

shows what the solar plexus is to the human body, how to control emotions and thoughts, to develop concentration, kill fear, etc., and to insure the attainment of a strong poised selfhood. The advantages to purchasers is shown by testimonials; we have space for only one:

J. F. WILLIS, BRECKENRIDGE, COLO., writes:—"I received more special benefit from one reading of 'Just how to Wake the Solar Plexus' than I have during a period of ten years with medicine chest and doctors' bills of over \$800, aside from much time lost."

The editor prints the following letter from a subscriber:

I am enjoying a vacation and rest from all care and responsibility, where my friends hope to cure me of my belief in astrology—the best place I could ask to be in for study and observations of extremes of character, etc. Please send *Nautilus* here. *Others here as well as myself will appreciate it.* X. Y., Manhattan Hospital for the Insane, Central Islip, L. I. [Italics not ours.]

Of "Elizabeth Towne's Experiences in Self-healing" she herself says:

Those who want real experiences in the new thought and its application will find this book a mine of information. I have shown plainly just how I grew up in new thought, healing myself of almost every imaginable kind of disease from heart trouble to the catching-cold habit, from all sorts of chronic and acute things, and from all sorts of faults of disposition and temperament. I have described every method I used in overcoming not only diseases mental and physical, but poverty as well. And incidentally I have described at length the methods I have used and evolved in the healing of others as well as myself. Not a thing in my experience have I glossed over or omitted. The book is an inspiration and has been written in a white glow of purpose to reveal a soul's efforts and progress and accomplishment, to the end that other soul may see and understand and be inspired to greater self-conquest and self-expression. It contains more of me than anything, or all things else I have written.

To cure asthma, beside vegetarian dietetics, "mental breathing," and physical ditto the patient is instructed to read "Solar Plexus" book every day for a month and get into the spirit of it and shine for dear life all the time! She is to stand or sit straight, chest out, and breathe down and out, taking pains to hold the breath and then let it out more slowly and evenly than she took it in. With each breath she is to mentally affirm, I am whole, or I am love, or I am power—using one affirmation for each day. "Solar Plexus" book tells how. Above all and in all she is to wake up and go at it with a will. To put will into bodily action is the cure for asthma. Will is just what an asthmatic is averse to using, will and persistence. Asthma means a curled-up will and it is not easy to uncurl it.

Baldness can be cured:

Perhaps you will ask me "what thought you are to hold" for dying hair. This item is written presumably for those who have been "holding the thought" without apparent results—as I did for several years. Then it came to me that I must supplement "the thought" with action. So I went to studying causes and thinking out what to do. I've been doing it. Faith and works will accomplish anything. The only thought to hold for dying hair is the thought of life. Keep thinking it right in with every rub of your finger-tips until it gets to thinking itself without special effort.