



# JUST HOW TO WAKE the SOLAR PLEXUS

This is a new and unique book by ELIZABETH TOWNE, editor of NAUTILUS. It explains man's relation to the sun, and shows how the Solar Plexus is to the human body exactly what the visible sun is to the Solar System. It gives original instructions in regard to breathing; also clear, concise and practical directions for developing self, controlling the emotions and thoughts and directing the energies for the removal of all inharmonious conditions.

The first edition of the book was very quickly exhausted, and a new edition has just been issued which contains much additional matter. It is selling very rapidly. A large number of copies have been sold through the personal recommendation of Rev. S. C. Greathead, Clifford, Mich., head of the Brotherhood of Zoists. Here are a few of the good things which have been said of the book:

Franz Hartmann, M. D., the celebrated German Metaphysician, writes of this work: "I was so much pleased with its contents that I regard it worth more than a whole library of books on occultism and metaphysics. I should wish very much to obtain a copy of it and to have it translated into German."

Mr. A. D. Miller, Indianapolis, Ind. says: "It is a wonderful storehouse of knowledge."

Harry A. Jamison, 1922 N. 30th St., Philadelphia writes: "Three cheers in the Silence for the INDIVIDUAL who wrote it, and three more for the inspiration it carries with it."

**PRICE 25 CENTS**

*Address, WILLIAM E. TOWNE,  
Dept. 5, Holyoke, Mass.*