that His very ACTION through us is the method. Life is essentially a heart proposition. You are trying to hold certain thoughts instead of letting certain energizing, illuminating, inspiring, productive thoughts possess you. In a way, it is like trying to capture God instead of letting His good characteristics capture you to bless and serve mankind. You are trying to get things by force, and what we get by force we must keep the same way. This is personal struggling which knows nothing of the ways of the Spirit which are "ways of pleasantness". You cannot make a living. LIFE IS! To let IT live through you is the art of living which we are learning, All of Us. The monetary success of your business is only part of success: to enjoy the work and the contacts it brings, these are a few of the many things which are included in that situation we call success. Think it over!—G.

L. M. B.—I think your greatest trouble is procrastination. You wear yourself out "wondering which course to follow". Get the facts in the case, give them thoughtful and prayerful consideration—then make a DECISION and stick with it! By going back, wondering whether you did the right thing or not, by fearing the future, you use up all of your energy and when you come back to the present hour consciously, you are discouraged some more because you find that you have accomplished nothing. Success is alive: fear, worry and doubt are dying qualities. Live now!—G.

FRIDA—Try to realize that people feel not only what we say, but also what we merely think, especially of those who are near and dear to us. Think of your father in terms of strength and health. See him vividly in your imagination responding to your healing thoughts. God works through us when we are calm and poised. Strain and anxiety prove doubt and unbelief. Heal yourself first.—G.



Things That Make For Success

And for the advancement of the individual in all ways. This is a correspondence department of success ways and means, conducted by the Editors and contributed to by NAUTILUS readers everywhere.

To Correspondents

Prizes for the Best Letters to This Department

Have you discovered something that makes for success?

Tell us about it and perhaps you will win a prize. To the writer of the most helpful success letter published in this department each month we will send NAUTILUS for 3 years. Or, 3 yearly subscriptions to separate addresses if preferred.

To the writer of the most helpful letter printed in each six months' period, we will send \$5 in cash, in addition to the subscriptions. Prize winners announced each month for the preceding month.

Letters should be concise, plainly written on one side of paper only, and not mixed with other matters of any sort.

—THE EDITORS.

Success Letter No. 1061.

CONSTIPATION CURED: THE EXPERIENCE OF A CITY GIRL WHO BECAME A FARMER'S WIFE.

ALL MY life, until a few years ago, I suffered from constipation, with all its accompanying ills; nervousness, a lack of vitality amounting almost to anaemia, weak eyes, gas on stomach, sallow complexion and liver spots.

I am naturally round and plump, but at twenty-two I grew thin and hollow cheeked. Some of my friends have told me since, that at that time they did not expect me to live a year. I looked so nearly "all in".

I, a city girl, had undertaken the job of a farmer's wife with no preparation for such a life. I had all the many tasks of most farmers' wives with little strength to bring to them.

Life became just a drag and I reached the state of mind of the woman who said: "I used to read a great deal, but now my only ambition is to get the dishes done and die."

Finally I faced the fact that life, as it was, was not worth living and I took stock of myself to see what could be done.

I began with my physical condition and came

to a realization of the fact that I was eating little of the food that God intended for man.

"And God said, behold, I have given you every herb bearing seed, which is upon the face of all the earth and every tree, in the which is the fruit of a tree yielding seed; to you it shall be for meat."—Gen. 1-29.

I was living largely on meat and gravy, potatoes and white bread. I cared little for fruit and nuts and whole wheat bread, but I resolved that what God called good was good and they should be to me for meat.

In my search for truth I learned the value of oranges and am now never without them. I begin my breakfast with an orange and often my other meals as well.

In the way of breakfast foods I select those things which are made of the whole grain, such as shredded wheat biscuit and oatmeal. In hot weather I use nothing but the shredded wheat biscuit, it needs no cooking, it contains the whole wheat, therefor gives nourishment and acts as a broom for the intestines. In the winter I vary this with oatmeal. These, with occasionally an egg, a piece of toast made of whole wheat bread and a glass of milk, constitute my breakfast.

As to the milk, it is the one perfect food that I had been in the habit of using. I love milk and drink it three times a day. It is the one thing that kept me on my feet during days of hard work and physical weakness. I live on a farm where we have a plentiful supply of this wonderful food. But if I lived in town I would have it just the same. I would investigate the milk supply and get the best and purest to be obtained. The extra cost to be made up on other, less necessary foods.

This is a sample of our lunch. An orange, a banana, a handful of nuts and a glass of milk. The orange for fruit, the banana for a vegetable, nuts for meat, and the milk is in itself a perfectly balanced food. This forms a perfect meal, is satisfying and gives perfect nourishment.

If I lived in town I would adopt some such form of lunch and instead of spending my noon hour in a restaurant or in cooking, would use the time saved for rest or recreation of some sort.

Nuts satisfy the craving for meat, are nourishing and help keep the bowels open. Delicious sandwiches can be made with nuts and hard boiled eggs mixed with mayonnaise dressing and a lettuce leaf between. Cheese sandwiches are also good meat substitutes.

Our supper, as we call our evening meal in the country, is very often just oatmeal and milk or whole wheat and milk and sometimes just whole wheat bread and milk with some fresh ripe fruit for dessert.

When we feel that a hot meal is necessary, I try to have it mostly of vegetables. We eat very little meat and that mostly chicken, which I raise myself.

This manner of living has not only improved my physical condition immeasurably, but has saved me much time in cooking and dishwashing.

With the improvement in my physical condition came, also, improvement in my mental condition. I became more hopeful, less pessimistic and I began to see the light showing through the clouds.

About this time a *Nautilus* fell into my hands and I was born again. I now had mental and spiritual food as well as right food for the body. I have been a subscriber to *Nautilus* ever since and find hope and inspiration therein.

As an aid in restoring bowels to a healthful condition and curing gas on stomach, I took from a teaspoonful to a desertspoonful of refined paraffin oil every night for a year or more. This is not a physic, but lubricates the intestines and aids in evacuation. I no longer take it regularly but keep some on hand and if I feel the least sign of gas on stomach take a few doses until the symptom entirely disappears. This cured me of chronic sore throat caused from clogged intestines.

Today I am physically whole, my complexion clear, my eyes strong and I weigh twenty-five pounds more than when I started to make myself over.

"Whether therefor ye eat, or drink, or whatsoever ye do, do all to the glory of God."—1 Cor. 10-31.

"For he that eateth and drinketh unworthily, eateth and drinketh damnation to himself."—1 Cor. 11-29.—E. G. P., Ills.

Success Letter No. 1062.

SIGHT HEALED INSTANTANEOUSLY.

I WAS told by all my friends and relatives when a child that I had weak eyes. The eye-lids were always red and so they concluded at the age of ten that I should wear glasses. Every day I was reminded that I had weak eyes and day by day they got weaker and weaker. During my college days I was diagnosed by a leading New York specialist to be short-sighted and was fitted with glasses to meet that defect. I became somewhat fearful because sight to me

was a very important asset. For twenty-seven years I have worn glasses and for twenty-seven years I have carried the thought of defective eyes until my sight was really impaired. Six months ago I was sitting in my study reading Basil King's "Conquest of Fear," and apparently without conscious effort or premeditated thought I took off my glasses, put them away, and to this day have never worn them for ten seconds. My sight is perfect; I can read the finest print for hours without fatigue to the eyes. What happened! It was done so calmly. No affirmations, no conscious willing, no visualization, no conscious effort. Perhaps there had been a period of unconscious cerebration due to the silent effect of Basil King's book; perhaps from many sources my subconscious fears had suffered onslaught; whatever is the explanation, this I know, I became conscious of perfect sight instantaneously. Fear had been banished without a struggle, perfect sight came as instantaneously as a shaft of light from the rising sun. Now I know the difference between an affirmation and a realization. An affirmation may serve to make us more conscious of our defects and limitations. A verbal denial of disease is frequently a conscious affirmation of its presence. I simply took my glasses off. I threw my crutches away and walked. I opened my mouth and spoke. I opened my eyes and saw. Faith and works complemented each other. Paul and James were reconciled. I realized the meaning of the Master's words, "All things whatsoever ye pray and ask for, BELIEVE THAT YE HAVE RECEIVED THEM, AND YE SHALL HAVE THEM." Twenty-seven years of negative suggestion exorcised in one moment through faith.—A. P., New York.

Success Letter No. 1063.

NEW THOUGHT HELPED ME HEAL MY HUSBAND AND DEMONSTRATE A HOME.

ABOUT four years ago I sent for *Nautilus*. I didn't know what it was, but found it to be an interesting little helper.

Well, about two years had passed and in three weeks we were expecting a new baby when I slipped and sprained my side. That put me in bed. While in bed I started reading *Nautilus*. I read all I had. Well, my baby came without a pain. When I was up and around again I soon found I was in better health than I have been since we were married. I am a picture of health and happiness and so are my two children.

But what I most wanted was a home, so while in bed I started affirmations for a home and in two months my husband came home saying, "I have bought a home, it isn't very nice, but we can make it nice."

I set to affirming just how I wanted it. It has been a year and we are now building it just like I affirmed it.

The most important of all is last winter we had a very hard shock. My husband works in a foundry. They get awful hot, then come out in the cold and get chilled. He took pneu-

monia for the fifth time. The doctor said there was little hope for him. After he had lain for four days and nights without closing his eyes to rest, I saw where something had to be done so I got my New Thought to working. I had been working but I worked harder. That night when I went to bed I started to pray. This is what I said: "Lord, I have three little children that need a father's care. Lord let their father rest for one hour so he will get well to give them this care. Just for one hour."

Then I lay there seeing him asleep and fell asleep myself. I had not rested good since his sickness myself till that night. Next morning the nurse came to me and the first words she said were, "He rested just one hour."

The next evening I repeated the same, only asking for two hours' rest. The next morning the nurse said he had rested just two hours. The third night I asked for three hours' sleep for him and he got it with one half hour extra rest. So the fourth night (the eighth of his illness) I asked for a good night's rest. He got it, only waking twice. That morning when the doctor came he said, "He is so much better, that if he has good care he will get well." That night I surely thanked the Lord with all my heart and soul for what He did for me.

I can't thank *Nautilus* and its editors enough because I know I would not have found my health and happiness if it had not been for that first little *Nautilus* I received from Elizabeth Towne. God bless her for the joy she has put in my home through her writings. I read the Bible but could not understand it until I read the *Nautilus*. Now my eyes are opened so I can understand everything so much better. I sometimes have to stop and wonder what would have become of me if I hadn't found this new life. I look back at my old self and wonder at the change.—Mrs. R. R. R., Ind.

Success Letter No. 1064.

HOW PRAYER SAVED ME FROM A DEADLY RATTLESNAKE.

DURING bee swarming season, I was in the habit of taking my hand work, and my bee paraphernalia, consisting of a long pair of gloves, a hat covered with a screen wire veil attached, and a coverall apron (this I had on) and sitting in the apiary to watch the bees so if any hives should throw off swarms I would be close at hand to hive them.

One afternoon I became so drowsy it seemed as if I just couldn't keep my eyes open, I knew if any of the bees should swarm that the hum of their wings would awaken me, so I decided to lay my army blanket on the ground and take a nap. As I had my coverall on, all I would have to do would be to adjust my hat and don my gloves to be ready for business.

Just before I laid down I pulled my veil up near my head, and placed my gloves near by to be handy, and just as I reclined the thought of snakes came to me but I was sleepy and dismissed the thought and lay down. How long I lay I do not know, but it couldn't have been long. I dreamed, or seemed to dream, that a

terrible big snake was coming toward me. I tried to struggle to my feet but I seemed to be motionless, and it was bearing down on me and there I lay like one in a stupor. I couldn't move, try as I would. On, on it came, nearer, nearer, and yet there I lay. At last it reached me and crawled right up on the pit of my stomach and coiled up. (I was lying on my back.)

I finally became awake enough to hear a voice say, "Don't move, be still. Don't touch your stomach." I was so frightened, for I knew that I was not dreaming then and that something terrible was wrong. I glanced down at my stomach where the terrible load was and looked right into the eyes of the largest rattlesnake I think I ever saw. (At least it seemed so then.)

And I said "OH GOD, PLEASE DON'T LET IT BITE ME, OH PLEASE DON'T." I closed my eyes; I didn't want to look in its eyes. I lay still for perhaps a half minute, though it seemed much longer. I was praying to GOD all of the time.

Just then a most wonderful thing happened. My bee hat began to move and it rolled over and over and whirled right up to my side and the long streamer that I tie it on with, blew right across that snake's body. There was a quick movement and the snake went toward that hat in the twinkling of an eye and someone said to me, "Roll!" And I most certainly did roll, and many more rolls, for my greatest desire just then was to put distance between that snake and myself. When I was brave enough to get up and go back to see where the snake was, he was gone. But either the snake or the wind took that hat at least 50 feet away from where I lay.

We never knew what moved my hat, but we know that it moved, and I am still PRAISING GOD THAT HE HEARD AND ANSWERED MY PRAYER.—M. W., Kan.

THE PRIZE WINNER for November, 1926, *NAUTILUS* is F. W., Texas, who wrote Success Letter No. 1056. We shall be glad to send the prize of three 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 idle vessels and ships to be used 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 vote to this end.

—Elizabeth Towne.



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

Visualizing Heals Infantile Paralysis.

AT THE age of seven years, Grace C. was stricken with infantile paralysis, leaving both of her legs completely paralyzed.

A friend persuaded Mrs. C. to try New Thought on her daughter, which she did with the most remarkable results I have ever seen. The child's legs, which were emaciated and always cold, because of the poor blood supply, are now plump, firm and alive with radiant life. She spent most of her young life in a wheelchair, but at last has been freed. No one could tell by looking at her limbs that there had ever been anything wrong with them. At the age of eighteen, she is now assistant teacher of botany in one of our large universities.

Here is the method used: "While lying on her bed, legs straightened out, body relaxed, Grace was instructed to concentrate her mind on her toes and to SEE them freely moving up and down. This was repeated twenty times, morning and evening, every day for nine months before the first little movement was noticed. She also visualized rich blood flowing through her limbs, making them strong and healthy, and saw herself perfectly well, romping and playing with her sisters.

Mrs. C. was frequently called away from home and before going would always put her daughter on her honor that she would carry out instructions as to visualizing, which she always did. Mrs. C. also taught her daughter the value of loving service to others, so Grace, while sitting in her wheelchair, sewed, pared apples, prepared lunch, and when mother was busy, made cake and pie, and as she grew older did all of her mother's canning.

Here is the affirmation Mrs. C. used for her daughter: "Grace, you are God's child, whole and perfect now. God wants you to be well in fact as you are in Spirit and in Truth. Divine Love is now flowing through you, cleansing, purifying and making you every whit whole."

This demonstration took time, it is true, but was worth the effort put forth. You would think so if you could see this radiant young girl as she is today and compare her with what she might be had she not put forth the effort.

Persistence, steadfastness, stick-to-it-iveness was the keynote to this demonstration.

"Ask and you shall receive."—H. T., Ohio.

Buy your own in NAUTILUS. See guarantee, page 5.

(Continued from Page 32.)

We do not understand the motive back of the act, and, therefore, must not judge another. All is working according to the PLANS of God, and He knows HIS BUSINESS.

Everything that we judge as evil is like a seed planted in the dirt, that a beautiful plant may grow from the seed. Some day we will see the whole design, but now we only see a small part of it.

There is nothing that can happen to me that is not for my own ultimate good, for I am made in God's Image and likeness, and some day I will KNOW ALL, even as He knows ALL.

We are all on the path back to the Father, but we can shorten or lengthen our journey. As we obey the Master Teacher, we shorten the journey; as we disobey we prolong it. May His blessing light THE WAY FOR ALL.

To A Buddhist Shrine

By Louise Stevens Boyd

OH, shrine, forsaken on the mountain side,
What secrets do you keep?
Of heathen hearts, that in their passing by,
This path has worn with weary feet.

Shrouded in mystery, oh temple old,
I think that you could tell
Of hearts not hardened by the lust for gold,
Who come believing to thy calling bell.

Oh church or shrine, throughout the world
of men,
There is no lost what'er his creed may be.
Love in the heart does make the whole
world kin—
With love does God set all souls free.

Emerson's Concept of Truth

By Henry Richardson Thayer

Not a book ABOUT Emerson, but selections from his own words.

Selections that, woven together, give a brief and striking outline of his concept of Truth.

Glowing words upon such subjects as: Love; The Universal Mind and Powers of Thought; Right Thinking and Living; Man's Place and Work; Toward Unity; Service, etc. The whole makes up "Emerson's Concept of Truth." Not a word of Emerson's has been changed or added to, but widely separated sentences have been brought together. Most attractively bound in heavy marvel-lustre covers, printed in two colors.

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How To Work Wonders With Your SUBCONSCIOUS MIND



Give me just 60 minutes and I'll unlock the flood-gates of that vast reservoir of mental power—your Subconscious Mind. Note the immediate effect on your business, social and everyday life.

By DAVID V. BUSH

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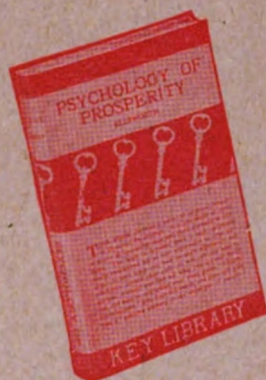
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