

THE WORLD'S NEW THOUGHT JOURNAL.

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NOW

THOUGHT IS POWER

A Journal of Affirmation

HENRY HARRISON BROWN,
Editor.

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



SOUL CULTURE

ART OF LIVING

PSYCHOMETRY

INSPIRATION

SPIRITUAL HEALING

MENTAL SCIENCE

SUGGESTION

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“NOW” FOLK PUBLICATIONS:

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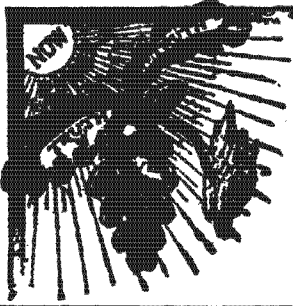
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“NOW” FOLK

1437 MARKET STREET,

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From all Life's grapes I press sweet wine.←

Henry Harrison Brown

N O W



A JOURNAL OF AFFIRMATION

VOL. V.

APRIL, 1904.

No. 1.

Open Sesame!
 O blind and deaf I stood my place in life upon!
 In agony I prayed, for e'en my glimmering
 hope was gone!
 The mist hung thick about me! Each sound
 was one of woe!
 My hands hung helpless at my side! My feet
 refused to go!
 I wept because I thought desire God gave and
 nothing more!
 When lo! a word from lips of friend and this
 distress was o'er!
 My eyes were dried and then I learned, the
 mists were but my tears.
 I music heard and thus I found, that Thought
 controlled my ears!
 My prayers were seen as lazy cries and indolence
 my moan.
 I'd longing looked at those who wrought, neglecting
 thus my own.
 The hands that should have busy been, and in
 expressing won,
 Had unused let Occasion pass, and idly her
 stream flowed on.
 With lashes wet and idle hands, I'd prayed
 for what was mine;
 Had cried with lying lips for Light, when all
 around was shine.
 I'd asked for power to know the right, and
 will that right to do;
 But now I saw I did but wish to enjoy what
 others woo.
 I'd feigned I stood on Mount of Truth and felt
 the thrill of Love;
 But when he spoke that magic word, that
 Mount seemed far above.
 I stood on Opportunity, with power within
 my hands
 I might have used to free my Self; I'd forged
 it into bands.
 I alone could answer prayer; could leave Life's
 current free.
 Neglected I had let it flow in channel of debris.
 He touched my eyes; the place I saw was holy
 where I stood;
 It had that moment All for me; I saw that
 All as Good!
 My cry had been, "O if I had! O if the time
 would come!
 O, could I do the thing I dream!" But I
 with joy was dumb
 As seizing hand, with smiling face, with up-
 raised eye and brow,
 My friend intoned these magic words:—"Thou
 hast all this! 'Tis Now!"
 —Henry Harrison Brown.

What Is New Thought? * *

Little is the import of the present New Thought Movement understood. The phases of the movement are many and include "Christian", "Mental", "Divine", Science, Metaphysics in many phases, Suggestive Therapeutics, Ontology, Soul Culture and many others along Psychological lines. (See "New Thought Primer.") It is the mightiest movement yet manifest in human history. Crude as are many of the phases and methods of application, still in the least of these lies the "Redeemer that was to come". Even the chemists in the laboratories have dimly seen the fundamental Truth underlying all these phases of the Movement. The fundamental Principle of it is UNITY. ALL is One, and this ONE is *Something*, variously called, God, Energy, Spirit, Force, Power, Life, Intelligence. The old doctrine of Duality in all its phases must pass away. There can be only false conclusions from reasoning based upon the false premise of Duality. The Universe is ONE. IT is One-verse, a Uni-verse. IT is not a multi-verse nor a di-verse. The fundamental Fact upon which all future philosophy and science must rest is Unity. The tendency of thought among scientists and philosophers is already toward Unity. It is now perceived that matter is but varying Modes of Motion. No longer is there reasoning upon matter *and* motion, but upon various forms of Motion. Man will but little longer reason upon, and deal with, seventy or more original elements, but will deal with the ONE original element. How this will simplify investigation. Science recognizes Mind and yet deals with matter or motion, thus perpetuating the old

I, grateful, take the good I find;
The best of now and here.—

Whittier

2

idea of duality. Even Herbert Spencer perceiving "there must be but ONE Ultimate Reality", still reasoned from duality. But this growing perception of Unity will extend, and cause a greater change of front to Human thinking than the discoveries of Copernicus and Darwin caused.

The New Thought Movement is opening the way for this change. The greatest of all movements, and the most momentous in its effects of any made in Human Thought, is this New Thought Movement. It is distinctively the work of the twentieth century to DEMONSTRATE Unity, and bring Man to a realization that he is ONE with Unity; bring him to realize the Truth of the words of Jesus: "My Father and I are ONE!" Out of this Realization is already growing a New Philosophy which will be the foundation of a New Civilization. Never was the old tumbling so fast as now. New discoveries in chemistry, biology, physiology and physics, are shattering old theories; long venerated "Natural Laws" are being questioned or abandoned. Even the Newtonian Law of Gravity is questioned and cannot much longer stand without great modifications.

One peculiar condition of this recognition of Unity is seen in the many attempts to regard the Universe as Electricity. Electricity is found to be so like light and sound that even Life is believed by many to be electrical. The error lies in the non-recognition of the Unity of Motion, for while electricity, light, sound, Thought and Life are modes of motion, they are not all electricity. All known phenomena is Motion, but all Motion is not electricity. Unity in the ONE, but not Unity in the various manifestations. Out of the ONE come a million Modes of Motion. Man's Greatest Discovery was the demonstration that Thought, and conse-

quently Life, are forms of Motion. The shibboleth of science and philosophy is, ALL IS MOTION.

But the New Thought has another shibboleth which will become before the end of the Century, universal. It is: ALL IS MIND. This is the Philosophy of LIFE. *ALL is Life. All is Mind.* All is ONE! That One is manifest to us as MIND. Only with Mind the New Thought deals. *Mind is the raw material out of which Things are made.* Things are materialized Mind.

All other forms of Life are Unconscious Mind. Man is Conscious Mind. Conscious Mind is Self Determined; is the Personal God. To-day Man is conscious of Himself, says "I Am", but has not awakened to his power as a Conscious Manifestation of God—of the ONE, so he can say what he is. He is coming to that consciousness. All power lies potentially in the Human Ego. Man as an individual, and a race, is limited only by his ignorance of his powers. As he thinks himself to be, that he is. To teach him to think of himself as potentially Omnipotent, and to bring him into recognition of his Possessions is the object of NOW.

My readers are invited to take this point of view. With it, all I write will be intelligible and TRUTH. Stand upon the old point of view, and all I write will seem error. Come over to my side of the street, and see Truth from my window, and it will be fair and beautiful. Stand within the old conceptions and look out upon my description of what I see and all will be distorted and false. Therefore before you criticise, please enter into my thought, that ALL IS MIND and MAN IS THAT WHICH HE THINKS HE IS, because THOUGHT IS POWER and by this power, which is creative, MAN CREATES HIMSELF. We are discovering Unity and the Laws of its operation as Mind. Upon these Laws as premise we are evolving a Philosophy of Life. The fundamental Premise is this: MAN IS SPIRIT, WITH ALL THE POSSIBILITIES OF DIVINITY, AND MAY MANIFEST THESE POSSIBILITIES HERE AND NOW.

**Obstruction is but Virtue's foll.
The Stream Impeded has a song.←**

Ingersoll

3.

* **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.]

Life. * *

As the Father hath Life in Himself, even so gave he to the Son also to have Life in himself. John V-26.

Life is the primal manifestation of Infinite Substance.

In the One Substance are latent infinite possibilities.

All these possibilities slumber in me as a manifestation of the One Life.

As Life I am a manifestation of the Infinite One and my Supply is that One.

My Supply of Life and all the possibilities of Life are Infinite and Everpresent. The normal manifestation of Life is health. As Life I am Health.

In the Sub-conscious I am Life with the possibilities of manifesting to consciousness all the infinity of the One.

As Life I am perfect. This Perfection which I as an Ego am, I can manifest in bodily perfection.

My Perfection as an Ego manifests in my Ideal of perfect health. This Ideal I let manifest in physical perfection.

Through Faith in myself as a manifestation of the Infinite life I am Health and Happiness.

I cannot be sick for as an Ego I am God manifest in the sub-conscious, and God cannot be sick.

As an Ego I cannot be weak, for Life is Omnipotent and all Power is mine.

What ever Life is I am! Life is wisdom! I am Wisdom, and direct my life wisely.

As Life I have a subjective manifestation which is Health, Strength, Wisdom and Love.

As Life I have an objective manifestation which goes by my name, and which

is more or less perfect as I trust the real subjective Self.

When I limit my thought of my Self to my objective manifestation, I build into that manifestation the limitations of the objective, and manifest weakness and pain.

When I think of my Self as a subjective manifestation of the One Infinite Life, I build into my objective manifestation health and happiness.

I think of my Self as the I AM, which is Infinite, and from this thought comes the perfection of Life, in health and gladness.

Life and I are "the One that inhabiteth eternity," and we cannot separated. Life and I are immortal.

When I think of my Self as Life, I live the Eternal Life and partake of present immortality.

The One Life is endless in time, power and extent, and that Life I am.

From my mind is banished every thought that is not born of this conception of endless Life.

I live now that endless Life. I live now that Omnipresent and Omnipotent Life. I am Spiritual, Omnipotent Life now.

In my personality I am a manifestation of the endless life. That manifestation is more or less perfect as I am more or less conscious of my unity with the One.

In my individuality I am a perfect manifestation of the Infinite One.

In the Consciousness of Unity with the One I find health, happiness, and prosperity.

In consciousness of Unity I am not limited to the personalty of the objective. From the consciousness of the Unity of Life I affirm... I am Health! I am Power! I am Wisdom!

In the consciousness of Being I affirm... I am Happy! I am Peace! I am Blessedness! In this consciousness of the Immortal Life I am realizing the Kingdom of Heaven here and now.

I will receive from my friends not what they have, but what they are. They shall give me that which properly they cannot give me, but which radiates from them. But they shall not hold me by any relation less subtle and pure. We will meet as though we met not, and part as though we parted not. —Emerson.

SOUL CULTURE LESSON. #

Practical Suggestions. * * *

Lesson No. 1

Definition and Law.

The Principle upon which technical Suggestion is founded is thus stated: I AM THAT WHICH I THINK I AM. The Bible form is: AS A MAN THINKETH IN HIS HEART SO IS HE. Metaphysically it would be something like this: A PERSON IS GOVERNED IN CONDUCT BY HIS CONVICTIONS OF TRUTH.

This is the ONE Law controlling, either consciously or unconsciously, human conduct.

Upon it every system of education, religion, government, reform and art is based. It is the foundation of all the present systems of metaphysics, whether it be Christian Science, Mental Science, Suggestive Therapeutics, faith cure, or prayer. A person can do nothing which has not its origin in this Principle of Suggestion.

Instinctively and automatically the race has obeyed this Principle as it has obeyed every so-called natural law. It is Nature's one and only method of awakening the latent faculties in the soul. As sun, moisture, and air call the buds from stem, and flower from bud, so does the objective world call the latent faculties of the Soul into expression. The Principle in man and plant is the same. Something from without awakens Life in the germ and the Soul. In the present conscious life of man, manifestation is impossible except it comes in response to excitement from without. Experiences, stored up as memory, may reproduce the old emotion and thus Life may have manifestation, but the experience was born of external excitants. Man will in unfoldment no doubt come to live sometime from within, but Man as we know and deal with him is subject to the Principle of Suggestion. Suggestion is the only objective force in nature, for the objective universe exists to the individual as Suggestion, as the awakener of the

Soul into expression. Therefore we have the definition of the term Suggestion as used in Mental Science. *A Suggestion is whatever causes an individual to feel or think.*

Whatever appeals to any of the senses is a Suggestion.

Man feels and from feeling thinks; from the experience born of these he learns what thoughts and feelings are healthful and pleasant, and thus seeks them; what are unpleasant and avoids them. To bring the reader to do this intelligently, is the object of these Lessons. Therefore this definition:—

The Science of Suggestion is the classification of that knowledge which teaches one what thoughts to think that he may feel healthful, happy and successful.

The Art of Suggestion consists in choosing and in voluntarily thinking those thoughts which make one healthful, happy and successful.

All human duty is boiled down into this. LEARN WHAT TO THINK AND THINK IT.

We learn WHAT to think from experience, and experience is born of Suggestion. We learn *how* to think by telling the Self to think a certain thought. This thought must be Truth to us or we cannot so tell ourself. All Truth is put in positive statements. All Truth is now. Therefore we command ourselves to think by saying; I do, I can, I think, I am. These are Self Suggestions. They are commonly termed Auto-Suggestions. In Mental Science and in Soul Culture they are termed Affirmations.

An Affirmation is the individual side, the Principle of Suggestion. Affirmation is the Conscious Man's Suggestion to the Sub-conscious; its the Conscious Man's command to the Soul as to what and how it shall express some of its infinite possibilities. From this you will comprehend the greatness of this study, the power of Affirmation, and why NOW, being a JOURNAL OF AFFIRMATION, is wielding the most potent power in the universe. For Thought is All-potent, is the only power the Conscious Man uses and he can only use it as an Affirmation. When he learns how through Affirmation to make his objec-

tive life to his desire, he has learned "to control Fate". Now our definition: *An Affirmation is a statement of Truth consciously used so as to become the directing power of Life's expression.*

When one thinks—affirms—properly he is master of Fate. From this it follows that when we wish a person to do, or be, anything, all we have to do is to cause him to think along right lines and he will do and be that which we desire. The only way we can influence a person is through Suggestion. How to use this Principle in influencing others is the purpose of these Lessons. Would you obtain all possible good from them, **STUDY EVERY LESSON CAREFULLY.** Memorize these definitions, for they will not be repeated.

A correspondent of *Human Nature*, taking exceptions to my position on the use of food, gives the following experience as a fact controverting my position. He fasted seven days, taking during that time freely of cold water and plenty out of door exercise, with a cold bath each morning. His weight at the beginning was 160 pounds, at the end of the sixth day his weight had fallen to 146 pounds, and did not fall below this. He continues:

At the end of the first twenty-seven hours after breaking my fast my weight rose from 146 lbs. to 153 lbs. * * * At the end of the third day I had gained exactly what I had lost during the whole period of my fast. * * * Where did my flesh go during the seven days of my fast, and what is the cause of my weighing so much now?

This is not good reasoning. If he had carried 20 pounds of stone in his pockets, then thrown them out and weighed 20 pounds less, and then placing them back, weighed 20 pounds more, no one would have claimed that the rock had been used to produce flesh. "Where did my flesh go?" There is no evidence that flesh went anywhere. Flesh is not synonymous with weight. His weight is easily accounted for. The normal contents of the stomach and bowels add weight to the body, as rocks in the pockets would. A full stomach adds weight to the body. And when the intestines and bowels become full, there is still more weight. A pugilist recently told

me that he would eat before a battle and thus add several pounds to his weight, as weight told in the contest. But food taken into the system weighs as much as if carried in the hands. The question still is what makes flesh? I answer the same SOMETHING that makes muscle in boxing or club-swinging. **FLESH IS MADE FROM THE EGO ITSELF.**

Unity of Chicago (Unitarian) has completed its twenty-fifth year. In the issue of March 3d the editor, Rev. Jenkin Lloyd Jones, says: "Should any one care to waste money for a stone where my dust may rest, the inscription might run as follows:

He edited Unity for twenty-five years, and it never paid expenses!"

Business men will say of such a life and of such an effort, "Failure!" but those who know the great good that has grown out of *Unity* in its teaching of high Ideals will realize that Jenkin Lloyd Jones is one of the most successful of men. And the best evidence of his success is found in the Faith and the Vim expressed in these words:

"But here I am with the twenty-five years rounded out, the promised obituary unwritten, the epitaph postponed and *Unity* going on, just how, I cannot tell, but it is going on."

Unity stands for: "*Freedom, Fellowship and Character in Religion.*" The world cannot afford to let it stop. It will "go on" and its editor will be better repaid for there are Dollars that want to be used by him.

Churches of some kind cover the whole territory of the United States. They have the ear of the people. They create public opinion, and they are capable of so training the youth of the land that they will be armed against temptation. They waste energy enough criticising the evil of the world outside the churches, and in attention to rituals and creeds, to redeem the world from evil, if it were put to use where it would do the most good, in instructing and inspiring the people.—*Christian Register* (Unitarian).

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PSYCHOMETRY

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Lesson 1.

History and Definitions.

This is a New Science and Art. It is defined thus: *Psychometry is the Science and the Art of recognizing and interpreting sensations that are not recognized by the five senses.* It is the result of Soul Unfoldment. This series of Primary Lessons is the first that has appeared in any journal. Very little has yet been published upon the subject. These Lessons are the result of nearly forty years' experience of the editor in his own person, and from the experiences of friends thus recognizing the unseen, but not unfelt Universe. Each Lesson is complete in itself. It is recommended that they be carefully studied by those who would gain a due appreciation of this most wonderful Art. We are beginning the study of a new theme. As yet but two authors of value have written upon this subject, and the works of both are but little known. Professor William Denton has three volumes of most valuable data, entitled "The Soul of Things," and Dr. James Rhodes Buchanan a single volume, entitled, "Psychometry: The Dawn of a New Civilization." Each of these authors realized the greatness of the Truth they had discovered, but neither clearly discerned the Principles and Laws, therefore wrote mostly of the Art and its results. They have given a most valuable collection of facts for the future development of the Science. Dr. Buchanan realized this, saying in his "Preface" that he does not prepare "an elaborate memoir for scientists, which need not be offered till called for." That volume I shall prepare some time in the future. Dr. Buchannana continues: "When a full exposition shall be required, many volumes will be necessary—one for the medical profession, one for the hygienists, one for geologists, one for astronomers, one for ethnologists, one for physiologists, one for historians, one for devotees of religion, and ten for students of Anthropology—for all these subjects are illumined and developed by

Psychometry! * * * As Psychometry develops, all these departments of knowledge, these works must be written." The wise doctor could have said truthfully that every department of human thought and of human endeavor would be illumined by this Art, for it is merely the unfolding of the Soul's power of Perception and Revelation. Emerson foretold it without comprehending how it would become demonstrated through the unfolded Soul. He said: "The Soul is the Perceiver and the Revealer of Truth!" Truth is revealed to, and through, the intellect. This Perception is one; the Intellect has various ways of Revelation. We reason upon Truth, and we apply Truth through our reason, but we do not find Truth by our reason. Truth is revealed to the reason by the Soul which Perceives Truth, for Truth is... *The Soul's Perception of that which is.* With this Definition of Truth before us, we shall have no difficulty in understanding the place of Psychometry. This Art is the most extended Revelation of the Soul's Perception. This revelation is through sensations produced by finer forces than are those which are recognized by the five senses. This perceptions Dr. Buchanan named in 1842 "Psychometry", which is from Greek words which signify "Soul Measuring".

Dr. Buchanan was led to his discovery by learning during a conversation with Bishop Polk of the Episcopal Church in Tennessee (who afterwards became a General in the Confederate army and was killed during one of the great battles) that the Bishop's sensibility was so acute that if he touched by accident a piece of brass in the night he immediately felt the influence through his system, and could recognize an offensive metallic taste. Continues the Doctor: "The discovery of such sensibilities in one so vigorous, both in body and mind, led me to suppose that they might be found in others." He experimented and found that persons thus susceptible were quite common, that the power was not confined in its operation to metallic substances, but that by touch any substance could be detected, and also that human conditions and human character could

be described. He found that the effect of medicines could be produced by the touch of them wrapped in paper. In his classes he administered emetics and cathartics by this process. A class of 43 testify, in January, 1849, that he in this way administered medicines to them at the Eclectic Medical Institute of Cincinnati. Dr. Buchanan at this time formulated this Law which the subsequent years have verified. "It may therefore be recognized as a Law of the nervous system, that it is capable of being effected by the subtle influences which emanates from adjacent objects."

Since this time very many persons have developed this sensibility. The phenomena has not been understood nor its source comprehended. But it holds more within its grasp for the good of humanity than all previous scientific data the world has had. It truly is the basis of a New Civilization and the opening of a New Universe to Human Consciousness, and it ushers man into the Kingdom of Heaven, *now*. This also seems to have been the opinion of Professor Denton. In the preface to his first volume printed in 1863, he says: "There is a wide realm lying between the known physical and the comparatively unknown spiritual—a realm as yet almost unexplored. In this volume we record our experiences in traveling over part of this little known but exceedingly interesting and important region." He closes his book with this estimate of the Art: "What limitless realms for the natural, the mental, the moral philosopher! And how, to the utmost extent of his capabilities, may each revel in the field of his choice without fear of exhausting his supplies! Truly, its ultimate and inevitable results to science are grand and beyond comparison; its benefit to humanity in every department of life, of incalculable value! 'He who runs may read' is the promise of the future!"

Henry Harrison Brown, the poet-editor of NOW, is one of the most successful of writers on poular themes of the New Thought which is sweeping over the entire world. His monthly journal NOW is a leader in the very cream of the New Thought. —*Courier, Chicago.*

RANCH PHILOSOPHY. *

Spring Fever. * *

Birds are sweetly singin'
Passion's roundelay;
Breezes pure an' peaceful
Ez thoughts o' maids thet pray;
Blossoms from the treetops
Wingin' thru the air,
Slowly, gently fallin'
Like snowflakes white an' fair.

Growin' awful lazy
Stretched out 'neath a tree;
Hilltops blue an' hazy,
Seems ther' comes to me
Whispers from the river,
"Fishin's mighty good";
Can't keep under cover,
Wouldn't if I could.

Sweet an' tender memories
Floatin' all aroun',
Sunshine seems to whisper
Secrets to the groun';
Every echoin' bird-note
Seems to bring to me
Bright thought fer a day-dream
From God's poetry.

—*Sam Exton Foulds.*

Start right. Say nice things! It's cheaper and there's more in it. Get up in the morning with a smile instead of grunt. Let the first word be pleasantly spoken, then you have started the day right. Don't get impatient—that's losing control of yourself. If your breakfast don't happen to be ready as soon as you are—take it easy—you'll keep. You might hurry things a little by grumbling and growling, but you would lose your appetite and your wife would lose hers, and perhaps her temper too, and by noon you would be hungry and ugly. That's a nice combination, isn't it? Food don't set well when one is ugly—there's something funny about that—but you've noticed it. Every time you get mad your digestion is affected, the food seems to ball up in your stomach; it's awful disagreeable. It's so much easier to say nice things. Every time you speak a kind word it makes you feel good—has a soothing effect; you feel so good a lump rises right up in your throat—you've noticed that, too. If you keep it up all day, thinking good thoughts and saying nice things, by evening you will be enjoying something akin to ecstasy—try it.

—*Dr. Carson, editor of Health Reporter.*

And, watching all the shifting scenes of life's fantastic play,
I've learned one truth, and learned it well,
and e'er I humbly say:
The God we love all gods above, the God of praise and prayer,
Is ever in the loving heart that longs to hold Him there.

—*Alfred J. Waterhouse, in Success.*

MISCELLANEOUS.

Life and Song. ♪ ♪ ♪

If life were caught by a clarinet,
And a wild heart throbbing in the reed,
Should thrill its joy and trill its fret,
And utter its heart in every deed.

Then would this breathing clarinet
Type what the poet fain would be;
For none of the singers ever yet
Has wholly lived his minstrelsy.

Or clearly sung his true, true thought,
Or utterly bodied forth his life,
Or out of life and song has wrought
The perfect one of man and wife;

Or lived and sung, that Life and Song
Might each express the other's all,
Careless, if life or art were long,
Since both were one, to stand or fall.

So that the wonder struck the crowd,
Who shouted it about the land:
*His song was only living aloud,
His work a singing with his hand!*
—Sidney Lanier, in *The Comrade*.

God has made me in his own "image and likeness," fearless and free. "God has not given me the spirit of fear, but of power and of love, and a sound mind." I am a perfect son of a perfect FATHER. My inheritance is God. *God is Love*. There is One God and Father of All, who is within and through All. Perfect love is therefore within me. Perfect life is within me. God the All Good, who is in all, even Omnipresent, is in me. So the good, the true, the free, the power Omnipotence, the knowledge Omniscience, the presence Omnipresence is my shield and buckler.

I abide in Christ and his words abide in me, hence the law is fulfilled. " whatsoever I ask in his name" is being done unto me.

—Malinda E. Cramer, in *Harmony*.

Perchance, dear heart, it may be, you and I
In some far azure of Infinity
Shall find together an enchanted shore
When Life and Death and Time shall be no
more,

Leaving Love only and Eternity;
For Love shall last, though all else pass away,
Those harsh task-masters that made up To-day,
Till each concession Time from Life has wrung
Like outworn garment from the Soul be flung,
And it shall stand erect, no longer bent,
Slave to the lash of its environment!

When the vast Earth we know, shall shrink, at
last,

To some bare Isla Blanca of the past,
A rock unnoted, in the boundless sea,
Whose solemn pulse-beat marks Eternity.
—David Starr Jordan, in *Overland Monthly*.

Unnatural Living. ♪ ♪

The ills in the lives of men and women are not natural. They arise from the artificial lives which produce artificial physical, social and mental conditions. Repressed lives. Spontaneous living means wholesome living. The ills from which men and women suffer arise from untruth. Tennyson has it thus: "The Social lies that warp us from the living Truth!"

Note the word *living*. It is *living* Truth that saves and not Truth that once had power in some mind, but is now warped by social respectability, wrapped in custom, fettered by etiquette, and mummied by authority. This is not *living* Truth. Spontaneous, cheerful, hearty expression alone is *Living* Truth. Only that which is the conviction of the Soul is Truth. *Living* Truth comes in the indicative mood, present tense. *Living* Truth is expressed in Affirmation. I AM! is Truth! When one says, with conviction, I AM FEARFUL, or I AM BRAVE, it is truth. Therefore anything that represses, or anything spoken or acted under repressed conditions, is dead truth, is not truth, is a lie. Can it be wondered at that there is so much illness and so called evil, in the world when men and women live lies? Health, happiness, prosperity and opulence come with Truth. The Spirit of Truth makes us *free*. In Truth we act spontaneously. We never prevaricate, we never conform; we never antagonize; we never deny; we never contradict; we never battle; we never gossip; we never nag; we never exaggerate; we never pretend; we never act a part; when we have the Spirit of Truth. We act in *Love-of-Truth* and in this spirit of Love, we free ourselves and are as spontaneous as children. The kingdom of heaven lies in the spontaneity of childhood.

No wonder that with this amazing fact (the transmutation of radium into helium) before them, these scientists are hopeful of reading the riddle of the universe. They are now more and more inclined to the belief that all things are electricity in different form and varying combinations, and that this mysterious force, which we use every day, but which we cannot satisfactorily explain, is the solution of the great problem which has tasked mankind for centuries. —Editorial in *London Daily Mail*.

"Tell the Old, Old Story." ❦

Yes, tell all the old, old stories, so far as they are good ones to live by, but by the same rule tell the new, new stories. Once upon a time and many times upon many times has been heard the old, old story of man's vileness and weakness. Let us now hear the story of man's divineness as child and heir of the Infinite. What does Infinite mean? It means the All; the all of strength; the all of power; the all of presence; the All of All; the All of ourselves. Are we, then, something apart from the All? something added to *Infinity*?

Phillips Brooks said some people think of God as a garrison might of a captain up on a hill, to be called down in case of need, but others think of God as a mountain might of the forces which hold it together, and make it a mountain—build it together, as we are said to be "builded together for a habitation" of the Infinite Omnipresence. "In that mustard seed, thy heart, thrones the Lord who inhabites immensity." "In thy heart and in thy mouth." "A ready help." "Nearer than breathing" or "than any thought of yours." "I am pervaded by Thee, Thou containest me." "The tabernacle of God is with man." "In thee, in me, in everyone, the Lord of Life resideth." "All the Divine sources abound and flow at the root of our being." "All my springs are in Thee." "The kingdom of God is within you." "Through you all, in you all." A very old story, and told in divers times and divers places, this story of a central, innermost Life, and of man as the existence from this innermost. Why has this true old story been told us as a sort of fable, not as a reality of human life? It is a very old song; why has it been heard but as the echo of a far-away melody?—and this in spite of the above assurances of continuous divine in-dwelling! Alas! Here has been the error. The wonderful story, old, but ever new—new, but always old—is a story of the oneness of man with God. The error has been in representing a separateness. This in-dwelling Omnipresence has been placed "In the sky above us,"—besought to "look down."

Shall we never make it real to ourselves that we are centered in Infinite Life? and that strength and might from this central Life are ours, if we will but claim them? "There is no bar or wall where man, the effect, ceases, and God, the Cause, begins." "Man rests upon the bosom of God, and draws at his need, inexhaustible power."

Yes, we are born into this possession, this "ready help." It is ours to live from, to work from, to live our everyday lives from, and thus to live them gloriously from the divineness within, by keeping ever in mind the word—*Omnipresence*. Is there a hard day's work before us? a night of watching? a disagreeable duty? a temper to keep sweet with a bitterness around? Think the word—*Omnipresence*. Think it down in the deep withinness, in the silence of the soul, and how will our large duties be lessened and the small ones ennobled by letting the Light of His glory fill the house of His glory! Indeed, there is neither small nor great, low nor high, when all is illumined by the glory of the Divine Omnipresence!—*Abby Morton Dias*, author of "Spirit as Power," "Leaves of Healing," "Domestic Problems," "Bubury to Beacon Street," the "William Henry Books."—*Belmont, Mass.*

Emerson must have meant something when he wrote: "Nerve us with incessant affirmations. Don't bark against the bad, but chant the beauties of the good." What was the meaning? Some people would never guess, but to those who have been brought into contact with New Thought there will be little mystery. All life around us is the result of thought, repeated for millions of years with slight additions from time to time, till man stands where he does to-day. The individual has helped to make public opinion, and a reflex action has occurred, and public opinion has molded the individual. This is why there is belief in disease, misery, poverty, and death. Now if man could successfully banish all thought about these negative creations he would be free from them entirely. His mind—which is in too many cases the man himself instead of an instrument which he has fashioned for his real being to function through—is composed of these things, however, and turning them out or wearing them down is no light task. Therefore we bring affirmations to our aid. And for this reason: All change of physical conditions, whether of the body or surroundings, begins with the thought, hence a change in the nature of the thought is imperative.

—*The Talisman, London.*

All outward wisdom yields to that within, Whereto no Creed nor Canon holds the key.—

Bayard Taylor

10

PHENOMENA.

Clairvoyance. * * *

This is an old case, chosen because of certain characteristics:

Miss B. is a fragile, delicate girl of twenty, whose health has been shattered by an accident four years ago, in which she received a severe blow on the head.

She, sitting in a room in Providence, R. I., with a number of ladies and gentlemen, was asked if she would go to Roxbury, Mass., where, as is well known, she has never been.

Miss B. consents and relapses into unconsciousness.

She reaches Roxbury, which fact appears from her questions and her description of familiar landmarks. She asks if she may go into a shop which attracts her. She is told that she may. She wants an apple. She is told that she may have it. She takes it from a stand, eats it and says that it is very nice. Then she is confused and blushes. Asked why, she says she has no money to pay for it. She is given some money, lays it on the counter and goes out.

These details are given because anybody who is analytical can see their importance. Miss B.'s entire personality in all respects, including her self-consciousness and her sense of humor, is clearly in Roxbury.

She goes out of the shop and asks her way. She is directed along the streets, turning corner after corner, as is clear from her description of them. Finally she reaches the designated house.

She enters, and, as directed, goes into every room from garret to cellar; accurately described all the furniture, decorations and persons there present. To remove the possibility of telepathic influence, the furniture, paintings and decorations have been disarranged in a way which no one present knows. Her description, verified the next day, is found to be perfectly accurate.

She goes all over the house as requested, describes, comments, admires and questions precisely as if she were a material guest. When the house has been minutely inspected she returns to herself and becomes conscious. She knows nothing of where she has been and of what she has seen and said.

This is an ordinary case of clairvoyance. A hundred cases with a hundred different clairvoyants who have no training, no knowledge of each other, no possible community of action, will all reveal the same general facts.

—H. J. W. Dam, in *San Francisco Examiner*.

* * *

If grown-up folks, like children,
Were forgetful and forgiving,
This earth would be a paradise
And life would be worth living.

—*Exchange*.

Clairvoyance or Telepathy. *

Recently a friend called at the office and in course of conversation said: "I have been to but one theatre since New Year's!" "Let me see," said Mr. Foulds, "if I can get the name of the play!" After a few moments he wrote automatically upside down these letters: yloP yloR which, reversed, are the name of the play, "Roly Poly." He did not know what he had written, until it was interpreted. This is a wonderful fact that the writing should appear upside down and be written backwards. His hand responded to the subconscious thought, but why spelled backward and inverted? As we look into a camera we see groups of people upside down. From this we may get a clue as to how writing is inverted when done by Telepathy. But who shall tell why?

* * *

During my class practice a few weeks ago, I asked them to enter the Silence, which is simply to become passive through concentration. After they had done so, I requested them to see what the Japanese were doing, as it was just the time the outbreak of war was threatened. They did so, one member going so dead asleep that he fell from the chair and was oblivious of feeling. Upon awakening the class I asked this one what he saw, and the reply was: "They are fighting. There is a naval engagement. As many as 15 or more vessels are engaged!" The next morning came the news of the first engagement at Port Arthur. Had he seen the battle, or had he come *en rapport* with telepathic vibrations from there? Is not the latter just as hard to believe and to account for, as the former? Why should not sight have a subconscious extension as well as sound?

* * *

I do not believe in two persons being each other's soul-mate or affinity. Why? Because it won't work. Not in the greater or Universal Life. I have gotten into too many hearts and receive from too many centers that life essence—Faith and Love, which according to the soul-mate theory would only go to the one individual. That theory cannot be true.

—*Spirit Fruits*.

The power of the Higher Life Is the power of the Higher Thought.—

Francis Ellingwood Abbot

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Psychometric Experiment. ❄

In my Psychometry class I placed a letter in a lady's hand. Soon she said: "I am going up and up on a mountain railway. I am now in the office of a man who is a deep student." She described him. Then she said: "He is on a mountain. O, I see so many stars and they are so bright. O, he is an Astronomer!" I had placed in her hand a letter from Professor Larkin of Mt. Lowe Observatory.

New Thought Federations. ❄

Officers—President, Rev. R. Heber Newton, D. D. Board of Directors—Margaretta G. Bothwell, Eugene Del Mar, Bolton Hall, H. Bradley Jeffrey, Charles Brodie Patterson. Advisory Committee—Nona L. Brooks, Denver; John D. Perrine, St. Louis; Charles E. Prather, Kansas City; Helen Van Anderson, Boston; H. H. Schroeder and Francis R. Pierce, of St. Louis; Joseph Stewart, of Washington, D. C., and Henry Harrison Brown, of San Francisco. Secretary, Eugene Del Mar, box 20 M. S., N. Y. City. Assistant Secretary, John D. Perrin. Treasurer, H. Bradley Jeffreys. Auditor, Bolton Hall.

These are men tried and true, full of the Spirit of the Movement. With them there is but Success through Truth and Love.

The purposes of the Federation are thus set forth by the Directors:

To aid in human development through unfolding of its consciousness of unity, and in the manifestation of this consciousness by way of co-operation; to stimulate faith in and study of the higher nature of man in its relation to health, happiness and character; to teach the universal Fatherhood and Motherhood of God, and the all-inclusive Brotherhood of Man; to secure rightful liberty in the pursuit of the purposes of this Federation; to foster the New Thought movement in general; to publish such literature as may be found essential; and to take an active part in all matters appertaining to education along the lines proposed.

In accomplishing these purposes, the Federation in nowise shall interfere with, infringe upon, or be responsible for, the interpretations, methods or work either of New Thought individuals or organizations.

A Constitution has been adopted which will be sent on application either to the Secretary or to this office. Membership

for one year, \$1.00. Article III of the Constitution, which is as follows, is entitled:—

Significance of the New Thought.

The Significance of the New Thought is as follows: That One Life is immanent in the Universe, and is both center and circumference of all things, visible and invisible; that every soul is divine, and that in the realization of this truth each individual may express and manifest his highest ideals through right thinking and right living. These statements are tentative, and imply no limitations or boundaries.

A veteran Unitarian minister, an old friend of the editor, writes: "The 'New Thought Primer' has come, and gets a hearty welcome from an old friend, and thanks, especially for the kindly thought that came with it. It will remain upon my desk as a pleasant remembrance and a convenient helper. It was a happy thought of yours that brought it to light. It will doubtless be extensively used by New Thought thinkers. Yes, I think I may get help from it, even when I get to the shores of the Higher Life, which does not seem to be long ahead, now as I am nearing my ninety-third year. Yours for all Truth."

—Herman Snow, Cambridge, Mass.

A Righteous Decision. ❄ ❄

Those who had faith in treatments by methods not included in the "practice of medicine and surgery," as usually understood, had reserved to them the right to practice their faith and be treated, if they choose, by those who openly and avowedly did not use either surgery or drugs in the treatment of diseases. The courts have declared that they possess this right, and that the legislature could not, under the Constitution, restrict all healing to one school of medicine or thought.—Decision of Chief Justice Clark of the Supreme Court of North Carolina in the case of State vs. Biggs.

The doctrine of reincarnation is not Spiritualism. It is an extraneous body injected into our movement. A phase of thought which would have dwindled and died but for the galvanic processes of Theosophic teaching, which have imparted to it a longer lease of life than its own vitality could have assured it.

—Banner of Light.

What we need of our religion is something that gives us strength now, something that brings comfort now, something that gives us a little measure of certainty now, something that takes away all fear of God as a wrathful Ruler, and shows us instead the Infinite Father, who is Divine Love Itself.

—U. S. Gesterfield.

And the war-drum beats no longer,
And the battle-flags are furled.

I Can, I Will. * *

I can! I will! This is the strengthening thought
That felt and uttered by the soul in need,
Frees it of all the fetters Fear has wrought,
And makes it strong indeed.

The soul arises when these words are spoken,
In sovereign majesty of might divine!
The prison doors of ignorance fly open,
That Truth within may shine.

Enhallowed, forth it comes on outstretched
wings,
Of Faith, and lo! it, like an angel seems,
As with its newborn joy, aside it flings,
Old doubts and hideous dreams.

I'll dare! I'll do! and Thought's mysterious
powers
Bring unseen forces ever to my aid.
On every earnest worker Nature showers,
Her wondrous wealth, when prayed.

O, learn to look within! O reach thy soul!
Doth Life, and Love and Truth reign there
for naught!

Lift thou the veil! Self-knowledge is the goal!
Self-power—'tis won when sought.
—Anon. (Found in portfolio of a friend.)
* * *

Helen Wilmans and the Law. *

Liberty is a matter of evolution, and that evolution comes only through human endeavor. Every new expression of Truth takes the wind out of some one's sails. They who are hurt in pocket or through prejudice, are sure to oppose, and to invoke the civil authorities, or the mob, to help put down the invader of what they consider their vested rights in Truth. But, "never a truth has been destroyed" nor ever was its progress stopped. Martyrs become the benefactors of the race. This is the case in America to-day as much as it was in Switzerland in time of Calvin. Principles never change; methods do. We have other ways of opposing progress, but they are no more effective than those of the sixteenth century. Protective laws are born in this meddlesome spirit which gave birth to the Inquisition. Liberty means, *Trust in the Human Soul and in Truth.*

This is called out by the report in the secular press that Mrs. Helen Wilmans-Post has been convicted of fraudulent use of the mails by receiving money for absent treatments. The report says she was convicted on one indictment out of

twelve and sentenced to a year's imprisonment, but is out on a \$5,000 bail pending an appeal. Probably it is a mere technicality upon which she has been convicted. But law that can be used to persecute has no business upon a statute book. By many witnesses, and through letters of thousands, she proved that she did heal. A free country and an unprejudiced court would have acquitted her. Necessarily under the law of unfoldment we are only *becoming*, and "these things must be; but the end is not yet!" Mrs. Wilmans and NOW trusts Truth. Helen Wilmans will win; has already won. The government has lost. Its victory is like that of the British at Bunker Hill. "Another such a victory will cost England her crown!" was cried in Parliament.

* * *

Sound View of Washington and *The Talisman* (of England both take this exception to NOW'S position upon the food question, claiming that if each person eats what he loves, there will be additional slaughter of animals. What right have gentlemen thus to judge human nature? In abolition times emancipation was opposed for the reason that were the negroes free, white girls would marry them; Woman's Suffrage is opposed on the grounds that it will unsex woman; license is opposed because it is claimed that without it all the young men will get drunk. For progressive journals, this argument is peculiar. Is human nature prone to eat animal food? If so, why try to change it? Was it ever changed? Did God know best when he manifested himself in Man, or can some reformer tell Him how to improve humanity? This has been the orthodox purpose for generations and has failed. Experience has proved that the Human Soul can be trusted. This cry that it will not do for men to eat what they love is a survival of the old doctrine that man needs bossing by priest and king.

* * *

I would be nobler than to clutch,
My little world with gloating grasp;—
Now while I live my hands unclasp,
Or let me hold it not so much,
For my own joy, as for the good
Of all the gentle brotherhood.

—RICHARD WATSON GILDER in *The Atlantic*.

Whatever we have dared to think
That dare we also say.—

William Lloyd Garrison

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* ECHOES FROM "NOW" HOME. *

I am satisfied with my unfoldment. I think each of us can say the same. We are learning to let the spiritual be first in our thought. This is the true attitude of individuals, and I think people are so understanding it. It is also true of them as nations, for though there are wars, there are great efforts at arbitration. When all shall live the spiritual life, there will be no war. Senator Hoar's advice to young men is that they "turn more to spiritual things." Ella Wheeler Wilcox says: "If this is not a spiritual age it certainly is an age of spiritual hunger." People are beginning to see that spiritual living is the most satisfactory. All who are drawn to "Now Home" know we believe in peace, spirituality and brotherly love. It is important that individuals and nations come to this realization. Love for and trust in each other would settle all questions. The spiritual life is the true life.

—Raymond.

I have grown to think of myself as Infinite Truth. I know IT, and I am IT. I am Truth! As I think of myself in this light I grow out of the petty conditions of life and become absorbed in the Eternal. I have rid myself of all self criticism and self condemnation. No criticism from others can effect me. Only what I think about myself makes or mars me. I am Soul! Soul is perfect! Soul is Infinite. It contains the essence of all that is. I am Soul and have thrown aside limitations. I see myself unfolding as pure and as sweet as the flowers. Each day I wish to be more, to live more, of the power that I am. The poet says: "Crowning the glory revealed is the glory that crowns the revealing."

I realize this glory in my own Soul as I recognize its Divinity.

—Sam.

Within each person is a beautiful chamber of silence. We can retire to this chamber whenever we choose. The noise of the busy world is then shut out. Peace and harmony then reign in our lives. This chamber is the home of the soul—the God within. Here we come in touch

with our real Self. The oftener we thus retire the more perfect becomes the realization of our own power. Each time more of Truth is revealed to us. Only the Good, the Beautiful, and the True dwell there. O, what Peace it brings to touch the vibrations of the Soul! From this chamber of Silence we come back strengthened, healthful, peaceful, happy, and ready for whatever comes and go our way rejoicing. —Leona.

Keep out of the past. It is haunted. Let it pass from memory as you retain only the Soul growth born of experience. Live as Souls. This is the ideal, it is the real way of living. Bring this realization of living into our lives *now*. Praise and success to "NOW" Folk for their new year. Success! this is my prophecy. I sense such strong vibrations when I am among you. I always go away feeling better in every way. I wish to feel as strong as each one of you. I realize the many trials you have passed through in order to attain this realization. I have had mine also, but I am stronger for them. By them I am brought into greater expression and a clearer realization of that which I desire. Thus we become centered.

—Clara S.

A swimmer rarely tries to go against the current. To do so is to expend needless energy. He gains by going with the current. So we, in our daily lives, learn not to combat conditions but to take advantage of them. Thus the hardest of them are easily mastered. Do the best that you can under the circumstances and be happy in the result. What comes, and whichever way it comes, it is best. Hard conditions bring more expression and hasten unfoldment. Once we swam against the tide. New Thought has taught us to "trust the current that knows its way." —Margaret.

A friend traveled to regain her health, but failed. Returning home she found a teacher who taught her trust in the power within herself. She had carried this treasure with her for years unknown and unused. She needed only the right word to bring her to a realization of herself as Life and the health she sought far away she found at home.—Clara.

**The hero is not fed on sweets;
Daily his own heart he eats.←**

Emerson

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

APRIL, 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 here
and now, with all the possibilities of Di-
vinity within him, and he can consciously
manifest those possibilities HERE and NOW.**

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The editor will make engagements for Lectures and Lessons along any route between this city and St. Louis and Chicago during the month of September and first half of October. Those who would like him in their vicinity for one or more days, please correspond with this office. Please write early and thus give all plenty of time to arrange dates and details.

NOW cover pleases us. The design was drawn by Carl Lane, a draftsman at the Union Iron Works, of this city, from Suggestions given him by those in NOW office. His sketch was perfected and electrotyped by one of the leading firms of the city, Moise-Klinkner Co. We are now beginning the magazine it has ever been my idea to publish, but which had to wait the gestation and assistance of a public sentiment that would sustain it. Now that NOW has demonstrated staying power, every one of its friends will solicit subscriptions and advertisements for us. We shall never retrograde. Our watchword is UNFOLDMENT.

Join forces with us, by obtaining subscriptions to NOW. This is the way in which you can really help us the MOST. We have spent much time and money which has resulted in this beautiful and complete New Thought Publication coming to you. We have demonstrated our ability and fidelity; now ask you to demonstrate yours. We trust you will. We feel that every reader of NOW will send in one or more subscriptions. Remember, the "continued lessons" begin in this number and all subscriptions should begin with it.

SPECIAL OFFER: Our Missionary offer, here repeated, is intended only, in cases where a subscriber desires to subscribe FOR some friend. In such a case we divide profits with him,—i. e. send us 60 cents and we will send NOW for one year. Subscribers desiring to present Mr. Brown's five books to their friends can have them sent to any address for 60 cents. This is your opportunity to show your appreciation of our work.

We have added three pages of reading matter, three of advertisements and a cover to NOW. Do you appreciate the fact that you have in your hand a most practical, a scientific, and a most free journal? Do you realize that it is not surpassed in beauty, and power, by any New Thought Journal? Do you realize that in its silent forces it is a healer and a success promoter? If you do, you will sustain it by sending at least one new subscriber besides renewing your own. We have invested in NOW each month every cent it has brought in. This year there will be an income from it, which will enable NOW Folk to put out the books that have waited for the opportunity of coming to you. Every reader of NOW will catch the spirit of these letters from city subscribers in reply to notice of expiration of subscription: "Don't you dare to stop my NOW. I will call or send the dollar soon."
—*Frances Helen N.*"

As NOW is edited by the "King Pen" of so-called New Thought Philosophers, it is consequently the best new-psychology journal on earth; hence in order to keep abreast (in reality considerably ahead) of the times, I don't

All man is rich in proportion to the things he can afford to let alone.—

Thoreau
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want to miss a single number of that paper. It is invaluable. So for the dollar herewith enclosed please send NOW for the coming year and "forget it not." Sincerely,

—N. D. Sickels, 6 Geary St.

The editor has received this letter:

Dear Friend—

NEW YORK CITY, February 27, 1904.

At a meeting of the Board of Directors of the New Thought Federation held on February 11, 1904, you were elected a member of the Board of Directors (Advisory Committee). The Board will be pleased to receive your acceptance of the office.

Yours truly,

EUGENE DEL MAR, Secretary.

Coming as this did without expectation and without a desire on my part or that of personal friends, I feel it is mine. I wrote my acceptance. I am ready to promote the work of the Federation on this coast. The Federation is the GREAT step toward unity of effort in Redemption through Individual Realization of Unity with the ALL GOOD.

Why not a large delegation from this Coast? Let us have some concert of action towards awakening an interest and the sending of a large delegation from all the liberal organizations west of the Rockies. I will be glad of any suggestions.

Those who have their 12 numbers, and so desire, can send them to this office with 75 cents and a beautiful cloth bound volume will be sent them in exchange. This will enable our subscribers to have a volume that will last them for years. Those who have missing numbers can have them supplied upon application at 10 cents each.

Bound volumes of Vol. IV may be had at this office for \$2. Will be sent at this price by mail, post free.

Note also that our stock of vols. I and II is exhausted. The stock of Vol. III is getting low. Those who desire this last volume should order quickly. Price, \$2.00, post paid.

Volume IV of NOW is a Library in itself and should be in every home.

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 any one 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 141st St., New York City.
Former subscribers of the *Common Sense Advocate* who subscribe for NOW will receive Mr. Del Mar's excellent book "Spiritual and Mental Attraction." This offer is made by him to his old subscribers. Orders may be sent directly to him or to this office.

The NOW office boy, marking some packages of books to pile away in the store-room, marked one package thus: "Man's Big Thing!" He was not far from wrong. It is BIG, both as a fact and as a book.

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 Arena of the new standpoint of Science is that of the pupil's own mind.←

Elmer Gates

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Truth is all there is. By Truth we live. By Truth are we healed. It is a question of Truth more or less, than the standard we have set up as our unit. Those who are up to our standard are truth-filled, in common language,—truthful. Those who do not come up to our standard are false. Enlarge a person's perception of Truth and he has more of *that-which-is*, and that is, more of God, Life and Power. In this view can one do better than to take advantage of our "Missionary offer"? A lady writes from Southern California, on the 31st of January, saying: "I ordered last year two of your little Books, "How to Control Fate", asking you to send them to two friends in the East. One of them is a strict church-member and did not read it for some time. She was in poor health and none of her family expected her to live. She read the book. All her trouble has ceased, and her daughter writes me that her mother is much better. The other does not know who sent the book, but he has studied it and is in better health and more prosperous than he has been for years!"

We have no doubt of the healing power that goes silently with every book and paper from this office. Neither have we any doubt of the efficacy of the Truth, as contained in our books and NOW, to heal the reader of any condition. All that is required of him or her is, to be passive and receptive to the Healing Truth.

You know when the people are moved by the Spirit of Truth they are not following any one. They are governed by the law of vibrations. I think the Spirit of Truth let a new committee [of the New Thought Federation] take the headquarters to New York for a definite purpose. You know the Spirit is still here. Some of these days God will call an Assembly, a Congregation, and we will all move by the law of vibrations into a federated work with the fruit of the Spirit as the only bond of fellowship. Each one will be ready to make his own statement for himself without trying to inflict or enforce it on his fellows. Then as he grows wiser he will not even force it on himself. He will grow in grace and in knowledge of Truth every day. The man he was yesterday will be swallowed up in the glory of the man he is today.

—Thomas J. Shelton, in *Christian*.

AMEN! to this! LIBERTY is the one and only condition of Spirit, the one

and only condition of Manhood. But Liberty can only exist when I am with others. There is no liberty when I am isolated from my kind. I believe with Brother Shelton, that the Spirit of Truth took the headquarters to New York and also that the Spirit of Truth appointed the Convention at St. Louis, October 25-28. That Spirit will be at the Convention. Will not the Spirit lead Shelton and all his *Christians* there? I hope and believe it will. There a New Pentecost will dawn. As the followers of Jesus were first called "Christians" at Antioch, the Twentieth Century Christians will first be called "New Thinkers" at St. Louis. Come! let us have such a time as never was since on that Antioch day.

A Re-Vaccination Bill introduced into the English Parliament contains a clause which EXEMPTS parents having conscientious objections from penalties for failing to comply with the act. This is a sign of progress. Trusting the Ideal, I am—the same clause is soon to be inserted into every medical law. Any attempt to declare how, or where, or when, any person shall be treated for illness, is an encroachment upon personal liberty, and has no place in a government that guarantees LIFE, LIBERTY and the PURSUIT OF HAPPINESS, to its citizens. Success is to be the only legal test of one's power to heal.

The *Banner of Light* announces that the Annual Convention of the National Spiritualists' Association will be held in St. Louis the week before the New Thought Convention and at the same hall. This is good news. At the Chicago New Thought Convention representative Spiritualists participated and no doubt there will be representation at the St. Louis Convention.

At noon every day we will all concentrate upon the thought PEACE.

There is an atheism which still repeats the creed. Many of us who call ourselves theists are like the savages who, in the desire to honor the wonderful sun-dial which had been given them, built a roof over it. Break down the roof: let God in on your daily life.

—Phillips Brooks.

The dependence of liberty shall be lovers; The continuance of equality shall be comrades.—

Walt Whitman

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EDITORIAL.

The Raw Material of Creation. ✧

Ultimately all Force will be found to be ONE and that is Spirit.—*Sir William Crooks, in Popula Science Monthly.*

The scientific world seems almost dumbfounded at Professor William Ramsey's discovery that the elements are after all transmutable. It is felt that one of the foundations of science has been destroyed.

—*London Telegram to the Daily Mail.*

There are thousands of the lower animals that are nothing more than machines. They are not conscious any more than a glass of soda water is conscious. In fact they are nothing but little bundles of chemicals.

—*Professor Loeb, in Instincts.*

It is a fact of great biological interest that in animals the essential constituent of all living parts is a substance similar to the protoplasm of plants. We cannot distinguish the two by any chemical or physical tests.—*C. E. Besser, quoted in Standard Dictionary.*

Protoplasm is the living matter from which all kinds of living beings are formed and developed and to be properties of which all their functions are ultimately referred. Its composition is a problem with which science is still to deal. —*International Dictionary.*

Protoplasm has been called by Huxley, owing to its presence in all organized bodies, "the physical basis of life," and some have held that its phenomena show that the difference between organized and unorganized matter is simply a difference of complexity of chemical constitution. —*Standard Dictionary.*

It is computed that in a single foot of ether, which fills all space, there are locked up 10,000 foot tons of energy which have hitherto escaped notice. To unlock this boundless store and subdue it to the sense of man is a task which awaits the electrician of the future. The latest researches give well founded hopes that this vast storehouse of power is not hopelessly inaccessible.—*Prof. William Crooks, in Popular Science Monthly for 1892.*

There are those who have surmised that matter is, after all, only the weapon and vehicle of Mind. The way it interprets itself to our consciousness through the sense organs, gives no clue to its nature. A motion and alterations of the configuration of the molecules of our brain are believed to accompany every act of thought. It will be, at any rate, a suggestive analogy if a material process of an essentially similar sort is found to be occurring throughout what we know as inorganic matter—the world

of dead matter—and we should begin to ask, Does all this Motion correspond to some universal thought, or mental activity elsewhere? —*Professor Oliver Lodge, London Daily Mail.*

The discovery of the mutability of the elements is another severe blow to the nonsensical, mechanical theory, because no change can occur without an adequate specific combine. The mechanical cannot create a new combine; that is the work of intelligence. —*The Adept.* While "a fortuitous concourse of atoms" is not an inappropriate description of the formation of a crystal, it is utterly absurd in respect to the coming into existence, or the growth, or the continuance, of the molecular combinations of living things. Here scientific thought is compelled to accept the idea of a creative power.—*Lord Kelvin, in a recent speech at University College.*

So it appears that the elements are not immutable; one element may change or break up into others, and, though the process in general is extremely slow, it is probably true of every form of matter that, though the substratum and basis is fixed and constant in quantity, its mode of chemical and physical manifestation is liable to change; sometimes exhibiting itself in the form of radium, sometimes in the form of helium, sometimes perhaps of copper, sometimes let us say, of lead; and again sometimes in none of these so-called material forms, but exhibiting itself in the strange and ghostly form of matter called "electricity." —*Prof. Oliver Lodge (quoted in an exchange.)*

Those elements with high atomic weight, such as thorium, uranium and radium, are apparently decomposing into elements of low atomic weight; in doing so they give off heat, and also possess the curious property of radio-activity. What these elements are is unknown, except in one case; one of the products of the decomposition of the emanation from radium is helium.

Can the process be reversed? No one knows. But as gold is an element of high atomic weight, it may be confidently stated that if it is changing, it is much more likely to be converted into silver and copper than it is being formed from them. At this stage, however, speculation is futile. It is certain that further experiment will lead to more positive knowledge of the nature of the elements and of the transformations which at least some of them are undergoing.—*Sir William Ramsey, in Daily Mail, London.*

Out of what was the known universe made? The old idea of Creation from nothing has been abandoned by all investigators into origins. Creation in sense of formation from existing *Something* is now the fundamental premise. What is this *Something*? Unknown; and Spencer says, "Unknowable!" But though unknown and unknowable, its

One day with life and heart is more than time enough to find a world.←

Lowell

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manifestations are the field of study. As fast as these manifestations are known they are named. But That which manifests will ever remain a logical necessity and a spiritual reality. IT must have a name, and what better term than GOD? Force, Energy, Intelligence, Godness, Truth, Life and Love are not God, are not That which is, but are manifestations of IT, but IT is inclusive of these and is more than all these, and more than all the manifestation we can recognize and name. Therefore God stands for All that is, for the Known, the Knowable and the Forever Unknown. And IT has within Itself all possibilities. From Itself IT creates worlds. From Itself all that is manifest comes. The universe is a projection from IT, and each individual in that universe, from monad to man, is a manifestation of IT. The sun and rock, the star and daisy, the horse and man, are each manifestations—not parts—of IT. IT is All, and All is IT. Back to the ONE, then, we go in our search for the raw material out of which the Universe is made, and from IT—the One—we study. Never will we forget in all the discussions in NOW, that from One Original IT, from One Original Substance, all *things* come as manifestations. Therefore the student of Soul Culture is requested at the beginning of this volume to study this essay well, for it contains the premises upon which is based all I have said and all I may say upon food, medicine, Physical Culture, Life, Thought, Immortality. All questions are discussed from the premise that the individual Human Ego is a conscious expression of the One and contains all the possibilities of expression which the One possesses. Therefore the Ego is but a point where all Infinite Possibilities converge, the Ego—the I AM—is IT in expression, and its powers of expression are limitless. From this point of view all New Thought is understood; away from it there is no understanding of any of its phases.

Without considering now the origin of the solar universe we will study the manifestations of the One—IT—God—in the phenomena of Life.

Life starts in protoplasm. This is “the physical basis of Life,” but where did

protoplasm originate? A bit of protoplasm, to use Tyndall's well-known axiom, “contains within itself the promise and the potency of all terrestrial life!” He tells us the beginning of life was “a bit of protoplasm floating in the measureless oceans of antiquity!” But where did it come from? Chemistry cannot find the slightest difference between protoplasm from the sea-weed, the seed of orange, the sperm of frog, the egg of bird, or the embryo of man, yet in the smallest bit of protoplasm there abides an intelligence, a power and a will, that determines what shall be the organism into which it develops. Nothing is imported into it that it may become tree, bird or man. All that it may ever manifest in color and perfume; in song and flight; in speech and religion, is in that bit of protoplasm. And yet to science there is, as yet, no distinction. There never will be, for protoplasm is the primal and the primary manifestation of the One in its manifestation as Life. The origin of protoplasm from still earlier forms of UNITY is possible, and its resolution into what science terms “original elements” is possible, but when the scientist reaches the end of his power he finds that elements are transmutable and all at last resolvable into the One which is—IT—UNITY, ONE—GOD.

But of what did protoplasm come? Upon what did *something* which developed into protoplasm *feed* that it might grow to be found by chemists and named? If protoplasm did not grow in those measureless oceans, but was organized out of the universal, out of the Everything and the Something, why should protoplasm feed upon anything now?

Primary protoplasm came from the One and crystallized as do all present forms of so-called matter. The same Intelligence that crystallized the first etheric atom (or whatever the primal units in the One may be) can, from the same universal reservoir, crystallize the necessary atoms with which to form the protoplasm for every newly appearing organism. Out of that energy which Professor Crooks tells us is stored up in a cubic foot of ether it is as easy to do this as it was from the same source to draw

Whene'er I meet my sailing peers,
"ALL'S WELL" I to their hail reply.—

Edith M. Thomas

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the first bit of protoplasm in primeval times. Protoplasm the One forms out of Itself. The power to form the first molecule contained within itself the power to continue to form universes eternally. Nature need never to use any second-hand material in organisms. Man uses such material in the creating of machines. Every particle of the organism is formed out of the raw material of creation, which is the One.

This is the logical conclusion. When accepted all questions of food, exercise and hygiene, of medicine and religion, will be reduced to the one question—How shall I, a Conscious Individual, come into the recognition and realization of the Power which is mine by virtue of my Unity with the One—which Jesus called "the Father," and Spencer called the "Ultimate Reality"?

Answers to these questions are found in the various cults of Mental Science.

Illiberalism. * * *

Fortunately the United States Government has taken Mrs. Post's "absent treatments" out of the market. Her pulpit, the mail box, has been closed to her for good.—*The Liberal Review* (Kansas City, Mo.)

Thus the *Liberal Review* becomes an illiberal review. Should the city government of Chicago "fortunately" close the door of the hall where the editor of this ill-liberal review, M. M. Mangasarian, preaches to the Independent Religious Society, would he not as an ethical teacher declare that his personal liberty and that of his congregation had been infringed upon? What more has Mrs. Post done in taking money from willing hands for that which they believe has done them good, than this preacher-editor does in taking money for his lectures from those who believe he has done them good? Here is "the covenant and bond of fellowship" of his Society, and if it does not cover Mrs. Wilman's right to "treat" patients according to her and their convictions, it has no meaning.

Hard is it, for those who name themselves "liberal" to be liberal: "O, LIBERTY, what crimes are committed in thy name!" among those who are kicking because they are imposed upon in name of liberty! Call not others "Stupid"

because they differ from you and your own pathway will be smoothed. This is the "Bond of Fellowship":—

Recognizing the right of private judgment, the sacredness of individual convictions and the moral obligation to be faithful to one's best thoughts, we require no assent to theological or philosophical doctrine as a basis of fellowship, but cordially welcome all who desire to promote the religion of truth, righteousness, joy and freedom.

Mrs. Wilmans-Post and all Mental Scientists are following their convictions of right, are simply exercising their right of private judgment, and obeying the moral obligation of faithfulness to their best thoughts, and yet the teacher of these Principles is upholding as "fortunate" the punishment of one who has obeyed them. Mrs. Wilmans could claim to be one of this Independent Society and yet is condemned for the conduct it professes to encourage. It looks as if the old Puritan conception of liberty was still rampant,—i. e. "Liberty means my way and your right to walk in my way, but it does not mean that you are to have your way." Sometime I expect this otherwise fine *Review* to become truly Liberal.

Mrs. Elizabeth Craig, well known as teacher and healer in Mental Science, writes this message to NOW:

You blessed NOW Folk, how I wish I was in your midst... In the study of the Laws of Life I find that there is as much need of purification from vanity and conceit as from sensual evils. These evils are not Godlike and are as injurious to the Soul of man as sensual pleasures are to the physical. As to the "food fad" that is sweeping over the land, one of my statements is, "Season your food with the spice of Truth, geniality and affection, and it does not matter what the viands may be, they will be wholesome." I enjoy heartily your success. May no clouds of adversity ever darken your sun of prosperity is the wish of Your Friend in Truth, Health and Happiness.

I am a manifestation of Infinite Individuality—cosmic, universal, I associate with Socrates, Buddha, Jesus, Lincoln, Whitman, and with your larger self. You and I need not wait for a perfect society on this little earth ere our cup of joy overflows. We must keep in touch with our age and work for progress. Yes! But we must live now the Universal Socialism—live now the full-orbed life of an awakened soul enriched with the bounty, the greatness, the beauty and the love of the Immanent-Over-Soul with whom we are.—G. E. Littlefield, in the *New Commonwealth*.

Love walks unchallenged through the gate To sit beside the throne.—

Oliver Wendell Holmes

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* WITH NOW READERS. *
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[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.]

E. H. H. asks, Should the general substance and spirit of an Affirmation be that we are already related to the desired condition, and that calm, sanguine desire and self-effort toward a state of receptivity will convert the relation into possession?

Every Affirmation must be made from the conviction that as Spirit, there is actual possession of that which is desired, and all that is needed, is a mental condition which allows expression of that which is a reality in the Soul. This condition is one of perfect passivity, and an expectancy. It is in faith, believing that whatever is desired will become manifest out of the Soul's possessions. "All is mine!" But it is mine in the sub-conscious.

E. H. H. again asks: Should one concentrate on the Affirmation that the dollar is needed or simply let the attitude of confident receptivity be present in the consciousness when the need is thought off

In the condition which it is the purpose of Affirmation to create, there will never be the thought of need, but of possession. Till the consciousness of possession is created affirm in the spirit of the above answer.

* * *

Since life by the law of Unity is a continuity, I cannot see what justification from New Thought point of view there can be in breaking the life lines by killing animals for food.
—A. T., Nebr.

Since Life by the law of Unity is continuous, I cannot see any less cause for breaking it by taking the life in egg and seed. Animals and plants come from these. Life is in the germ. To kill the embryo child is as much killing as to kill the grown man, and plant life is one with animal life. If man is to eat any food, he must take life. Food is selected, either from necessity or choice. He chooses, where choice is possible. Because I choose, or refuse, any kind of food is no reason why I should expect another to do the same. Neither, because I believe the unfolded Soul will choose a certain kind of food, have I the

right to demand that those not yet unfolded shall choose it. There are arguments for a vegetarian diet other than that of the cruelty and the immorality of killing. One of the important factors in the race evolution has been the eating of animal food. Out of past meat-eating conditions the present vegetarians come. They are a prophecy of the evolution of the entire race, which will ultimately outgrow meat, *because it finds something easier obtained or better suits its taste.* Choice or necessity are ever the prime factors in determining the food of a people or of an individual. Necessity or choice, and not moral considerations, will determine the food of the future. It is motive that constitutes crime. It can never be criminal to take animal life to sustain human life.

Dr. Holland, in "Bitter Sweet," has this fact which fits in well here:

The sparrow prays upon the finch, the finch upon the fly;
And that a rose may breathe its breath, something must die.

* * *

A scientist holding an important position in his profession, writes NOW as follows:

I want to thank you for your Affirmations which thrilled me through and through as I was reading them. After reading your Soul Culture Lesson "I love my work," I was prepared to be pleased with everything that followed, because you confirm what I have proved to be a fact. A year ago while talking to the Farmers' Institute in—, I found it pleasing to me to introduce into my talk something that would promote Thought among my audience and I enunciated the doctrine, "Do only that which you want to do!" I tried to explain the philosophy of it, yet some of my audience claimed that it was a 'dangerous doctrine to preach' and I was in a few cases severely criticised. You are the first that I know of who agrees with me, and consequently I don't feel as lonesome this afternoon as I did before reading NOW, and I desire to thank you."

* * *

There is absolutely nothing, conceivable, or inconceivable, congenial or acquired, that is wrong or wicked if it tends, directly or indirectly, to physical health.

And there is absolutely nothing conceivable or inconceivable, congenial or acquired, that is right or good, if it tends, directly or indirectly, to physical disease.

In many cases the only way to find out is by experience, for there are entirely different natural laws for different temperaments.—Fred Burry's Journal.

Why do I Eat? * *

A contemporary takes NOW to task for asserting that "Food never supplied an ounce of vitality to the body!" It says:

We cannot find space for the refutation of Mr. Brown's nonsense. It refutes itself. Why in the name of common sense does Mr. Brown eat at all? Why does he recommend a certain brand of flour for bread? Why in his February number does he recommend a certain book on eating? And he says those "interested in the subject will find all necessary arguments against flesh eating."

This illustrates the customary method of dealing with new statements of Truth. Combat and not investigation is the old way of meeting the reformer. Why is it nonsense? Not because it is not in harmony with old theories. To disprove old theories is the way of progress. The world is filled with journals inculcating the old ideas. The only one standing for the new, is NOW. If it is not true that Life builds bodies out of Itself, then they who have for generations held that it is the provence of food to do this should easily confute my position. The fact is that no thought, in the past, has been placed upon this point. It is a new point of view. It has been taken for granted that food builded body and upon that assumed fact all theorising has been done. NOW has startled the world and shaken the foundations of every system of Medicine and Health Reform. When our position is accepted as Truth, there will be more real happiness in the world. NOW asks a demonstration that Food *does* build the body. Begin with Protoplasm. It is a materialization out of the One Substance. Life builded it out of ITSELF. If protoplasm is a materialization of Life, then all plant and animal bodies are also materialized from the One Substance, and all use food that they may materialize themselves.

"Why do I eat?" That I may manifest. That is Nature' sway of bringing Mind into manifestation. I USE food but do not build my body out of it. I use the Indian club and the punching bag to develop muscle, but I do not build muscle out of the club or bag. I materialize muscle out of my SELF. Muscle is materialized Life; I have directed its building by my thought. "Build biceps!" I demand,

and they come from the Ego, and not from anything without. Life builds tissue out of ITSELF. It uses food to call Itself into Expression. My contemporary asks, "Why does he recommend a certain brand of flour?" I do not. I said "NOW" Folk "preferred." We NEVER eat "Health Food." We love Graham flour! We also eat the white flour we like. Like is our criterion.

"Why recommend a certain book on eating?" I simply and honestly reviewed the book, saying that it would INTEREST those who did not believe in flesh eating. It did not interest "NOW" Folk. We believe that the Principle Mind controls body is enough. We give it control, and eat what we love, and are healthful and happy. All will be so when they trust that Power which built world and body.

At a meeting of the Board of Directors of the New Thought Federation held February 11th, the following resolution was unanimously passed:—

Resolved, "That there be a Publicity Committee and that the editors of the various New Thought journals and periodicals be members of this committee."

All items of information, notices, and circulars of a public character given out by the Federation will be sent you for publication or notice.

I want to tell you that I have just finished reading "Man's Greatest Discovery," and felt strangely moved while reading it. I felt its truth and was inspired... I don't know how else to express the feeling... during its perusal. At times I felt a sense of triumph and like shouting "That is so!" I experienced a sense of joy and conquest that I can neither describe nor explain, but I know I am glad that you wrote the book, and glad that I have read it. You will understand the feeling. It is a wonderful book.

J. A. E., San Diego, Cal.
Riding on the car to the beach recently with a friend who was reading NOW, the conductor noticed it, and, reaching to the inside breast pocket of his coat, he drew forth "Man's Greatest Discovery" and said: "I have little time to read, and what I have I devote to this. It is the greatest book I ever saw." So the work goes on. "All shall Know from the least even unto the greatest" that THOUGHT IS POWER.

The Maid and the Mirror. *

A looking-glass was looking
For someone to pass the glass;
And a maiden who was passing
Saw a distorted figure pass.
So the glass cast some reflections
Not pleasing to the maid;
For the picture in the mirror
Was not the maid as made.

—Cincinnati Tribune.

♦♦ ETHICS ♦♦

The Clark Home Securing Plan. ♦

At our request Mr. J. S. Clark has written for NOW the following statement of his plan for securing homes. The Principle is sound. We believe him and his associates to be honorable men. The proposition is one step towards that Universal Brotherhood for which NOW stands. Therefore we wish it success:

This plan is a radical departure from old methods and will greatly lessen the average task heretofore required of securing a home. To have a home is an almost universal desire. It is praiseworthy and an evidence of good citizenship. No other desire has inspired so much self-sacrifice or called forth such magnificent efforts. The word "Home" is one of the two sweetest words in every civilized language. Yet such is the lack of righteousness in our business system that in our country less than one in ten own their homes. The other nine, after every effort, have suffered defeat. This sad experience calls loudly for the searching for the cause and the remedy. My plan, I believe, explains the cause and offers the remedy.

It is based upon the well-established fact that a dense population gives greatly increased value to real estate. This well-known fact we make use of as an incident to home-seekers that we may unite them together, for the purpose of going, within a limited time, on a large tract of land as settlers. This land we will be able to buy at the lowest possible figures. They will thus be able to retain for themselves the increased value which will be given to the land by their going on it.

There is probably no body of ten thousand acres of land in the United States that has ten thousand people on it which has not been increased at least ten-fold of that of its former value when used as farming or grazing land.

The strong feature of this plan, and one that appeals to the moneyless home-seeker, is that the greatly multiplied value of the land belongs to him and will be security for its payment and will also enable him to borrow upon it the money needed to put on the improvements while the mortgage will be small compared with the new value, and the interest less than one-half the average city laborer pays for rent.

The plan is equally attractive to the person who has some means, for it enables him, through laying out a few hundred dollars, to come into possession of a property that immediately goes up in value to several thousand dollars.

This plan is not to be classed with co-operative colonies. The land is to be held in severalty, with the ordinary freedom of individual holdings.

There will be a town site on the tract which,

with the remainder of the land, will be divided among the people at actual cost.

Each subscriber to the plan will have the option of going on his allotment himself or putting some one else on it or of turning it over to the company at an advance of ten per cent. No cash is demanded save an entrance fee, which will cover the expense of securing subscribers and land. Further details will be given on application in person or by letter by J. S. Clark & Son, at the office of the Company, Room 509, Examiner Building, this city.

Expert Opinion. ♦ ♦

A friend of the editor's, a trained nurse, recently was told by two physicians that it was either an operation for appendicitis or death. She replied:—

"Gentlemen, I know, and you know, that not one in ten of those so operated on live. I will take my chances. I will not have an operation." In ten days she entered the office of the consulting physician a well woman, much to his surprise, and not until he had made an examination did he believe she had not an abscess. In this connection this statement from Dr. O'Hanlon of New York, a man of wide experience and reputation, being connected with the coroner's office of that city, is significant. He says:

Appendicitis belongs to a class of diseases we often read about, but seldom see in autopsy. Again and again I know of cases where a diagnosis was made upon the strength of pain in the right iliac region and some gastro-intestinal symptoms, all of which promptly disappeared after a dose of castor oil. Among 3,000 autopsies made during the past seven years I have seen only ten cases of appendicitis. I had forty-two cases sent to me for autopsy which had been diagnosed as appendicitis; in ten of them I found a greatly extended colon, but no lesion of the appendix, either gross nor microscopical, could be discovered. In the remaining thirty-two even the distention of the colon was absent and the appendix normal.

A Temple of Mental Science has been organized in Spokane, with 21 charter members. E. D. Burlingame Sect. 510, Third avenue. They desire donations of literature for library and reading room.

Healing is by Telepathy, the transference of Thought from my mind to your mind. It does not require any poles, wires, letters, papers, or anything except *your mind and my mind.*—
Christian.

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

Maxwell's Talisman for February comes enlarged and improved. This causes us to rejoice. Its mission is a most noble one,—i. e., The Twentieth Century Crusade for the Cause of Humanity and the Fundamental Rights of Men: Education, Opportunity, Work, Home, Land. This it proposes to acquire by preserving for the Home-Maker only, the public lands, especially those large areas of arid land to be reclaimed by irrigation. I recommend every reader of NOW to join this Crusade and use his or her political influence to obtain the needed legislation. This little journal will tell you how you can help. Its price is fifty cents a year. Send to 1707 Fisher Bldg., Chicago, Ill.

KAREZZA, ETHICS OF MARRIAGE. By Alice B. Stockham, M. D. Stockham Pub. Co., Chicago, Ill. Pp. 141; price, \$1.00.

I can recommend this book. There are libraries written upon this question, ninety per cent of which is not only valueless but positively harmful in as much as it teaches not a proper control and expression, but a fear and a prohibition. This book is pure and chaste in language and written in perception of the Principle of Life. It tells all that, under present social and civic restrictions, is wise to tell. There would be a new civilization were the principles herein exploited understood and lived, and this civilization would prepare the way for the Perfect one that will come when the problem of sex is solved. Chaps. IX and X, entitled "Procreation of Thought" and "Spiritual Growth," are especially to be studied as opening a discussion of the higher uses of sex.

JOURNAL OF A LIVE WOMAN. By Helen Van Anderson. Stockham Pub. Co. Pp. Price, \$1.00. Here is a most practical book for all who would demonstrate Truth in daily living. It is the record of one woman's struggles and victories in overcoming self and in the use of silent power to control in liberty, the household. I do not know of another book in the whole range of New Thought literature so well calculated to inspire the beginner or the investigator. And many a one who has "read almost everything" will learn here how to begin living Truth.

Suggestion, the leading journal in the United States upon "Suggestive Therapeutics", says of *Dollars Want Me*: "It contains some advanced teachings of the New Psychology. He thinks mankind has been using the wrong methods to acquire wealth. His essay is well worth reading."

Medical Talk for March (Columbus, Ohio, 50c. a year) is full of good things this month. I am glad Dr. Carr sends our office two copies; one is used for clippings for future use in NOW, and one for binding. I can think of no journal that has a more important field. It is NOT New Thought but it is out of all medical ruts and is doing a most needed preparatory work. Here is part of the Dr's. "Medical Creed."

We believe in the power of the mind over the body, and would not dare set any limits to this power.

We believe in suggestive therapeutics of all sorts.

We believe that happiness, good cheer and vitality are contagious.

We believe that one virile, good-natured man in any community is a greater help to health and peace than many drug stores and doctors. A clean, wholesome woman bubbling over with enthusiasm and vitality is a well-spring of life and longevity to others.

We believe that health is vastly more contagious than disease. We believe that the isolation of moral lepers is far more practical and necessary than the quarantine of physical disease.

Advanced Thought on Electrical and Spiritual Voltage. Two invisible forces of Nature: Spirit Supreme and the Induction of Spirit into Man. By James Oliver Arnold. Advance Thought Co., 629 Superior Ave., Dayton, Ohio. Price, 25 cents.

A new theory that electricity is in one unit volume of voltage which evolves the thought that Spirit is in one volume of voltage, of a superior force. Spirit and electricity are independent of each other, each is a unit volume of voltage of invisible force, existing in and through all space and matter.

While I lived in Kansas I became well acquainted with the cures made by Dr. Carson, of Kansas City, Mo. They seemed to those not well informed on this subject to border on the miraculous. He still is sending those who come to him ill, in so many ways, to their homes cured. He puts out each month a journal named *The Health Reporter*, in which his system and his principles are clearly elucidated. He is one of the forerunners of Mental Healing. The attention of practitioners of all schools is called to the reports in No. 2, Vol. VII, of some remarkable cures without medicine. Subscription price, \$1.00 a year.

Henry Harrison Brown says: "Eat what you love, and love what you eat." I would add, eat with those whom you love, of food prepared by those who love you and are not overworked.—*Spirit Mothers*.

Wholesome exercise, in the free air, under the wide sky, is the best medicine for body and spirit.—*Journal of Am. Med. Assn.*

'Tis his one Universe where'er we are:
One Changeless Law from sun to viewless star.—

Richard Watson Gilder

24

Jesus Christ's One Church for the world, or Divided Christianity the Greatest Wrong on Earth. By H. G. Lyons. Price, 5 cents. Obtained of Abby Anderson, 111 E. 6th St., Topeka, Kan. The work of a Kansas farmer. The thoughts are good, but all are tinged with the peculiar theological proclivities of the author.

* * *

The Oregon State Journal (Albany, Ore.) copies the article on food from the March NOW in full. Thus Truth goes marching on. The masses will soon see that any question of food save that of personal taste has no right to be considered.

* * *

"Hypnotism in Medicine" in *Mind* for February is one of the best articles upon the subject of Suggestive Therapeutics that I have read for a long time. It is an account of a visit by William Wilberforce Newton, D. D., to the sanitarium of Dr. Wetterstrand, Stockholm, Sweden. Wetterstrand is one of the most noted and one of the most thorough practitioners of Suggestion in the world. The account is particularly valuable for its picture of the manner and success of the Doctor's work. The author says:

"As I sat in Dr. Wetterstrand's salon where from fifty to one hundred patients are treated daily, I could not fail to be impressed with the fact that here at least, medical science was bringing back the Almighty to his own world again and that the 'Deus ex machina' idea in medicine was giving place to the conception of an imminent and divine power, which in getting at the will would work recovery to lost nature, physical, mental and moral.

* * *

In *Fred Bury's Journal* for March the editor, who is one of the clearest of New Thinkers, says of "New Thought Primer": "An interesting little work of history and biography in popular form to enlighten those who wish to know what New Thought means. Concise and complete."

* * *

Healing Thoughts, With Suggestions for Self-Healing and a Form for Self-Treatment. By Charles W. Close. Price, 10 cents. The Doyen-Steward Co., Bangor, Me. Mr. Close has long been a successful healer and teacher. This little book is a calm, conservative exposition of the principles and means of Mental Cure.

We have received NOW for March. This is one of the leading magazines on New Thought. After reading it a person goes out into the world feeling better able to do his life's work and having a better idea of his duty to his fellow man. Such papers diffuse sunshine
—*Colorado Graphic, Denver.*

MENTAL TONIC.

He called on her the other night
And held her hand,
And told her how the world seemed bright
And fair and grand.
Then, with a sudden rush of pluck,
Said: "Wish I always had the luck
To hold this hand."
Next evening at the club he held
Another hand,
He scooped the pot and fairly yelled:
"This beats the band!
Say, fellows, that was nip and tuck—
I wish I always had the luck
To hold this hand!"

—*Philadelphia Press.*

"What can I do for my little boy," asked mamma, "so that he won't want to eat between meals?" "Have the meals ficker together," replied the greedy young man.—*Selected.*

Farmer Ragweed—Has Bill learned anything tew college? Mrs. Ragweed—No; an' wuss'n that, he's forgot what he uster know! Says he can't eat pie without a fork.—*Chicago News.*

Teacher—You notice that boy who stands at the foot of the class? Well, last summer he was the brightest boy in school. Committeeman—He is now. I notice the foot of the class is nearest the stove!—*Exchange.*

"One week from to-day, Uncle John, I will be a married man. Yes, in seven short days I will be initiated into the mysteries of matrimony." "No mysteries about it, my boy. It is just the plain, simple rule or three." "Rule of three? Eh—what three?" "Wife, mother-in-law and hired girl."—*Kansas City Journal.*

"Are you sure you really and truly love me, John," asked she. "But Tom loves me, too," persisted the fair party. "He said he'd gladly lay down his life for me." "Oh, all right," answered John. "If you want a dead man you're his and he's it.—*Chicago News.*

A little boy whose parents and relatives were devotees of Christian Science, and who had himself been firmly grounded in the tenets of mind cure, owned a little dog which was taken sick. He took the

sick pup to a doctor, who was much chagrined to get a patient from the avowed Scientists.

"How does this happen, Johnnie?" he said. "Can't your Christian Scientist friends cure him."

"Sure they can," answered the boy, "but they'd take all the fight out of him."—*Fulfillment.*

Appreciation. * * *

From Utah comes this letter:

I cannot express my gratitude to you for the Reading and for what you have done for me through the advice and vibrations that came with it. I have received full benefit and they still keep coming. Just before dinner I re-read the "Ideal Home" and when I sat down to eat I imagined myself with "NOW" Folk and such a wave of peace came over me that I stopped eating and wept for joy at the thought that I was loved with a pure feeling of kinship. I have tried all my life to do my duty and to love everybody (in my heart I do not think I ever *showed* much love to any one), and it always seemed so hard not to have any love from others. Now I see that the fault was in me all the time because I did not let out what I did have in myself. It was the parable of the buried talent. You told me the truth; I had not seen it in that light before. I thank you so much. You have opened up life for me and made it worth while to live. I cannot tell you how good my sweet potatoes, peaches, bread and butter tasted with "NOW" Folk for company. I now invite them at every meal. You do not seem so far away nor am I awed as I was at your "greatness". I have caught the thought of UNITY. Hold me in this Peace by silent Suggestion until I grow to Self Mastery. —*Estella.*

This letter reveals a condition all too common. We keep that which we should give and thus live in poverty of soul. Love and you will be loved. Give and to you will be given. Open your heart and mind to the world and the world is open to you. Enjoy the possessions of to-day and those of to-morrow will also be yours when it becomes to-day. Refuse to enjoy those you now have and those of to-morrow spoil in the making. Look only to see that you express and there is surity of health and happiness.

We like to be judged by our peers. We seek the judgment of those intelligent upon matters with which we deal. Every person profits by intelligent criticism. Nothing more stimulates to greater endeavor than words of appreciation from those we feel are intelligent in their opinion. For these reasons these words from the editor of a Chicago literary paper are dear to me:

I was made a member of the Golden Gate Branch of Theosophy in your city in 1893. Am now only a member at large. Graduated with Emma Curtis Hopkins when she taught in Chicago, and owe much to the beautiful religion she taught. Have read after Henry Wood, Prentice Mulford, and many others... *but you put wings on their best thoughts.*

From *Moss Vale, New South Wales*, comes this: Your articles on food have been of deep interest to me, as have also been the comments of other journals. I am with you all the way, having actually experienced the Truth which you write. My work carries me much out of doors, travelling into remote parts of the country, and although it is calculated to develop a deep appetite, I find when absorbed in thoughts of the Higher Life, food is a secondary consideration and I go for days without it, and without losing weight or physical force. Yet, again, when I live on the animal side of life, I can safely digest several good meals a day. I can understand why others who do not *feel* the Truth do not grasp your thoughts. I appreciate your admission that on their plane they are right. "All is Mind," but even our conscious knowledge of it has not gone far enough for us to make limitations. *Fred. A.*

The moment you allow yourself to be governed by your moods and fancies, you open the door to a host of enemies to your health, success, and happiness. Don't under any circumstances sympathize with sick, diseased, or lazy thoughts. If you once yield to such thoughts, before you know it you may be their slave.—*July Success.*

For I intend to get to God,
For 'tis to God I speed so fast,
For in God's breast, my own abode
Those shoals of dazzling glory passed
I lay my spirit down at last.
—*Browning (Johannes Agricola.)*

We have heard of the man who never opened his mouth without putting his foot into it. But Father Farrell has discovered something still more curious. "The grand old Irish tongue," he is reported to have said, "was spreading hand in hand with temperance."
—(Selected.)

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All before us lies the way,
Give the past unto the wind.
All before us is the day;
Night and darkness lie behind.

Eden with its angels bold,
Love and flowers and coolest sea,
Is not ancient story told,
But a glowing prophecy.

In the spirit's perfect air,
In the passions tame and kind,
Innocence from selfish care,
The real Eden we shall find.

—*The Dial*, 1841.