



APRIL, 1903.

NOW

A Journal of Affirmation

Thought

Suggestion

Soul Culture

Psychometry

VOL. IV. NO. 1.
MONTHLY.

\$1.00 A YEAR.
10c A COPY.



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

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

'Twas only striking from the calendar
Dead yesterdays and unborn tomorrows.—OMAR KHAYYAM.

HENRY HARRISON BROWN,
Editor.

I will make the most splendid race the sun ever
shone upon;
I will make divine magnetic lands
With the love of comrades,
With the life-long love of comrades.
I will plant companionship thick as trees along
the rivers of America,
Along the shores of the Great Lakes, and all
over the praries;
I will make inseparable cities with their arms
about each others' necks,
By the love of comrades,
By the manly love of comrades.
Affection shall solve every one of the problems
of Freedom.
—Walt Whitman, in "Leaves of Grass."

PUBLISHED BY
"NOW" FOLK,
NEW THOUGHT CENTER OF PACIFIC COAST,
1437 MARKET ST., SAN FRANCISCO, CAL.

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GOD BEGS YOU TO LEAVE THE FUTURE TO HIM WHILE YOU MIND PRESENT.—GEO. McDONALD.

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NOW.

CONTENTS.

One is Light and One is Love, *Poem* 3
Principle, Not Fads 3
Affirmations..... 5
Soul Culture Lesson..... 6
Ranch Philosophy—*Poem* 7
Echos from "NOW" Home..... 8
Phenomena 9
Miscellaneous: Thought—*Poem*, The Dollar Side, Effect of Telepathy, Suggestion, Suggestive Therapeutics in Dentistry, Healing, No Digestion without Hunger, Etc.....10
Editorial Notes14
Soul and Body—*Editorial*—No. 1.....16
Needs of the Hour18
With NOW Readers19
Mental Tonic20
Book Reviews21
Success22

BOOKS By Henry Harrison Brown, Editor of NOW.

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Mr. Streight is a great Soul, filled with poetry, and his paintings are a constant inspiration. He painted "Mount of the Holy Cross," "Mt. Shasta," the Cyclorama of the Battle of Gettysburg, and others of more than national reputation.—[*Editor of NOW*].

THE GREAT MAN DOES NOT LOSE HIS CHILD HEART.—MENCIVS.

NOW.

A JOURNAL OF AFFIRMATION.

VOL. IV.

APRIL, 1903.

No. 1.

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POEM

ONE IS LIGHT AND ONE IS LOVE.

Plants held in prayer their hands at night,
To stars that o'er them glinted bright,
Petitioning like them in beauty to bloom.
And lo! When Sun by courier sends
At morn, their dewey diadems,
He finds star-twins the fields illumine;
For from the seven-hued braided light
Each plant made choice of the many dyes
That paint the morn and evening skies.
And while the glow-worm's taper burns
The stars endow them from their urns.
That earth may thus in Beauty share
The buds find answer to their prayer.

From the one fount of Good, alone
Come all experiences I know,
Whether they be in bloodstone set,
Or like the eddweiss in snow.
One is the Light despite the hues
Of even or of morn!
One is the Love, e'en though on cross,
Or diamonded in song.
—HENRY HARRISON BROWN.
Golden Gate Park.

LOVE'S PATRIOT.

I saw a lad, a beautiful lad,
With a far-off look in his eye,
Who smiled not at the battle-flag
When the cavalry troop marched by.

And sorely vexed, I asked the lad
Where might his country be
Who cared not for our country's flag
And the brave from over-sea?

"Oh, my country is the Land of Love,"
Thus did the lad reply;
"My country is the Land of Love
And a patriot there am I."

"And who is your king, my patriot boy,
Whom loyally you obey?"
"My king is Freedom," quoth the lad,
"And he never says me nay."

"Then you do as you like in your Land of Love,
Where every man is free?"
"Nay, we do as we love," replied the lad,
And his smile fell full on me.
—Ernest Crosby, "Swords and Plowshares."

PRINCIPLE, NOT FADS.

Act from Principles capable of universal application.—*Herbert Spencer.*

One Principle underlies all the New Thought movements. It is the only one upon which Soul Culture is based. It is: All is Mind. Man is a manifestation of Universal Mind. Thought controls body.

To assist its readers to an understanding and an application of this perception of Truth and thus create a Science and an Art of Living is the purpose of NOW.

Principle and not method is our field.

Principle and not detail is our object. With Principle understood, methods will be spontaneously created.

Our motto is: I am an Unfolding Soul. Our axiom: It is more important to BE than to know.

The way to BE is to think Being, to affirm Being.

"Learn to do by doing" is as important an admonition in every day affairs as it is in the Kindergarten. The only way to be is to be and BE now. Most people are seeking health, happiness and prosperity. To seek s never to find. They hope to be or are going to be. But there is no Being but Being now. To seek to be, to try to be, to hope to be, is never BEING. The only way to be is to be!

I am that which I think I am! When I think, "I will be," I am not happy but going to be! Think "I am happy!" and happy am I now.

This is the Principle NOW inculcates. BE NOW IN THOUGHT THAT WHICH YOU DESIRE AND YOU ARE IN EXPRESSION THAT WHICH YOU DESIRE.

Man is Mind. Mind is Power, Intel-

SOUL INHERITS ALL THAT SOUL CAN DARE.—EMERSON.

ligence. Man as Mind has Power to mold his life as he wills. He has health, happiness and prosperity whenever he intelligently uses the Power he is.

He directs Power by Thought. Mental attitudes produce physical conditions. To change any unpleasant condition, change mental attitude. The time to change is *now*. As soon as changed, health comes from disease, happiness from sorrow, prosperity from failure. Now is the only time. Change *now!* This attitude will never change by change of methods. It must be a change in Principles. To rely upon any external support is to fail. Hygienic measures, dieting, fasting, exercise, physical culture, breathing, never bring health. Change mental attitude, affirm Power and Life and you will eat, breathe, sleep, exercise and train the body rightly. To adopt any of the health fads now so popular and depend upon them is only to temporarily improve and you sow a still larger crop of tares in Life's field. Take the Principle of Life and trust it and Health IS yours *now!* All these fads land you at last in a worse slavery to body and to externals. There is but one savior, YOURSELF. There is but one way: Change your mental attitude. There is but one Cure: Principle. Truth and Truth alone will save you. Truth saves through Affirmation. Accepting the fact that Life is universal, all you have to do is to LET Life manifest. The way to let is to so thoroughly believe this Principle of Life that you rest upon it. Think constantly of yourself as Life. Affirm: I am Life. No disease can be where this mental condition exists. A well-established habit of affirming health means health. Forget that you ever believed in disease. Life will thus flow as buoyantly as it does in lamb, kitten, babe and youth. You will, in this buoyancy, of necessity exercise because you love it, will eat because you desire to, fast when you feel to. You will pay no attention to the external; will simply

affirm and enjoy; will let Life (that knows more than all the reformers, doctors and teachers) have its way in your organism. You will heed daily the admonition of our Elder Brother: "Consider the lilies how they grow" and grow as unconsciously as they. They have no rules, no physical culture, no breathing exercises, no fads. But "they get there just the same." So the babe "gets there." Learn your lesson of the cradle and enjoy life. Mind your own business, which is to enjoy. Never meddle with the business of the universe which is to see that you have every opportunity to enjoy. *Being and enjoyment are ONE.*

CONSERVATISM OF THE MEDICAL PROFESSION.

It required the compulsion of ignorant popular enthusiasm to make us actually treat our patients by these methods (massage) and to put into use the partial, veritable truth turned into an untruth by the extremism and indiscrimination of the charlatan. But why need we carry out, generation after generation, this stupid belittling and ignoring of the new truth? There are many illustrations such as the one we have cited of our strange indifference to methods of treatment ten, twenty or thirty years after demonstration has been made of their efficacy and value. Let us keep our minds open and flexible.—*American Medical Journal.*

True, gentlemen! and, while thus flexible and open, pay some attention to Suggestion and Mental Healing. The same mistake of ignoring Truth that does not come wrapped in the diploma of the college is being made today by the majority of the medical profession. Where you stand in regard to the vast inheritance you have from "irregulars" and "charlatans," you will soon stand in relation to the "Mental Scientists" of today. Either accept Truth as Healer or find yourselves buried in the "drift" of the age.

Whiskey has no greater friend than the fanatic who would substitute his will for that of other men.—*S. F. Examiner.*

* SOUL CULTURE LESSON. *

HOW TO BE HAPPY THROUGH
AFFIRMATION.

First Affirmation:—All Is Good.

Ø Happiness our Being's end and aim.—*Pope.*
Happy is the man that findeth wisdom.—*Proverbs.*

Happiness is the natural condition of man; is the birthright of every person; can be typified as the Garden of Eden. Every person is born into happiness as he is born into air. It is the end and, if Nature has any purpose, it is the purpose of life. If there is an aim to Life itself, happiness is that aim.

Yet it is the eternal quest. All are seeking it.

"Man never is but always to be blest."

Why is this so? Will it ever be so? Has man fallen from Eden, never to return?

To dream this, is to indict the Universe and make the Eternal a worse than heathen devil. The Universe is made for human happiness. ALL that is, is for man.

We start with Unity. That ONE is Good. Either this or there are two antagonistic forces always fighting for the Soul of Man. Either the Zoroastrian belief in Good and Evil or the philosophical one of Unity. Unity is Non-ethical. It simply Is. God is! Energy is! Power is! Light is! Life is! Thought is! Love is! Attraction is! Electricity is! Man is! Existence is the beginning of our search for happiness. Existence is non-ethical. It is a mistake to call God good. It leads to logical results that produce sorrow, if not insanity. Dr. Albert Barnes left a MS. in which he said: "I have tried in vain to reconcile the existence of evil with the Goodness of God and it is all, all dark." To postulate Goodness of God, is to create evil at the same time. Goodness cannot exist in God, in Energy or in Omnipotence without Evil also being

there. Man cannot decide upon any condition and say "Good" without saying something else is "Evil." One cannot say "God is Good" without saying something else is Evil and that something else must logically and mathematically be the equal of the Good. The moment we say "God is Good," we are thrown into confusion if we deny the Devil.

God is, for ALL is. Space is. Time is. They are Infinite. Divide space and say, "This side is good and that side is bad," you have Infinity on each side, an infinite space that is good and an infinite space that is evil. Two infinities—a logical absurdity! But you may say, "I have half of Infinity on each side." "Half of Infinity?" Infinity is not infinite if it can be halved. Another absurdity. No dividing Infinity. It is in One. It is all non-ethical. It simply IS.

I emphasize this, for it is in this thought of division that unhappiness has its origin. False are premises, false are results. False is foundation, false is structure. False is theory, false is practice. In theologies and philosophies we find this duality. Wherever it exists, evil results follow. It must be so. If God is Good, he can exist only as the counterpart of Evil. We can know him only from that which is not himself, that which is not good. But he is ALL. Therefore he includes the evil, is both good and evil—a logical absurdity.

The true position is to say "God is" and stop there. Definition is impossible. Attempts are limitations upon Infinity.

This does not remove God from thought, nor from love, reverence nor worship. He is Omnipotence. He is Eternal Energy. He is ALL and from Him All comes. That All includes myself, my friends, my earth, my stars, my heaven and my hell. All is God and God is all. There we will leave Him—It—in these Lessons.

They have nothing to do with things or conditions. Ethics has nothing to do with God. It has Man alone for

its field. In Man alone, lie the distinctions of Good and Evil. He has the power to decide what effect conditions and things shall have upon himself. He draws the line across Existence and says, "This side is good to me and this side is evil to me." "TO ME!" Here is our key. God is in the wind and I have power to say, "The south wind is good and, therefore, God is good in that wind." But I say, "The North wind is bad, therefore God is bad, is devil in that wind." I have simply said that to me these winds differ in effect. The wind is neither good nor bad but is capable of being either in the estimation of Man.

Thus Man creates Good and Evil. Need he? He may so choose things and conditions. But he need not allow them to affect him with pain or sorrow. He need not allow anything to make him unhappy. He can avoid this by refusing to think that anything can possibly make him so. He can decide that all which comes is Good to him. This thought will destroy all possibility of evil in him and happiness is the result.

Therefore, to be happy, affirm: ALL IS GOOD.

MENTAL STATES AFFECT THE BODY.

Fear, doubt, anger, jealousy, any passion born of selfishness, will tend to destroy the normal relationship of the cells and organs of the body. Many a man fails to digest and assimilate his food, simply because of wrong mental or emotional conditions. He is mean, jealous, stingy, over-reaching, thinks of himself first and always and then wonders why he can't be as healthy and as happy as his whole-soled, law-abiding neighbor. There is nothing that more surely deranges the functional expression of our vital force than fear, worry, or doubt. And there is nothing that will so enable us to carry ourselves erect as children of our Heavenly Father, inheriting the possibilities of the Christly life, as the power of an intelligent and consecrated will in positive accord with the divine will. Be sure of that. Although salt rubs, electricity, massage, and other material measures of treatment are good and important in their place, the unseen forces at our command are of the first importance.—From an address by Dr. J. H. Jackson.

LOVE, LIKE GENIUS, OBEYS NO LAW

RANCH PHILOSOPHY.

REDEMPTION.

I've kinder done some searching'
Around to find the Truth,
Have expected to find it perchin'
High on some church's roof.
An' I've searched till I was weary,
Till my brain from toil fagged out,
Till eyelids wet an' teary
Made soft a heart once stout!

At last I've found a Savior,
My Redeemer truly lives,
An' I'm baskin' in his favor,
Enjoyin' the best he gives;
While songs of glad thankgivin'
Like swellin' anthems raise,
From out a heart that's livin'
A' bubblin' o'er with praise.

How did I find this Savior?
Look in the glass an' see.
Jest changed my mind's behavior,
An' heaven came down to me.
While a ray of power an' sweetness
Illumed my Soul's dark depths,
As the evenin' star with meekness
The darkness intercepts.

Like a battle steed a champin'
His bit before the fray,
Your Soul within is stamprin'—
Loose rein an' give full sway!
The fiery sword of Eden
Or strong bound gate of Hell
Can't keep from fields Elysian,
If one cares there to dwell!

—SAM EXTON FOULDS.

A modern sickness treated in the modern style, is one of the greatest travesties on common sense in the world of thought unless it is some of the inanities of the religious creeds. One of the greatest burlesques of our day is to see a spectacled, bewhiskered, plug-hatted, long-tailed-coated son of Esculapius engaged in a scientific combat over disease.....There is one little truth hard for people to learn, almost as hard as for the great profession of medicine, namely: Food taken in sickness feeds disease; it does not feed the patient. If this little truth could be accepted, it would save lots of suffering.—Dr. J. H. Tilden, in *Stuffed Club*.

The final meaning of the movement is the nearness of the soul of God to the soul of man, and of the soul of man to God. If man is really growing nearer to God, not farther away from God, every advancing age must have a new theology.—Phillips Brooks.

BUT ITS OWN.—ANDREW JACKSON DAVIS.

* ECHOS FROM "NOW" HOME. *

[Sunday and Wednesday meetings are held at "Home" for the spiritual unfoldment of its members. Believing that we shall come nearer the hearts of our readers by giving thoughts from these meetings, we will each month fill this department with notes from them.]

I feel this morning full of inspiration from the words of Jesus: "If a man loveth father or mother more than me, he is not worthy of me." Once this seemed a hard saying. I never could love Jesus better than my parents and I never loved God as an abstraction. We all this morning love each other, we are a happy family in that love, but we all love that which Jesus loved, i. e., Truth, and we love this better than we love each other. Truth is the Christ-child. Our hearts have been its manger. It has been cradled there and, in its maturity, we have found that love for it is love for all. There is only gain in the unfolding of love. It is subject to evolution and, from the narrower and lesser loves, we pass to the Universal Love of Truth. When we love Truth, we love each other. When we love Truth, we love ourselves and each other as ourselves. Better than father and mother, than houses and lands, do we love Truth. And, in this Home, Love reigns supreme. We are baptized with it. Everything is love to us. All idea of work and worry has passed away for where love is these are not. We have nothing but love. In love we find father and mother, houses and lands, and they are ours forever. This love gives us at all times clearness of mind so that we attend to the concerns of the day without fear. In this love we are at all times serene and sunshine is permanent with us. All our work is play, all our play is prayer and all our prayer is a thanksgiving. "'Tis love makes sunshine in the heart." This sunshine we have and in this lies our power. We have conquered in the name of Truth through Love. Our business success

lies in this harmony of power born in love for Truth and trust in each other. Our future success will be in exact proportion to the welding power of our love. We are a chain and are no stronger than our weakest link. One member with doubt or fear or greater love for something else than for Truth weakens the whole. Therefore this pleasant Sunday morning we consecrate ourselves anew to Love of Truth. As babe trusts mother, we trust it. As stars are led by it, so are we led in the orbit of Life. No matter where or what,

"I cannot be where God is not, on any sea or shore,
Whate'er betides, our God abides, our Father
ever more."

— H. H. B.

We are a little band circled and bound together by Love. Love is Infinite. Therefore our Supply is Infinite for everything we need. We drink freely of this Supply and fill ourselves with life, health and happiness and radiate that it may penetrate all Human souls. We draw them to us that they may draw from the same source and their lives be more abundantly filled. No matter how much strength and patience it requires to help others, we know Infinity is behind us and ever supplies our demands. We draw this Infinity into expression in ourselves and others by Suggestion. Our faith in this Law is limitless. We are ever on the lookout to express the needed word. Our desire is ever in the direction of being able more and more to find ways for expressing ourselves in good. We keep ourselves supplied by affirming Faith and Trust in that Supply. This attitude includes every Affirmation that we can make. It is Faith in our Realization of Infinite Supply. This Affirmation, this Trust keeps our minds and Souls receptive to the Divine within us and to the Divine without us. We thus receive helpful Suggestions from our friends.

LEONA.

The man who has millions today doesn't control a single moment of tomorrow.—*Chicago News.*

NOW IS THE TIME FOR A NOBLE DEED.—LIZZIE DOTEN.

* PHENOMENA. *
* * * * *

PSYCHIC INCIDENTS.

That it may be seen that there are incidents upon which to base the Soul Culture Philosophy, I will each month report, as I have in the past, some phenomena within my own knowledge and often that which has occurred in my own person. Fact and not speculation must underlie each conclusion we draw of our Soul Power.

In the summer of 1886, while I was a student at—, I awoke one morning with a dream which, because it was so real, I reported to several of my intimates. It seemed in my dream that Pres.— stood upon an eminence and directed my goings. I went to some place and attended a funeral. It was in a church. As we came from church we turned to the left down the street for quite a way, then turned to the right. Before we came to the cemetery, we passed a peculiar fence. It attracted my attention but what it was I could not remember upon waking. During the day the dream was forgotten but, at close of the afternoon exercises, I was handed by the Pres. a telegram sent to him requesting me to attend a funeral on the morrow at—. As I alighted from the train on the morrow, there was taken from the baggage car the casket of the lady whose funeral I was to attend. It was taken to the house of a niece. There I met the friends and dined. I thought, as I saw the casket in the parlor, "This is not as I dreamed." But the casket was taken to church. The services were as I dreamed. As we came into the street, we turned as in my dream. Before we reached the cemetery, we passed a fence made of huge pine stumps which had the same effect upon me as the fence in my dream.

I have often questioned the why of this. Telepathy could not account for the fence even if we so account

for the Pres. overlooking my going and the service as planned. We cannot, by thought transference, account for the stump fence as no one connected with the affair could have considered that circumstance. I can only solve it upon the fact of Clairvoyance.

I wrote once several names upon separate slips of paper, folded them so that no indications were possible of what was upon the papers and placed them before a lady friend. She picked up one and saying, "This person is in Europe," gave a name. The lady was abroad. I had *not written* her name but that of a mutual friend.

I placed a visiting card written thus, J. Brown Smith, in the hand of a young friend. In a moment he said, "James B. Smith." The latter was the way his friends addressed him. This was probably thought transference.

AN INSTANCE OF TELEPATHY.

Mrs. Oliphant, in a letter to Blackwood, the publisher of Blackwood's magazine, tells the following instance of telepathy thus in her own experience:—

It was curious that the idea of a book on the house of Blackwood as a thing that should be, though not in any connection with myself, passed through my mind with some vividness a little while before I heard from you. [His letter had suggested that she write such a book.] It must have been a brain wave.—*Autobiography, p. 405.*

SUGGESTION IN TRAINING CHILDREN.

A mother adopts the following novel plan of forming the character of her children:—"I simply wait till they are asleep, and then I talk to them, not loud enough, you understand, to wake them, but in a low voice. I tell them over and over again that they must be good. I suggest goodness to them, for I think the mind is just as susceptible to suggestion during the natural sleep as during the induced unconsciousness or during their wide-awake moments. I concentrate my mind on it, and I am confident that before long all mothers will adopt my plan. It is the best way I know to bring up children."—*Exchange.*

MISCELLANEOUS.

THOUGHT.

I am the sun, the moon, the star,
The downy cheek of peach or plum,
I am the clouds that float afar,
The cricket's song, the bee's low hum;
I am the hero, and the rogue,
I am the slave, and crowned King,
I am the plain, the woodland grove,
I am the song the wild birds sing!

I am the music in the lute,
I am the silver of the stars,
I am the din of ocean's roar,
I am the tint of rainbow bars;
I bow unto the will of men
Where'er they call in court or cave,
I crown man King of kings and then
I burn in jewels of the knave.

I dwell in God, who brought me forth
To wake to birth the sleeping world.
He's "Let there be!" in peerless worth,
To bursting beauty is unfurled;
Now learn the secret that I tell,
And make of me just what you will!
Life will be like a chiming bell,
If you join in my "Peace be still."
—Abbie Walker Gould, for NOW.

THE DOLLAR-SIDE.

G. R. B. sends this letter from Chicago:—

There is one thing I do not understand about "The Dollar Side." In all the New Thought papers that I have read, I find nothing about saving the dollar. We are to spend the dollar; "Don't hang onto it! send it out to do its work and other dollars will come to you!" How about those that are living on a salary? A certain amount comes in every month. There are bills to be paid and things we all wish to have. Provided we meet the bills, how about the latter? Will you kindly enlighten us in NOW as I doubt not that others also are studying the dollar side?

In "Success Lessons" in Vol. 3, the Principles of Success were laid down. The trouble with the brother and with so many others is that they do not TRUST PRINCIPLE. We are to do so to the fullest extent. The faith of the author of Job must be ours: "Though he slay me, yet will I trust in him." Either the old idea of competition or brotherhood; either

trust the present business methods or the methods of the New Thought; either rely upon the arm of flesh or the "Everlasting arms;" either rely upon the power of the dollar or the power of thought. *If Thought is power, if it is the only power that we use, then trust it.* NOW holds that *Thought is the only power by which anything is done.* Even dollars obey Thought. In the old thought they have delegated power and we act to them as if they were power. It is the same with dollars as with body. Body obeys our thought. We put thoughts of disease into it, then act as if it were diseased. When we think of it as it is, as a reflection of our thought, then disease has no power. So with the dollars. Think of them only as the symbol of Thought-Power and dollars will come to you. To save the dollars, is to lose power. The dollar spent develops power in the spender. To "prepare for a rainy day," is to create a rainy day; to expect a thief is to invite him; to expect poverty is to invite it. Let details, let "How" and "Why" alone. Cling to Principle and Supply will come. Instead of doing this, the masses let the dollar-fear control them. "If I spend my salary for what I wish, I shall not have it to pay bills!" No! not if in mind we limit the reservoir of salary. Principle, Infinity, God, is our supply. Trust IT. From out the millions of ways It has, will Supply come. But looking only to salary is to limit Supply to salary. When one has this perfect TRUST, Supply is in all directions as infinite as is supply of Life, Truth and Love and comes, as they do, at need,—will come at need to him who relies upon Infinite Supply. They will not come but they will have to be pulled in by him who does not trust Principle but seeks to work out the details of Infinity.

THE EFFECT OF TELEPATHY.

Dr. Cyrus Edson says of Telepathy:— This thing is a dream. The idea that thought transference will "soon" do away with wires,

poles, telegraphy, telephones, etc., is a wild, sky-piercing, enchanting dream. Our age will never see its realization, because human conditions at present time preclude the possibility of any such radical change. Wipe out our systems of communication and you strike at the root of speculative commerce. *You annihilate Wall Street.*

With Mental Telepathy universally grasped, there would be no secrecy, because if an upright man could learn the system, a bad man could. So conducive would it be to crime in a commercial sense that persons of integrity would find the game of pursuing legitimate speculative business not worth the candle. Hence, without honest commerce and the necessary secrecy of competition, we might justly apprehend national disquietude. The world would be revolutionized. There would be an awful breaking up and a deal of pain before things became set and knitted together again. Pshaw! the thing is absurd.

Read "Man's Greatest Discovery," Dr. Edson, and learn that it is no dream. Learn also that all you foresee as the results of your dream is the results of our reality. Is it such a great evil to annihilate Wall Street? Well, like the whole competitive system, it will go where all ancient forms of tyranny have already gone when men develop, not "learn" as you phrase it, to use Thought intelligently. The world is being revolutionized as never before. With drug-medication and dogma-religion, will go money-making. Christ has come again and all these are scourged from the Temple of Man by the absorbent power of Truth. Let Wall Street go. A better comes.

SUGGESTION.

We need no medicines in treating some diseases and we require very little, if any, in treating chorea, hysteria, insomnia, nervous prostration, melancholia, monomania, kleptomania, illusions, delusions, hallucinations, epilepsy, sexual perversion, stammering, functional paralysis, locomotor-ataxia, amenorrhoea, dysmenorrhoea, bed-wetting, asthma, hay-fever, neuralgia, headache, rheumatism, dyspepsia, constipation, functional heart trouble, alcoholism, drug, tobacco, and other habits, simply

because these diseases readily respond to suggestive treatment. No line of drug treatment can compare with hypnotic suggestion in treating properly selected cases.

It is our duty as medical men to give this science more study and try to advance it rather than treat it with derision.—*C. Edwin Goodell, M. D., M. E., in Medical Brief.*

Why should Dr. Goodell limit Suggestive treatment to these diseases? If Suggestion will work in these cases, will it not in all? Why limit a Principle? Would a scientist limit the Law of Gravity? Will they limit the Principle of Evolution? If there is a Principle in Suggestion, if it is in harmony with the development of Life, if it is orderly in its work, then it is limitless. The doctors show little scientific acumen when they pick out a few cases and limit Suggestion to them. They admit some things will fall to the ground by the law of gravity but, when a feather falls not, the law is inoperative. Well, so be it, till they learn that even feathers and soap-bubbles also feel attractive power. They will in time find that ALL ills are amenable to Suggestion. To admit this now will be too much for either profession or patient. A few of us as pioneers and teachers have demonstrated that there is no ill to which flesh is heir that will not disappear when properly treated by Suggestion. Human ignorance is not the measure of divine power. Beyond what is known, goes the faith of the few. "God said, 'Let there be light' and there was light." Here is a Suggestion. It teaches us that all we have to do is to think, will, and act, as God does, and all is ours at command.

Do thou climb, O Soul! the steep of life,
 Attempting ever some diviner height
 Above the lower levels of the world!
 Up, counting not the effort nor the strife!
 Up, where the peak is flushed with rosy light!
 Beneath, far down, shall doubt and fear be
 hurled.—*Charles Goff.*

Good men study, and wise men describe, only the growth and standing of things.—*Ruskin.*

I AM CONSCIOUS OF ETERNAL LIFE.—THEODORE PARKER.

MY SOUL IT HATH NO OTHER SOUL
TO WHICH IT DOTHT BELONG.—ANNA HEMPSTEAD BRANCH.

12

N O W.

SUCCESS.

If your power you'd realize,
Test this exercise:
Stand erect upon your feet;
Draw your breath in full and deep.
Say "I Can," "I Must," "I Will,"
Keep on saying this until
All your doubt and haste and fear
Will seem to quickly disappear,
And the ghosts of yesterday
Will no longer bar your way.
You'll plan your work and work your plan,
Just as well as any man,
And take your proper place
In this glorious Human Race!
By your pluck and push and strength
You will win the goal at length!
And will you have Success?
Well
I
Guess
Yes!

—*The Young Men's Home Journal.*

SUGGESTIVE THERAPEUTICS IN DENTISTRY.

The Pacific Dental Gazette copies from the *Dental Cosmos* the address of Wesley McCabe, D. D. S., before the meeting of the Iowa State Dental Society. From that paper are taken the following paragraphs:—

Suggestive therapeutics is destined to great prominence and will be found to be a great factor in the future history of dentistry and medicine.....It has passed the experimental stage and stands today as a demonstrated fact before the scientific world.....It is time that the public should understand more of the power of Suggestion. Then will "Christian Science," "Divine Healing," "Divine Science," "Mental Science," and "Magnetic Healing" be divested of their mystery, and consequently relegated to their proper place in the minds of the people. That they have relieved thousands of people, we do not wish to deny. How has this been done? Simply by Suggestion It has been correctly said that there is some truth in all of these. What we want is the Principle by which they accomplish good. This Principle is Suggestion.The curative or destructive influence of mind over matter is no longer a mere theory. By proper Suggestion, pain may be induced in a perfectly sound and healthy part of the anatomy, and become as real to the subject as though severe injury had been afflicted; and, on the other hand, existing pain is no longer experienced. Surgical operations of all kinds are

being performed in which the patient experiences no pain and in which no drug is employed, suggestive anesthesia being the only cause for these results.

Not so fast, Dr. Suggestion is an ever present factor but do not, because you know a little more than the schools teach, think you have it all. Mind uses Suggestion, but there are millions of forces that Suggestion directs.

WRINKLES.

We know that the passions are manifested externally by contraction of the muscles of the face which produces furrows and transitory foldings of the skin. The latter become premature wrinkles with those persons whose anxieties are of long duration, for, in place of contracting momentarily, the muscles maintain an exaggerated tonicity. Thus constant reflection forms profound, vertical wrinkles between the two eyebrows because of the habitual contraction of the upper palpebral muscles; and the spiteful and aggressive person has, at the base of the nose, small, horizontal wrinkles formed by the pyramidal muscles. On the other hand, those who are depressed create naso-labial furrows, pull them down with the lips and make them permanent. *** One should diminish as much as possible the contraction of the muscles of the face, should avoid extreme feelings, and should, above all, seek calmness and serenity, for old age is chiefly due to the passions.—*Dr. Felix Regnault, in La Nature, Paris.* (Translated for *Public Opinion.*)

HEALING.

The grand and all-inclusive message of the New Thought is that of healing, and all healing is self-healing. No cure can result in healing, i. e., become permanent, except as the sub-conscious mind of the individual habitually attains the ease that corresponds with the temporary physical condition which has attended the cure. Neither physical nor mental treatment of one person by another will—of itself—produce, or result in, permanent cure or lack of disease.

Each manifestation of human life represents an individual soul whose integrity can not be violated, who is responsible for his own life, and who can not be dominated by others permanently either for good or for evil. Each must rely upon himself eventually, accept full respon-

AS LONG AS MEN HIRE THEMSELVES, THEY WILL BE SLAVES.—Tolstoi.

sibility for his own thoughts and actions, and consciously create the mental or spiritual conditions that manifest themselves in physical health and happiness.

Curing is a preliminary to healing. In making one's self passive and receptive to mental treatment, one may readily and legitimately accept the constructive thought of another, and may respond to it quickly through physical manifestation. In order that one may be healed, he must make habitual the mental conditions that others may assist him to perceive and temporarily to manifest. The importance and value of the assistance afforded by the "mental healer" can hardly be over estimated. But it is subordinate to the influence and control that the Self must exercise.—*Eugene Del Mar, in Common Sense Advocate.*

NO DIGESTION WITHOUT HUNGER.

Some experiments on a dog concerning the effects of personal liking for various kinds of food on the digestion, were recently made by a well known scientist. The results are curious and interesting.

It was found that the article of diet which the animal was particularly fond of met with a great flow of the gastric juices and were accordingly digested better and more quickly. For purposes of observation, the gullet of a dog was cut in sections and fixed to the neck so that the food it ate fell through. The stomach of the animal was also divided into two portions, into one of which no food was allowed to enter, the other being supplied only with the food necessary to life.

If some tempting dainty was held before the dog and he evinced the usual signs of pleasure in the expected treat, it was noticed that at once the stomach juices sprang into play, although the food when swallowed did not reach the stomach at all. On the other hand, if he was fed with something which he evidently did not have any preference for, there was no action of the gastric fluid.

Also, more curious still, when food was introduced unknown to the animal into the working half of his stomach, it lay there absolutely dry and untouched by the digestive juices for several hours, even though the food were of the most digestible sort.

All of which proved conclusively that mere thought or favorable brain action of any sort concerning the food eaten not only assisted the

digestion, but partly caused it. Prof. Pawlow, who made the experiments, thinks this at least partly explains why men of letters are often dyspeptic. Their minds are busy with things far removed from their dinners while eating. The connection between the nerve which sends the important message down to the digestive machinery below for more oil and the patient engineer of nutrition is cut off. So, when unexpected orders for deglutition come piling in upon them, they are not ready and the work is bungled.—*New York Herald.*

New Thought Meetings in San Francisco.

SOUL CULTURE INSTITUTE, Odd Fellows' bldg., Market and 7th Streets. Henry Harrison Brown lectures every Sunday at 8 p. m.

UNITY CLUB, Golden Gate Hall, Sutter and Taylor Streets. B. Fay Mills lectures every Sunday at 8 p. m.

"The Inspired Life," Golden Gate Hall, Sutter and Taylor Streets. J. Stitt Wilson lectures every Sunday at 11 a. m.

SOCIETY OF HUMAN ENDEAVOR, Golden Gate Hall, Sutter and Taylor Streets. Dr. O. N. Orlow lectures at 11 a. m. and 8 p. m.

COLLEGE OF DIVINE SCIENCE, 3360 17th Street. Meetings every Sunday at 11 a. m.

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THE THIRST FOR THE INFINITE PROVES INFINITY.—VICTOR HUGO.

IF LOVE BE NOT OF LIFE A PART,
'TIS EVER WINTER IN THE HEART.—HENRY HARRISON BROWN.

14

N O W .

OFFICE OF NOW,
1437 Market street, San Francisco, California.

APRIL, 1903.

NOW,


HENRY HARRISON BROWN,
EDITOR.

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letter to the editor telling him which
motto is the most helpful to you.
Commit them to memory. Use them
as constant affirmations; they con-
tain untold wealth for you.

NOW has another friend among the
immortals. Thomas G. Newman,
editor and publisher of the *Philosoph-
ical Journal* passed to the higher vibra-
tions on the 10th Inst. I have been
acquainted with Mr. Newman since
1879. When I came to San Francisco,
he welcomed me. When NOW was
first published, he encouraged me.
Since I returned to the city from San
Jose, we have been near neighbors.
From his long experience, I drew as-
sistance very often. He was always
ready with advice and good will. Mr.
and Mrs. Newman have seemed a
part of "NOW" Folk, so much have
we associated with them. He is still
one of us. In that world of Love and
Thought we can still feel him, meet
with him and draw from his earth
experience. Telepathy and Clairvoy-
ance have taught us that Life is ONE.
Ignorance has made two. Brother
Newman knew Life as one. He lived
a noble life with us; he lives it with
us still.

We are pleased to note that the power
of Affirmation and Suggestion is being
recognized by the New Thought move-
ment. In a recent contest by a New
Thought paper for the best definition,
in ten words, of the New Thought
movement. Nearly every definition
that secured a prize recognized Affir-
mation or Suggestion. The first three
definitions were:—"Being and doing
one's best by repeatedly affirming
one's ability;" "We are what we as-
sert ourselves to be;" "Claim that
you are what you desire to be."

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here to stay. Truth needs it! Truth
created it! Truth sustains it! Truth
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THE RIGHT WORD IS ALWAYS A POWER.—GEORGE ELIOT.

AS OTHERS SEE US.

“There is a world within our world, a form within our form, a life within our conscious Life, a motion within our visible motion. Those who have studied man from the Within know this.”—NOW.

It seems strange that any white male human being past the age of six (6) years should spare the space to indulge in loosely stringing meaningless words upon so loose a creed. Perhaps he refers to the wheels within the wheels within his head, which are always turning from right to left.’”—*Higher Science*.

“The December issue of *Now*, edited by Henry Harrison Brown, contains a valuable editorial on “Self-Polarized Interior Power.” The following is a sample of its forcible assertions:

‘There is a world within our world, a form within our form, a life within our conscious Life, a motion within our visible motion. Those who have studied Man from the Within know this. Man as a Center is a radiator of forces finer than any instrument more crude than the finely organized brain can sense. It is to Man himself that the scientist of the future will turn his attention. Here is an infinite center of Power. Unlike any other center in the Universe, it can tell to itself its sensation.’”—*Philosophical Journal*.

I visited Henry Harrison Brown, editor of NOW. Henry has a fine home for preparatory young men as I understand its purpose. I met these young men at dinner and must say that they are a credit to themselves and tutor, whom they dearly love. Henry Harrison Brown is doing a necessary and great work. He is a fluent, able, and pleasing speaker. Long live Henry Harrison Brown and his able magazine, NOW. Mr. Brown will attend our convention at Chicago next autumn. GOOD.—*Dr. Paul Edwards in Mental Advocate*.

I thank Dr. Edwards for this genial notice. In his brief visit he misunderstood our work. “NOW” Home is not a preparatory place, neither is it

for young men. It is a “Home” in the fullest sense of that term for those that are one in spirit. We are a “Folk” who love *Truth*, each other, and so work. There are now permanently nine of us, six boys and three girls, from twenty-three to sixty-three years of age, at present writing five others are temporarily with us. But no one is taken in save as pupil, patient or friend. Our “Home” is constantly overflowing with individuality with Love and Truth. All that is “work” to others to us is “play.” Our motto is: I AM AN UNFOLDING SOUL. Our test of unfoldment is enjoyment under all circumstances. “Our Supply is Infinite” in all directions. Our Light is shining. When it leads travelers to safety or guides vessels into the harbor, we are glad, but we do not build lighthouses nor set lights in the window. What is ours comes to us. We welcome it, no matter what it be, as our own. In this atmosphere of Love, Truth, Liberty and Peace, NOW is each month written, printed and sent out with blessing. It carries with it the Success and Happiness of “NOW” Home.

The Librarian of Congress has written to us several times asking for the first and second volumes of “NOW” for the use of the Library. This we have not been able to do. We have succeeded in getting a complete file of Vol. 2. We still need several numbers missing to complete volume 1. We desire Nos. 6, 10 and 11 of Vol. 1. We would also like to get the following copies of Vol. 2: Nos. 1, 2 and 3. We will extend your subscriptions, if desired, three months for each of the above copies returned.

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*
* EDITORIAL. *
*

SOUL AND BODY.

Their Interdependence and Relations to Universe No. 1.

UNITY.—MODES OF MOTION.

I celebrate myself.—*Walt Whitman.*

My Father I are One.—*Jesus.*

Trust thyself; every heart vibrates to that iron string.—*Emerson.*

God works in all things!

All obey his propulsion from the Light.

—*Whittier.*

O, Soul of man, to conscious power,

From elements of death outwrought;

The Living Word forecast thine hour,

And found the dwelling place it sought.

—*Lizzie Doten.*

ONE Something is at the basis of all things. Upon Unity, we must, in this study, rest. From Unity we shall find soul and body to spring. Unity we must reach in our analysis; from Unity we must begin our synthesis. Therefore I premise at the start that, in primitive essence, Soul and body are one. In final analysis, I hope to show that they are always one. Nay more, I hope to make it plain that the external Universe and all things manifest in that Universe are only the body of the Soul of man; that the body of man is one with the body of God; that, as God bodies himself forth in the Universe, so Man bodies himself, first in that by common consent termed body, but also bodies himself in still other and outer envelopes which are rightly termed bodies, i. e., family, home, society, business, state, nation, race, world and universe.

I will attempt to show that this is the present attitude not alone of Metaphysics but a logical deduction from present scientific research. Science has demonstrated that all that which is external to man is known to him only as vibration. All that Science can know of the Universe is that it consists of Modes of Motion. How many there may be, it does not postulate. Since Unity is Infinity, there

are probably millions upon millions of these modes. It is a logical necessity that they be endless. Upon this logical necessity we shall reason as if it were a demonstrated fact.

But few of these Modes of Motion are known. All experimentation is to extend our knowledge and find some new one. The X-ray and the Marconi rays are the results of man's further encroachment upon the hitherto unknown realm.

That still other forms of Motion will be "discovered," is as sure as time. "Discovered" is not the term I like best. *Recognized* is the better word. They are here all the time, millions upon millions of vibrations that we do not sense. As by delicate mechanical instruments we come into cognizance of a vibration unknown to us, we extend our sensed, our recognized, universe. It is necessary for him who would come to an understanding of himself and his place in the universe that he become familiar with these modes of Motion; that he understand Vibration, because there is nothing in the Universe for us to know but Vibration. I hold that it will take eternity for us to know them all; that it is my purpose as an Individual to know them, therefore I am as eternal and as infinite as Motion. I am immortal. That we may know ourselves as Soul, it is necessary that we know ourselves as Motion. That we may understand our place in the Universe, we must understand the Universe as Motion. It is therefore necessary, would I know myself as Soul or body, be I materialistic or spiritualistic in my thought, that I have at least a general knowledge of Physics. All is One! All is God! I must begin my study of the One, the study of God, in that which is nearest to me, i. e., the Vibrations which I sense. "Sense," then I must use my senses? Yes! We first learn of God and Soul through use of our senses.

I have five senses. I smell, I taste, I hear, I see and feel. *I?* What is this *I* that does all this? The organs of

HE WILL GET TO THE GOAL FIRST WHO STANDS THE STILLEST.—THOREAU.

sense are bodily. "I smell," means that I use organs of smell. Then I am not those organs; *I am not body*. That is settled. If I smell, see, hear and feel, I must either live in a body or the body is something emanating from myself as light emanates from sun and perfume from flower. It is settled that I am *not* body. It is settled at the beginning that body is that through which I smell, see, hear and feel. But what is still more important, it is settled at the beginning that I and my body are both expressions of One thing and both are modes of motion.

That this is settled for me, makes it necessary that I, in some way, bring you, my reader, to the same decision. How have I settled it?

First of all is One Something. I am part of that Something. My body is part of that same Something. Therefore I and my body are *One in that Something*. But sun and wind, bud and bird, are also part of that same Something. I am therefore One with bird, bud, wind and sun in that Something. What are bud and bird, wind and sun, I ask science and they answer, "The Universal One, that Something, is only known to us as Energy; we only know things as modes of motion." Then logically I affirm that I and my body are modes of motion.

"What is the difference between bird and bud, between sun and wind, between light and darkness, between sound and silence?" I ask Science. The answer is: "Each is a mode of motion, each is a manifestation of Eternal Energy. They differ from each other in the rate of their vibrations." "What is the difference," I ask, "between the red and the blue light, between 'low C' and 'high C'?" and the answer is the same, "A difference in the rate of vibration." This difference in music is termed "Pitch." Then the only difference between things is the pitch of their vibrations. The difference between Soul and body is but their difference in pitch.

Pitch is the difference in the speed of vibrations in the ONE. Therefore, to the senses, God is Pitch. Therefore, to the Intellect, God is Energy. We can intellectually know God only as Modes of Motion. Whatever he can be to religion, to Science God must be Infinite Modes of Motion. What God is, I am, for I am only a manifestation of the ONE, that is, God. I am only to know myself, to know the Power I am, as Modes of Motion.

To study Motion is to study the Soul, is to learn of the I AM. It is to also know body. When I am studying any manifestation of Nature, I am studying the Human Soul; for all that Nature is, I AM. When I am studying rock, I am only studying God and Soul in the lower vibrations. When I am studying flower, I am studying them in a higher octave. I am studying them in gas in a still higher pitch. When I am studying music, light, electricity, X-ray, magnetism, I am studying them in other octaves. When I am studying Thought and Love, I am only studying God in what we term "the higher vibrations." Therefore, since the law of Vibration is the same in every key, it follows that what I learn in one octave is true of all octaves; that all I have been learning in physical science is something I have been unconsciously learning of myself. I find that the poet's insight is swifter in its ken than that of the scientist. Tennyson says:—

Flower in the crannied wall,
I pluck you out of the crannies.
I hold you root and all in my hand.
Dear little flower, but if I could understand,
What you are, root and all, and all in all,
I should know what God and man is.

A BEAUTIFUL ANSWER.

A little girl of eight years made a short visit to "NOW" Home. Upon her return home her mother asked if she was a good little girl while with us: "I was so happy, Mamma, I don't know."

NEEDS OF THE HOUR.

NOT ECONOMICS, BUT ETHICS.

This era has solved the problem of production. A "struggle for life" there is no longer for the race. There is produced more than enough food, more than enough clothing, more than enough wood and metals, to feed, house and clothe every man better than the average man is fed, housed and clothed today," says Edward Atkinson. This is the most stupendous fact in economic history of the race since some primeval man discovered fire. Individuals may suffer, but the race is secure. Machinery, the result of the scientific and inventive spirit, has enabled man to conquer Nature and to get time to be a man. Yes, the problem of production is solved; and now that of distribution must be solved.

Necessarily, in solving the former problem, we have cultivated selfishness; the solution of the latter problem will necessitate the development of a different spirit. To produce, demanded intellectual ability and the intellect is materialistic and cold, individualistic and aggressive. To distribute, demands the recognition of brotherhood and this needs love. Love is spiritual. Spirit is warm and altruistic. Out of it is born justice. All that is needed now is the cultivation of the sense of justice and a higher ideal of life to make our earth an Eden.

This is the true province of Religion. Her aim is righteousness, which is only rightness or right living from the highest ideal. The schools have solved the first problem; the church must solve the second. Will they? Yes. If not the church as it is at present, then one born out of present needs. And the new is coming in the many movements in the psychic and the mental healing fields. All these are spiritual movements and presage a rapid solving of the problem of distribution; for they all teach an ideal manhood that is Spirit and hold out

aims that are above the commercial standards of today.

The redemption we need cannot come through the political or economic movements that are rapidly growing, but will come, as these have, from the awakened conscience that sees the injustice of the present conditions. Therefore the needed reform movement is purely an ethical one; one that shall hold the ideal of justice before the mind until it is actualized in acts. He who loves justice will be just, as naturally as he who loves money will be selfish. It is not more knowledge, but more love of right we need. The right is plainly seen, as plainly seen today as was the right procedure concerning slavery seen fifty years ago. We need the awakened conscience. That will not come from economics. Appeal alone will do it. The teacher's work is to show how to apply justice. This is the present needed step. The masses feel the pressure. The only effective help they can have is ethical. Economics will soon be a thing outgrown. So much will be produced and so easily and the ideal will be so different from now that all the economics needed then will be "the new commandment, that ye love one another," though we may have to reach this by way of the golden rule.

Ethics then is the growing need. Let all questions of money rest; let taxation rest; let every political question take a back seat; and let a noble ideal of Right, Justice and Brotherhood be taught; then "direct legislation" will redeem politically the nation. Without this ethical development, ballots will fasten the same or worse conditions on us. For ignorance and injustice will vote ignorantly and unjustly. If the Church sees and rises to the situation, all is easy. Today the demand is for better men, for seers, healers and developers of latent powers; just as the demand an hundred years ago was for discoverers and inventors and workers. Then the world was to be conquered. Now man must conquer himself.

* WITH NOW READERS. *

[In this department, queries from our regular subscribers will be answered briefly. Questions will be signed with initials only. If an answer by mail is desired, enclose \$1.]

Do you teach "Christian Science?"—L. M., San Diego.

Yes, and more. We are Christian without limitation of creed and accept all scientific Truth. There is but one Principle of life and one Truth. We teach our view. We stand for UNITY in all things.

Where can I find books to help me.—Anna O., El Paso, Texas.

It is difficult to decide for others. Many coming into the New Thought read too much. Read less; think more. In our catalogue you will find a list. But I recommend a careful study of NOW, next of Emerson, then choose. After these, you cannot go wrong.

Why am I always in trouble?—J. O. W.

Trouble in the external must necessarily follow troubled mental conditions. Peace of mind will bring about peace in externals. Cultivate trust. The Affirmation:—What is mine comes to me!—when accepted as truth, will cure.

If I am Strength, why does work tire me?—James.

All weariness comes from resistance. Mental conditions determine the results of activity upon the person. The thought one holds over his business determines physical results. To affirm strength and then hold thoughts of dislike, haste, necessity or fear (and all these are resistance) is to deny the Affirmation. They are Affirmations of weakness. Strength loves. Weakness fears. To the healthful, natural man, there is no work. "Become like little children," would you never tire. They exhaust themselves in their play as you do in your work, yet they are stronger for the play. Put the same spontaneity, love, liberty, into your activity that they do into

theirs and you will find that you are strength. The rule is this: LOVE WHAT YOU DO AND THUS DO WHAT YOU LOVE AND YOU WILL NEVER TIRE. Love is the fulfilling even of the Law of Labor.

I desire to study the New Thought. What object for this study should I have uppermost in my mind?—Student.

Spiritual unfoldment; that is the ultimate of all life's experiences. No matter what may be the object selected, all efforts towards its attainment result either through happiness or unhappiness, in Soul Growth. Where this is consciously the object of life, there is not only happiness but material success. I am simply saying in other words what Jesus said: "Seek first the Kingdom of God and its righteousness and all things will be added unto you."

I have been a student of the New Thought for years and yet am no nearer Demonstration than when I first began. What is the cause? Mary A.

Simply because you are a student. Cease study and act. Demonstrate one of the simplest Affirmations. Assert yourself over some fear. Conquer this lack of selfhood that keeps you a student. Be a master of some one proposition. Try this for one week. No matter what comes, affirm: I AM HAPPY.

Is sickness a spiritual condition?—Mrs. E. B. B. Certainly. Jesus saw this when he said: "Thy sins be forgiven thee." It arises from spiritual sluggishness mental laziness or fear. The one great cause is lack of self-reliance.

HYPNOTISM INSTEAD OF CHLOROFORM.

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WHOSO WOULD BE A MAN MUST BE A NON-CONFORMIST.—EMERSON.

* BOOK REVIEWS. *

[Books received will be noticed under this heading. Those we have space for will be truthfully reviewed.]

"Studies in the Thought-World, or Practical Mind Art," by Henry wood. Lee & Shepard, Boston, Mass. \$1.25. Reviewed next month.

"Theodore Parker," by Albert Walkley. A series of letters. Ariel Press, Haverhill, Mass. 25c.

"Heads, or the City of the Gods; a Narrative of Clombia in the Wilderness," by Jouet Von S. Wartwout. A. Johnson, publisher, 227 Lincoln Road, Brooklyn, N. Y. Price, \$2.00.

"Mental Science as a Guide to Health, Happiness and Business Success," by Albert Chavannes. Published by the author, 308 Fourth Ave., Knoxville, Tenn. Price, 50c.

"Experimental Theology and Experimental Religion," by Samuel R. Calthrope. The Ariel Press, Haverhill, Mass. Price, 10c. A most living sermon by a live man. NOW endorses it all.

"What Business is for," by Charles F. Dole. By the same firm. Price, 10c. Co-operation and Socialism are the coming business motives. Amen! to every word Mr. Dole says. It stimulates us to learn that so many among the Unitarians read correctly the signs of the times.

"The ONE Divine Purpose, through Evolutionary Process Fulfilled in the Individualization of Substance, Life and Intelligence in Man," by Meredith B. Little, Glenn Falls, N. Y. Price, 10c. An excellent dissertation.

"Right Generation the Key to the Kingdom of Heaven," by Dr. M. E. Conger. The Educator Pub. Co., Chicago. No price given. Probably, 25c.

"All These Things Added," by James Allen, author of "From Poverty to Power." The Savoy Pub. Co. Price, \$1.00.

"The Vital Touch," by Victor E. Southworth. Published by the Author, Denver, Colo. Price, \$2.00. Typographically, this is all we could ask. The Author is filled with the New Thought. These poems are full of beautiful sentiment. All hold a lofty ideal. They speak a clear insight of the Principle of Life. Yet they

lack that vital touch that marks the author as the coming poet of the New Thought.

"Spiritual Evolution, or Regeneration, the Law and the Process of the Unfoldment of the Christ in Consciousness. A connected series of Meta-physical essays, based upon the Genesis account of Creation, and on the life of Jesus, the Christ," by R. C. Douglass. 12mo, cloth, gold stamped, gilt top, 350 pp. Price, \$1.30. Lee & Shepard, Boston, Mass. All who wish to harness the New Thought to some new interpretation of scripture will find in this, something less than the tenth thousand of such interpretations, many good thoughts. We wish an author with so many excellent ideas would write without this theological attachment. Truth need not run through old mills.

"Walt Whitman, the Poet of the Wider Selfhood," by Mila Tupper Maynard, Chicago. Charles H. Kerr and Co. Price, \$1.00. Welcome any book that calls attention to Whitman. He was great. He towered like Shasta above the field of letters. Cosmic, he stands for the race; each soul finds in him its counterpart. He is to be studied from every point. Mrs. Tupper has good eyes, a heart full of human love, her point of view is good and she paints for us a fine picture of the greatness. She can congratulate herself in having helped the reader to a comprehension of the strength, the depth and Democracy of a Poet, too great to be classified. Well interpreted are some of the lights that play about that magnificent nature. Her reader catches some of that inspiration, too great to be limited to any form less flexible than wind and wave. "Leaves of Grass" are leaves from the "Tree of Life;" they are "for the healing of nations." Whoever reads this will wish for Whitman himself.

"In the trail of the Pack Mule," by Neely; cloth, \$1.25. Tennyson Neely Co., Chicago, Ill. An interesting and instructive story of the work and adventures of a government survey party in the Rocky mountains. It is especially recommended to boys.

Maxwell's Talisman, a journal for the Worker, the Irrigator and the Homesteader; devoted to the organization of a twentieth century crusade to conquest arid America from the desert and solve social problems by education, co-operation, irrigation and homes on the land. Monthly. Chicago, Ill. 25c per year;

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A Stuffed Club, for March (published at Denver at \$1.00 per year, Dr. J. H. Tilden editor) has an article upon Elbert Hubbard and his divorce that every person should read. The question of Marriage, Divorce, Home and the rearing of children are up for discussion and are here treated more sensibly than I have seen in many a month. Send 10c for a copy and find also other excellent things and tell Dr. Tilden NOW says he is a terror among the M. D. fraternity.

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Wealth does not always constitute success, nor does Poverty invariably spell failure. If wealth carries with it health, happiness and the ideal attained, good wrought in the cause of humanity, Fear banished, the body purified so that the SELF can manifest, then the condition of wealth is success.

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"A book of Verses underneath the Bough,
A Jug of wine, a loaf of bread, and thou
Beside me in the Wilderness—"

YOUR ZENITH FOR NO MAN ELSE IS TRUE.—EDWARD ROWLAND SILL.

is quite as wealthy as the millionaire, but then all are not built this way. I know myself that there can be no true spiritual development where the man, loaded with responsibility, surrounded, perhaps, with debt, always has the struggle for existence uppermost, always the haunting fear of want, the dread of disease and sickness to weigh down his aspirations and to shackle his desires.

The first step towards success is the adjustment of environment and a straight talk to himself. This cannot be done in a minute. It takes time and it must be done intelligently, knowing that the adjustment is brought about with the direct intention of making an upward step in the scheme of evolution and the determination, when that step IS attained, of going higher and showing others *how* you did it.

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This something cannot act freely when it is shrouded in a thick cloak of hopelessness, fear and depression. Hopelessness, fear and depression are not merely MOODS and SENSATIONS of no consequence. They are terrible realities and the more you indulge in them, the more they become impressed upon your surroundings and the more permanent their deadly mark upon your life. If you could see your thoughts, you would find them a dirty, grey mist, impenetrable as the densest London fog. You would see yourself carrying this around with you, smirching and darkening everything you touched, every life you entered and so, until you fight FEAR and send hopelessness and depression flying, you cannot better your mental or spiritual condition or lift the veil of darkness which binds you.

O HASHNU HARA,
Editor *Wings of Truth*, London.

THE BATTLE IS FOUGHT IN THE HOME STRETCH,—
'TIS WON 'TIXT THE FLAG AND THE WIRE.—JOHN MOORE.

N O W .

23

PHRENOLOGY vs.

NEW THOUGHT

Was the subject of extended editorial mention in a recent number of *Naturopath*. The text was a criticism offered by a leading Phrenologist on the New Thought in General and Henry Harrison Brown in particular.

Every friend of NOW should auto-suggest his interest in this article, affirm his intention to order it forthwith, and prove the practicality of "NOW" philosophy by dropping us a postal right off quick.

The chief mission of *Naturopath* is to witness the wedding of Nature Cure and New Thought. The current issues contain a unique series of articles called "The Folly of the Food Habit," recounting the conclusions of the 30-Day Fast mentioned in September NOW.

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