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SEPTEMBER, 1903.



NOW

A Journal of Affirmation

Thought

Suggestion

Soul Culture

Psychometry

VOL. IV. NO. 6.
MONTHLY.

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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.

When the Earth's last picture is painted,
And the tubes are twisted and dried,
When the oldest colors are faded,
And the youngest critic has died,
We shall rest, and, faith, we shall need it—
Lie down for an aeon or two,
Till the Master of All Good Workmen
Shall put us to work anew!

And only the Master shall praise us,
And only the Master shall blame;
And no one shall work for money,
And no one shall work for fame,
But each for the joy of the working,
And each, in his separate star,
Shall draw the Things as he sees It
For the God of Things as They Are!

—Rudyard Kipling.

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

198

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CONTENTS.

Poems.....	199	Teacher; Man Expresses God;	
The Food Question Again?.....	199	The Man Who Feels— <i>Poem</i> ; Nat-	
Affirmations.....	201	ural Law an Imagination;	
Soul Culture Lesson.....	202	What is God?.....	206
Ranch Philosophy— <i>Poem</i>	203	Editorial Notes.....	210
Echoes from "NOW" Home.....	204	Soul and Body— <i>Editorial</i> —No. 8...212	
Phenomena.....	205	Mental Tonic.....	215
Miscellaneous: From Fairer Shore		With NOW Readers.....	216
— <i>Poem</i> ; New Thought versus Old		Ethics.....	217
Grammar; Self-Help the Only		Book Reviews.....	218

“NOW” FOLK PUBLICATIONS:

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

NOW.

A JOURNAL OF AFFIRMATION.

VOL. IV.

DECEMBER, 1903.

No. 9.

MAGI GOLD.

O altar space, where wont to kneel my frame,
In days long fled from happiness of now;
That sacred spot where first I saw the brow
Of Christ deep-pierced, and lisped his holy name,
And cast from me all weight of earthly blame,
Before the Lord Christ's feet, but not enow,
Of Magi treasure did the Christ bestow,
Or touch my heart with Love's all brightening
flame.

O altar space, the entrance to my breast,
Where dwells the Christ, my beating heart
within,
As sleeps the babe, to mother's heart close
pressed,

Far from the world's gold-madness and its din.
O bleeding heart the Christ within will heal,
If to thyself thou 'lt pray, and reverent kneel.

—*Sam Exton Foulds.*

A HOPE AND ITS REALIZATION.

The Christmas joy has come again to earth:
Angels now sing their songs of peace and rest.
And cuddling close as bird in downy nest
The Hope deferred finds in my heart its birth.
Of fledgling nestling there God knows the worth.
I do not ask Him now, the Ever Kind,
If it will ever soar away to find
And bring fruition to my yearning breast.

I let the season's Hope my life now cheer.
I dream to clasp thy hand, thy presence know,
And we together joy when a new year
Has hurried this year's hope beneath the snow.
Will my birds sing with thine, then dear,
Or we gaze out on separate sea as now?

Christmas, 1901.

Again does Christmas add its annual cell
To this external Self of the "I am!"
We live! the Yet-to-be hath naught that can
But brighter, richer, make the tenant shell.
Like nautilus I ride Life's fiercest swell.

Beyond the bounds of time and space we meet
And one is Golden Gate with "golden street!"
Thus God has wiser answer made than man.
I listening stand; thy gentle voice doth come
Across "the sea of glass" unto mine ear.
O Peace! It comes, as came to ark the dove,
With message clear of growth from thy new
home.

Thy Presence causes doubt to disappear;
I know that now in real life we're one.

Christmas, 1902.

THE FUNCTION OF FOOD.

The position NOW has taken upon the food question is awakening much discussion. This is well. There has been so much taken for granted and so many arguments have been drawn from the material side, that few even of the Mental Scientists, have solved the problem of food. One New Thought Journal commenting upon the statement—"It makes no difference to the body what one eats"—says: "As well say that it makes not one atom of difference to a mechanic what sort of tool he uses, or to a hill of potatoes what fertilizer it is fed with." And this from a Mental Scientist! From the position of physical science, this looks plausible. But food is not a tool. Man is not in regard to his body, a mechanic. There is a vast difference between a machine and an organism. Potatoes and bodies are both organisms. One with a Self-conscious soul acting under its own Law of Individuality, and one Soul working automatically under Universal Law. One thinks and chooses: the other chooses because it must.

Soul creates, but does not build, its body. It has never been proven that one atom of the food ever became a cell of the body. Because the conscious Man builds his house of wood and stone, it is taken for granted that the Sub-conscious Man builds his body out of food in the same manner. This is a mistake.

"Consider the lilies how they grow!" Do they take from the soil? If I rightly understand plant life—NO! Neither do they live on the invisible gases as some hold. Weigh the soil in the box, in which 10 lbs. of wood has grown, and it has not lost an

SOUL INHERITS ALL THAT SOUL CAN DARE.—EMERSON.

Self. A machine is made by the Self from that which is not Self.

Directions in food selection are efforts in Thought of body as a machine. Once one realizes that each body is an organism directed and built from within the occupation of the food reformer is gone, and mankind for the first time since he was savage is free to live and to enjoy.

Body is materialized Mind. Science recognizes all worlds as materialized from Ultimate Reality. Spirit, or Mind, is that Ultimate Reality. Body is materialized Mind. As well direct this Ultimate Reality what to use in building a world as to advise it what to use in building a body.

The results from same food varies with different individuals. Results differ as does the Thought of the eaters. One really eats the Thought which accompanies the food. Thought is Force, and Thought is the only Force one can use in and through the body. After breakfast of steak three men go out to *think*. One sees the ocean and paints a picture; one sees an over-burdened man and invents a labor-saving machine; one sees a beautiful woman and writes a love song. Did ocean, burden or woman enter from without into the intellectual or spiritual life of these men, or was that which was already in the man merely called into expression? This process is identical with the swinging of an Indian club. Strength is always in the man; club, ocean, burden and woman, merely called into expression, already existing possibilities. There is no less to club, ocean, burden or woman, than before. From the Self, song, picture, invention and body have materialized. As club has lost nothing through this use, so food has lost nothing. The force in the food returns to the Universal after being used. Using it the Ego has called into expression a body. If this is not true, modern metaphysics is false.

As there is choice of material and methods to the gymnast; choice of scen-

ery to painter; and choice of women to poet; and since only that which is loved, can call forth expression, so is there choice of food to the hungry. As one trusts himself in the other cases so he is to trust himself in regard to food. "She whom my soul loveth", has a meaning even in the choice of food.

It is not to be inferred from these articles that the diet of the average person does not need to be changed. There is a most pressing need of dietetic reform. But the change is not so much in the food as in the *Thought that accompanies the food*. Food is eaten for so many other reasons than from love of it. Food selected from habit, cheapness, wholesomeness, or because it is custom, easy to obtain, because it is a fad, is recommended, prescribed, or for any other reason than because the individual *loves* it, is disease producing food.

The masses eat from habit; eat as animals, because *they* have to; eat as do animals to satisfy hunger. MAN should eat as Man. Eat when he loves and what he loves. MAN should live above the animal plane; eat only what satisfies him. Domesticated animals having nothing else to do overload and fatten for the market. Wild animals having to hunt food keep in health. Man by adaptation has developed animal hunger along similar domesticated lines. Most of his food is taken from habit, and he eats too much. When he eats for love alone he will eat only what the Soul calls for.

Breakfast is a habit. Overloaded cars must unload before they reload. Charged dynamos must be discharged before they are filled again. Bodies are dynamos; fed at night they become loaded by morning and there is no call for food till by some physical, or mental, or emotional expression, the cells are discharged of their load of force. To the average person noon is probably early enough for reloading the battery. For a person to make it a rule to eat no breakfast and deny himself of any

desired food at any time, is a worse evil than to indulge in it. The only thought to hold over food is something like this. *I trust myself to desire what is best, and in so doing eat what I desire, when I desire, because I love it. The Ego knows what is best.*

In this Thought there will be a gradual and unconscious regulation of the diet. I outgrew eating breakfasts 10 years ago. Lost desire for them. Forgot them. The desire seldom returns. When it does I eat. So with meat. I outgrew desire. When I feel hungry for meat I eat it. But it is seldom. Race conditions sometimes call for it and then I as freely and happily eat meat as I do fruit. But to take meat away from any one because it is unwholesome is far more harmful than to let him eat as long as he loves it. Any sentimentalism about killing the animal is to be outgrown. I would as leave kill the ox I desire to eat, as to kill the tiger that desires to eat me. MAN has dominion over the earth and animal life is his to use as long as he needs to. When he does not need, that form of life will disappear.

The esthetic sense has more to do with the food of cultivated persons than any other factor. The ugliness of the slaughter house, butcher shop and cook-room, does more than all vegetarian teachings to create a dislike for meats. What the eye loves is food. Soon the nauseating thoughts that "dead meat" cause will relegate the butcher shop to some selected place. Tables beautifully decorated and food carefully served, feed us, where the same food otherwise served would be repelling. As we become artists we shall become more simple in food. The Art of Living will become the Art of Loving.

All one needs to do is to cultivate a *loving* appetite. Eat what you want if it takes your last cent. This mental attitude will bring other cents. Eat because it tastes good. Stop when you have satisfied hunger. Habit leads one to over eat. This is the present great

food danger. Do not be afraid to fast. Never crowd food upon any one, be it friend, guest or patient. Wait the desire then eat fearlessly.

Learn to trust yourself everywhere. "Trust the current that knows its way." Eat what you love.

Emersonian Anecdote. * *

A Unitarian minister tells this incident in his own life. He met a stranger on the overland train. He was a millionaire. In conversation he lamented his lack of early education, but took out of his pocket a well worn copy of Emerson's "First Series of Essays", and said, "Somebody left this in camp, and do you know that Emerson has put on paper just what I have Thought for years and wanted to say?"

It is Emerson's glory that he spoke not for a class nor a period, but for all men and for all time. He spoke Truth because it bubbled up from the Inner Life. All persons find in him, when they free themselves from the mummy wraps of culture and custom, prejudice and fear, that which they "have Thought for years and wanted to say." There is no better Ideal than is found in him.

Many authorities lay great stress upon dieting; not only in the case of the athlete, but also in that of the ordinary business man who wishes to keep in good condition. This theory never appealed to me. I think a man can eat and drink almost whatever he chooses.

—Physical Culture.

Beethoven kept constantly on his work table these sentences found in an Egyptian temple: I am that which is, I am all that is, All that has been, All that shall be; No mortal man has lifted my veil. He is by Himself, and to Him everything owes its existence.

—CARRIE RAND HERRON in *Comrade*.

Now is the time to make the Spiritual body and consciousness coherent, so that it may withstand the shock of physical dissolution with the minimum of shock in the transition.

—HENRY WOOD in *Higher Thought*.

A LITTLE FEAR IS A GREAT LEAK IN POWER.—HENRY HARRISON BROWN.

* **SOUL CULTURE LESSON.** *

**How to be Happy Through
Affirmation.**

Twelfth Affirmation:—I THINK.

Whatsoever things are true, whatsoever things are honest, whatsoever things are pure, whatsoever things are lovely, whatsoever things are of good report, * * * THINK ON THESE THINGS.
—Paul to the Philippians.

Emerson says, "Beware when God lets loose the thinker for then all things are at his command." This because Thought is creative. Life is all that is. It is the raw material out of which Thought forms things. In like manner Human Thought out of Itself forms its body and forms or draws to it, its environments. Every Thought effects the nerve cells, every Thought stimulates or retards circulation. Every Thought that passes through the mind of a person changes the brain cells already existing and controls the formation of new ones. Continued Thought determines the condition of body and estate. Continued Thought, constitutes the mental attitude of the person. In considering a person, it is only necessary to learn his mental attitude to know his physical, and social and financial condition. As Cuvier from a single bone could reproduce the whole skeleton, so from the mental traits, we may understand the whole life of an individual. Character is but Materialized Thought. Habit is but Thought that has created a nervous system through which it acts automatically. Thinking is the all-important work of man. This cared for, all else is cared for. Therefore after the Affirmation, I AM, the next of importance is, I THINK.

The whole duty of parent, teacher, preacher, author, orator, actor, is done, when they have caused their children, pupils, readers or listeners, to think. The whole duty of Man is done when he thinks. Thought does all the rest.

When the dynamo is all ready and the wires all laid, the whole duty of the operator is done when he turns on the current and keeps everything so that current can have unobstructed flow. Since THOUGHT IS POWER, all one's duty is done when he turns on the Thought-current. After that he has only "to trust the current that knows its way." Thought as Power will build our bodies, transport them, clothe and feed them; build houses and machines for them. Thought is ALL the power we have to use. We have but to think rightly, to have rightly; to think happily, to have happily; to think prosperously, to have prosperously. I have said in my books, lectures and lessons: *To KNOW HOW to think and WHAT to think, is the sum total of knowledge; TO THINK what you choose is the sum total of duty!* This is the Human side of Life. The rest is the Divine side, and that Divine side through Infinite Power of Thought, does the work.

As this last Lesson in the Art of Being Happy, I wish to emphasize this Affirmation: *Thought is Power*, by telling you *what* to think. I have been teaching you all by Affirmation *how* to think, so that you now think in Affirmations. No other form of Thought is creative to desire. Other forms create undesirable conditions. AFFIRMATION is the only self-determined, self-creative method of thinking. I AM and I THINK, are the manifestations of that Intelligence which form the line of demarcation, of differentiation, between the Genus Homo and all other genera; it is the distinction between Man and beast. To the extent a person thinks he is Man, is Human; to the extent he neglects to think he is still in the evolutionary stage from brute to Man. He who repeats what he has read, or heard has not reached Manhood, but is still in the Simian (ape) stage of evolution. He will be Man only when he thinks for himself.

What shall he think? We have the

DARE, AND THE WORLD ALWAYS YIELDS.—THACKERY

ground thoroughly covered by Paul in the extract at head of this lesson. Eternal Principles alone are worthy of our Thought. These Principles are Infinite. They will work for us when we think them. Think only that which you wish to manifest or to materialize in your objective life. Make no Affirmation you do not desire to have made an objective reality. The Affirmations that have been given in these Lessons are those which every one desires to have made manifest in flesh, purse and environment. Affirmation will as surely create them as sunlight and heat brings forth vegetation. *I am happy because I THINK happiness.* This is the Affirmation that will create and maintain a Heaven within you.

Evolution Of New Thought. * *

Exodus for February, has an editorial by Mrs. Gesterfield upon: "The Future of the New Thought Movement," to which in commendation I call attention. While I do not agree with the unconscious reverence this wing pays to Bible authority, I do like very much what Mrs. Gesterfield writes, and her motive I like still better. She sees the limitations of some teachers and the materialism of others, but recognizes that in evolution, some unity in way of organization must come. This passage I particularly recommend to the attention of those who like to be called New Thinkers:

The future will demand the religion of Christian Science without its dogma and bondage, the science it has not developed, the explanation of the healing it and other methods accomplish, the willingness to look at whatever presents itself as for the betterment of mankind, the willingness to give place and recognition to facts as well as truth, surrender of the "I am holier than thou" position, surrender of the person to the impersonal truth.

Soon or late, demand for this union of elements, from both the orthodox and the liberal fields, will compel the union; meanwhile the little individual schemes will run their course, much money will be made, perhaps, the promoters will die and their work with them—in spite of all assertions of immortality of the flesh—the good they have accomplished will

endure, be its measure small or great. Others will take their places, and the old ills of humanity will stand forth with new generations, the work to be done for them as it was before them.

The time will come when higher standards will compel a higher quality of work with the liberals and a breaking of barriers with the orthodox, though the equivalent of Catholic and Protestant is likely to remain; but not so likely to remain is the shuddering avoidance by the new Catholic of the new Protestant, the fear of his "malicious animal magnetism" now so characteristic of the new sect.

The infinite Mind itself compels progress and its mighty tide sweeps on resistlessly. Happy he who moves with it, who is not caught and held by a snag in the way.

Ranch Philosophy. * *

SPRING SONG.

Let's go an' meet the Springtime,
Say "howdy" to the flowers;
Let's sing to her a glad rhyme
That 'll fill her green-clad bowers:
For flowers an' scented day-dreams
Walk hand in hand with Spring,
The grass an' golden sunbeams,
An' birds o' brightest wing.

Let's up an' say to Springtime:
"Well Missy come with me",
An' listen to the sweet chime
Of blue-bells wild an' free;
Let's open wide the heart-cells
That buttercups hev lit;
While Jack i' the Pulpit's voice swells,
An' pleads with us a bit.

Let's up to Missy Springtime,
An' take her to our heart,
An' whisper words o' wild-thyme,
While sunbeams 'round us dart;
Let's tell sweet tales o' fond love
Low to the humble grass,
While to the breeze, a fox-glove
Bows like a maid at mass.

Let's dance with trees in Springtime,
While every sleepin' bud,
Wide wakens in the sweet clime,
To think o' motherhood;
Let's drink the golden sunbeams,
An' love the pulsin' clod:
For pearl o' dew thet bright gleams
Gives all the light o' God!

—Sam Exton Fowlds.

Hereat, my soul, go softly; not for long
Runs thy still hour from prime till evensong;
Come shine or storm, rejoice thee or endure,
Set is they course and all thy haven sure;
No guide be thine thro' halcyon seas or wild
Save the child's heart, and trust as of the child.

—Frederic W. H. Myers.

CONSCIENCE MUST BE FREE.—GARRISON.

*
* **AFFIRMATIONS.** *
*

[An affirmation bears the same relation to Soul Culture that an axiom bears to mathematics. It is to be taken as Truth, not reasoned upon, but accepted. Thus held, it will mould the expression of life into its own likeness. The "I" is the ego of the person who affirms. As one says, "I am happy," when all goes well with him, he is to learn to say, "I am happy," when all seems ill to him. He will thus, by Auto-suggestion, produce in himself that mental state which is happiness. These Affirmations are given every month as spiritual gymnastics by which one may grow into self-control. When they are repeated, or held in mind, other and injurious thoughts cannot come in. Thus by conscious choice one becomes Master of Fate.]

Harmony. * * *

Agree with thine adversary quickly.—*Jesus.*

I am Mind and I am one with the Eternal Mind.

Eternal Mind is ever wise and all IT does is good.

No matter what IT brings it is for my good and I agree with all events that they are good.

Every day is a good day and I content not with aught it brings.

Each person is a manifestation of the All-Good and I antagonize none of his manifestations.

Each experience grows out of my needs and I accept with gladness and by agreeing with it find harmony and peace.

Should pain come from any cause, I know it is my friend and by agreeing with it, I relax every nerve and Life flows with healing power and I am at peace. Should loss come to me, I will agree that such loss is best and in this agreement find a peace of mind that will enable me to make good such loss. Should slander find me, I will by agreement with the Good that lies in the persecution find strength to overcome the condition in myself and in him who uttered it.

I have no antagonism, for whatever is, is from the One Source and is good, and with the good within each person, place, thing or condition, I agree, and all is peace.

Harmony is Nature's one method of

manifestation. All inharmony comes from my contentions. I make all discord by my unwillingness to agree with Nature. I now change my attitude and in all Nature's manifestations I enter with agreement and become myself, Harmony.

"The morning stars sang together and all the sons of God shouted for joy." I am a son of God and enter into the rhythm of Nature, and with stars and sunbeams, with rocks and streams I sing for joy.

Rhythm everywhere. Nature's undulatory motion like mother's cradle lulls me into peace when I lay aside all my contentions and am in concord with her, I am Peace.

Undulatory, rhythmic, melodious, are all the motions of Nature. In these God is music. I a Son of God now throw aside all conscious thought and enter into the Harmony of Nature, and all discord ceases, all fear passes, and all is one melodious life.

Life thou art beautiful, thou art melodious, thou art rhythmic for I know thee only as Harmony. I feel thee only as Peace.

I am one with, and I vibrate with, all Beauty and Goodness. I am at rest in the "Peace that passeth understanding!" The Peace born in the agreement of the Individual with the One-that-is. I lose myself in Him and find Him in me, as Joy, Harmony and Peace.

PEACE! Now is the time for all Truth students, all who have learned the Power of Thought to think PEACE! Affirm PEACE! Act PEACE! Let us all set aside a few minutes at Noon hour for concentration upon PEACE. As the sun reaches the meridian we will each concentrate upon the Thought, PEACE ON EARTH.

If death can be held back one day by the will, why not one eternity, for an eternity is but unnumbered days. —*Dr. C. H. Carson.*

RUSKIN KEPT ON HIS DESK A PIECE OF CHALCEDONY INSCRIBED, "TO-DAY."

* PHENOMENA. *

Automatic Telepathy. * *

A few evenings ago while my class was gathering I was in a distant part of the building. Returning to the reception room, I passed several friends in the hallway and chatted with them. Passing into the reception room two lady friends who were sitting by the open grate greeted me. I had no conscious train of Thought in my mind. I had of course been thinking of my class and my lesson in Suggestion, but I had no sooner greeted my friends than I began a burlesque recitation of Macbeth's Soliloquy. As I closed the ladies laughed and said, "Why Sam has just recited that in the same way. You have his gestures and facial expression!" The thought-vibrations in the room found congenial response within my mind and I had automatically acted under them. Had there been in me any mental condition antagonistic to such a recitation, these vibrations would have rolled off me, like water from a duck. I regard this as a most important fact in the demonstration of *Thought as Power*. Thought currents pick us up on the line of our mental habits, and we act without Conscious Thought. This shows the necessity of one consciously controlling Fate and protecting himself from unpleasant conditions by creating, by affirmations, a right mental attitude. One better think of living outside the earth's atmosphere than to think of living unaffected by the Thought atmosphere all about him. The only thing we can do and the thing we should do, is to regulate our thinking so as to be affected only by those Thought currents we choose. This is done by always thinking under the mental attitude created by the Affirmation, All is Good.

New Thought Primer is the most comprehensive little work I have come across as yet.—GEO. H. BRATLEY, Editor of *The Talisman*, London.

LOVE, LIKE GENIUS, OBEYS NO LAW BUT ITS OWN.—ANDREW JACKSON DAVIS.

Spirit Telepathy. * *

My own dawning recognition of this spirit speech—as coming when not invoked—dates back only a few years. Before that, I had often fixed my thoughts on some one in the unseen and asked questions which I recognized were answered; I had perfectly intelligible and unmistakable telepathic communication when I had sought it; but that the invisible friends themselves took the initiative and spoke to me, had not occurred to me.

The knowledge came to me in this way: To my most dearly beloved friend in the ethereal world, Kate Field, I have always, as a rule, written a letter each night, the last thing before retiring, as I usually did when she was in this world. I began this when I first learned she had gone to the other world, thinking that if she could read it I should be so glad; if she could not, no harm was done, and the problem as to whether the spiritual being could see material objects, could read writing or print, haunted me. There came a night when I failed to write this usual letter to my beloved friend, and in the night I was suddenly awakened as if called. Remembering that I had not written to her, I arose, went out to the other room, turned the key to the electric light and wrote the letter. It was 2 o'clock in the morning. After finishing I turned off the light and sat for a little while before the window looking out on the beautiful night, and finally again sought slumber. A day or two later my friend in the invisible world—by whom I may as well say I mean Kate Field—wrote to another friend on this side of life through a writing medium that I "forgot" her the other night, and she proceeded: "I spoke to her and she rose and wrote my letter; and then she sat for awhile before the window looking out and then went to bed, where she lay thinking of me, and when she fell to sleep I left the room."

Now here was an occurrence that took place in the dead of the night when I was alone in my rooms; a trifling thing that I had mentioned to no one; yet here it was written out to a friend at another place some miles distant from my home.—LILLIAN WHITING in *Light of Truth*.

"I shall never know how to be thankful enough to you for the Truth so grandly set forth in "How to Control Fate," and "Dollars Want Me." I have been a student along these lines for several years but is was slow progress until I met Truth as you put it. Well, now I am happy and out of the slough"; so writes an Oklahoma Photographer.

* MISCELLANEOUS. *

Exaltation. ♪ ♪

Voices of love and gladness
Come to my listening ear;
Voices of doubt and sadness
No longer linger near.

They tell of peace and blessing
Shadowing my way.
Foretell the good, I'm wresting
From out each passing day.

Sing, O, my Soul! the strong one!
Sing of thy joy's increase!
Now is thy home in glory,
And all thy fields are peace.

Sing of the rest that's given
The good, the brave, the strong!
Sing now! Song is thy heaven!
And thine the angel's song!

Now is the Life eternal!
Now time all good to be!
Now all the joy supernal,
Thou hast O Soul, for me!

Fay, Kansas.

—Florence Shaw Kellogg.

Editor and Doctors On Hypnotism. ♪

The Editor of *Life*, in the January issue gives the following reply to a correspondent who asks if disease can be cured by hypnotism, "No, hypnotism only benumbs, puts to sleep, deceives and confuses the reason."

This is a surprise, coming as it does from one of the leading teachers in Mental-Christian-Science. Why, Brother Barton, all Hypnotic cures are performed just as yours are, by an appeal to the real, the Sub-conscious man. To deny one is to deny both. It is strange to find such ignorance of hypnotic law among New Thought people. Till they understand that Law they are still in a fog and are performers—healers, only. They heal, but do not understand the Law; workers by faith, and not by understanding. Mental treatments are just as much hypnotic as are the exhibitions on the platform. There is "One Law, One God, One Element" in all healing. A course in Suggestion is

recommended to all New Thought teachers. I do as permanent and as successful healing by Suggestion, and that without "deceiving or confusing" the patient, as any other healer does, and by the same ONE POWER, i. e. Thought.

But Truth is marching on in spite of those who would confine it to the sphere of their own limited knowledge. In the *Journal of the American Medical Association* for January 16 is a paper read at the fifty-fourth annual meeting of that association by Dr. H. W. Loeb of the St. Louis University in which he reports his success in the use of Suggestion in several cases of Hysteria, in which there was a loss of voice. Four physicians followed him with endorsement of Suggestion; one saying "I consider this paper one of distinctive value!"

The London *Lancet*, August 22, 1903, reports a successful amputation under hypnotism. The patient bore the effect of the anesthetic in a previous operation so badly that he wished to be relieved of the necessity, therefore hypnotism was successfully used. Recovery uneventful. The *Lancet* says, "It can only be regarded to some extent as a curiosity though the issue was favorable." *The Journal of the American Medical Association* commenting upon this says, "We believe that hypnotism as a therapeutic remedy has long passed its heyday, its occasional use will doubtless still be heard from and may be found of value. Few operators would ever now rely upon it."

Contrast this attitude with that of the profession toward X-ray and radium. Contrast this attitude toward hypnotism with the hasty, credulous, ill-considered, non-scientific acceptance and use by medical "practice" of toxines, X-ray, radium and many other new fads. Physicians tumble over each other to get each new thing and "cure" (?) for awhile, when lo! the matter is hushed up, till some one lets out the

JOY IS WEALTH AND LOVE THE LEGAL TENDER OF THE SOUL.—INGERSOL.

secret—it did not cure. But suggestion after a test of over a century does cure. Why does not the Medical Profession adopt it? Very many individual doctors do and find it successful. Here is one.

Dr. Julius Grinker of Chicago writes in the *Journal of American Medical Association* for October 2, these words:

Hypnotism as now understood by men who have personal knowledge of the subject, is really Suggestion. As now practiced it is nothing but Suggestion administered during a state of susceptibility. To be of value it must be administered at such a time. Many people are susceptible in the waking state and these are the ones who are the proper subjects for the indirect waking suggestions by means of innocuous drugs, electricity, &c. * * * The so-called dangers from hypnotism are imaginary, and although I have hypnotised hundreds of times I have never seen any ill effects from its use. Bernheim, Libault, Ford, Wetterstrand and a host of others who have practiced hypnotism thousands of times have had similar experiences.

Spiritualism and the Eternal NOW. ✨

Spiritualism is the gospel of the eternal NOW! It teaches we *live in our* daily thought, act and consciousness. Yesterday is past, to-morrow has not come, to-day alone is. What is to be done let us do it now. We may prepare for to-morrow, but when it comes it will be the Now. Even in the other life the everlasting Now will be ours, for that future will then be our Now. We are spirits now and here, our perpetual expansion is but the continually enlarging Now.

I am glad to clip this from the *Banner of Light* for January 30th. It is the teaching of the Higher Spiritualism, but it is not the common teaching of the seance or of the platform. The chief attention of Spiritualists is given to phenomenon which demonstrated that we live after the death of the body. It deals in futures in the Sweet Bye and Bye. A. J. Davis's Harmonial Philosophy contains all the Principles of Christian Science, Divine Science, Mental Science and Soul Culture, but Spiritualist Societies have neglected this for the sensationalism of the seance, and by this choice made Spiritualism only a phase of one great movement, instead of making it *the* movement. The Truth

made manifest by seance has not been made practical, and organized Spiritualism has ceased to be a very important factor in present progress. Many of us hoped it was the Savior that was to come; it has proved to be the John the Baptist, who foretold the Savior, who is now present in the many New Thought movements. The degeneracy of public Spiritualism to meet the demand for sensationalism, has caused many of the best within its ranks to turn to other methods of promulgating and practicalizing the Truth the angels brought to those still in the objective life. If the *Banner of Light* can stem the tide of public Spiritualism, and make it a means of demonstrating that Man is Spirit here and now, it will enter upon a field of usefulness far beyond any it has hitherto occupied. I welcome its evolution into the Soul Culture army, and am glad that it rallies to the support of NOW in its efforts to make practical the philosophy of Spiritualism, in a demonstration of the Kingdom of God here and now. This is the purpose of NOW. It was so stated in the first issue. That principle has been on its banner ever since. The NOW motto, is the real banner of Light. It reads: *I am Spirit here and now with all the possibilities of Divinity within me, and I can consciously manifest those possibilities here and now.*

 The late Reverend B. M. Luther was an optimist of the first water. In preaching his gospel of cheerfulness one day, he said to a friend of pessimistic tendencies:—

“What is that coming up Broadway?”

“Why, just a trolley car.”

“Precisely. To your eyes it is a commonplace, yellow vehicle, with an ordinary motorman in front and an every-day conductor in the rear, but, to the man of God-given sanguinity, it is a chariot of gold with diamond-studded wheels, a seraph at the wheel and brake, and a cherub collecting fares.” —*Success.*

 God is PEACE! His peace surrounds me.
 In His PEACE I safely dwell!
 'Tis above, around, within me!
 Peace is mine, and *All is Well.*

HIS SOUL WAS LED BY ETERNAL LAW.—LOWELL.

Luck. * * *

The wheel of circumstance may turn
And east for me ill-luck;
The Fate's decree—I'll laugh and spurn
Depending on my pluck:—
For Fate weighed 'gainst the Human Soul
Is as sand grain 'gainst the sea
And as the onward ages roll
I draw mine own to me!
—Sam Exton Foulds.

**Mediumship and Hypnotism no Excuse
for Evil Doing.** * * *

Andrew Jackson Davis has in a recent article made this statement. No better witness than he can be summoned in this case:

"I DENY UTTERLY THAT INDIVIDUALS ARE
LED INTO EVIL OR CRIME BY PERSONS IN
THE OTHER WORLD."

The only way a person can influence another is by the Law of Suggestion. This statement of Mr. Davis applies equally well to the charge that hypnotism can be used for evil purposes. The Human Soul is self protective. Persons only do that which they wish. No spirit can influence a person whose motives are pure and who loves truth to do evil. All claims otherwise are imputations upon the wisdom of Universal Law, and an indictment of the goodness of God. No allowance should be given one who claims spirits, or a hypnotist, influenced him to do evil. This belief is the cause of crime, an open door for blackmail, and an excuse for evil conduct. Away with it.

Letter from a New Thought Teacher.

Mrs. M. A. Reed, a teacher of Metaphysics, who was teaching in this city when NOW was first issued and who gave me much encouragement at that time, has returned to Oakland and taken up the work on this coast again. After a visit to our office and "Home" she wrote a letter to friends East from which I am permitted to make the following extract:—

I have known the editor of NOW for many years and visited him while in San Fran-

cisco. I was surprised to see how the paper I had seen start, had grown. I was kindly shown over the beautiful suite of rooms which forms the NOW office. His "den", as I call it, where he does his writing is neatly and tastefully fitted up, and I could well understand how he could be inspired there to write the poems and editorials which grace NOW. Everything shows prosperity and a mastery of Fate. I predict a still greater future for NOW. I was invited to dine with him at "NOW" Home. I found there a fine home with double parlors tastefully and usefully furnished, supplied with a Steinway piano upon which is discoursed sweet music. Here they have Sunday and weekday meetings. I found a large and as happy a family as I ever saw. The house was filled with harmony and each person partaking of the hospitality, feels the blessing of the Spirit, which presides over it. Henry Harrison has certainly found success. He looks as strong and as well as he did four years ago. * * * I am pleased with the growth of the New Thought movement on this coast. Everybody seems tinctured with it. I shall help it along as much as possible.

"Dollars" Again. * * *

A gentleman on the editorial staff of one of the great morning dailies of this city sends NOW this splendid little squib:

Dear Mr. Brown,—There is a little verse I remember:

"Almighty Dollar with shining face
I feel thy pleasant power!
Ever in my pocket find a place
For I need thee every hour."

I have read "Dollars want me." I have every reason to believe in the efficacy of the course of financial treatment and self culture described in this excellent booklet.

I would suggest that in the New Thought the preceding jingle should read:

You useful Dollar with smiling face,
You need my buying power!
Ever in my pocket find a place,
For you need me every hour.

"NEW THOUGHT DAY" this is the official title of October 28th at the St. Louis Exposition. Let us all be there.

THE ARTIST.

In every fragment he perceives a whole,
In every whole he notes the tiniest part;
Then bows in reverence to the Making Soul,
And feels the throbbing of the Loving
Heart! —NEAL LYON, in "Success."

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

* ECHOES FROM "NOW" HOME *

This is a beautiful Sunday afternoon, and as I sit alone my Thoughts go back to "NOW" Folk. I feel that you are enjoying yourselves out of doors as you always do at this hour. NOW comes like an old and dear friend. I always read the "Echoes" and the "Home" always seems home to me. I feel one with you. I am better and stronger than ever before. I make good use of the knowledge I possess and am happy in the realization that I am one with Infinite Love and Wisdom. "I am" and beside me there is none else. What God is, I am! I am growing in His likeness every day. As I realize this more and more, I grow in power and Godliness. As great as my ideal is, that I will be. —SADIE.

Truth is without limitation. Truth is ever present. It is our perception of things that are. It is what I feel and think about myself and of the various manifestations of nature about me. Truth centers within the Human Soul. It wells up from within. We live Truth when we do that which we feel to be right. When we live above environment. Then we are free. —BESSIE.

No longer forward nor behind,
I look in hope or fear,
But, grateful, take the good I find,
The best of now and here.

I have learned to live the sentiment of these lines. There is no use in looking on the dark side of life. So many people do this. I think if we take the "best of now and here" it will keep us so busy that we shall let go of all the unpleasant things. There will be no time for them. —VIRGINIA.

I have demonstrated in my experience the power of Thought but not to the extent that I wish. When my son passed to the higher life the question

was asked me, "Do you believe in Soul Culture now?" I answered, "Yes! just as much as I ever did for though we could not build his body into health with the knowledge and faith we then had, we at least held him with us a long time and he meanwhile received a spiritual unfoldment which fitted him for the new expression of life where he now is. The Principle of Life never changes. Any seeming failure is due to our lack of knowledge in applying it. Experience alone gives us this knowledge. —MARGARET.

I heard a person claim another as his. It seems to me more beautiful to leave out feelings of ownership as the Thought of owning one spoils it all. I love all my friends and they love me. Love joins us. I can own love, but not persons. I am happy in this love. —LITTLE ARTHUR.

Every day I am thankful that I live; for life and all its opportunities; for expressing myself. My experiences have unfolded me to this realization. I am happy in this conception of life for it fills me with peace and gladness. I wish more and more to express myself in Love and Truth. —MAMMA.

Let a man be manly and a woman be womanly. This is only done by living a simple, true, natural life. Such a life alone brings peace and happiness. I think "NOW" Folk have struck the right note, the key-note of life. It is "B natural" and not "B. sharp" or "B flat." Dr. H.

When Nature wants to get rid of the dead leaves of autumn, she gently pushes them off by means of a new progeny of leaf-buds. So may we push out evil thoughts by growing good thoughts; so we may crowd out of remembrance past failures by making new resolutions. We remember because we continually wish to remember. Let the willing cease, and the thought will gradually fade from the memory. —W H. GILL, in *The Light of Reason*.

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.

322

N O W .

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

MARCH, 1904.

NOW,

HENRY HARRISON BROWN,
EDITOR.

A monthly Journal of Positive Affirmations.
Devoted to the Science and Art of Soul Culture.
It is the utterance of the Editor only. All thought
not credited to others is his.

Its basic Affirmation is:—Man is Spirit and can
manifest as spirit here and now.

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ico, must add 25c to the ordinary subscription price
to cover postage. Do not send foreign P. O. stamps.

Entered Jan. 6, 1903, at San Francisco, Cal., as 2d
class matter, under Act of Congress of March 3, 1879

Henry Harrison Brown will attend the
New Thought Convention at St. Louis
October 25, 26, 27 and 28.

He will start on his trip the first of
September. Will make arrangements
for Lessons and Lectures during this
trip at places on, or near, any route be-
tween San Francisco and Chicago and
St. Louis. Meetings can be arranged
for forenoons, afternoons and evenings
as desired. NOW readers are requested
to note this, and those who would like
to have either Lessons or Lectures in
their city are requested to correspond
with him soon. Only six weeks can be
given to teaching. Local committees
must attend to all the details. He goes
in the interest of "NOW" Philosophy.
Further details next month. Tell me
what you can and will do for the work
in your city.

Here is a glad hand clasp for the NOW
New Year.

THOR THE THUNDERER SHALL RULE THE EARTH NO MORE.—LONGFELLOW.

The Twentieth Century People at 268
Ashland Boulevard, Chicago, Ills., are
"NOW" Folk. They will welcome any
one interested in New Thought. They
are educating along these lines. "NOW"
Folk publications, including NOW, our
books and Mail Lessons may all be ob-
tained of them.

TO EXTEND CIRCULATION OF
NOW

the following offer made to our regular
readers only, and which appeared in
the last NOW, has brought forth so
many responses that we take pleasure
in renewing it this month. It will
give you an opportunity to send NOW
and the books to your friends at re-
duced rates.

For missionary purposes, we will send
Mr. Brown's five books to any ad-
dress for sixty cents. This is forty
per cent off the usual price. Also,
NOW will be sent for one year for
missionary purposes to new subscrib-
ers for forty per cent discount, which
makes sixty cents for the one year.
We expect all our subscribers to wake
up and do something for their friends.
This enables them to do so at little
expense. For list of NOW publica-
tions see "Table of Contents" page.

This issue closes the fourth volume of
NOW. The coming volume will be an
improvement upon the present. I have
grown in power, in perception, in in-
spiration and in love for my work. All
this will give added power and beauty
to NOW. I have a friend in every one
of my readers. I hold each one per-
sonally before me in imagination, and
as I talk to friends, and teach my pu-
pils, I write for NOW. I know that
you will all help to extend its circula-
tion. I expect when the next volume
closes to tell you that we—you, I and
"NOW" Folk, have during the year
each brought thousands to Truth and
a consequent happiness.

TO READERS AND PATRONS OF NOW ❁ ❁ ❁

The April 1904 number begins the fifth year of NOW'S existence. Each year it has gained in number of friends and in circulation. The editor and publishers do most heartily thank all those, who during the four years past, have done their much, or their little, toward its general success. It has been a monthly messenger of Love bringing Health and Prosperity; Joy and Peace; to its readers. It has proved itself a "Bethlehem Star" to thousands of homes, heralding individual redemption through "CONSCIOUS THOUGHT"! NOW has ever spread and will continue to spread the glad new Gospel of Love and Brotherhood seeking to bring the promised Kingdom into expression HERE AND NOW.

We desire that all TEACHERS, HEALERS and STUDENTS of New Thought everywhere subscribe for NOW. It is the ONLY journal published having such a large range of subjects, scientifically handled and yet all combined under one general Law; each being a single phase of the Soul's Manifestation.

Would you become *in*-formed and not *mis*-informed; would you NOT learn much, which afterwards must be unlearned—THEN SUBSCRIBE FOR NOW.

NOW IS A JOURNAL OF AFFIRMATION. ❁ ❁

This is the ONE feature, more than all others, which distinguishes NOW from all other Journals. These Affirmations are positive statements of Truth as seen from the point of view of "NOW" Philosophy; a Philosophy which holds, that within each individual are Divine possibilities, any or all of which, may be developed and made manifest HERE AND NOW; a philosophy which looks to the Present for HEALTH, SUCCESS, HAPPINESS and which has no dealing with any condition in the past or future. Its Affirmations are based upon PRESENT POSSIBILITIES.

Emerson's admonition indicates the Spirit of the Magazine... "Nerve us with incessant Affirmatives!"

Truth needs no apology; it needs no defense. It needs only to be stated to be received by all who are ready for it. NOW never antagonizes or discusses the opinion of any other person, class, school or sect. It deals with Truth alone as seen from the editor's point of view. "The greatest study of mankind is Man!" says Pope. Surely NOW is teaching Man to KNOW HIMSELF as few, if any, have ever taught. NOW teaches him not only to KNOW himself, but to USE him-

self; to love himself, respect himself, assert himself, and lastly to TRUST himself. This is the ART OF LIVING. He finds all Power, all Truth, all Love, all Possibilities WITHIN himself and to live as an EXPRESSION of these possibilities.

ANNOUNCEMENTS FOR THE 5th VOLUME OF NOW. * * *

This volume, beginning with the April 1904 number, will contain all the features that have made it a journal of POWER in the past. Other departments will be added during the year.

Attention is called to the following announcement for the coming year:

Psychometry.

12 Lessons (one each month) upon PSYCHOMETRY, by the editor. He is one of the most widely known Psychometrists, having had practice on the platform, in office and Class Work for over 30 years, and has no superior as teacher of this Science and Art.

These articles alone will make NOW of priceless value, for there are very few books extant upon that subject and THEY ARE OUT OF PRINT. Psychometry is SOUL READING. It is extending a person's perception of TRUTH beyond the range of the five senses. To learn something of its possibilities and methods of Unfoldment secure this 5th volume of NOW.

Practical Suggestion.

12 Lessons (one each month) upon Practical Suggestion. These articles will supplement the Author's books upon this subject. These books have a very extended sale in all English speaking countries during the last three years, and every reader of them will find much that will help him in these Lessons; the BEGINNER will find in them just what he needs to start him in this Art of Controlling Fate.

Fads, etc.

During the year the Editor will dissect the Health Culture fads, as he has during the past year dissected the Eating Fads. These articles will create an interest greater than that created by the articles on Eating.

Affirmations.

Each Month there will be a SERIES OF AFFIRMATIONS upon some phase of Truth, which are to be used in

Healing, Developing and bringing Health, Success and Happiness to the Individual. They are PSALMS OF THE NEW LIFE and bear the same relation to the Twentieth Century that the Psalms of David did to the Hebrews.

Authentic Phenomena.

"Now" Folk are experienced Healers along the lines of Suggestion, Magnetism and Mental Healing. Mr. Brown is also an experienced Hypnotist and Psychometrist, while Sam Exton Foulds is one of the very best Telepathists. From the experiences of these we shall give authentic reports of phenomena that demonstrate that **THOUGHT IS POWER** and that **MIND CONTROLS BODY**. From each of these fields we shall freely make our reports.

New Thought Poems.

Poems will appear each month from the editor and Mr. Foulds and such others as may come to us freighted with New Thought Principles.

The Germ Theory.

The Germ Theory of disease will also be examined from the position of Mental Science and the Microbe and the Baccilli will be placed on trial. The present investigations into RADIUM, X-RAY and "N"-RAY will be followed with studies in the same line under the Principle:—**THOUGHT IS POWER**. Theories of Life as exploited by scientists will be examined from the Metaphysical and Psychic side.

Selections.

Selections from New Thought journals will find a place as usual. This feature has been highly appreciated by our contemporaries. Our excerpts have been widely copied. We are thankful for this appreciation of the editor's good taste.

NOW'S FIELD. ❁ ❁

Articles will appear from month to month upon the following subjects, and throughout the year invaluable information will be given:

SUGGESTION—During the year articles by the editor and reports of experiments and experiences will appear, also press clippings.

SOUL CULTURE—This includes the culture of man the Art of Self Reliance and Self Control; the Art of Making the most of one's Self. The unfolded person is a better Parent, Friend, Citizen and Business man. **SOUL CULTURE COVERS ALL THAT CONCERNS HUMAN WELFARE.**

ART OF LIVING—The Art of Living so as to consciously make the Ideal Life the Real Life, i. e. to Demonstrate your highest Ideal.

TELEPATHY and THOUGHT TRANSFERANCE—This will be explained and taught from the personal experiences of members of "NOW" Folk.

CLAIRVOYANCE—Clear perception of Truth, explained and directions given for Unfoldment.

INSPIRATION—Opening the objective life to the Wisdom which at all times is within the Soul. Opportunity given for its expression by learning to listen "In the Silence."

HEALING AND ABSENT TREATMENTS—These will receive attention in articles by successful practitioners.

CONCENTRATION—The all important need of the day, will be often considered. Its How, Why, and When, explained.

ATTAINMENT—Of that which makes Life beautiful will be discussed during the year.

ADVERTISING. ❁ ❁

Attention is called to the care exercised in the advertising department of NOW. That Department has never encroached upon the legitimate space for reading matter. We shall always give our patrons the same amount, or more, of solid reading. We have never admitted, nor will we admit, the kinds of advertising which pay the best, viz., patent medicines, tobacco, liquors and health food. Advertising of a doubtful character not accepted. We shall hereafter, as far as possible, continue to protect our readers. NOW has reached a circulation which makes its advertising space valuable, and we solicit desirable advertising matter.

AIM AND PROMISE. ❁ ❁

With these prospects in view we enter upon the new year with confidence that it has for NOW a success worth our while. We are engaged in a field and in a work of limitless possibilities for the upbuilding of a real happy and a complete manhood and womanhood. Our designs are only in line with the highest possible Ideal of Personal, Home, Social and Civic Life. Our desire is to make NOW the ONE Journal standing solely for the SOUL LIFE in daily expression HERE AND NOW.

We shall give our subscribers many times the value of their money in the Thought; each number carrying a priceless gift of Self-Knowledge and Self-Reliance. **INSPIRATION, HEALTH, FAITH and GOOD-WILL** go with every page. That Life is better for our work is enough encouragement for us. We shall do all in our power to make NOW hereafter still more of a JOY and a POWER to the reader.

"NOW" FOLK, Publishers.

1437, MARKET STREET, San Francisco, Cal

NOTICE!

TO THE SUBSCRIBERS OF COMMON SENSE
ADVOCATE.

Wider fields of activity are requiring all my time and attention, and I am impelled to discontinue the publication of COMMON SENSE ADVOCATE. All advances for advertisements and all subscription renewals have been returned, and all unexpired subscriptions will be completed by the substitution of NOW in the place of COMMON SENSE ADVOCATE. If anyone has a preference for other arrangements and will advise me accordingly, I will be glad to adjust matters to his complete satisfaction.

It is with much pleasure that I suggest to each and all of my subscribers the advisability of sending their renewals to NOW. I commend the paper most heartily, and have found it always well-balanced and advocating the highest ideals. I hope that all of my subscribers will renew with NOW, which I trust may continue increasingly to manifest the great success to which it is entitled deservedly.

EUGENE DEL MAR,
Editor Common Sense Advocate,
557 West 41st St., New York City.

The Executive Committee elected at the *International New Thought Convention* in Chicago last fall have accepted the invitation of the Mayor, the President of Louisiana Purchase Exposition and the Business Men's League of St. Louis, and will hold a convention in that city commencing October 25th to and including the 28th. *The International Metaphysical League* has united with the *Chicago New Thought Federation* and the movement is now called THE NEW THOUGHT FEDERATION. Its object is to bring about unity of action without infringing perfect freedom of Thought. This could easily be done. *Unity in Spirit: freedom in Thought!* is the "NOW" ideal.

The sessions of the Convention will be

held in Music Hall on Olive street. This is tendered free to the Convention by the city. It will seat 3,000 people. It will be filled and the effect of the Convention will be world wide. Every NOW reader gives it a Thought of every possible Success, and all who can be there to enjoy a Pentecost will be there. It will be one of the rarest days in any life to FEEL the vibrations of Love, Truth and Peace that will characterize the gathering.

It is the Law of Attraction—Gravity—that rules affairs; not brain straining. This Law in the Kingdom of Man is Love; it is made operative by desire; intellectual desire being particularly a creative force.

—Fred Bury's Journal.

True. The only manifestation of force, energy, or God is Attraction. "If I be lifted up I will DRAW all men unto me." Each center draws. Soul is a center, and draws its own. For this reason when one is self-centered he creates by desire that power which draws to him his own. When one affirms, "I want Dollars", he centers power in dollars, and they do not want him. He does not draw them. But when he affirms "Dollars want me" he centers power in himself to draw and they want him as the needle wants the magnet. "Dollars want me" is as scientific a statement as are many found in text-books of science, and is based upon the same Law of Attraction.

' When one is in the Truth he does not have to grub. Money comes to him by the law of attraction. It is not a grubbing nor a grabbing, but a healthy growth.—Christian.

New Thought Meetings in San Francisco.

"NOW" Public Lectures, Odd Fellows' bldg.,
Market and 7th Streets. Henry Harrison
Brown lectures every Sunday at 8 p. m.

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

HOME OF TRUTH, 1221 Pine Street. Meetings
Sunday at 11 a. m.

THE RIGHT WORD IS ALWAYS A POWER.—GEORGE ELIOT.

* EDITORIAL. *

Soul and Body. * *

Their Interdependence and Relations to Unity. No 12.

UNITY THROUGH ATTRACTION.

I believe in one God and no more.
—*Thomas Paine.*

God is the central magnet of the universe.
—*Andrew Jackson Davis.*

If I be lifted up I will draw all men unto me.
—Said of *Jesus* in John 12, "2."

A nervous shock is the Ultimate unit of Sense-consciousness.—*Herbert Spencer.*

LOVE is the Word the grey Sphynx hid.
Love built the awful pyramid.
—*Lydia Avery Coonty.*

The heavens that now draw him
With sweetness untold,
Once found,—for new heavens
He spurneth the old. —*Emerson.*

— — — To feel the puzzle of puzzles
We know next to nothing; moreover all we
know is necessarily related to ourselves, in so
far as it is a formation of our minds as well
as of objects external to us.—*Sir William
Ramsey, University College, London.*

—*Fraser's Magazine.*
"The instincts of these little moths and caterpillars cannot be chained," says Professor Loeb. "As soon as they come out of the nests the rays of light from the sun warp their bodies in such a way that they cannot help climbing upward"

Forty years ago I asked Liebig if he believed that grass and flowers grew by mere chemical forces. He answered "No, no more than I could believe that a book describing them could grow by mere chemical forces." Every action of human free-will is a miracle to physical, chemical and mathematical science.—*Lord Kelvin* in an address at University College, London. And that we call BEING!

To be in any form—What is that?
I have instant conductors all over me whether
I pass or stop,
They seize every object, and lead it harmlessly
through me. —*Walt Whitman.*

The One Universal Life which moves the whole
of the outward plan,
Which throbs in winds and water and flowers,
in insect, and bird and man.

—*HERBERT N. CASSON in S. F. Examiner.*
The fundamental basis of all Truth is the conception of Unity. All is One and the Principle of Attraction, is the One Principle of

the Universe. Supposed opposites are seen to be but contrasts; Oneness is found in apparent duality, and completeness is found to be inherent in what outwardly seems to be but fragmentary.—*Eugene Del Mar* in *Spiritual and Material Attraction.*

Since all reasoning in the past has been from duality, all the conceptions of man based upon that recognition must be changed when once the Principle of Unity is accepted. It has been matter and spirit, mind and matter, body and soul, heat and cold, attraction and repulsion. No matter what the condition, there must be, in the old thought, an opposite condition. God must balance devil, and good must balance evil. Whittier puts the old theology thus:

—"As counterpoise of hell, heaven alone is possible."

But in the new conception the Universe is not divided. It is One. It is not Matter and Spirit, as opposites, but Matter and Spirit as extremes of manifestations of the One Substance. In like manner in all our Thought, we are to realize this Oneness. It has been very difficult to change the ethical idea so that men shall see that good and evil are but human conceptions; are merely relative conditions of more or less happiness, coming to him from his mental attitude towards the Universe as a whole, or to some manifestation of it. It is a more difficult task to bring the philosopher and the scientist to reason from Unity. The One manifests Itself as Energy. Duality born of God and devil, Good and evil, still exist in scientific thought in the conception of Attraction and Repulsion. But Unity must be Universal and apply in all fields of thought: the Universe is united by the One Principle of Attraction. Repulsion would divide it and destroy Unity. To hold in Thought the old conception of duality is to create a God-semi-verse and a Devil-semi-verse; the two warring constantly as in Zoroastrian philosophy. It is my purpose in these articles to emphasize this Thought of Unity, and to show by quotations that it is not

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

only in Harmony with modern Thought in other fields, but is the only logical conclusion to which it leads. Necessarily I have been able only to open the discussion. The field is too large. I make an outline, details of which the future scientist and philosopher MUST fill. He will be compelled to, for Truth takes every brain that is ready. I am laying the corner-stone of that New Philosophy which must come from the recognition of Unity. The Mental, Divine and Christian Sciences are each adding their contribution to a future Scientific-Religion and Religious-Science; of which the primary chapters are in Soul Culture. "Soul and Body", and "Man's Greatest Discovery" will remain a mental excitant for generations. Unity will at last bring all to see that Soul and Body do not exist as opposites, but as contrasts of one manifestation of the One, Something, which we call Force, Substance, God.

The Principle of Unity forbids that the Ego be in any manner separated from *all* else of the One. That Principle of Unity compels the Universe to be the space-body, in which I—the Ego—manifest. I am co-extensive with the Universe. I, as an Ego, I, as a manifestation of the One, am merely *Consciousness*. I differ from the rock, from the tree, from the brute manifestation in the One, only because I am conscious and can say, I AM. But all these others are one with me, and they have all the Universe as the space-body in which they manifest. We are One, and each manifestation of the One could say, were it conscious, "I and my father are one!" or since God and it are one, each could put it this way, "I am God," just as it could say, "I am Force", or "I am Substance", or "I am Spirit."

All these manifestation, which are but conditions *in* the One, and *of* the One, are occasioned by that Intelligence of, and in, the One we term the Principle of, or the Law of, Attraction. Solar systems are drawn together, and held

by this manifestation of the One Intelligence. There is no balancing force. The idea of two forces, a centrifugal and a centripetal, is an error.

Atoms are held together, and the manifestation of this One Universal Law, is termed, cohesion. In chemistry the same Law is termed, affinity. In animals it is termed, instinct. Among men it is termed, Love. No doubt angels have another manifestation. All these conditions of holding together, from sand grain to nations, are but conditions of the One, under action of the one Law of Attraction.

This Law produces all the conditions which men divide into mineral, fluid and gaseous. More or less Attraction, makes the distinction. Atoms that draw closely make the rock; atoms less closely drawn, having space to move about, among themselves, make the fluid. Atoms so loosely held that they fly about among themselves like a flock of birds are the gases. But when they are so far apart that they are like solar systems they may be electricity, X-ray, "N"-ray, Radium. Thought atoms are still more free; still farther apart, but with more attractive power make the condition we term Love. Atoms require space from each other that they may manifest their power. Each atom being a center in Infinite Substance, has ALL of that Substance as a possible manifestation through it. It is the amount of Substance, or of Force, or of God, that is in manifestation, that causes us to say, rock or man. All of God is in each. Love is a form of Attraction. Attraction is the Universal name given to the methods in which the One manifests. Each method has a specific name. Therefore it is as great a mistake to call that form of attraction in the rock, Love, as it would be to call rock, man. There are those who talk of "Universal manifestation of Love" and speak of the love of plants and love of brutes. Love is found only in the Human. Not all in the Human form have much manifes-

tation of Love. The masses are living in the brute form of Attraction, which is the *instinct* of Life. Social Attraction causes them to unite for self protection. They are all drawn together in families by race instinct of reproduction. But that manifestation which causes propagation of the species is not Love. Love is developed out of it. The masses are born on the instinctive plane of nature's demand for reproduction. The race must be preserved at any cost to the individual. Man is *coming*; when he comes there will be a consciousness of attractions toward not one alone of the opposite sex, but toward the whole race; toward the One; toward all the manifestations of the One. This is Universal Love; Love of the Good, of the Beautiful and of the True. Under this form of Attraction the animal instinctive attraction will pass away and the coming Man will be here—a reality. Therefore "God is LOVE", only *to* the Human, and only *in* the Human. God is cohesion in rock. He is chemical affinity in the laboratory. He is instinct in brute. He is instinct in drinking saloon and in brothel. Where there is not choice and self-control God is not Human, God is not Love, but God is instinct. For God is the ALL IN ALL, and we name these conditions of Attraction according to the power, and the Intelligence God manifests to Human consciousness in each. Thus I, an Ego, am God manifest through Attraction. I am drawn to my fellows as sun to sun, and as atom to atom, but my form of Attraction is Love.

The depth of the Love I manifest depends upon my distance from my fellows. If I am individualized, I will like a central sun shine with bright beams from afar off. If I am not individualized I am merged in the mass and I will shine with dim rays of a near to. In this latter case I will claim ownership, and say "my home, my friend, my nation, my wife, my husband, my child." But when I have reached Indi-

viduality, I will find in every man, woman and child, some one to love. I will never think of ownership or return of Love. I will, like the sun, radiate. As he sends heat and light, I will radiate Love and Thought. "All the world loves a lover!" "Because he first loved you!" is the scripture reason. But I can send these love vibrations only through that medium which is my own body. I can only vibrate my own body. Since I can send Love and Thought throughout the Universe, the Universe is my body and I am co-extensive with it. My body is therefore that of which I am conscious. As I extend my consciousness, I am gaining power of expressing that-which-I-am, and which I have been from all eternity.

California has been blessed with copious rains and our city is green with verdure; the surrounding hills do not invite us in vain; we are for a little while a child again among them. Flowers are coming plentifully to greet us, and the poppy's heart of gold is scattered here as were the dandelions during my boyhood at my feet in a Massachusetts May. O, the joy of living, when God and Nature so lavishly supply and so tenderly care for us. Surely NOW has a happy childhood. It closes its fourth year amid the springtime blessings of the All Beautiful, the All Good and the Ever Blessed One. Then Man has also blessed us. NOW is a Success, in the Love and Goodwill it has won, in the Power it demonstrates, in the financial support that it draws, and in the growth that has attended all who have supported it. A lusty, loving, hearty, healthful, four-year-old, it now asks for a still more hearty support, that it may do a greater work in its fifth year. It wishes to be felt in every community as a power for Truth and Love. Send in with your renewal subscription that of at least one friend, and not less than ten names of those who will read a sample when sent to them.

YOU OUGHT NOT ATTEMPT TO CURE THE BODY WITHOUT THE SOUL—PLATO



DEATH SONG OF THE TREES.

"We are doomed!" sighed the trees, Forever
and ever come nigher
The ax, the biting saw, and the all devouring
fire!
We are strong to meet our fate, but woe for
the innocent things
That have lived their happy life, in the peace
our shelter brings.
The deer will find no refuge from the hunter's
deadly gun,
The frail wild flowers will wither in the glare
of the noonday sun;
The streams will dry at their fountains, the
nesting birds must go,
The whole fair land be stricken with loneliness
and woe.
No more to the parching southland will the
winds bring cooling balm,
They will pass an arid desert with death in
its changeless calm."
"Alas!" sighed the trees together—the wail
swept on and on—
"Alas for the beautiful land, when its guard-
ian trees are gone!"
—NINETTE M. LOWATER in *Youth's Companion*.

HOW TO CELEBRATE.

The Emerson Union of Boston has memorialized the legislature upon the celebration of the Fourth of July with cannon and powder declaring that such methods are destructive, harsh and intolerable. They also presented the following Petition to the Mayor and City Council. Would it not be well for the Peace-lovers in every city to imitate them and petition their city officials? We, the undersigned, petition our Mayor and City Council, for more peaceful methods of observing our National Holiday—the Fourth of July.
Instead of destroying (burning) money, we would use it for music, and helpful aids to innocent enjoyment.
Instead of pistols, fire-crackers, and torpedoes, which torture the sick, injure many, and brutally torment thousands of creatures, dumb as well as human, we would have public excursions in the Bay, and to the country, for our children, and their guardians and teachers. We would have our Symphony and Mechanics Halls, and other large auditoriums, open that day, for three grand organ concerts,—and also have small bands and orchestras play in cer-

tain parts of the city at morning, noon and sundown.
All this we ask, as making for peace and for a nobler Civilization. Signed, Emerson Union, Christmas Day, 1903. Copies and details may be obtained by those interested by addressing the Union at Back Bay Post Office, Mass.

MEN VS. HANDS.

The multitudes are overworked. The genius of the multitudes is eliminated. They are worth just so much an hour as "hands." In no other capacity is there place for them in the industrial system. As "hands" they are employed, as "hands" they consider themselves, and "hands" they become. The great thing for co-operation to do for these people is to secure the co-operation of head, heart and hand with each other within themselves. To do this under competitive anarchy is impossible.
—*American Co-operator*.

THE LAW OF UNION.

The law of Labor Unions is the Law of God. The law of the union of employers is the law of God. Do you think the labor unions and the unions of employers is to last forever? Do you see that the unions both sides are unions for war? Do you see that the human heart is tired of war? That it is trying to find the way of peace? That is the way of justice. When justice comes your unions will have elapsed. Their power for good being merged into a greater power for good. We do not want to make our war chronic. We want to destroy classes. To have only one class. The class that works. The creators. To put all hates away. To put all demands away. We want to destroy private treasure. To have one treasure. To equally honor every draft. I believe peace is not far ahead. Do you not think arbitration is peace? You gain something at the point of a knife, or by some tactful diplomacy. Is that peace? Peace is the only end.
—HORACE TRAUBELL in *Conservator*.

Brookline, Mass., has invested \$65,000 in a municipal gymnasium to supplement her all-the-year-round public bathing establishment. That's some better than a public investment in battle ships or riot guns, don't you think?
—*The Coming Nation*.

The Kingdom of God will never be found outside your own individual self. If the domain seems small to you, it is because you have yet had no glimpse of your real power and divinity. Let me say that there is one Key that unlocks every door and solves every problem. That Key is Love. Love enough and you will have no time nor inclination for metaphysical hair-splitting.
—*Eleanor Kirk*.

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

 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 believe in Fate?—S. A. H.

The Universe is order. Order is Natural Law. Cause and effect are never separated. This is knowledge. Fate, I believe in, if it means legitimate effects from Cause. If it means that anything controls outside of Law, I do not believe it. No doubt this question in the mind of the questioner is limited to Human Life. Is a person's life determined by Fate? As far as that person has not learned his or her power to determine the expressions of life, he is subject to the same Law which animals are. But the Human has the Power to choose and to direct life. Each person is his own fate through the determining choice, as to how any, and all, circumstances shall effect him. Through the power of creating an ideal each person is Fate. No! outside the Human Soul there is no power to control the expression of that Soul. If any other influence, be it stars, spirits, friends, circumstances, enter as controlling influences into a life, it is because the person neglects self-reliance, and invites these influences, and gives them power. No *thing* has any power in our life that is not delegated it by ourself.

If a lie is told about me what am I to do about it and to the person who told it?

—W. H. B.

Ignore it. No one can hurt you but yourself. To recognize a lie is to give it power. A lie is *no* thing, it is a nothing. Nothing is inert. All power centers in things. Therefore to let a lie alone, it dies. Recognize it, attempt denial, and you give it power proportioned to your denial. As to the one who tells it. Love him. See the Divine in him and he will not lie again.

Is it not best to contend for your rights?

—L. A. M.

Never. He that liveth by the sword dies by the sword. You have no right, that is to be, or can be, fought for. "What is mine comes to me!" How can I go for it, or fight for it? "Seek first the kingdom of God" (Power within) and live rightly (in accord with the God within), and all *things* will be added to you. If there is anything one thinks is his and he has it not, he has not *in Thought*, earned it. If he wishes to live on the plane of externals, he will contend; if he wishes to live on the Soul plane he will never contend. He will say, "All is good!" and turn his attention to that which he has. By using that he will find more than he would have had, did he gain that for which he would have contended. All resistance and contention is pain. Overcome with Good Thoughts.

Will it benefit a Truth student to develop Clairvoyance?

—P. E. H.

Is Clairvoyance Truth to you? If so, since you wish Truth you will never ask this question. It is Truth to me, therefore I developed it. I cannot get along with less than all possible Truth. Every development of the Soul is to be sought. I am an unfolding Soul, and why should my sight, my perception of Truth, be limited to my present physical vision? Get all the Clairvoyant development possible, but do not make the mistake of limiting Clairvoyance to the seeing of spirits or the telling of fortunes. They are too insignificant for serious consideration. Clairvoyance is "clear seeing" of that which is. It is clear perceptions of Truth, beyond the limitations of senses.

When Nature wants to get rid of the dead leaves of Autumn, she gently pushes them off by means of a new progeny of leaf-buds. So may we push out evil thoughts by growing good ones, so we may push out the remembrance of past failures by making new resolutions. We remember because we constantly renew the wish to remember. Let willing cease, and the thought will gradually fade from the memory.—*The Light of Reason.*

NOW IS THE TIME FOR A NOBLE DEED.—LIZZIEDOTEN.

It—Dr. G. Ralph Weston's sprightly, positive journal, of San Antonio, Texas, has this pleasant word for our New Thought Primer:

Why in the name of all that is absurd Henry Harrison called this book a "Primer" will ever remain a mystery to me. As a matter of fact, this "Primer" is an encyclopædia of the principles of the New Thought. If you don't get possession of this book you are a great looser.

Thank you Doctor for that "Henry Harrison." That is my name. "Brown" is the family into which I was born. I have no claim upon it. But about "Primer" let us see. Dictionary says, A primer is an elementary text-book. Elementary, dealing in elements. Element, an essential part. Here we have it. It is called "Primer" because it deals in the essentials of New Thought. If you wish to pronounce the word with I long, you will also see that it is a "Primer" for those who desire to use Thought as Power.

Your articles on Food Question strike me with much force. I have been thinking on same lines, but not in such a radical fashion. Your illustrations and reasoning are logical and convincing. There is an ocean of rot these days on "health foods," dieting and physical culture. You certainly have the logical theory for Mental Science folks. Your articles indicate you have a grip on cosmic consciousness.—
A prominent lawyer in Lincoln, Neb.

Bound Volumes of the 4th Volume of NOW will be ready soon. Price \$2.00, \$1.75. This book is of perenial value, and will be more valuable to the student of Truth after 25 years than it is now. Every family should have it in their library, or on their center table. It is a library of New Thought.

FOR THOSE IMPATIENT OF GROWTH. A student at Oberlin College one day asked the President "if he could not advantageously take a shorter course than that prescribed in the curriculum." "Oh, yes," was the reply; "that depends on what you want to make of yourself. When God wants to make an oak He takes a hundred years, but when He wants to make a squash He takes but six months."

—Exchange.

MENTAL TONIC.

"Are you the defendant?" asked a man in a Mississippi courtroom, speaking to an old negro. "No, boss," was the reply; "I ain't done nothing to be called names like that. I've got a lawyer here who does the defending." "Then who are you?" "I've the gentleman wat stole the chickens."

Johnson — "Do you know young Jones?" O'Kelly—Yis, sor, I know him." Johnson— "Can a person believe what he says?" Pat— "Faith, an' it's jist this way: when he tells ye the truth, ye can belave every word he says; but, when he lies to yez, ye betther have no confidence in him at all."—(Selected.)

Mr. Whistler once painted the portrait of a distinguished novelist. When the portrait was finished, the sitter did not appear to be satisfied. "You don't seem to like it," Whistler said. The sitter said, in self-justification, "You must admit that it's a bad work of art." "Yes," Whistler replied; but I think you must admit that you are a bad work of nature."—(Selected.)

Going up the Mohawk Valley on a New York Central train the other day were two men, attached to each other by handcuffs. Finally, one turned to the other and asked, "Where yer going?" "Utica," was the reply. "Asylum?" "Ye-ep." "Crazy?" "Yep, religion." There was silence for some time after that. Then the one who had answered the questions turned inquisitor. "You going to Utica?" "Yes." "What's the matter with you?" "Imperialism." "Oh, you ain't crazy. You're a fool."—(Albany Evening Journal.)

"George," asked the teacher of a Sunday-school class, "whom, above all others, shall you wish to see when you get to heaven?" With a face brightening up with anticipation, the little fellow shouted, "Gerliah."—(Selected.)

An old parish clerk was courteously thanking a church dignitary for kindly taking, on emergency, a village service. "A worse preacher would have done us," he said, "if we only knew where to find him!"—(Selected.)

Our old Irish cook, whose brother and cousin came over together, was telling how the passage money was raised. "Mary, she had a heifer, an' she tuk her to the county fair, an' she sould her. So that got her her money. An' me brither, he did the same, only his was a horse."—(Christinn Register.)

I AM CONSCIOUS OF ETERNAL LIFE.—THEODORE PARKER.

* BOOK REVIEWS. *

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

UNSEEN FORCES AND HOW TO USE THEM.
By S. R. Maxwell. Published by him
at Atlanta. 354 pages. Price \$2.00. This
book deserves a very much wider circu-
lation than it will receive because of its
private publication. NOW will do all
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the few books upon Mental Healing that
fulfills its pretensions of being scientific.
The author is familiar with science and
uses scientific terms intelligently. He
is familiar with the teachings of the
Bible, of Mrs. Eddy, Mrs. Wilmans, and
all the good New Thought writers.
There are ten chapters, each worth care-
ful study. A few of their titles are:—
"From Without to the Within," "The-
ories Examined," "The Visible a Crea-
tion of the Invisible," "Forces in the
Universe and in Man," "The Con-
scious Brain the Spiritual Man's Instru-
ment in the Visible Realm," "The Sub-
conscious Brain the Spiritual Man's In-
strument in the Invisible Realm,"
"The Sub-conscious Brain; continued"
(Three valuable chapters), "The Law of
Thought Projection" (As good a thing
as I have seen upon Hypnotism), "The
Central Law of Cure" (A most excellent
unification of the various schools of
healing). The book closes with an ex-
cellent, careful and scientific analysis
of Human character and its methods of
unfoldment.

W. P. Burke, M. D., Osteopath, has a
large Sanitarium near this city, he is
also prominent in the Osteopathic Col-
lege and publishes a monthly Journal,
"Health." In the February issue he
quotes at length from the article in
NOW, "What shall I eat?" and com-
ments thus:

The above is what we have been teaching, and
we are now doing what we can to get every
one to sense the truth. The above is worded

differently from our own expressions regard-
ing the matter but the truth is there just the
same. Let all our readers send to Henry Har-
rison Brown, editor of NOW for the Septem-
ber number and read what he has to say on
"What shall I eat!"

Health is very progressive, and I have
had occasion to quote from it several
times. If it represents the views of this
rapidly growing and successful school,
soon will the health fads, health foods,
the hygienic and vegetarian feeders, be
changed to rational food lovers.

Mind (issued monthly by the Alliance Publish-
ing Co., 569 Fifth Avenue, New York City,
\$2.50 a year) has begun the year with new
vigor. Never before have there been so val-
uable numbers as those of January and Febru-
ary. Especially are the articles upon "Breath
Vibration", "Mental Concentration", "Unity
of Vibration", and the "The Law of Supply"
in the January number to be commended. The
first article in February upon "Hypnotism in
Medicine" is excellent. I am glad to see it
in *Mind* since the editors have shown an ignor-
ance of Suggestion and some of their articles
are a detriment to the science. Many of the
articles are marked with the weight and dull-
ness characteristic of those journals that seek
to maintain a standard of "culture" and in-
tellectual coldness.

Prof. Elmer Gates has a letter in the March
SUGGESTION regarding certain wonderful
stories concerning the soul of a rat, that have
been published in the daily press. The pro-
fessor denies ever making any statements to
the effect that a soul of an animal had been
seen, or that its shadow had been thrown on
a screen. SUGGESTION is a magazine of the
New Psychology for health, happiness and suc-
cess, 4020 Drexel Boulevard, Chicago; \$1.00 a
year.

RECEIVED.

VICTORIA TRUE OR THE JOURNAL OF A LIVE
WOMAN.—By Helen Van-Anderson. Stockton
Publishing Company, Chicago. Price \$1.00.

KAREZZA.—ETHICS OF MARRIAGE.—By Alice B.
Stockham. Stockham Publishing Company,
Chicago. Price \$1.00.

AMERICAN SOCIALISM.—O. D. Jones. Sold by
author at Edina, Mo. Price 25 cents.

The Banner of Light says "How to Control
Fate Through Suggestion" "is well worth
studying, and if its teachings are practiced,
great good will result."

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

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

N O W .

331

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—FRANZ HATEMANN.

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