

Nerve us with incessant affirmatives. Don't bark against the bad, but chant the beauties of the good.

—EMERSON.

# NOW.

A JOURNAL OF AFFIRMATIONS.

HENRY HARRISON BROWN, Editor and Proprietor.

Time past and time to be are one,  
And both are NOW.—WHITTIER.

'Twas only striking from the calendar  
Dead yesterdays and unborn to-morrows.—OMAR KHAYYAM.

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## Christ Realized.

The Christ is mine! IT triumphs o'er all pain!  
ITS command, "Peace," brings ever healing balm!

ITS presence speaks amid Life's storm, a calm!

In IT I find my childhood's Faith again.

The cross, the tomb, the garden and thieves twain

Have all been mine, but now triumphant song.

The gaining centuries have born along,

"Good will to men," is mine, and waving palm.

Christ is! And IT is mine. To IT I give

A place in Life all other Power above!

By IT I joyous labor, think and live!

By IT I'm one with all my fellowmen!

By IT make oath and pray. I praise and then

Proclaim ITS only human name is—Love.

San Jose, Cal. Dec. 1900.

\* \* \* \* \*

The star, the magi and the precious gifts

Are mine, for deep within the Real, I

The Light flames brightly, lightening all my sky,

And from its radiance every shadow drifts,

And we—Life, Soul and I—come where there lifts

From IT—the One whom tuneful angels knew—

The swaddling-clothes that mother-loves bedew,

Revealing all the Father's ministry.

We Three, our homage pay to IT, the babe,

Born in the lonely ranches of my Thought,

Where long, Mistrust, and Doubt and Fear have strove

For Mastery, while calm-eyed Faith has stayed,

Content to know, that only power thus wrought,

Could usher in the Christ-child, born of Love.

San Francisco, Dec., 1901.

Room for the shepherds of Bethlehem,

Room for the angels who sang to them,

Room for the Light in the murky gloom,

Room for the Christ-Child, room.

Willis Boyd Allen.

## AFFIRMATIONS.

### Sufficiency.

I exist as I am—that is enough.

—Wall Whitman.

So wait our souls on Thee, O God!

Their Longing is from Thee;

All human help must ever hint

At Thy sufficiency.

—John White Chadwick.

There is no bar or wall in the soul where man, the effect, ceases, and God, the Cause, begins. The walls are taken away. We lie open on one side to the depths of spiritual nature, to the attributes of God.

—Emerson.

### One Life is All.

The One Life is in me. I am the One Life.

The One Life is Infinite. Out of it I have all I want.

I cannot be less than Life. Life cannot be less in me than enough at all times.

Wherever I am and whatever I do, I have Life enough.

Life works in me, and I never tire.

Life is Power and that Power is mine: Mine to do and to enjoy.

Life is my strength. I have all I need. My Strength is One with Infinite Power.

Out of Infinity comes my strength, and I have enough all the time.

Truth is one with Life. All Truth is mine as I need. My Supply of Truth is Infinite.

Truth flows spontaneously into consciousness. I have at need all necessary Truth.

Sufficient unto the hour is Truth. I take no thought what I shall say, for Truth will speak for me when necessary.

As Truth impels I speak and I act.

Life and Love are one. I am One with Infinite Love.

Infinite Love enfolds me. Infinite Love upholds me.

All Love is mine as I need. With Love I am content. With Love I want not.

With Love I have all the companionship I desire.

Love clothes and feeds me. By Love I am continually supplied.

Love is my Providence. I have enough of everything.

I ask for nothing, for a sufficiency of all things is mine.

I ask for nothing, for a sufficiency of all things is mine.

One with Love, I radiate Love, so that I am at peace with all men.

With Truth and Love in abundance, I have neither doubts or fears.

Peace is mine. Peace abides with me. With Peace and Plenty I am at rest.

All is Good. The One Good, The One Providence, The One Truth, The One Love, supplies all my needs. From the

One Store I have enough and am content.

Peace folds her wings about me. In her green pastures I am led. By her still waters I rest in childlike content.

Good has blessed me and I ask for no more.

All is Good and there is Good enough for all.

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All is Good and there is Good enough for all.

GO WAKE THE SEEDS OF GOOD ASLEEP THROUGHOUT THE WORLD.—BROWNING.

All is Good and there is Good enough for all.

All is Good and there is Good enough for all.

### Primary Lesson No. 19. Shut Your Mouth.

The statement is made in the Bible that "God breathed into man's nostrils the breath of life." This probably arose from the common observation of the time in which it was written. For all strong men, all individualized men, all healthful men, all victorious men breathe through the nostrils. There is no more certain sign of weakness of character, and consequently weakness of all life's functions than mouth breathing. The wider and more persistent this opening, the more weak the character. The open mouth is the sign of ill breathing, and the word "Gawk" is aptly applied to persons of such habit. Test the mental condition of the two attitudes by standing and gazing at something with mouth wide open, and then with it closed. Here in mental conditions produced you have all the argument necessary for keeping the mouth closed.

Therefore a legitimate use of the will is to see that in breathing the mouth is kept closed. Make this the rule of your life—Breathe with the Nose only. Then add to this deep and full inspiration.

This will not only insure a healthful condition of body but by reflex action upon the mind, it makes one cool, calm, peaceful, determined and successful. It gives power to all other factors of daily life. I have yet to learn of any great author, statesman, general, financier, inventor, pugilist, or politician, that breathed with his mouth. As concentration is the secret of success, and diffusion the secret of failure, it is seen that mouth breathing is a diffusion of the worst kind because it scatters the external force of life.

The Indian mothers used to watch their babes and if mouth came open while it was sleeping they would close it and hold it shut with their fingers until the habit was formed of breathing with closed mouth. This was taught them probably by the phenomenon readily observed that one's strength was conserved in the chase by keeping mouth closed. No person can win in a race who runs with open mouth. Force is wasted, diffused.

This concentration helps to develop caution in speech. "Closed mouthed" is an epithet applied to many other successful men as it was to Gen. Grant. Concentrate power—Thought power—for success. The man who tells his business to others fails. He keeps his mouth closed. The faultfinder, the gossip, the spendthrift, the hasty, the quick-tempered, the sympathetic, the over-generous, all need to watch their mouth and keep it shut while breathing,

that they may thus cultivate not only health but conditions of self control in speaking. In all breathing, in all gymnastic exercises, in work, walk and play keep the closed mouth, only open it to make Affirmations "I am!" or "I will!" in your exercises or for ordinary speech. As a soldier I was taught to keep my mouth closed in drill and march. From experience I know that endurance is measured by one's power to breath deeply with closed mouth. All physical power in proportion to the ratio, that one breathes with mouth closed. With the thought or oral affirmation of self-mastery, breath deep and long with closed mouth exercises as in previous lesson. With deep and full inspiration through the nose persist until this manner of breathing becomes habitual. Then will you find all nasal troubles and colds a thing of the past, not to be thought of now.

### All Is Good.

No better Affirmation for the Christmas tide than this. No better all the year round. Take it; pin it upon the wall; let it become a part of yourself. No matter what the circumstance, affirm it is Good and it will have a blessing for you. No better way of growing into the Truth, into *Demonstration*, than by some constant reminder. Choose the Affirmation you most need and keep it by you. The needed one is the one farthest from your realization. Are you given to fault-finding and complaint? Then take "*All Is Good*." Are you quick tempered? Then take I am *Self-Control*. Are you restless? Take "*I Am Peace!*" Choose, and keep affirming until you are in Manifestation that which you thus desire add Affirm. "Ideal Suggestion," Henry Wood calls these mottoes. Try them. If you have no other way to get them send the words to NOW office, with 50 cents, and we will have a hand-painted one sent you, beautifully designed with flowers. But get one, somehow, and let it be the Way to the manger where the Christ-child<sup>6</sup> lays.

"The only true way to help a man is to aid him in helping himself. All of us stumble many times during a lifetime, and the duty of a man to his neighbor is to help him to his feet, so he may help himself." —President Roosevelt.

"I was always ready to assume the responsibility in any movement which might involve censure rather than throw myself back on anybody else."

—Admiral Schley, before Investigating Committee.

Atom from atom yawns as far

As moon from earth or star from star.  
—Emerson. (*The Poet*)

Written for NOW.

### The Voice of the Big Trees.

Thou canst not say, "I AM."  
Omnipotence in these forms doth tower.  
—Henry Harrison Brown.

Omniscience and Omnipresence too,  
Else God is not!  
God's name, "I AM," in its Almighty Power  
Dwells in me as in each living, breathing  
thing.

Eons speak in me, far back where man dreams  
not.

Childlike, I still upward look and hear  
The gentle whisper of the still small voice,  
Refused by man to hear, and looking down-  
ward, bless my every brother.

Only a type of Truth Eternal, I!

Nay! I am Truth!

I am that Power!

That Love am I!

Do I not send, with my extended arms,  
Whispers to sooth the burdened heart of man?  
Does not my voice of Silence, sweet and clear,  
Heal him, as it speaks of Truth and Love and  
Power?

I dumb? Nay! I speak my God-taught lan-  
guage!

I read no book save that one God unfolds be-  
fore me.

From its pages read I to Man, my younger  
brother,

Will he but listen the mysteries of creation,  
Let me embrace him!

Let me enfold him in the arms of Love.

Let me in the stillness teach him

Of God, Our Father!

Then will he say:

"I am his brother!

I, too, am immortal!"

—Electa Stowall Sweezy.

TOPPEKA, Kansas.

Was ever such an ass as that  
Who hoped by slicing mutton fat,  
And pulling candle-wick to pieces  
To tell why light should spring from greases?  
Yes, one—that still more precious fool,  
Who in the anatomic school,  
Expected with dissecting knife  
To learn from death the laws of life.

—Anon.

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pointment.

Written for NOW.

### Here Am I.

Love me, my friend, for what I am to-day,

For this is I, the only living I,  
The soul of self left as I daily die.

Turn not to view the wrecks along the way.

What is there in the past to fix our gaze,

And keep us walking backward towards the  
light?

The soul of things holds ever forward flight,  
Lives in the now, and knows no yesterdays.

Regrets? Believe each cause yields, howe'er  
slight,

A bit for the mosaic of the soul.

You doubt? Then note you, in the pictured  
whole,

How shadows ever complement the light.

All you have loved remains—for what is love

Save homage, to the God, discerning eyes  
In souls akin, more clearly recognize?

Count not the dross, refining fires remove.

You loved the old self, and you mourn the  
change?

Ah, friend, at last the sweetest melody,

By repetition palls. Variety

Implies not loss in harmony's grand range.

Nothing is lost. What seems to us as gone

Is but transmuted. On Time's broad'ning  
ray,

To-day is but completer yesterday,

As noon-day light unfolds from rosy dawn.

And so, Dear Heart, thy love I still may claim

In sweet assurance, just to that degree

That Love Unbounded radiates through me

To light thee to the Source from whence we  
came.

—Emily Vail.

FAIR OAKS, California.

### Light Philosophy From a Dark Man.

"Mis Pos,' you see dat ar flower in de groun  
dar? Well, I tells you what'll mek dat flower  
grow. I specks howsever you knows so much  
it would be impedent in me to tole ye."

"Go ahead, Bob; I have got my opinion,  
but I want yours."

"It's jes dis way. You may gib dat flower  
all de feed and water it needs and it'll grow  
pretty good; but wedder it grows big and  
lusty and puts on a big lot of bloom 'pends on  
wedder you lubs it or not. When I wuked  
for Mr. Smith, ober on de oder side ob de  
river, de yar he made so much money on his  
truck garding, I ust to jes lay awake nights  
lubbin dem growin' tings; dem cabengers and  
taters and pusley and lettuce. De fertilizer's  
good, but lub gets lower down dan de fertilizer  
and jest hists de plants right up."

—From "The Waste Basket" in Helen Wilmen's  
*Freedom*.

If we cannot perceive a spiritual truth with the  
eyes of the spirit, intellectual reasoning and  
book learning will not enable us to perceive it  
clearly. —Franz Hartmann

From the World's Advanced Thought.

### LIBERTY.

BE FREE, AND LET OTHERS BE FREE.  
H. H. BROWN.

I note the bright hours only.—*An inscription on an ancient sun dial*

To find fault, to blame, to criticise, to judge, to condemn, is an infringement of the principle of liberty. It is an attempt to control the expression of another soul as independent, as capable of judging for itself, as divine as yourself. It is an evidence on your part of ignorance, pride, arrogance, egotism, assumption, dictation, bigotry, dogmatism and tyranny. No Soul Culturist can hold any of these. He feels that even to advise requires the greatest of wisdom lest it infringe the free action of another soul. He recognizes each individual as Spirit, and he knows that Spirit is trying to express itself in its own way, and that that way makes its own individuality and determines its immortality. Therefore, he desires for it the utmost freedom. He can and will help its expression by removing barriers, but he will impose none by saying "Don't" "I would not," "It is wrong," "You are bad," etc. He will by example, by helping to build a nobler ideal, aid that soul in its expression.

Helpfulness is consistent with liberty; hindrance is tyranny. Expression is liberty; repression slavery. Hence to help a soul to express itself is to educate, to give it of your best, and no word of counsel or helpfulness in Love of Truth and Love of Man is ever lost.

The Soul Culturist will not judge, when he knows that through all eternity he will hold a middle rank, and remembers that to those above, when he does his best, he looks as look to him those below him also doing their best.

To find fault or blame is to check the spontaneous flow of spirit and turn the current of soul force into other paths and too often into paths that experience has declared unwise.

Perfect liberty recognizes the law of individual right, personal liberty and a better expression through development; and the lesser good is forgotten in the Divine Possibility.

After January 1st *Christian* will become a weekly. Its price will be the same, \$1.00. That it has grown thus is a cause for congratulation not alone to its fearless editor but for the whole New Thought movement and for the Nation that gets the benefit of the liberalizing influences of a movement that means ultimately redemption from pain, poverty and death.

"Mr. S—— was satisfied with your advice and thanks you for it," so writes Mrs. S. of Oakland.

**Important**—Will each reader carefully note the considerations of Congress upon the postal laws. If attempt is made to repeal or modify the present law regarding second class matter and endorse the present rulings of the Third Assistant Postmaster, please write *personal* letters to your Congressman and urge him to sustain the freedom of the press. With all the small and especially the liberal press, "NOW" is suffering from these oppressive rulings; they seem to us without law, and to threaten the stronghold of a free people—Freedom of Speech and Freedom of the Press. NOW does not wish to take up space with the matter. Through the secular press you are all informed. I only wish to urge you to act. ALL IS GOOD. From this will come a stronger love of Liberty and a larger appreciation of the Freedom we enjoy. Nothing so endears a thing to us as to fear that we shall lose it. Only good can come from this condition. We have our duty; *i. e.*, to think and act in Love of Liberty and in Thought of the All-Good.

### PSYCHIC HEALING.

Prof. H. E. Streight, the artist who painted that wonderful painting, "The mount of the Holy Cross," that attracted so much attention when exhibited in the eastern cities several years ago, and whose fire scenes are the wonder of the craft, is a member of NOW-Class, and in a letter of October 23rd writes of a phenomena that is of immense importance in our study of "Man's Greatest Discovery." He says: "Since my hard experience with a carbuncle on the back of my neck, I have nights of restlessness and pain in my neck and back. One night when I was suffering, you seemed to be with me and you gave me a treatment. I was greatly relieved by it. You excused yourself. Was gone a minute and returned covered all over with rags. You played the part of an Irishman, and were so disguised that I could hardly recognize you. You looked at me and smiled, then threw off your ragged coat and were clothed in a beautiful new suit of dark blue. You stood before me a moment then spoke the word 'Now,' and disappeared, leaving me free from pain. So I know you have not forgotten me. I told Mrs. Streight that you were getting into better conditions.

"I must build from the ground up. I work from within out."

—Prima Donna Emma Eames.

Remember, in ordering Holiday gifts, that any book published may be ordered through this office.

OFFICE OF NOW,  
124 Santa Clara Street, San Jose, California.

DECEMBER, 1901.

**NOW.**

HENRY HARRISON BROWN,  
EDITOR.

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manifest as spirit here and now.

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**NOW'S Christmas Gift**

to its readers is its editorial upon Life. How do you like it? It is a gift from the I AM to you. It is an insight to Life such as man never had before. It brings to a focus all past theories, and demonstrates by Nature's one law, that Life is not something apart from all other energy, but is One with all. Human Life is God manifest in the flesh of Man, as heat is God manifest in the furnace. From this Christmas we will see God in all, and will feel him, as the Omnipresent Life. We will never recognize disease and death, for where Life and God are, these cannot come. NOW'S Christmas Gift is this *Demonstration of Immortality.*

A Class in Soul-Culture will convene at "NOW" Parlors at 2 p. m. Tuesday, January 7. Open to all who wish to take the Course. 12 Lessons, \$5.

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will receive patients for treatment through  
Magnetism, Suggestion and Spirit Power, at his  
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A. M. to 1 P. M. Others by appointment.

**LIFE.**

**Its Potential and Its Conservation.**

(Fourth paper upon "Man's Greatest Discovery.")

Potential: Anything that is possible.

—Bacon.

Conservation: The fundamental principle of modern physics. That the total amount of energy in nature is constant. That it can neither be increased nor diminished.

—Century Dict.

Life is not the result of organism, but the reverse.

—Haeckle.

Life is only a particular kind of mechanics.

—Virchow.

Consciousness—the common condition of Self-knowledge.

—Sir Wm. Hamilton.

Out of the deeps of Ultimate Being proceeds the outgoing acting Life. The energy behind all evolution is the progressive consciousness of God.

—Bradley. (*Appearance and Reality.*)

Our conscious life is a stream of varying psychical states which follow one another quickly, in a perpetual shimmer with never an instant of rest. The elementary psychical states, indeed lie below consciousness, or as we may say, they are sub-conscious. We may call these primitive pulsations, the psychical molecules out of which are compounded the thoughts and feelings that well up into the stream of consciousness.

—John Fiske. (*Through Nature to God.*)

There can be no scientific doubt that Life obeys no special or exceptional laws. . . . It must be regarded as the result of a different interaction of chemical and physical forces, or a particular complicated round of mechanical motion.

—Buchner. (*Force and Matter.*)

If my body came from brute, though I sense it from their own,

I am here. This is my kingdom. Shall the royal voice be mute?

Hold the scepter Human Soul, and rule thy provence of the brute.

—Tennyson.

Each Soul is in focus of world \* \* \*

For there transformation is wrought,

Where forces are changed into Thought.

—J. W. Powell. (*The Soul.*)

When once "the Great Discovery" was made through Telepathy, that Thought is, like heat, sound, light, a mode of motion, identical in principle with all other forms of motion, then was the way open for the study of Life, also as a mode of motion. Until then Life was outside the possibility of study. Its phenomena could be catalogued, but Life itself was an unknown quantity. Thought is Life transformed in accordance with Nature's one unerring law of Conservation. Force is transformable, but non-destructable, non-creatable. Thought being a form of force had an antecedent form. In this antecedent form, which we term Life, it passes

through the brain and becomes Thought. As it passes out of the brain it ceases to be Thought. It is not lost. But though we may not follow it now, we shall sometime do so. It is safe to infer that part of this force is changed to will, and from will is changed into the power to do. That power, which acts in unison with chemical power and causes by the action of each upon each, the phenomena we call the visible conduct of man.

Not yet has the beefstake of the breakfast been traced by conversion to the thought of the noon. To so attempt to trace thought, would be to trace the origin of the steam in the boiler, to the boiler itself. The boiler causes the steam as one of the many factors at work. Without the boiler there would be vapor, but no steam. We trace steam to water and heat; water and heat to still other forms of force. To trace it to boiler would be reasoning in the same circle that traces thought to food. Food and some other force must make the phenomena of physical life. We trace water and iron back to the One energy. They are one in the Universal Substance, (One in God, as theology truly says.) Not yet by any process has chemistry been able to convert them into each other, or to trace the change from food to thought.

Thought and body are two manifestations of the One. But they are manifestations of two streams of power that start from the One, which, flowing side by side, make by interaction the phenomena of the visible universe. They are never converted, or transformed, into each other. One is called matter. The other called by Science, Ether, by Soul Culture, Spirit.

Both are forms of motion. Both flow from the One, the Undifferentiated, the Unconditioned, the Unconscious, the Homogenous,

"The Undivided Whole  
Of whom each creature forms a part."

By a series of actions and interactions the potentialities of the One are manifest. The process is called Evolution.

There is not the slightest warrant for saying "Thought is the product of the brain." This is putting the cart before the horse; putting effect for cause. Before brain was, Life was, to build it. After Life has left the brain, brain ceases to be. Life builds brain. Thought is Life transformed.

When Life leaves brain, brain decays. This we call death. But decomposition is the result of the same force that was concerned in building brain as constructor under direction of the Master, Life. One of the streams of Eternal Energy departs from body and leaves the other—the Chemical—to work alone. Thus only chemical, automatic, action

THOUGH HE SLAY ME YET WILL I TRUST IN HIM.—PSALMIST.

is found, where had been intelligent self-directive action. Life is a mode of motion, but it can manifest only through contract with some other form of force. Science has heretofore hesitated about calling Life a mode of motion. Many scientists and philosophers have replied when asked if Life was identical with other forms of force: "No!" All who did so believe were called materialists. Even Spencer admits that we must seek a spiritual origin. With the accepted principle of Unity, all thinkers will be forced, before the century ends, through the demonstration of this Greatest Discovery, to recognize Life as one form of the One Energy. And it will not be considered materialistic to do so, for the present distinction of matter and spirit will pass away. All will be neither matter nor spirit—but will be the Nameless, and Unknown ONE, that manifests through these two streams of Motion. The ultimate power in man is Life. Its absence is death. When Life goes Thought goes. Well says Tennyson:

"Life and Thought have gone away  
Side by side,  
Leaving doors and windows wide:  
Careless tenants they."

The primal manifestation of Life in man is Consciousness. The primal manifestation of the One to Man is Life. Be it where it may, in sand-grain or in Cherubim, it is Life. Each phenomenon is the manifestation of the One Life.

Like all other forms of motion, Life (Spirit) must pass through transformations or it would be only latent, unmanifested Life. Into how many forms Life is transformable we will not dogmatise, but it must be limitless. Consciousness is one. There are changes in nerve tissue in every act of consciousness. There must be a corresponding change in that which uses chemical force to cause the phenomena of physical life.

Consciousness is thus transformed Life; the resultant of prior conditions of sensation. Sensation is the result of contact with other forms of force. Sensation is transformed Life. Born of sensation is Thought. Man says, "I feel." Then he says, "think because I feel." Then he says, "Because I feel and Think, I AM." Thus Life is converted into sensation, into thought, and these two into the Conscious Man—The I AM. In all the change there is no loss of original force. Only a change given to direction, and possibly to the velocity of atoms, in which the two forms of force lie in potentiality, Life. Thought is Force, then life must be. This has the Great Discovery done for science: *It has discovered Life.*

Life then as a mode of motion is limitless.

From simple protoplasmic cell it manifests through growth. Growth is only the play of these forces in constant change. Life is not change, but it manifests in change. Could Life remain constant but the billionth part of a second there would be for it annihilation. Eternal motion, means eternal change.

Life is a constant stream of power flowing into expression in millions of forms, but all from the One Source. It builds its organism, for manifestation by transformation of itself just as electricity is changed to light by the conservation of force. When Light comes it is not electricity. Light is Light, whether from sun, combustion or electricity. So when Thought comes it is not Life, but Thought. Life is limitless, indestructable, convertible into Thought. It is first converted into feeling. This conversion is accomplished by means of the senses. In this word "senses" we have the key to our further analysis of Life's changes.

Sensation is the first change in the transformations of Human Life. Before we felt we were not individuals. We were only potential power in the One. Feeling is the first step towards individuality. Potentials of Infinity are we still. It will take all eternity to manifest all these possibilities. We are manifesting. Therefore we are. By virtue of this recognition of our own existence we are individuals. Should the Ego ever cease to feel, it would cease to be an Ego. It would become only a possibility in Infinity.

Individuality begins with feeling. With feeling consciousness begins. Individuality becomes perfected with Self-consciousness. When the individual can say, "I am," it has attained perfection as an individual, and has won immortality.

Consciousness is only the recognition by the Ego of that which is not itself. This recognition comes from contact with some other force. The Ego responds. It thus knows itself. From sensation come the special senses. That motion is only Feeling. Feeling is motion the Ego sends out. Therefore we rightly say, an e-motion; an out-motion.

As Life is limitless so is feeling. The most powerful emotion we call Love. From Feeling by conservation comes Thought. Life is thus changed in form, but not in potential. Thought then is as limitless as is life and feeling. Thought is Life manifest through the cerebral brain. Love is Life manifest through all the rest of the nervous system. Thus again do we find Thought, as Power. How great the error to call thoughts "things." They are not things, but thoughts create things. Things are made out of Thought, as one form of power, in union, or combination, with some other form, or forms of power. Electricity is not a thing. It is power. When it is in resistance with some other form of power then the resultant, we call things. A thunderbolt is a thing, but it is electricity plus the resistance and attraction of other forces. No thing is ever formed from one form of force alone.

Therefore Thought enters into combination with other forms of force and builds body, then through hands builds whatever it wills. But it is silently building in union with silent forces, still other things as yet unrecognized. Thus Life and Thought are no longer unknown forces. As we know electricity we know them, and will in time learn to use them, in carrying out our desires, as we now use telegraph and cannon to carry them out in other fields of activity.

(Continued next month.)

### A Suggestion,

To Socialists, Labor Unions, Strikers and Reformers. Why not turn your Thought to the most crying evil and that product of civilization, worse than any "relic of barbarism," which stamps the industrial and domestic conditions about us as condemned by Him who said, "Little Children, love one another." I refer to the employment of children and mothers and wives, at wage labor. No Child should be allowed to earn its own living much less help support others. No mother, no expectant mother, should be so employed. No woman should be compelled to work. What she does she should do from love of doing. The whole burden of support should come upon able bodied males. Any other remedy than this is only palliative and temporary. "The Enlightened Man," the "Age of Gold," will never come till children—every child—is too sacred to be sacrificed to greed, and every woman reverence and cared for as the Mother of Man.

We have had much infringement of personal liberty, with little or no corresponding benefit to the community. Prohibitory laws applied to places where there was no public sentiment behind them have proved a mockery.—*Pres. Hedley of Yale.*

"NOW, A Journal of Affirmations," is published in San Jose, California, on the 15th of each month. Henry Harrison Brown is editor and sole writer. It is devoted to the Science and Art of Soul Culture. Its basic affirmation is:—"Man is spirit and can manifest as spirit here and now." The editor is evidently a man of much strength of will and a deep student of the subjects to which he devotes his pen and his time as a teacher and healer. His ideals are high and his style of writing dignified and inspiring. Much can be learned and much good obtained from reading NOW by those who desire to learn something of the Higher Science and how to apply it to their own lives.—*Reasoner.*

Invest in Truth while investing in other things this holiday season. Put \$1 into two subscriptions for some friends. It will pay the biggest dividend of any \$ you ever invested.

I CANNOT DRIFT BEYOND HIS LOVE AND CARE.—WHITTIER.

**The NOW Class.**

This class was organized in January. It has now many members. We have united for mutual assistance. All who wish can join. Send for the February NOW for directions, (5 cents.) It is for success in Business, for Health, Spiritual unfoldment or any human Want. Cost: A subscription to NOW, and 50 cents for the first month. After that a monthly letter and any freewill offering. Pupils join any time, and leave any time. We learn to help ourselves by helping others. We can learn, or help ourselves in no other way. Join and be helped and receive help.

**NOW CLASS.**

"We are getting into better vibrations. M— has a small opening with promise of better. I owe it all to NOW and to my valued teacher, the editor." So writes a lady who went through my class in this city, now in Los Angeles.

J. F. F., of Illinois, writes of a Psychometric Reading: "Your Reading came duly to hand and was read with interest. My best friends could do no better, if as well." This reading was made from a type written letter, even the signature. I like the hand writing in whole or part.

"With all the infinite power that is mine, I shall never be able to express to you the good I received from the study of the June-July number of NOW which fell into my hands. The Primary Lesson No. 14 gave me a new insight into the use of the Will."

—Mrs. M. L., New York City.

This little note comes from a correspondent with the request that I put it in NOW. Truth is no compliment.

B— Conn. December 3, '01.

DEAR HENRY HARRISON:

FRIENDS, (I am talking now to those of you who sincerely wish to gain a deeper insight into your own characters) send one dollar to Henry Harrison, he will tell you where your scales need adjusting! I am truthful when I tell you that the reading he has given me, and our subsequent correspondence, has been of immeasurable benefit to me. His powers are wonderful! But mind you, Sweethearts, don't send your dollar "just for fun!" This reading is not after the "Cross my palm with silver" order! However, if you sincerely desire help in the direction I have indicated, and feel that Mr. Brown can assist you, send at once! You will not regret it.

I am a lover of humanity.

WILLIAM M. NICHOLS.

"Your reading received. Had you known me all my life it could not have been more correct."

Mrs. H. C. B. of L— Illinois.

**Uncertainty of Medical Diagnosis.**

A prominent physician of this city told at one of my classes in Suggestion this incident. A lady in the state of Washington, after being examined by seven physicians in the cities of that state, was recommended to come to his sanitarium for a surgical operation. She came. "As I passed her in my outer office I at once understood the case. When her turn came for examination I was still more positive. She went to the sanitarium and was relieved of the trouble—twins—in due time." What if the Washington M. D.s had carried out their plan of using the knife? What protection have the people against *Diplomat ignorance*? Could Christian Science or a magnetic healer have done worse? Is it not time to stop protecting the doctors under the cry of protecting the people?

**Psychic Sight.**

A soldier, late from the Philippines told me recently an incident in his career that he had heretofore feared to tell lest he be jeered at. "I began to be afraid," said he, "long before we reached the islands, and came to the conclusion that I was too cowardly to face the enemy and should run at the first fire. After we landed this fear became intensified, and as I lay down at night I was in terror. All at once I felt peculiar and saw my mother who died when I was a boy, and she told me that I would not be harmed. From that moment I never had the slightest fear. I was ready as any of my comrades. I have not been able to understand it, but that I lost my fear is a fact."

*Vaccination*, a journal of Health, Justice and Liberty, that tells the Truth about Vaccination. Terre Haute, Ind. 25 cents, per year. This is the organ of the Anti-Vaccination Society of America. It is doing a noble work. Fighting a brave battle for Human Liberty. Send a dime for some issues. The Secretary appeals to those interested for means to publish and circulate more literature. I am sure readers of NOW will help. If each reader will send him a dime he will have the needed funds. The tyranny of a Law like compulsory vaccination is not to be long endured. We declare it now, null and void, and *by our thought will make it so*.

We believe that the success of any physician depends more upon his own personality than the system of the healing art that he practices.

Medical Talk.

**Life's Great Healing Law.**

BY DENSIE HEREDREN.

Elevator Publishing Co. Washington, D. C. p. 140. Price \$1.00.

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**The Woman Revealed.**

BY NANCY MCKAY GORDON.

6214 Madison street, Chicago, Ill. Price \$1.00.

This is a fine specimen of the printer's art. But being unable to comprehend the basic theory upon which the author builds her structure, I am not able to enter into that sympathy with her so as to find any meaning in the book. The claim is made that it is "Filled with mystical truths gathered from a ripened experience." NOW has neither belief nor use for mysteries, therefore it can only recommend the book to those who desired the mysterious.

**SELF.**

Mrs. Caroline C. Norris' New Thought Monthly will begin its second volume the first of the year. We most gladly welcome again this journal of Perfect Liberty. We personally know Mrs. Norris to be one of the best of teachers and Demonstrators. Thoughts from such a one benefit all mankind. There is always in NOW office a welcome to SELF and its editor. \$1 per year, 1017 Madison st, Oakland.

A gentleman who was formerly President of one of the most progressive State colleges in the Missouri valley, and who is now Professor in a progressive College, writes: "I trust that at last things are beginning, at least in a measure, to come your way. I must thank you for the inspiration I have received from you in the past and am able to draw your printed matter."

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